

Brainstrong 5K Run/Walk

Sept. 2, 2013 84 degrees, humid, overcast
Wild Quail Golf & Country Club, Wyoming, DE

Age Group Results

<u>Place</u>	<u>Male</u>		<u>Female</u>	
	<u>Overall Winner</u>		<u>Overall Winner</u>	
1st	Nate Twining	17:15	Rebecca Mills	20:47
	<u>Male Masters</u>		<u>Female Masters</u>	
	John VanGorp	20:53	Danielle Dash	21:57
	<u>10 & Under</u>		<u>10 & Under</u>	
1st	Noah Holgado	23:17	Sophia Shroyer	33:53
2nd	Zack Clausius	27:18	Lexi Goff	34:52
3rd	Adam Hake	28:44	Emma Knapp	37:00
	<u>11 - 14</u>		<u>11 - 14</u>	
1st	Brighton Dawson	19:22	Katie Shroyer	29:00
2nd	Theo Schone	22:08	Melanie Lyons	29:13
3rd	Patrick Wisniewski	23:50	Anna Curtis	31:25
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Preston DeMarreau	17:17	Marcianna Green	22:59
2nd	PJ Gallucci	17:40	Aleya Cummings	23:04
3rd	Bryce Stevenosky	18:20	Channah Mills	23:38
	<u>20-24</u>		<u>20 - 24</u>	
1st	Heath Carley	23:53	Ashley Robinson	23:31
2nd	Matthew Strobel	27:07	Sandra Santos	26:27
3rd	Michael Green	27:58	Arielle Farrell	27:10
	<u>25 - 29</u>		<u>25 - 29</u>	
1st	Steve Wheeler	19:56	Staci Schmidt	24:15
2nd	Benjamin Rubin	22:17	Alicia Kimmet	29:05
3rd	William O'Brien	22:45	Jessica Iskander	29:08

	<u>30-34</u>		<u>30 - 34</u>	
1st	Marvin Wilder	25:26	Erin Gravis	23:35
2nd	Jordan Miller	27:30	Stacey Johnson	25:15
3rd	Randy Robbins	28:48	Clara Ziman	27:40

	<u>35 - 39</u>		<u>35 - 39</u>	
1st	Rick Short	22:07	Kristi Galloway	25:09
2nd	Doug Lawson	22:43	Tammy Herrera	28:42
3rd	Brian Harvey	23:17	Laurie Hake	28:45

	<u>40 - 44</u>		<u>40 - 44</u>	
1st	James Mills	25:14	Jeanette Hammon	22:07
2nd	Kenny Vu	25:18	Katie Gallucci	22:46
3rd	David Lyons	26:54	Rachael Smith	26:42

	<u>45 - 49</u>		<u>45 - 49</u>	
1st	Mike Gondeck	24:22	Mording Ung	22:24
2nd	Jon Harris	24:24	Sandy Luzier	24:20
3rd	Dan Minutola	26:57	Andrea Kreinier	27:24

	<u>50 -54</u>		<u>50 - 54</u>	
1st	Jack Coll	23:36	Holly Scott	22:12
2nd	Uhland Pepper	25:22	Faye Adcox	29:02
3rd	Craig Warrington	28:27	Susie Shockley	30:07

	<u>55 - 59</u>		<u>55 - 59</u>	
1st	Jay Epstein	26:26	Kim Chao	27:26
2nd	Paulson Gittlin	30:18	Jennifer Dill	30:04
3rd	NA		June Jarrell	37:23

	<u>60 - 64</u>		<u>60 - 64</u>	
1st	Peter DiMaria	33:40	Deanna Carmean	44:18
2nd	NA		Kathleen Connaughton	48:09
3rd	NA		Suzanne Ford	52:24

	<u>65 - 69</u>		<u>65 & Over</u>	
1st	Charles Matthews	32:46	Marie Neaves	32:27
2nd	NA		NA	
3rd	NA		NA	

	<u>70 & over</u>			
1st	Lee Masser	35:16		
2nd	Thomas Finger	36:27		
3rd	NA			

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Don Zalenski	36:47	Julie Lynn	40:42
2nd	Raymond Volmer	39:31	Debbie Johnson	42:06
3rd	Joe Young	41:05	Amber Cahall	42:44

	<u>Team Awards</u>
1st	Downstate Delaware Striders & Riders
2nd	Results by Doug
3rd	Bayhealth

Complete Results In Finish Order

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Nate Twining	M	15	17:15
2	Presten DeMarreau	M	17	17:17
3	PJ Gallucci	M	17	17:40
4	Bryce Stevenosky	M	17	18:20
5	Tommy Gallucchi	M	15	18:58
6	Brighton Dawson	M	14	19:22
7	Connor O'Hea	M	15	19:32
8	Wesley Feizioth	M	15	19:35
9	Steven Wheeler	M	19	19:56
10	Rebekah Mills	F	16	20:47
11	John VanGorp	M	47	20:53
12	Danielle Dash	F	42	21:57
13	Jeanette Hammon	F	41	22:07
14	Rick Short	M	37	22:07
15	Theo Schone	M	14	22:08
16	Holly Scott	F	52	22:12
17	Benjamin Rubin	M	25	22:17
18	Mordiny Ung	F	46	22:25
19	Zach MacPherson	M	16	22:34
20	Davis Titus	M	17	22:38
21	Doug Lawson	M	36	22:43
22	Jon Titus	M	15	22:43
23	William O'Brien	M	26	22:45
24	Noah Holgado	M	9	22:46
25	Brian Harvey	M	38	22:59
26	Aleya Cummings	F	15	23:04
27	Noah Holgado	M	17	23:17
28	Brian Harvey	M	38	23:17
29	Ashley Robinson	F	20	23:31
30	Erin Graves	F	33	23:35
31	Jack Coll	M	54	23:36
32	Channah Mills	F	15	23:38

33	Patrick Wisniewski	M	11	23:50
34	Heath Carley	M	23	23:53
35	Aaron Garduno	M	16	24:06
36	Ben Dawson	M	11	24:14
37	Staci Schmidt	F	27	24:15
38	Sandy Luzier	F	46	24:20
39	Mike Gondeck	M	49	24:22
40	Jon Harris	M	46	24:24
41	Kristi Galloway	F	37	25:09
42	James Mills	M	43	25:14
43	Avery Lyons	F	15	25:15
44	Stacey Johnson	F	31	25:15
45	Kenny Vu	M	40	25:18
46	Jeanette Beers	F	15	25:19
47	Uhland Pepper	M	54	25:22
48	Laura Wagner	F	15	25:24
49	Marvin Wilder	M	33	25:26
50	Noah Shockley	M	14	25:38
51	Jeremy Seilheimer	M	36	25:42
52	Tom Mandes	M	38	25:56
53	Grayson Goff	M	13	26:07
54	Jack Graham	M	17	26:14
55	Jay Epstein	M	56	26:26
56	Sandra Santos	F	20	26:27
57	Chris Peer	M	28	26:40
58	Rachael Smith	F	42	26:42
59	David Lyons	M	42	26:54
60	Timothy Beers	M	36	26:55
61	Nicolette Beers	F	15	26:55
62	Chris Herrera	M	42	26:56
63	Dan Minutola	M	49	26:57
64	Matthew Strobel	M	23	27:07
65	Arielle Farrell	F	23	27:10
66	Michael Krumrine	M	38	27:15
67	Zack Clausius	M	9	27:18
68	Scott Clausius	M	40	27:20
69	Brett Clark	M	14	27:24
70	Andrea Kreinier	F	49	27:24
71	Kim Chao	F	59	27:26
72	Aaron Ziegler	M	14	27:29
73	Jordan Miller	M	32	27:30
74	Robert Cole	M	43	27:35
75	Clara Ziman	F	34	27:40
76	Jason Sinclair	M	27	27:43
77	Cassidy Ramsey	F	17	27:43
78	Noah Mills	M	13	27:48

79	Stacey Seiheimer	F	31	27:54
80	Michael Green	M	20	27:58
81	Harold Mitchell	M	42	28:07
82	Charles Alfonso	M	25	28:10
83	Robert Thomas	M	35	28:19
84	Anna Husfelt	F	45	28:25
85	Craig Warrington	M	51	28:27
86	Domingo Vela	M	26	28:27
87	Joshuah Mills	M	11	28:31
88	Norayma Kessel	F	41	28:32
89	Tammy Herrera	F	39	28:42
90	Adam Hake	M	10	28:44
91	Laurie Hake	F	36	28:45
92	Randy Robbins	M	34	28:48
93	Katie Shroyer	F	12	29:00
94	Faye Adcox	F	53	29:02
95	Tracey Goff	F	41	29:03
96	Alicia Kimmet	F	26	29:05
97	Jessica Iskander	F	28	29:08
98	Melanie Lyons	F	12	29:13
99	Michael Gillen	M	42	29:16
100	Danna Carter	F	37	29:24
101	Bobbi Jo Webber	F	34	29:27
102	Patrick Vinton	M	15	29:33
103	Michelle Northshield	M	48	29:35
104	Mellissa Bobbie	F	19	29:35
105	Virgil Banaag	M	48	30:02
106	Jennifer Dill	F	56	30:04
107	Michael Wisniewski	M	41	30:05
108	Karin Ryndak	F	41	30:06
109	Susie Shockley	F	51	30:07
110	Ali Mirzakhali	M	52	30:08
111	Paulson Gittlin	M	59	30:18
112	Kris Surdokowski	M	35	30:37
113	Hunter Parsell	M	14	30:42
114	Jonathan Maurer	M	16	30:45
115	Stephanie Lynn	F	15	30:47
116	Sarah Hubbard	F	25	30:50
117	Lauren Mirzakhali	F	20	30:52
118	Scott Kessel	M	48	31:09
119	Bryon Clarke	M	42	31:18
120	Anna Curtis	F	13	31:25
121	Noelle Shroyer	F	12	31:33
122	Kathleen Wagner	F	25	31:46
123	Samantha Ponsell	F	14	31:46
124	Karen Jones	F	46	31:51

125	Mallory Vogl	F	26	31:55
126	Jocelyn Mitchell	F	42	32:03
127	Connor Lyons	M	11	32:05
128	Jessica Rangel	F	18	32:16
129	Marie Neaves	F	65	32:27
130	Paul Eichler	M	49	32:32
131	Syed Myles	M	11	32:43
132	Charles Matthews	M	65	32:46
133	Rachel Bernat	F	21	32:56
134	Jayne Bayqueen	F	29	33:35
135	Robert Quinonez	M	42	33:35
136	Sonja Quinonez	F	38	33:35
137	Daniel Cooper	M	44	33:38
138	Katlin Cooper	F	14	33:38
139	Peter DiMaria	M	60	33:44
140	Katie Ridgway	F	32	33:46
141	Jennifer Lyons	F	41	33:52
142	Maria Shroyer	F	40	33:53
143	Sophia Shroyer	F	9	33:53
144	Dashina Cannon	F	33	33:55
145	Jim Hosfelt	M	51	34:05
146	? Hengst	F	20	34:41
147	Colleen Ward	F	25	34:43
148	Laura White	F	29	34:44
149	Craig Burkett	M	47	34:47
150	Sebastian Gonzalez	M	49	34:49
151	Lexi Goff	F	10	34:52
152	Margaret Mathena	F	48	34:54
153	Dawn Blair	F	33	35:03
154	Misty Solomon	F	30	35:04
155	Diemma Caayupan	F	33	35:08
156	Lee Masser	M	77	35:16
157	Angie Hunter	F	39	35:20
158	Sandy Hatch	F	38	35:20
159	Angela Mills	F	41	35:28
160	Katie Wright	F	14	25:29
161	Samantha MacPherson	F	23	35:32
162	Mimi MacPherson	F	50	35:53
163	Ken Marsh	M	55	35:54
164	Steven Grossman	M	8	35:55
165	Megan Crawford	F	18	36:07
166	Kathy Gallagher	F	54	36:10
167	Kodey Walp	M	11	36:22
168	Thomas Finger	M	70	36:27
169	Don Zalenski	M	67 W	36:47
170	Jeremy Ziman	M	33	36:54

171	Emma Knapp	F	9	37:00
172	Zachary Mitchell	M	8	37:01
173	Thomas Krumrine	M	7	37:08
174	Cynthia Umebi	F	36	37:23
175	June Jarrell	F	56	37:23
176	Dylan Rhey	M	17	37:32
177	Anthony Baker	M	12	37:41
178	Paul Bernat	M	46	38:02
179	Cynthia Canevari	F	56	38:05
180	Jennifer Pires	F	45	38:21
181	Jerri Fleetwood	F	57	38:25
182	Julia Testmeier	F	11	38:29
183	Joe Tegtmeier	M	49	38:40
184	Alaric Schone	M	12	39:09
185	Runner Unknown			39:10
186	Finnie Vollmer	M	6	39:17
187	Caryn Vollmer	F	42	39:17
188	Amy Parsell	F	44	39:22
189	Blanna Lim	F	52	39:25
190	Raymond Vollmer	M	50 W	39:31
191	Carrie Clausius	F	7	39:38
192	Jennifer Clausius	F	41	39:50
193	Tiffany Tullis	F	32	40:09
194	Grace Vollmer	F	4	40:12
195	Eleanor Vollmer	F	2	40:13
196	Dianna Woodward	F	56	40:25
197	Julie Lynn	F	44 W	40:42
198	Joshua Grossman	M	11	40:45
199	Joe Young	M	63 W	41:05
200	Justin Solomon	M	8	41:14
201	Kevin Solomon	M	32	41:29
202	Caroline Dowd	F	12	41:30
203	Donnan Dowd	F	45	41:52
204	Alex Dewey	M	11 W	41:55
205	Debbie Johnson	F	55 W	42:06
206	Amber Cahall	F	21 W	42:44
207	Katie Davison	F	21 W	43:39
208	Krista Skalski	F	12 W	43:40
209	Careh Rosal	F	50	44:01
210	Adam Thomas	M	23	44:03
211	Wesley Vinton	M	17	44:15
212	Cynthia Mangubat	F	49	44:16
213	Deanna Carmean	F	62	44:18
214	Anne Thomas	F	15	44:18
215	Kathy Matthews	F	54 W	44:19
216	Terry Woodward	M	57 W	44:36

217	Mike Twining	M	45 W	45:05
218	Jen Twining	F	44 W	45:10
219	Harrison Schone	M	15	45:10
220	Alisha Waltzer	F	24	45:24
221	Kelly Ryser	F	21 W	45:27
222	Phyllis Zalenski	F	64 W	45:33
223	Katie Lorchak	F	28	45:39
224	Peter Lorchak	M	26	46:40
225	Katie Ritter	F	19 W	46:40
226	Rebecca Ziegler	F	10	46:41
227	Joyce Ottinger	F	50	46:53
228	BJ Wucheovich	F	71 W	46:54
229	Keith Hester	M	49 W	46:59
230	Raul Mangubat	M	51	47:36
231	Deanna Peer	F	27 W	47:53
232	Amanda Devine	F	25 W	48:03
233	Kim Willson	F	30 W	48:04
234	Kathleen Connaughton	F	61	48:09
235	Martin McDonough	M	62 W	49:14
236	Sherry Hosfelt	F	52 W	49:14
237	James Curtis	M	51 W	49:31
238	Diana Curtis	F	54 W	49:58
239	Lisa Furber	F	42	49:59
240	Pamela Boyd	F	49 W	50:14
241	Cheryl Thomas	F	50 W	50:34
242	Angela Downs	F	46 W	50:35
243	Amy Jarrell	F	26 W	50:52
244	Nicholas Grossman	M	13 W	50:53
245	Tracey Grossman	F	43 W	51:22
246	Jason Carpenter	M	29 W	51:23
247	Christina Carpenter	F	29 W	51:52
248	Tammy Clifton	F	55 W	51:52
249	Jerry Clifton	M	55 W	52:03
250	Audrey Mehl	F	74 W	52:03
251	Monica Myles	F	46 W	52:04
252	Lisa Gardner	F	45 W	52:24
253	Suzanne Ford	F	63	52:24
254	Stephanie Wagner	F	43 W	52:37
255	Christina Venticinque	F	34	53:22
256	Mark Hitzig	M	4	53:25
257	Sherry Fredericks	F	42 W	54:01
258	Lee Ridgway	M	32	54:09
259	Karen Maurer	F	47 W	54:12
260	Amy Spahr	F	35 W	54:14
261	Denise Redden	F	55 W	54:28
262	Jules Phillips	M	42 W	54:29

263	Lanie Bailey	F	39 W	54:30
264	Alyssa Huenke	F	21	54:42
265	Brady Shockley	M	14	54:42
266	Stacey Zehr	F	30 W	54:49
267	Dionn Stevenson	F	13	54:50
268	Amanda Keppel	F	36 W	54:51
269	Ben Dulin	M	37	54:52
270	Heather Miller	F	27 W	54:52
271	Katie Palmer	F	27 W	55:21
272	James Dewey	M	41 W	55:24
273	Jean Downes	F	48 W	55:25
274	Darla Vinton	F	49 W	55:28
275	Kellie Ford	F	19 W	55:58
276	Odasia Bennet	F	36 W	55:58
277	Anne Blevins-Rose	F	29 W	55:58
278	Bill Mayhall	M	47 W	56:03
279	Lisa Horn	F	47 W	56:03
280	Jaclyn Swanson	F	14	56:04
281	Jalen Adams	M	13 W	56:04
282	Syreeta Harris	F	32 W	56:53
283	Brian Doucette	M	33 W	57:10
284	Patricia Clark	F	47 W	57:30
285	Kimberly Rizzo	F	39 W	57:30
286	Angeline Dewey	F	40 W	57:31
287	Thelma Moses	F	32 W	57:32
288	Ashley Hitzig	F	33 W	57:36
289	Mike Murray	M	55 W	57:37
290	Barb Murray	F	55 W	57:50
291	Paula Murray	F	28 W	58:14
292	Brian Dixon	M	43 W	58:28
293	Donna Dixon	F	41 W	58:28
294	Michael Fountain	M	44 w	58:43
295	Amy Fountain	F	39 W	58:44
296	Deborah Denne	F	62 W	58:47
297	Colin Burke	M	6 W	58:47
298	Kristin Burke	F	33 W	58:59
299	Daniel Burke	M	41 W	59:10
300	Necia Beck	F	54 W	59:11
301	Michelle Robinette	F	39 W	59:12
302	Kalina Johnson	F	10 W	59:14
303	Emily Chesser	F	7	59:14
304	Kim Chesser	F	40	59:57
305	Leia Clendaniel	F	11 W	1:00:02
306	Maddy Weir	F	15 W	1:00:02
307	Jake Weir	M	14 W	1:00:13
308	Mike Weir	M	44 W	1:00:31

309	Kenny Weir	M	13 W	1:00:32
310	Alisha Clendaniel	F	38 W	1:00:35
311	Pam Weir	F	42 W	1:00:35
312	Kathy Minutola	F	48 W	1:00:42
313	Karen Johnson	F	38 W	1:01:00
314	Jordan Amado	M	17 W	1:01:01
315	Ellie Knapp	F	15 W	1:01:02
316	Amy Weller	F	35 W	1:01:05
317	Jen Phillips	F	35 W	1:01:05
318	April Taborda	F	35 W	1:01:25
319	Gabriel Mitchell	M	6	1:01:25
320	Charles Beck	M	51 W	1:01:26
321	Daniella Minutola	F	19 W	1:01:52
322	Michelle Minutola	F	15 W	1:02:26
323	Natalie Titus	F	45 W	1:02:28
324	Deborah Eberly	F	55 W	1:02:29
325	Sarah Eberly	F	24 W	1:02:47
326	Stewart Dooley	M	27 W	1:02:51
327	Jordan Solomon	M	10	1:02:52
328	? Koczorowski	M	48	1:02:54
329	Adam Koczorowski	M	17 W	1:03:46
330	Erica Koczorowski	F	21 W	1:03:46
331	Meg Koczorowski	F	47 W	1:03:47
332	Rachael Ziegler	F	43 W	1:03:47
333	Marilyn Finger	F	67 W	1:04:11
334	Beth Krunmrine	F	37	1:04:11
335	Cody Poe	M	24 W	1:04:49
336	Jessica Poe	F	30 W	1:04:49
337	Paulette Schaal	F	67 W	1:04:49
338	Dan Schaal	M	72 W	1:05:32
339	Barbara Pero	F	72 W	1:05:32
340	Joseph Pero	M	73 W	1:05:57
341	Clare Mangubat	F	14	1:05:57
342	Chloe Mangubat	F	12	1:06:28
343	Ana Lauder	F	16	1:06:28
344	Volha Komar	F	31 W	1:06:29
345	Crystal Cottle	F	29 W	1:08:12
346	Lilia Komar	F	4 W	1:08:12
347	Lily Cottle	F	4 W	1:08:12
348	Kevin Cottle	M	24 W	1:08:12
349	Brandon Yoder	F	7 W	1:08:13
350	Colin Yoder	M	3 W	1:10:18
351	Jamie Yoder	M	36 W	1:10:28
352	Jennifer Yoder	F	36 W	1:10:28
353	Sharon Yoder	F	74 W	1:10:28
354	Bryant Dalgewicz	M	43 W	1:12:56

355	Joseph Laws	M	28 W	1:22:56
356	David Blaeuer	M	44 W	1:23:01
357	Douglas Green	M	29 W	1:23:02
358	Michael McKoon	M	13 W	1:23:02
359	Jessica McKeown	M	16 W	1:23:02
360	Melissa Dalgewicz	F	36 W	1:23:03
361	David McKeon	M	10 W	1:23:03
362	James Kossman	M	W	1:23:03
363	Ann Breeding	F	39 W	1:23:04
364	Alissa Cole	F	38 W	1:23:04
365	Ashley Blaeuer	F	12 W	1:23:04
366	Mark Breeding	M	39 W	1:23:05
367	Drew Cole	M	38 W	1:23:05
368	Frances McCready	F	77 W	1:23:06
369	Jane Cichocki	F	65 W	1:24:23
370	Barbara Dalgewicz	F	67 W	1:24:23
371	James Cichocki	M	66	1:24:23