

Results of Mind Your Health 5K Run held in Petoskey on May 1, 2010						
Overall Male winner: Kevin Tarras age 27 of Good Hart, Mi with a time of 17:12						
Overall Female winner: Kate Ludlow age 51 of Petoskey time of 21:39						
Male Masters winner: Michael Hempstead age 46 of Petoskey 18:47						
Female Age Group						
Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
5 to 9						
	1	KARLENE HOWARD	9	Boyne Falls, MI	14:01	43:28.00
10 to 14						
	1	JENNELLE ROBERTS	13	Boyne Falls, MI	7:20	22:46.00
20 to 24						
	1	MEGAN SOCIA	24	Gaylord, MI	8:18	25:45.00
	2	DIANA CZAPLICKI	21	Petoskey, MI	8:41	26:56.00
	3	ALISON WESTPHAL	21	Petoskey, MI	8:41	26:58.00
	4	MELEA BULKLEY	23	Cheboygan, MI	8:45	27:08.00
	5	MICHELLE METZGER	23	Petoskey, MI	9:40	30:00.00
	6	LEAH KILPATRICK	22	Levering, MI	9:46	30:17.00
25 to 29						
	1	KRISTIE FRANK	27	Petoskey, MI	7:06	22:03.00
	2	AMANDA EVANS	26	Charlevoix, MI	7:41	23:52.00
	3	REBECCA MURPHY	26	Gaylord, MI	8:21	25:54.00
	4	HEATHER RICE	29	Petoskey, MI	8:23	26:00.00
	5	JESSICA WYNDER	28	Conway, MI	8:23	26:02.00
	6	JAIMEE METZGER	25	Petoskey, MI	8:40	26:55.00
	7	JENNIFER ROOYAKKER	29	Gaylord, MI	8:52	27:30.00
	8	KATE ESKILSEN	29	Elk Rapids, MI	9:44	30:13.00
	9	AMANDA CLARK	25	East Jordan, MI	9:45	30:15.00
	10	HEATHER RALEIGH	27	Petoskey, MI	9:54	30:42.00

Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
30 to 34						
	1	APRIL LEIST	30	Petoskey, MI	7:31	23:19.00
	2	JENNIFER MCKINLEY	30	Gaylord, MI	8:52	27:31.00
	3	MARCELLA KOSS	31	Petoskey, MI	9:24	29:11.00
	4	KELLY KOBANE	33	LIVONIA, MI	11:03	34:18.00
	5	KRISTINE BURMEISTER	31	Charlevoix, MI	13:01	40:23.00
35 to 39						
	1	JILL DECKER	37	Petoskey, MI	9:21	29:00.00
	2	ERINE ERICKSON	39	Petoskey, MI	9:24	29:10.00
	3	JAYNA STEFFEL	38	Petoskey, MI	9:48	30:24.00
	4	VICKIE ABEL	36	Petoskey, MI	12:10	37:44.00
40 to 44						
	1	JANET RAMSAY	43	Cheboygan, MI	8:16	25:38.00
	2	ADRIANE AGRIA	43	Unknown, NA	8:25	26:07.00
	3	LISA TURK	42	Petoskey, MI	9:06	28:14.00
	4	TERI LOOZE	44	Boyne City, MI	9:31	29:31.00
	5	CHRISTINA WAGENSCHUTZ	41	Walloon Lake, MI	10:03	31:10.00
	6	TAMMY MILBOCKER	43	Cheboygan, MI	10:38	32:59.00
45 to 49						
	1	BARB PRUETZ	45	OXFORD, MI	7:36	23:34.00
	2	MIKKIE SCHEMANSKI	48	Petoskey, MI	8:04	25:02.00
	3	MUFFIE MCCAULEY	49	Wolverine, MI	8:09	25:19.00
	4	GAYLE HARBAUGH	45	Boyne City, MI	8:27	26:13.00
	5	BETH RISTOW	46	Alanson, MI	8:48	27:17.00
	6	Kris Bullock	48	Bellaire, MI	9:25	29:14.00
	7	JACKIE WHEATON	46	Petoskey, MI	9:45	30:16.00
	8	DENISE DRAKE	49	DEWITT, MI	10:12	31:38.00
	9	PHYLLIS TULE	48	Cheboygan, MI	10:27	32:24.00
	10	NANCY DWAN	49	Petoskey, MI	11:00	34:09.00
	11	DENISE SHEPERD	46	Petoskey, MI	11:14	34:50.00
	12	PATSY CLINK	45	Elmira, MI	12:56	40:07.00
50 to 54						
	1	KATE LUDLOW	51	Petoskey, MI	6:59	21:39.00
	2	KATHLEEN MOODY	53	Alanson, MI	7:49	24:16.00

Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
	3	JOANNE THOMAS	52	Central Lake, MI	8:15	25:37.00
	4	KATHI MILLER	52	Boyne Falls, MI	9:14	28:38.00
	5	NANCY VANDENBROEK	51	Bellaire, MI	9:20	28:57.00
	6	SUSAN FOSTER	51	Petoskey, MI	9:28	29:21.00
	7	BEVERLY JOHNSON	52	GRAYLING, MI	9:50	30:31.00
	8	CINDY STRONG	50	Levering, MI	12:07	37:35.00
55 to 59						
	1	MARILYN COPELAND	55	Charlevoix, MI	9:26	29:15.00
	2	LINDA HALFORD	55	Conway, MI	9:47	30:21.00
60 to 64						
	1	SUZETTE WILKINS	60	Alanson, MI	10:05	31:18.00
	2	JOANNE HAWKINS	62	Charlevoix, MI	12:34	39:00.00
65 to 69						
	1	DOROTHY JOHNSON	65	Indian River, MI	9:51	30:33.00
Male Age Group						
5 to 9						
	1	JACOB BATH	9	Petoskey, MI	9:55	30:46.00
10 to 14						
	1	CHANDLER HOWARD	12	Boyne Falls, MI	6:14	19:20.00
	2	PRESTON BADGERO	12	ONAWAY, MI	7:49	24:14.00
	3	CAMERON HORN	10	ONAWAY, MI	8:30	26:24.00
	4	OLIVE DWAN	14	Petoskey, MI	11:00	34:08.00
15 to 19						
	1	SPENCER NEMECK	16	Petoskey, MI	6:00	18:38.00
	2	LUKE HAWLEY	16	East Jordan, MI	6:10	19:07.00
	3	ANTHONY LA JOYE	19	Levering, MI	6:20	19:41.00
	4	PATRICK MAKAREWICZ	17	Elmira, MI	6:24	19:51.00
	5	CODY RIVERS	18	Gaylord, MI	6:25	19:55.00
	6	IAN MORRISON	15	Petoskey, MI	6:31	20:13.00
	7	JUSTIN GRUBAUGH	19	Gaylord, MI	8:32	26:30.00

Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
	8	MICHAEL GRUBAUGH	18	Elmira, MI	8:39	26:51.00
20 to 24						
	1	BLAISE HENNING	20	Harbor Springs, MI	5:43	17:44.00
	2	STEWART CRIPPS	20	Petoskey, MI	7:08	22:08.00
	3	MEL KILLIAN	20	Petoskey, MI	9:17	28:47.00
	4	CHRISTOPHER CRIPPS, III	22	Vanderbilt, MI	10:53	33:47.00
25 to 29						
	1	KEVIN TARRAS	27	Good Hart, MI	5:32	17:12.00
	2	ERIN EVANS	26	Charlevoix, MI	6:26	19:57.00
	3	JERRED HODGE	28	Petoskey, MI	7:35	23:31.00
	4	CHARLIE FEYS	27	Petoskey, MI	7:59	24:45.00
	5	PAUL HOWARD JR	28	Charlevoix, MI	8:02	24:55.00
	6	JEFF WYNDER	29	Conway, MI	8:06	25:08.00
	7	BERT DESJARDINS	28	East Jordan, MI	8:35	26:38.00
	8	BRIAN METZGER	26	Petoskey, MI	8:51	27:29.00
30 to 34						
	1	RICHARD HARTWELL	34	Petoskey, MI	6:16	19:27.00
	2	MATTHEW BOLINGER	31	Wolverine, MI	6:36	20:30.00
35 to 39						
	1	RANDY VINING	36	Sault Ste. Marie, MI	6:12	19:15.00
	2	BILL BATH	38	Petoskey, MI	6:57	21:33.00
	3	JACK SHUMAKER	38	Traverse City, MI	6:59	21:40.00
	4	TODD DECKER	39	Petoskey, MI	8:07	25:10.00
	5	PAT HOWARD	38	Boyne Falls, MI	8:11	25:24.00
	6	KEN TURK	37	Petoskey, MI	8:44	27:07.00
	7	DON KILLINGBECK	37	Indian River, MI	11:10	34:40.00
40 to 44						
	1	JOE DERRY	41	Cheboygan, MI	6:57	21:35.00
	2	JEFF OLSON	40	Petoskey, MI	7:08	22:08.00
	3	ANDY BEDELL	40	CLYDE, MI	7:09	22:11.00
	4	JOE DECKER	41	Petoskey, MI	7:50	24:19.00
	5	SCOTT VANHUIS	40	Petoskey, MI	8:05	25:04.00
	6	KENNETH MOBERLY	40	TRENTON, MI	8:44	27:06.00
45 to 49						

Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
	1	MICHAEL HEMPSTEAD	46	Petoskey, MI	6:03	18:47.00
	2	RICK HAWLEY	46	East Jordan, MI	6:19	19:37.00
	3	Greg Mills	48	Bellaire, MI	6:20	19:40.00
	4	MIKE MILLER	47	Boyne Falls, MI	6:28	20:03.00
	5	GREG BENJAMIN	45	Harbor Springs, MI	6:48	21:05.00
	6	TERRY MYERS	48	Sault Ste. Marie, MI	6:56	21:32.00
	7	PAUL SCHEMANSKI	46	Petoskey, MI	7:24	22:57.00
	8	LARRY HUCKLE	47	East Jordan, MI	8:09	25:18.00
	9	SCOTT BUFE	49	Traverse City, MI	9:07	28:17.00
	10	SCOTT HALFORD	48	Alanson, MI	9:32	29:35.00
50 to 54						
	1	NORBERT SCHARENBRUCH	50	Charlevoix, MI	6:18	19:34.00
	2	KEITH KAISER	52	Alanson, MI	6:46	21:01.00
	3	JEFF WINEGARD	54	Petoskey, MI	6:49	21:09.00
	4	TOM KILPATRICK	50	Alanson, MI	6:52	21:20.00
	5	DAVID MOODY	51	Alanson, MI	6:58	21:38.00
	6	LAURENCE KILPATRICK	50	Levering, MI	7:51	24:23.00
	7	PAUL DRAKE	53	DEWITT, MI	8:10	25:20.00
	8	KARL TROST SR	52	Cheboygan, MI	8:11	25:25.00
	9	BOB EVANS	52	Alanson, MI	8:42	26:59.00
55 to 59						
	1	PAUL GELDERBLOM	57	Charlevoix, MI	6:12	19:14.00
	2	FRED KOEHLER	55	Harbor Springs, MI	7:33	23:27.00
	3	BOB WELLWOOD	55	CODY, WY	7:47	24:08.00
	4	JON HUNT	55	Boyne City, MI	9:47	30:20.00
	5	RAYMOND JOHNSON	56	GRAYLING, MI	9:50	30:32.00
60 to 64						
	1	NEAL TOURAN	61	Petoskey, MI	6:50	21:12.00
	2	TOM HARBAUGH	61	Boyne City, MI	7:03	21:52.00
	3	GORDAN BOURLAND	62	Petoskey, MI	7:43	23:58.00
	4	TERRY Wilson	63	Central Lake, MI	8:26	26:11.00
	5	Joseph Haslitt	63	Indian River, MI	9:44	30:12.00

Age group	Place	Name	AgeRaceDay	HomeTown	AveragePerMile	Time
65 to 69						
	1	JOHN JOHNSON	65	Indian River, MI	8:10	25:21.00
	2	Bill Swift	67	Traverse City, MI	9:30	29:28.00
70 to 74						
	1	Jim Elzinga	74	Conway, MI	8:23	26:01.00
	2	Barry Aspenleiter	72	Petoskey, MI	8:25	26:08.00
	3	Tom Stanley	71	Petoskey, MI	9:05	28:10.00
80 to 84						
	1	BOB ESFORD	80	Petoskey, MI	11:43	36:22.00