

Race Date
March 19, 2016

2nd Annual Run/Walk for a Healthier Me 5K

Age Group Results

5K Run/Walk

Male 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 | Cole Arnold | Beamsville ON | 13 | 1333 | 1 | 20:35.93 | 6:38/M |

Male Masters 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 | Colin Stephenson | Vero Beach FL | 41 | 1280 | 4 | 21:53.19 | 7:04/M |

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5K Run/Walk

Male 12 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 * | Reese Arnold | Beamsville ON | 11 | 1334 | 3 | 21:46.44 | 7:01/M |
| 2 * | Preston Stokes | Vero Beach FL | 9 | 1342 | 37 | 34:04.19 | 10:59/M |
| 3 * | Trevin Ware | Palm City FL | 8 | 1320 | 67 | 49:33.43 | 15:59/M |

Male 20 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 * | Brandon Rinchack | Vero Beach FL | 20 | 1345 | 5 | 22:01.93 | 7:06/M |
| 2 * | George Bryan | Vero Beach FL | 23 | 1361 | 7 | 22:18.94 | 7:12/M |
| 3 * | Frank Delacruz | Vero Beach FL | 29 | 1363 | 11 | 24:10.44 | 7:48/M |

Male 40 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 * | Jeremy Lloyd | Vero Beach FL | 42 | 1337 | 28 | 28:17.43 | 9:07/M |
| 2 * | Tom Stall | | 45 | 1362 | 38 | 34:24.43 | 11:06/M |

Male 50 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 * | Jerry Sintes | Vero Beach FL | 50 | 1354 | 6 | 22:05.68 | 7:07/M |
| 2 * | William Robertson | Sebastian FL | 50 | 1358 | 8 | 22:50.93 | 7:22/M |
| 3 * | Lance Kimball | Vero Beach FL | 51 | 1325 | 20 | 26:39.19 | 8:36/M |
| 4 | Walt Borisenok | Vero Beach FL | 59 | 1313 | 21 | 26:46.18 | 8:38/M |
| 5 | Bill Kloppenburg | Acton MA | 55 | 1326 | 22 | 27:20.93 | 8:49/M |
| 6 | Mike Shemo | Vero Beach FL | 53 | 1355 | 23 | 27:21.18 | 8:49/M |
| 7 | Garry Hughes | Vero Beach FL | 59 | 1349 | 69 | 49:35.21 | 16:00/M |

Male 60 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 * | Frank McDonald | Sebastian FL | 64 | 1310 | 14 | 25:08.19 | 8:06/M |
| 2 * | Bill Ghio | Bristol CT | 62 | 1357 | 25 | 27:55.19 | 9:00/M |
| 3 * | Peter Connelly | Island Falls ME | 68 | 1344 | 31 | 29:57.44 | 9:40/M |

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Male 70 to 79

| <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 * | Jim Moore | Vero Beach FL | 76 | 1306 | 29 | 28:28.43 | 9:11/M |
| 2 * | Gene Toomey | Vero Beach FL | 76 | 1353 | 32 | 30:47.94 | 9:56/M |
| 3 * | Paul Reichel | Madison WI | 70 | 1316 | 33 | 31:34.19 | 10:11/M |
| 4 | Dennis Diem | Port St Lucie FL | 70 | 1332 | 35 | 33:13.19 | 10:43/M |
| 5 | T Kinhead | Vero Beach FL | 78 | 1293 | 39 | 34:34.19 | 11:09/M |
| 6 | Jim Palinkas | Vero Beach FL | 70 | 1278 | 52 | 40:54.44 | 13:12/M |
| 7 | Bob Bond | Vero Beach FL | 73 | 1307 | 53 | 41:37.69 | 13:25/M |
| 8 | James McSweeney | Vero Beach FL | 76 | 1294 | 54 | 41:38.45 | 13:26/M |

Male 80 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 * | Don Palinkas | Vero Beach FL | 81 | 1346 | 50 | 40:32.94 | 13:05/M |

Race Date
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2nd Annual Run/Walk for a Healthier Me 5K

Age Group Results

5K Run/Walk

Female 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 | Hope Lusk | Vero Beach FL | 40 | 1308 | 2 | 20:47.69 | 6:42/M |

Female Masters 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 | Jen Goodall | Sebastian FL | 42 | 1340 | 9 | 23:03.69 | 7:26/M |

2nd Annual Run/Walk for a Healthier Me 5K

Age Group Results

5K Run/Walk

Female 12 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 * | Meagan Baker | Vero Beach FL | 9 | 1311 | 43 | 35:44.95 | 11:32/M |

Female 13 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 * | Gabriel Shemo | | 15 | 1336 | 30 | 29:54.43 | 9:39/M |

Female 20 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 * | Sarah Christopherson | Vero Beach FL | 29 | 1360 | 15 | 25:11.94 | 8:07/M |
| 2 * | Katie Hicks | Vero Beach FL | 23 | 1352 | 34 | 32:46.69 | 10:34/M |
| 3 * | Noel Kreger | Vero Beach FL | 25 | 1289 | 48 | 39:24.19 | 12:43/M |
| 4 | Kara Walsh | Vero Beach FL | 27 | 1319 | 56 | 44:35.18 | 14:23/M |
| 5 | Sandra P. Gallegos | Ft Pierce FL | 20 | 1295 | 64 | 48:33.94 | 15:40/M |
| 6 | Estefani Jaimes | Vero Beach FL | 24 | 1296 | 66 | 48:37.94 | 15:41/M |
| 7 | Patricia Arevalo | Vero Beach FL | 22 | 1300 | 70 | 49:43.18 | 16:02/M |
| 8 | Shelbie McDaniel | Vero Beach FL | 23 | 1338 | 74 | 54:58.44 | 17:44/M |

Female 30 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 * | Alexandra McMullen | West Newton MA | 37 | 1309 | 18 | 25:28.94 | 8:13/M |
| 2 * | Jessica Dean | Vero Beach FL | 34 | 1273 | 41 | 35:12.93 | 11:21/M |
| 3 * | Amy Smith | Vero Beach FL | 37 | 1351 | 42 | 35:27.43 | 11:26/M |
| 4 | Daniela Ramirez | Ft Pierce FL | 30 | 1335 | 47 | 38:26.18 | 12:24/M |
| 5 | Tara Kane | Sebastian FL | 38 | 1291 | 57 | 45:34.68 | 14:42/M |
| 6 | Angie Stokes | Vero Beach FL | 37 | 1343 | 61 | 47:31.68 | 15:20/M |
| 7 | Cinthia Arevalo | Vero Beach FL | 30 | 1302 | 65 | 48:37.43 | 15:41/M |
| 8 | Jennell Hughes-Ware | Palm City FL | 32 | 1321 | 68 | 49:35.19 | 16:00/M |
| 9 | Crystal McCubbin | Vero Beach FL | 38 | 1299 | 71 | 50:54.69 | 16:25/M |

Female 40 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 * | Jacque Miller | Vero Beach FL | 46 | 1269 | 17 | 25:24.43 | 8:12/M |
| 2 * | Chris Stephenson | Vero Beach FL | 42 | 1281 | 19 | 26:32.18 | 8:34/M |
| 3 * | Lynda Robinson | Sebastian FL | 49 | 1339 | 24 | 27:36.43 | 8:54/M |

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Female 40 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> |
|--------------|---------------|---------------|------------|---------------|----------------|-------------|-------------|
| 4 | Jen Little | Vero Beach FL | 41 | 1348 | 27 | 28:10.44 | 9:05/M |
| 5 | Nancy Baker | Vero Beach FL | 41 | 1312 | 44 | 35:45.94 | 11:32/M |
| 6 | Carole Melasi | Vero Beach FL | 49 | 1330 | 46 | 37:31.94 | 12:06/M |
| 7 | Cherie Bright | Sebastian FL | 49 | 1279 | 51 | 40:43.93 | 13:08/M |
| 8 | Cathy Snider | Vero Beach FL | 44 | 1303 | 72 | 52:26.44 | 16:55/M |

Female 50 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 * | Lauriann Kloppenburg | Acton MA | 55 | 1327 | 12 | 24:21.68 | 7:51/M |
| 2 * | Sabrina Maxwell | Sebastian FL | 57 | 1324 | 16 | 25:23.68 | 8:11/M |
| 3 * | Michelle Borisenok | Vero Beach FL | 57 | 1317 | 26 | 28:03.19 | 9:03/M |
| 4 | Susan Small | South Bend IN | 59 | 1318 | 55 | 44:34.94 | 14:23/M |
| 5 | Cathy Malinos | Vero Beach FL | 50 | 1290 | 58 | 45:34.93 | 14:42/M |
| 6 | Donna McGrath | Vero Beach FL | 54 | 1270 | 62 | 48:29.18 | 15:38/M |
| 7 | Cindi Green | Vero Beach FL | 58 | 1298 | 63 | 48:30.19 | 15:39/M |
| 8 | Charlie McAndrew | Vero Beach FL | 56 | 1304 | 73 | 52:37.45 | 16:58/M |
| 9 | Sue Vafiades | Sebastian FL | 59 | 1322 | 75 | 55:30.43 | 17:54/M |
| 10 | Joan Williams | Vero Beach FL | 56 | 1359 | 76 | 59:06.94 | 19:04/M |
| 11 | Gina Brooks | Vero Beach FL | 54 | 1276 | 78 | 59:10.69 | 19:05/M |
| 12 | Eileen O'Donnell | Vero Beach FL | 55 | 1282 | 79 | 59:11.18 | 19:05/M |

Female 60 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 * | Anne Dockery | Melbourne Beach FL | 67 | 1350 | 10 | 23:37.43 | 7:37/M |
| 2 * | Mindy Struwas | Vero Beach FL | 63 | 1331 | 13 | 24:32.69 | 7:55/M |
| 3 * | Pat Palinkas | Vero Beach FL | 66 | 1277 | 36 | 33:57.93 | 10:57/M |
| 4 | Mary Hourdequin | West Hartford CT | 69 | 1347 | 40 | 35:12.68 | 11:21/M |
| 5 | Debbie Chastain | Vero Beach FL | 62 | 1356 | 45 | 35:52.44 | 11:34/M |
| 6 | Catherine Reichel | Madison WI | 67 | 1315 | 59 | 46:21.96 | 14:57/M |
| 7 | Karen Clark | Sebastian FL | 60 | 1272 | 60 | 47:18.43 | 15:15/M |
| 8 | Vicki Suplizio | Palm Bay FL | 62 | 1329 | 77 | 59:07.43 | 19:04/M |

Female 70 to 79

| <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 * | Beverly Kinhead | Vero Beach FL | 75 | 1292 | 49 | 40:02.69 | 12:55/M |