

Race Date
March 06, 22

2022 Spring Ahead 5K & 15K
Age Group Results

5K

Female Overall 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	Lindsay Moskalick	Valparaiso IN	38	7215	7	20:35.5	6:39/M

Male Overall 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	Ryan Sandberg	Cedar Lake IN	14	5962	1	18:46.1	6:03/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	Elaine Hendricks	Valparaiso IN	65	5802	30	23:48.6	7:41/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	Lee McKinley	Dune Acres IN	60	7236	3	19:11.0	6:11/M

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Female 10 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	Ephie Hagen	Chicago IL	10	7174	27	23:24.4	7:33/M
2	Anna Muhleman	Valparaiso IN	10	5953	55	26:24.2	8:31/M
3	Ella Micka	Valparaiso IN	10	5590	113	30:41.7	9:54/M
4	Layla Muhleman	Valparaiso IN	8	5954	193	39:26.7	12:43/M

Male 10 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	Colston Seydel	Valparaiso IN	9	5966	15	21:55.2	7:04/M
2	Lucas Torres	Valparaiso IN	7	5797	46	25:38.3	8:16/M
3	Wes Turner	Valparaiso IN	10	7141	52	26:13.2	8:28/M
4	Levi Kidder	Valparaiso IN	10	5626	54	26:21.2	8:30/M
5	Ethan Kidder	Valparaiso IN	7	5627	110	30:12.4	9:45/M
6	Cody Trudeau	Valparaiso IN	7	5791	144	33:54.2	10:56/M
7	William Lewis	Noblesville IN	7	5912	170	37:00.8	11:56/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	Kalie Sibley	Portage IN	12	5596	93	29:25.6	9:30/M
2	Madison Menclawicz	Portage IN	11	5643	177	38:02.7	12:16/M
3	Adelyn Brazil	Crown Point IN	12	7278	186	38:49.2	12:31/M
4	Muriel Bowers	Crown Point IN	11	5809	212	41:55.9	13:32/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	Willy Wilks	Valparaiso IN	11	7243	22	22:48.1	7:21/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	Brooklyn Reed	Portage IN	13	5982	41	25:18.1	8:10/M
2	Alissa Trail	Hobart IN	13	5884	60	26:42.7	8:37/M
3	Veronica Wilgocki	Chesterton IN	14	7284	80	28:39.1	9:15/M
4	Sophia Chavez	Valparaiso IN	14	5847	98	29:41.5	9:35/M
5	Danielle Gawrysiak	Hobart IN	14	5885	121	31:30.3	10:10/M
6	Skyler Kremke	Portage IN	13	5921	233	47:52.6	15:27/M

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Male 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	Quinn Murray	Avon IN	13	7168	8	20:40.6	6:40/M
2	Henry Denger	La Porte IN	13	7222	50	26:07.3	8:26/M
3	Rocco Lopez	Saint John IN	13	7188	59	26:38.6	8:36/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	Maya Coreas Funes	Oak Forest IL	15	7129	44	25:30.4	8:14/M
2	Renee Eaton	La Porte IN	17	7219	125	31:43.9	10:14/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	Lucas Palmer	Valparaiso IN	16	7295	14	21:55.1	7:04/M
2	Charlie Moye	Valparaiso IN	18	5981	18	22:18.2	7:12/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	Kathleen Neal	Valparaiso IN	22	7207	40	25:12.3	8:08/M
2	Renee Martin	Valparaiso IN	24	5851	72	27:48.6	8:58/M
3	Gabby Kimes	Hebron IN	22	5924	89	29:11.8	9:25/M
4	Bailee Laux	Michigan City IN	20	7282	116	30:55.2	9:58/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	Nathan Shaffer	Portage IN	20	5894	2	18:57.1	6:07/M
2	Jacob Wheeler	Chesterton IN	21	5997	13	21:49.2	7:02/M
3	Tyler Sorbellini	Highland IN	24	5882	76	28:16.9	9:07/M
4	Luke Wilson	Hebron IN	20	5640	91	29:17.2	9:27/M
5	Chance Allen	Westville IN	24	5861	101	29:55.1	9:39/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 Sebert	Michigan City IN	27	7281	66	27:18.9	8:49/M
2	Staci Sgouroudis	Valparaiso IN	29	5859	73	28:01.0	9:02/M

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Female 25 to 29

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3	Katie Hess	La Porte IN	27	7283	111	30:13.4	9:45/M
4	Belinda Rodriguez	Portage IN	28	5764	122	31:30.9	10:10/M
5	Leah Thomas	Cedar Lake IN	28	5922	135	32:55.6	10:37/M
6	Alexandra Cross	Chesterton IN	27	5976	154	34:45.9	11:13/M
7	Jamie Major	Portage IN	26	7263	180	38:04.4	12:17/M
8	Ashley Sharpe	Valparaiso IN	29	7303	211	41:29.7	13:23/M
9	Lauren Zubrick	Dyer IN	28	7262	218	42:36.5	13:45/M
10	Alanna Smith	Cedar Lake IN	29	5897	236	48:07.4	15:31/M
11	Courtney Seles	Griffith IN	26	5951	238	48:40.7	15:42/M
12	Portia Firnhaber	Michigan City IN	27	7310	253	54:05.5	17:27/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	Kyle Nurse	Portage IN	28	7265	4	19:12.2	6:12/M
2	Nathan Eagan	Crown Point IN	29	7294	10	21:20.1	6:53/M
3	Wojciech Kubas	La Porte IN	29	7271	38	25:02.0	8:05/M
4	Mike Abram	Munster IN	29	7307	136	33:05.3	10:40/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	Stephanie Burkholder	Goshen IN	31	7151	11	21:21.5	6:53/M
2	Lyndsey Gorham	Valparaiso IN	33	7244	77	28:20.8	9:09/M
3	Macey Black	Michigan City IN	30	5632	81	28:39.3	9:15/M
4	Laura Myers	Wheatfield IN	32	7189	88	29:08.4	9:24/M
5	Kathryn Crook	Portage IN	32	7301	90	29:16.3	9:27/M
6	Jennifer Sandberg	Cedar Lake IN	33	5961	95	29:28.9	9:31/M
7	Kristen Wozniak	Michigan City IN	30	7309	97	29:38.4	9:34/M
8	Stephanie Betts	Hobart IN	34	5782	106	30:08.8	9:43/M
9	Delia Ceja	Lake Station IN	31	7291	107	30:09.3	9:44/M
10	Meghan Slivka	Valparaiso IN	34	5998	109	30:12.0	9:45/M
11	Bianca Passo	Ogden Dunes IN	33	5783	139	33:23.6	10:46/M
12	Katie Trudeau	Valparaiso IN	34	5790	143	33:53.6	10:56/M
13	Maddie Grimm	Chesterton IN	34	7279	148	34:13.9	11:03/M
14	Ashley Whited	Wheatfield IN	33	7232	155	34:53.4	11:15/M
15	Carissa Torres	Merrillville IN	34	7272	156	35:11.1	11:21/M
16	Janeli Darnell	Valparaiso IN	34	5648	161	35:49.6	11:33/M
17	Margaret Eagan	Crown Point IN	31	7316	163	36:14.1	11:41/M
18	Melissa Panozzo	Lowell IN	33	7256	179	38:04.0	12:17/M

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Female 30 to 34

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19	Jessica Thomas	Portage IN	30	5920	234	48:04.5	15:30/M
20	Beverly Clancy	Wanatah IN	30	7312	251	54:04.6	17:27/M
21	Heather Taylor	Michigan City IN	31	7311	252	54:05.4	17:27/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	Juan Sanchez	Bradley IL	32	7128	5	19:44.2	6:22/M
2	Arvind Giri	Michigan City IN	32	7209	23	22:48.9	7:22/M
3	Gregory Warrell	Highland IN	34	7258	25	23:11.4	7:29/M
4	Andrew Gross	Dyer IN	34	7264	49	26:04.4	8:25/M
5	Lucas Bormann	Valparaiso IN	33	5860	57	26:31.9	8:34/M
6	Robert Johnson	Michigan City IN	32	7306	61	26:43.5	8:37/M
7	Michael Sharpe	Valparaiso IN	32	7304	210	41:29.0	13:23/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 Seegers	Demotte IN	36	7257	39	25:08.6	8:07/M
2	Marie Borman	Valparaiso IN	39	7201	78	28:23.5	9:10/M
3	Vanessa Rodriguez	Crown Point IN	38	5763	129	32:12.7	10:23/M
4	Suzanna Kidder	Valparaiso IN	38	5619	146	34:02.6	10:59/M
5	Deidra O'Rourke	Portage IN	38	5752	150	34:15.7	11:03/M
6	Kelly Ireland	Kouts IN	36	5958	157	35:25.9	11:26/M
7	Jill Pero	Valparaiso IN	39	5985	158	35:33.0	11:28/M
8	Valerie Pendergast	Michigan City IN	38	7305	159	35:40.4	11:30/M
9	Katie Watson	Valparaiso IN	35	5909	183	38:29.0	12:25/M
10	Jessica Glinski	Kouts IN	37	5993	184	38:29.5	12:25/M
11	Rachel Brazil	Crown Point IN	38	7277	187	38:49.7	12:32/M
12	Marellen Hattabaugh	Valparaiso IN	39	5591	203	40:48.2	13:10/M
13	Heather Kovalsky	Crown Point IN	36	5808	213	41:57.3	13:32/M
14	Nicole Lewis	Noblesville IN	36	5913	214	42:01.8	13:33/M
15	Jennifer Ransom	Valparaiso IN	36	5806	219	43:14.4	13:57/M
16	Lindy Adams Brockman	Valparaiso IN	38	5857	224	44:25.9	14:20/M
17	Kelly Kietzman	Valparaiso IN	36	7267	231	47:11.0	15:13/M
18	Molly Day	Chesterton IN	37	5964	235	48:05.6	15:31/M
19	Jo Bonner	Hobart IN	37	7273	254	55:06.9	17:47/M

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1	Tim Gross	Demotte IN	38	7175	6	20:28.5	6:36/M
2	Adam White	Valparaiso IN	37	5955	9	20:55.3	6:45/M
3	Eric Wozniak	La Porte IN	35	7314	33	24:31.5	7:55/M
4	Vince Nygra	Portage IN	36	5915	42	25:19.8	8:10/M
5	Shannon Campbell	Highland IN	39	7289	45	25:36.1	8:16/M
6	Adam Johnson	Valparaiso IN	35	7313	96	29:32.4	9:32/M
7	Mike Denny	Valparaiso IN	35	5649	137	33:10.4	10:42/M
8	Eric Lewis	Noblesville IN	37	5914	171	37:02.4	11:57/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	Michelle Draschil	Crown Point IN	43	7154	48	26:03.5	8:24/M
2	Rachelle Meyer	Valparaiso IN	41	5775	51	26:09.4	8:26/M
3	Suzanne Gesse	Rolling Prairie IN	41	7249	62	27:00.8	8:43/M
4	Stacia Terpstra	Kouts IN	43	5774	63	27:03.5	8:44/M
5	Gary Babcock	Walkerton IN	43	5824	79	28:26.9	9:11/M
6	Megan Torres	Valparaiso IN	41	5798	84	28:59.5	9:21/M
7	Angie Rushing	Hobart IN	44	5800	94	29:28.2	9:30/M
8	Lisa Denger	La Porte IN	42	7224	112	30:33.5	9:51/M
9	Valerie Lash	Valparaiso IN	42	5866	117	31:03.6	10:01/M
10	Tina Bowman	Walkerton IN	40	5823	119	31:10.8	10:04/M
11	Agata Wilgocki	Chesterton IN	41	7286	126	31:50.5	10:16/M
12	Jenifer Colville	Chesterton IN	44	5600	133	32:43.7	10:33/M
13	Amanda Johnston	Hobart IN	44	7180	149	34:15.6	11:03/M
14	Misti Howell	Valparaiso IN	43	7181	153	34:29.2	11:07/M
15	Bethann Fabugais	Valparaiso IN	41	5977	168	37:00.3	11:56/M
16	Katie Eaton	La Porte IN	42	7220	173	37:36.9	12:08/M
17	Amanda Szentesy	Valparaiso IN	42	5814	181	38:10.9	12:19/M
18	Kimberly Jackson	Valparaiso IN	43	1731	182	38:13.1	12:20/M
19	Karen Turner	Valparaiso IN	44	7139	192	39:26.0	12:43/M
20	Jennifer Wheeler	Cedar Lake IN	44	5996	199	40:12.4	12:58/M
21	Molly Mooney	Valparaiso IN	41	7156	205	40:48.8	13:10/M
22	Sara Post	Chesterton IN	43	7192	207	40:54.1	13:12/M
23	Meredith Brockman	Valparaiso IN	41	5858	223	44:24.4	14:19/M
24	Jamalyn Bogan	Crown Point IN	42	5767	225	44:26.2	14:20/M
25	Melissa Goodall	Saint John IN	40	7308	226	44:38.7	14:24/M
26	Erin Ledyard	Michigan City IN	44	7198	239	49:22.0	15:56/M
27	Anne Weeks	Hebron IN	44	5911	240	49:36.8	16:00/M

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1	Tim Murphey	Michigan City IN	44	7268	24	23:06.1	7:27/M
2	Nick Lyman	Valparaiso IN	42	5815	29	23:46.4	7:40/M
3	Drew Elderkin	Valparaiso IN	42	5870	34	24:33.4	7:55/M
4	Nathan Kremke	Portage IN	44	5918	67	27:19.9	8:49/M
5	Roger O'Rourke	Portage IN	41	5753	85	29:01.5	9:22/M
6	Kelly Bogan	Crown Point IN	44	5768	86	29:07.2	9:24/M
7	Chris King	Kouts IN	42	5974	142	33:30.1	10:48/M
8	Brian Kidder	Valparaiso IN	41	5625	145	34:02.4	10:59/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	Brenda Chavez	Valparaiso IN	45	5838	64	27:06.8	8:45/M
2	Paula George	Valparaiso IN	49	5765	83	28:57.5	9:21/M
3	Becky Kreiger	Kouts IN	48	5792	87	29:08.3	9:24/M
4	Rachel Wilson	Crown Point IN	45	5639	92	29:17.6	9:27/M
5	Amy Dolbeare	La Porte IN	49	5795	132	32:43.6	10:33/M
6	Monica Hall	Chesterton IN	46	7225	190	39:23.5	12:42/M
7	Andrea Maslanka	Valparaiso IN	48	5773	195	39:42.2	12:48/M
8	Deena Pidrak	Valparaiso IN	47	5957	196	39:43.6	12:49/M
9	Andrea Eggleston	Plymouth IN	49	5925	200	40:16.9	13:00/M
10	Lindy Garzella	Portage IN	47	7155	204	40:48.3	13:10/M
11	Katina Davis	Merrillville IN	49	7208	206	40:51.3	13:11/M
12	Carey Olds	Whiting IN	47	7190	208	40:54.2	13:12/M
13	Kimberly Shay	Valparaiso IN	49	5890	215	42:05.8	13:35/M
14	Michelle Finch	Hobart IN	47	7227	246	51:28.8	16:36/M
15	Jennifer Wells	Hobart IN	48	7226	247	51:30.6	16:37/M
16	Jane Cornelius	Hobart IN	46	7228	248	51:31.1	16:37/M
17	Amy Smith	Hammond IN	45	5896	250	52:01.3	16:47/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	Valparaiso IN	49	5828	17	22:05.0	7:07/M
2	Jason Lash	Valparaiso IN	45	5865	28	23:38.1	7:37/M
3	Bryan Hunt	Burns Harbor IN	45	7261	35	24:34.2	7:56/M
4	Tom Glikis	Tinley Park IL	48	7186	43	25:24.3	8:12/M
5	Todd Brown	Knox IN	47	5926	47	25:41.4	8:17/M
6	Robert Giglio	Elkhart IN	45	7233	58	26:32.0	8:34/M
7	Noe Perez	Winfield IN	48	5760	68	27:21.8	8:50/M

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8	Andy Chavez	Valparaiso IN	46	5850	99	29:42.7	9:35/M
9	Michael Micka	Valparaiso IN	46	5185	103	30:00.5	9:41/M
10	Michael Hammonds	Valparaiso IN	47	7241	128	32:01.3	10:20/M
11	Brian Carden	Porter IN	49	7242	152	34:28.9	11:07/M
12	Daymon Johnston	Hobart IN	45	7179	162	36:02.7	11:38/M
13	Sean Lee	Valparaiso IN	48	5978	169	37:00.6	11:56/M
14	Richard Ramos	La Crosse IN	49	7177	243	50:24.6	16:16/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	Lisa Baljak	Rensselaer IN	54	7297	120	31:25.7	10:08/M
2	Jane Callies	Gary IN	52	7252	127	31:53.6	10:17/M
3	Jen Cullerton Johnson	Chicago IL	50	7178	147	34:09.9	11:01/M
4	Margaret Hall	Portage IN	50	7251	166	36:49.9	11:53/M
5	Teresa Weiler	Valparaiso IN	52	5892	185	38:40.2	12:28/M
6	April Trinosky-Curtis	Hobart IN	53	7223	191	39:23.7	12:43/M
7	Susan McKendry	Crown Point IN	53	7170	216	42:12.9	13:37/M
8	Jennifer Freeman	Lowell IN	51	7275	228	46:01.8	14:51/M
9	Donna Forney	La Crosse IN	50	7176	242	50:24.2	16:16/M
10	Brenda Charron	Valparaiso IN	53	5848	256	55:51.8	18:01/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	Jason Freitag	Valparaiso IN	52	5827	16	21:56.0	7:05/M
2	Dave Moye	Valparaiso IN	52	5980	19	22:22.9	7:13/M
3	Skip Woldt	Valparaiso IN	53	5831	26	23:11.7	7:29/M
4	Patrick Cosgrove	Valparaiso IN	54	5967	31	24:17.7	7:50/M
5	Gregory McNair	Michiana MI	52	7221	32	24:30.0	7:54/M
6	John Humphrey	La Porte IN	51	5794	65	27:11.7	8:46/M
7	Scott Sears	Valparaiso IN	53	5757	71	27:40.3	8:56/M
8	John Zurisk	Cedar Lake IN	54	7296	115	30:48.6	9:56/M
9	Jack Colville	Chesterton IN	51	5599	134	32:44.5	10:34/M
10	Kris Poloncak	Hebron IN	53	5972	141	33:30.1	10:48/M
11	Alberto Perez	Valparaiso IN	50	5759	178	38:02.7	12:16/M
12	Jerome Weiler	Valparaiso IN	52	5893	197	39:51.3	12:51/M
13	Martin Freeman	Lowell IN	51	7274	229	46:02.1	14:51/M
14	John Smith	Hammond IN	50	5895	237	48:08.2	15:32/M

2022 Spring Ahead 5K & 15K
Age Group Results

5K

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	Monica Conrad	Westville IN	57	7315	75	28:12.6	9:06/M
2	Kelly Bloode	New Carlisle IN	56	7204	82	28:53.0	9:19/M
3	Julie Young	Valparaiso IN	58	5829	100	29:43.9	9:35/M
4	Marianne Groth	St. Joseph MI	58	7203	124	31:41.7	10:13/M
5	Kimberly Steinhilber	Valparaiso IN	58	5973	140	33:28.8	10:48/M
6	Bridget Barnhill	Highland IN	55	7299	172	37:30.0	12:06/M
7	Mikell Drobac	Chesterton IN	57	5825	175	37:48.1	12:12/M
8	Maura Hunt	Burns Harbor IN	55	7260	227	44:40.4	14:25/M
9	Sydney Dawson	Valparaiso IN	55	5992	230	46:18.6	14:56/M
10	Tracey Cocking	Crown Point IN	57	5906	255	55:33.7	17:55/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	Kyle Johns	Chesterton IN	57	6000	37	24:59.2	8:04/M
2	Nicholas Perkins	Crown Point IN	56	7270	53	26:16.7	8:29/M
3	David Long	Osceola IN	57	7191	56	26:31.5	8:33/M
4	Jeff Peterson	Grant Park IL	57	7172	69	27:23.3	8:50/M
5	Steve Waltz	Chesterton IN	56	7285	104	30:05.0	9:42/M
6	Scott Senour	Portage IN	57	5826	174	37:48.1	12:12/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	Elizabeth Frances	Valparaiso IN	61	5641	114	30:45.3	9:55/M
2	April Hardesty	Valparaiso IN	63	5642	118	31:09.7	10:03/M
3	Laura Darrow	Lowell IN	60	7300	123	31:38.4	10:12/M
4	Karen Gay	Valparaiso IN	61	5835	165	36:28.1	11:46/M
5	Sue Brown Nickerson	Valparaiso IN	61	5963	176	37:59.7	12:15/M
6	Kayla Gelsomino	Chicago IL	62	7238	188	38:52.5	12:32/M
7	Margie Gonzalez	Crown Point IN	64	5889	201	40:36.0	13:06/M
8	Laura Ryan	Valparaiso IN	64	5863	202	40:38.6	13:07/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	Ruben Falcon	Goshen IN	62	7148	12	21:40.5	7:00/M
2	Ruben Sanchez	Lake Station IN	63	5803	20	22:33.4	7:17/M
3	Dave Young	Valparaiso IN	61	5830	36	24:42.5	7:58/M

Race Date
March 06, 22

2022 Spring Ahead 5K & 15K
Age Group Results

5K

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>
4	Curtis Smith	Valparaiso IN	60	5968	130	32:27.1	10:28/M
5	Jerry Thomas	Portage IN	60	5919	138	33:14.7	10:43/M
6	Carl Allegretti	Frankfort IL	60	7158	217	42:29.4	13:42/M
7	James Cocking	Crown Point IN	64	5907	222	43:59.3	14:11/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 Hilbrich	Chesterton IN	68	5833	105	30:05.6	9:42/M
2	Janet Rotz	Dyer IN	68	7166	131	32:34.5	10:30/M
3	Ruth Bonacci-Klaeser	Chesterton IN	66	7234	194	39:33.1	12:46/M
4	Linda Levenson	Valparaiso IN	67	1897	209	41:28.0	13:23/M
5	Joyce Einikis	Valparaiso IN	66	1898	221	43:56.8	14:11/M
6	Nancy Ross	Highland IN	66	5956	232	47:12.7	15:14/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	Mike Daly	Valparaiso IN	66	5819	21	22:43.9	7:20/M
2	Mike Ryan	Valparaiso IN	67	5862	74	28:06.0	9:04/M
3	Steve Gelsomino	Oak Lawn IL	67	7239	102	29:57.8	9:40/M
4	James Kintzele	Chesterton IN	68	5770	160	35:48.3	11:33/M
5	Peter Klaeser	Chesterton IN	65	7235	244	51:06.4	16:29/M
6	Scott Cummings	Hobart IN	65	5834	245	51:12.5	16:31/M

Female 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	Polly Theising	Valparaiso IN	72	5778	167	36:57.4	11:55/M
2	Carol Magill	Chesterton IN	71	5995	189	39:13.1	12:39/M
3	Ulrike Zambori	Valparaiso IN	73	7287	249	51:58.3	16:46/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	Dennis Rotz	Dyer IN	74	7167	164	36:21.7	11:44/M
2	Jack Kashak	Chesterton IN	74	7202	241	50:15.5	16:13/M

Race Date
March 06, 22

2022 Spring Ahead 5K & 15K
Age Group Results

5K

Female 75 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	Jean Jannasch	Valparaiso IN	75	5820	70	27:34.9	8:54/M
2	Linda Perry	Demotte IN	75	7298	198	40:11.6	12:58/M

Male 75 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	Patrick Davis	Valparaiso IN	75	5766	108	30:11.0	9:44/M
2	John Stimley	Michigan City IN	76	7217	151	34:25.0	11:06/M
3	J. Ezell	Valparaiso IN	75	7288	220	43:46.4	14:07/M