

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

15K

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	Reva Johnson	Chesterton IN	35	2283	6	1:05:11.0	7:01/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	James Weissensel	Park Ridge IL	29	2446	1	51:13.2	5:30/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	Thea Strand	Saint Joseph MI	42	2382	8	1:07:15.4	7:14/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	Ryan Kwiecinski	Chesterton IN	48	2433	4	1:00:14.6	6:29/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K

Age Group Results

15K

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 *	Sidney Elijah	Hebron IN	18	2344	28	1:18:05.8	8:24/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 *	Shelby Kucharyski	Valparaiso IN	24	9968	29	1:20:28.9	8:39/M
2 *	Kylie Sutter	Chesterton IN	21	9962	93	2:09:53.5	13:58/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	28	2273	24	1:17:07.7	8:18/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 *	Levi Benton	Middlebury IN	28	2373	20	1:15:54.9	8:10/M
2 *	Trevor Biancardi	Griffith IN	25	2489	34	1:22:33.0	8:53/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 *	Jensen Sanders	Chesterton IN	31	2448	19	1:14:17.1	7:59/M
2 *	Laura Fennell	Valparaiso IN	34	2427	32	1:21:47.2	8:48/M
3 *	Ashley Bernacchi	Chesterton IN	34	2292	49	1:30:56.0	9:47/M
4	Alisha Berglund	Chesterton IN	31	2293	50	1:30:56.2	9:47/M
5	Rachael Payne	Kouts IN	34	2286	59	1:34:44.5	10:11/M
6	Angel Fraley Angel Fraley	Portage IN	32	2154	64	1:37:14.3	10:27/M
7	Laura Myers	Wheatfield IN	33	2330	67	1:39:00.3	10:39/M
8	Taylor Cupp	Portage IN	30	2490	68	1:39:38.5	10:43/M
9	Catherine Herring	Portage IN	33	9957	79	1:47:13.6	11:32/M
10	Lisa Villagomez	East Chicago IN	33	2483	81	1:48:05.7	11:37/M
11	Noelle Hinkel	Chesterton IN	30	1149	84	1:55:08.6	12:23/M
12	Anyssa Hernandez	Demotte IN	30	2296	86	1:55:19.2	12:24/M
13	Taylor Homans	Hebron IN	30	2297	89	2:00:54.7	13:00/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K

Age Group Results

15K

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 *	Ekagra Agarwal	Porter IN	32	2512	3	52:57.0	5:42/M
2 *	Matthew Ackerman	Huntington IN	34	9972	7	1:05:15.4	7:01/M
3 *	Shaun Zoladz	Hobart IN	34	9990	17	1:13:36.1	7:55/M
4	Robert Johnson	Michigan City IN	33	2538	38	1:25:06.9	9:09/M
5	Evan Fox	Valparaiso IN	32	9988	42	1:26:40.9	9:19/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 *	Julia Sheets	Valparaiso IN	35	2298	13	1:10:38.8	7:36/M
2 *	Jennifer Menclewicz	Portage IN	37	2339	14	1:11:18.5	7:40/M
3 *	Jaclyn Barkow	Valparaiso IN	39	2534	54	1:31:54.2	9:53/M
4	Sarah Veronesi	Chesterton IN	39	2514	62	1:35:17.3	10:15/M
5	Leann Doffin	Demotte IN	39	2176	63	1:35:55.2	10:19/M
6	Robyn Kramer	Valparaiso IN	38	2484	65	1:37:58.5	10:32/M
7	Amy Tinnel	Portage IN	37	9956	80	1:47:52.5	11:36/M
8	Alicia MacMillan	Portage IN	39	1148	85	1:55:08.8	12:23/M
9	Jessica Thompson	Burns Harbor IN	38	2464	91	2:09:31.5	13:56/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 *	Brian Reynolds	Richland MI	35	2377	2	52:49.5	5:41/M
2 *	Michael Case	Dyer IN	39	2324	10	1:09:33.5	7:29/M
3 *	Matt Mallonee	Highland IN	37	2425	23	1:16:44.8	8:15/M
4	Kevin Conner	Chesterton IN	38	2281	74	1:43:15.3	11:06/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 *	Amy Hartz	Valparaiso IN	43	2181	22	1:16:25.2	8:13/M
2 *	Christy Savage	Granger IN	42	2328	33	1:22:24.6	8:52/M
3 *	Yuri Wall	Valparaiso IN	42	2269	37	1:23:18.3	8:57/M
4	Sarah Kretzmann	Chesterton IN	40	2291	48	1:30:54.9	9:47/M
5	Megan Torres	Valparaiso IN	42	9983	52	1:31:53.8	9:53/M
6	Kelly Chevalier	Valparaiso IN	44	9998	56	1:33:01.2	10:00/M
7	Jennifer Boster	Valparaiso IN	41	2480	75	1:44:21.4	11:13/M
8	Riegle Ann	Valparaiso IN	44	9986	95	2:22:06.9	15:17/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

15K

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 *	Adam Stepanek	Valparaiso IN	43	2474	21	1:16:20.1	8:12/M
2 *	Nick Underwood	Valparaiso IN	40	2438	26	1:17:38.5	8:21/M
3 *	Rafael Magallan	Portage IN	42	2557	44	1:27:42.6	9:26/M
4	Jay Dorgan	Valparaiso IN	40	2259	72	1:40:56.3	10:51/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 *	Melissa West	Valparaiso IN	47	2362	11	1:09:58.9	7:32/M
2 *	Kristin Schumacher	Valparaiso IN	47	9965	31	1:21:34.3	8:46/M
3 *	Kim Davis	Dyer IN	45	2511	40	1:26:03.2	9:15/M
4	Cindy Steinbeck	Chesterton IN	48	9977	46	1:28:59.5	9:34/M
5	Kimberly Gilbert	San Pierre IN	48	2417	66	1:38:14.9	10:34/M
6	Angie Rushing	Hobart IN	45	2185	73	1:42:01.8	10:58/M
7	Karen Turner	Valparaiso IN	45	9989	77	1:46:28.7	11:27/M
8	Adrienne Mautner	Lowell IN	48	2388	94	2:20:14.8	15:05/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 *	Chad Lawless	Kouts IN	46	2396	5	1:00:45.6	6:32/M
2 *	Ralph Nurse	Valparaiso IN	45	2463	15	1:11:57.3	7:44/M
3 *	Ezra Burke	Valparaiso IN	45	9967	25	1:17:31.1	8:20/M
4	James Wamsley	Wolcott IN	46	2398	27	1:18:03.5	8:24/M
5	Kyle Fouch	Valparaiso IN	46	9964	82	1:53:21.2	12:11/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 *	Michele Zurisk	Cedar Lake IN	51	2522	47	1:30:45.8	9:46/M
2 *	Francie Bean	Valparaiso IN	51	2266	60	1:34:45.3	10:11/M
3 *	Sandy Thomas	Kouts IN	52	2393	88	1:58:22.8	12:44/M
4	Danette Johnson	Galesburg MI	54	2361	90	2:04:49.0	13:25/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	53	9969	9	1:09:10.8	7:26/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

15K

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>
2 *	Bob Zalud	Valparaiso IN	54	2165	30	1:20:30.0	8:39/M
3 *	Michael Hord	Portage IN	52	2416	35	1:22:54.2	8:55/M
4	Johnny Stimley	Michigan City IN	52	2421	61	1:35:08.6	10:14/M
5	Michael Sutter	Chesterton IN	51	9961	92	2:09:53.1	13:58/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	57	2268	53	1:31:54.0	9:53/M
2 *	Deveona Alexander	Demotte IN	55	2188	57	1:33:35.6	10:04/M
3 *	Valerie Adams	Valparaiso IN	57	9997	78	1:46:28.8	11:27/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 *	Ken Borowski	Saint John IN	55	2349	18	1:13:50.4	7:56/M
2 *	Carl Stopper	South Bend IN	56	2295	43	1:27:33.7	9:25/M
3 *	Wade Boise	Chesterton IN	58	9981	70	1:39:50.7	10:44/M
4	Robert Dahlgren	Valparaiso IN	56	2495	71	1:40:11.3	10:46/M
5	Steve Sanchez	Portage IN	58	2274	87	1:55:22.8	12:24/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 *	Shelly Kinder	Mishawaka IN	61	2412	45	1:28:00.1	9:28/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 *	Phillip Newberry	Kankakee IL	60	2415	41	1:26:14.1	9:16/M
2 *	Tom Fela	Chesterton IN	60	9955	55	1:32:11.7	9:55/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 *	Joanne Baitup	Valparaiso IN	66	2257	51	1:31:11.7	9:48/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

15K

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 *	Bill Meece	Munster IN	66	2413	12	1:10:32.9	7:35/M
2 *	Brian Chorba	Valparaiso IN	66	2255	16	1:13:17.8	7:53/M
3 *	Ken Stelter	La Porte IN	65	9974	36	1:23:01.9	8:56/M
4	Paul McGrath	Hammond IN	65	2313	39	1:25:56.6	9:14/M
5	Richard Ackerman	Huntington IN	69	9971	58	1:33:43.7	10:05/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 *	Martha Kearney	Chesterton IN	70	2288	69	1:39:48.5	10:44/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	76	2287	76	1:46:03.5	11:24/M
2 *	Richard Hug	Valparaiso IN	76	2175	83	1:54:13.5	12:17/M