

Race Date  
September 28, 2019

2019 Anyone Can Do a 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            | Chrissy Addison |             | 24         | 3423          | 6              | 24:04.5     | 7:46/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            | Hank Cook   |             | 49         | 3439          | 1              | 22:04.2     | 7:07/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            | Krista Zaragoza |             | 50         | 9997          | 17             | 28:05.1     | 9:04/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            | Tom Kujawski |             | 65         | 9259          | 4              | 23:21.1     | 7:32/M      |

Race Date  
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Age Group Results

**5K Run**

Female 8 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 *          | Kayla Ford  |             | 2          | 3457          | 99             | 1:13:47.0   | 23:48/M     |

Male 1 to 8

| <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 *          | Dominic Buonadonna |             | 8          | 3431          | 35             | 32:05.2     | 10:21/M     |
| 2 *          | Evan Hayward       |             | 8          | 3593          | 49             | 37:24.4     | 12:04/M     |
| 3 *          | Dylan Hayward      |             | 6          | 3594          | 78             | 50:42.8     | 16:22/M     |

Female 9 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 *          | Emma Myszak |             | 10         | 9271          | 32             | 31:48.6     | 10:16/M     |

Female 11 to 12

| <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 *          | Alexandra Myszak |             | 11         | 9272          | 30             | 31:23.2     | 10:07/M     |

Male 11 to 12

| <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 *          | Maximus Moore |             | 11         | 9268          | 13             | 26:50.3     | 8:39/M      |
| 2 *          | Danny Addison |             | 11         | 3422          | 38             | 32:59.3     | 10:38/M     |

Female 13 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 *          | Claudia Vasic |             | 13         | 9994          | 9              | 25:04.9     | 8:05/M      |

Female 15 to 18

| <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 Caballero    |             | 16         | 3432          | 39             | 33:06.1     | 10:41/M     |
| 2 *          | Amayah Myszak      |             | 15         | 9270          | 42             | 33:34.6     | 10:50/M     |
| 3 *          | Hailey Blankenship |             | 17         | 3429          | 69             | 43:14.2     | 13:57/M     |
| 4            | Taylor Thomas      |             | 18         | 9989          | 89             | 55:37.2     | 17:57/M     |

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**5K Run**

Male 15 to 18

| <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 Michielsen |             | 15         | 3473          | 48             | 36:27.1     | 11:46/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 *          | Raven Seitzinger |             | 23         | 3466          | 70             | 45:38.5     | 14:43/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 *          | Tyler Campos |             | 22         | 3433          | 3              | 23:15.4     | 7:30/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 *          | Mary Grace Fagen  |             | 29         | 3476          | 8              | 24:56.8     | 8:03/M      |
| 2 *          | Emily Kiselka     |             | 28         | 9255          | 40             | 33:16.4     | 10:44/M     |
| 3 *          | Kristin Spoelhof  |             | 27         | 9985          | 80             | 52:03.2     | 16:47/M     |
| 4            | Anamarie Pavlovic |             | 28         | 9281          | 96             | 1:03:46.4   | 20:34/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 *          | Lenell Cambell   |             | 25         | 3467          | 7              | 24:37.5     | 7:57/M      |
| 2 *          | Jeff Gadzala     |             | 28         | 3459          | 21             | 28:37.2     | 9:14/M      |
| 3 *          | Nathan Lozanoski |             | 28         | 3474          | 65             | 41:31.4     | 13:24/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 *          | Mayra Ponce |             | 34         | 9286          | 67             | 41:32.5     | 13:24/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 *          | Anthony Antonietti |             | 30         | 3424          | 45             | 34:46.5     | 11:13/M     |
| 2 *          | Yessenia Salinas   |             | 30         | 9292          | 54             | 38:19.6     | 12:22/M     |

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**5K Run**

**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> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 3 *          | Phillip Lozanoski |             | 30         | 3470          | 62             | 41:03.4     | 13:15/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 *          | Laura Graham     |             | 35         | 3463          | 12             | 26:10.1     | 8:27/M      |
| 2 *          | Tina Hoffmann    |             | 37         | 3597          | 27             | 31:09.1     | 10:03/M     |
| 3 *          | Diana Buonadonna |             | 37         | 3430          | 36             | 32:06.1     | 10:21/M     |
| 4            | Debby Dyson      |             | 38         | 3447          | 76             | 47:10.8     | 15:13/M     |
| 5            | Meena Kaur Brar  |             | 38         | 9252          | 82             | 52:27.1     | 16:55/M     |
| 6            | KRISTY LAPOLLO   |             | 37         | 9260          | 83             | 52:48.5     | 17:02/M     |
| 7            | Aisha Ford       |             | 37         | 3456          | 98             | 1:13:47.0   | 23:48/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 *          | Jason Clinton |             | 35         | 3436          | 2              | 22:35.1     | 7:17/M      |
| 2 *          | James Graham  |             | 35         | 3464          | 11             | 25:56.1     | 8:22/M      |
| 3 *          | Peter Rokosz  |             | 38         | 3469          | 14             | 26:50.4     | 8:39/M      |
| 4            | Lamar Ford    |             | 35         | 3455          | 100            | 1:13:47.0   | 23:48/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 *          | Amber Lindley     |             | 40         | 9261          | 18             | 28:09.1     | 9:05/M      |
| 2 *          | Elaine Myszak     |             | 41         | 9273          | 33             | 31:51.6     | 10:17/M     |
| 3 *          | Melissa Moore     |             | 44         | 9267          | 41             | 33:20.4     | 10:45/M     |
| 4            | Monika Vasic      |             | 43         | 9993          | 43             | 33:46.5     | 10:54/M     |
| 5            | Guadalupe Serrano |             | 44         | 9296          | 46             | 35:06.6     | 11:20/M     |
| 6            | Janet Basta Adams |             | 40         | 3426          | 55             | 38:50.8     | 12:32/M     |
| 7            | Nicole Hayward    |             | 41         | 3591          | 77             | 50:42.6     | 16:22/M     |
| 8            | Lisa Crowder      |             | 41         | 3441          | 84             | 52:50.2     | 17:03/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 *          | Robert Hayward |             | 44         | 3592          | 50             | 37:24.6     | 12:04/M     |
| 2 *          | William Ellis  |             | 43         | 3449          | 75             | 47:00.2     | 15:10/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> |
|--------------|----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 *          | Michele Zurisk |             | 48         | 9999          | 19             | 28:20.3     | 9:09/M      |
| 2 *          | Vanessa Panek  |             | 49         | 9275          | 58             | 39:46.7     | 12:50/M     |
| 3 *          | Katina Davis   |             | 47         | 3443          | 68             | 42:52.2     | 13:50/M     |
| 4            | Lora Thomas    |             | 48         | 9988          | 90             | 55:38.5     | 17:57/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 *          | regan mc shane |             | 48         | 9264          | 20             | 28:21.2     | 9:09/M      |
| 2 *          | Joel Erke      |             | 46         | 3450          | 22             | 28:38.9     | 9:15/M      |
| 3 *          | Luis Serrano   |             | 46         | 9297          | 34             | 32:02.2     | 10:20/M     |
| 4            | Luis Gonzalez  |             | 49         | 3475          | 52             | 38:13.4     | 12:20/M     |
| 5            | Mark Adams     |             | 48         | 3421          | 94             | 1:00:47.4   | 19:37/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 *          | Janet Knox      |             | 52         | 9257          | 25             | 30:32.5     | 9:51/M      |
| 2 *          | Kathleen Korman |             | 54         | 9258          | 37             | 32:46.7     | 10:34/M     |
| 3 *          | Jackie Mayoeh   |             | 54         | 9263          | 56             | 39:17.4     | 12:40/M     |
| 4            | Lydia Espinosa  |             | 51         | 3451          | 59             | 40:07.8     | 12:57/M     |
| 5            | Lisa Bess       |             | 54         | 3427          | 63             | 41:15.3     | 13:19/M     |
| 6            | vicki urbanik   |             | 54         | 9991          | 64             | 41:23.3     | 13:21/M     |
| 7            | Debbie Vendl    |             | 52         | 9995          | 81             | 52:09.7     | 16:50/M     |
| 8            | Shonette Watson |             | 51         | 9996          | 85             | 52:55.1     | 17:04/M     |
| 9            | sonya mitchell  |             | 51         | 9266          | 87             | 55:20.6     | 17:51/M     |
| 10           | Tonia Schick    |             | 52         | 9293          | 97             | 1:04:10.9   | 20:42/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 *          | John Zurisk    |             | 51         | 9998          | 15             | 27:40.8     | 8:56/M      |
| 2 *          | John Todd      |             | 54         | 9990          | 16             | 28:04.2     | 9:03/M      |
| 3 *          | Bruce Hoffmann |             | 53         | 3598          | 28             | 31:09.8     | 10:03/M     |
| 4            | Timothy Panek  |             | 53         | 9276          | 31             | 31:32.6     | 10:11/M     |

2019 Anyone Can Do a 5K  
Age Group Results

5K Run

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 *          | Rosario Rangel |             | 58         | 9288          | 29             | 31:17.6     | 10:06/M     |
| 2 *          | Norma Schriels |             | 55         | 9294          | 71             | 46:51.1     | 15:07/M     |
| 3 *          | Denise Jeter   |             | 59         | 3600          | 88             | 55:36.3     | 17:56/M     |
| 4            | Katie Collely  |             | 58         | 3437          | 91             | 58:18.7     | 18:49/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 *          | Peyton Grizzard  |             | 55         | 3589          | 23             | 28:58.1     | 9:21/M      |
| 2 *          | Roberto Gonzalez |             | 59         | 3462          | 24             | 30:30.7     | 9:51/M      |
| 3 *          | Tom Lozanoski    |             | 58         | 9262          | 66             | 41:31.5     | 13:24/M     |
| 4            | Gustaaf Schriels |             | 56         | 9295          | 73             | 46:58.5     | 15:09/M     |
| 5            | Kevin Connelly   |             | 55         | 3438          | 86             | 53:40.1     | 17:19/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 *          | Angie Kiselka     |             | 61         | 9256          | 51             | 37:49.8     | 12:12/M     |
| 2 *          | Joann Duhon       |             | 62         | 3446          | 53             | 38:13.8     | 12:20/M     |
| 3 *          | Sharon Graham     |             | 64         | 3465          | 57             | 39:20.5     | 12:41/M     |
| 4            | Juanita Ceasar    |             | 62         | 3435          | 72             | 46:51.2     | 15:07/M     |
| 5            | Concepcion Arroyo |             | 63         | 3425          | 74             | 47:00.1     | 15:10/M     |
| 6            | Nancy Simko       |             | 64         | 9298          | 92             | 59:33.6     | 19:13/M     |
| 7            | Carolyn Pavlovic  |             | 64         | 9282          | 95             | 1:03:42.3   | 20:33/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 *          | Paul Olen        |             | 61         | 9274          | 5              | 23:30.7     | 7:35/M      |
| 2 *          | Jesus Carvajal   |             | 63         | 3434          | 10             | 25:16.7     | 8:09/M      |
| 3 *          | Jerry Dombrowski |             | 63         | 3444          | 26             | 30:49.5     | 9:57/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 *          | Elsie Ponce |             | 66         | 9285          | 60             | 40:38.6     | 13:07/M     |

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**5K Run**

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 *          | Charles Michielsen |             | 65         | 3472          | 47             | 36:05.2     | 11:38/M     |
| 2 *          | Dennis Urbanik     |             | 67         | 9992          | 61             | 40:56.9     | 13:13/M     |
| 3 *          | Robert Sommer      |             | 66         | 9299          | 93             | 1:00:46.0   | 19:36/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 *          | James Hayward |             | 72         | 3595          | 79             | 50:53.4     | 16:25/M     |

Female 75 to 79

| <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 *          | Jan Regnier |             | 75         | 9289          | 44             | 34:45.7     | 11:13/M     |