

2019 Short Run on a Long Day 5K

Age Group Results

Race Date

June 19, 19

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	Britney Kravish		25	2300	7	19:53.6	6:25/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	David Hansen		25	2253	1	17:06.5	5:31/M

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Age Group Results

5K Run

Male No Age Provided

<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 Gibertini		0	2228	70	24:27.6	7:53/M

Female 1 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 *	Maura Hanrahan		13	2250	8	19:57.1	6:26/M
2 *	Lily Molloy		13	2353	21	21:13.9	6:51/M
3	Nia Harrington		13	2562	22	21:14.8	6:51/M
4	Ava Conway		14	2165	59	23:25.7	7:33/M
5	Kylie LaMonto		13	2303	71	24:31.5	7:55/M
6	Stephanie LaMonto		14	2304	75	24:41.4	7:58/M
7	Elise Briese		14	2135	150	28:28.5	9:11/M
8	aubrey shipman		14	2440	192	30:59.5	10:00/M
9	Molly Smith		14	2451	214	32:16.4	10:25/M
10	Madison Dziedzic		14	2201	225	32:27.1	10:28/M
11	Clara Leyden		14	2314	251	33:43.6	10:53/M
12	Lyla Lahey		8	9607	253	33:45.4	10:53/M
13	Brynn Bailey		14	2556	256	33:47.5	10:54/M
14	Madeline Rumbaugh		14	2424	269	34:38.6	11:11/M
15	Lola Ponaelicek		14	2560	286	35:45.8	11:32/M
16	Lexi Sweany		10	6865	292	36:04.7	11:38/M
17	Catherine Gardner		14	2223	294	36:06.4	11:39/M
18	Brisa Sida		12	2441	318	37:44.6	12:11/M
19	Madison Kohler		14	2293	332	39:36.6	12:47/M
20	Leah Delejewski		14	2180	337	40:31.1	13:04/M
21	Peyton Komer		14	2296	370	51:24.5	16:35/M
22	Meghan Chay		9	2155	397	56:15.3	18:09/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 *	MYLES WEDIC		14	2508	5	19:22.6	6:15/M
2 *	Sean Hanrahan		12	2252	9	19:59.5	6:27/M
3	Evan White		9	9658	10	20:16.1	6:32/M
4	Victor Antomez		14	2548	44	22:29.5	7:15/M
5	Neil Somerfield		14	2457	63	23:41.8	7:39/M
6	Kevin Paredes		14	2387	69	24:03.4	7:46/M
7	Carter Bohash		13	2128	82	25:11.4	8:08/M
8	Kyle Arnold		14	2108	92	25:37.8	8:16/M
9	Tommy Leyden		14	2312	101	26:21.8	8:30/M

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5K Run

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>
10	Daniel Moses		14	2363	107	26:40.7	8:36/M
11	Logan Lahey		10	9672	109	26:45.4	8:38/M
12	Max Zerial		14	2531	141	28:04.5	9:03/M
13	Jonathan Skopek		14	2447	144	28:17.5	9:08/M
14	CJ Strejc		14	2468	149	28:27.2	9:11/M
15	Quinlan Leyden		14	2313	154	28:32.5	9:12/M
16	Harrison Smith		14	2455	203	31:41.2	10:13/M
17	Lucas Minks		7	2541	209	31:56.7	10:18/M
18	Brandon Drees		14	2196	224	32:26.5	10:28/M
19	Nathan Mohorek		7	2547	248	33:34.3	10:50/M
20	Landen Holba		14	2268	293	36:05.5	11:39/M
21	Ethan Minks		10	2542	296	36:24.2	11:45/M
22	Austin Drees		14	2195	320	37:46.4	12:11/M
23	Jayden Holba		10	6972	327	39:14.1	12:39/M
24	Kevin Kohler		14	2294	331	39:36.4	12:47/M
25	Jacob Chay		14	2158	396	56:12.9	18:08/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	* Lauren Spengler		15	2458	47	22:47.8	7:21/M
2	* Heidi Knispel		15	2289	56	22:58.2	7:25/M
3	Natalie LaMonto		18	2305	72	24:31.7	7:55/M
4	Miranda Kosek		15	2298	132	27:40.5	8:56/M
5	Sophia Reyes		15	2407	157	28:40.2	9:15/M
6	Samantha Peterocelli		19	2393	160	28:49.2	9:18/M
7	carly shipman		15	2439	193	30:59.5	10:00/M
8	Piper Mullaney		15	2366	200	31:32.9	10:11/M
9	Stephanie VanWitzenburg		19	2492	207	31:53.2	10:17/M
10	Addison Cumbee		15	2171	285	35:44.7	11:32/M
11	Maria Sterr		15	2462	347	42:40.1	13:46/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	* Jacob Lexow		15	6204	12	20:28.7	6:36/M
2	* Zachary Casper		15	2148	15	20:48.8	6:43/M
3	Matthew Chay		18	2157	35	22:13.3	7:10/M
4	Brian Matton		15	2332	55	22:58.1	7:25/M

2019 Short Run on a Long Day 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>
1	* Sierra Scanlan		20	2429	23	21:19.5	6:53/M
2	* Diana Vinihakis		20	2498	223	32:24.7	10:27/M
3	Martha Montes		20	2355	386	54:04.1	17:27/M
4	Aubrey Toosley		20	2488	390	54:26.2	17:34/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	* Jake West		20	2513	2	18:00.3	5:49/M
2	* Nicholas Ferracult		22	2207	58	23:23.6	7:33/M
3	Tyler Deboer		20	2178	111	26:51.1	8:40/M
4	Jack Chasteen		20	2153	183	29:57.2	9:40/M
5	Robert Villarreal		24	2496	210	32:06.1	10:21/M
6	Abel Sida		21	2442	317	37:44.6	12:11/M
7	Erich Montoya		24	2359	375	51:41.5	16:41/M
8	Phil Grandison		23	2237	394	55:17.2	17:50/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	* Kara Dorn		25	2187	136	27:44.4	8:57/M
2	* Brooke Miller		25	2345	158	28:43.5	9:16/M
3	Abby Giovanazzi		25	2231	164	28:57.7	9:21/M
4	Cara Anderson		25	2105	165	28:57.7	9:21/M
5	Michelle Zakula		25	2527	172	29:35.5	9:33/M
6	Allison Lewis		25	2310	184	30:03.7	9:42/M
7	Heather Giordano		25	2230	194	31:04.9	10:02/M
8	Carissa Jay		25	2277	245	33:26.1	10:47/M
9	JoAnna Zapata		25	2528	249	33:35.7	10:50/M
10	Brianna Hanley		25	2247	261	34:08.5	11:01/M
11	Paige JoAnne DePaola		25	2186	268	34:37.4	11:10/M
12	Dayna Smith		26	2544	279	34:59.8	11:17/M
13	Caitlin Davis		25	2177	282	35:14.8	11:22/M
14	Sara Miller		25	2346	288	35:59.5	11:37/M
15	Kristina Verduyn		25	2494	348	42:48.9	13:49/M
16	Brianne Vandenberg		27	2540	361	49:06.6	15:51/M
17	Amber Willingham		26	2519	395	55:17.8	17:50/M

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Age Group Results

5K Run

Male 25 to 29

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Stacy Lutnie		27	9673	3	18:08.3	5:51/M
2	* Thodoris Tsoifwtos		25	2489	28	21:40.2	6:59/M
3	Billy Miller		25	2347	32	22:08.3	7:08/M
4	Jacob Dorn		25	2188	38	22:15.8	7:11/M
5	Brandon Dravish		27	2193	96	26:02.4	8:24/M
6	Benjamin Clark		25	2162	102	26:25.2	8:31/M
7	Kyle Johnson		25	2281	106	26:35.4	8:35/M
8	Kyle Clemens		25	2163	130	27:33.2	8:53/M
9	Eli Way		25	2506	371	51:24.6	16:35/M

Female 30 to 34

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Kate Berka		30	2121	34	22:11.9	7:10/M
2	* Michelle Pawela		30	2390	88	25:27.5	8:13/M
3	Kristin Swiech		30	2476	95	25:53.8	8:21/M
4	Katie Cimonetti		30	2160	99	26:09.2	8:26/M
5	Ashley Hausmann		30	2257	119	27:11.7	8:46/M
6	Patricia Pajac		30	2386	129	27:32.7	8:53/M
7	Brittney Bolhuis		30	2129	140	28:00.7	9:02/M
8	Joanna Malek		30	2325	159	28:45.2	9:17/M
9	Kelli Merlo		32	2341	166	28:58.7	9:21/M
10	Katie Kozar		33	2569	173	29:36.1	9:33/M
11	Stephanie Hasan		30	2256	190	30:30.9	9:51/M
12	Lindsay Quigley		30	2401	195	31:07.2	10:02/M
13	Nicole Kohlbacher		30	2290	206	31:51.7	10:17/M
14	Tara Halicki		30	2244	220	32:20.8	10:26/M
15	Jessica Schumann		30	2431	237	33:02.2	10:39/M
16	Katie Krol		30	2301	263	34:12.7	11:02/M
17	Kayleen Parker		30	2388	304	36:51.7	11:53/M
18	Danielle Linn		30	2315	305	36:51.7	11:53/M
19	Abby Jarchow		30	2274	309	37:04.2	11:57/M
20	Amanda Oti		32	2573	310	37:05.4	11:58/M
21	Lindsey Neville		33	2574	311	37:05.6	11:58/M
22	Nicki Gloude		30	2232	313	37:06.6	11:58/M
23	Kelly May		34	2334	316	37:33.7	12:07/M
24	Cassidy Smith		31	2449	333	39:50.4	12:51/M
25	Nicole Harris		30	2255	345	42:11.9	13:37/M
26	cassandra Reid		30	2406	368	49:40.2	16:01/M
27	Nicole Mathias		30	2331	380	53:07.5	17:08/M
28	Amy Boyer		30	2133	381	53:08.3	17:08/M

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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>
29	Christine Staadt		30	2459	384	54:03.9	17:26/M
30	Brittany Vickers		30	2495	385	54:04.1	17:26/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 *	Kyle Kirchner		30	2567	24	21:23.2	6:54/M
2 *	Butch Aleck		30	2102	30	21:48.5	7:02/M
3	Brendan Mulheran		30	2566	41	22:22.5	7:13/M
4	Logan Gilbertsen		30	2229	50	22:52.5	7:23/M
5	Max Lognion		30	2316	54	22:57.8	7:24/M
6	Chris Schumann		30	2432	90	25:34.5	8:15/M
7	William Fage		33	2558	112	26:52.2	8:40/M
8	Riley Glester		32	2572	117	27:02.7	8:43/M
9	Nathan Evans		34	2543	211	32:08.8	10:22/M
10	Chris Jarchow		30	2275	231	32:41.2	10:33/M
11	Justin Kozar		34	2570	242	33:18.6	10:45/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 *	Candace Raddatz		35	2402	40	22:21.3	7:13/M
2 *	Kelly Lynn		35	2321	45	22:29.7	7:15/M
3	Lisa Olszewski		35	2382	78	24:54.4	8:02/M
4	Jennifer Johnson		35	2278	85	25:24.8	8:12/M
5	Mary Regan		35	2549	91	25:35.5	8:15/M
6	Amanda Bostjancic		35	2131	100	26:14.5	8:28/M
7	Kristen Moses		35	2361	108	26:41.3	8:37/M
8	Gina Halvorson		35	2246	123	27:17.6	8:48/M
9	Jennifer Brachman		35	2134	124	27:17.7	8:48/M
10	Deanna Rivas		35	2412	125	27:17.7	8:48/M
11	Julie Mescher		35	2342	127	27:22.7	8:50/M
12	AShley Wang-Warren		35	2505	133	27:41.2	8:56/M
13	Janet Lepore		35	2306	139	28:00.5	9:02/M
14	jennifer siears		35	2443	142	28:09.2	9:05/M
15	Katie Adair		36	2101	146	28:21.8	9:09/M
16	Kristin Murphy		35	2370	167	29:02.1	9:22/M
17	Michelle Marinello		35	2328	177	29:47.2	9:37/M
18	Jacqueline major		35	2322	181	29:49.2	9:37/M
19	Therese McCady		38	9630	186	30:15.5	9:46/M

2019 Short Run on a Long Day 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>
20	Cynthia Ortiz		35	2384	188	30:29.5	9:50/M
21	denise perez-johnson		35	2391	198	31:24.7	10:08/M
22	Katherine Udstuen		35	2490	217	32:18.5	10:25/M
23	Jana Hagemaster		35	2242	218	32:19.1	10:26/M
24	samantha goryl		35	2236	219	32:20.4	10:26/M
25	Tracey Dralle		35	2192	226	32:27.7	10:28/M
26	Julie Kurzweil		35	2302	227	32:30.9	10:29/M
27	Ny Videna		39	2565	229	32:38.3	10:32/M
28	Kara Noble		35	2378	230	32:39.5	10:32/M
29	Michelle Ziesmer		35	2532	234	32:55.2	10:37/M
30	Megan Svetkovich		35	2473	235	32:55.7	10:37/M
31	Rebecca Merichko		35	2340	252	33:44.4	10:53/M
32	Jillian Wojciechowski		35	2520	262	34:09.8	11:01/M
33	Kathy Preston		35	2399	264	34:13.2	11:02/M
34	Maggie Widlak		35	2517	265	34:13.2	11:02/M
35	Jessica Petrow		35	2394	271	34:40.4	11:11/M
36	Amy Kens		35	2286	276	34:55.4	11:16/M
37	Maura Rigoni		38	9643	278	34:59.6	11:17/M
38	Tina Holba		35	2267	291	36:04.1	11:38/M
39	Anne Wazny		35	2507	299	36:33.5	11:48/M
40	Katie Quesnel		35	2400	303	36:49.7	11:53/M
41	Julie Finn		35	2208	306	37:00.1	11:56/M
42	Carolyn Rozdzynski		35	2422	307	37:00.1	11:56/M
43	Melissa Vlachos		35	2502	308	37:01.3	11:57/M
44	Megan Sutter		35	2471	312	37:06.4	11:58/M
45	Tiffany Siunnola		39	9670	315	37:33.2	12:07/M
46	Carole Delejewski		35	2179	338	40:44.5	13:09/M
47	Lisa Chikerotis		35	2159	349	44:08.8	14:14/M
48	Kristy Milazzo		35	2344	350	44:09.1	14:15/M
49	Elizabeth Walsh		35	2504	359	48:37.9	15:41/M
50	Beth Wicklander		35	2516	367	49:39.8	16:01/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	* stephen stolzenbach		35	2466	4	18:54.1	6:06/M
2	* John Rafter		35	2405	13	20:37.5	6:39/M
3	Brian Hagemaster		35	2243	17	20:53.7	6:44/M
4	Justin Lohrens		35	2318	18	20:54.9	6:45/M
5	John Rose		35	2419	27	21:39.7	6:59/M
6	Tom Jordan		38	2559	42	22:25.8	7:14/M

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5K Run

Male 35 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
7	Ian Johnson		35	2279	89	25:30.5	8:14/M
8	Andrew Cimonetti		35	2568	98	26:08.4	8:26/M
9	Robert Phelan		35	2396	104	26:30.7	8:33/M
10	Mark Wojciechowski		35	2521	116	27:02.6	8:43/M
11	Matt Halicki		35	2245	120	27:14.4	8:47/M
12	Douglas Moses		35	2362	122	27:17.2	8:48/M
13	Eric Sawatski		36	6983	156	28:38.4	9:14/M
14	Nick Thielman		35	6992	182	29:53.7	9:39/M
15	Scott May		36	2335	191	30:45.1	9:55/M
16	Michael Ruiz		39	2423	221	32:21.1	10:26/M
17	Kevin Rumbaugh		35	2425	270	34:39.4	11:11/M
18	Steven Kois		36	2295	334	39:52.7	12:52/M
19	james Major		35	2323	346	42:21.8	13:40/M

Female 40 to 44

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Melissa Williams		40	2518	16	20:51.9	6:44/M
2	* Kimberly Zehnder		40	2530	53	22:56.4	7:24/M
3	April Syrek		40	2477	65	23:45.6	7:40/M
4	Wendy Jay		44	2276	67	23:50.2	7:41/M
5	Angela Freeman		40	2220	84	25:20.5	8:11/M
6	Jaime Gelfo		40	2224	93	25:48.5	8:20/M
7	Nicole Povalish		40	2398	94	25:49.5	8:20/M
8	Karin Wagner		40	2503	118	27:04.6	8:44/M
9	Carie Ludvik		40	2320	135	27:43.6	8:57/M
10	Kristyn Stang		40	2460	137	27:45.2	8:57/M
11	Mary Skopek		40	2446	148	28:26.4	9:10/M
12	Toni Mohorek		40	2352	151	28:28.7	9:11/M
13	Meagan Weis		40	2511	153	28:30.1	9:12/M
14	Jennifer Edwards		40	2203	162	28:50.1	9:18/M
15	Nicole Hosack		40	2269	169	29:12.9	9:25/M
16	Tara Hanrahan		42	2249	170	29:15.5	9:26/M
17	Teodora Beloreshka		40	2120	185	30:09.3	9:44/M
18	Bobbi Almodovar		40	2103	199	31:30.5	10:10/M
19	Mariza Mazur		40	2336	205	31:49.5	10:16/M
20	Josette Clark		40	2161	216	32:17.7	10:25/M
21	Ginger Jager		40	2273	233	32:51.6	10:36/M
22	Shannon Mullaney		40	2365	243	33:24.3	10:47/M
23	Karyn Tejan		40	2481	244	33:25.5	10:47/M
24	Maria Hull		40	2272	257	33:57.4	10:57/M

2019 Short Run on a Long Day 5K

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>
25	Stacie Lahey		42	9604	275	34:51.2	11:15/M
26	Jen Kelly		40	2284	281	35:11.4	11:21/M
27	Amy Dykstra		40	2199	297	36:31.4	11:47/M
28	Ana Camerano		40	2145	323	38:32.7	12:26/M
29	Julie Simpson		40	2445	339	41:07.6	13:16/M
30	Sarah Bohash		43	2126	342	41:50.6	13:30/M
31	Kim Flannigan		40	2217	366	49:39.4	16:01/M
32	Megan Klozik		40	2287	369	49:41.1	16:02/M
33	Amanda Taylor		40	2480	373	51:35.7	16:39/M
34	Karen Sullivan		43	2470	387	54:06.5	17:27/M
35	Kristy Keipes		40	2283	389	54:10.8	17:29/M
36	Rebecca Cumbee		40	2170	391	54:27.2	17:34/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 O'Donnell		40	2381	14	20:43.3	6:41/M
2 *	Steven Sierra		41	2444	33	22:08.9	7:09/M
3	Chris Roth		40	2420	43	22:27.2	7:15/M
4	Brian Hanrahan		43	2251	46	22:39.9	7:19/M
5	Ryan Raddatz		40	2403	61	23:33.5	7:36/M
6	John Ekdale		40	2205	74	24:36.5	7:56/M
7	Jason Johnson		40	2280	86	25:25.6	8:12/M
8	Paul Bourgeois		40	2132	115	27:01.2	8:43/M
9	David Rigoni		41	9648	168	29:03.5	9:22/M
10	Michael Ziesmer		40	2533	201	31:35.5	10:11/M
11	Scott Mohorek		44	2546	247	33:34.2	10:50/M
12	Kevin Lahey		42	6866	254	33:45.8	10:54/M
13	Thomas Leyden		40	2311	255	33:46.6	10:54/M
14	Ryan Petrow		40	2395	272	34:40.4	11:11/M
15	Dan Komer		40	2297	357	47:32.1	15:20/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 *	Katherine Somerfield		45	2456	64	23:41.9	7:39/M
2 *	Irma Montes		45	2356	68	23:56.6	7:43/M
3	Beverly Bollman		49	2130	76	24:48.7	8:00/M
4	betsy shipman		45	2438	79	24:59.5	8:04/M
5	Jodi Haefner		45	2241	87	25:26.6	8:12/M

2019 Short Run on a Long Day 5K

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>
6	Patty Rickman		45	2409	110	26:50.2	8:39/M
7	Allyson Fernandes		46	2563	147	28:23.3	9:09/M
8	Lisa Conway		45	2164	155	28:37.4	9:14/M
9	Wendy Chasteen		45	2152	232	32:48.5	10:35/M
10	Christie Dziedzic		45	2200	236	32:59.7	10:39/M
11	Diane Earls		45	2202	239	33:13.7	10:43/M
12	Missy Chadan		45	2564	273	34:40.9	11:11/M
13	Lynne Lovell		45	9669	287	35:51.7	11:34/M
14	Jen Ziltz		45	2534	290	36:02.3	11:38/M
15	Sheila McInerney		45	2337	298	36:32.9	11:47/M
16	Tammy Belavich		45	2117	321	37:57.5	12:15/M
17	Aimee Feehery		48	6361	322	38:21.9	12:23/M
18	Desiree Chay		45	2154	329	39:29.7	12:44/M
19	Teresa Cunningham		45	2172	335	40:13.2	12:58/M
20	Susan Flaherty		49	6859	340	41:10.7	13:17/M
21	Tina Kohler		45	2292	351	44:45.1	14:26/M
22	Valerie Swanson		45	2475	365	49:35.4	16:00/M
23	Jenni Gibertini		45	2227	372	51:35.3	16:38/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	* Paul Mitoraj		45	2348	11	20:24.7	6:35/M
2	* Christopher Gale		45	2221	20	21:12.3	6:50/M
3	Daniel Doyle		45	2191	31	21:59.3	7:06/M
4	Charlie Napiwocki		47	6981	49	22:50.5	7:22/M
5	David Maher		47	9631	62	23:39.8	7:38/M
6	Joseph DeMarco		45	2183	103	26:27.3	8:32/M
7	Brian Peteroccell		45	2392	161	28:49.9	9:18/M
8	Philip Levoy		45	2308	171	29:20.7	9:28/M
9	Michael Sterr		45	2463	187	30:29.2	9:50/M
10	Brian Feehery		49	6362	189	30:29.7	9:50/M
11	Rachel Smith		45	2454	204	31:41.6	10:13/M
12	Tyler Smith		45	2453	215	32:16.4	10:25/M
13	Todd Bullington		49	6968	228	32:31.1	10:29/M
14	Jason Deno		47	2555	250	33:40.2	10:52/M
15	Jorge Arroyo		45	2109	259	34:01.1	10:58/M
16	Randy Szymanek		45	2478	266	34:14.7	11:03/M
17	Gregory young		45	2525	277	34:57.1	11:17/M
18	Craig Martinus		45	2330	283	35:29.4	11:27/M
19	George Svetkovich		45	2474	295	36:22.4	11:44/M

2019 Short Run on a Long Day 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>
20	Dan Drees		45	2194	319	37:46.2	12:11/M
21	Ken Coulter		45	2168	393	54:48.2	17:41/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 *	Margaret Marron		50	2329	39	22:16.3	7:11/M
2 *	Anne Smith		50	2450	81	25:08.4	8:07/M
3	LYNDA KENNY		50	2285	105	26:33.3	8:34/M
4	Eileen Lewalski		50	2309	138	27:56.7	9:01/M
5	Vivienne Stapleton		50	2461	143	28:15.5	9:07/M
6	Theresa Steurer		50	2464	145	28:19.7	9:08/M
7	Sonya Levoy		50	2307	163	28:56.5	9:20/M
8	Denise Moss		50	2364	176	29:42.4	9:35/M
9	Maureen Montgomery		50	2358	196	31:07.2	10:02/M
10	Laura Doyle		50	2190	202	31:35.8	10:12/M
11	Theresa Bullington		50	6874	241	33:18.4	10:45/M
12	Anita Murphy		50	2371	258	34:00.5	10:58/M
13	MaryBeth Dorsey		50	2189	260	34:03.4	10:59/M
14	Sophie Follenweider		50	2219	289	36:01.4	11:37/M
15	Teresa Flynn		50	2218	300	36:36.6	11:49/M
16	Laura McQuarters		50	2338	324	38:38.8	12:28/M
17	Brenda Whittler		50	2515	330	39:36.2	12:47/M
18	Patti Vandenberg		50	2539	360	49:06.6	15:51/M
19	Laurie Cerle		50	2151	364	49:35.4	16:00/M
20	Carleen Coulter		50	2167	392	54:47.9	17:41/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 *	Rich Matula		50	2333	19	20:56.8	6:45/M
2 *	Jose Montes		50	2357	37	22:15.2	7:11/M
3	Jerome Nelligan		50	2377	52	22:54.9	7:24/M
4	Tove Doyle		50	6998	57	23:13.2	7:29/M
5	Rudy Cvetkovich		50	2174	60	23:33.3	7:36/M
6	Roy Mize		50	2349	114	26:59.5	8:42/M
7	Richard West		50	2514	128	27:25.5	8:51/M
8	Kent Munro		50	2368	131	27:36.1	8:54/M
9	Kevin Modrich		51	2351	178	29:47.9	9:37/M
10	Violeta Mercado		50	2339	267	34:16.1	11:03/M

2019 Short Run on a Long Day 5K

Age Group Results

5K Run

Race Date

June 19, 19

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>
11	Tom Hanson		50	2254	343	42:02.7	13:34/M
12	Mike Schwaller		51	2434	353	45:56.6	14:49/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	* Shari Cassidy		55	2149	121	27:16.6	8:48/M
2	* Maureen Yuhasz		55	2526	126	27:22.5	8:50/M
3	Judy Fishbaugh		55	2210	179	29:48.5	9:37/M
4	Becky Murry		55	2372	222	32:23.4	10:27/M
5	Margaret Slavik		55	2448	246	33:30.1	10:48/M
6	Virginia Munro		55	2367	274	34:43.7	11:12/M
7	April Veerman		55	2493	302	36:48.4	11:52/M
8	Judy Belcik		55	2118	326	38:48.3	12:31/M
9	Bridget Moran		55	2360	344	42:06.4	13:35/M
10	Litsa Vinihakis		55	2499	382	53:51.7	17:22/M
11	Angela Burman		56	2142	399	57:52.7	18:40/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	* Mike Yohasz		58	2524	6	19:50.6	6:24/M
2	* Chris Hedges		55	2260	25	21:31.7	6:57/M
3	Jamie Parks		55	2389	26	21:39.3	6:59/M
4	Sean Schuster		55	2433	66	23:47.5	7:41/M
5	Donald Fitzgerald		55	2214	97	26:05.4	8:25/M
6	Ed Row		57	2421	134	27:42.4	8:56/M
7	Doug Molski		55	2354	152	28:28.8	9:11/M
8	John Villasenor		55	2497	175	29:42.2	9:35/M
9	Calvin Jordan		55	2282	180	29:48.5	9:37/M
10	Peta Smih		58	2545	280	34:59.9	11:17/M
11	Robert Riggs		55	2410	284	35:29.4	11:27/M
12	Dennis Buxbaum		59	2143	301	36:40.4	11:50/M
13	Raymond Catania		57	2150	314	37:20.2	12:03/M
14	Jeffrey Huish		55	2271	352	45:36.1	14:43/M
15	Mark Klyczek		55	2288	356	46:58.6	15:09/M

2019 Short Run on a Long Day 5K

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>
1 *	Diane Gallagher		60	2222	77	24:54.2	8:02/M
2 *	Mary Roche		60	2413	174	29:41.2	9:35/M
3	Beverlee Dallmann		60	2176	341	41:29.4	13:23/M
4	Kathy Lucas		60	2319	354	46:24.8	14:58/M
5	Carol Hausmann		60	2258	362	49:24.3	15:56/M
6	Carrie Rock		60	2414	374	51:38.8	16:40/M
7	Sharyn Murphy		61	2369	388	54:08.1	17:28/M
8	Phyllis Stuenkel		60	2469	398	56:42.8	18:18/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 *	Brian Tatroe		62	2479	29	21:46.8	7:02/M
2 *	John Belcik		60	2119	36	22:14.8	7:11/M
3	Ray Piksrys		60	2397	48	22:48.9	7:22/M
4	ezio tessari		60	2483	73	24:35.1	7:56/M
5	Louis Truffa		64	2575	80	25:02.7	8:05/M
6	Joe Wernen		64	2571	83	25:14.6	8:09/M
7	Andrew Costin		61	2166	213	32:15.1	10:24/M
8	Mark Yenser		60	2523	240	33:15.4	10:44/M
9	T Neville		60	2561	355	46:48.9	15:06/M
10	Sokrates Vinihakis		60	2500	383	53:52.2	17:23/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 *	Eileen Zito		69	2535	336	40:15.2	12:59/M
2 *	Darcy Welsh		65	2512	358	47:36.4	15:21/M
3	Mary Hufnagl		65	2270	363	49:30.4	15:58/M
4	Minaxi Shah		69	2436	377	51:52.9	16:44/M
5	Rita Lahey		66	2557	378	52:00.8	16:47/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 *	Daniel Barr		65	2111	51	22:53.5	7:23/M
2 *	Willaim Faber		65	2206	113	26:56.9	8:42/M
3	Dan Bullock		65	2138	197	31:20.9	10:07/M
4	Bill Gray		65	2238	208	31:55.2	10:18/M

2019 Short Run on a Long Day 5K

Age Group Results

5K Run

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>
5	Paul Strand		65	2467	212	32:14.5	10:24/M
6	Daryl Dahlberg		68	2175	238	33:13.5	10:43/M
7	Daniel O'Connor		65	2380	325	38:45.4	12:30/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 *	Christine Carey		70	2146	400	1:12:39.4	23:26/M
2 *	Jean Beck		72	2116	401	1:12:39.4	23:26/M
3	Dalia Vakselis		71	2491	402	1:12:44.2	23:28/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 *	Tomm Newton		76	2538	328	39:21.6	12:42/M
2 *	Ken Shah		76	2437	376	51:48.8	16:43/M
3	Ron Wojcik		70	2522	379	52:49.1	17:02/M