

2022 Race the Region Valentine's 5K

Age Group Results

Race Date
February 06, 2022

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	Natalie Krause	Valparaiso IN	40	1734	9	19:09.9	6:11/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	Jimmy Dillabaugh	Valparaiso IN	17	1877	1	15:46.0	5:05/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	Darci Chidichimo	Crown Point IN	42	6401	25	20:43.5	6:41/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	Jon Long	Bristol IN	44	6271	3	17:47.0	5:44/M

2022 Race the Region Valentine's 5K

Age Group Results

5K Run

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 *	Anna Muhleman	Valparaiso IN	10	1799	100	24:53.2	8:02/M
2 *	Ella Micka	Valparaiso IN	10	1810	168	27:42.3	8:56/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 *	Porter Wilks	Valparaiso IN	9	1844	39	21:32.7	6:57/M
2 *	Colston Seydel	Valparaiso IN	9	1728	59	22:40.0	7:19/M
3 *	Abram Rausch	Chesterton IN	8	6405	110	25:34.2	8:15/M
4	Levi Kidder	Valparaiso IN	10	1822	136	26:23.3	8:31/M
5	Lucas Torres	Valparaiso IN	7	1718	150	26:58.1	8:42/M
6	Davis Seydel	Valparaiso IN	6	1727	248	32:44.3	10:34/M
7	Von Giese	Chesterton IN	8	6476	301	39:16.7	12:40/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 *	Layla Massey	Hobart IN	11	6391	119	25:57.6	8:22/M
2 *	Adelyn Brazil	Crown Point IN	12	6419	260	33:38.2	10:51/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	1843	30	21:05.6	6:48/M
2 *	Ben Dillabaugh	Valparaiso IN	12	1875	67	22:50.6	7:22/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 *	Adelyn Long	Bristol IN	13	6357	36	21:15.2	6:51/M
2 *	Veronica Wilgocki	Chesterton IN	14	6431	63	22:43.9	7:20/M
3 *	Abigail Sedevic	Valparaiso IN	14	1782	87	24:13.3	7:49/M
4	Samantha Walden	Crown Point IN	14	6348	123	26:02.4	8:24/M
5	Addison Waddell	Crown Point IN	14	1704	138	26:27.4	8:32/M
6	Alissa Trail	Hobart IN	13	1878	149	26:56.4	8:41/M
7	Sophia Chavez	Valparaiso IN	14	1684	172	27:52.2	8:59/M
8	Danielle Gawrysiak	Hobart IN	14	1879	235	32:01.3	10:20/M

2022 Race the Region Valentine's 5K

Age Group Results

5K Run

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 *	Ryan Sandberg	Cedar Lake IN	14	1798	6	18:22.1	5:56/M
2 *	Zane Biernat	Crown Point IN	14	6275	7	18:46.7	6:03/M
3 *	Luke Charpentier	Hebron IN	14	6366	33	21:12.6	6:51/M
4	Odin Giese	Crown Point IN	13	1846	142	26:37.6	8:35/M
5	Madden Hartz	Valparaiso IN	13	278	155	27:15.2	8:47/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 *	Emma Long	Bristol IN	16	6358	14	19:45.4	6:22/M
2 *	Anyssa Heinold	Valparaiso IN	16	1818	17	20:12.4	6:31/M
3 *	Lillian Maldia	Valparaiso IN	18	1789	19	20:19.6	6:33/M
4	Audrey Dillabaugh	Valparaiso IN	15	1874	41	21:41.5	7:00/M
5	Desiree Hall	Kouts IN	17	1817	64	22:44.9	7:20/M
6	Addison Black	Hobart IN	15	1807	98	24:51.7	8:01/M
7	Emalee Greenboam	Valparaiso IN	17	1726	106	25:30.4	8:14/M
8	Aliya Mayer	Valparaiso IN	15	6369	154	27:12.8	8:47/M
9	Kalysa Reberg	Valparaiso IN	17	6412	210	30:19.3	9:47/M
10	Audrey Smith	Valparaiso IN	17	6413	211	30:19.8	9:47/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 *	Steven Jarvis	Valparaiso IN	18	1747	4	17:55.8	5:47/M
2 *	Nathaniel Malchow	Valparaiso IN	16	6392	8	18:48.9	6:04/M
3 *	Oliver Wilgocki	Chesterton IN	16	6429	10	19:11.0	6:11/M
4	Zachary Jarvis	Valparaiso IN	18	1733	11	19:13.3	6:12/M
5	Lucas Palmer	Valparaiso IN	16	6408	20	20:20.0	6:34/M
6	Tyge Buxbaum	Valparaiso IN	18	1750	26	20:46.6	6:42/M
7	Mason Bonn	Sherwood OR	19	1763	29	20:56.5	6:45/M
8	Theo Pigott	Valparaiso IN	16	300	246	32:38.7	10:32/M
9	Alex Wolfe	Hobart IN	17	6384	347	48:30.9	15:39/M
10	Thomas Rosales	Crown Point IN	17	6480	357	51:16.4	16:32/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 *	Emily Walden	Crown Point IN	20	6345	96	24:36.6	7:56/M
2 *	Renee Martin	Valparaiso IN	23	1757	144	26:43.2	8:37/M

2022 Race the Region Valentine's 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>
3	* Gabby Kimes	Hebron IN	22	1828	186	28:24.2	9:10/M
4	Shannon Bowen	Valparaiso IN	23	1746	197	29:04.3	9:23/M
5	Bailee Laux	Michigan City IN	20	6459	219	30:54.1	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	* Henry Ford	Crown Point IN	20	6350	2	17:39.5	5:42/M
2	* Jacob Wheeler	Chesterton IN	20	6453	13	19:41.6	6:21/M
3	* Daniel Krzeminski	Crown Point IN	20	6362	37	21:16.5	6:52/M
4	Jarred Root	Hebron IN	24	1829	78	23:43.6	7:39/M
5	Spencer Summers	Valparaiso IN	21	6472	101	24:55.4	8:02/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	* Rachael Jenks	Chesterton IN	27	1806	42	21:43.6	7:01/M
2	* Dylan Juhl	Elkhart IN	26	6382	99	24:53.0	8:02/M
3	* Morgan Sebert	Michigan City IN	27	6458	108	25:31.6	8:14/M
4	Lindsay Fisher	La Porte IN	27	6167	161	27:27.0	8:51/M
5	Elizabeth Nover	Valparaiso IN	29	1847	163	27:32.5	8:53/M
6	Staci Sgouroudis	Valparaiso IN	29	1892	164	27:33.2	8:53/M
7	Rani Silvert	Chesterton IN	27	6363	173	27:53.7	9:00/M
8	Katie Hess	La Porte IN	27	6423	174	27:54.0	9:00/M
9	Alicia Johnson	Portage IN	27	6400	190	28:37.5	9:14/M
10	Erika Johns	Valparaiso IN	29	1675	196	29:04.1	9:23/M
11	Natily Meyers	Valparaiso IN	27	1766	213	30:22.4	9:48/M
12	Belinda Rodriguez	Portage IN	28	6402	223	31:11.1	10:04/M
13	Emily Kenyon	Crown Point IN	28	296	240	32:22.8	10:27/M
14	Tara Beere	Valparaiso IN	25	1771	244	32:38.5	10:32/M
15	Alexandra Cross	Chesterton IN	27	1786	258	33:32.2	10:49/M
16	Sarah Fraikin	Lowell IN	28	1760	273	34:52.7	11:15/M
17	Shelbie Detraz	Valparaiso IN	29	1761	282	36:12.5	11:41/M
18	Mariah Torres	Crown Point IN	27	6399	285	36:23.9	11:45/M
19	Jamie Major	Portage IN	26	1758	299	38:42.6	12:29/M
20	Valeria Garcia Almaguer	Valparaiso IN	27	6437	318	41:26.2	13:22/M
21	Portia Firnhaber	Michigan City IN	27	1868	346	47:07.9	15:12/M
22	Rebecca Walsh	Wheatfield IN	28	1805	352	49:46.4	16:03/M

2022 Race the Region Valentine's 5K

Age Group Results

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	* Nathan Eagan	Crown Point IN	29	6446	40	21:36.2	6:58/M
2	* Dillon Felty	Portage IN	29	6441	61	22:40.5	7:19/M
3	* Wojciech Kubas	La Porte IN	29	6166	84	24:02.8	7:45/M
4	Daniel Curtin	Crown Point IN	29	1848	112	25:39.8	8:17/M
5	Mike Abram	Munster IN	29	6445	249	32:44.7	10:34/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	6183	24	20:42.5	6:41/M
2	* Amy Maclejewski	Hammond IN	31	6379	32	21:11.3	6:50/M
3	* Laura Fennell	Valparaiso IN	33	282	85	24:02.9	7:45/M
4	Bethany Martin	Valparaiso IN	32	1840	88	24:14.7	7:49/M
5	Jackie Hood	Valparaiso IN	34	1751	90	24:16.5	7:50/M
6	Alyse Kominakis	Valparaiso IN	34	1743	124	26:02.4	8:24/M
7	Elizabeth Black	La Porte IN	31	1867	128	26:06.0	8:25/M
8	Jennifer Anderson	Wanatah IN	33	1870	145	26:46.9	8:38/M
9	Lyndsey Gorham	Valparaiso IN	33	6439	147	26:54.0	8:41/M
10	Kristen Wozniak	Michigan City IN	30	6398	159	27:25.7	8:51/M
11	Michelle Bulington	Valparaiso IN	31	1891	176	27:57.6	9:01/M
12	Emily Rossbach	Portage IN	34	6420	187	28:27.0	9:11/M
13	Beth Keehn	La Porte IN	30	1855	198	29:05.3	9:23/M
14	Laura Myers	Wheatfield IN	32	6406	201	29:33.9	9:32/M
15	Delia Ceja	Lake Station IN	31	6466	204	29:52.1	9:38/M
16	Jennifer Sandberg	Cedar Lake IN	33	1797	206	30:03.3	9:42/M
17	Stephanie Betts	Hobart IN	34	6417	214	30:29.5	9:50/M
18	Bianca Passo	Ogden Dunes IN	32	1812	236	32:02.1	10:20/M
19	Sophia Pollalis	Highland IN	30	6469	239	32:22.6	10:27/M
20	Jackie Ansborg	Valparaiso IN	30	1854	268	34:11.4	11:02/M
21	Janeli Darnell	Valparaiso IN	34	1808	269	34:17.5	11:04/M
22	Melissa Panozzo	Lowell IN	33	6473	274	34:56.4	11:16/M
23	Melissa O'Brian	Valparaiso IN	31	1752	276	35:04.3	11:19/M
24	Ashley Whited	Wheatfield IN	33	6443	283	36:14.4	11:41/M
25	Heather Taylor	Michigan City IN	31	1869	331	45:06.1	14:33/M
26	Beverly Clancy	Wanatah IN	30	6284	345	47:06.6	15:12/M
27	Samantha Bartucci	Merrillville IN	32	6434	349	48:58.8	15:48/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>
--------------	-------------	-------------	------------	---------------	----------------	-------------	-------------

2022 Race the Region Valentine's 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	* Cody McKay	Hebron IN	31	1800	21	20:27.7	6:36/M
2	* Gregory Warrell	Highland IN	34	6461	53	22:29.2	7:15/M
3	* Andrew Gross	Dyer IN	34	6426	91	24:21.6	7:51/M
4	Juan Ceja	Lake Station IN	32	6465	104	25:06.8	8:06/M
5	Adam Stout	Valparaiso IN	34	1707	140	26:34.3	8:34/M
6	Lucas Bormann	Valparaiso IN	33	1893	146	26:47.0	8:38/M
7	Robert Johnson	Michigan City IN	32	6463	166	27:41.6	8:56/M
8	Jeremy Rossi	La Porte IN	33	1834	178	28:02.0	9:03/M
9	Mike Denny	Valparaiso IN	34	1688	207	30:07.0	9:43/M
10	Justin Denton	Schererville IN	31	6430	242	32:35.7	10:31/M
11	Austin Giese	Chesterton IN	34	6477	302	39:17.2	12:40/M
12	Chirag Limbachia	Michigan City IN	32	6259	344	47:05.8	15:12/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	* Erica Mendia	Lake Station IN	38	6403	77	23:41.9	7:39/M
2	* Emily Deja	Bridgman MI	36	6371	80	23:48.0	7:41/M
3	* Laura Seegers	Demotte IN	36	6343	92	24:21.9	7:52/M
4	Mary Vollbrecht	Valparaiso IN	38	6460	117	25:49.7	8:20/M
5	Marie Borman	Valparaiso IN	39	6390	177	28:01.8	9:03/M
6	Natalie Finnegan	Portage IN	35	1715	200	29:28.7	9:31/M
7	Megan Waddell	Crown Point IN	35	1705	222	31:10.2	10:03/M
8	Meghan O'Brien	Valparaiso IN	38	1819	231	31:42.4	10:14/M
9	Lindsey Stammis	Dyer IN	35	6415	232	31:47.4	10:15/M
10	Suzanna Kidder	Valparaiso IN	38	1820	251	32:50.3	10:36/M
11	Deidra O'Rourke	Portage IN	38	1690	254	33:13.9	10:43/M
12	Rachel Brazil	Crown Point IN	38	6418	261	33:38.2	10:51/M
13	Marie Laudeman	Lakeville IN	36	6378	262	33:41.4	10:52/M
14	Kelly Ireland	Kouts IN	35	1781	265	33:54.9	10:56/M
15	Valerie Pendergast	Michigan City IN	37	6462	266	33:55.7	10:57/M
16	Meredith Seydel	Valparaiso IN	37	1730	289	37:03.4	11:57/M
17	Grace Kellett	Crown Point IN	35	6478	290	37:24.5	12:04/M
18	Stephanie Valenzuela	Valparaiso IN	37	1725	294	37:37.0	12:08/M
19	Marellen Hattabaugh	Valparaiso IN	39	1753	297	38:19.2	12:22/M
20	Jennifer Ransom	Valparaiso IN	36	1823	307	40:17.8	13:00/M
21	Elisabeth Rosales	Crown Point IN	37	6479	323	42:15.6	13:38/M
22	Amy Janik	Highland IN	36	6414	334	45:41.7	14:44/M
23	Kelly Kietzman	Valparaiso IN	36	1884	336	46:02.5	14:51/M
24	Lindy Adams Brockman	Valparaiso IN	38	1702	341	46:29.0	15:00/M
25	Heather Wells	Steger IL	36	6435	350	48:58.9	15:48/M

2022 Race the Region Valentine's 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	Jo Bonner	Hobart IN	37	6411	354	50:17.8	16:13/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	* Adam White	Valparaiso IN	37	1767	15	19:46.5	6:23/M
2	* Robert Fozkos	Valparaiso IN	35	6433	16	20:03.1	6:28/M
3	* Michael Case	Dyer IN	38	6184	23	20:40.8	6:40/M
4	Tim Gross	Demotte IN	38	6349	27	20:47.5	6:42/M
5	Alexander Passo	Ogden Dunes IN	35	1811	44	21:46.2	7:01/M
6	Nick Underwood	Valparasio IN	39	1748	51	22:17.5	7:11/M
7	Eric Wozniak	La Porte IN	35	6397	71	23:02.7	7:26/M
8	Matthew Shepard	South Bend IN	38	6370	83	23:58.4	7:44/M
9	Christopher Barkow	Valparaiso IN	39	6457	102	24:58.0	8:03/M
10	Nathan Lappin	Valparaiso IN	38	6467	167	27:42.1	8:56/M
11	Abraham Oshel	Chicago IL	37	6380	209	30:19.3	9:47/M
12	Ryan Gish	Valparaiso IN	35	1749	217	30:37.2	9:53/M
13	Brandon Denton	Highland IN	36	6432	237	32:14.8	10:24/M
14	Ryan Seydel	Valparaiso IN	38	1729	247	32:41.0	10:33/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	* Bree Snyder	Oswego IL	41	6389	73	23:13.3	7:29/M
2	* Michelle Draschil	Crown Point IN	43	6373	95	24:32.6	7:55/M
3	* Stacia Terpstra	Kouts IN	43	1700	143	26:39.0	8:36/M
4	Suzanne Gesse	Rolling Prairie IN	41	1857	151	26:58.7	8:42/M
5	Karen Turner	Valparaiso IN	44	1803	156	27:19.0	8:49/M
6	Megan Torres	Valparaiso IN	41	1719	157	27:19.1	8:49/M
7	Amy Hartz	Valparaiso IN	42	277	160	27:25.7	8:51/M
8	Angie Rushing	Hobart IN	44	1706	195	28:57.9	9:21/M
9	Tammy Symmes	Chesterton IN	42	1732	205	29:57.7	9:40/M
10	Valerie Lash	Valparaiso IN	42	1850	215	30:31.0	9:51/M
11	Amelia Kowalisyn	Valparaiso IN	40	1845	218	30:45.0	9:55/M
12	Jenifer Colville	Chesterton IN	44	1832	225	31:20.0	10:06/M
13	Misti Howell	Valparaiso IN	43	6444	267	34:01.4	10:59/M
14	Bridgette Martinez	Valparaiso IN	42	6449	270	34:20.8	11:05/M
15	Nicole Nelson	Valparaiso IN	41	1787	272	34:46.5	11:13/M
16	Bethann Fabugais	Valparaiso IN	41	1741	284	36:20.2	11:43/M
17	Sarah Olivarez	Valparaiso IN	41	1827	286	36:35.7	11:48/M

2022 Race the Region Valentine's 5K

Race Date
February 06, 2022

Age Group Results

5K Run

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>
18	Molly Mooney	Valparaiso IN	41	1770	287	36:52.2	11:54/M
19	Kimberly Jackson	Valparaiso IN	43	1852	291	37:28.0	12:05/M
20	Riegle Ann	Valparaiso IN	42	1815	298	38:33.9	12:26/M
21	Tiffany Green	Portage IN	40	6483	310	40:35.2	13:06/M
22	Jennifer Wheeler	Cedar Lake IN	44	6456	311	40:43.3	13:08/M
23	Amanda Szentesy	Valparaiso IN	42	1777	314	41:04.0	13:15/M
24	Sara Post	Chesterton IN	43	1835	321	41:54.0	13:31/M
25	Melissa Goodall	Saint John IN	40	1830	328	44:26.5	14:20/M
26	Michelle Voss	Hammond IN	44	1696	329	44:45.5	14:26/M
27	Meredith Brockman	Valparaiso IN	41	1701	339	46:22.7	14:58/M
28	Jamalyn Bogan	Crown Point IN	42	1887	340	46:28.9	15:00/M
29	Jamie Wolfe	Hobart IN	42	6383	342	46:47.8	15:06/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	* Chad Lawless	Kouts IN	44	6550	5	18:01.3	5:49/M
2	* Ralph Nurse	Crown Point IN	44	6394	18	20:14.9	6:32/M
3	* Aaron Rausch	Chesterton IN	42	6404	22	20:30.4	6:37/M
4	Nick Konwerski	Crown Point IN	42	6416	47	22:02.5	7:07/M
5	Tim Murphey	Michigan City IN	44	6388	49	22:06.0	7:08/M
6	Michael Rogers	Valparaiso IN	44	1762	50	22:15.1	7:11/M
7	Steve Packovski	Valparaiso IN	41	1744	52	22:27.2	7:15/M
8	Chris Tomes	Chicago IL	44	1780	56	22:32.7	7:16/M
9	Luke Starkey	Valparaiso IN	40	6549	65	22:50.1	7:22/M
10	Daniel Dillabaugh	Valparaiso IN	44	1876	66	22:50.2	7:22/M
11	Drew Elderkin	Valparaiso IN	42	1712	70	22:57.3	7:24/M
12	Adam Stepanek	Valparaiso IN	42	293	72	23:10.5	7:29/M
13	Nick Lyman	Valparaiso IN	42	1778	74	23:26.3	7:34/M
14	Marc Peremans	Saint Joseph MI	42	6322	75	23:33.8	7:36/M
15	Bryan Kerstell	Valparaiso IN	44	6331	79	23:47.7	7:41/M
16	Nathan Widomski	Elkhart IN	41	6359	103	25:04.1	8:05/M
17	Paul Kroenke	Chesterton IN	40	1794	105	25:27.7	8:13/M
18	Matt Randall	Goshen IN	43	6360	115	25:46.6	8:19/M
19	Brian Kidder	Valparaiso IN	41	1821	137	26:23.6	8:31/M
20	Kelly Bogan	Valparaiso IN	44	1888	227	31:21.6	10:07/M
21	Brad Schulte	Hebron IN	44	6409	263	33:50.2	10:55/M

2022 Race the Region Valentine's 5K

Race Date
February 06, 2022

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>
1	* Sara Bruner	Valparaiso IN	45	1885	89	24:15.8	7:50/M
2	* Nancy Packovski	Crown Point IN	45	6393	132	26:18.2	8:29/M
3	* Sheri Brackeen	New Carlisle IN	46	1873	133	26:18.4	8:29/M
4	Cindy Steinbeck	Chesterton IN	47	1765	134	26:22.5	8:31/M
5	Carri Ables	Hobart IN	45	6385	158	27:24.9	8:51/M
6	Becky Kreiger	Kouts IN	48	1677	170	27:50.1	8:59/M
7	Paula George	Valparaiso IN	49	1759	171	27:51.0	8:59/M
8	Angie Vicari	Chesterton IN	48	295	181	28:07.9	9:05/M
9	Amy Dolbeare	La Porte IN	49	1858	199	29:15.3	9:26/M
10	Lisa Groszek	Schererville IN	46	6436	208	30:14.0	9:45/M
11	Sheila Oiler	Elkhart IN	49	6356	252	32:57.1	10:38/M
12	Jennifer Runck	Valparaiso IN	46	1785	277	35:19.6	11:24/M
13	Lindy Garzella	Portage IN	47	1776	288	37:02.4	11:57/M
14	Andrea Eggleston	Plymouth IN	49	1755	295	37:46.0	12:11/M
15	Katina Davis	Merrillville IN	49	6438	300	39:14.4	12:39/M
16	Andrea Maslanka	Valparaiso IN	48	1687	312	40:48.0	13:10/M
17	Deena Pidrak	Valparaiso IN	47	6386	313	40:48.4	13:10/M
18	Jane Cornelius	Hobart IN	46	6377	319	41:53.6	13:31/M
19	Carey Olds	Whiting IN	47	1836	320	41:53.7	13:31/M
20	Michelle Finch	Hobart IN	47	6375	322	41:54.2	13:31/M
21	Aimee Purcell	Michigan City IN	47	6365	332	45:20.2	14:38/M
22	Andrea Proulx Buinicki	Valparaiso IN	49	1723	359	51:43.6	16:41/M
23	Amy Smith	Hammond IN	45	1693	360	52:20.3	16:53/M
24	Kelly Mickey	Hammond IN	48	1694	363	54:00.3	17:25/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	* Thomas Walden	Crown Point IN	47	6347	12	19:20.0	6:14/M
2	* Mark Connors	Valparaiso IN	49	1703	35	21:14.5	6:51/M
3	* Jeffrey Cunningham	Chesterton IN	49	6471	46	21:54.1	7:04/M
4	James Wamsley	Wolcott IN	45	6189	60	22:40.4	7:19/M
5	Jason Lash	Valparaiso IN	45	1849	97	24:50.5	8:01/M
6	Tom Glikis	Tinley Park IL	48	6344	107	25:31.0	8:14/M
7	Martin Buinicki	Valparaiso IN	49	1724	116	25:47.7	8:19/M
8	Todd Brown	Knox IN	47	1754	127	26:04.8	8:25/M
9	Robert Giglio	Elkhart IN	45	6304	130	26:11.0	8:27/M
10	Brian Peters	Lowell IN	49	1889	165	27:39.0	8:55/M
11	Andy Chavez	Valparaiso IN	46	1681	175	27:57.1	9:01/M
12	Michael Micka	Valparaiso IN	46	1809	179	28:05.0	9:04/M
13	Scott Hartz	Valparaiso IN	45	279	233	31:51.1	10:17/M

2022 Race the Region Valentine's 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	Jeffrey Sampson	Fair Oaks IN	45	1791	253	33:07.7	10:41/M
15	Kirk Smart	Morris IL	46	6273	259	33:35.9	10:50/M
16	Bryan Schulte	Hobart IN	46	6407	264	33:50.8	10:55/M
17	Donald Giarraputo	Crown Point IN	46	6474	304	39:58.2	12:54/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	* Francie Bean	Valparaiso IN	50	1680	113	25:44.0	8:18/M
2	* Kerri McKay	Valparaiso IN	54	1708	122	26:00.8	8:23/M
3	* Sue Hill	Crown Point IN	53	1709	135	26:23.2	8:31/M
4	Lisa Rebey	Griffith IN	51	6396	139	26:34.1	8:34/M
5	Amy Cooley	Chicago IL	54	6448	169	27:45.4	8:57/M
6	Dawn Vamos	Valparaiso IN	50	6374	185	28:24.2	9:10/M
7	Deana Lecy	Porter IN	54	6421	189	28:33.3	9:13/M
8	Michele Zurisk	Cedar Lake IN	50	1722	212	30:20.2	9:47/M
9	Kris Cone	Chesterton IN	52	6195	229	31:40.0	10:13/M
10	Sandy Thomas	Kouts IN	51	6475	234	31:59.4	10:19/M
11	Shu-Ting Chiu	Valparaiso IN	51	1672	243	32:38.3	10:32/M
12	Amy Burke	Portage IN	51	1865	255	33:17.8	10:44/M
13	Maria Middleton Nied	Schererville IN	53	1866	256	33:18.2	10:45/M
14	Jo Munro	Valparaiso IN	52	6468	279	35:24.2	11:25/M
15	Tracy Blanton	La Porte IN	51	6395	292	37:28.2	12:05/M
16	April Trinosky-Curtis	Hobart IN	53	6442	296	38:18.5	12:21/M
17	Mary Sudicky	Valparaiso IN	53	6481	315	41:04.2	13:15/M
18	Jennifer Freeman	Lowell IN	51	1814	316	41:04.8	13:15/M
19	Laura Halt	Saint John IN	51	6346	335	45:51.3	14:48/M
20	Brenda Charron	Valparaiso IN	53	6464	361	53:47.5	17:21/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	* Joel Andrade	Valparaiso IN	52	6425	31	21:06.6	6:49/M
2	* Charles Vamos	Valparaiso IN	50	6376	34	21:14.3	6:51/M
3	* Ken Borowski	Saint John IN	54	6314	43	21:45.7	7:01/M
4	Dave Moye	Valparaiso IN	52	1839	48	22:05.4	7:08/M
5	Skip Woldt	Valparaiso IN	53	280	54	22:29.6	7:15/M
6	Bob Zalud	Valparaiso IN	53	1679	57	22:32.8	7:16/M
7	Alan Jones	Valparaiso IN	51	1886	62	22:42.6	7:20/M
8	Patrick Cosgrove	Valparaiso IN	54	1864	68	22:51.7	7:23/M

2022 Race the Region Valentine's 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>
9	Gregory McNair	Michiana MI	52	6440	120	25:58.0	8:23/M
10	John Humphrey	La Porte IN	51	1856	129	26:08.3	8:26/M
11	Kris Poloncak	Hebron IN	53	1871	141	26:35.8	8:35/M
12	Scott Sears	Valparaiso IN	53	1764	148	26:56.4	8:41/M
13	Matt Workman	Chesterton IN	54	294	182	28:09.3	9:05/M
14	John Zurisk	Cedar Lake IN	54	1721	202	29:46.3	9:36/M
15	Jack Colville	Chesterton IN	51	1831	224	31:19.4	10:06/M
16	Matthew Hill	Valparaiso IN	51	1716	226	31:21.0	10:07/M
17	Theodore Pigott	Valparaiso IN	51	299	245	32:38.7	10:32/M
18	Jeff Brown	Gladwin MI	53	1895	250	32:45.3	10:34/M
19	Jeff Runck	Valparaiso IN	50	1784	278	35:19.9	11:24/M
20	Aaron Mikell	Chicago IL	50	6482	309	40:35.1	13:06/M
21	Martin Freeman	Lowell IN	51	1813	317	41:04.9	13:15/M
22	John Smith	Hammond IN	50	1695	355	51:07.9	16:30/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 *	Mary Manfredo	Valparaiso IN	56	1676	109	25:34.0	8:15/M
2 *	Deborah Brann	Valparaiso IN	55	6234	126	26:04.1	8:25/M
3 *	Michele Sampson	Fair Oaks IN	55	1790	162	27:27.6	8:51/M
4	Glenda Omeara	Portage IN	56	1717	180	28:07.7	9:04/M
5	Julie Young	Valparaiso IN	58	1838	184	28:22.4	9:09/M
6	Kelly Bloode	New Carlisle IN	55	6427	191	28:37.8	9:14/M
7	Bridget Barnhill	Highland IN	55	6470	303	39:41.6	12:48/M
8	Sydney Dawson	Valparaiso IN	55	1853	326	43:02.7	13:53/M
9	Karen Beere	Demotte IN	58	1773	337	46:13.6	14:55/M
10	Tracey Cocking	Crown Point IN	57	1880	362	53:56.6	17:24/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 *	James Kyle	Valparaiso IN	57	6452	28	20:49.7	6:43/M
2 *	Tom Courtney	Portage IN	55	6410	55	22:31.7	7:16/M
3 *	Steve Lawson	Valparaiso IN	56	6422	58	22:36.1	7:17/M
4	Brian Sheridan	Chicago IL	59	6451	76	23:37.4	7:37/M
5	Nicholas Perkins	Crown Point IN	56	6260	93	24:24.0	7:52/M
6	Kyle Johns	Chesterton IN	57	1674	94	24:27.9	7:54/M
7	David Long	Osceola IN	57	6190	118	25:56.3	8:22/M
8	Jeff Peterson	Grant Park IL	57	6381	131	26:12.5	8:27/M

2022 Race the Region Valentine's 5K

Age Group Results

5K Run

Race Date
February 06, 2022

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>
9	Steve Waltz	Chesterton IN	55	6424	183	28:09.4	9:05/M
10	Wade Boise	Chesterton IN	57	1756	193	28:47.4	9:17/M
11	Tom Fela	Chesterton IN	59	1804	194	28:51.9	9:19/M
12	George K. Azar	Valparaiso IN	57	1795	230	31:42.4	10:14/M
13	Lee Purcell	Michigan City IN	57	6367	333	45:20.8	14:38/M
14	Jay Beere	Demotte IN	57	1772	338	46:15.7	14:55/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 *	Elaine Hendricks	Valparaiso IN	64	1689	86	24:09.6	7:48/M
2 *	Lydia Sandoval	Chesterton IN	64	1673	111	25:34.7	8:15/M
3 *	Jody Kupferberg	Valparaiso IN	60	298	152	27:02.0	8:43/M
4	Deana Horchner	Hersey MI	61	1894	192	28:40.4	9:15/M
5	Elizabeth Frances	Valparaiso IN	61	1851	203	29:48.2	9:37/M
6	Laura Darrow	Lowell IN	60	6450	220	30:56.3	9:59/M
7	April Hardesty	Valparaiso IN	63	1788	221	31:07.4	10:02/M
8	Karen Gay	Valparaiso IN	61	1742	275	35:04.0	11:19/M
9	Amy Benda	Valparaiso IN	61	6454	325	42:53.0	13:50/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	6338	38	21:29.1	6:56/M
2 *	Ruben Sanchez	Lake Station IN	63	1872	45	21:48.6	7:02/M
3 *	Dave Young	Valparaiso IN	61	1837	81	23:52.2	7:42/M
4	David Moore	Ogden Dunes IN	60	1826	125	26:03.0	8:24/M
5	Curtis Smith	Valparaiso IN	60	292	228	31:36.0	10:12/M
6	Jim Cocking	Crown Point IN	64	1881	305	39:58.6	12:54/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	1783	188	28:28.1	9:11/M
2 *	Alicia McClean	Valparaiso IN	65	1699	216	30:34.7	9:52/M
3 *	Janet Rotz	Dyer IN	68	6255	238	32:21.1	10:26/M
4	Martha Kearney	Chesterton IN	69	1710	280	35:39.6	11:30/M
5	Rebecca Gaff	Rolling Prairie IN	68	1698	293	37:29.3	12:06/M
6	Robin Mosher	Marion MI	65	1896	308	40:19.5	13:01/M

2022 Race the Region Valentine's 5K

Age Group Results

5K Run

Race Date

February 06, 2022

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>
7	Joanne Baitup	Valparaiso IN	65	1720	330	44:53.7	14:29/M
8	Linda Levenson	Valparaiso IN	67	1863	356	51:08.7	16:30/M
9	Joyce Einikis	Valparaiso IN	66	1862	358	51:18.6	16:33/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 *	Brian Chorba	Valparaiso IN	65	1860	69	22:56.2	7:24/M
2 *	Gary Westefer	Chicago IL	66	6277	241	32:27.7	10:28/M
3 *	James Kintzele	Chesterton IN	68	1678	257	33:20.5	10:45/M
4	Doug Benda	Valparaiso IN	66	6455	324	42:40.2	13:46/M
5	Doug Wiese	Westville IN	68	1859	343	47:00.3	15:10/M
6	Peter Klaeser	Chesterton IN	65	6387	348	48:47.8	15:44/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	71	289	281	36:02.7	11:38/M
2 *	Carol Magill	Chesterton IN	71	290	306	40:09.3	12:57/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 *	Jed Pearson	Fort Wayne IN	70	6253	82	23:55.6	7:43/M
2 *	Arvil Howe	South Bend IN	70	6368	114	25:44.0	8:18/M
3 *	Steve Kearney	Chesterton IN	73	1711	121	25:58.5	8:23/M
4	Dennis Rotz	Dyer IN	74	6303	271	34:35.5	11:10/M
5	Jack Kashak	Chesterton IN	74	6361	353	49:50.9	16:05/M

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	1816	153	27:07.0	8:45/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 *	Tom Magill	Chesterton IN	93	291	327	43:41.5	14:06/M

2022 Race the Region Valentine's 5K

Age Group Results

5K Run

Race Date
February 06, 2022

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>
2 *	David Ralston	Hammond IN	77	6364	351	49:30.1	15:58/M