

2016 Run Forest, Run 5K and 10K

Age Group Results

5K

Race Date
April 16, 2016

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	Megan Ferowich		21	214	5	18:28.2	5:57/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	Kaleb VanOrt		31	542	1	15:32.9	5:01/M

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Female 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	Lisa Kelly		0	538	227	57:49.8	18:39/M

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	Emilie Willett		9	514	55	25:43.8	8:18/M
2	Isabella Frischknecht		11	225	85	28:18.1	9:08/M
3	Joie Warnke		9	498	150	34:04.6	10:59/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	Nathan Frischknecht		13	226	24	22:51.6	7:22/M
2	bryson rhodes		12	418	82	28:01.9	9:02/M
3	Noah Balyeat		10	117	110	30:47.1	9:56/M
4	Dilon Willett		11	513	162	36:37.8	11:49/M
5	James Hardcastle		14	251	163	36:40.2	11:50/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	Sofia Alatorre		15	106	10	20:12.5	6:31/M
2	Andrea Alatorre		18	105	18	21:59.3	7:05/M
3	Christa Zubic		18	536	25	23:07.7	7:27/M
4	Francesca Ventura		18	488	28	23:11.8	7:29/M
5	Jacqueline Courtney		18	166	54	25:42.4	8:17/M
6	Lauren Jhin		19	548	60	26:08.3	8:26/M
7	Claire Maxa		18	342	61	26:08.6	8:26/M
8	Megan Belcher		16	129	68	27:23.7	8:50/M
9	Kailey Cavanaugh		18	150	69	27:25.8	8:51/M
10	Ellie Kallgren		19	285	80	27:59.6	9:02/M
11	Emily Angell		18	109	81	27:59.6	9:02/M
12	Emily Hine		15	269	87	29:06.7	9:23/M
13	Kiana Forti		19	222	89	29:17.1	9:27/M
14	Sadie Zacharek		19	528	107	30:30.4	9:50/M
15	Kamryn Redman		17	411	108	30:37.8	9:53/M
16	Francesca Cervone		19	154	117	31:13.1	10:04/M
17	Silvia Camara		19	549	122	32:10.9	10:23/M
18	Caroline Hazapis		19	262	124	32:12.8	10:23/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>
19	Megan Davey		19	181	126	32:13.6	10:24/M
20	Sadie Facile		19	205	144	33:43.6	10:53/M
21	Mason Westbrook		19	506	167	37:14.3	12:01/M
22	Caroline Sherry		19	447	170	37:28.4	12:05/M
23	Emily Sherry		19	448	176	38:18.4	12:21/M
24	Alexandra Lesnik		19	315	197	45:36.1	14:43/M
25	Delaney Weiland		18	504	199	45:37.1	14:43/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	Kevin Dougherty		19	191	6	18:53.1	6:05/M
2	Johnny Veschi		19	490	12	21:08.5	6:49/M
3	Peter Rutkowski		16	432	13	21:11.1	6:50/M
4	Coleman Blakely		19	135	16	21:44.2	7:01/M
5	Daniel Neuson		19	372	36	24:15.5	7:49/M
6	Daniel O'Neill		19	389	38	24:16.3	7:50/M
7	Michael Curliss		18	172	71	27:43.6	8:56/M
8	Gary Schorr		19	440	125	32:13.2	10:24/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	Katherine O'Reilly		23	392	8	19:42.6	6:21/M
2	Elise Brady		20	141	9	20:02.9	6:28/M
3	Anastasia Riddle		20	419	29	23:15.6	7:30/M
4	Michelle Brosnan		20	142	37	24:15.6	7:49/M
5	Margaret Mary Underwood		21	480	40	24:43.3	7:58/M
6	Samantha Fairchild		21	207	42	24:44.8	7:59/M
7	Annette Sayre		20	435	59	26:08.3	8:26/M
8	Megan Villandre		20	491	70	27:28.1	8:52/M
9	Alexis Stefaniak		20	462	78	27:55.1	9:00/M
10	Caitlin Gruis		22	553	95	29:40.8	9:34/M
11	Kacey Hengesbach		20	265	106	30:30.2	9:50/M
12	Anne Gandolfi		21	232	115	31:01.1	10:00/M
13	Francesca Georgen		22	240	127	32:14.2	10:24/M
14	Treimer Reimer		20	415	131	32:49.1	10:35/M
15	Rebecca Hammock		20	248	135	33:17.8	10:44/M
16	Sarah Khan		20	297	146	33:47.7	10:54/M
17	Hannah Dunn		20	196	156	35:02.5	11:18/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>
18	Allison McGloin		20	347	168	37:14.8	12:01/M
19	Brigid Feasel		21	212	177	38:19.2	12:22/M
20	Madeleine O'Mara		20	388	186	41:08.8	13:16/M
21	Laura Hergenroeder		23	266	190	42:39.8	13:45/M
22	Rina Moore		20	359	195	44:37.8	14:24/M
23	Brett Quick		21	409	202	45:54.4	14:48/M
24	Sarah Schiferl		24	436	204	46:18.7	14:56/M
25	Acaica Dunkley		20	195	205	47:07.7	15:12/M
26	Madison Oswald		20	395	206	47:11.6	15:13/M
27	Mary Kate Vicenzi		22	550	216	51:57.7	16:45/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	Brendan Thielsen		22	475	2	16:10.4	5:13/M
2	Joseph Berry		21	131	3	17:25.1	5:37/M
3	Eddie O'Reilly		20	391	14	21:40.4	6:59/M
4	James Bachmayer		22	543	26	23:10.3	7:28/M
5	Matthew Hadad		21	245	27	23:10.3	7:28/M
6	Tommy Postek		24	407	32	23:19.8	7:31/M
7	Dylan Staats		20	547	35	24:13.1	7:49/M
8	Peter Stankiewicz		21	461	43	24:49.4	8:00/M
9	Nicholas Yusko		20	527	51	25:35.1	8:15/M
10	Jeremiah Coogan		24	161	56	25:53.3	8:21/M
11	Kristopher Murray		22	366	57	25:59.9	8:23/M
12	Michael Weeks		22	501	62	26:22.6	8:30/M
13	John Lake		21	307	67	27:15.6	8:47/M
14	Ryne Quinlan		21	410	84	28:17.1	9:07/M
15	Ty Daugherty		23	179	101	30:09.9	9:44/M
16	Marcus Hatch		23	260	218	52:48.8	17:02/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	Paige Fairchild		27	545	44	25:01.3	8:04/M
2	Ashley Scott		26	442	145	33:46.6	10:54/M
3	Jennifer Beam		28	126	147	33:47.7	10:54/M
4	Jeniece Bogard		28	137	166	37:05.8	11:58/M
5	Meghan Reed		29	414	172	37:56.8	12:14/M
6	Brittney Wickizer		26	544	182	40:19.3	13:00/M

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Female 25 to 29

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7	Julie Garces		27	236	184	40:56.5	13:12/M
8	Amanda Stenzel		27	463	189	42:30.1	13:43/M
9	heather lindsley		29	317	192	43:28.3	14:01/M
10	Elizabeth Lynch		28	328	194	44:08.6	14:14/M
11	Amanda Dudzinski		28	194	213	48:57.7	15:47/M
12	Samira Payne		25	399	214	50:20.3	16:14/M
13	Jessica Basham		28	122	223	55:07.8	17:47/M
14	Tess Wolfenson		27	522	231	1:01:39.1	19:53/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	Seung-Jae Oh		26	386	7	19:39.4	6:20/M
2	Sean Bakey		29	113	17	21:47.5	7:02/M
3	Charles Butner		29	147	21	22:28.5	7:15/M
4	Tim Dondanville		25	189	23	22:36.1	7:17/M
5	Brendan Boyes		25	139	30	23:16.6	7:30/M
6	Shashank Saket		27	433	31	23:19.1	7:31/M
7	Chris Rubey		26	427	49	25:32.9	8:14/M
8	Andrew Rosenberg		25	423	52	25:40.6	8:17/M
9	Steven Baldwin		25	114	53	25:41.3	8:17/M
10	Andrew Grider		26	243	76	27:52.9	8:59/M
11	Andy Willett		26	512	103	30:22.8	9:48/M
12	Blake Bigger		26	551	203	46:18.5	14:56/M
13	Joe Gandolfi		28	234	229	1:01:35.1	19:52/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	Marianne FitzGerald		32	220	73	27:48.3	8:58/M
2	Angela Brown		33	143	105	30:29.8	9:50/M
3	Loretta Soria		33	458	132	32:54.1	10:37/M
4	Laurel Marnocha		32	337	139	33:36.8	10:50/M
5	Catlin Courtney		31	165	141	33:39.5	10:51/M
6	Judith Biesen		32	132	153	34:29.3	11:07/M
7	Miranda VanNevel		33	485	178	38:25.1	12:24/M

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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	Miguel Renteria		32	417	20	22:18.8	7:12/M
2	Jeff Shepherd		33	446	22	22:29.6	7:15/M
3	John Paek		33	396	33	24:09.4	7:47/M
4	Hans Rohr		33	422	39	24:18.8	7:50/M
5	Brandon Hoover		31	275	74	27:52.1	8:59/M
6	Jeff Schmidt		30	438	94	29:37.3	9:33/M
7	Kenny Conklin		31	159	97	29:52.4	9:38/M
8	Jason Reed		33	413	171	37:56.6	12:14/M
9	Josh Smith		31	453	215	51:17.9	16:33/M
10	Eddie beebe		31	128	234	1:09:49.2	22:31/M
11	John Basham		32	123	237	1:10:12.2	22:39/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	Melissa Rowe		37	426	46	25:24.7	8:12/M
2	kara wargo		39	496	48	25:30.6	8:14/M
3	Sondra Flora		39	221	83	28:04.3	9:03/M
4	Jamie Cooper		35	164	86	29:03.2	9:22/M
5	krista mihalik		37	356	90	29:24.1	9:29/M
6	Karla Heyn		37	268	98	29:52.8	9:38/M
7	Melissa Tomas		39	478	134	33:08.4	10:41/M
8	Jennifer Whitlock		37	508	137	33:27.9	10:47/M
9	Kelly Daily		39	552	159	35:18.8	11:23/M
10	Carolyn Zmrhal		37	535	160	36:08.3	11:39/M
11	Jennifer Matchett		35	341	181	40:11.9	12:58/M
12	Nicki Fuerst		39	227	207	47:34.6	15:21/M
13	Dawn Long		39	320	225	55:36.5	17:56/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	Bart Frischknecht		37	224	4	18:12.9	5:52/M
2	Joshua Dail		38	176	47	25:28.3	8:13/M
3	phillip Harrison		39	257	66	27:09.1	8:45/M
4	Jeffrey Balyeat		37	116	111	30:48.3	9:56/M
5	Mike Klaich		35	302	112	30:48.6	9:56/M
6	Daniel Soria		36	457	133	32:54.4	10:37/M
7	Jeremy Whitlock		39	509	136	33:27.7	10:47/M
8	Derek Warnke		38	497	183	40:48.7	13:10/M

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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	Daniel Long		39	319	224	55:36.4	17:56/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	Lori Morlan		44	361	45	25:22.7	8:11/M
2	Danelle Thompson		43	476	91	29:26.8	9:30/M
3	Michele Ashton		40	110	92	29:27.7	9:30/M
4	Christina Monroe		40	358	129	32:32.6	10:30/M
5	Mary Ward		41	495	130	32:48.1	10:35/M
6	Heather Pisarsky		44	403	140	33:36.9	10:50/M
7	Davlyn King		43	301	142	33:40.3	10:52/M
8	Brandi Bussard		43	146	155	35:00.6	11:17/M
9	Rose Holmes		43	274	157	35:12.3	11:21/M
10	Tricia Walters		42	494	165	36:56.8	11:55/M
11	Christina Wetter		43	507	173	38:06.5	12:17/M
12	Tina Witt		41	520	174	38:06.8	12:17/M
13	Sherry Eddy		43	200	200	45:53.5	14:48/M
14	Kristin Warnke		40	499	212	48:54.6	15:46/M
15	Kristina Wright		42	525	217	52:21.5	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	Chad Sommers		43	456	11	20:14.3	6:32/M
2	Aric Rutkowski		44	429	63	26:29.6	8:33/M
3	Aaron Wright		42	524	149	33:58.3	10:57/M
4	Gregory Wilson		43	517	191	43:11.7	13:56/M
5	Aric Kaminsky		40	286	193	43:51.8	14:09/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	Cara Sheehan		47	444	88	29:11.6	9:25/M
2	Lynea Sieting		47	452	104	30:27.3	9:49/M
3	janet fiedler		45	215	118	31:55.8	10:18/M
4	Kimberly Redman		46	412	119	32:00.3	10:19/M
5	MaryAnn Leneway		46	314	148	33:48.7	10:54/M
6	jodi adkins		45	104	151	34:15.6	11:03/M

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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>
7	JuLee Anderson		45	108	154	34:54.4	11:15/M
8	Jeanie Nunemaker		45	379	158	35:14.1	11:22/M
9	Kari Hatch		45	259	187	42:26.8	13:41/M
10	Sherri Eichler		48	201	209	47:57.8	15:28/M
11	Donna Vandenoever		48	481	233	1:03:41.9	20:33/M
12	Abigail Basham		46	121	235	1:09:50.2	22:32/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	Pete Engel		46	204	15	21:43.8	7:00/M
2	Dan Rowe		45	425	102	30:13.6	9:45/M
3	Cy Chowattukunnel		46	155	121	32:06.2	10:21/M
4	Ken Lavery		45	311	138	33:35.6	10:50/M
5	JW Rossow		46	424	143	33:41.5	10:52/M
6	Mark Eddy		45	199	201	45:53.7	14:48/M
7	Scott Vervgnt		47	537	226	57:48.6	18:39/M
8	Robert Vandenoever		48	482	228	58:56.4	19:01/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	Andrea Rutkowski		52	428	75	27:52.5	8:59/M
2	Andrea Billups		50	133	114	30:58.9	9:59/M
3	Diane Janowiak		50	281	180	39:09.6	12:38/M
4	Jennye Grider		53	244	185	40:59.4	13:13/M
5	Kim Oletti		53	387	196	44:59.5	14:31/M
6	Dawn Weiland		53	503	198	45:36.5	14:43/M
7	jeanne obringer		51	384	211	48:37.8	15:41/M
8	Dawn Daugherty		50	178	232	1:03:41.1	20:33/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	David Knight		52	303	34	24:09.4	7:47/M
2	Roger Fairchild		53	206	41	24:44.8	7:59/M
3	Jimmy Pantelleria		54	539	58	26:01.3	8:24/M
4	Chris DeTrempe		52	184	79	27:57.5	9:01/M
5	Michael Powers		52	540	96	29:41.5	9:35/M

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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>
6	David Daugherty		53	177	99	29:56.3	9:39/M
7	Doug Billups		51	134	113	30:58.3	9:59/M
8	Donald McClure		54	546	123	32:11.3	10:23/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	Ann Eisenman		55	202	50	25:34.1	8:15/M
2	Linda Hine		55	270	100	30:03.4	9:42/M
3	Stacey VanKlaveren		55	484	120	32:04.6	10:21/M
4	Connie Williams		57	515	128	32:15.3	10:24/M
5	Tina Nurkowski		56	381	152	34:19.6	11:04/M
6	jill celie-brenay		58	153	222	55:07.6	17:47/M
7	Joanne Gandolfi		58	233	230	1:01:36.1	19:52/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	Ruben Falcon		56	208	19	22:11.2	7:09/M
2	Eric Diamond		57	187	64	26:34.9	8:34/M
3	William Belcher		55	130	72	27:48.1	8:58/M
4	Bob Weiland		56	502	77	27:53.8	9:00/M
5	Wayne Noethe		58	378	109	30:43.4	9:55/M
6	Ron Gandolfi		58	235	116	31:03.5	10:01/M
7	John Nurkowski		56	380	210	48:37.6	15:41/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	chet zawalich		61	530	161	36:14.8	11:41/M
2	Troy Williams		61	516	169	37:24.7	12:04/M
3	Michael Bracken		62	140	208	47:35.8	15:21/M
4	Joe McPhie		62	353	236	1:10:09.8	22:38/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	Carol Finney		67	217	188	42:27.2	13:42/M

2016 Run Forest, Run 5K and 10K

Age Group Results

5K

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	Pam Augustyn		66	111	220	53:39.8	17:18/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	Michael Gray		65	242	93	29:28.1	9:30/M
2	Everett Finney		68	218	219	53:18.6	17:12/M
3	Jack Adkins		66	103	221	53:47.8	17:21/M

Female 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	Mary Diethrich		71	188	175	38:07.1	12:18/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	Kent "Army" Laudeman		73	310	65	26:53.7	8:40/M
2	Dave Ferency		72	213	179	38:40.8	12:28/M

Male 75 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	willis worick		76	523	164	36:41.8	11:50/M