

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

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	Stephanie Burkholder	Goshen IN	31	4161	17	22:00.2	7:06/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	4184	1	17:11.6	5:33/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	Kathy Chandler	Portage IN	44	3264	49	25:49.4	8:20/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	Dan Thomas	Valparaiso IN	51	3338	5	19:33.3	6:18/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

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	Cali Castellarin	Valparaiso IN	11	4201	37	24:39.1	7:57/M
2	Sophia Chavez	Valparaiso IN	14	3172	68	28:18.5	9:08/M
3	Isabella Gonzalez	Merrillville IN	11	3181	129	34:07.1	11:00/M
4	Delaney Adams	Porter IN	12	3306	147	36:57.8	11:55/M
5	Audrey Donahue	Valparaiso IN	11	3160	187	47:02.1	15:10/M
6	Valerie Donahue	Valparaiso IN	8	3163	196	49:45.5	16:03/M
7	Elliana Johnson	Chesterton IN	14	4203	213	59:00.4	19:02/M
8	Soli Rowell	Valparaiso IN	10	3184	223	1:00:14.7	19:26/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	Douglas Thomas	Valparaiso IN	14	4196	9	20:11.1	6:31/M
2	Juan Angel Carmona	Valparaiso IN	13	4230	24	22:48.8	7:22/M
3	Titus Parrish	Valparaiso IN	14	3191	27	22:54.8	7:23/M
4	Carter Adamson	Valparaiso IN	12	3279	36	24:28.4	7:54/M
5	Colston Seydel	Valparaiso IN	10	3314	41	25:11.1	8:07/M
6	Steven Florer	Valparaiso IN	12	4223	51	26:16.3	8:29/M
7	Ben Michaels	Valparaiso IN	14	4200	52	26:26.1	8:32/M
8	Michael Gonzalez	Merrillville IN	7	3182	55	27:02.1	8:43/M
9	Lucas Cooper	Valparaiso IN	9	9990	66	28:11.4	9:06/M
10	Jayce Dicken	Allen TX	9	3303	67	28:17.4	9:08/M
11	Caden Martinez	Whiting IN	8	3336	91	30:00.1	9:41/M
12	Evan Miskus	Valparaiso IN	10	4165	104	31:19.3	10:06/M
13	Wes Turner	Valparaiso IN	10	4173	118	33:11.4	10:42/M
14	Davis Seydel	Valparaiso IN	7	3315	124	33:52.6	10:56/M
15	Micah Parrish	Valparaiso IN	8	3194	132	34:14.6	11:03/M
16	Andrew Cooper	Valparaiso IN	6	9995	173	42:43.7	13:47/M
17	Conner Donahue	Valparaiso IN	13	3162	186	47:02.1	15:10/M
18	Carter Luttinen	Valparaiso IN	6	4174	226	1:02:40.1	20:13/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	Kyleigh Leahy	San Pierre IN	15	9972	35	24:22.8	7:52/M
2	Kali Piazza	Valparaiso IN	15	9981	63	28:04.9	9:04/M
3	Carlee Bachman	Chesterton IN	15	3173	75	28:54.4	9:20/M
4	Madison Cowger	Dyer IN	15	4185	87	29:36.4	9:33/M
5	Valerie Swanson	Valparaiso IN	15	3328	98	30:44.5	9:55/M
6	Emily Swanson	Valparaiso IN	17	3327	101	31:09.1	10:03/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

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5K Run

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>
7	Ella Oliver	Valparaiso IN	15	3265	140	34:55.9	11:16/M
8	Lily Parrish	Valparaiso IN	19	3189	185	46:43.7	15:04/M
9	Ava Smrzlick	Kouts IN	16	3166	188	47:11.2	15:13/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	Zeke Bloom	Valparaiso IN	17	9987	3	17:53.2	5:46/M
2	Thomas Krueger	Valparaiso IN	15	3332	4	19:28.5	6:17/M
3	Peter Castellarin	Valparaiso IN	15	4199	6	19:40.4	6:21/M
4	Kale Rausch	Valparaiso IN	15	4195	7	19:43.2	6:22/M
5	David Rossa	North Judson IN	17	9973	10	20:26.8	6:36/M
6	Lucas Palmer	Valparaiso IN	16	3333	11	21:10.8	6:50/M
7	Owen Daugherty	Valparaiso IN	18	4226	13	21:20.8	6:53/M
8	Drew Brechner	Valparaiso IN	16	3311	15	21:39.7	6:59/M
9	Aidan Clifford	Valparaiso IN	18	9978	23	22:33.7	7:17/M
10	Jacob Kusbel	Valparaiso IN	15	4234	25	22:50.4	7:22/M
11	Isaac Parrish	Valparaiso IN	16	3190	28	22:55.4	7:24/M
12	Owen Heeren	Valparaiso IN	15	9976	29	23:01.3	7:26/M
13	Nehemiah Parrish	Valparaiso IN	18	3188	31	23:39.2	7:38/M
14	Victor Rans	Valparaiso IN	15	4218	70	28:24.8	9:10/M
15	Connor Ross	Valparaiso IN	17	3285	89	29:39.5	9:34/M
16	Luke Hutchison	Crown Point IN	19	3195	184	46:40.4	15:03/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	Kelli Canul	Valparaiso IN	22	4198	47	25:42.4	8:18/M
2	Renee Martin	Valparaiso IN	24	9979	77	28:56.9	9:20/M
3	Silja Erickson	Valparaiso IN	20	3263	153	37:33.9	12:07/M
4	Anna Brechner	Westfield IN	23	3313	209	56:09.3	18:07/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	Jesse Smith	Valparaiso IN	20	3262	102	31:11.5	10:04/M
2	Aaron Cavinder	Walkerton IN	24	3309	169	42:07.5	13:35/M
3	Luke Brechner	Westfield IN	23	3312	208	56:07.4	18:06/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

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	Madeline Scheri	Valparaiso IN	27	3152	32	23:45.2	7:40/M
2	Courtney Bell	Hobart IN	25	3268	65	28:10.6	9:05/M
3	Ashley Hines	Valparaiso IN	27	3325	71	28:36.2	9:14/M
4	Christine Rooney	Valparaiso IN	26	3340	79	28:59.5	9:21/M
5	Morgan Phares	Cedar Lake IN	26	4197	115	33:06.1	10:41/M
6	Kathryn Marrs	Griffith IN	29	4194	116	33:07.8	10:41/M
7	Joshua Abatie	Valparaiso IN	26	3198	123	33:42.2	10:52/M
8	Lauri Noriega	Valparaiso IN	29	3316	125	33:53.3	10:56/M
9	Emily Jahoda	Valparaiso IN	27	3293	136	34:38.8	11:11/M
10	Hannah Trueblood	Valparaiso IN	27	4236	152	37:18.3	12:02/M
11	Annette Frank	Valparaiso IN	29	9997	155	38:13.8	12:20/M
12	Jamie Major	Portage IN	26	9980	165	40:16.7	13:00/M
13	Becca Abatie	Valparaiso IN	26	3197	190	48:11.8	15:33/M
14	Indre Hirt	Terre Haute IN	26	4231	192	48:21.1	15:36/M
15	Andrea Frank	Valparaiso IN	27	9998	199	51:40.4	16:40/M
16	Rebecca Dubach	Valparaiso IN	29	4232	204	55:01.6	17:45/M
17	Courtney Andrews	Saint John IN	29	4219	216	59:28.1	19:11/M
18	Holly Evans	Valparaiso IN	27	9989	221	1:00:04.2	19:23/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	Jake Ingram	Keene NH	25	3295	158	38:25.8	12:24/M
2	Julian Collazo	Kouts IN	27	3168	163	40:03.9	12:55/M
3	Michael Mueller	Valparaiso IN	29	3331	178	43:55.3	14:10/M
4	Reese Mitsch	St.john IN	27	4220	215	59:26.7	19:11/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	Laura Nietert	Valparaiso IN	33	4163	33	23:49.2	7:41/M
2	Laura Fennell	Valparaiso IN	34	4177	45	25:28.1	8:13/M
3	Brittany Fozkos	Valparaiso IN	31	4190	46	25:35.9	8:15/M
4	Madeleine Lechner	Sherborn MA	30	3177	53	26:39.8	8:36/M
5	Tawny Passarelli	Valparaiso IN	32	9982	56	27:02.1	8:43/M
6	Kimberly Bowser	Crown Point IN	34	4180	74	28:46.5	9:17/M
7	Gabriela Kustner	New York NY	30	3176	78	28:58.5	9:21/M
8	Maggie Clifton	Valparaiso IN	30	3185	96	30:35.8	9:52/M
9	Jordan Abram	Valparaiso IN	31	4229	105	31:21.8	10:07/M
10	Michelle Bulington	Valparaiso IN	31	3270	108	31:48.2	10:16/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

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>
11	Elizabeth Dravet	Noblesville IN	30	3287	138	34:50.8	11:14/M
12	Kate McCusker	Valparaiso IN	30	3317	150	37:07.1	11:58/M
13	Christina Collazo	Kouts IN	30	3169	164	40:04.1	12:56/M
14	Megan Ingram	Nashville TN	31	3294	166	42:00.6	13:33/M
15	Alicia Cooper	Valparaiso IN	34	9993	174	42:49.9	13:49/M
16	Kristen Nast	Valparaiso IN	30	3320	177	43:34.5	14:03/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	Brian Bowman	Valparaiso IN	34	4188	2	17:38.1	5:41/M
2	Kevin Bowman	Chicago Heights IL	32	4181	14	21:34.5	6:58/M
3	Evan Fox	Valparaiso IN	31	3271	19	22:09.8	7:09/M
4	Chad Passarelli	Valparaiso IN	33	9983	22	22:22.5	7:13/M
5	Kyle Clifton	Valparaiso IN	30	3186	40	25:09.7	8:07/M
6	Chris Abram	Valparaiso IN	33	4228	42	25:17.9	8:10/M
7	Cody Luke	Portage IN	31	4215	59	27:30.9	8:53/M
8	David Rodriguez	Chesterton IN	31	4183	64	28:08.5	9:05/M
9	Rich Myers	Valparaiso IN	34	3300	83	29:23.8	9:29/M
10	Jacob Cavinder	Vicenza	33	3308	168	42:07.3	13:35/M
11	Charlie Cooper	Valparaiso IN	34	9994	175	42:51.6	13:50/M
12	Spencer Nast	Valparaiso IN	34	3321	176	43:33.7	14:03/M
13	Jeffrey Dubach	Valparaiso IN	32	4235	205	55:01.6	17:45/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	Heather Taylor	Chicago IL	38	3174	21	22:18.7	7:12/M
2	Alexandra Tompi	Valparaiso IN	35	3269	44	25:21.1	8:11/M
3	Alyse Kominakis	Valparaiso IN	35	3275	81	29:14.5	9:26/M
4	Melissa Schultz	Crown Point IN	37	4224	93	30:08.2	9:43/M
5	Victoria Onderwater	Chesterton IN	35	4208	107	31:23.8	10:08/M
6	Kristen Bonkoski	Valparaiso IN	39	3178	128	34:06.1	11:00/M
7	Stephanie Valenzuela	Valparaiso IN	38	3274	142	35:16.7	11:23/M
8	Jillian Allen	Valparaiso IN	37	9991	144	36:21.7	11:44/M
9	Danielle Adams	Chesterton IN	38	3305	148	36:58.9	11:56/M
10	Lorena Solorzano	Valparaiso IN	36	4166	162	39:00.7	12:35/M
11	Mandy Myers	Chicago IL	38	3299	189	47:35.3	15:21/M
12	Chrystal Donahue	Valparaiso IN	39	3161	197	50:10.5	16:11/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

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	4171	12	21:12.4	6:50/M
2	Paul Taylor	Yukon OK	35	3258	16	21:47.2	7:02/M
3	James Harper	Valparaiso IN	39	4221	39	24:59.1	8:04/M
4	Steve Florer	Valparaiso IN	36	4222	50	26:15.4	8:28/M
5	Ryan Gish	Valparaiso IN	35	4205	95	30:21.5	9:48/M
6	Mike Kane	Valparaiso IN	37	9986	100	30:56.1	9:59/M
7	Derrek Harvey	Chesterton IN	39	4210	106	31:23.4	10:08/M
8	Joshua Miskus	Valparaiso IN	37	4164	117	33:09.6	10:42/M
9	Benjamin St John	Crown Point IN	36	9984	126	33:54.1	10:56/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	Leigh McCormack	Valparaiso IN	40	3291	80	29:06.1	9:23/M
2	Ella Bell	Valparaiso IN	42	3272	84	29:26.2	9:30/M
3	Karen Turner	Valparaiso IN	44	4172	88	29:37.6	9:33/M
4	Kristy Dec	Valparaiso IN	42	3277	94	30:09.4	9:44/M
5	Cristin Dicken	Allen TX	40	3304	97	30:43.5	9:55/M
6	Anne Geary	Valparaiso IN	44	9988	111	32:17.8	10:25/M
7	Imelda Gonzalez	Merrillville IN	44	3180	120	33:20.3	10:45/M
8	Kristin Sikora	Newtown PA	40	3156	121	33:26.7	10:47/M
9	Bridgette Martinez	Valparaiso IN	42	3335	122	33:41.8	10:52/M
10	Kelly Oliver	Valparaiso IN	43	3266	130	34:08.2	11:01/M
11	Lise Oliver	Valparaiso IN	43	3267	131	34:08.3	11:01/M
12	Nicole St. Clair	Portage IN	40	4212	133	34:26.8	11:07/M
13	Amanda Sauer	Plymouth IN	40	4213	154	38:03.9	12:17/M
14	Alison Lusung	Valparaiso IN	41	3256	172	42:32.2	13:43/M
15	Amanda Parrish	Valparaiso IN	41	3192	203	54:22.4	17:32/M
16	Emily Rans	Valparaiso IN	44	4214	207	55:31.5	17:55/M
17	Jamie Wolfe	Hobart IN	42	4202	211	58:56.8	19:01/M
18	April Johnson	Chesterton IN	43	4204	212	58:58.3	19:01/M
19	Devon Stokes	Valparaiso IN	44	3280	217	59:43.2	19:16/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	Brian Culbreth	Demotte IN	40	4182	8	19:54.9	6:25/M
2	Michael Rogers	Valparaiso IN	44	3259	34	24:10.6	7:48/M
3	Dave Marrs	Derby KS	40	4192	86	29:31.1	9:31/M
4	Michael Gaudreau	Valparaiso IN	42	3254	151	37:11.6	12:00/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

Male 40 to 44

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5	Corey Parrish	Valparaiso IN	42	3193	202	54:21.6	17:32/M
6	Ron Donahue	Valparaiso IN	40	3159	219	59:57.5	19:21/M
7	Nic Rowell	Valparaiso IN	43	3183	224	1:00:17.8	19:27/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	Jennifer Cannon	Valparaiso IN	46	4189	54	26:59.3	8:42/M
2	Brenda Chavez	Valparaiso IN	45	3171	57	27:11.6	8:46/M
3	Kunteera Tarin	Crown Point IN	47	4178	61	27:40.4	8:56/M
4	Angie Tursman		45	4227	82	29:23.6	9:29/M
5	Lindsay Ball	Charleston SC	45	3253	99	30:48.4	9:56/M
6	Shareen Rador	Valparaiso IN	49	3302	156	38:17.7	12:21/M
7	Denise Feece	Plymouth IN	48	4211	161	38:30.2	12:25/M
8	Lizbel Cajigas	Richmond VA	49	4167	200	52:31.1	16:57/M
9	Kimberly Shay	Valparaiso IN	49	3288	227	1:02:41.3	20:13/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	Andy Chavez	Valparaiso IN	46	3170	69	28:19.8	9:08/M
2	Todd Meloy	Valparaiso IN	49	3290	76	28:54.4	9:20/M
3	Bert Davidson	Valparaiso IN	48	3257	92	30:06.6	9:43/M
4	David Cummins	Valparaiso IN	48	4176	113	32:47.1	10:35/M
5	Jeff Swanson	Valparaiso IN	47	3326	114	32:48.5	10:35/M
6	Paul Schumann	Portage IN	47	4209	134	34:27.8	11:07/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	Stephanie Ross	Valparaiso IN	52	3284	146	36:36.7	11:49/M
2	Rhonda Cavinder	Walkerton IN	54	3307	167	42:07.1	13:35/M
3	Natalie Connors	Valparaiso IN	50	3339	171	42:30.5	13:43/M
4	Jennifer Abatie	Valparaiso IN	50	3196	195	49:10.8	15:52/M
5	Kristin Scheub	Valparaiso IN	52	3297	228	1:05:05.1	21:00/M
6	Marnee Flinn-Smith	Valparaiso IN	51	3260	229	1:05:05.8	21:00/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

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>
1	Clayton Kelly	Indianapolis IN	53	4186	18	22:03.4	7:07/M
2	Mark Connors	Valparaiso IN	50	3337	20	22:17.1	7:11/M
3	Todd Bailey	Argos IN	54	4162	26	22:53.7	7:23/M
4	Patrick Cosgrove	Valparaiso IN	54	3296	38	24:43.6	7:59/M
5	Brett Brechner	Valparaiso IN	50	3310	72	28:44.1	9:16/M
6	Ki Harmon	Valparaiso IN	53	3199	109	31:52.4	10:17/M
7	Matthew Hill	Valparaiso IN	52	9992	112	32:24.5	10:27/M
8	Luis Gonzalez	Merrillville IN	51	3179	127	33:59.2	10:58/M
9	Don Evans	Valparaiso IN	51	3151	220	1:00:04.2	19:23/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	Colleen Minch	Valparaiso IN	55	3301	73	28:46.1	9:17/M
2	Marianne Groth	St. Joseph MI	58	4175	141	35:03.3	11:19/M
3	Donna Luke	Portage IN	58	4217	145	36:34.5	11:48/M
4	Kim Szelinski	Valparaiso IN	55	9996	181	44:28.9	14:21/M
5	Loretta Frank	Valparaiso IN	58	9999	193	48:33.1	15:40/M
6	Linda Kelly	Indianapolis IN	57	4187	206	55:20.6	17:51/M
7	Jenny Gump	Valparaiso IN	55	3255	210	56:10.6	18:07/M
8	Lori Staack	Valparaiso IN	59	3157	218	59:56.3	19:20/M
9	Tracey Cocking	Crown Point IN	58	4169	225	1:00:25.1	19:29/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	3187	48	25:47.4	8:19/M
2	Paul Hines	Valparaiso IN	55	3324	62	28:00.5	9:02/M
3	Scott Senour	Portage IN	58	3334	85	29:28.3	9:30/M
4	Peter Mirabella	Valparaiso IN	57	3286	139	34:51.1	11:15/M
5	Frank Kusbel	Valparaiso IN	58	4233	170	42:10.3	13:36/M
6	Tim Braunbeck	Valparaiso IN	55	4168	201	52:33.1	16:57/M
7	Charles Faenza	Valparaiso IN	57	3281	222	1:00:11.7	19:25/M
8	Bob Scheub	Valparaiso IN	55	3298	230	1:05:09.6	21:01/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	Cathy Pieroni	Valparaiso IN	61	4206	137	34:42.8	11:12/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

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>
2	Margaret Sikora-Black	Valparaiso IN	62	3155	143	36:11.6	11:41/M
3	Carol Carroll	Saint Louis MO	64	3330	191	48:13.9	15:34/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	4151	30	23:11.1	7:29/M
2	David Moore	Ogden Dunes IN	61	4191	43	25:18.6	8:10/M
3	Curtis Smith	Valparaiso IN	61	3261	119	33:16.6	10:44/M
4	James Cocking	Crown Point IN	64	4170	183	44:35.5	14:23/M
5	Richard Nowacki	Valparaiso IN	64	3158	198	51:15.3	16:32/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	3251	110	32:00.1	10:19/M
2	Alicia McClean	Valparaiso IN	65	9974	157	38:23.7	12:23/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	Michael Irwin	Valparaiso IN	66	3154	58	27:20.4	8:49/M
2	Steve Andersen	Underwood IA	65	3252	135	34:35.5	11:10/M
3	David James	Valparaiso IN	67	9977	159	38:25.8	12:24/M
4	Gregory Jones	Valparaiso IN	67	3292	160	38:27.8	12:24/M
5	Mark Carroll	Saint Louis MO	65	3329	179	43:55.5	14:10/M
6	Doug Wiese	Westville IN	68	3200	194	49:04.3	15:50/M

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	Patty Rose	Valparaiso IN	71	3289	90	29:42.3	9:35/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	John Hutton	Valparaiso IN	70	3175	60	27:32.3	8:53/M
2	John Witcher	Valparaiso IN	70	4207	103	31:17.1	10:06/M

Race Date
July 04, 2022

2022 Valparaiso 4th of July Blast 5K Run

Age Group Results

5K Run

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>
3	Mike Shuler	Valparaiso IN	78	3318	149	37:06.3	11:58/M
4	Bob Neal	Valparaiso IN	73	9975	180	44:15.7	14:17/M
5	ezell j		76	4225	182	44:33.9	14:23/M
6	David Ralston	Hammond IN	77	4179	214	59:18.8	19:08/M