

2022 Spring Ahead 5K & 15K

Race Date
March 06, 22

Overall Finish List**5K**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Ryan Sandberg	Cedar Lake IN	5962	14	M	1: Overall	18:46.1	6:03/M
2	Nathan Shaffer	Portage IN	5894	20	M	1: 20-24	18:57.1	6:07/M
3	Lee McKinley	Dune Acres IN	7236	60	M	1: Masters	19:11.0	6:11/M
4	Kyle Nurse	Portage IN	7265	28	M	1: 25-29	19:12.2	6:12/M
5	Juan Sanchez	Bradley IL	7128	32	M	1: 30-34	19:44.2	6:22/M
6	Tim Gross	Demotte IN	7175	38	M	1: 35-39	20:28.5	6:36/M
7	Lindsay Moskalick	Valparaiso IN	7215	38	F	1: Overall	20:35.5	6:39/M
8	Quinn Murray	Avon IN	7168	13	M	1: 13-14	20:40.6	6:40/M
9	Adam White	Valparaiso IN	5955	37	M	2: 35-39	20:55.3	6:45/M
10	Nathan Eagan	Crown Point IN	7294	29	M	2: 25-29	21:20.1	6:53/M
11	Stephanie Burkholder	Goshen IN	7151	31	F	1: 30-34	21:21.5	6:53/M
12	Ruben Falcon	Goshen IN	7148	62	M	1: 60-64	21:40.5	7:00/M
13	Jacob Wheeler	Chesterton IN	5997	21	M	2: 20-24	21:49.2	7:02/M
14	Lucas Palmer	Valparaiso IN	7295	16	M	1: 15-19	21:55.1	7:04/M
15	Colston Seydel	Valparaiso IN	5966	9	M	1: 1-10	21:55.2	7:04/M
16	Jason Freitag	Valparaiso IN	5827	52	M	1: 50-54	21:56.0	7:05/M
17	Mark Connors	Valparaiso IN	5828	49	M	1: 45-49	22:05.0	7:07/M
18	Charlie Moye	Valparaiso IN	5981	18	M	2: 15-19	22:18.2	7:12/M
19	Dave Moye	Valparaiso IN	5980	52	M	2: 50-54	22:22.9	7:13/M
20	Ruben Sanchez	Lake Station IN	5803	63	M	2: 60-64	22:33.4	7:17/M
21	Mike Daly	Valparaiso IN	5819	66	M	1: 65-69	22:43.9	7:20/M
22	Willy Wilks	Valparaiso IN	7243	11	M	1: 11-12	22:48.1	7:21/M
23	Arvind Giri	Michigan City IN	7209	32	M	2: 30-34	22:48.9	7:22/M
24	Tim Murphey	Michigan City IN	7268	44	M	1: 40-44	23:06.1	7:27/M
25	Gregory Warrell	Highland IN	7258	34	M	3: 30-34	23:11.4	7:29/M
26	Skip Woldt	Valparaiso IN	5831	53	M	3: 50-54	23:11.7	7:29/M
27	Ephie Hagen	Chicago IL	7174	10	F	1: 1-10	23:24.4	7:33/M
28	Jason Lash	Valparaiso IN	5865	45	M	2: 45-49	23:38.1	7:37/M
29	Nick Lyman	Valparaiso IN	5815	42	M	2: 40-44	23:46.4	7:40/M
30	Elaine Hendricks	Valparaiso IN	5802	65	F	1: Masters	23:48.6	7:41/M
31	Patrick Cosgrove	Valparaiso IN	5967	54	M	4: 50-54	24:17.7	7:50/M
32	Gregory McNair	Michiana MI	7221	52	M	5: 50-54	24:30.0	7:54/M
33	Eric Wozniak	La Porte IN	7314	35	M	3: 35-39	24:31.5	7:55/M
34	Drew Elderkin	Valparaiso IN	5870	42	M	3: 40-44	24:33.4	7:55/M
35	Bryan Hunt	Burns Harbor IN	7261	45	M	3: 45-49	24:34.2	7:56/M
36	Dave Young	Valparaiso IN	5830	61	M	3: 60-64	24:42.5	7:58/M
37	Kyle Johns	Chesterton IN	6000	57	M	1: 55-59	24:59.2	8:04/M
38	Wojciech Kubas	La Porte IN	7271	29	M	3: 25-29	25:02.0	8:05/M
39	Laura Seegers	Demotte IN	7257	36	F	1: 35-39	25:08.6	8:07/M
40	Kathleen Neal	Valparaiso IN	7207	22	F	1: 20-24	25:12.3	8:08/M
41	Brooklyn Reed	Portage IN	5982	13	F	1: 13-14	25:18.1	8:10/M
42	Vince Nygra	Portage IN	5915	36	M	4: 35-39	25:19.8	8:10/M
43	Tom Glikis	Tinley Park IL	7186	48	M	4: 45-49	25:24.3	8:12/M
44	Maya Coreas Funes	Oak Forest IL	7129	15	F	1: 15-19	25:30.4	8:14/M
45	Shannon Campbell	Highland IN	7289	39	M	5: 35-39	25:36.1	8:16/M
46	Lucas Torres	Valparaiso IN	5797	7	M	2: 1-10	25:38.3	8:16/M
47	Todd Brown	Knox IN	5926	47	M	5: 45-49	25:41.4	8:17/M

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Michelle Draschil	Crown Point IN	7154	43	F	1: 40-44	26:03.5	8:24/M
49	Andrew Gross	Dyer IN	7264	34	M	4: 30-34	26:04.4	8:25/M
50	Henry Denger	La Porte IN	7222	13	M	2: 13-14	26:07.3	8:26/M
51	Rachelle Meyer	Valparaiso IN	5775	41	F	2: 40-44	26:09.4	8:26/M
52	Wes Turner	Valparaiso IN	7141	10	M	3: 1-10	26:13.2	8:28/M
53	Nicholas Perkins	Crown Point IN	7270	56	M	2: 55-59	26:16.7	8:29/M
54	Levi Kidder	Valparaiso IN	5626	10	M	4: 1-10	26:21.2	8:30/M
55	Anna Muhleman	Valparaiso IN	5953	10	F	2: 1-10	26:24.2	8:31/M
56	David Long	Osceola IN	7191	57	M	3: 55-59	26:31.5	8:33/M
57	Lucas Bormann	Valparaiso IN	5860	33	M	5: 30-34	26:31.9	8:34/M
58	Robert Giglio	Elkhart IN	7233	45	M	6: 45-49	26:32.0	8:34/M
59	Rocco Lopez	Saint John IN	7188	13	M	3: 13-14	26:38.6	8:36/M
60	Alissa Trail	Hobart IN	5884	13	F	2: 13-14	26:42.7	8:37/M
61	Robert Johnson	Michigan City IN	7306	32	M	6: 30-34	26:43.5	8:37/M
62	Suzanne Gesse	Rolling Prairie IN	7249	41	F	3: 40-44	27:00.8	8:43/M
63	Stacia Terpstra	Kouts IN	5774	43	F	4: 40-44	27:03.5	8:44/M
64	Brenda Chavez	Valparaiso IN	5838	45	F	1: 45-49	27:06.8	8:45/M
65	John Humphrey	La Porte IN	5794	51	M	6: 50-54	27:11.7	8:46/M
66	Morgan Sebert	Michigan City IN	7281	27	F	1: 25-29	27:18.9	8:49/M
67	Nathan Kremke	Portage IN	5918	44	M	4: 40-44	27:19.9	8:49/M
68	Noe Perez	Winfield IN	5760	48	M	7: 45-49	27:21.8	8:50/M
69	Jeff Peterson	Grant Park IL	7172	57	M	4: 55-59	27:23.3	8:50/M
70	Jean Jannasch	Valparaiso IN	5820	75	F	1: 75-99	27:34.9	8:54/M
71	Scott Sears	Valparaiso IN	5757	53	M	7: 50-54	27:40.3	8:56/M
72	Renee Martin	Valparaiso IN	5851	24	F	2: 20-24	27:48.6	8:58/M
73	Staci Sgouroudis	Valparaiso IN	5859	29	F	2: 25-29	28:01.0	9:02/M
74	Mike Ryan	Valparaiso IN	5862	67	M	2: 65-69	28:06.0	9:04/M
75	Monica Conrad	Westville IN	7315	57	F	1: 55-59	28:12.6	9:06/M
76	Tyler Sorbellini	Highland IN	5882	24	M	3: 20-24	28:16.9	9:07/M
77	Lyndsey Gorham	Valparaiso IN	7244	33	F	2: 30-34	28:20.8	9:09/M
78	Marie Borman	Valparaiso IN	7201	39	F	2: 35-39	28:23.5	9:10/M
79	Gary Babcock	Walkerton IN	5824	43	F	5: 40-44	28:26.9	9:11/M
80	Veronica Wilgocki	Chesterton IN	7284	14	F	3: 13-14	28:39.1	9:15/M
81	Macey Black	Michigan City IN	5632	30	F	3: 30-34	28:39.3	9:15/M
82	Kelly Bloode	New Carlisle IN	7204	56	F	2: 55-59	28:53.0	9:19/M
83	Paula George	Valparaiso IN	5765	49	F	2: 45-49	28:57.5	9:21/M
84	Megan Torres	Valparaiso IN	5798	41	F	6: 40-44	28:59.5	9:21/M
85	Roger O'Rourke	Portage IN	5753	41	M	5: 40-44	29:01.5	9:22/M
86	Kelly Bogan	Crown Point IN	5768	44	M	6: 40-44	29:07.2	9:24/M
87	Becky Kreiger	Kouts IN	5792	48	F	3: 45-49	29:08.3	9:24/M
88	Laura Myers	Wheatfield IN	7189	32	F	4: 30-34	29:08.4	9:24/M
89	Gabby Kimes	Hebron IN	5924	22	F	3: 20-24	29:11.8	9:25/M
90	Kathryn Crook	Portage IN	7301	32	F	5: 30-34	29:16.3	9:27/M
91	Luke Wilson	Hebron IN	5640	20	M	4: 20-24	29:17.2	9:27/M
92	Rachel Wilson	Crown Point IN	5639	45	F	4: 45-49	29:17.6	9:27/M
93	Kalie Sibley	Portage IN	5596	12	F	1: 11-12	29:25.6	9:30/M
94	Angie Rushing	Hobart IN	5800	44	F	7: 40-44	29:28.2	9:30/M

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Jennifer Sandberg	Cedar Lake IN	5961	33	F	6: 30-34	29:28.9	9:31/M
96	Adam Johnson	Valparaiso IN	7313	35	M	6: 35-39	29:32.4	9:32/M
97	Kristen Wozniak	Michigan City IN	7309	30	F	7: 30-34	29:38.4	9:34/M
98	Sophia Chavez	Valparaiso IN	5847	14	F	4: 13-14	29:41.5	9:35/M
99	Andy Chavez	Valparaiso IN	5850	46	M	8: 45-49	29:42.7	9:35/M
100	Julie Young	Valparaiso IN	5829	58	F	3: 55-59	29:43.9	9:35/M
101	Chance Allen	Westville IN	5861	24	M	5: 20-24	29:55.1	9:39/M
102	Steve Gelsomino	Oak Lawn IL	7239	67	M	3: 65-69	29:57.8	9:40/M
103	Michael Micka	Valparaiso IN	5185	46	M	9: 45-49	30:00.5	9:41/M
104	Steve Waltz	Chesterton IN	7285	56	M	5: 55-59	30:05.0	9:42/M
105	Kathy Hilbrich	Chesterton IN	5833	68	F	1: 65-69	30:05.6	9:42/M
106	Stephanie Betts	Hobart IN	5782	34	F	8: 30-34	30:08.8	9:43/M
107	Delia Ceja	Lake Station IN	7291	31	F	9: 30-34	30:09.3	9:44/M
108	Patrick Davis	Valparaiso IN	5766	75	M	1: 75-99	30:11.0	9:44/M
109	Meghan Slivka	Valparaiso IN	5998	34	F	10: 30-34	30:12.0	9:45/M
110	Ethan Kidder	Valparaiso IN	5627	7	M	5: 1-10	30:12.4	9:45/M
111	Katie Hess	La Porte IN	7283	27	F	3: 25-29	30:13.4	9:45/M
112	Lisa Denger	La Porte IN	7224	42	F	8: 40-44	30:33.5	9:51/M
113	Ella Micka	Valparaiso IN	5590	10	F	3: 1-10	30:41.7	9:54/M
114	Elizabeth Frances	Valparaiso IN	5641	61	F	1: 60-64	30:45.3	9:55/M
115	John Zurisk	Cedar Lake IN	7296	54	M	8: 50-54	30:48.6	9:56/M
116	Bailee Laux	Michigan City IN	7282	20	F	4: 20-24	30:55.2	9:58/M
117	Valerie Lash	Valparaiso IN	5866	42	F	9: 40-44	31:03.6	10:01/M
118	April Hardesty	Valparaiso IN	5642	63	F	2: 60-64	31:09.7	10:03/M
119	Tina Bowman	Walkerton IN	5823	40	F	10: 40-44	31:10.8	10:04/M
120	Lisa Baljak	Rensselaer IN	7297	54	F	1: 50-54	31:25.7	10:08/M
121	Danielle Gawrysiak	Hobart IN	5885	14	F	5: 13-14	31:30.3	10:10/M
122	Belinda Rodriguez	Portage IN	5764	28	F	4: 25-29	31:30.9	10:10/M
123	Laura Darrow	Lowell IN	7300	60	F	3: 60-64	31:38.4	10:12/M
124	Marianne Groth	St. Joseph MI	7203	58	F	4: 55-59	31:41.7	10:13/M
125	Renee Eaton	La Porte IN	7219	17	F	2: 15-19	31:43.9	10:14/M
126	Agata Wilgocki	Chesterton IN	7286	41	F	11: 40-44	31:50.5	10:16/M
127	Jane Callies	Gary IN	7252	52	F	2: 50-54	31:53.6	10:17/M
128	Michael Hammonds	Valparaiso IN	7241	47	M	10: 45-49	32:01.3	10:20/M
129	Vanessa Rodriguez	Crown Point IN	5763	38	F	3: 35-39	32:12.7	10:23/M
130	Curtis Smith	Valparaiso IN	5968	60	M	4: 60-64	32:27.1	10:28/M
131	Janet Rotz	Dyer IN	7166	68	F	2: 65-69	32:34.5	10:30/M
132	Amy Dolbeare	La Porte IN	5795	49	F	5: 45-49	32:43.6	10:33/M
133	Jenifer Colville	Chesterton IN	5600	44	F	12: 40-44	32:43.7	10:33/M
134	Jack Colville	Chesterton IN	5599	51	M	9: 50-54	32:44.5	10:34/M
135	Leah Thomas	Cedar Lake IN	5922	28	F	5: 25-29	32:55.6	10:37/M
136	Mike Abram	Munster IN	7307	29	M	4: 25-29	33:05.3	10:40/M
137	Mike Denny	Valparaiso IN	5649	35	M	7: 35-39	33:10.4	10:42/M
138	Jerry Thomas	Portage IN	5919	60	M	5: 60-64	33:14.7	10:43/M
139	Bianca Passo	Ogden Dunes IN	5783	33	F	11: 30-34	33:23.6	10:46/M
140	Kimberly Steinhilber	Valparaiso IN	5973	58	F	5: 55-59	33:28.8	10:48/M
141	Kris Poloncak	Hebron IN	5972	53	M	10: 50-54	33:30.1	10:48/M

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Chris King	Kouts IN	5974	42	M	7: 40-44	33:30.1	10:48/M
143	Katie Trudeau	Valparaiso IN	5790	34	F	12: 30-34	33:53.6	10:56/M
144	Cody Trudeau	Valparaiso IN	5791	7	M	6: 1-10	33:54.2	10:56/M
145	Brian Kidder	Valparaiso IN	5625	41	M	8: 40-44	34:02.4	10:59/M
146	Suzanna Kidder	Valparaiso IN	5619	38	F	4: 35-39	34:02.6	10:59/M
147	Jen Cullerton Johnson	Chicago IL	7178	50	F	3: 50-54	34:09.9	11:01/M
148	Maddie Grimm	Chesterton IN	7279	34	F	13: 30-34	34:13.9	11:03/M
149	Amanda Johnston	Hobart IN	7180	44	F	13: 40-44	34:15.6	11:03/M
150	Deidra O'Rourke	Portage IN	5752	38	F	5: 35-39	34:15.7	11:03/M
151	John Stimley	Michigan City IN	7217	76	M	2: 75-99	34:25.0	11:06/M
152	Brian Carden	Porter IN	7242	49	M	11: 45-49	34:28.9	11:07/M
153	Misti Howell	Valparaiso IN	7181	43	F	14: 40-44	34:29.2	11:07/M
154	Alexandra Cross	Chesterton IN	5976	27	F	6: 25-29	34:45.9	11:13/M
155	Ashley Whited	Wheatfield IN	7232	33	F	14: 30-34	34:53.4	11:15/M
156	Carissa Torres	Merrillville IN	7272	34	F	15: 30-34	35:11.1	11:21/M
157	Kelly Ireland	Kouts IN	5958	36	F	6: 35-39	35:25.9	11:26/M
158	Jill Pero	Valparaiso IN	5985	39	F	7: 35-39	35:33.0	11:28/M
159	Valerie Pendergast	Michigan City IN	7305	38	F	8: 35-39	35:40.4	11:30/M
160	James Kintzele	Chesterton IN	5770	68	M	4: 65-69	35:48.3	11:33/M
161	Janeli Darnell	Valparaiso IN	5648	34	F	16: 30-34	35:49.6	11:33/M
162	Daymon Johnston	Hobart IN	7179	45	M	12: 45-49	36:02.7	11:38/M
163	Margaret Eagan	Crown Point IN	7316	31	F	17: 30-34	36:14.1	11:41/M
164	Dennis Rotz	Dyer IN	7167	74	M	1: 70-74	36:21.7	11:44/M
165	Karen Gay	Valparaiso IN	5835	61	F	4: 60-64	36:28.1	11:46/M
166	Margaret Hall	Portage IN	7251	50	F	4: 50-54	36:49.9	11:53/M
167	Polly Theising	Valparaiso IN	5778	72	F	1: 70-74	36:57.4	11:55/M
168	Bethann Fabugais	Valparaiso IN	5977	41	F	15: 40-44	37:00.3	11:56/M
169	Sean Lee	Valparaiso IN	5978	48	M	13: 45-49	37:00.6	11:56/M
170	William Lewis	Noblesville IN	5912	7	M	7: 1-10	37:00.8	11:56/M
171	Eric Lewis	Noblesville IN	5914	37	M	8: 35-39	37:02.4	11:57/M
172	Bridget Barnhill	Highland IN	7299	55	F	6: 55-59	37:30.0	12:06/M
173	Katie Eaton	La Porte IN	7220	42	F	16: 40-44	37:36.9	12:08/M
174	Scott Senour	Portage IN	5826	57	M	6: 55-59	37:48.1	12:12/M
175	Mikell Drobac	Chesterton IN	5825	57	F	7: 55-59	37:48.1	12:12/M
176	Sue Brown Nickerson	Valparaiso IN	5963	61	F	5: 60-64	37:59.7	12:15/M
177	Madison Menclewicz	Portage IN	5643	11	F	2: 11-12	38:02.7	12:16/M
178	Alberto Perez	Valparaiso IN	5759	50	M	11: 50-54	38:02.7	12:16/M
179	Melissa Panozzo	Lowell IN	7256	33	F	18: 30-34	38:04.0	12:17/M
180	Jamie Major	Portage IN	7263	26	F	7: 25-29	38:04.4	12:17/M
181	Amanda Szentesy	Valparaiso IN	5814	42	F	17: 40-44	38:10.9	12:19/M
182	Kimberly Jackson	Valparaiso IN	1731	43	F	18: 40-44	38:13.1	12:20/M
183	Katie Watson	Valparaiso IN	5909	35	F	9: 35-39	38:29.0	12:25/M
184	Jessica Glinski	Kouts IN	5993	37	F	10: 35-39	38:29.5	12:25/M
185	Teresa Weiler	Valparaiso IN	5892	52	F	5: 50-54	38:40.2	12:28/M
186	Adelyn Brazil	Crown Point IN	7278	12	F	3: 11-12	38:49.2	12:31/M
187	Rachel Brazil	Crown Point IN	7277	38	F	11: 35-39	38:49.7	12:32/M
188	Kayla Gelsomino	Chicago IL	7238	62	F	6: 60-64	38:52.5	12:32/M

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189	Carol Magill	Chesterton IN	5995	71	F	2: 70-74	39:13.1	12:39/M
190	Monica Hall	Chesterton IN	7225	46	F	6: 45-49	39:23.5	12:42/M
191	April Trinosky-Curtis	Hobart IN	7223	53	F	6: 50-54	39:23.7	12:43/M
192	Karen Turner	Valparaiso IN	7139	44	F	19: 40-44	39:26.0	12:43/M
193	Layla Muhleman	Valparaiso IN	5954	8	F	4: 1-10	39:26.7	12:43/M
194	Ruth Bonacci-Klaeser	Chesterton IN	7234	66	F	3: 65-69	39:33.1	12:46/M
195	Andrea Maslanka	Valparaiso IN	5773	48	F	7: 45-49	39:42.2	12:48/M
196	Deena Pidrak	Valparaiso IN	5957	47	F	8: 45-49	39:43.6	12:49/M
197	Jerome Weiler	Valparaiso IN	5893	52	M	12: 50-54	39:51.3	12:51/M
198	Linda Perry	Demotte IN	7298	75	F	2: 75-99	40:11.6	12:58/M
199	Jennifer Wheeler	Cedar Lake IN	5996	44	F	20: 40-44	40:12.4	12:58/M
200	Andrea Eggleston	Plymouth IN	5925	49	F	9: 45-49	40:16.9	13:00/M
201	Margie Gonzalez	Crown Point IN	5889	64	F	7: 60-64	40:36.0	13:06/M
202	Laura Ryan	Valparaiso IN	5863	64	F	8: 60-64	40:38.6	13:07/M
203	Marellen Hattabaugh	Valparaiso IN	5591	39	F	12: 35-39	40:48.2	13:10/M
204	Lindy Garzella	Portage IN	7155	47	F	10: 45-49	40:48.3	13:10/M
205	Molly Mooney	Valparaiso IN	7156	41	F	21: 40-44	40:48.8	13:10/M
206	Katina Davis	Merrillville IN	7208	49	F	11: 45-49	40:51.3	13:11/M
207	Sara Post	Chesterton IN	7192	43	F	22: 40-44	40:54.1	13:12/M
208	Carey Olds	Whiting IN	7190	47	F	12: 45-49	40:54.2	13:12/M
209	Linda Levenson	Valparaiso IN	1897	67	F	4: 65-69	41:28.0	13:23/M
210	Michael Sharpe	Valparaiso IN	7304	32	M	7: 30-34	41:29.0	13:23/M
211	Ashley Sharpe	Valparaiso IN	7303	29	F	8: 25-29	41:29.7	13:23/M
212	Muriel Bowers	Crown Point IN	5809	11	F	4: 11-12	41:55.9	13:32/M
213	Heather Kovalsky	Crown Point IN	5808	36	F	13: 35-39	41:57.3	13:32/M
214	Nicole Lewis	Noblesville IN	5913	36	F	14: 35-39	42:01.8	13:33/M
215	Kimberly Shay	Valparaiso IN	5890	49	F	13: 45-49	42:05.8	13:35/M
216	Susan McKendry	Crown Point IN	7170	53	F	7: 50-54	42:12.9	13:37/M
217	Carl Allegretti	Frankfort IL	7158	60	M	6: 60-64	42:29.4	13:42/M
218	Lauren Zubrick	Dyer IN	7262	28	F	9: 25-29	42:36.5	13:45/M
219	Jennifer Ransom	Valparaiso IN	5806	36	F	15: 35-39	43:14.4	13:57/M
220	J. Ezell	Valparaiso IN	7288	75	M	3: 75-99	43:46.4	14:07/M
221	Joyce Einikis	Valparaiso IN	1898	66	F	5: 65-69	43:56.8	14:11/M
222	James Cocking	Crown Point IN	5907	64	M	7: 60-64	43:59.3	14:11/M
223	Meredith Brockman	Valparaiso IN	5858	41	F	23: 40-44	44:24.4	14:19/M
224	Lindy Adams Brockman	Valparaiso IN	5857	38	F	16: 35-39	44:25.9	14:20/M
225	Jamalyn Bogan	Crown Point IN	5767	42	F	24: 40-44	44:26.2	14:20/M
226	Melissa Goodall	Saint John IN	7308	40	F	25: 40-44	44:38.7	14:24/M
227	Maura Hunt	Burns Harbor IN	7260	55	F	8: 55-59	44:40.4	14:25/M
228	Jennifer Freeman	Lowell IN	7275	51	F	8: 50-54	46:01.8	14:51/M
229	Martin Freeman	Lowell IN	7274	51	M	13: 50-54	46:02.1	14:51/M
230	Sydney Dawson	Valparaiso IN	5992	55	F	9: 55-59	46:18.6	14:56/M
231	Kelly Kietzman	Valparaiso IN	7267	36	F	17: 35-39	47:11.0	15:13/M
232	Nancy Ross	Highland IN	5956	66	F	6: 65-69	47:12.7	15:14/M
233	Skyler Kremke	Portage IN	5921	13	F	6: 13-14	47:52.6	15:27/M
234	Jessica Thomas	Portage IN	5920	30	F	19: 30-34	48:04.5	15:30/M
235	Molly Day	Chesterton IN	5964	37	F	18: 35-39	48:05.6	15:31/M

2022 Spring Ahead 5K & 15K

Race Date
March 06, 22

Overall Finish List**5K**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
236	Alanna Smith	Cedar Lake IN	5897	29	F	10: 25-29	48:07.4	15:31/M
237	John Smith	Hammond IN	5895	50	M	14: 50-54	48:08.2	15:32/M
238	Courtney Seles	Griffith IN	5951	26	F	11: 25-29	48:40.7	15:42/M
239	Erin Ledyard	Michigan City IN	7198	44	F	26: 40-44	49:22.0	15:56/M
240	Anne Weeks	Hebron IN	5911	44	F	27: 40-44	49:36.8	16:00/M
241	Jack Kashak	Chesterton IN	7202	74	M	2: 70-74	50:15.5	16:13/M
242	Donna Forney	La Crosse IN	7176	50	F	9: 50-54	50:24.2	16:16/M
243	Richard Ramos	La Crosse IN	7177	49	M	14: 45-49	50:24.6	16:16/M
244	Peter Klaeser	Chesterton IN	7235	65	M	5: 65-69	51:06.4	16:29/M
245	Scott Cummings	Hobart IN	5834	65	M	6: 65-69	51:12.5	16:31/M
246	Michelle Finch	Hobart IN	7227	47	F	14: 45-49	51:28.8	16:36/M
247	Jennifer Wells	Hobart IN	7226	48	F	15: 45-49	51:30.6	16:37/M
248	Jane Cornelius	Hobart IN	7228	46	F	16: 45-49	51:31.1	16:37/M
249	Ulrike Zambori	Valparaiso IN	7287	73	F	3: 70-74	51:58.3	16:46/M
250	Amy Smith	Hammond IN	5896	45	F	17: 45-49	52:01.3	16:47/M
251	Beverly Clancy	Wanatah IN	7312	30	F	20: 30-34	54:04.6	17:27/M
252	Heather Taylor	Michigan City IN	7311	31	F	21: 30-34	54:05.4	17:27/M
253	Portia Firnhaber	Michigan City IN	7310	27	F	12: 25-29	54:05.5	17:27/M
254	Jo Bonner	Hobart IN	7273	37	F	19: 35-39	55:06.9	17:47/M
255	Tracey Cocking	Crown Point IN	5906	57	F	10: 55-59	55:33.7	17:55/M
256	Brenda Charron	Valparaiso IN	5848	53	F	10: 50-54	55:51.8	18:01/M