

Race Date
May 14, 2023

2023 Run Like a Mother 5K
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	Amy Thomas Elder	Chicago IL	60	5887	14	21:34.4	6:58/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	Steven Bugarin		37	6435	1	17:43.1	5:43/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	Jamie Risner	Rensselaer IN	47	5869	22	22:27.3	7:15/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	Bryan Cliver	Crown Point IN	44	5506	2	17:50.1	5:45/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

Female 8 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	Charlotte Urena	Crown Point IN	7	5812	188	34:19.1	11:04/M
2	Gwen Sheehan	Crown Point IN	8	5760	221	36:25.9	11:45/M
3	Renee Stone	Cedar Lake IN	6	5793	236	37:12.5	12:00/M
4	Cambrynn Perez	Crown Point IN	8	5894	259	38:46.9	12:31/M
5	Ellie Hejmej	Valparaiso IN	5	5597	298	43:25.2	14:00/M
6	Vada Shaughnessy	Lowell IN	3	5759	302	43:42.4	14:06/M
7	Christina Gikas	Crown Point IN	7	5569	336	50:06.5	16:10/M
8	Lylah Homans	Hebron IN	7	5613	356	52:09.5	16:50/M
9	Sadie Heim	Cedar Lake IN	6	5594	378	56:52.5	18:21/M
10	Cecelia Horner	Crete IL	4	5617	387	1:00:25.1	19:29/M

Male 8 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	Logan Metzger	Crown Point IN	8	5674	83	27:40.1	8:56/M
2	Callan Henley		7	6426	150	31:09.5	10:03/M
3	Zachary Leach	Crown Point IN	8	5656	270	39:35.0	12:46/M
4	Artist Hernandez		6	6431	280	40:55.8	13:12/M
5	Oliver Hejmej	Valparaiso IN	4	5599	296	43:24.7	14:00/M
6	Gavin Shaughnessy	Lowell IN	5	5757	301	43:41.8	14:06/M
7	Oskar Trembacki	Crown Point IN	6	5888	317	46:44.0	15:05/M
8	Alexander Leach	Crown Point IN	8	5653	331	49:24.3	15:56/M
9	Jonah Lorek	Crown Point IN	8	5862	334	49:56.5	16:07/M
10	Isaac Lorek	Crown Point IN	5	5861	340	50:27.8	16:17/M
11	Tommy Heim	Cedar Lake IN	7	5596	377	56:51.1	18:20/M

Female 9 to 11

<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	Olivia Augustyn	Schererville IN	9	5471	60	26:00.8	8:24/M
2	Caroline Rinas	Hobart IN	11	5730	132	30:23.8	9:48/M
3	Melody Downs	Crown Point IN	9	5544	329	49:06.2	15:50/M
4	Lexi Schaafsma	Crown Point IN	10	5886	345	50:47.7	16:23/M

Male 9 to 11

<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	Jack Henry Dehaven	Crown Point IN	11	5538	35	23:42.6	7:39/M
2	Charlie Paul Dehaven	Crown Point IN	9	5535	65	26:07.5	8:26/M

2023 Run Like a Mother 5K

Age Group Results

5K

Male 9 to 11

<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	Cole Henley	Crown Point IN	9	5856	112	29:10.0	9:25/M
4	Thomas Redden	Schererville IN	9	5722	165	32:41.5	10:33/M
5	Anthony Breshock	Crown Point IN	9	5488	214	36:05.5	11:39/M
6	Manuel Del Rio	Rolling Prairie IN	10	5539	228	36:48.0	11:52/M
7	Brycen Perez	Crown Point IN	10	5895	247	37:53.3	12:13/M
8	Levi Modrowski	Lowell IN	10	5682	309	44:33.7	14:22/M
9	Kaden Furman	Crown Point IN	11	5563	361	52:38.3	16:59/M
10	Logan Bajza	Highland IN	9	5848	397	1:04:04.8	20:40/M

Female 12 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	Vivian Koncalovic	East Chicago IN	12	5639	34	23:40.0	7:38/M
2	Amanda Guthrie	Hobart IN	14	5581	57	25:52.9	8:21/M
3	Marina Negrete	Schererville IN	13	5692	58	25:54.4	8:21/M
4	Elizabeth Wartman	Crown Point IN	14	6415	77	27:17.8	8:48/M
5	Abigail Rinas	Hobart IN	13	5729	78	27:22.4	8:50/M
6	Evelyn Koncalovic	East Chicago IN	13	5638	96	28:16.3	9:07/M
7	Cassidy Jamrok		13	6423	114	29:19.0	9:27/M
8	Sylvia McKee	Hebron IN	12	5864	125	29:58.2	9:40/M
9	Abby Gilbert	Crown Point IN	14	5571	172	33:00.4	10:39/M
10	Charlotte Rensch	Saint John IN	12	6408	222	36:27.2	11:46/M
11	Nora Conley	Dyer IN	14	5512	255	38:37.5	12:28/M
12	Carmen Martinez	Crown Point IN	13	5882	295	43:16.8	13:58/M
13	Alina Furman	Crown Point IN	13	5562	314	46:18.2	14:56/M
14	Bailey Schaafsma	Crown Point IN	12	5885	344	50:47.6	16:23/M
15	Madison Martinez	Griffith IN	13	5670	359	52:15.5	16:51/M

Male 12 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	William Kala		14	6418	9	21:01.6	6:47/M
2	Jose Vazquez	Lowell IN	14	6414	15	21:42.3	7:00/M
3	Bennett Miller	Crown Point IN	13	5676	21	22:01.3	7:06/M
4	Ryan Gulley	Crown Point IN	12	5855	54	25:45.0	8:18/M
5	Logan Downs	Crown Point IN	12	5542	64	26:06.9	8:25/M
6	Victor Devany	Hobart IN	14	5854	97	28:19.3	9:08/M
7	Christian Devany	Hobart IN	14	5852	107	28:53.7	9:19/M
8	Grant Rensch	Saint John IN	13	6409	191	34:30.4	11:08/M
9	Mateo Martinez	Griffith IN	14	6404	207	35:41.9	11:31/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

Male 12 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>
10	Landon Koschnitzky	Griffithgriffith IN	14	5643	313	46:15.6	14:55/M
11	Abel Homans	Hebron IN	12	5612	357	52:10.7	16:50/M

Female 15 to 18

<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	Abigail Werner	Crown Point IN	18	5829	33	23:32.7	7:36/M
2	Morgan Cicero	Crown Point IN	15	5505	59	25:57.7	8:23/M
3	Sophia Prox	Crown Point IN	16	5716	110	29:00.8	9:22/M
4	Sierra Houts	Lowellowell IN	17	5880	193	34:39.3	11:11/M
5	Chloe Nerkins	Wheatfield IN	15	5694	251	38:13.9	12:20/M
6	Katie Crnokrak	Crown Point IN	16	5521	261	38:51.3	12:32/M
7	Jazlynn Streeter	Hebron IN	18	5794	346	50:59.6	16:27/M

Male 15 to 18

<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	Dominic Negrete	Schererville IN	16	5691	3	18:12.6	5:52/M
2	John Duggan	Crown Point IN	16	5545	29	23:18.0	7:31/M
3	Bryan Chandler	Crown Point IN	15	5501	41	24:01.4	7:45/M
4	Alex Sim	Chesterton IN	16	5769	120	29:44.6	9:36/M
5	Michael Rensch II	Saint John IN	16	5726	223	36:28.5	11:46/M

Female 19 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	Morgan Risner	Rensselaer IN	21	5870	23	22:28.5	7:15/M
2	Allison Peterson	Saint John IN	20	5707	47	24:59.9	8:04/M
3	Zulma Contreras	Gary IN	23	5515	69	26:29.6	8:33/M
4	Ashley Swets	Crown Point IN	22	5799	220	36:21.6	11:44/M
5	Alexis Horton	Lowell IN	20	5618	244	37:47.9	12:12/M
6	Lisa Ham	Dyer IN	20	5587	253	38:32.1	12:26/M
7	Vanessa Sobolewski	Crown Point IN	22	5780	365	53:50.1	17:22/M

Male 19 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	Jaden Wentz	Crown Point IN	21	5827	12	21:27.9	6:55/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

Male 19 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>
2	Lucas Berrier	Crown Point IN	22	5482	36	23:46.4	7:40/M
3	Riley Johnson	Crown Point IN	21	5626	39	23:56.2	7:43/M
4	Seth Moncado	Demotte IN	24	5865	73	27:10.6	8:46/M
5	Austin Aday	Bloomington IN	23	5461	201	35:32.9	11:28/M
6	Daniel Rivera	Crown Point IN	23	5733	202	35:32.9	11:28/M
7	Kevin Ham	Munster IN	22	5586	265	38:56.2	12:34/M
8	David Sauerman		24	6422	386	1:00:23.9	19:29/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	Sarah Wolfe	Lowell IN	27	5839	31	23:26.3	7:34/M
2	Renee Martin	Valparaiso IN	25	5668	86	27:43.7	8:57/M
3	Katy Hemphill	Cedar Lake IN	25	5600	106	28:50.7	9:18/M
4	Ashley Earle	Valparaiso IN	29	5547	130	30:09.2	9:44/M
5	Felicia Campe	Crown Point IN	25	5498	136	30:31.4	9:51/M
6	Jessica Jahnke	Crown Point IN	27	5622	158	32:10.2	10:23/M
7	Olivia Dau	Crown Point IN	26	5523	167	32:44.0	10:34/M
8	Liz Swets	Crown Point IN	26	5800	179	33:25.5	10:47/M
9	Josephine Vivas	Dyer IN	27	5821	183	33:49.0	10:55/M
10	Amanda Davidson	Dyer IN	25	5526	209	35:46.7	11:32/M
11	Angela Koncalovic	Crown Point IN	29	5881	224	36:31.8	11:47/M
12	Jessica Ballard	Schererville IN	28	5476	248	38:01.2	12:16/M
13	Eleisah Garrity		25	6428	256	38:43.9	12:30/M
14	Morgan Phares	Cedar Lake IN	27	5711	257	38:45.9	12:30/M
15	Sofia Reising	Dyer IN	26	5723	258	38:46.9	12:31/M
16	Alyssa Miller	Cedar Lake IN	28	5897	262	38:53.7	12:33/M
17	Miranda MacFarlane	Crown Point IN	28	5660	291	43:08.8	13:55/M
18	Audrey Sobolewski	Crown Point IN	25	5778	364	53:49.7	17:22/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	Kacper Wiszowaty		27	6417	4	18:23.6	5:56/M
2	Taylor Moncado	Lake Village IN	29	5866	13	21:28.3	6:56/M
3	Jared Wolfe	Lowell IN	26	5838	18	21:47.8	7:02/M
4	Ben Tomera	Highland IN	28	5805	273	39:41.5	12:48/M
5	Christian Crum	Lowell IN	26	5874	338	50:25.2	16:16/M

2023 Run Like a Mother 5K

Age Group Results

5K

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	32	5493	28	23:16.1	7:30/M
2	Brittany Sauerman		32	6421	72	27:05.7	8:44/M
3	Samantha Tribble	Kouts IN	33	5809	85	27:41.6	8:56/M
4	Carly Dearth	Crown Point IN	33	5529	99	28:30.5	9:12/M
5	Amanda Stillman	Crown Point IN	34	6413	108	28:55.8	9:20/M
6	Tiffany Kouimanis	Crown Point IN	34	5645	129	30:00.9	9:41/M
7	Crista Kmiec	Morocco IN	30	5633	138	30:38.8	9:53/M
8	Megan Fentress	Cedar Lake IN	34	5555	157	32:04.2	10:21/M
9	Lisa Villagomez	East Chicago IN	34	5820	161	32:24.1	10:27/M
10	Joanna Groth	Schererville IN	34	5577	168	32:44.2	10:34/M
11	Kandis Earle		33	6420	180	33:38.0	10:51/M
12	Mercedes Arredondo	Portage IN	32	5468	198	35:17.2	11:23/M
13	Stefanie Reyes	Portage IN	30	5868	199	35:18.4	11:23/M
14	Melina Rivera	Hobart IN	31	5735	205	35:34.3	11:29/M
15	Natalie Drach	Griffith IN	31	5877	215	36:09.0	11:40/M
16	Melissa Zurbriggen Marlow	Crown Point IN	34	5846	226	36:43.7	11:51/M
17	Alexa Patel	Merrillville IN	32	5704	231	36:58.1	11:56/M
18	Courtney Morrison	Cedar Lake IN	30	6406	235	37:12.0	12:00/M
19	Lauren Sheehan	Beecher IL	31	5761	268	39:05.1	12:37/M
20	Nicole Mehay	Wheatfield IN	32	5673	290	43:04.9	13:54/M
21	Alaina Ciarrocchi	Hebron IN	31	5503	300	43:36.6	14:04/M
22	Celia Shaughnessy	Lowell IN	32	5756	308	44:26.0	14:20/M
23	Ashley Wojcik	Crown Point IN	30	5836	312	45:19.1	14:37/M
24	Elizabeth Ruderschmidt	Crown Point IN	34	5743	316	46:35.8	15:02/M
25	Melissa Rivera	Hebron IN	34	5736	321	47:33.8	15:21/M
26	Natalia Fetea	Crown Point IN	33	5556	324	48:03.6	15:30/M
27	Cortney Gikas	Crown Point IN	33	5570	337	50:06.6	16:10/M
28	Taylor Homans	Hebron IN	30	5614	358	52:13.3	16:51/M
29	Mikiela Cobb	Westchester IL	33	5507	363	53:27.1	17:15/M
30	Samantha Dunaj	Chicago IL	34	5546	368	54:25.5	17:33/M
31	Maria Breidigan	Crown Point IN	33	5487	369	54:25.8	17:34/M
32	Jasmina Coseska	Crown Point IN	34	5516	394	1:01:37.6	19:53/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	Aaron Cook	Merrillville IN	31	5851	6	19:27.4	6:17/M
2	Nathan Bapple	Crown Point IN	30	5478	17	21:46.1	7:01/M
3	James Pierzchalski	Lowell IN	32	5712	43	24:18.1	7:50/M
4	Tom Pimentel	Crown Point IN	33	5714	53	25:41.7	8:17/M
5	Max Zylstra	Valparaiso IN	30	5847	128	29:58.8	9:40/M

2023 Run Like a Mother 5K

Age Group Results

5K

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>
6	Curtis Stammis	Dyer IN	31	5786	152	31:17.0	10:05/M
7	Christopher Hernandez	Saint John IN	34	5604	176	33:08.2	10:41/M
8	Juan Rivera	Bloomington IN	31	5734	204	35:33.7	11:28/M
9	Steven Yarusinsky	Dyer IN	30	5841	208	35:45.2	11:32/M
10	Taylor Noel	Merrillville IN	32	5696	232	36:58.2	11:56/M
11	Christopher Stone	Cedar Lake IN	32	5792	237	37:13.0	12:00/M
12	Griffin Shaughnessy	Lowell IN	33	5758	303	43:43.4	14:06/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	Kristin Polacek	Crown Point IN	35	6407	19	21:49.8	7:03/M
2	Mallory Henley	Crown Point IN	36	5857	20	21:53.3	7:04/M
3	Laura Brkljacic	Saint John IN	36	5491	48	25:29.4	8:13/M
4	Kerri Banach	Dyer IN	36	5477	50	25:36.9	8:16/M
5	Laura Seegers	Demotte IN	37	5753	51	25:38.8	8:16/M
6	Sarah Fox	Crown Point IN	35	5558	55	25:48.0	8:19/M
7	Melissa Molina	Saint John IN	38	5684	56	25:50.0	8:20/M
8	Christina McDermott	Crown Point IN	39	6405	68	26:17.6	8:29/M
9	Nichole Lebeter	Cedar Lake IN	36	5657	70	26:48.9	8:39/M
10	Nicole Huppenthal	Lowell IN	36	5619	89	27:56.8	9:01/M
11	Anna Retzlaff	Crown Point IN	35	5727	90	27:58.9	9:02/M
12	April Smaron	Crown Point IN	39	5775	103	28:47.8	9:17/M
13	Elizabeth Miller	Saint John IN	35	5677	111	29:05.5	9:23/M
14	Dawn Arokoyo	Dyer IN	39	5467	116	29:26.5	9:30/M
15	Kimberly Kocur	Saint John IN	38	5635	119	29:40.9	9:35/M
16	Melissa Schultz	Crown Point IN	38	5752	122	29:51.4	9:38/M
17	Jennifer Schmidt	Saint John IN	39	5750	123	29:53.7	9:39/M
18	Kari Krizmanic	Crown Point IN	38	5648	145	30:52.0	9:57/M
19	Nicole Janus	Dyer IN	35	5625	146	30:55.5	9:59/M
20	Jalyn Deery	Beecher IL	35	5531	148	31:00.5	10:00/M
21	Joanna Klocek	Cedar Lake IN	35	5632	154	31:47.6	10:15/M
22	Lindsey Stammis	Dyer IN	36	5787	159	32:13.6	10:24/M
23	Crystal Henneike	Kentland IN	39	5601	164	32:40.4	10:32/M
24	Gretchen Bergman	Saint John IN	39	5850	166	32:42.4	10:33/M
25	Lynnsey Furman	Crown Point IN	38	5564	186	34:07.1	11:00/M
26	Barrette Seibert	Lowell IN	38	5754	192	34:31.8	11:08/M
27	Jessica Thompson	Burns Harbor IN	39	5803	200	35:23.0	11:25/M
28	Katharine Rinas	Hobart IN	37	5731	210	35:47.1	11:33/M
29	Margaret Sirbek	Rolling Prairie IN	38	5773	229	36:49.6	11:53/M
30	Kathy Brkljacic	Saint John IN	39	5490	238	37:23.2	12:04/M

2023 Run Like a Mother 5K

Age Group Results

5K

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>
31	Jen Pettit	Crete IL	39	5710	240	37:32.9	12:07/M
32	Mary Harkins	Crown Point IN	39	5592	242	37:42.4	12:10/M
33	Stephanie Miller	Hebron IN	37	5680	264	38:56.0	12:34/M
34	Melissa McSwiggan	Saint John IN	38	5672	272	39:40.8	12:48/M
35	Cathy Augustyn	Schererville IN	39	5469	277	40:17.4	13:00/M
36	Becky Kuzma	Valparaiso IN	38	5651	284	41:34.2	13:25/M
37	Stefanie Koschnitzky	Griffithgriffith IN	39	5644	315	46:19.4	14:57/M
38	Emily Davenport	Valparaiso IN	38	5524	320	47:19.6	15:16/M
39	Jessica Markusic	Highland IN	35	5667	351	51:25.9	16:35/M
40	Alexandria Williams	Crown Point IN	36	5834	354	51:56.7	16:45/M
41	Angela Chalmers	Crown Point IN	36	5500	362	53:06.3	17:08/M
42	Selena Bradley	Crown Point IN	37	5486	375	56:48.6	18:20/M
43	Stephanie Heim	Cedar Lake IN	38	5595	376	56:51.1	18:20/M
44	Jennifer Hernandez	Saint John IN	35	5605	384	58:32.8	18:53/M
45	Abigail Horner	Crete IL	38	5616	388	1:00:26.4	19:30/M
46	Markie Sheehy	Lake Village IN	37	5764	392	1:01:25.5	19:49/M
47	Lacey Swick	Gary IN	39	5801	400	1:10:18.2	22:41/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	Vincent Rinas	Hobart IN	37	5732	8	20:29.2	6:37/M
2	Edward Nemecek	Crown Point IN	39	5693	46	24:59.3	8:04/M
3	Phil Pimentel	Crown Point IN	37	5713	98	28:26.3	9:10/M
4	Chris Urena	Crown Point IN	36	5813	189	34:22.9	11:05/M
5	Brandan Satisfield	Gary IN	35	5748	249	38:01.6	12:16/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	Marialena Nagel	Hobart IN	40	5689	27	23:06.2	7:27/M
2	Melissa Smith		43	6436	32	23:30.3	7:35/M
3	Crystal Dehaven	Crown Point IN	40	5536	40	23:57.8	7:44/M
4	Lindsay O'Neill	Saint John IN	40	5700	67	26:14.8	8:28/M
5	Kim Toso	Saint Johnst John IN	41	5808	80	27:30.2	8:52/M
6	Stacey Urbaniak	Crown Point IN	40	5811	81	27:35.4	8:54/M
7	Lauren Lowell	Dyer IN	40	5659	82	27:35.5	8:54/M
8	Sarah Metzger	Crown Point IN	42	5675	84	27:40.9	8:56/M
9	Lauren Rapp	Saint John IN	44	5719	88	27:52.2	8:59/M
10	Jaclyn Wernersbach	Saint John IN	42	5830	91	28:00.5	9:02/M

2023 Run Like a Mother 5K

Age Group Results

5K

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>
11	Valerie Easley	Crown Point IN	42	5548	102	28:41.5	9:15/M
12	Jillian Spargo	Crown Point IN	41	5784	104	28:47.8	9:17/M
13	Shanna Creech	Saint John IN	43	5519	109	28:58.4	9:21/M
14	Jamie Wolfe	Hobart IN	43	5837	113	29:12.6	9:25/M
15	Stephanie Stroh	Crown Point IN	40	5796	117	29:27.3	9:30/M
16	Sherri Ziller	Crown Point IN	41	5844	118	29:27.7	9:30/M
17	Jenn Rashin	Crown Point IN	41	5720	124	29:56.0	9:39/M
18	Stephanie McKee	Hebron IN	40	5863	127	29:58.8	9:40/M
19	Valerie Brincko - Moskovich	Crown Point IN	41	5489	141	30:44.3	9:55/M
20	Nancy Grimaldo	Crown Point IN	44	5576	144	30:51.3	9:57/M
21	Joanna Krugman	Saint John IN	44	5650	147	30:58.2	9:59/M
22	Lindsay Moseley	Crown Point IN	41	5688	155	31:48.0	10:15/M
23	Rada Velligan	East Chicago IN	41	5818	160	32:22.7	10:27/M
24	MaryAnita Patino		42	6416	175	33:05.3	10:40/M
25	Melanie Cicero	Crown Point IN	42	5504	181	33:38.2	10:51/M
26	April Muiser	Merrillville IN	43	5867	212	36:01.8	11:37/M
27	Colleen Skoney	Highland IN	42	5774	234	37:08.5	11:59/M
28	Jamie Miller	La Porte IN	42	5678	243	37:45.8	12:11/M
29	Stephanie Hannon	Lowell IN	44	5589	250	38:11.6	12:19/M
30	Kathryn Leach	Crown Point IN	41	5654	269	39:33.4	12:46/M
31	Sara Welsh	Valparaiso IN	42	5826	275	39:45.6	12:50/M
32	Holly Hejmej	Valparaiso IN	40	5598	297	43:25.1	14:00/M
33	Lisa Modrowski	Lowell IN	40	5683	305	44:20.7	14:18/M
34	Amy Schaafsma	Crown Point IN	41	5884	323	48:02.8	15:30/M
35	Andrea Zepeda	Crown Point IN	40	5843	326	48:24.2	15:37/M
36	Chasity Mason	Crown Point IN	40	5671	327	48:25.3	15:37/M
37	Annie Lorek	Crown Point IN	41	5858	335	49:59.5	16:08/M
38	Jillian Marchese	Saint John IN	42	5666	372	55:47.2	18:00/M
39	Sara Georgetti	Saint John IN	41	5567	373	55:49.7	18:01/M
40	Yvette Schmiedl	Crown Point IN	43	5751	382	58:27.3	18:51/M
41	Nicole Kroll	Lake Village IN	44	5649	389	1:01:17.0	19:46/M
42	Danel Erickson	Lake Village IN	43	5552	390	1:01:19.0	19:47/M
43	Sarah Sheehan	Crown Point IN	41	5763	396	1:02:49.6	20:16/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	41	6401	10	21:10.0	6:50/M
2	Derek Janik	Highland IN	40	5624	38	23:55.8	7:43/M
3	Patrick Sheehan	Crown Point IN	41	5762	44	24:19.0	7:51/M
4	Robert Prentoski	Crown Point IN	40	5715	49	25:35.8	8:15/M

2023 Run Like a Mother 5K

Age Group Results

5K

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>
5	Jack Dehaven	Crown Point IN	42	5537	63	26:05.1	8:25/M
6	Greg Bowers	Crown Point IN	40	5485	95	28:13.1	9:06/M
7	Matthew Downs	Crown Point IN	44	5543	194	34:53.1	11:15/M
8	Paul Trembacki	Crown Point IN	43	5889	318	47:04.6	15:11/M
9	Branden Lorek	Crown Point IN	41	5859	341	50:29.2	16:17/M
10	Mark Leach	Crown Point IN	42	5655	342	50:36.2	16:19/M
11	Mark Furman	Crown Point IN	42	5565	355	52:05.9	16:48/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	Erin Lain	Merrillville IN	45	5652	45	24:58.9	8:04/M
2	Jennifer Gibbs	Crown Point IN	47	5568	71	26:52.7	8:40/M
3	Valerie Blaylock	Crown Point IN	45	5483	74	27:10.6	8:46/M
4	Tara Johnston	Crown Point IN	48	5627	75	27:12.6	8:47/M
5	Valerie Ball	La Porte IN	46	5475	76	27:17.3	8:48/M
6	Karen Sulek	Saint John IN	49	5797	87	27:49.9	8:59/M
7	Nancy Packovski	Crown Point IN	46	5703	100	28:31.0	9:12/M
8	Carri Ables	Hobart IN	46	5460	131	30:13.3	9:45/M
9	Angie Rushing	Hobart IN	45	5744	133	30:26.4	9:49/M
10	Jennifer Wentz	Crown Point IN	49	5828	137	30:32.6	9:51/M
11	Holly Freeman	Crown Point IN	46	5559	149	31:00.7	10:00/M
12	Cathleen Mok		48	6425	163	32:38.2	10:32/M
13	Melisa Hajek	Crown Point IN	45	5582	182	33:38.2	10:51/M
14	Shannon Vera	Cedar Lake IN	48	5892	217	36:17.9	11:43/M
15	Lisa Devany	Crown Point IN	46	5853	219	36:19.6	11:43/M
16	Lupe Martinez	Griffith IN	46	5669	233	37:07.9	11:59/M
17	Dawn Britton	Crown Point IN	45	5896	245	37:49.4	12:12/M
18	Molly Conley		46	6432	254	38:37.2	12:28/M
19	Maria Hernandez	St. John IN	49	5606	271	39:40.4	12:48/M
20	Jessica Figurski	Crown Point IN	48	5557	283	41:25.2	13:22/M
21	Heather Downs	Crown Point IN	47	5541	325	48:08.0	15:32/M
22	Rebecca Houts	Lowell IN	45	5879	360	52:26.8	16:55/M
23	Renee Moreno	Hammond IN	46	5687	380	58:25.9	18:51/M
24	Melissa Crane	Crown Point IN	46	5518	383	58:28.1	18:52/M
25	Misty Ratzlaff	North Judson IN	46	5721	385	59:26.8	19:11/M
26	Danielle Higgins	Lake Village IN	45	5607	391	1:01:22.0	19:48/M
27	Jennifer Symons	Lake Village IN	47	5802	395	1:01:38.9	19:53/M
28	Marie Bajza	Highland IN	45	5849	398	1:06:30.9	21:27/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

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	Nobutaka Nitto	Merrillville IN	47	5695	5	19:20.9	6:14/M
2	Richard Gutierrez	Kingsbury IN	45	6403	7	19:47.7	6:23/M
3	Paul Stofko	Chesterton IN	47	5791	11	21:17.5	6:52/M
4	Joe Stavitzke	Schererville IN	46	5788	16	21:45.1	7:01/M
5	Mike Culbreth	Wheatfield IN	46	5522	42	24:16.6	7:50/M
6	Bob Maclejewski	Rensselaer IN	45	5662	66	26:07.7	8:26/M
7	Nick Tomich	Crown Point In IN	45	5807	94	28:12.3	9:06/M
8	Juan Sandoval	Highland IN	49	5747	288	42:50.3	13:49/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	Karen Spoor	Valparaiso IN	52	5785	79	27:25.0	8:51/M
2	A.a. Olekminskaya	Crown Point IN	52	5701	134	30:26.4	9:49/M
3	Michelle Wallis	Saint John IN	51	5823	139	30:41.8	9:54/M
4	Christine Roye	Crown Point IN	52	5742	140	30:42.7	9:54/M
5	Kristen Smith	Munster IN	51	5776	151	31:11.9	10:04/M
6	Anne Contreras	Dyer IN	52	5514	187	34:17.4	11:04/M
7	Adiz Contreras	Gary IN	50	5513	190	34:27.4	11:07/M
8	Dannette Whiting	Munster IN	50	5873	211	35:54.1	11:35/M
9	Mary Velasco	Highland IN	53	5890	227	36:46.7	11:52/M
10	Mary Rensch	Saint John IN	52	5724	230	36:55.3	11:55/M
11	Katie Conley	Munster IN	53	5511	263	38:55.7	12:33/M
12	Katina Davis	Merrillville IN	50	5527	266	39:01.3	12:35/M
13	Bonnie Griffee	Highland IN	52	5899	286	41:50.2	13:30/M
14	Hyunah Sim	Chesterton IN	54	5771	293	43:10.5	13:56/M
15	Joan Baker	Highland IN	52	5473	349	51:24.5	16:35/M
16	Shannon Sobolewski	Crown Point IN	52	5779	366	53:50.6	17:22/M
17	Lisa Caccavale	Merrillville IN	50	5495	381	58:26.9	18:51/M
18	Missy Viers	Lake Village IN	50	5819	393	1:01:37.1	19:53/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	Cj Moncado	Demotte IN	52	5685	30	23:24.8	7:33/M
2	Richard Pedraza	Crown Point IN	51	5705	93	28:08.1	9:05/M
3	Jaime Ramírez	Highland IN	54	5883	115	29:22.5	9:29/M
4	Brian Peters	Lowell IN	50	5706	121	29:49.2	9:37/M
5	Van Huffine		52	6427	135	30:29.0	9:50/M
6	Charles Mok		53	6424	162	32:38.2	10:32/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

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>
7	Ted Freeman	Crown Point IN	53	5561	169	32:44.2	10:34/M
8	Rob Vera	Cedar Lake IN	50	5891	218	36:18.6	11:43/M
9	William Baker	Highland IN	54	5474	348	51:22.2	16:34/M
10	Sasa Sekuloski		52	6419	371	55:20.2	17:51/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	Suzanne Bukur	Crown Point IN	58	5492	37	23:49.5	7:41/M
2	Barb Hamner	Scheverville IN	58	5588	62	26:02.6	8:24/M
3	Deveona Alexander	Demotte IN	55	5463	105	28:49.8	9:18/M
4	Yolanda Yarusinsky	Dyer IN	58	5842	156	31:54.9	10:18/M
5	Melissa Wharton	Crown Point IN	58	5893	196	35:04.1	11:19/M
6	Sara Rivera	Crown Point IN	58	5737	206	35:34.9	11:29/M
7	Christine Gaines	Hobart IN	57	5566	213	36:04.7	11:38/M
8	Marianne Groth	St. Joseph MI	59	5578	239	37:31.4	12:06/M
9	Karin Gustafson	Saint John IN	57	5580	260	38:48.7	12:31/M
10	Sandra Tomera	Highland IN	56	5806	274	39:43.6	12:49/M
11	Kathy D Whaley	Morocco IN	57	5831	276	40:17.2	13:00/M
12	Sandy MacFarlane	Crown Point IN	57	5661	294	43:10.9	13:56/M
13	Kathleen Korman	Munstermunster IN	57	5641	299	43:36.5	14:04/M
14	Cindy Kielbasinski	Saint John IN	57	5629	307	44:23.3	14:19/M
15	Dianna Winborn	Merrillville IN	58	5835	328	48:48.4	15:45/M
16	Sydney Dawson	Valparaiso IN	56	5528	343	50:44.1	16:22/M
17	Marie Beaudouin	Crown Point IN	58	5481	353	51:56.3	16:45/M
18	Tracey Cocking	Crown Point IN	59	5510	379	57:27.9	18:32/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	Chanbo Sim	Chesterton IN	59	5770	26	22:53.6	7:23/M
2	Tom Courtney	Portage IN	56	5517	52	25:40.4	8:17/M
3	Todd Griffee	Highland IN	56	5898	171	32:59.6	10:39/M
4	Timothy Elkins	Niles MI	58	5551	185	34:07.0	11:00/M
5	Michael Rensch	Saint John IN	57	5725	197	35:15.0	11:22/M
6	Daniel Rivera, Sr.	Hanover Park IL	56	5738	203	35:33.7	11:28/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

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	Mary C Miller	Michigan City IN	63	5679	126	29:58.5	9:40/M
2	Dawn Zurbruggen	Crown Point IN	62	5845	153	31:26.7	10:09/M
3	Tina Smartt	Needmore PA	62	6411	170	32:51.7	10:36/M
4	Dona Gilbert	Crown Point IN	60	5572	173	33:01.0	10:39/M
5	Laura Darrow	Lowell IN	62	5540	178	33:11.6	10:42/M
6	Melody Wolff	Crown Point IN	62	5840	195	34:57.9	11:17/M
7	Denise De Leeuw	Highland IN	64	6402	246	37:50.5	12:12/M
8	Tracy Chandler	Crown Point IN	60	5502	252	38:31.9	12:26/M
9	Lori Amodeo	Crown Point IN	64	5464	267	39:03.5	12:36/M
10	Karen Augustyn	Griffith IN	63	5470	282	41:13.6	13:18/M
11	Sandy Bapple	Crown Point IN	64	5479	285	41:38.4	13:26/M
12	Linda Gray	Kentland IN	60	5575	292	43:10.5	13:56/M
13	Kathy Caldwell	Lake Station IN	61	5496	304	43:53.1	14:09/M
14	Mari Ann Sopcich	Demotte IN	62	5781	319	47:13.3	15:14/M
15	Amparo Aguilera	Dyer IN	60	5462	322	47:59.5	15:29/M
16	Rebecca Crum	Lowell IN	63	5876	339	50:25.6	16:16/M
17	Robin Kiraly	Cedar Lake IN	61	5630	350	51:25.8	16:35/M
18	Debra Kline	Niles MI	62	5631	352	51:38.9	16:40/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	63	5554	24	22:48.3	7:21/M
2	Mark Riley	Crown Point IN	62	5728	61	26:00.9	8:24/M
3	Frank Gruhlke	Lowell IN	61	5579	177	33:11.4	10:42/M
4	Thomas Nedza	Schererville IN	63	5690	281	41:03.0	13:15/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	Deb Schiesser	Crown Point IN	67	5749	92	28:04.0	9:03/M
2	Kathleen Kolodziej	Valparaiso IN	68	5637	142	30:44.3	9:55/M
3	Janet Rotz	Dyer IN	69	5741	174	33:02.6	10:40/M
4	Cecilia Bernal		66	6433	184	33:55.7	10:57/M
5	Pamela Uline	Griffith IN	68	5810	225	36:39.2	11:49/M
6	Cookie Maclejewski	Demotte IN	68	5663	279	40:43.2	13:08/M
7	Cindy Hall	Hammond IN	65	5583	306	44:21.0	14:18/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

5K

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	Thomas Kornelik	Crown Point IN	66	5642	25	22:51.6	7:22/M
2	Jim Cocking	Crown Pointcrown Point	65	5509	310	44:54.4	14:29/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	Pamela Deery	Key West FL	70	5532	241	37:34.9	12:07/M
2	Ulrike Zambori		74	6430	367	54:23.0	17:33/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	Roger Steffen	Rensselaer IN	72	6412	101	28:38.9	9:14/M
2	Dave Simpson	Crete IL	71	5772	143	30:45.5	9:55/M
3	Paul Sills	Crown Point IN	73	5768	278	40:22.6	13:02/M
4	Ted Deery	Beecher IL	72	5533	287	42:04.7	13:34/M
5	Rich Limacher	Matteson IL	73	5658	374	56:22.5	18:11/M
6	Gary Crum	Lowell IN	70	5875	399	1:07:54.4	21:54/M

Male 75 to 79

<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	75	5740	216	36:13.7	11:41/M
2	John Withey	Granger IN	79	5872	289	43:00.5	13:52/M
3	J Ezell		77	6429	311	45:18.3	14:37/M
4	Robert Husek	Saint Joseph MI	78	5621	332	49:37.1	16:00/M
5	David Ralston	Hammond IN	78	5717	401	1:10:20.8	22:42/M

Female 80 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	Bev Calligan	Munster IN	81	5497	333	49:42.7	16:02/M
2	Phyllis Hansen	Evergreen Park IL	80	5590	347	51:16.8	16:33/M

Male 80 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	94	5664	330	49:23.1	15:56/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K
Age Group Results

5K

Male 80 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	Winston Steinicke	Beecher IL	80	5789	370	55:07.6	17:47/M

Race Date
May 14, 2023

2023 Run Like a Mother 5K

Age Group Results

Clydesdale/Athena

Athena

<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	Candice Hanusin	Valparaiso IN	47	5591	3	36:23.8	11:44/M
2	Brianne Rodriguez	Cedar Lake IN	39	6410	4	37:12.0	12:00/M
3	Julie Hinchy	Crown Point IN	37	5608	5	38:54.8	12:33/M
4	Lisa Petre	Valparaiso IN	41	5709	7	39:48.2	12:50/M
5	Melissa Ramos	Schererville IN	45	5718	8	39:50.5	12:51/M
6	Alma Cappadora	Cedar Lake IN	56	5499	9	40:07.2	12:57/M
7	Lisa Stelter	Griffith IN	42	5790	11	40:30.2	13:04/M
8	Melanie Way	Wheatfield IN	39	5824	12	40:41.3	13:08/M
9	Amy Janik	Highland IN	38	5623	13	47:54.1	15:27/M
10	Lisa Gold	Crown Point IN	56	5574	14	50:26.3	16:16/M
11	Jennifer Whitcomb	Danville IN	60	5832	15	53:10.9	17:09/M
12	Cheryl Crnokrak	Crown Point IN	52	5520	16	54:13.7	17:30/M
13	Carrie Nowacki	Saint John IN	64	5697	17	54:43.2	17:39/M

Clydesdale

<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	Zachary Deery	Beecher IL	35	5534	1	25:14.0	8:08/M
2	Mark Robinson	Saint Anne IL	63	5739	2	33:23.2	10:46/M
3	Jason Petre	Valparaiso IN	49	5708	6	39:34.5	12:46/M
4	Joseph Orosz	Crown Point IN	48	5702	10	40:15.3	12:59/M