

Race Date  
September 22, 2016

2016 Glow-N-Go Family 5K  
Age Group Results

**5K 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	Nicole Nina Valmores	Romeoville IL	13	1907	10	29:08.5	9:26/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	Harrison Knapp	Woodridge IL	20	1855	1	21:19.1	6:53/M

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### 5K Run

#### Female 14 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	Sophia Tapia	Plainfield IL	13	1903	20	31:42.2	10:14/M
2	Karylle Baltazar	Romeoville IL	12	1817	32	35:34.9	11:32/M
3	Frida Pantoja	Romeoville IL	10	1874	46	39:28.2	12:45/M
4	Sophia Vargas	Romeoville IL	10	1908	51	42:18.9	13:42/M
5	Isabelle Arroyo	Plainfield IL	9	1815	57	44:47.4	14:27/M

#### Male 14 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	Michael Michienzi		9	7295	8	28:32.7	9:14/M
2	Aiden Michienzi		11	8209	9	28:58.9	9:22/M
3	AJ Burnett	Romeoville IL	11	1820	30	35:28.0	11:27/M
4	Diego Diaz	Romeoville IL	8	1829	45	39:27.2	12:45/M
5	DANGELO RIVERA	Romeoville IL	12	1884	59	45:17.5	14:42/M
6	EVAN Powelson	Romeoville IL	4	1880	102	1:00:21.9	19:28/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	Hallie Hall	Bolingbrook IL	16	1839	65	47:56.0	15:34/M
2	Katie Kerwin	Romeoville IL	16	1852	76	49:56.1	16:10/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	Josh Graunke	Yorkville IL	18	1838	2	21:26.7	6:55/M
2	Hector Dondiego	Romeoville IL	17	1830	4	24:13.2	7:49/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	Nicole Rivera		24	6893	25	33:01.6	10:41/M
2	Wendy Chaj	west chicago IL	24	1822	41	38:48.5	12:32/M
3	Mallie Hall	Bolingbrook IL	23	1840	66	47:57.1	15:34/M
4	Sarah Knutsen	Bolingbrook IL	22	1857	86	55:59.5	18:07/M
5	Brittany Sloma	Bolingbrook IL	23	1897	88	56:31.3	18:18/M
6	Jess Smallwood		21	7294	90	57:21.5	18:32/M

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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	Joseph Zalewski	Romeoville IL	24	1912	24	33:01.5	10:41/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	Laura Magana	Romeoville IL	27	1862	18	31:28.2	10:10/M
2	Dianna Harbacek	Sandwich IL	28	1842	35	36:51.8	11:58/M
3	Jennifer To	Romeoville IL	25	1905	42	39:04.5	12:46/M
4	Flor Del Rio	Romeoville IL	25	1827	43	39:20.6	12:51/M
5	Maria Chora	Romeoville IL	29	1823	44	39:24.3	12:45/M
6	Crystal Sims	Rmeoville IL	28	1894	67	47:57.7	15:34/M
7	Ariana Ortiz	Romeoville IL	25	1872	104	1:00:50.0	19:47/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	Alejandro Aguilar	west chicago IL	28	1813	3	22:21.5	7:13/M
2	Marc LaCien	Orland Park IL	26	1861	12	29:44.5	9:36/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	Irma Dondiego	Romeoville IL	32	1831	16	30:28.5	9:50/M
2	Kyle Mitchell	New Lenox IL	32	1866	23	32:55.6	10:38/M
3	AMANDA STEFANSKI	Crest Hill IL	33	1900	34	36:51.4	11:57/M
4	Adriana Diaz		34	8085	39	38:37.7	12:29/M
5	Jamie Pacheco		31	8281	49	42:07.7	13:38/M
6	Dannielle Hoffman	Channahon IL	32	1844	54	43:57.1	14:12/M
7	Allison Murillo	Romeoville IL	33	1867	58	45:07.0	14:36/M
8	Liz Steiner	Glen Ellyn IL	32	1901	80	54:06.6	17:35/M
9	Mary Hernandez	Alsip IL	33	1843	95	59:03.6	19:11/M
10	SARA SOTELO	La Grange IL	33	1899	96	59:06.9	19:11/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	Luis Pacheco Jr.		33	8370	50	42:07.8	13:38/M

Age Group Results

**5K 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	Trisha Kornecky	Romeoville IL	37	1859	19	31:37.8	10:14/M
2	Tiffini Jenkins	Plainfield IL	39	1847	31	35:29.6	11:31/M
3	Marisela Pantoja	Romeoville IL	38	1875	56	44:30.2	14:26/M
4	Jennifer Doole		37	8122	60	45:45.4	14:54/M
5	Kristin Derong	Bolingbrook IL	36	1828	69	48:11.3	15:40/M
6	Jaime Halteman	Romeoville IL	39	1841	79	54:05.0	17:34/M
7	Angelique Incavo	Romeoville IL	35	1846	94	59:03.5	19:11/M
8	Stacy Kujat		36	8008	99	1:00:06.1	19:28/M
9	Grace Blackwell	Romeoville IL	36	1819	106	1:01:54.8	20:04/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	Victor Tapia	Lockport IL	39	1904	5	25:47.2	8:19/M
2	Michael Michienzi		38	8197	33	35:38.8	11:31/M
3	Eduardo Diaz		35	7557	38	38:37.3	12:29/M
4	Jose Murillo	Romeoville IL	35	1868	53	43:51.5	14:12/M
5	David Earley	Channahon IL	36	1832	55	43:58.8	14:12/M
6	Mark Chellberg		36	8088	61	45:46.9	14:54/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	Crystal Podjaski	Bolingbrook IL	42	1879	62	46:08.7	15:00/M
2	Jennifer Smallwood	Romeoville IL	42	1898	89	57:19.2	18:31/M
3	Christine Holt	Chicago IL	40	1845	93	57:58.2	19:32/M
4	Trudy Powelson	Romeoville IL	43	1881	103	1:00:21.9	19:28/M
5	Maria Ortiz	Romeoville IL	43	1873	105	1:00:55.5	19:48/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	Edwin Cocjin	Romeoville IL	41	1825	28	34:06.6	11:02/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	Maria Yopez		47	8177	13	30:15.2	9:46/M

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### 5K Run

#### 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>
2	Shelly Pietrzak	Bolingbrook IL	45	1878	15	30:16.7	9:47/M
3	Amy Frankel	Aurora IL	46	1835	26	33:07.4	10:43/M
4	Janet Perez	Aurora IL	49	1876	27	33:10.9	10:44/M
5	Linda Odom	Plainfield IL	48	1870	29	34:11.3	11:04/M
6	Elizabeth Michalec	Romeoville IL	48	1864	36	37:48.7	12:16/M
7	Teresa Maggio	ROMEOVILLE IL	47	1863	47	40:46.3	13:12/M
8	Marie Salahou	Romeoville IL	49	1887	48	41:24.4	13:24/M
9	Terry Vargas	Romeoville IL	48	1909	52	42:28.0	13:44/M
10	Kris Tapia	Plainfield IL	48	1902	63	46:25.5	15:01/M
11	Michelle Schoenhofen	Romeoville IL	45	1893	64	47:39.5	15:28/M
12	Tanna Jessop	Romeoville IL	48	1848	72	49:05.0	15:52/M
13	Cindi Fiandaca	Chicago IL	46	1834	81	54:16.3	17:36/M
14	Dawn Abshear	Bolingbrook IL	48	1812	82	54:55.3	17:46/M
15	Kimberly Knutsen	Bolingbrook IL	47	1856	83	55:57.8	18:06/M
16	Jody Comeau	ROMEOVILLE IL	47	1826	85	55:59.1	18:07/M
17	Tammi Carlson	Bolingbrook IL	49	1821	87	56:31.3	18:19/M
18	Denise Almodovar	Romeoville IL	48	1814	97	59:50.2	19:27/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	Roland Keller	Naperville IL	49	1851	6	25:58.4	8:24/M
2	Steve Frankel	Aurora IL	47	1836	7	26:02.8	8:25/M
3	Norman Quilarto		45	8067	17	30:47.4	9:58/M
4	John Michalec	Romeoville IL	49	1865	37	37:50.0	12:16/M
5	Lee Schoenhofen	Romeoville IL	48	1892	68	48:09.4	15:38/M
6	Kirk Openchowski	Bolingbrook IL	48	1871	78	51:37.5	16:45/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	Amie Johnson	Romeoville IL	53	1850	22	31:56.0	10:19/M
2	Ladora Sims	Rmeoville IL	53	1896	70	48:42.4	15:49/M
3	Mary Jo Fazio	Romeoville IL	53	1833	73	49:32.3	16:03/M
4	Karen Urbanski	Romeoville IL	51	1906	91	57:48.6	18:45/M
5	Peggy Nichols	Romeoville IL	54	1869	92	57:51.2	18:45/M
6	Susan Wolf	Romeoville IL	51	1911	98	59:50.6	19:27/M
7	Geri Scharnagle	Romeoville IL	53	1889	100	1:00:07.8	19:28/M
8	Christine Venn	Romeoville IL	53	1910	101	1:00:10.7	19:31/M

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### 5K 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>
1	Don Knapp	Woodridge IL	53	1854	14	30:15.5	9:47/M
2	Denise Goss	Lockport IL	53	1837	74	49:33.5	16:03/M
3	Richard Knutsen	Bolingbrook IL	50	1858	84	55:58.4	18:06/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	Susana Velazquez		55	8087	40	38:40.2	12:29/M
2	Mary Kerwin	Romeoville IL	56	1853	75	49:55.9	16:09/M
3	Doris Mann		57	8233	77	51:36.4	16:45/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	Ronnie Johnson		57	7293	21	31:55.2	10:19/M
2	Dwain Sims	Rmeoville IL	55	1895	71	48:42.5	15:50/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	Margaret Krecioch	ROMEOVILLE IL	69	1860	107	1:02:29.6	20:17/M

#### Male 70 to 74

<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	Dennis Bingham	Romeoville IL	70	1818	11	29:10.8	9:27/M