

5k Run

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Nate Abaloz	23	1	16:06.0

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Shannon Esper	27	4	18:29.6

Male 14 and under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Marc Palumbo	14	46	55:50.6

Female 14 and under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Kendra Gross	14	7	20:25.1
2	Lacy Birchmeier	14	20	34:11.2
3	Keira Dumas-Knieper	9	27	38:40.6
4	Emily Bruce	13	31	40:46.2
5	Andrea Bruce	14	43	54:39.6
6	Maisa Cummings	13	48	1:01:45.9

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Kyle Jones	19	2	17:10.5
2	Zachary Green	15	40	46:50.3

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Alison Jones	15	42	52:08.0
2	Alexis Palumbo	16	44	54:40.0
3	Lilly Hough	16	45	55:11.8

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Matthew Nagy	22	3	18:00.7
2	Spenser Pawlik	23	13	30:54.9
3	Jose Arizmendi-Gomez	20	32	41:10.2
4	Caleb Hale	20	47	56:21.3

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Caitlyn Buell	21	6	20:16.4
2	April Peera	20	8	20:35.5
3	Ashley Spagnuolo	20	9	21:10.1
4	Krista Deo	23	14	30:55.4
5	Jacqueline Trombley	21	16	33:02.9
6	Caitlin Buscemi	22	18	33:54.7
7	Catherine Bargerstock	24	49	1:01:46.0

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Thomas Fasca	27	21	35:07.8

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Rosalie Goss	28	24	37:25.2
2	Jennifer Buda	29	50	1:01:46.5

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Brian Vankuren	30	12	29:23.4
2	Caleb Wood	32	37	45:26.9

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Alyssia McDonough	31	15	30:57.6
2	Holly Williams	31	33	41:11.9
3	Kerri Wood	32	38	45:27.8

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Matt Gale	35	35	45:06.3

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Michelle Barrett	35	25	37:52.0

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Craig Stevens	44	26	38:37.6

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Heather Wegher	43	10	24:18.4
2	Jaeyong Warner	43	19	33:55.4
3	Jennie Dumas	41	28	38:42.4
4	Melissa Green	44	41	47:15.9

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Gennaro Palumbo	47	30	39:56.7
2	Donney Hale	45	39	46:25.6

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Leslie Palumbo	45	29	39:56.7

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Donald Jacot	54	5	19:38.1
2	Rich Pierce	54	23	36:09.0

Race Date
September 10, 2017

Hero for a day 5k
Age Group Results

5k Run

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Laurie White	51	22	35:37.3

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	John Fiedorek	55	11	27:00.2
2	Shawn McDonogh	58	17	33:40.9

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Sharon Allen	56	36	45:20.7

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1	Harrison Hensley	85	34	42:19.8