

2016 Run Forest, Run 5K and 10K

Age Group Results

**10K**

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	Brooke Kowalski		19	304	6	39:55.4	6:26/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	James Schuler		19	441	1	36:53.8	5:57/M

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## 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	Isabella Ziupsnys		8	534	125	1:30:25.4	14:35/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	Bridget McClain		19	346	12	41:51.5	6:45/M
2	Maria Gardner		19	238	15	42:53.6	6:55/M
3	Kirsten Hanlon		18	250	43	48:58.9	7:54/M
4	Tiffany Toni		19	479	46	49:27.7	7:59/M
5	Cindy Lee		19	312	53	50:35.3	8:10/M
6	Carolyn Ebner		19	198	71	53:20.9	8:36/M
7	Jenna Wertsching		18	505	75	53:31.4	8:38/M
8	Lauren Hebig		19	263	86	55:39.7	8:59/M
9	Jasmine Walker		19	493	103	1:00:25.1	9:45/M
10	Lydia Piendel		19	402	111	1:02:31.9	10:05/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	John McGuinness		19	349	3	38:09.6	6:09/M
2	Joseph Pennacchio		19	400	8	40:29.8	6:32/M
3	Robert Gallant		19	231	13	42:30.1	6:51/M
4	Adam Kuczynski		19	306	54	50:40.2	8:10/M
5	Matthew Wisneski		18	519	58	50:47.5	8:11/M
6	David Carmack		18	148	78	53:48.4	8:41/M
7	Ken Elkin		19	203	90	56:01.6	9:02/M
8	Charlie Hasson		19	258	92	56:03.5	9:02/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	Lucia Sanchez		20	434	24	45:21.7	7:19/M
2	Taylor Kelly		21	294	28	47:05.8	7:36/M
3	Maddie Hetlage		20	267	38	48:37.6	7:50/M
4	Laura Logsdon		23	318	50	50:10.5	8:05/M
5	Molly Martin		20	338	57	50:44.9	8:11/M
6	Michelle Galarneau		21	230	60	51:04.1	8:14/M
7	Eileen Sullivan		20	470	63	51:47.1	8:21/M
8	Alison O'Connor		22	385	64	51:56.1	8:23/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>
9	Rachelle Marie Gosioco		21	241	65	52:10.1	8:25/M
10	Jennifer Long		22	321	68	52:14.5	8:25/M
11	Victoria Velasquez		21	486	73	53:28.6	8:37/M
12	Elizabeth Strehlow		20	467	74	53:30.1	8:38/M
13	Kimberly Bauer		21	124	82	54:41.3	8:49/M
14	Basia Czajkowski		21	174	83	54:56.6	8:52/M
15	Madison Karlin		20	287	87	55:49.1	9:00/M
16	Isabella Gagnon		22	229	88	55:49.5	9:00/M
17	Annie Bach Yen Nguyen		24	374	94	56:22.1	9:05/M
18	Katherine Shih		21	449	96	56:58.9	9:11/M
19	Veronica Dabrowski		22	175	99	59:02.9	9:31/M
20	Bonnie Du		21	193	101	1:00:19.9	9:44/M
21	Anna Schluckebier		21	437	102	1:00:20.4	9:44/M
22	Morgan Faley		21	209	104	1:00:42.4	9:47/M
23	Elizabeth Tafesse		21	473	107	1:00:52.2	9:49/M
24	Anne Conover		20	160	108	1:00:53.1	9:49/M
25	Yomara Acevedo		21	101	109	1:00:55.6	9:50/M
26	Hana Nguyen		20	375	115	1:03:21.4	10:13/M
27	Emily Vanderbleek		24	483	117	1:03:56.4	10:19/M
28	Abby Swint		22	472	120	1:07:39.1	10:55/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	Matthew Jackson		21	280	4	38:33.9	6:13/M
2	Benjamin Hoffner		21	273	5	39:16.3	6:20/M
3	John Hatfield		20	261	11	41:40.3	6:43/M
4	Daniel Fisk		20	219	16	43:01.3	6:56/M
5	Zachary Wiley		21	511	18	43:23.9	7:00/M
6	William Kennedy		21	296	19	43:29.9	7:01/M
7	Brian Hall		22	247	21	43:55.8	7:05/M
8	Jake Wagner		20	492	23	45:20.6	7:19/M
9	Casey Donnelly		22	190	30	47:14.6	7:37/M
10	Daniel Muldoon		21	363	31	47:19.2	7:38/M
11	Daniel Shawhan		21	443	35	47:56.1	7:44/M
12	Luqun Shen		21	445	47	49:42.4	8:01/M
13	Kyle Witzigman		22	521	52	50:30.6	8:09/M
14	Andres Martinez		23	339	59	50:58.9	8:13/M
15	Ji Hwan Jeong		20	284	62	51:45.2	8:21/M
16	Daniel Cohen		20	158	67	52:14.1	8:25/M
17	Ryan Tick		22	477	70	53:08.1	8:34/M

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Age Group Results**10K****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>
18	Michael Schmidt		24	439	76	53:39.1	8:39/M
19	Fernando Garcia		22	237	114	1:03:04.5	10:10/M
20	Peter Noell		22	377	123	1:28:07.0	14:13/M
21	Michael Deasey		22	182	124	1:28:08.2	14:13/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	Morgan Stacey		25	459	25	46:12.7	7:27/M
2	Susanna Maines		26	330	33	47:44.9	7:42/M
3	Arianna Cook-Thajudeen		26	163	61	51:11.0	8:15/M
4	Shannon Hughes		25	277	93	56:04.7	9:03/M
5	Kelley Miller		28	357	95	56:56.9	9:11/M
6	Jessie Hardy		29	254	97	58:35.3	9:27/M
7	Katie Cunningham		27	171	122	1:10:58.2	11:27/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	Thomas McAndrew		25	343	22	44:45.9	7:13/M
2	Drew Tate		25	474	36	48:00.8	7:45/M
3	Brendan Barber		26	118	39	48:41.1	7:51/M
4	Han Xia		26	526	41	48:46.4	7:52/M
5	Christopher DeLillo		25	183	89	56:01.2	9:02/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	Jenni Jasinski		30	283	29	47:09.3	7:36/M
2	Rachel Orvis		30	394	51	50:20.3	8:07/M
3	Emily Mannen		30	335	85	55:03.6	8:53/M
4	Diana Rutkowski		33	430	118	1:05:39.1	10:35/M
5	Kelly Mortell		32	362	121	1:10:04.9	11:18/M
6	Amanda Ziupsnys		30	533	126	1:30:25.8	14:35/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>
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Age Group Results**10K****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	Graham Polando		32	406	7	40:12.7	6:29/M
2	Dean Orvis		32	393	27	47:01.3	7:35/M
3	Brad Jasinski		32	282	40	48:42.6	7:51/M
4	Tyler Hora		32	276	79	53:51.1	8:41/M
5	Andrew Hardy		30	253	98	58:35.4	9:27/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	Kathy Hardcastle		38	252	106	1:00:50.4	9:49/M
2	Susan Iocco		39	279	110	1:02:22.9	10:04/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	Jason Potsander		38	408	2	37:40.3	6:05/M
2	Brandon Burger		36	145	14	42:49.3	6:54/M
3	Nate Huston		38	278	34	47:46.8	7:42/M
4	Christopher Boese		39	136	42	48:55.4	7:53/M
5	Jim Cunningham		35	170	44	49:05.6	7:55/M
6	Tony Craig		38	167	81	54:36.4	8:48/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	Debbie Mamczak		41	334	56	50:41.6	8:10/M
2	Stephanie Migas		43	355	80	54:33.3	8:48/M
3	Christiane Buessard		42	144	100	59:29.5	9:36/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	Ken Chudzicki		44	156	9	41:25.1	6:41/M
2	Jeff Pisarsky		44	404	10	41:36.9	6:43/M
3	Scott Hampton		44	249	37	48:15.9	7:47/M
4	Kevin McAward		42	344	45	49:07.1	7:55/M
5	Liqiang Zhang		42	531	49	50:01.1	8:04/M
6	Christiaan Mamczak		40	333	55	50:41.4	8:10/M

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Age Group Results**10K****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>
7	Michael Loungo		44	322	72	53:22.6	8:36/M
8	Dale Baumann		44	125	77	53:41.4	8:40/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	Sheri Harrell		49	256	32	47:21.1	7:38/M
2	Darcie Mackelprang		45	329	84	55:02.4	8:53/M
3	Margaret Snyder		49	455	91	56:02.4	9:02/M
4	Kim Wininger		46	518	112	1:02:52.4	10:08/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	Douglas Babcock		47	112	17	43:14.1	6:58/M
2	Jim Kelly		49	293	48	49:59.4	8:04/M
3	Sean Smith		46	454	66	52:13.6	8:25/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	Carl Ackermann		54	102	26	46:18.5	7:28/M
2	John Carter		50	149	105	1:00:50.1	9:49/M
3	Brian Peterson		50	401	116	1:03:21.5	10:13/M
4	James Rutkowski		51	431	119	1:05:50.2	10:37/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	Leanne Dunn		55	197	113	1:02:55.7	10:09/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	Edward O'Reilly		62	390	69	52:28.7	8:28/M

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**10K**

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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 Fye		69	228	20	43:50.9	7:04/M