

Valparaiso 4th of July Blast 5K Run

Age Group Results

Race Date
July 02, 2016

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	Ava Gilliana		14	9064	11	19:40.6	6:21/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	Clayton Goldman	Saint John IN	17	9544	1	17:22.6	5:37/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	Laura Carlson	South Bend IN	50	9527	12	21:59.9	7:08/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	Mark Wright	Westville IN	49	9634	9	19:15.7	6:13/M

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5K Run

Female 10 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	Ani Gilliana		9	9073	37	25:55.8	8:23/M
2	Ena Gilliana		8	9070	54	28:05.7	9:05/M
3	Claire Brown		9	8707	77	30:03.6	9:45/M
4	Alex Reed	Valparaiso IN	10	9588	120	36:51.8	11:59/M
5	Allison Nietert	Valparaisovalparaiso IN	5	9580	135	39:15.3	12:42/M
6	Karlie Mann	Valparaiso IN	9	9570	138	39:36.7	12:56/M
7	Sara Breckenridge		8	8253	158	49:41.9	16:09/M
8	Lauren Wallace	Valparaiso IN	7	9624	166	53:05.1	17:15/M
9	Emily Toth	Kouts IN	5	9616	169	55:42.9	18:06/M

Male 10 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	Adam Jaser		9	8265	29	24:35.2	8:01/M
2	Beckett Adler	Brownsburg IN	9	9502	86	31:01.7	10:05/M
3	Lochlain James	Valparaiso IN	9	8786	88	31:12.5	10:05/M
4	Jacob Kusbel	Valparaiso IN	9	9559	123	37:09.1	12:05/M
5	Juan Rodriguez		7	8252	144	40:22.1	13:09/M
6	Austin Wallace	Valparaiso IN	5	9623	156	49:15.6	16:02/M

Female 11 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	Lauren Fratzke	Valparaiso IN	18	9540	61	28:50.8	9:25/M
2	Aubrey Brown		11	8898	70	29:43.4	9:38/M
3	Julia Tarpley		14	8792	78	30:06.9	9:47/M
4	Amanda Strege	Valparaiso IN	19	9608	110	35:46.9	11:40/M
5	Abby Strege	Lake Oswego OR	12	9607	117	36:31.6	11:56/M
6	Cassidy James	Valparaiso IN	14	8762	133	39:06.6	12:42/M

Male 11 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	Thomas Lyp	Valparaiso IN	17	9568	2	17:27.1	5:38/M
2	Carter Goldman	Saint John IN	15	9543	5	18:57.2	6:07/M
3	Grayson Radvansky	South Bend IN	18	9587	6	18:57.2	6:08/M
4	Joseph Angert	Valparaiso IN	15	9508	7	19:02.8	6:09/M
5	William Jaser		11	8263	13	22:16.8	7:12/M
6	Ben Millard	Valparaiso IN	12	9574	20	23:36.8	7:39/M

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5K Run

Male 11 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>
7	Michael Brickner	Valparaiso IN	13	9520	21	23:48.2	7:42/M
8	Jacob Reese	Valparaiso IN	11	9591	39	26:08.1	8:29/M
9	Eli Gilliana		12	9074	108	35:43.5	11:35/M
10	Carl Fuess	Crown Point IN	11	9541	118	36:36.2	11:55/M
11	Daniel Rodriguez		13	9038	143	40:07.8	13:05/M

Female 20 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 Yokovich	Valparaiso IN	27	9635	19	23:31.5	7:37/M
2	Kristina Carrillo	Lake Station IN	24	9528	23	24:15.9	7:52/M
3	Haley Leuthart	Valparaiso IN	25	9560	43	26:17.1	8:30/M
4	Kayla Breitenbach	Warsaw IN	26	9518	59	28:37.3	9:19/M
5	Melissa Leib	Valparaiso IN	29	8896	66	29:07.4	9:32/M
6	Tori Breitenbach	Valparaiso IN	23	9519	74	29:55.1	9:45/M
7	Emily Sandefur	Dyer IN	23	9597	76	29:56.0	9:44/M
8	Melissa Secrest	Fort Wayne IN	26	9599	94	33:31.0	10:53/M
9	Madison Bellorado	Valparaiso IN	20	9512	96	33:36.8	10:57/M
10	Megan Strege	Maryville TN	22	9611	109	35:46.6	11:40/M
11	Mira Repak	Libertyville IL	23	9593	113	36:03.9	11:43/M
12	Brittany Vanek	Schererville IN	21	9621	139	39:47.5	12:55/M
13	Becky Burgess	Michigan City IN	26	9523	148	43:00.2	13:58/M

Male 20 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	Andrew Kuck	Valparaiso IN	24	9557	3	17:55.0	5:48/M
2	Andrew Lyp	Valparaiso IN	21	9565	4	18:21.2	5:56/M
3	Michael Baum	Michigan City IN	28	9510	24	24:21.2	7:53/M
4	Aaron Strege	Maryville TN	25	9606	80	30:27.0	9:57/M
5	Adam Sroufek	Valparaiso IN	20	9603	106	35:20.6	11:31/M

Female 30 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	Meghan O'Brien	Valparaiso IN	32	9582	34	25:50.2	8:23/M
2	Sarah Jaser		39	8264	45	26:44.3	8:42/M
3	Lauren Cooper	Forest Park IL	35	8940	50	27:56.5	9:04/M
4	Jill Platipodis		39	8259	52	27:59.4	9:05/M

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5K Run

Female 30 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>
5	Jessica Thomas	Michigan City IN	37	9614	57	28:27.1	9:16/M
6	Julie Hites		39	8262	60	28:43.6	9:21/M
7	Stephanie Butts	Chesapeake VA	37	9524	65	28:59.1	9:25/M
8	Alison Goril	Cedar Rapids IA	34	9548	81	30:39.8	9:58/M
9	Misti Howell	Valparaiso IN	37	9555	85	30:58.9	10:06/M
10	Rachel Naron	Murfreesboro TN	35	9578	93	33:30.5	10:53/M
11	Stephanie Adler	Brownsburg IN	35	9503	95	33:31.8	10:53/M
12	Kelly Ireland	Valparaiso IN	30	9556	98	34:09.9	11:06/M
13	Colleen Harstad	Merrillville IN	34	9553	99	34:13.6	11:08/M
14	Jessica Sterk	Crown Point IN	33	9605	107	35:33.8	11:36/M
15	Elizabeth Anderson	Valparaiso IN	34	9506	116	36:22.1	11:49/M
16	Melissa Goodall	Merrillville IN	35	9547	125	37:31.0	12:12/M
17	Sheri Stremplewski	Merrillville IN	34	9612	131	38:28.3	12:32/M
18	Kimberly Foster	Valparaiso IN	34	9538	140	39:48.0	12:55/M
19	Arrin Hope	Lake Station IN	30	9554	149	43:46.7	14:07/M
20	Anita Michaelis	Valparaiso IN	39	9573	152	45:00.5	14:40/M
21	Sarah Scott	Valparaiso IN	33	9598	155	48:56.3	15:57/M
22	Rachel Wallace	Valparaiso IN	36	9626	157	49:19.1	16:03/M
23	Lana Toth	Kouts IN	35	9617	162	51:46.6	16:48/M
24	Randa Haddad	Portage IN	33	9551	164	52:55.1	17:13/M
25	Patricia Sharwarko	Valparaiso IN	34	9600	171	56:40.5	18:28/M

Male 30 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	Michael Smith	Chesterton IN	30	9601	8	19:11.3	6:12/M
2	Jonathan Lustick	Valparaiso IN	38	9562	10	19:30.4	6:18/M
3	James Harper	Valparaiso IN	33	8833	33	25:04.9	8:07/M
4	Adam Adler	Brownsburg IN	35	9501	47	27:05.6	8:49/M
5	Chris Haddad	Crown Point IN	31	9550	55	28:07.0	9:05/M
6	Devon Mulligan	Valparaiso IN	34	9576	68	29:10.5	9:25/M
7	Mike Goril	Cedar Rapids IA	32	9549	69	29:21.1	9:33/M
8	Gregorio Pulido	Valparaiso IN	33	9586	87	31:05.7	10:12/M
9	Lee Wisdom	Valparaiso IN	37	9631	132	38:47.0	12:36/M
10	Michael Nietert	Valparaisovalparaiso IN	33	9581	136	39:16.9	12:42/M
11	Michael Wallace	Valparaiso IN	36	9625	167	53:05.5	17:16/M
12	Drew Toth	Kouts IN	36	9615	170	55:44.5	18:06/M

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5K Run

Female 40 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	Kara Potter	Chesterton IN	46	9584	28	24:32.4	7:56/M
2	Lori Fisher	Valparaiso IN	47	9537	31	24:52.1	8:05/M
3	Francie Bean	Valparaiso IN	44	9511	40	26:08.5	8:29/M
4	Lori Gilliana		48	9082	46	27:00.2	8:47/M
5	Jolene Reese	Valparaiso IN	40	9592	49	27:32.3	8:57/M
6	Jody Lyp	Valparaiso IN	46	9566	58	28:27.4	9:14/M
7	Tricia Brouwers	Valparaiso IN	42	9522	64	28:56.9	9:26/M
8	Catherine Brown		43	8714	73	29:51.8	9:42/M
9	Jamie Tarpley		41	8795	79	30:17.6	9:50/M
10	Josie Jent	Westville IN	47	9025	82	30:47.5	10:00/M
11	Deena Pidrak		41	8267	83	30:54.2	10:02/M
12	Natasha Boyce	Valparaiso IN	46	9517	91	31:54.0	10:22/M
13	Amanda Lyons	Valparaiso IN	44	9563	92	33:27.1	10:50/M
14	Jenny Madison	Normal IL	45	9569	100	34:49.0	11:19/M
15	Laura Morrison		46	8255	104	35:17.4	11:25/M
16	Christina Miller	Valparaiso IN	48	9575	115	36:22.0	11:55/M
17	Kim Benner	Valparaiso IN	46	9515	119	36:48.0	11:59/M
18	Teresa Weiler	Valparaiso IN	46	9628	127	38:14.9	12:31/M
19	Raquel Ruiz	Cedar Lake IN	43	9595	145	40:28.3	13:10/M
20	Kathy Strege	Lake Oswego OR	44	9610	146	41:03.4	13:23/M
21	Toni Russell	Merrillville IN	48	9596	147	41:13.6	13:26/M
22	Monika Fuess	Crown Point IN	47	9542	151	44:18.6	14:24/M
23	Laura Traficante	Valparaiso IN	49	9618	160	50:03.6	16:17/M
24	Diane Ruesch	Valparaiso IN	46	9594	163	52:33.3	17:05/M
25	Jami Denger	Valparaiso IN	44	9534	165	52:56.4	17:05/M
26	Sara Stapleton	Portage IN	43	9604	168	53:24.4	17:14/M
27	Kc Wells	Valparaiso IN	43	9629	173	58:12.9	18:57/M

Male 40 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 Lyons	Valparaiso IN	45	9564	16	22:51.7	7:25/M
2	Tim Senouic		40	8254	17	22:56.0	7:26/M
3	Darrell Vitoux	Valparaiso IN	45	9622	25	24:23.3	7:55/M
4	Patrick Cosgrove		48	8261	26	24:27.5	7:55/M
5	Jesse Bob Harper	Valparaiso IN	46	8941	27	24:29.0	7:55/M
6	Steve McIntyre	Hobart IN	48	9572	30	24:50.1	8:08/M
7	Lee Neutzling	North Canton OH	44	9579	36	25:55.7	8:23/M
8	Robert West		46	8258	38	25:55.9	8:32/M
9	Tommy Butts	Chesapeake VA	41	9525	48	27:25.4	8:55/M
10	Matt Workman	Valparaiso IN	49	9632	51	27:58.9	9:04/M

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5K Run**Male 40 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>
11	Jason Gilliana		45	8927	53	28:02.3	9:07/M
12	Jon Brouwers	Orland Park IL	47	9521	63	28:56.1	9:26/M
13	Robert Boby	Valparaiso IN	48	9516	75	29:55.9	9:41/M
14	Mark Connors	Valparaiso IN	44	9532	84	30:57.5	10:04/M
15	Brian Brown		42	8713	101	34:54.9	11:19/M
16	Patrick Lyp	Valparaiso IN	46	9567	114	36:16.7	11:46/M
17	Don Reed	Valparaiso IN	49	9589	121	36:52.1	11:59/M
18	Ryan Vanderwoude	Merrillville IN	49	9620	126	38:02.8	12:24/M
19	Jerome Weiler	Valparaiso IN	46	9627	128	38:19.0	12:33/M
20	Matthew James	Valparaiso IN	41	8727	134	39:07.1	12:43/M
21	Robert Krause	Valparaiso IN	48	8834	141	40:05.3	13:05/M
22	John Breckenridge		47	8251	159	49:48.1	16:12/M
23	Trevor Wells	Valparaiso IN	44	9630	172	58:09.8	18:56/M

Female 50 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	Laura Golembieski	Valparaiso IN	54	9546	22	23:50.6	7:43/M
2	Margaret Elia	Valparaiso IN	52	9536	67	29:08.7	9:27/M
3	Amy Benda	Valparaiso IN	56	9513	72	29:51.4	9:42/M
4	Glory Martinez	San Antonio TX	50	9571	90	31:24.3	10:14/M
5	Robin Carey	Valparaiso IN	59	9526	102	35:08.0	11:23/M
6	Helen Chupp	Valparaiso IN	52	9530	103	35:16.3	11:28/M
7	Julie Naylor		59	9026	111	35:47.0	11:36/M
8	Kirsten Reed	Valparaiso IN	50	9590	124	37:22.2	12:09/M
9	Cindy Hall		58	8260	129	38:23.2	12:25/M

Male 50 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	Jim Golembieski	Valparaiso IN	55	9545	14	22:39.8	7:21/M
2	David Pepoff	Hobart IN	50	9583	18	23:27.3	7:35/M
3	Marc Leuthart	Valparaios IN	53	9561	32	25:00.5	8:05/M
4	Bill Hanson	Valparaiso IN	59	9552	35	25:55.6	8:23/M
5	George K. Azar	Valparaiso IN	51	9509	42	26:13.1	8:30/M
6	Bruce Alpha	Valparaiso IN	55	9505	56	28:12.7	9:11/M
7	James Fratzke	Valparaiso IN	52	9539	62	28:52.0	9:25/M
8	George Christoff		57	8897	89	31:13.1	10:12/M
9	Fred Benner	Valparaiso IN	51	9514	97	33:52.0	11:02/M
10	Doug Strege	Lake Oswego OR	59	9609	105	35:20.1	11:33/M

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Male 50 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>
11	Billy Nolas		57	8935	112	35:47.4	11:36/M
12	Frank Kusbel	Valparaiso IN	52	9558	122	37:08.7	12:05/M
13	Carl Allegretti	Frankfort IL	54	9504	130	38:28.3	12:28/M

Female 60 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	Dianne Solivais	Valparaiso IN	60	9602	71	29:46.7	9:39/M
2	Cindy Leland		61	8266	150	44:08.8	14:24/M
3	Debbie Zulich	Valparaiso IN	61	9636	161	51:32.8	16:47/M

Male 60 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	Brian Chorba	Valparaiso IN	60	9529	15	22:40.4	7:20/M
2	Steve Conley	Valparaiso IN	64	9531	41	26:10.3	8:28/M
3	Rick Price	Valparaiso IN	60	9585	44	26:21.3	8:33/M
4	Allan Nalbor	Crown Point IN	69	9577	137	39:36.1	12:49/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	Diane Chillian		76	8257	153	47:59.6	15:39/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	Michael Moskalisk		71	9047	142	40:06.0	12:58/M
2	Rolando Chilian		75	8256	154	48:00.0	15:39/M
3	Tom Workman	Valparaiso IN	72	9633	174	58:22.1	19:00/M