

# 56th Anniversary Lake Forest Cross Country Festival Open 5K Run/Walk

September 7, 2013 79 degrees, sunny

## Age Group & Complete Event Results

Killens Pond State Park

Benefits the Friends of 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	Michael Sewell	18:30	Annie Zeberkiewicz	20:40
	<u>Male Master</u>		<u>Female Master</u>	
	Tom Steenkamer	18:53	Helen Morrow	23:05
	<u>L.F. Invitational Alumni</u>		<u>L.F. Invitational Alumni</u>	
1st	Eric Payne	19:32	NA	
2nd	Frank Clendening	20:23	NA	
3rd	Czar Bloom	23:14	NA	
	<u>14- Under</u>		<u>14 - under</u>	
1st	Joshua Mills	29:59	Emma Schwartz	25:26
2nd	NA		Caroline Sullivan	25:34
3rd	NA		Jacqueline Blair	25:39
	<u>15 - 19</u>		<u>15 - 19</u>	
1st	Austin Virdin	20:36	Alexandra Whelan	24:44
2nd	Caleb Welsh	21:35	Lauren Fleming	25:12
3rd	Lucas Rausch	23:32	Caroline Flahive	25:59
	<u>20 - 29</u>		<u>20 - 29</u>	
1st	Steven Eshelman	18:39	Erica Meade	23:48
2nd	Steven Wheeler	20:01	Staci Schmidt	24:57
3rd	Kevin Campbell	29:45	Sandra Santos	25:34
	<u>30 - 39</u>		<u>30 - 39</u>	
1st	Adam Jones	19:13	Alisa Skowrowski	27:32
2nd	Martin Rodriguez	19:37	Julie Kimball	32:08
3rd	Barry Brown	25:00	Sonja Quinonez	32:50
	<u>40 - 49</u>		<u>40 - 49</u>	
1st	Tom Hock	19:11	Monique Bamforth	26:35
2nd	Jon Harris	24:14	LuAnn Miller	27:32
3rd	James Mills	24:15	Kimberly Wilson	29:59

	<u>50 - 59</u>		<u>50 - 59</u>	
1st	Lee Kauffman	20:46	Debbie Polise	32:02
2nd	Tad Damask	21:17	Robin Morgan	33:48
3rd	Paul Phalen	26:30	Diana Woodward	42:39

	<u>60 - 69</u>		<u>60 &amp; Over</u>	
1st	Rob Line	27:40	Betty Link	40:33
2nd	Richard Grace	28:32	NA	
3rd	NA		NA	

	<u>70 and Over</u>			
1st	Pete McLaughlin	32:21		
2nd	Larry Price	33:40		
3rd	NA			

	<u>Male Walkers</u>		<u>Female Walkers</u>	
1st	Don Zalenski	38:40	Debbie Johnson	44:06
2nd	Joe Young	43:11	Julie Lynn	44:07
3rd	Terry Woodward	46:36	Ann Line	44:33

### Complete Results In Finish Order

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>
1	Michael Sewell	M	44	18:30
2	Steven Eshelman	M	20	18:39
3	Tom Steenkamer	M	54	18:53
4	Tom Hoch	M	49	19:11
5	Adam Jones	M	34	19:13
6	Eric Payne	M	44	19:32
7	Martin Rodriguez	M	31	19:37
8	Steven Wheeler	M	29	20:01
9	Frank Clendening	M	18	20:23
10	Austin Virdin	M	18	20:36
11	Annie Zeberkiewicz	F	29	20:40
12	Lee Kauffman	M	55	20:46
13	Tad Damask	M	54	21:17
14	Caleb Welsh	M	18	21:35
15	Helen Morrow	F	43	23:05
16	Czar Bloom	M	39	23:14
17	Lucas Rausch	M	18	23:32
18	Erica Meade	F	25	23:48
19	Jon Harris	M	46	24:14
20	James Mills	M	43	24:15
21	Bob Fleming	M	48	24:41
22	Alexandria Whelan	F	17	24:44
23	Staci Schmidt	F	27	24:57
24	Barry Brown	M	35	25:00
25	Jeff Skowronski	M	42	25:00
26	Lauren Fleming	F	16	25:12

27	Emma Schwartz	F	14	25:26
28	Caroline Sullivan	F	14	25:34
29	Sandra Santos	F	20	25:34
30	Jake Hopkins	M	18	25:36
31	Jacqueline Blair	F	13	25:39
32	Caroline Flahive	F	17	25:59
33	Cara Fioravantge	F	17	26:05
34	Jerome Harris	M	48	26:14
35	Paul Phalen	M	54	26:30
36	Daryl Minner	M	39	26:33
37	Monique Bamforth	F	43	26:35
38	Brian Gilewski	M	18	26:38
39	Maddie LaLomia	F	13	27:10
40	Ned Monroe	M	52	27:24
41	Hayley Beddard	F	15	27:29
42	Alisa Skowrowski	F	36	27:32
43	LuAnn Miller	F	48	27:32
44	Rob Line	M	62	27:40
45	Natalie Sturm	F	15	28:01
46	Elena Burtis	F	17	28:11
47	Richard Grace	M	66	28:32
48	Gabby Pfeffer	F	15	29:12
49	Mellissa Bobbie	F	19	29:18
50	Kevin Campbell	M	23	29:45
51	Joshua Mills	M	11	29:48
52	Kimberly Wilson	F	47	29:59
53	Gary Focht	M	53	30:02
54	Karin Ryndak	F	41	30:13
55	Stephanie Brocato	F	14	30:50
56	Danielle Peden	F	45	30:55
57	Christine Beddard	F	49	31:12
58	Debbie Polise	F	52	32:02
59	Julie Kimball	F	35	32:08
60	Hap Harrington	M	36	32:08
61	Pete McLaughlin	M	73	32:41
62	Katrina Chua	F	42	32:41
63	Jayne Bayqueen	F	29	32:44
64	Sonja Quinonez	F	38	32:50
65	Jackie Seiwell	F	48	33:17
66	Amanda Seiwell	F	18	33:18
67	Larry Price	M	70	33:58
68	Robin Morgan	F	58	33:48
69	Esteban Suero	F	39	33:49
70	Keegan Gahan	F	17	33:58
71	Kristen Brough	F	32	34:07
72	Aimee DiBenedictis	F	39	34:13
73	Don Zalenski	M	67 W	38:40
74	Betty Link	F	64	40:33
75	Marcus Woodward	M	29	40:34

76	Diana Woodward	F	56	42:39
77	Marcia Woodward	F	30	42:50
78	Joe Young	M	63 W	43:11
79	Debbie Johnson	F	55 W	44:06
80	Julie Lynn	F	44 W	44:07
81	Ann Line	F	60 W	44:35
82	Terry Woodward	M	57 W	46:36
83	Phyllis Zalenski	F	64 W	46:42
84	Cynthia Mangubat	F	49 W	53:28
85	Allison Gutsell	F	51 W	1:00:21
86	Katrina Gutsell	F	27 W	1:00:21