

Race Date
July 04, 2019

2019 Valparaiso 4th of July Blast 5K Run

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	Samantha Ruhe		25	1354	6	19:45.4	6:23/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	Alexander Bruno		22	4130	1	15:57.9	5:09/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	Michelle Corrigan		47	1368	40	25:33.5	8:15/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	Nate Shaffer		46	4171	5	18:57.2	6:07/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	Emme Shaffer		11	4170	71	29:33.2	9:33/M
2	Emma James		10	1786	128	38:17.0	12:26/M
3	Lottie Wells		12	1375	158	43:11.8	14:06/M
4	Ava Smrzlick		13	3584	170	45:06.2	14:43/M
5	Erin Poore's Da Poore		11	4167	183	56:16.0	18:15/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	Mason Nobles		12	1797	7	19:47.6	6:24/M
2	Andrew Carpenter		14	1397	16	22:10.1	7:10/M
3	Matt Zelechowski		9	1391	19	22:36.1	7:18/M
4	Gavin Hein		14	1369	21	22:49.8	7:23/M
5	Wes Turner		7	1395	102	33:27.0	11:00/M
6	Lucas Cooper		6	1668	116	35:43.4	11:43/M
7	Lucas Peterson		10	4185	175	48:00.6	15:40/M
8	Dallas Wells		10	1374	188	57:23.4	18:40/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	Liz Hibshman		15	3604	25	23:15.0	7:31/M
2	Hailey Franceschi		17	3613	161	43:42.6	14:19/M
3	Jenna Aguilar		17	4127	176	50:58.6	16:36/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	Will Shook		17	1396	3	16:48.9	5:26/M
2	Nathan O'Connor		18	4186	4	17:50.2	5:45/M
3	Aidan Clifford		15	1787	9	21:23.6	6:55/M
4	Owen Daugherty		15	4181	15	21:56.5	7:05/M
5	Andrew Zimmerman		19	3600	61	28:15.4	9:17/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	Gigi Jarratt		22	3581	11	21:35.3	6:59/M

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5K Run

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>
2	Shannon Tucker		22	1780	73	29:45.2	9:42/M
3	Ashley Tezak		20	1376	78	30:22.7	9:50/M
4	Ashley Hines		24	1776	86	31:18.4	10:08/M
5	Chloe Kittle		24	4148	156	43:03.2	14:01/M
6	Andrea Frank		24	1665	166	44:31.2	14:30/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	Clayton Goldman		20	4143	2	16:28.0	5:19/M
2	Christian Gerster		20	1655	8	20:09.6	6:30/M
3	Adam Miller		23	4159	32	24:15.1	7:53/M
4	Aaron Cavinder		21	3592	42	25:49.0	8:25/M
5	Alessandro Scazzero		22	1388	49	26:18.8	8:31/M
6	Gavin Wheeler		20	1670	69	29:07.0	9:35/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 Roth		29	1359	10	21:32.0	6:57/M
2	Kara Webb		27	1384	29	23:41.3	7:40/M
3	Sophia Scazzero		25	1389	33	24:21.5	7:54/M
4	Marijke Stewart		29	4175	59	28:09.0	9:09/M
5	Angel Fraley		29	4141	77	30:12.6	9:54/M
6	Tawny Passarelli		29	1792	80	30:45.0	10:03/M
7	Tori Breitenbach		26	3586	94	32:26.8	10:36/M
8	Annette Frank		26	1664	100	33:04.9	10:49/M
9	Belinda Rodriguez		25	3598	110	34:12.7	11:05/M
10	Cassidee Jacobsen		29	4184	115	35:39.6	11:41/M
11	Jennifer Fultz		27	3603	120	36:53.6	11:56/M
12	Annie Blanchard		29	3605	121	37:09.4	12:08/M
13	Stephanie Howard		26	3612	144	40:50.3	13:16/M
14	Kelsey Fitzpatrick		29	4139	145	41:03.2	13:21/M
15	Kristen Nast		27	3595	162	43:43.9	14:12/M
16	Ashlee Powers		26	4168	172	46:22.0	15:02/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>
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5K Run

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	Patrick Capps		27	4133	14	21:54.6	7:04/M
2	Nick Mescal		27	3599	27	23:30.8	7:38/M
3	Pat Polowsky		27	4165	58	28:02.7	9:12/M
4	Ian Podemski		28	4162	62	28:24.4	9:14/M
5	Jacob Ruhe		29	1355	91	31:47.7	10:17/M
6	Sam Stewart		29	4174	95	32:34.9	10:35/M
7	Brett Hill		28	1661	119	36:46.1	12:01/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	JEN KOHLER		30	1365	51	26:36.2	8:38/M
2	KELLY WENZEL		31	1366	65	28:42.6	9:20/M
3	Melissa Monnier		32	1672	67	28:57.6	9:22/M
4	Alyse Bruszewski		33	1653	76	30:12.0	9:47/M
5	Colleen Willett		30	4179	98	32:56.3	10:42/M
6	Emma Lord		30	3588	105	33:33.7	10:57/M
7	Alicia Cooper		31	1667	118	35:50.5	11:45/M
8	Jennifer Kelly		31	1798	125	37:26.7	12:11/M
9	Jennifer Ransom		33	1380	146	41:04.0	13:23/M
10	Leah Osorio		32	3608	155	42:47.9	13:53/M
11	Alisha Brown		32	1377	157	43:04.2	14:01/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	Vince Nygra		33	1362	20	22:37.6	7:19/M
2	Jacob Cavinder		30	3593	43	25:50.3	8:25/M
3	Chad Passarelli		30	1793	50	26:23.6	8:38/M
4	Andrew Brinckerhoff		32	4129	75	29:56.0	9:46/M
5	Spencer Nast		31	3594	160	43:42.2	14:12/M
6	Gustavo Osorio		33	3609	174	47:43.2	15:28/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	Kimberley Burns		36	4187	35	24:33.1	7:56/M
2	Lynnette Murphy		36	1356	46	26:01.6	8:32/M
3	Kristen Mulligan		37	3610	63	28:37.9	9:22/M

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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>
4	Emilie Hunt		36	4147	64	28:38.1	9:19/M
5	Melissa Fierro		38	1400	79	30:29.3	9:56/M
6	Mindy Capaldi		35	1800	87	31:27.7	10:13/M
7	Colleen Harstad		37	1371	92	32:00.9	10:26/M
8	Connie Bowlin		37	1383	106	33:42.5	10:55/M
9	Jaime Perz		39	1791	129	38:17.3	12:29/M
10	Amanda Sauer		37	4169	136	39:16.1	12:54/M
11	Maida Adamczyk		38	4126	138	39:56.1	13:00/M
12	AnnMarie Santos		37	1673	142	40:43.3	13:10/M
13	Kari Terrell		39	3621	147	41:25.0	13:32/M
14	Amanda Zelechowski		38	1390	149	41:34.0	13:25/M
15	Melissa Goodall		38	4144	159	43:33.2	14:09/M
16	Erin Poore		35	4166	184	56:20.0	18:16/M
17	Heather Luciano		39	4152	185	56:25.8	18:30/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	Brandon Gadacz		37	3623	17	22:19.7	7:14/M
2	Nick Underwood		36	4178	23	23:03.7	7:30/M
3	Jason Woolwine		39	1652	24	23:08.0	7:29/M
4	DEVON MULLIGAN		37	3611	37	25:15.9	8:17/M
5	James Harper		36	1392	47	26:08.4	8:29/M
6	Chris McSparin		36	1778	109	33:50.9	11:08/M
7	Ryan Williams		36	1651	126	37:55.3	12:16/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	Jennifer Cannon		43	3583	54	27:33.8	8:58/M
2	Karen Turner		41	1394	103	33:29.5	11:00/M
3	Kelly Carpenter		41	1398	108	33:46.9	10:59/M
4	Misti Howell		40	4146	117	35:44.0	11:38/M
5	Jennifer Runck		44	3619	133	38:53.0	12:40/M
6	Cindy Gildein		40	3622	148	41:28.0	13:33/M
7	Trisha VanTornhout		41	1660	153	42:15.6	13:48/M
8	Amanda Martin		42	3587	177	51:55.0	16:45/M
9	Leigha Yancey		44	4180	180	54:26.1	17:41/M
10	Jelena Chenoski		44	1796	181	55:40.9	18:08/M

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5K Run

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	Kevin Gleason		40	1382	18	22:34.0	7:21/M
2	Tim VanTornhout		41	1659	26	23:18.0	7:32/M
3	Tim Murphey		41	1381	38	25:31.6	8:22/M
4	Jason Monroe		42	1799	60	28:09.7	9:11/M
5	Zeb Buechner		42	4131	66	28:47.9	9:19/M
6	Ryan Taylor		40	3607	83	30:59.6	10:02/M
7	Jeff Perz		40	1790	130	38:17.4	12:30/M
8	Luciano Gil		43	4142	187	56:41.0	18:33/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	Andrea Maslanka		45	1385	57	27:46.2	8:58/M
2	Angie Vicari		46	1364	68	29:02.3	9:27/M
3	Denise Feece		45	4138	70	29:26.9	9:33/M
4	Tracy Campbell		45	3624	89	31:40.0	10:18/M
5	Donna Zimmerman		49	3601	104	33:33.0	10:59/M
6	Melanie Wheeler		49	1669	113	35:20.6	11:36/M
7	Amy Thacker		45	3597	127	38:01.1	12:25/M
8	Margaret Hall		47	4145	132	38:50.5	12:39/M
9	Melissa Martin		48	1674	134	39:10.7	12:46/M
10	Melissa Polowsky		47	4164	139	40:02.7	13:05/M
11	Jeannie Nowarita		46	4161	154	42:17.2	13:48/M
12	Amanda Lyons		47	4154	164	44:13.7	14:26/M
13	Kristin Scheub		49	1783	168	44:44.7	14:38/M
14	Marnee Flinn-Smith		48	1782	169	44:45.6	14:38/M
15	Patrina Franceschi		45	3614	173	47:11.2	15:26/M
16	Christina Luciano		49	4153	186	56:33.2	18:30/M
17	KC Wells		46	1373	190	1:00:29.8	19:43/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	Mark Connors		47	1656	31	24:10.5	7:50/M
2	Jeffery Valperts		47	1794	36	25:15.5	8:11/M
3	Jesse Harper		49	1393	44	25:52.3	8:24/M
4	Doyll Andrews		47	3625	45	25:59.6	8:26/M
5	Bert Davidson		45	3596	53	27:20.8	8:51/M
6	Doug Cannon		46	3582	81	30:48.3	10:01/M
7	Jeff Runck		47	3620	90	31:45.8	10:23/M

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5K Run

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>
8	Matthew Hill		49	1361	141	40:41.8	13:20/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	Cynthia Moore		51	1386	84	31:11.2	10:06/M
2	Jennifer Sosa		50	4172	96	32:40.0	10:35/M
3	Dawn Waters		52	3602	114	35:26.1	11:32/M
4	Karen Fritts		50	1671	131	38:32.7	12:37/M
5	Sharon Polite		54	1378	140	40:36.6	13:17/M
6	Lisa Kusbel		50	4150	152	41:53.1	13:43/M
7	Lisa Tam		50	3615	189	59:08.9	19:15/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	Chris Felke		52	4182	28	23:40.3	7:39/M
2	Paul Hines		52	1777	30	23:46.0	7:42/M
3	Patrick Cosgrove		51	4183	34	24:25.9	7:55/M
4	Simon Tam		53	3616	41	25:37.8	8:19/M
5	Jack Hines		50	4188	48	26:08.8	8:29/M
6	Brent Heinrich		51	1789	72	29:39.8	9:38/M
7	Todd Tucker		51	1779	74	29:46.0	9:43/M
8	Jonathan Bross		50	1387	85	31:12.4	10:06/M
9	Bob Scheub		52	1784	97	32:47.8	10:43/M
10	Kevin Duzan		52	4136	99	32:58.4	10:47/M
11	Keith Forehand		52	4140	107	33:45.1	11:07/M
12	Terry Martin		53	4157	111	34:51.3	11:26/M
13	Paul Sosa		54	4173	124	37:13.7	12:04/M
14	Tim Chenoski		50	1795	182	55:42.1	18:08/M
15	Matthew Workman		52	1363	192	1:00:36.7	19:45/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	Debbie Pastor		57	1675	123	37:12.6	12:11/M
2	Loretta Frank		55	1666	165	44:28.7	14:30/M
3	Kathy Jankowski		58	3585	171	46:03.6	15:01/M

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5K Run

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	John Gerster		59	1654	12	21:41.6	7:00/M
2	John Maley		56	4156	22	22:55.9	7:24/M
3	Dave Martinez		59	3617	88	31:34.5	10:15/M
4	Curtis Smith		58	1781	93	32:08.2	10:30/M
5	Adam Hill		55	1663	122	37:12.1	12:13/M
6	Frank Kusbel		55	4151	151	41:51.0	13:43/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	Joanne Baitup		62	4128	56	27:45.6	8:58/M
2	Alicia McClean		62	1399	82	30:50.4	10:02/M
3	Jill Hunt		60	1353	112	35:02.9	11:24/M
4	Teri Barkas		64	1379	150	41:44.5	13:38/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	Brian Chorba		63	3589	13	21:47.5	7:03/M
2	Rick Price		63	1360	39	25:32.4	8:15/M
3	Tom Nelson		62	4160	55	27:42.4	9:00/M
4	Bruce Nelson		62	1367	135	39:14.7	12:51/M
5	David James		64	1785	143	40:45.6	13:15/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	Kathy Tavernier		69	1357	178	52:36.3	17:06/M
2	Dede Stewart		67	1788	179	53:32.9	17:29/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	Stephen Sharp		65	1370	52	26:52.6	8:43/M

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5K Run

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	Nancy Beaverson		70	1358	101	33:07.8	10:47/M
2	Nancy Dietrich		71	3618	163	43:52.4	14:18/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	Malcolm McGawn		77	4158	137	39:55.1	12:57/M
2	J Ezell		73	4189	167	44:34.2	14:23/M
3	Tom Workman		75	1372	191	1:00:33.6	19:45/M