

# **Shake Your Tail Feathers 5K Run/Walk**

**Overall Male Winner** – Kelly Sapp (#334) 18:03

**Overall Female Winner** – Ashley McCarthy (#307) 21:52

## **Males**

**24 & Under** – Kevin Sapp (#332) 18:03, Omar Pozos (#316) 19:29, Emmanuel Leanor (#315) 22:00, Brett Lillo (#220) 22:20, Gage Reece (#335) 24:16, Skyler Jacobson (#214) 25:49, Devon Osteen (#291) 28:44, Steve Osteen (#290) 30:07

**25 - 34** - Mike Canan (#229) 20:51, Aric Pell (#280) 21:03, Luis Marquez (#293) 21:50, Jeasun Green (#254) 22:15, Edd McGaric-Ong (#249) 23:11, Matt Perry (#270) 23:53, Erik Pentz (#231) 24:56, Alex Coto (#278) 25:24, Ron Brechle (#208) 26:19, Carmen Capezzuto (#236) 30:19, Keith Achorn (#281) 31:24

**35 - 44** - Jose Medina (#314) 24:15, Douglas Branim (#266) 26:04, Hank Meira (#324) 30:16, Brian VanVeen (#294) 37:24, Kevin Mullen (#206) 40:38, Lare Ziemba (#217) 51:10

**45 - 54** – Tim Bishop (#265) 18:57, Kirk Behagg (#271) 22:39, Scott Hinkey (#284) 24:21, Brad Macek (#209) 24:46, Chris Spain (#318) 24:56, David Nugent (#301) 26:17, Dan Perlmutter (#325) 26:29, Michael Fuller (#336) 27:31, Gary Maxwell (#277) 28:22, James Babington (#277) 29:31, Donald Sample (#311) 30:27, Mike Mareno (#263) 31:14, John Pankraz (#240) 38:33, Rick Falzone (#302) 42:38, John Odwazny (#327) 48:22, Earl Taylor (#215) 51:11

**55 - 64** – Brendan Sherlock (#310) 18:25, Anthony Galbicka (#322) 25:09, Phil Bonashek (#313) 28:39, James Landers (#268) 29:15, Victor Rivera (#292) 29:24

**65 & Older** – Mike Herlihy (#319) 27:22

## **Female**

**24 & Under** – Angie Kirila (#309) 22:26, Lavretta Harper (#221) 23:31, Meghan Grimes (#329) 24:57, Alyssa Freeman (#273) 25:11, Alexia Zaph (#317) 25:56, Carol Ojeda (#297) 27:40, Lashana Roberts (#337) 27:44, Christine Smith (#225) 28:15, Stephanie Keiper (#201) 28:21, Laura Wells (#269) 28:24, Courtney Doucet (#321) 31:49, Rachael Blom (#166) 31:54, Amanda Godwin (#248) 32:07, Anna Meyer (#211) 35:37, Cassandra Bobington (#276) 37:29, Nicole Krumbholz (#286) 37:31, Bianca Duffield (#162) 38:24, Chrissy Valvano (#282) 38:26, Stephanie Almelda (#232) 38:33, Dana Odwazny (#279) 48:23, Jesse French (#298) 51:09

**25 - 34** – Jessica Burbine (#247) 22:21, Melody Hernandez (#299) 24:32, Anke Hutson (#212) 24:36, Christine Newbert (#245) 28:32, Marian Malmberg (#243) 29:27, Crystal Cook (#274) 30:06, Courtney Brown (#331) 30:56, Kelly McLaughlin (#330) 31:14, Dawn Wayne (#333) 32:11, Rebecca Dempsey (#207) 32:14, Caitie Courtney 32:31, Katie Leach (#288) 32:28, Allison Yano (#252) 32:45, Amie Snyder (#289) 32:39, Trish Armstrong (#165) 35:26, Kaitlyn Yuhn (#237) 37:33, Ealka Kuhn (#238) 37:44, Penny Christiansen (#230) 37:51, Melissa Cunzo (#218) 38:46, Elisa Cloffi (#244) 38:50, Danielle Capezzuto (#235) 41:38, Diane Nguyen (#265) 48:22, Libby Chang (#326) 48:24, Maricela Estevez (#251) 48:55, Deanna Vlachos (#250) 48:56

**35 - 44** – Kelly Nugent (#300) 26:08, Maureen Monson (#257) 27:48, Vicki Hanna (#203) 28:07, Shelly Mittrick (#328) 28:46, Christine Sessa (#253) 28:47, Denise Smith (#256) 30:38, Louise Johnson (#246) 32:32, Elizabeth Hanner (#323) 32:37, Tonia Oravec (#260) 38:21, Danae Cardona (#219) 38:46, Deborah Mullen (#204) 40:38, Christi Bryant (#303) 42:38, Cynthia Almeida (#233) 43:52, Jeanne Budinas (#295) 42:53, Natilie Neil (#287) 44:32, Leslie Taylor (#216) 51:11

**45 - 54** – Ann Henry (#264) 26:04, Patti Hinckley (#285) 28:17, Sue-Ellen Sanders (#320) 28:29, Cindy Williams (#222) 28:49, Kathleen Buchholz (#241) 29:45, Lynn Luisi (#164) 29:52, Nancy Hooper (#312) 30:27, Debi Athos (#308) 30:53, Maryann Eddy (#261) 31:11, Janet Paul (#283) 31:23, Carmen Brink (#228) 32:45, Jackie Pankraz (#239) 36:04, Maria Caslett (#242) 36:08, Evelyn Capezzuto (#234) 40:50, Jeanne Ziemba (#259) 51:10, Michelle Vitale (#213) 51:12, Margarita Cappelletti (#306) 51:53

**55 - 64** – Kathie Beck (#272) 35:55, Mary Ann Levi (#226) 38:52, Zoe Luna (#296) 43:54, Linda Aguiar (#227) 51:13, Linda Bisbee (#305) 51:52