

# 2016 Short Run on a Long Day 5K

## Age Group Results

Race Date  
June 15, 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	Kristin Kotara		38	5550	16	20:19.4	6:33/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	Fredric Nielsen		39	5917	1	17:05.1	5:31/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 5K Run

## Male 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	Unknown Partic. 5554			5554	269	39:47.1	12:50/M
2	Unknown Partic. 6329			6329	327	53:34.9	17:17/M

## Female 1 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	* Grace Battiato		11	5581	48	23:29.1	7:35/M
2	* Carly Shipman		12	6090	74	24:54.3	8:02/M
3	Elise Champlin		14	5710	87	26:06.1	8:25/M
4	Emma Bouck		14	4596	88	26:06.5	8:25/M
5	Lily Molloy		10	5901	90	26:13.4	8:27/M
6	Maura Hanrahan		10	5760	143	29:52.6	9:38/M
7	Grace Levoy		10	3800	174	31:27.3	10:09/M
8	Mira Bhargava		9	5592	236	36:56.3	11:55/M
9	Emma Rojek		9	5959	248	37:47.9	12:11/M
10	Meadow Sala		11	5966	255	38:16.5	12:21/M
11	Mary Rincker		9	5954	261	38:36.9	12:27/M
12	Aubrey Shipman		8	6057	266	39:22.9	12:42/M
13	Madison Yusko		10	6200	278	41:20.6	13:20/M
14	Sarina Bhargava		9	5591	295	42:57.4	13:51/M
15	Mia Gallagher		8	5747	297	43:07.1	13:55/M
16	Carsyn Petrow		7	5936	315	46:53.3	15:07/M
17	Camryn Nass		7	5913	317	49:06.8	15:50/M
18	Kaitlyn Nass		7	5912	319	49:20.3	15:55/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	* Nicholas Reyes		12	5619	73	24:53.1	8:02/M
2	* Sean Hanrahan		9	5761	75	25:00.3	8:04/M
3	Ryan Kodura		14	6210	76	25:00.5	8:04/M
4	Justin Kwiecinski		14	5863	77	25:08.6	8:06/M
5	Luke Frazier		12	5745	83	25:36.6	8:15/M
6	Dominic Rincker		13	5953	105	27:33.9	8:53/M
7	Jacob Lexow		12	5869	112	27:49.5	8:58/M
8	Victor Antomez		11	5629	139	29:43.2	9:35/M
9	Coleman Kavanaugh		8	2637	158	30:58.6	9:59/M
10	Declan Schatz		10	5971	178	31:49.4	10:16/M
11	Peter Weygandt		12	6191	192	33:05.8	10:40/M
12	Evan Slager		12	5987	228	35:47.9	11:33/M

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Age Group Results

## 5K Run

## 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>
13	Rohan Bhargava		8	5593	235	36:55.1	11:55/M
14	Eiron Ushijima		8	6206	291	42:54.8	13:50/M
15	Ethan Monks		7	5649	311	45:53.6	14:48/M
16	Matthew Lexow		13	5870	316	48:34.8	15:40/M
17	Wyatt Heabel		11	5765	329	55:54.3	18:02/M
18	Elias Heabel		7	5766	331	56:28.8	18:13/M
19	Sean McMahon		11	5891	351	1:27:22.1	28:11/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 *	Kristy Dertz		18	3762	41	22:32.1	7:16/M
2 *	Abby Valliere		15	6183	104	27:23.8	8:50/M
3	Haley Fioretti		16	4968	162	31:08.8	10:03/M
4	Mallory Fortier		15	5742	199	33:31.2	10:49/M
5	Maddy Osowski		17	5927	233	36:47.3	11:52/M
6	Kassie Harper		19	6326	326	53:04.6	17:07/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 *	Ben Walczak		19	3751	3	17:23.2	5:36/M
2 *	Tim Neukom		16	5915	9	19:15.9	6:13/M
3	konrad shirley		16	5979	15	20:16.6	6:32/M
4	Collin Kavanaugh		17	6026	18	21:00.6	6:46/M
5	Tom Arndt		15	5578	19	21:02.1	6:47/M
6	Kyle Slager		19	5989	20	21:06.6	6:48/M
7	Vinnie Perillo		16	5935	25	21:23.1	6:54/M
8	Luke Haan		15	5755	29	21:42.1	7:00/M
9	Nathan Slager		16	5990	46	23:12.6	7:29/M
10	Julian Bandy		15	5587	50	23:44.3	7:39/M
11	Jonathan Stroede		19	6166	55	23:57.5	7:44/M
12	Adam Valliere		19	6184	95	26:39.4	8:36/M
13	Rhett Bartolini		15	5580	97	26:52.3	8:40/M
14	Brett Jennrich		16	5798	113	27:50.8	8:59/M
15	Zac Maher		15	5880	157	30:48.1	9:56/M
16	Preston Harper		15	6323	189	32:51.4	10:36/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 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>
1 *	Jessica Manzella		23	5882	91	26:15.8	8:28/M
2 *	Anna Conboy		20	6213	148	30:07.4	9:43/M
3	Taylor Stuckly		24	6202	175	31:30.1	10:10/M
4	Cassie Pullia		23	5942	203	34:00.3	10:58/M
5	Hannah Antonelli		23	5577	231	36:04.2	11:38/M
6	Shannon McMahon		24	5892	350	1:27:22.0	28:11/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 *	Ben Hedges		20	5770	2	17:14.9	5:34/M
2 *	John Niendorf		23	5919	4	17:34.6	5:40/M
3	Josh Slager		21	5988	38	22:16.7	7:11/M
4	Josh Kentner		24	5858	230	36:03.8	11:38/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 *	Heather Finnegan		28	5740	22	21:16.1	6:52/M
2 *	Nicole Hughes-Durkin		29	5790	116	28:20.4	9:08/M
3	Katie Bolte		27	5596	129	29:17.4	9:27/M
4	Jennifer Niendorf		27	5918	136	29:37.3	9:33/M
5	Jordan Legrett		25	5866	138	29:41.1	9:35/M
6	Natalie McGraw		28	5889	150	30:17.6	9:46/M
7	Michelle Pawela		27	5934	265	39:22.8	12:42/M
8	Alyssa Limanowski		25	4599	267	39:37.1	12:47/M
9	Stephanie Nolan		26	5920	273	40:43.6	13:08/M
10	Elizabeth Williams		26	6195	281	41:51.3	13:30/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 *	Daniel Truffa		27	6074	39	22:21.4	7:13/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 *	Ashleigh Gingras		33	6212	26	21:25.7	6:55/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 5K Run

## Female 30 to 34

<b>Place</b>	<b>Name</b>	<b>City</b>	<b>Age</b>	<b>Bib No</b>	<b>Overall</b>	<b>Time</b>	<b>Pace</b>
2 *	Kate Sartori		30	5967	47	23:21.8	7:32/M
3	Meghan Preston		34	5552	51	23:46.4	7:40/M
4	Megan Svetkovich		34	6170	60	24:08.9	7:47/M
5	Janice Chellino		31	5712	72	24:51.9	8:01/M
6	Jamie Hartford		31	5763	78	25:16.1	8:09/M
7	Nicole Woods		33	6198	98	26:54.9	8:41/M
8	Jena Lohrens		30	5872	102	27:21.3	8:49/M
9	Laura Sproat		32	5998	107	27:39.8	8:55/M
10	Danielle Ross		30	5963	119	28:39.1	9:15/M
11	Sheila Lundberg		33	5875	128	29:17.4	9:27/M
12	Lauren Clark		33	5717	134	29:33.6	9:32/M
13	Nicole Sibick		33	3700	151	30:19.9	9:47/M
14	Jennifer Craig		31	5720	153	30:34.1	9:52/M
15	Andrea Bippus		33	5594	155	30:40.8	9:54/M
16	Lindsay Hirschfield		32	5778	169	31:14.3	10:05/M
17	Mary Brija		30	5598	191	33:04.2	10:40/M
18	Brooke Paulson		33	5931	193	33:06.7	10:41/M
19	Sarah Tiffy		34	6176	197	33:24.3	10:46/M
20	Ashley Warren		33	6188	200	33:34.5	10:50/M
21	Karen Feltz		32	5738	201	33:50.4	10:55/M
22	Lindsey Ehlers		32	5729	209	34:25.4	11:06/M
23	Nikita Shah		34	5976	213	34:45.4	11:13/M
24	Sara Pavlik		33	5932	215	34:58.6	11:17/M
25	Tammy Johnson		30	5800	229	35:56.5	11:35/M
26	Lauren Higgason		34	5776	234	36:50.6	11:53/M
27	Erin Johnson		32	5853	237	36:57.5	11:55/M
28	Katie Sinkular		31	5984	241	37:33.1	12:07/M
29	Katie Stempniak		34	6163	246	37:40.9	12:09/M
30	Jenna Cunningham		33	5549	270	39:51.5	12:51/M
31	Jami Baumgartner		33	5583	285	42:27.5	13:42/M
32	Kimberly Rosenthal		32	5962	286	42:30.8	13:43/M
33	Mandi Byrne		30	5709	296	43:00.4	13:52/M
34	Katherine Godfrey		34	5751	298	43:07.4	13:55/M
35	Jen Plude		31	5940	313	46:22.1	14:57/M
36	Elizabeth Shields		34	5978	314	46:52.6	15:07/M
37	Lauren Sawatski		33	6328	320	50:44.1	16:22/M
38	Becky Williams		34	6197	330	56:18.5	18:10/M
39	Megan Rasche		31	5944	344	59:13.8	19:06/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 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>
1 *	ian mcdonnell		34	5888	5	18:32.3	5:59/M
2 *	Jeremy Stepien		31	5560	6	18:40.2	6:01/M
3	Dan Woods		34	6199	10	19:19.9	6:14/M
4	Colin Nolan		30	5921	28	21:39.6	6:59/M
5	Zac Sartori		33	5968	79	25:16.1	8:09/M
6	Scott Hopkins		34	5785	99	27:10.1	8:46/M
7	Brad Becker		32	5584	101	27:20.5	8:49/M
8	Daniel Hollich		30	5780	137	29:39.1	9:34/M
9	Derek Taylor		31	6171	220	35:20.3	11:24/M
10	Sanjay Shah		34	5975	280	41:47.1	13:29/M
11	Sean Hughes-Durkin		30	5791	302	43:44.3	14:06/M
12	Bryan Rasche		33	5945	343	59:11.1	19:05/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 *	Emily Brumirski		36	5706	52	23:48.4	7:41/M
2 *	Rebecca Maslowski		38	5885	70	24:44.5	7:59/M
3	Erin Cech		39	6040	82	25:34.8	8:15/M
4	Jaime Gelfo		38	5748	94	26:38.1	8:35/M
5	Tracy OBrien		36	5922	96	26:46.9	8:38/M
6	Michelle Ziesmer		35	6322	122	28:53.8	9:19/M
7	Stephanie Osbourne		37	5925	127	29:17.1	9:27/M
8	Karin Wagner		39	6187	133	29:31.8	9:31/M
9	Jen Boender		35	5595	140	29:45.6	9:36/M
10	Melissa Moreno		37	5906	146	30:00.6	9:41/M
11	Nichole Redden		36	5947	154	30:39.6	9:53/M
12	Kelly Martin		39	5884	156	30:42.1	9:54/M
13	Nicole Hosack		37	5788	160	31:04.1	10:01/M
14	Ann Zaremba		39	6320	161	31:05.1	10:02/M
15	Leann Sonne		36	6214	167	31:12.2	10:04/M
16	Jayme Lohrens		39	5873	181	32:04.6	10:21/M
17	Robin Bettenhausen		35	5588	182	32:12.3	10:23/M
18	Kristin Grahovec		35	6002	188	32:41.4	10:33/M
19	Jennifer Siears		36	5982	195	33:18.6	10:45/M
20	Kate Gnade		39	5750	207	34:21.1	11:05/M
21	Jade Huizenga		37	5792	214	34:50.9	11:14/M
22	Amanda Wierenga		37	6193	224	35:25.1	11:25/M
23	Denise Adams		39	5573	226	35:44.1	11:32/M
24	Kathy Luebke		37	5874	243	37:37.6	12:08/M
25	Sharon Lapka		38	5864	244	37:38.8	12:08/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 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>
26	Sarah Sicinski		36	5981	245	37:39.6	12:09/M
27	Jennifer Rojek		38	5958	249	37:48.5	12:12/M
28	Sara Anaszewicz		38	4600	256	38:17.5	12:21/M
29	Elizabeth Kelly		36	5857	275	40:48.4	13:10/M
30	Carolyn Mitera		35	5899	276	41:04.4	13:15/M
31	Sital Bhargava		39	5589	294	42:56.8	13:51/M
32	Jessica Jakubowski		39	5796	301	43:43.3	14:06/M
33	Lynn Tidball		37	6175	307	45:09.8	14:34/M
34	Laura Melone		39	5894	308	45:13.4	14:35/M
35	Brie Monks		38	5689	312	45:55.1	14:49/M
36	Beth Harper		39	6324	325	53:02.6	17:06/M
37	toni eiden		35	5730	340	58:26.3	18:51/M
38	Jennifer Chiappetti		35	5715	345	1:03:07.7	20:22/M
39	Angela Meltzer		35	5895	346	1:03:15.9	20:24/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	* Brian O'Donnell		38	5924	12	19:43.6	6:22/M
2	* Barry Clarke		37	6104	27	21:27.7	6:55/M
3	Nicholas Oswald		37	5928	33	21:59.6	7:05/M
4	Brian Rincker		39	5952	37	22:11.9	7:09/M
5	Justin Lohrens		35	5871	43	22:52.1	7:23/M
6	Brian Hanrahan		39	5759	45	22:57.2	7:24/M
7	Robert Huizenga		38	5793	54	23:56.4	7:43/M
8	Daniel Steffy		35	6162	58	24:02.9	7:45/M
9	Steven Evenhouse		36	3874	65	24:23.6	7:52/M
10	Gerard Gnade		36	5749	114	27:57.3	9:01/M
11	Rick Gallagher		39	5680	299	43:10.1	13:55/M
12	Ben Williams		38	6196	333	56:43.9	18:18/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	* Katherine Somerfield		44	5997	31	21:46.6	7:01/M
2	* Jessica O'Connor		44	5923	49	23:37.6	7:37/M
3	Michele Battiato		44	5582	68	24:32.3	7:55/M
4	Heather Haynes		43	5764	85	25:52.9	8:21/M
5	Jodi Haefner		43	5756	100	27:15.9	8:47/M
6	Jennifer Hoffmann		43	5779	120	28:48.9	9:17/M

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Age Group Results

## 5K Run

Race Date

June 15, 2016

## 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>
7	Janell Ekdale		40	6138	145	29:58.7	9:40/M
8	Melissa Sullivan		41	5551	170	31:17.3	10:05/M
9	Katherine Grzesiak		42	3766	173	31:26.9	10:08/M
10	Aimee Schatz		42	5970	179	31:51.6	10:16/M
11	Karen Panozzo		43	5930	190	32:58.5	10:38/M
12	Cheryl Fortier		44	5743	198	33:31.1	10:49/M
13	Angela Frazier		41	5744	205	34:19.2	11:04/M
14	Christie Couvillion		44	5718	218	35:19.4	11:24/M
15	Giuseppina Reifel		41	5950	223	35:23.3	11:25/M
16	Becky White		44	6192	250	37:51.6	12:13/M
17	Joanne pichman		42	6204	253	38:04.4	12:17/M
18	Meghan Sterling		41	6207	254	38:13.6	12:20/M
19	Betsy Shipman		43	6027	268	39:43.6	12:49/M
20	Elizabeth Gralewski		40	4967	288	42:51.3	13:49/M
21	Bonnie Ushijima		41	6205	290	42:54.6	13:50/M
22	Dawn Hensen		41	5773	305	44:59.2	14:31/M
23	Heather Nass		40	5911	318	49:19.9	15:55/M
24	Jessica Templeton		40	6172	328	55:02.9	17:45/M
25	Margaret Farina		44	5733	342	58:43.4	18:56/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 *	Dan Solomon		41	5996	8	19:01.5	6:08/M
2 *	Paul Mitoraj		44	6106	14	20:12.1	6:31/M
3	Rob Kodura		42	5860	32	21:47.8	7:02/M
4	Phil Onyschuk		41	6211	61	24:17.1	7:50/M
5	John Ekdale		41	6061	84	25:38.5	8:16/M
6	Ray Grzesiak		44	4964	92	26:19.3	8:29/M
7	Craig Schultz		40	5972	93	26:26.9	8:32/M
8	Russ Cech		40	6005	106	27:37.4	8:55/M
9	Devin Lavigne		41	5865	149	30:09.3	9:44/M
10	Claude Couvillion		43	5719	219	35:20.2	11:24/M
11	Nikhil Bhargava		41	5590	239	36:58.6	11:55/M
12	Franco Chiappetti		40	5714	348	1:03:21.1	20:26/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 *	Pam Champlin		47	5711	44	22:56.3	7:24/M



## 2016 Short Run on a Long Day 5K

Age Group Results

## 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>
2	* Susan Danforth		48	5725	57	24:01.2	7:45/M
3	suzanne sipich		46	5986	62	24:20.2	7:51/M
4	Deborah Simental		49	5983	64	24:23.1	7:52/M
5	Diana Raimondo		45	6208	111	27:48.5	8:58/M
6	Jacky Osowski		48	5926	115	28:02.6	9:03/M
7	Shary Leonard		46	5867	118	28:38.4	9:14/M
8	Anita Murphy		47	5909	124	28:56.1	9:20/M
9	Cindy Walsh		47	5620	131	29:22.1	9:28/M
10	Tracey Manzella		48	5883	147	30:04.1	9:42/M
11	Wendy Hegarty		47	5771	152	30:25.3	9:49/M
12	Cheryl Hoover		48	5784	165	31:11.6	10:04/M
13	Tricia McLoughlin		49	3848	186	32:31.8	10:29/M
14	KAREN ANDERSON		46	5576	206	34:19.8	11:04/M
15	Joyce White		48	6209	208	34:21.1	11:05/M
16	MARY CHIQUET		45	5716	221	35:22.6	11:25/M
17	kathy higgins		46	5777	222	35:23.1	11:25/M
18	Christine Racette		47	5943	225	35:26.4	11:26/M
19	Jenny Moran		47	5905	240	37:31.6	12:06/M
20	Katie Pawela		48	5933	274	40:44.7	13:08/M
21	Lisa Fennema		46	5739	277	41:20.5	13:20/M
22	Jeri Rodriguez		46	5957	287	42:35.9	13:44/M
23	Alise Maldonado		48	5881	306	44:59.4	14:31/M
24	Carol Macha		48	3802	334	57:01.3	18:24/M
25	Wendy McMahon		48	5890	352	1:27:22.1	28:11/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	* Kibet Rono		47	5960	11	19:35.1	6:19/M
2	* Jerome Nelligan		48	5914	24	21:22.5	6:54/M
3	James Leonard		46	5868	67	24:30.1	7:54/M
4	Doug Finnegan		49	6043	71	24:50.1	8:01/M
5	john sipich		47	5985	110	27:47.3	8:58/M
6	Gerald Sala		45	5965	125	28:58.1	9:21/M
7	Bryan Breen		49	5597	144	29:55.3	9:39/M
8	Kevin Kavanaugh		46	6330	159	31:00.1	10:00/M
9	Dennis Fioretti		48	4983	164	31:10.8	10:03/M
10	Phil Levoy		45	3799	177	31:39.2	10:13/M
11	Robert Ridge		47	5951	202	33:58.4	10:57/M
12	Danny Manzella		48	3755	204	34:04.4	10:59/M
13	Darrell Wierzal		47	6194	242	37:36.5	12:08/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 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>
14	Brian Feehery		46	5736	263	38:50.5	12:32/M
15	Michael Barr		49	5579	272	40:41.6	13:07/M
16	Dan Doyle		46	5728	289	42:53.5	13:50/M
17	Richard Slager		49	5992	304	43:55.7	14:10/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	* Catherine Gainer		51	5746	108	27:41.8	8:56/M
2	* Dawn Sasek		52	4595	126	29:15.5	9:26/M
3	Trisha Slater		50	5993	132	29:26.9	9:30/M
4	Carol Milkins		54	5896	135	29:34.7	9:32/M
5	Patti Brink		52	5599	168	31:14.1	10:05/M
6	Diana Milligan		50	5898	180	31:52.9	10:17/M
7	Marina Murphy		51	5910	187	32:39.4	10:32/M
8	Jody Reddell		52	3699	238	36:57.9	11:55/M
9	Cynthia Robinson		53	5956	257	38:20.9	12:22/M
10	Nancy Healy		54	5767	262	38:43.1	12:29/M
11	Patty Slager		51	5991	303	43:53.7	14:09/M
12	Terri Jaworski		50	5797	309	45:32.3	14:41/M
13	Tracy DeGraaf		50	5726	322	50:56.7	16:26/M
14	Lance Reed		52	5949	323	52:56.4	17:05/M
15	Melody Reed		52	5948	324	52:59.1	17:05/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 Stockman		51	6164	7	18:53.3	6:05/M
2	* Michael Blake		52	4598	13	19:46.8	6:23/M
3	Chris Hedges		52	5769	17	20:52.1	6:44/M
4	George Sasek		53	5555	21	21:14.5	6:51/M
5	Pat Albert		50	5574	23	21:17.6	6:52/M
6	Phil Newberry		54	4597	34	21:59.8	7:05/M
7	Steve Amann		53	5575	36	22:05.3	7:07/M
8	Rudy Cvetkovich		50	5722	42	22:37.3	7:18/M
9	Carl Indovina		50	5795	53	23:49.1	7:41/M
10	George Fite		51	4966	66	24:24.2	7:52/M
11	Roy Mize		50	5900	80	25:23.9	8:11/M
12	Jeffrey Lamorte		52	3801	86	26:00.8	8:23/M
13	Andrew Stroede		53	6167	103	27:23.4	8:50/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 5K Run

## 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>
14	Robert Ravens		53	5946	109	27:43.6	8:56/M
15	Ed Row		54	5964	121	28:51.5	9:18/M
16	Tracy Rosenstiehl		50	5961	123	28:55.8	9:20/M
17	John Keating		51	6327	142	29:49.1	9:37/M
18	Charlie Hanus		51	5762	163	31:09.8	10:03/M
19	Jim Cullen		50	5721	196	33:21.1	10:45/M
20	Dan Fitzgerald		51	5741	217	35:11.8	11:21/M
21	Don Fiday		51	5553	227	35:45.3	11:32/M
22	Mark Miller		50	5897	259	38:30.9	12:25/M
23	Doug Molski		53	5902	271	40:13.1	12:58/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	* April Wong Losing		55	6201	59	24:07.1	7:47/M
2	* Karen Tolbert		56	6178	171	31:19.5	10:06/M
3	Ursula Damico		56	5724	183	32:19.6	10:25/M
4	Victoria Vorderer		58	6185	185	32:24.4	10:27/M
5	Susan Thornburg		56	6173	194	33:18.5	10:45/M
6	Gayle Homberg		58	5782	210	34:28.2	11:07/M
7	Tamara McDonald		58	5887	258	38:21.2	12:22/M
8	Judy Belcik		56	5586	282	42:12.7	13:37/M
9	nancy engelman		58	5731	283	42:26.7	13:41/M
10	Linda Fehrenbacher		59	5737	332	56:31.9	18:14/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	* John Belcik		57	5585	35	21:59.8	7:05/M
2	* Bob Dippold		57	6029	40	22:28.8	7:15/M
3	RAY PIKSRYS		58	5938	56	24:00.4	7:45/M
4	James Hertz		59	5774	89	26:10.1	8:26/M
5	Joe Sullivan		55	6168	117	28:23.9	9:09/M
6	Dennis Hallissey		57	5757	141	29:48.1	9:37/M
7	Calvin Jordan		56	5854	184	32:22.9	10:26/M
8	Phillip Hearne		55	5768	232	36:27.7	11:45/M
9	robert owak		56	5929	251	37:53.8	12:13/M
10	Gary Stuckly		55	6203	252	37:54.4	12:14/M
11	Stephen Thornburg		56	6174	279	41:25.9	13:22/M

## 2016 Short Run on a Long Day 5K

Age Group Results

## 5K Run

## 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 *	cathy hickey		61	5775	166	31:11.6	10:04/M
2 *	Shara Sullivan		60	6028	264	39:09.4	12:38/M
3	Pamela Hollich		62	5781	310	45:32.3	14:41/M
4	Jean Moran		60	5904	336	57:57.2	18:42/M
5	Debra Heim		60	5772	337	58:17.6	18:48/M
6	Becky Chiappetti		64	5713	347	1:03:16.3	20:25/M
7	Terri Moses		64	5908	349	1:22:28.0	26:36/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 *	John Hanley		60	5758	30	21:44.4	7:01/M
2 *	Louis Truffa		61	6180	63	24:21.2	7:51/M
3	John Warren		60	3759	69	24:38.2	7:57/M
4	David Mauger		62	5628	81	25:33.2	8:15/M
5	Paul Strand		62	6165	130	29:21.3	9:28/M
6	Dan Bullock		64	5707	176	31:30.9	10:10/M
7	William Gray		62	5753	216	35:09.4	11:20/M
8	Anthony Tolbert		61	6177	260	38:35.6	12:27/M
9	vince engelman		61	5732	284	42:27.3	13:42/M
10	Mike Marro		63	5616	335	57:03.2	18:24/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 *	Hilary Tydd		68	6181	172	31:25.9	10:08/M
2 *	Betty Horn		67	5786	293	42:56.4	13:51/M
3	Darlene Cunningham		65	4961	300	43:38.5	14:05/M
4	Beverly Homerding		66	5783	321	50:52.8	16:25/M
5	Kathleen Stair		65	5999	338	58:18.1	18:48/M
6	Rosemary Sullivan		69	6169	339	58:18.9	18:48/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 *	Daryl Dahlberg		65	5723	212	34:40.4	11:11/M
2 *	Robert Valentine		69	6182	247	37:43.9	12:10/M

# 2016 Short Run on a Long Day 5K

## Age Group Results

### 5K Run

Race Date  
June 15, 2016

#### 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 *	Betty Kameron		73	5855	341	58:42.8	18:56/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 *	Tom Newton		73	5916	211	34:39.2	11:11/M
2 *	Don Horn		71	5787	292	42:55.8	13:51/M