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- [Middle School 15-16](#)
- [Elementary 15-16](#)
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- [PowerSchool](#)
- [Moodle](#)
- [Google Mail / Apps](#)
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- [School Calendar 15-16](#)
- [School Calendar update](#)
- [OCS Activity Calendar](#)
- [Documents & Forms](#)
- [OCS Archive](#)
- [Resources](#)
- [Community Classes & Fitness](#)
- [Employment Opportunities](#)
- [Counselor's Corner](#)

[Athletics >](#)

Onekama Days Race

Run & Walk Results for Onekama Lions ONEKAMA DAYS Saturday August 2, 2014



5K Run

Male Overall Champion: 16:21

Male Master Champion:
Peter Armstrong age 45 19:18

Male Run 8-9

91. 1. Rocco Anhalt 28:43

Male Run 10-11

96. 1. Ben Viol 29:14

115. 2. Ben Skibo 33:28

Male Run 12-13

42. 1. Hunter Eldridge 24:09

74. 2. Ben Zack 26:53

82. 3. Jack Larson 27:58

Male Run 14-16

14. 1. Cole Verrett 20:24

23. 2. Lane Lee 21:25

36. 3. Collin Vaughan 23:10

70. 4. Tighe Pepera 26:37

58. 5. Eric Wharton 25:36

64. 6. Dylan Shay 26:09

Male Run 17-19

18. 1. Stephen Armstrong 21:01

121. 2. Caleb Kaminski 35:24

Male Run 20-24

6. 1. Jeffrey Bassett 19:04

19. 2. Drew Sheffield 21:03



5K Walk

Male Walk Champion:
Phil Sedlar 35:37

Male Walk 40-49

137. 1. Michael Hensinger 41:30

Male Walk 50-59

133. 1. Mark Brasreem 40:02

135. 2. Dave Bolhuis 40:32

Male Walk 60-69

134. 1. Jack Stickel 40:11

139. 2. Wayne McIntire 41:48

175. 3. Stan Vaughan 52:24

184. 4. Steve Rathford 57:11

Male Walk 70 Plus

157. 1. Ray Eldridge 48:10

Female Walk Champion:
Amy Richardson 42:57

Female Run 0-19

158. 1. Katy Brown 48:13

177. 2. Maria Cuevas 54:14

178. 3. Chrissy Kaminski 54:44

Female Walk 20-29

155. 1. Megan Norrell 48:05

164. 2. Ally Vaughan 49:14

168. 3. No info. left!? 50:26

183. 4. Eileen Rathford 57:10



Male Run 25-29

- 5. 1. Ryan Brown 18:25
- 15. 2. Taylor Norrell 20:25

Male Run 30-34

- 1. 1A. (Overall Winner) 16:21
- 2. 1. Austin Smith 16:22
- 3. 2. Jamie Somerville 16:34
- 7. 3. Bob Groenke 19:11
- 81. 4. Jake Templin 27:45

Male Run 35-39

- 4. 1. Eric Quin 17:32
- 12. 2. Keith Simons 20:01
- 24. 3. Jon Stanley 21:26
- 37. 4. Kevin Dykhouse 23:11
- 39. 5. Brennon Isaak 23:17
- 57. 6. Matt Komar 25:28
- 92. 7. Joel Anhalt 28:44

Male Run 40-44

- 21. 1. Ed Johannesen 21:13
- 46. 2. Jeffrey Greaves 24:38
- 65. 3. Paul Van Norman 26:10
- 104. 4. Paul Pollatz 30:09
- 107. 5. Marc Hansen 30:51

Male Run 45-49

- 8. 1. Peter Armstrong (Master Winner) 19:18
- 16. 2. Rich Zack 20:36
- 28. 3. Tom Eldridge 22:15
- 79. 4. Sam Tyson 27:31
- 132. 5. Rod Pepera 39:26

Male Run 50-54

- 20. 1. Rob Rafferty 21:05
- 89. 2. Matt Mathison 28:21
- 100. 3. David Deedrick 29:22
- 106. 4. Dan Brown 30:28
- 110. 5. Jeff Bassett 31:47.0
- 111. 6. Jason Fitch 31:47.8

Male Run 55-59

- 17. 1. Jeff Eckert 20:57
- 29. 2. Ed LaFreniere 22:20
- 68. 3. Tom Tomaszewski 26:31
- 73. 4. Barry Barto 26:47
- 76. 5. Bernie Misko 27:01



Female Walk 30-39

- 154. 1. Heather Eldridge 47:49
- 166. 2. Kim Bickes 49:59
- 182. 3. Amber Flipper 57:04
- 185. 4. Colleen Frawley 57:13

Female Walk 40-49

- 144. 1. Brook McIsaac 43:11
- 162. 2. Margaret White 49:02
- 163. 3. Lorinda Cain-Bowles 49:04
- 180. 4. Carol Dumas 57:02

Female Walk 50-59

- 147. 1. Karin McIntire 43:40
- 156. 2. Betsy Norrell 48:05
- 159. 3. Karen Brown 48:49
- 165. 4. Cindy Hart 49:15
- 169. 5. Laura Groenke 50:27
- 170. 6. Marcy Vandertuig 50:37
- 171. 7. Joan Wheatland 52:15
- 172. 8. Jean Capper 52:16
- 173. 9. Anne Sommers 52:17
- 179.10. Lori Cashbaugh 55:56

Female Walk 60-69

- 145. 1. Pam Jacobs 43:23
- 146. 2. Sue Welsh 43:30
- 160. 3. Barbara Brown 48:51
- 174. 4. Carol Vaughan 52:21
- 181. 5. LaVonne Beebe 57:03

Female Run Results (20 -69)

Female Run 20-25

- 22. 1. Lindsay Nesburg 21:15
- 25. 2. Carmen Hayes 21:35
- 72. 3. DezaRae Russ 26:46
- 109. 4. Brandi Volta 31:37
- 112. 5. Olivia Vandertuig 32:07
- 114. 6. Mikayla Johnson 33:01
- 176. 7. Paige Rutowski 52:38

Female 25-29

- 34. 1. Kelli Swiatlowski 22:45
- 41. 2. Bre Strand 24:07
- 59. 3. Andrea Frey 25:45
- 71. 4. Christa Lutz 26:41
- 75. 5. Dennielle Russ 27:00
- 98. 6. Katie Vasquez 29:16

Female Run 30-34

80. 6. Steve Skibo 27:38

Male Run 60-69

9. 1. Dale Moody 19:30
 10. 2. Frank Schwartz 19:46
 27. 3. Rick Nielsen 22:12
 43. 4. Rick Taylor 24:23
 47. 5. David Cashbaugh 24:39
 52. 6. Al Gooch 25:08
 55. 7. Bill Krombeew 25:17
 90. 8. Gary Sielski 28:40
 129. 9. Bruce Brooks 38:34
 131. 10. Fred Stransky 39:13
 150. 11. John Greco 45:04
 151. 12. Michael Novak 45:22

Male Run 70 Plus

33. 1. Maury Dean 22:34
 51. 2. Bill Marshall 25:04
 83. 3. Whitey Carpenter 28:02
 140. 4. Dave McCullough 41:54

**Female Run Results
 (ages 8-19, ages 20 to 69
 continues at bottom of third
 column)**

**Female Overall
 Champion 19:50**

Female Master Champion:
 Kim Poma age 42 21:44

Female Run 8-9

130. 1. Savina Anhalt 38:55
 152. 2. Lydia Deleeuw 47:14

Female Run 10-11

45. 1. Izzy Kamaloski 24:37
 62. 2. Claire Tomaszewski 26:07

Female Run 12-13

53. 1. Kelsey Tyson 25:12
 77. 2. Amelia Haag 27:07

Female Run 14-16

38. 1. Jane Oberhauser 23:12
 40. 2. Meghan Corbett 23:27
 60. 3. Faith Corey 25:57
 63. 4. Kelly Hall 26:08
 84. 5. Ellie Zack 28:03
 86. 6. Emma Putney 28:10
 88. 7. Zoe Morley 28:15



Awards:

Awards will take place following the 5K race

Categories:

Overall Male/Female 5K
 Masters Award (run only)

13. 1. Claire Templin 20:17
 93. 2. Sarah Catanese 29:04
 120. 3. Heather Barto Wiley 35:14
 119. 4. Jill Anderson 34:26
 123. 5. Audrey Schwing 35:28

Female Run 35-39

31. 1. Hilary Edmondson 22:30
 35. 2. Eran Stanley 22:52
 48. 3. Amy Dykhouse 24:43
 49. 4. Ellen Tyson-McDowell 24:54
 126. 5. Sarah Simons 38:28
 141. 6. Lisa Pepera 42:02

Female Run 40-44

26. 1. Kim Poma 21:44
 (Master Winner)
 54. 2. Kristy Pollatz 25:16
 67. 3. Amy Moore 26:29
 85. 4. Maryam Trout 28:08
 87. 5. Cari Haag 28:11
 94. 6. Tracy Hansen 29:09
 99. 7. Donna Ervin 29:18
 118. 8. Meghan Steinmeyer 34:25
 136. 9. Carrie Drobek 40:41
 142. 10. Jacque Boyd 42:02

Female Run 45-49

30. 1. Julie Modjeski 22:26
 56. 2. Sara Mey 25:22
 102. 3. Liz Gooch 29:44
 103. 1. Maridee Cutler 29:55 *
 128. 2. Elizabeth Zack 38:32
 148. 3. Tracy Greaves 43:52

Female Run 50-54

32. 1. Rita McCann 22:33
 44. 2. Jan Hopwood 24:30
 66. 3. Jody Corbett 26:11 *
 78. 4. Hazel Reed 27:27
 108. 5. Mary Russ 31:00
 113. 6. Irma Kaminski 32:32
 117. 7. Susan Esler 33:50
 122. 8. Marcie Hamilton 35:26
 125. 9. Sue Perry 36:02
 161. 10. Lisa Fragomeli 48:56

Female Run 55-59

50. 1. Carol Enns 25:02
 61. 2. Julie Raymond 25:59
 97. 3. Betsy Tysin 29:15

101.	8. Carlee Pepera	29:43
Female Run 17-19		
69.	1. Koree Shay	26:34
127.	2. Emily Bergren	38:31
138.	3. Hope Kosiba	41:42

All 1 mile kid racers receive a medal

Age Divisions: Run
 7& under, 8-9, 10-11, 12-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-45, 55-59, 60-69, 70 Plus

Female Run 60-69		
95.	1. Judy Tompke	29:12
105.	2. Sue Straley	30:25
116.	3. Carol Hansen	33:46
149.	4. Lorraine Stickel	44:47

Age Division: Walk
 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus

**Jerry and Bonnie Brown
 7248 Memorial Drive
 Onekama, Michigan 49675**

Questions: (231)690-2147

**All proceeds from
 the race support
 the Onekama
 Athletic Booster**

Onek.5-K.2014



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Comments

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