

51st Lake Forest Cross Country Festival

5K Run/Walk

September 13, 2008 82 degrees, sunny, humid

Age Group & Complete Event Results

Killens Pond State Park

Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	John Ausema	18:40	Carol Giampietro	22:37
	<u>Fastest Active Male Coach</u>		<u>Fastest Active Female Coach</u>	
1st	Eric Payne	19:27	Angela Wagner	22:49
	<u>L.F. Invitational Alumni</u>		<u>L.F. Invitational Alumni</u>	
1st	Czar Bloom	21:02	N/A	
2nd	N/A		N/A	
3rd	N/A		N/A	
	<u>14- Under</u>		<u>14 - under</u>	
1st	Kalil El Medkhar	24:49	Kelsey Cabrera	31:36
2nd	James Kerrigan	26:40	Sara Hernandez	31:36
3rd	N/A		Riley Hastings	53:16
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Jesse Parrish	20:53	Kimi Moore	30:18
2nd	Caleb Primos	29:36	N/A	
3rd	N/A		N/A	
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	David Demerest	19:31	Alex Vaughn	24:13
2nd	Stephen Lee	20:07	Heather Debby	25:13
3rd	Steve Wheeler	20:30	Christy Vanderwende	27:26
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Greg Massey	24:08	Jennifer Suarez	25:59
2nd	Jacob Wagner	25:30	Lynda Keyser	29:03
3rd	David Vezmar	26:12	Micheale Lessard	29:57
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	David Cabrera	19:54	Heiddy DiGregorio	24:40
2nd	Karl Cover	20:41	Irene Soucy	24:41
3rd	Tim Smith	21:04	Susan Bullock	25:05

	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Rich Kruse	22:06	Linda Brown	26:20
2nd	Bill Shupe	28:26	Kathy Gallagher	31:28
3rd	Addie Lessard	29:46	Laura Vaughn	38:32

	<u>60 & Over</u>		<u>60 & Over</u>	
1st	Jules Woodall	24:59	N/A	
2nd	Robert Wolhar	27:14	N/A	
3rd	N/A		N/A	

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Bob Carroll	36:25	Kathleen Stroh	35:50
2nd	Jim Lyons	41:06	Jessica Gondeck	40:02
3rd	Robert Ross	42:25	Laura Gondeck	40:06

Complete Results

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	John Ausema	M	36	18:40
2	Eric Payne	M	39 C	19:27
3	David Demerest	M	20	19:31
4	David Cabrera	M	40	19:54
5	Stephen Lee	M	29 C	20:07
6	Steve Wheeler	M	25	20:30
7	Karl Cover	M	48	20:41
8	Jesse Parrish	M	15	20:53
9	Czar Bloom	M	34 A	21:02
10	Tim Smith	M	47	21:04
11	Ed Hood	M	42	21:46
12	Rich Kruse	M	54	22:06
13	Carol Giampietro	F	50 C	22:37
14	Angela Wagner	F	31 C	24:23
15	Greg Massey	M	38	24:08
16	Brian Peters	M	49	24:08
17	Eric Bork	M	28	24:13
18	Alex Vaughn	F	24	24:36
19	Heiddy DiGregorio	F	43	24:40
20	Irene Soucy	F	43	24:41
21	Kalil El Medkhar	M	9	24:49
22	Jules Woodall	M	60	24:59
23	Wayne Wyatt	M	40	25:02
24	Susan Bullock	F	46	25:05
25	Heather Debby	F	25 C	25:13
26	Linda Schwartz-Chi	F	43	25:20
27	Jacob Wagner	M	32	25:30
28	Ann Brown	F	42	25:40

29	Jennifer Suarez	F	32 C	25:59
30	David Vezmar	M	35	26:12
31	Linda Brown	F	53 C	26:20
32	James Kerrigan	M	10	26:40
33	Mark Richmond	M	40	26:50
34	Don Devito	M	45	26:51
35	Robert Wolhar	M	60	27:14
36	Mike Gondeck	M	44	27:25
37	Christy Vanderwende	F	29	27:26
38	Dirk Lord	M	49	27:53
39	Amy Hoey	F	49	28:25
40	Bill Shupe	M	56	28:26
41	Sara Hopkins	F	29	28:50
42	Lynda Keyser	F	36	29:03
43	Caleb Primos	M	15	29:36
44	Addie Lessard	M	59	29:46
45	Micheale Lessard	F	39	29:57
46	Gary Focht	M	48	30:07
47	Kimi Moore	F	16	30:18
48	Stephanie Knutson	F	33	30:29
49	Kathy Gallagher	F	50	31:28
50	Kelsey Cabrera	F	12	31:36
51	Sara Hernandez	F	12	31:36
52	Joan Peters	F	48	31:41
53	Tom Vresics	M	45	31:54
54	Debbie Green	F	48	31:55
55	Mike Roberts	M	54	32:43
56	Dan Christenbury	M	48	33:19
57	David Segal	M	41	33:48
58	Janet Reid	F	39	33:48
59	Paul Eichler	M	44	33:53
60	Kathleen Stroh	F	46 W	35:50
61	Jackie Seiwel	F	43	36:02
62	Bob Carroll	M	69 W	36:25
63	Molly Breeding	F	47	36:39
64	Kristin Schlegel	F	43 C	37:57
65	Laura Vaughn	F	50	38:32
66	Michelle Moore	F	44	38:54
67	Jessica Gondeck	F	22 W	40:02
68	Laura Gondeck	F	43 W	40:06
69	Jim Lyons	M	74 W	41:06
70	Robert Ross	M	61 W	41:35
71	Kimberly Wilson	F	42 W	42:25
72	Diana Woodward	F	51	43:49
73	Debbie Johnson	F	50 W	46:37
74	Patty Hoffman	F	48	47:00

75	Lynne Christenbury	F	40 W	47:01
76	Terry Woodward	M	52 W	49:10
77	Laurie Judy	F	32 W	50:16
78	Pat Mayer	F	? W	50:28
79	Mary Voshell	F	?W	51:57
80	Joanne Hastings	F	31	53:15
81	Riley Hastings	F	5	53:16
82	Ralph Mulholland	M	55 W	54:01
83	Walker Unknown			54:45
84	Walker Unknown			56:21
85	Nila Williams	F	12	56:54
86	Rebekah Reedy	F	12	56:58