

# 2023 Race the Region Valentine's 5K

## Age Group Results

**5K Run**

Race Date  
February 05, 2023

### Male Open Winners

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Ekagra Agarwal	Porter IN	1844	32	1	16:32.8	16:35.6	5:20/M

### Female Open Winners

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Elizabeth Ehrhardt	Hobart IN	9945	17	6	19:11.5	19:12.6	6:11/M

### Male Masters Winners

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Luke Starkey	Valparaiso IN	1836	41	8	19:52.3	20:29.2	6:25/M

### Female Masters Winners

						-----Total-----		
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Elaine Hendricks	Valparaiso IN	1257	65	40	23:27.7	23:29.1	7:34/M

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### Male 10 and Under

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Abram Rausch	Chesterton IN	1756	9	57	24:12.0	24:30.8		7:48/M	
2	* Lucas Torres	Valparaiso IN	9926	8	59	24:22.9	24:27.1		7:52/M	
3	* Ian Myers	New Carlisle IN	1214	9	118	29:19.6	29:26.8		9:28/M	
4	Leo Myers	New Carlisle IN	1215	6	128	30:01.5	30:10.4		9:41/M	
5	Sawyer Evans-White	Valparaiso IN	9940	9	138	30:48.3	30:59.5		9:56/M	
6	Cody Trudeau	Valparaiso IN	9922	8	202	35:51.9	36:13.5		11:34/M	
7	Charlie Kominakis	Valparaiso IN	1303	7	229	37:46.4	38:04.3		12:11/M	
8	Brighton Osterman	Tippecanoe IN	1716	7	231	37:52.7	38:44.8		12:13/M	

### Female 10 and Under

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Addy Howton	Chesterton IN	1330	8	134	30:29.7	30:40.5		9:50/M	
2	* Cecily Massey	Hobart IN	1744	9	153	32:04.5	32:23.4		10:21/M	
3	* Tessa Stephens	Valparaiso IN	1324	7	204	36:03.9	36:33.2		11:38/M	
4	Addison Martin	Valparaiso IN	1356	8	238	38:29.6	38:58.9		12:25/M	
5	Valerie Donahue	Valparaiso IN	1241	9	311	1:00:11.4	1:03:32.8		19:25/M	

### Male 11 to 12

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Carson Bowman	Valparaiso IN	1293	12	76	25:46.2	26:10.7		8:19/M	
2	* Mateo Gonzalez	Lake Station IN	1313	12	214	36:36.8	36:48.6		11:49/M	

### Female 11 to 12

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Layla Massey	Hobart IN	1743	12	89	26:45.9	27:02.2		8:38/M	
2	* Mikaela Pusateri	Aurora IL	1720	11	255	40:19.8	41:11.7		13:01/M	
3	* Audrey Donahue	Valparaiso IN	1240	12	315	1:00:33.2	1:03:54.5		19:32/M	

### Male 13 to 14

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Landen Emerson	Valparaiso IN	9934	14	11	20:02.5	20:05.9		6:28/M	
2	* Andrew Camp	Valparaiso IN	1759	13	17	21:21.9	21:23.6		6:54/M	
3	* Madden Hartz	Valparaiso IN	1207	14	42	23:31.1	23:56.1		7:35/M	
4	Conner Donahue	Valparaiso IN	1239	13	312	1:00:18.5	1:03:40.4		19:27/M	

### Female 13 to 14

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Krista Sytsma	Demotte IN	1210	14	10	19:58.6	20:00.8		6:27/M	
2	* Marin Anderson	Valparaiso IN	1219	14	69	25:19.0	25:21.4		8:10/M	
3	* Emilia Massey	Hobart IN	1741	14	72	25:36.7	25:53.3		8:16/M	
4	Anais Gonzalez	Lake Station IN	1312	14	272	46:38.2	46:49.7		15:03/M	

### Male 15 to 19

									-----Total-----	
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time		Pace	
1	* Nathaniel Malchow	Valparaiso IN	1714	17	2	16:46.3	16:47.5		5:25/M	
2	* Ryan Sandberg	Cedar Lake IN	1832	15	3	16:54.3	16:56.6		5:27/M	

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### Male 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
3	* Owen Stankich	Hobart IN	1735	16	5	18:29.7	18:30.9	5:58/M
4	Tyge Buxbaum	Valparaiso IN	1775	19	9	19:57.5	19:58.6	6:26/M
5	Thomas Rosales	Crown Point IN	1818	18	151	31:43.5	34:11.5	10:14/M
6	Alex Wolfe	Hobart IN	1729	18	303	54:10.2	54:29.6	17:28/M

### Female 15 to 19

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Anika Anderson	Valparaiso IN	1220	16	7	19:32.2	19:33.7	6:18/M
2	* Angela Coulopoulos	Valparaiso IN	1774	16	16	20:59.5	21:00.8	6:46/M
3	* Addison Waddell	Crown Point IN	1280	15	43	23:33.0	23:36.6	7:36/M
4	Audrey Turley	Hobart IN	1783	15	73	25:37.0	25:53.2	8:16/M
5	Abigail Sedevic	Valparaiso IN	9949	15	74	25:41.5	25:48.2	8:17/M
6	Emalee Greenboam-Berg	Valparaiso IN	1274	18	95	27:19.4	27:32.2	8:49/M

### Male 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Hunter Stemmler	La Porte IN	1829	22	29	22:47.3	23:44.1	7:21/M
2	* Kyle Wright	Hebron IN	1283	24	31	22:54.0	23:01.8	7:23/M
3	* Kyler Metzcus	Crown Point IN	1812	23	87	26:37.6	26:54.3	8:35/M
4	Alex Rettker	Crown Point IN	1249	24	93	27:09.8	27:25.8	8:46/M
5	Joseph Tosch	Hobart IN	1808	24	298	50:58.5	51:18.8	16:27/M

### Female 20 to 24

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Kathleen Neal	Valparaiso IN	1202	23	52	23:56.7	24:02.8	7:43/M
2	* Renee Martin	Valparaiso IN	1271	24	114	29:09.0	29:15.3	9:24/M
3	* Jordyn Bloode	New Carlisle IN	1212	22	117	29:19.1	29:26.3	9:27/M
4	Shannon Bowen	Valparaiso IN	1822	24	122	29:45.4	30:07.2	9:36/M
5	Emily Donaldson	Valparaiso IN	1838	23	207	36:07.6	36:26.2	11:39/M
6	Addison Rozwara	Valparaiso IN	1246	23	212	36:30.4	36:57.7	11:47/M
7	Sarah Zygmuntowski	La Porte IN	1318	24	246	39:17.7	39:54.1	12:41/M
8	Melanie Priestly	Hobart IN	1806	23	299	51:01.9	51:21.6	16:28/M
9	Caitlyn Epley	Wheatfield IN	1754	20	305	54:42.1	55:21.5	17:39/M

### Male 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Andrew Jankowski	Warsaw IN	9932	27	4	18:16.4	18:18.1	5:54/M
2	* Levi Benton	Middlebury IN	1723	28	44	23:35.4	23:37.6	7:37/M
3	* Timothy Ramsey	Chesterton IN	1781	26	49	23:48.7	23:57.1	7:41/M
4	Alex Giurovici	Chesterton IN	1726	28	85	26:21.9	26:47.8	8:30/M
5	Estefan Cordova	Valparaiso IN	9942	29	188	35:05.5	35:35.2	11:19/M

### Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Rachael Jenks	Chesterton IN	1282	28	33	23:00.5	23:02.6	7:25/M
2	* Natalie Roe	Valparaiso IN	1800	27	67	25:03.3	25:20.8	8:05/M
3	* Tara Beere	Valparaiso IN	1284	26	108	28:23.5	29:07.2	9:10/M
4	Andrea Kilgore	Valparaiso IN	9941	27	187	35:05.4	35:34.8	11:19/M
5	Darya Maroz	Chesterton IN	1727	26	192	35:09.6	35:34.8	11:21/M
6	Allie Hill	Crown Point IN	1248	25	193	35:23.6	35:39.2	11:25/M
7	Crystal Edwards	Portage IN	1811	29	198	35:33.7	35:46.5	11:28/M

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## 5K Run

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### Female 25 to 29

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
8	Laura Cloud	Portage IN	1276	29	210	36:30.1	36:50.8	11:47/M
9	Haley Thoreson	Crown Point IN	1821	27	223	37:28.5	37:46.7	12:05/M
10	Lauren Zubrick	Dyer IN	9924	29	242	38:53.8	39:19.5	12:33/M
11	Jamie Major	Portage IN	1352	27	248	39:35.1	40:01.5	12:46/M

### Male 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Chad Passarelli	Valparaiso IN	9928	33	12	20:21.8	20:25.7	6:34/M
2	* Kyle Kerr	Valparaiso IN	9936	31	20	21:43.7	22:07.8	7:01/M
3	* Evan Fox	Valparaiso IN	1278	32	22	22:14.3	22:26.1	7:10/M
4	Matthew Ahrens	Lombard IL	1815	32	24	22:16.8	22:23.9	7:11/M
5	Wojciech Kubas	La Porte IN	1797	30	36	23:12.0	23:15.8	7:29/M
6	Robert Johnson	Michigan City IN	1807	33	94	27:18.7	27:52.8	8:49/M
7	Lucas Bormann	Valparaiso IN	1272	34	106	28:16.2	28:21.8	9:07/M
8	Charles Detraz	Valparaiso IN	1788	32	168	33:03.6	33:54.2	10:40/M
9	Shaun Zoladz	Hobart IN	9925	34	178	34:03.6	34:11.2	10:59/M

### Female 30 to 34

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Brittany Fozkos	Valparaiso IN	9935	32	32	22:59.3	23:23.8	7:25/M
2	* Corinne Balbo	Valparaiso IN	1730	32	53	23:57.7	24:05.6	7:44/M
3	* Amy Maclejewski	Hammond IN	1705	32	54	23:59.9	24:01.8	7:44/M
4	Laura Fennell	Valparaiso IN	1805	34	61	24:28.7	24:33.4	7:54/M
5	Samantha Bartucci	Merrillville IN	1813	33	63	24:29.9	24:35.8	7:54/M
6	Rachael Payne	Kouts IN	1341	34	97	27:44.1	27:59.5	8:57/M
7	Kristen Wozniak	Michigan City IN	1804	31	101	28:10.7	28:17.2	9:05/M
8	Michelle Bulington	Valparaiso IN	1277	32	112	29:01.5	29:13.3	9:22/M
9	Laura Myers	Wheatfield IN	1736	33	123	29:50.2	30:01.4	9:38/M
10	Audrieana Taddei	Valparaisovalparaiso IN	1828	30	144	31:06.2	32:03.8	10:02/M
11	Madelin Zahrn	La Porte IN	1731	31	156	32:13.5	32:21.4	10:24/M
12	Molly Oros	Valparaiso IN	1306	33	157	32:16.6	32:34.6	10:25/M
13	Staci Sgouroudis	Valparaiso IN	1273	30	159	32:25.4	32:38.2	10:28/M
14	Joanna Groth	Schererville IN	1830	34	160	32:26.6	32:41.3	10:28/M
15	Samantha Bosacki	Chicago IL	1764	33	169	33:05.8	33:18.8	10:41/M
16	Jennifer Sandberg	Cedar Lake IN	1831	34	179	34:13.7	34:51.4	11:03/M
17	Tati Yurconic	Chesterton IN	9943	33	189	35:07.2	35:29.1	11:20/M
18	Erica Weltmeyer	Kouts IN	1725	31	195	35:32.1	35:57.2	11:28/M
19	Jennifer Conner	Chesterton IN	1252	34	208	36:22.9	37:09.7	11:44/M
20	Michelle Heims	North Judson IN	1837	34	219	37:15.0	38:35.4	12:01/M
21	Laura Corbett	Crown Point IN	1824	33	221	37:18.6	37:39.8	12:02/M
22	Jennifer Ahrens	Lombard IL	1814	31	234	38:08.0	38:45.5	12:18/M
23	Angelina Marerro-Dailey	Portage IN	1346	33	244	39:14.4	40:04.6	12:39/M
24	Ashley Whited	Wheatfield IN	1823	34	250	39:42.3	40:23.6	12:48/M
25	Karen Bjonback	La Porte IN	1833	34	259	40:46.4	42:41.2	13:09/M
26	Kathleen Vangilder	Hammond IN	1758	31	271	45:14.7	45:31.9	14:36/M

### Male 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* David Tomes	Chicago IL	1331	38	14	20:38.4	20:47.2	6:40/M
2	* Robert Fozkos	Valparaiso IN	1326	36	21	22:03.8	22:08.1	7:07/M
3	* Eric Raef	Valparaiso IN	1289	35	27	22:23.9	22:43.3	7:14/M
4	Gregory Warrell	Highland IN	1793	35	37	23:19.6	23:27.5	7:31/M
5	Matthew Jenetopoulos	Valparaiso IN	1721	36	41	23:28.8	23:41.7	7:34/M
6	Ryan Gish	Valparaiso IN	1776	36	75	25:45.0	26:16.1	8:18/M
7	Justin Rhorer	Chesterton IN	1753	36	81	26:01.5	26:15.1	8:24/M
8	Adam White	Valparaiso IN	9939	38	139	30:49.7	31:00.3	9:57/M
9	Ronald Hatch	Lowell IN	1750	38	146	31:11.3	31:20.8	10:04/M
10	Alex Mihail	Hobart IN	1254	38	172	33:25.5	33:56.5	10:47/M
11	Bill Wagner	Demotte IN	1819	35	173	33:28.9	33:33.1	10:48/M
12	Steven Schulz	Portage IN	1761	39	201	35:47.4	36:16.2	11:33/M
13	Kevin Conner	Chesterton IN	1253	38	209	36:23.1	37:09.7	11:44/M

# 2023 Race the Region Valentine's 5K

## Age Group Results

## 5K Run

Race Date  
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### Male 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
14	Andrew Martin	Akron OH	1357	35	239	38:30.1	38:58.9	12:25/M

### Female 35 to 39

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Reva Johnson	Chesterton IN	1737	35	15	20:56.1	20:58.4	6:45/M
2	* Laura Seegers	Demotte IN	1817	37	62	24:29.0	24:33.2	7:54/M
3	* Lauren Niemcewicz	Portage IN	1765	39	80	26:01.1	26:14.9	8:24/M
4	Jaclyn Barkow	Valparaiso IN	1841	39	103	28:12.7	28:32.5	9:06/M
5	Samantha Oaf	Hobart IN	1251	35	110	28:48.6	29:20.2	9:18/M
6	Ashley Hall	Valparaiso IN	1773	37	116	29:17.3	29:34.8	9:27/M
7	Trisha Baldazo	Crown Point IN	1763	36	121	29:38.4	32:06.4	9:34/M
8	Kristen Bonkoski	Valparaiso IN	1250	39	133	30:29.4	30:42.9	9:50/M
9	Misty Hatch	Lowell IN	1748	38	142	31:04.9	31:14.5	10:02/M
10	Leslie Millsap	Valparaiso IN	1787	39	152	31:47.1	32:00.7	10:15/M
11	Lindsey Stammers	Dyer IN	1738	36	164	32:40.3	33:00.7	10:32/M
12	Tesa Emmart	Gary IN	1225	37	176	33:48.2	34:00.9	10:54/M
13	Kaitlyn Deehr	Chesterton IN	1795	35	177	34:03.3	34:10.8	10:59/M
14	Valerie Pendergast	Michigan City IN	1809	38	182	34:38.8	35:12.5	11:11/M
15	Grace Kellett	Crown Point IN	1816	36	186	35:03.6	37:31.7	11:19/M
16	Katie Watson	Valparaiso IN	1259	36	196	35:33.4	35:51.5	11:28/M
17	Katie Trudeau	Valparaiso IN	9921	35	200	35:47.3	36:08.3	11:33/M
18	Jess Stephens	Valparaiso IN	1323	36	203	36:01.1	36:28.9	11:37/M
19	Jillian Allen	Valparaiso IN	1777	38	222	37:20.4	37:47.3	12:03/M
20	Jessica Thompson	Burns Harbor IN	1740	38	230	37:52.1	38:45.2	12:13/M
21	Alyse Kominakis	Valparaiso IN	1302	35	232	37:53.6	38:11.2	12:13/M
22	Lindy Adams Brockman	Valparaiso IN	1231	39	263	43:10.9	43:39.1	13:56/M
23	Kayla Pool	Chesterton IN	1825	35	274	46:45.7	47:21.3	15:05/M
24	Amy Janik	Highland IN	1739	37	281	47:52.7	48:12.4	15:27/M
25	Lyndsay Bowman	Valparaiso IN	1294	39	286	48:57.7	49:28.4	15:48/M
26	Georgina Rivera	Merrillville IN	1835	38	289	49:21.5	49:53.7	15:55/M

### Male 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Aaron Rausch	Chesterton IN	1755	43	18	21:36.9	21:41.1	6:58/M
2	* Andrew Elderkin	Valparaiso IN	1243	43	23	22:15.1	22:25.9	7:11/M
3	* Nick Underwood	Valparasio IN	1827	40	45	23:39.2	23:52.8	7:38/M
4	Mark Sedevic	Valparaiso IN	9948	44	79	25:56.1	26:02.8	8:22/M
5	Christopher Barkow	Valparaiso IN	1840	40	91	26:54.6	27:17.3	8:41/M
6	William Smith	Crown Point IN	1845	40	135	30:31.8	30:50.5	9:51/M
7	Ben Watson	Valparaiso IN	1260	40	197	35:33.4	35:51.5	11:28/M
8	Patrick Dailey	Portage IN	1345	43	245	39:15.4	40:05.7	12:40/M
9	Ron Donahue	Valparaiso IN	1237	41	316	1:00:34.2	1:03:53.8	19:32/M

### Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Amy Hartz	Valparaiso IN	1206	43	47	23:42.7	24:07.7	7:39/M
2	* Bree Snyder	Schaumburg IL	1794	42	65	24:38.1	24:41.1	7:57/M
3	* Kathy Chandler	Portage IN	1349	44	77	25:46.9	25:58.8	8:19/M
4	Marie Borman	Valparaiso IN	1316	40	99	28:01.1	28:16.3	9:02/M
5	Kimberly Mihail	Hobart IN	1255	40	102	28:12.0	28:45.3	9:06/M
6	Sarah Olivarez	Valparaiso IN	1336	42	143	31:05.7	31:26.9	10:02/M
7	Nicole Nelson	Valparaiso IN	1299	42	190	35:08.3	35:14.3	11:20/M
8	Shannon Garrett	Kouts IN	1275	40	213	36:33.8	36:54.2	11:48/M
9	Bethann Fabugais	Valparaiso IN	1321	42	220	37:15.7	38:36.1	12:01/M
10	Keely Bell	Munster IN	1779	44	226	37:35.2	37:59.7	12:07/M
11	Kimberly Jackson	Valparaiso IN	1205	44	237	38:22.5	38:49.2	12:23/M
12	Amanda Sauer	Plymouth IN	1742	40	251	39:49.5	40:04.3	12:51/M
13	Meredith Brockman	Valparaiso IN	1232	42	264	43:14.2	43:43.9	13:57/M
14	Jessica Emerson	Valparaiso IN	9930	42	268	43:52.1	44:30.4	14:09/M
15	Kelli Holland	Valparaiso IN	1270	41	273	46:45.4	47:21.5	15:05/M
16	Melissa Goodall	Saint John IN	1770	41	276	46:57.0	47:20.6	15:09/M

# 2023 Race the Region Valentine's 5K

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## Age Group Results

5K Run

### Female 40 to 44

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
17	Jen Pusateri	Aurora IL	1719	44	279	47:09.4	48:02.4	15:13/M
18	Taylor Kraft Ito	Valparaiso IN	9947	41	280	47:11.0	47:40.9	15:13/M
19	Tiffany Green	Portage IN	1359	41	284	48:16.5	48:53.1	15:34/M
20	Jamie Wolfe	Hobart IN	1728	43	285	48:42.9	49:01.8	15:43/M
21	Belen Suarez	Valparaiso IN	1834	44	288	49:21.5	49:53.7	15:55/M
22	Chrystal Donahue	Valparaiso IN	1238	40	313	1:00:27.6	1:03:48.9	19:30/M

### Male 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* John Bryant	Valparaiso IN	1288	49	13	20:27.0	20:30.5	6:36/M
2	* Joe Stavitzke	Schererville IN	1733	46	19	21:43.2	21:45.8	7:00/M
3	* Dean Lanter	Valparaiso IN	1307	49	25	22:17.9	22:29.8	7:12/M
4	Tim Murphy	Michigan City IN	1802	45	46	23:42.0	24:00.6	7:39/M
5	Josh Pool	Chesterton IN	1826	46	56	24:09.5	24:18.1	7:48/M
6	Michael Hyde	Valparaiso IN	1338	45	88	26:41.9	26:52.1	8:37/M
7	Andy Chavez	Valparaiso IN	1265	47	107	28:16.4	28:28.3	9:07/M
8	David Danford	Hebron IN	1222	48	119	29:21.3	29:55.3	9:28/M
9	Kirk Smart	Morris IL	1706	47	149	31:37.6	31:54.5	10:12/M
10	Michael Hammonds	Valparaiso IN	1285	48	150	31:39.0	32:02.9	10:13/M
11	Sean Lee	Valparaiso IN	1322	49	218	37:11.1	38:32.6	12:00/M

### Female 45 to 49

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Maria Cristina Ibanez Garcia	Valparaiso IN	1223	46	78	25:53.5	26:25.7	8:21/M
2	* Kristin Schumacher	Valparaiso IN	1347	47	82	26:02.6	28:10.1	8:24/M
3	* Sara Bruner	Valparaiso IN	1147	46	83	26:10.3	26:24.9	8:27/M
4	Brenda Chavez	Valparaiso IN	1266	46	98	27:58.6	28:10.1	9:02/M
5	Nancy Packovski	Crown Point IN	1768	46	111	28:52.7	28:58.8	9:19/M
6	Ginger Clark	Valparaiso IN	1211	48	126	29:52.5	30:00.9	9:38/M
7	Becky Kreiger	Kouts IN	1329	49	136	30:32.4	30:42.7	9:51/M
8	Jennifer Osborn	New Carlisle IN	1786	47	140	30:57.5	31:14.8	9:59/M
9	Mary Joe Jaime	Valparaiso IN	9944	46	141	31:00.0	31:11.7	10:00/M
10	Kimberly Anderson	Valparaiso IN	1218	48	148	31:36.1	31:53.5	10:12/M
11	Karen Turner	Valparaiso IN	1337	45	154	32:05.5	32:16.7	10:21/M
12	Holly Casto	Hamlet IN	1317	46	158	32:16.9	32:52.6	10:25/M
13	Cathy Jacobsen	Valparaiso IN	1749	46	183	34:55.2	35:18.2	11:16/M
14	Denise Feece	Plymouth IN	1745	49	184	34:55.6	35:09.7	11:16/M
15	Jill Platipodis	Valparaiso IN	1354	45	191	35:09.1	35:14.3	11:20/M
16	Jessica Manthey	La Porte IN	1839	45	215	36:43.4	37:16.7	11:51/M
17	Amy Turley	Hobart IN	1782	49	292	50:29.3	50:53.9	16:17/M
18	Maxine Stankich	Hobart IN	1734	45	294	50:35.1	50:58.6	16:19/M
19	Lisa Ohanis	Rensselaer IN	1711	48	300	51:11.2	52:43.6	16:31/M
20	Rachel Lakin	Rensselaer IN	1710	46	301	51:20.8	51:44.8	16:34/M
21	Melissa Boomsma	Wheatfield IN	1752	48	304	54:34.2	55:14.6	17:36/M

### Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Mark Connors	Valparaiso IN	9938	50	26	22:23.4	22:25.3	7:13/M
2	* Dave Moyer	Valparaiso IN	1344	53	28	22:33.9	22:43.1	7:17/M
3	* Gregory McNair	Michiana MI	1847	53	34	23:02.3	24:22.2	7:26/M
4	Todd Bailey	Argos IN	1707	54	39	23:26.5	23:28.9	7:34/M
5	Bob Zalud	Valparaiso IN	1204	54	51	23:55.4	24:04.8	7:43/M
6	Jeremy Pape	Valparaiso IN	1292	52	66	25:00.6	25:02.8	8:04/M
7	Alan Jones	Valparaiso IN	1350	52	68	25:06.6	25:16.2	8:06/M
8	Skip (william) Woldt	Valparaiso IN	1328	54	84	26:11.4	26:16.3	8:27/M
9	Scott Sears	Valparaiso IN	1325	54	86	26:24.8	26:27.7	8:31/M
10	Martin Buinicki	Valparaiso IN	1315	50	120	29:34.1	29:44.3	9:32/M
11	Dean Bricker	Hobart IN	1348	51	175	33:47.3	34:21.2	10:54/M
12	Mike Walkowicz	Tippecanoe IN	1715	51	228	37:45.0	38:46.7	12:11/M
13	Cliff Cunningham	Louisville KY	1722	50	254	40:16.4	41:11.5	12:59/M
14	John Claussen	Wanatah IN	1287	52	277	47:00.4	47:23.3	15:10/M

# 2023 Race the Region Valentine's 5K

Race Date

February 05, 2023

## Age Group Results

5K Run

### Male 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
15	Aaron Mikell	Chicago IL	1358	51	283	48:16.3	48:52.7	15:34/M
16	James Emerson	Valparaiso IN	9933	53	308	55:56.9	56:37.3	18:03/M

### Female 50 to 54

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Sue Hill	Crown Point IN	1247	54	96	27:32.2	27:47.8	8:53/M
2	* Francie Bean	Valparaiso IN	1340	51	100	28:03.3	28:18.5	9:03/M
3	* Michele Zurisk	Cedar Lake IN	1305	51	105	28:14.5	29:04.2	9:07/M
4	Dawn Vamos	Valparaiso IN	1772	51	113	29:08.2	29:13.9	9:24/M
5	Paula George	Valparaiso IN	1286	50	137	30:33.2	30:43.9	9:51/M
6	Andrea Killingbeck	La Porte IN	1221	50	147	31:29.5	31:36.2	10:10/M
7	Lisa Rebey	Griffith IN	1746	52	155	32:08.3	32:26.2	10:22/M
8	Kelly Flannery	Valparaiso IN	1310	51	165	32:44.6	32:54.5	10:34/M
9	Cheryl Burdett	Valparaiso IN	1747	50	185	34:55.8	35:18.2	11:16/M
10	Amy Burke	Portage IN	1769	52	205	36:06.8	36:29.7	11:39/M
11	Maria Middleton Nied	Schererville IN	1771	54	206	36:07.5	36:29.7	11:39/M
12	Teresa Weiler	Valparaiso IN	1343	53	235	38:11.9	38:35.4	12:19/M
13	Irena Kubas	Laporte IN	1799	51	240	38:34.0	38:41.9	12:26/M
14	Jo Munro	Valparaiso IN	1355	53	243	39:06.8	40:38.7	12:37/M
15	Shareen Rador	Valparaiso IN	1262	50	247	39:32.4	39:55.9	12:45/M
16	Andreana Gonzalez	Lake Station IN	1311	52	269	44:45.8	44:57.7	14:26/M
17	Barb Garringer	Tippecanoe IN	1713	50	278	47:06.6	47:59.6	15:12/M
18	Andrea Proulx Buinicki	Valparaiso IN	1314	50	306	54:51.2	55:04.5	17:42/M
19	Beverly Vild	Valparaiso IN	1244	53	307	55:47.9	56:13.1	18:00/M
20	Brenda Charron	Valparaiso IN	1245	54	309	56:08.8	56:34.6	18:07/M

### Male 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Ken Borowski	Saint John IN	1703	55	30	22:48.8	22:54.3	7:22/M
2	* Tom Courtney	Portage IN	1757	56	48	23:45.4	23:50.6	7:40/M
3	* Dave Gaughan	Lake Station IN	1810	59	50	23:54.3	23:59.6	7:43/M
4	Nicholas Perkins	Crown Point IN	1712	57	70	25:21.7	25:32.6	8:11/M
5	Jeff Peterson	Grant Park IL	1704	58	129	30:04.7	30:11.2	9:42/M
6	Robert Dahlgren	Valparaiso IN	1846	56	163	32:38.0	33:42.7	10:32/M
7	Tom Mangel	Valparaiso IN	1309	58	166	32:45.8	32:55.6	10:34/M
8	Steve Sanchez	Portage IN	1261	58	211	36:30.4	36:51.6	11:47/M
9	Troy Zygmuntowski	La Porte IN	1320	57	224	37:30.4	38:06.8	12:06/M
10	Martin Max	Hanna IN	1268	57	290	49:40.6	49:49.8	16:01/M
11	Karl Bauer	Valparaiso IN	1279	56	302	51:30.3	52:04.8	16:37/M

### Female 55 to 59

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Julie Young	Valparaiso IN	1300	59	104	28:14.3	28:23.2	9:07/M
2	* Lisa Baljak	Rensselaer IN	1780	55	115	29:13.9	29:29.5	9:26/M
3	* Kelly Bloode	New Carlisle IN	1213	56	125	29:52.2	30:01.1	9:38/M
4	Marianne Groth	St. Joseph MI	1820	59	181	34:38.5	34:50.4	11:11/M
5	Bridget Barnhill	Highland IN	1803	56	225	37:31.0	37:55.5	12:06/M
6	Barbara Ramirez	Valparaiso IN	1335	57	233	37:58.9	40:08.5	12:15/M
7	Jerri Jakich-Ortiz	Chesterton IN	1226	59	236	38:21.5	38:34.2	12:22/M
8	Andrea Rutkowski	Granger IN	1796	59	256	40:24.4	40:28.9	13:02/M
9	Jodi Zygmuntowski	La Porte IN	1319	57	257	40:26.1	41:02.7	13:03/M
10	Sydney Dawson	Valparaiso IN	1281	56	295	50:38.4	50:48.6	16:20/M
11	Tracey Cocking	Crown Point IN	9950	58	310	56:22.9	56:40.5	18:11/M

### Male 60 to 64

		-----Total-----						
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace

# 2023 Race the Region Valentine's 5K

## Age Group Results

## 5K Run

Race Date  
February 05, 2023

### Male 60 to 64

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Dave Young	Valparaiso IN	1301	62	58	24:20.0	24:23.6	7:51/M
2	* David Moore	Ogden Dunes IN	1353	61	60	24:27.8	24:29.5	7:54/M
3	* Phillip Newberry	Kankakee IL	1709	60	71	25:32.1	25:40.3	8:14/M
4	Mark Riley	Crown Point IN	1701	61	92	27:05.2	27:10.8	8:44/M
5	Mike Benton	Middlebury IN	1724	63	194	35:27.3	35:43.9	11:26/M
6	Walter Szymkiewicz	Chicago IL	1333	61	249	39:40.0	40:11.9	12:48/M
7	Thomas Bodlak	Crown Point IN	1334	61	267	43:31.9	44:02.2	14:03/M
8	Tom Fela	Chesterton IN	1216	60	275	46:56.5	47:19.3	15:09/M

### Female 60 to 64

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* April Hardesty	Valparaiso IN	1234	64	130	30:15.2	30:24.8	9:46/M
2	* Sue Brown Nickerson	Valparaiso IN	1304	62	132	30:24.9	30:32.1	9:49/M
3	* Elizabeth Frances	Valparaiso IN	9946	62	145	31:09.2	31:18.5	10:03/M
4	Laura Derrow	Lowell IN	1790	61	171	33:25.5	33:55.9	10:47/M
5	Diane Nietert	Valparaiso IN	9937	62	174	33:33.4	33:44.3	10:50/M
6	Jill Hunt	Valparaiso IN	1258	63	180	34:18.5	34:24.7	11:04/M
7	Lissa Yogan	Valparaiso IN	9931	63	241	38:40.8	38:57.5	12:29/M
8	Karen Gay	Valparaiso IN	1230	62	262	42:35.9	43:05.1	13:45/M
9	Mari Ann Sopcich	Demotte IN	1791	62	287	49:01.8	49:32.4	15:49/M
10	Marianne Mummey	Hobarthobart IN	1784	63	293	50:30.9	50:55.6	16:18/M
11	Lynne Sundwall	Valparaiso IN	1785	62	297	50:54.4	52:28.1	16:25/M
12	Lori Staack	Valparaiso IN	1242	60	314	1:00:32.1	1:03:54.3	19:32/M

### Male 65 to 69

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Brian Chorba	Valparaiso IN	9923	66	35	23:06.0	23:09.3	7:27/M
2	* Mike Daly	Valparaiso IN	1308	67	38	23:21.9	23:24.6	7:32/M
3	* Thomas Kornelik	Crown Point IN	1702	66	55	24:06.3	24:08.8	7:47/M
4	Michael Grochowski	Valparaiso IN	1327	69	109	28:45.8	28:52.2	9:17/M
5	Rich Lapis	Valparaiso IN	1295	65	131	30:17.0	30:42.7	9:46/M
6	Gary Westefer	Chicago IL	1762	67	167	33:01.2	33:21.4	10:39/M
7	James Kintzele	Chesterton IN	1217	69	227	37:44.4	37:56.7	12:10/M
8	Jim Cocking	Crown Point IN	1351	65	265	43:16.4	43:38.1	13:58/M
9	David Parry	Wheeler IN	1264	66	266	43:26.7	43:40.7	14:01/M
10	Doug Wiese	Westville IN	1256	69	282	47:58.2	48:12.6	15:28/M
11	Peter Klaeser	Chesterton IN	1767	66	296	50:38.6	51:16.6	16:20/M

### Female 65 to 69

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* Janet Rotz	Dyer IN	1717	69	161	32:29.1	32:45.3	10:29/M
2	* Carol Parry	Wheeler IN	1263	65	217	36:57.0	37:11.9	11:55/M
3	* Joyce Einikis	Valparaiso IN	1291	67	253	40:04.1	40:19.4	12:56/M
4	Daisy Aburto Martinez	Valparaiso IN	1224	66	260	41:44.9	41:50.9	13:28/M
5	Linda Levenson	Valparaiso IN	1296	68	261	42:27.5	42:43.4	13:42/M
6	Susan Peterson	Albion IN	1798	68	270	44:54.3	45:18.2	14:29/M
7	Irene Rhoda	Valparaiso IN	1732	68	291	50:19.4	51:48.4	16:14/M

### Male 70 to 74

-----Total-----								
Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Pace
1	* George Nietert	Valparaiso IN	1203	70	64	24:33.8	24:37.2	7:55/M
2	* Arvil Howe	South Bend IN	1708	71	90	26:47.8	26:51.3	8:39/M



# 2023 Race the Region Valentine's 5K

## Age Group Results

**5K Run**

Race Date  
February 05, 2023

### Female 70 to 74

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Patty Rose	Valparaiso IN	1269	71	127	29:56.6	30:03.3	9:40/M
2 *	Polly Theising	Valparaiso IN	1297	72	216	36:55.9	37:24.4	11:55/M
3 *	Carol Magill	Chesterton IN	1298	72	258	40:28.9	40:57.5	13:04/M

### Male 75 and Over

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	John Stimley	Michigan City IN	1766	77	170	33:23.2	33:37.6	10:46/M
2 *	Dennis Rotz	Dyer IN	1718	75	199	35:46.8	36:03.3	11:33/M
3 *	Clarence Melion	Portage IN	1201	78	317	1:01:01.2	1:01:44.7	19:41/M
4	David Ralston	Hammond IN	1801	78	318	1:07:01.1	1:07:51.4	21:37/M

### Female 75 and Over

		-----Total-----						
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 *	Jean Jannasch	Valparaiso IN	1792	76	124	29:51.4	29:56.8	9:38/M
2 *	Jean Tolchinsky	Crete IL	1751	77	162	32:32.5	32:55.2	10:30/M
3 *	Linda Perry	Demotte IN	1778	76	252	39:59.1	40:14.9	12:54/M