

**5 K Run**

**Overall Female Open 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>	<u>Time Back</u>
1	Devin Van Doornik	Holland MI	17	20	17	19:59.7	6:27/M	

**Overall Male Open 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>	<u>Time Back</u>
1	Kolin Stickney	Bailey MI	20	329	1	16:11.9	5:13/M	

**Overall 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>	<u>Time Back</u>
1	Debbie Lanciaux	Fremont MI	47	360	28	21:26.7	6:55/M	

**Overall 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>	<u>Time Back</u>
1	Jeff Wilson	Kent City MI	40	14	14	19:39.6	6:20/M	

Age Group Results

July 25, 2009

## 5 K Run

## No Age Provided

Record: Kurt Heinbold

Year: 2006 Time: 22:17.4

<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>	<u>Time Back</u>
1	Unknown Participant	Zeeland MI		62	280	1:30:00.7	29:02/M	

## Female 1 to 10

Record: Lauren Zeerip

Year: 2006 Time: 25:25.6

<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>	<u>Time Back</u>
1	Malea Teerman	Muskegon MI	10	149	97	25:07.8	8:06/M	
2	Jaiden Van Doornik	Holland MI	9	23	154	28:10.0	9:05/M	3:02.2
3	Julia Sutter	Three Rivers MI	10	419	219	32:36.2	10:31/M	7:28.4
4	Amanda Veldheer	Holland MI	10	112	247	35:59.5	11:36/M	10:51.7
5	Jill Arends	Grant MI	8	123	260	37:56.6	12:14/M	12:48.8
6	Summer Joy Biesida	Muskegon MI	6	27	267	41:40.8	13:26/M	16:33.0
7	Sara Arends	Grant MI	5	390	277	53:29.4	17:15/M	28:21.6

## Male 1 to 10

Record: Chad Heykoop

Year: 1995 Time: 23:46.6

<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>	<u>Time Back</u>
1	Fraser Wilson	Kent City MI	10	16	89	24:54.7	8:02/M	
2	Dominick Byrne	Fremont MI	9	48	143	27:35.9	8:54/M	2:41.2
3	Connor Modd	Whitehall MI	9	148	216	32:20.5	10:26/M	7:25.7

## Female 11 to 14

Record: Ann Byland

Year: 1992 Time: 18:23.0

<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>	<u>Time Back</u>
1	McKenna Van Doornik	Holland MI	13	22	59	23:14.4	7:30/M	
2	Jillian Dabrowski	Okemos MI	13	81	68	23:46.5	7:40/M	0:32.1
3	Claire Schaar	Fremont MI	14	242	91	24:56.6	8:03/M	1:42.2
4	Colleen Hall	Holton MI	13	33	100	25:14.9	8:08/M	2:00.5
5	Sammie Eely	Muskegon MI	14	228	113	25:49.2	8:20/M	2:34.8
6	Elliona Sokolow	Grand Haven MI	11	119	137	27:20.0	8:49/M	4:05.6
7	Trinity Holmes	Muskegon MI	14	92	166	28:54.7	9:19/M	5:40.3
8	Whitney Grant	Fremont MI	14	351	171	29:15.2	9:26/M	6:00.8
9	Kenzie Zuchowski	Fremont MI	13	160	173	29:24.5	9:29/M	6:10.1
10	Katrinann Bullis	Fremont MI	11	336	201	30:46.0	9:55/M	7:31.6
11	Rachel Thompson	Twin Lake MI	13	333	206	31:31.7	10:10/M	8:17.3
12	Heidi Meeuwenberg	Hudsonville MI	14	110	222	33:00.4	10:39/M	9:46.0
13	Karlie Zuchowski	Fremont MI	14	166	231	33:59.6	10:58/M	10:45.2
14	Autumn Ringleka	Fremont MI	12	335	235	34:28.7	11:07/M	11:14.3
15	India Hager	Fremont MI	14	35	237	34:35.0	11:09/M	11:20.6
16	Jennifer Slager	Fremont MI	13	205	242	34:52.7	11:15/M	11:38.3
17	Morgan Mansfield	Grant MI	13	347	251	36:34.4	11:48/M	13:20.0
18	Kristina Johnson	Grant MI	11	131	253	36:38.1	11:49/M	13:23.7

Age Group Results

July 25, 2009

## 5 K Run

## Male 11 to 14

Record: Michael Douglas

Year: 1995 Time: 17:20.1

<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>	<u>Time Back</u>
1	Nick Vanderkooi	Fremont MI	14	44	6	18:13.2	5:53/M	
2	Will Wilson	Kent City MI	13	17	8	18:50.3	6:05/M	0:37.0
3	J P Mulcahy	Northville MI	13	305	25	21:11.9	6:50/M	2:58.6
4	Tyler Green	Fremont MI	14	383	31	21:34.7	6:57/M	3:21.5
5	Nate Harris	Whitehall MI	14	146	39	22:06.4	7:08/M	3:53.2
6	Alexzander Myers	Scottville MI	13	53	40	22:06.6	7:08/M	3:53.3
7	Andrew Zimmerman	Fremont MI	14	418	42	22:14.1	7:10/M	4:00.9
8	Curtis Jewett	Fremont MI	12	432	62	23:20.4	7:32/M	5:07.2
9	Travis Breuker	Grand Rapids MI	13	94	99	25:13.7	8:08/M	7:00.4
10	Max Smith	Newaygo MI	12	272	106	25:36.9	8:15/M	7:23.6
11	Adam Dudek	Spring Lake MI	11	247	163	28:47.4	9:17/M	10:34.2
12	Ryan Arends	Grant MI	11	122	227	33:31.1	10:49/M	15:17.9
13	Quenton Vanwye	Whitehall MI	13	393	229	33:53.8	10:56/M	15:40.6

## Women 15 to 19

Record: Lauren Hafner

Year: 1995 Time: 19:08.4

<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>	<u>Time Back</u>
1	Kaleigh Carlson	Hudsonville MI	18	399	23	20:49.5	6:43/M	
2	Helen Mulcahy	Northville MI	16	306	32	21:39.6	6:59/M	0:50.1
3	Megan Dickinson	White Cloud MI	17	361	47	22:39.4	7:18/M	1:49.9
4	Jeanne Wilson	Kent City MI	15	15	49	22:41.6	7:19/M	1:52.1
5	Mercedes Westbrook	Fremont MI	15	387	56	23:09.6	7:28/M	2:20.1
6	Paige Matthews	Conklin MI	16	3	76	24:08.0	7:47/M	3:18.5
7	Kiley Goorhouse	Fremont MI	19	294	86	24:38.0	7:57/M	3:48.5
8	Nicole Dummer	Fremont MI	18	442	129	26:45.7	8:38/M	5:56.2
9	Michaela Breuker	Fremont MI	18	441	130	26:46.1	8:38/M	5:56.6
10	Anna English	Holton MI	15	338	187	29:51.2	9:38/M	9:01.7
11	Erika Jorstad	Wyoming MI	15	400	188	29:53.9	9:38/M	9:04.4
12	Jordan Perry	Whitehall MI	19	135	233	34:11.7	11:02/M	13:22.2
13	Leah Vanboxel	Fremont MI	18	422	239	34:50.2	11:14/M	14:00.7

## Men 15 to 19

Record: Jeff Delong

Year: 1997 Time: 15:10.2

<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>	<u>Time Back</u>
1	Erik Westbrook	Fremont MI	19	388	2	16:35.5	5:21/M	
2	Tommy Jewett	Fremont MI	16	252	3	17:19.5	5:35/M	0:44.0
3	Nicholas Butcher	Fremont MI	16	406	4	17:20.0	5:35/M	0:44.5
4	Greg Madendorp	Whitehall MI	16	31	5	17:28.1	5:38/M	0:52.6
5	Blake Whittington	Whitehall MI	16	269	7	18:47.2	6:04/M	2:11.7
6	Sam Schuiteman	Fremont MI	16	51	9	19:17.2	6:13/M	2:41.7
7	Andrew Zahrt	Fremont MI	18	321	10	19:17.6	6:13/M	2:42.1
8	Jeff Cherry	Fremont MI	15	349	11	19:30.2	6:17/M	2:54.7

Age Group Results

July 25, 2009

**5 K Run****Men 15 to 19**

Record: Jeff Delong

Year: 1997 Time: 15:10.2

<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>	<u>Time Back</u>
9	Kevin Hintz	Hart MI	15	19	12	19:35.2	6:19/M	2:59.7
10	Jacob Van Hall	White Cloud MI	16	256	16	19:55.6	6:25/M	3:20.1
11	Mike Cherry	Fremont MI	17	334	19	20:12.2	6:31/M	3:36.7
12	Alec Beattie	Fremont MI	17	127	24	21:11.1	6:50/M	4:35.6
13	Nick Boltz	Fremont MI	15	165	27	21:21.2	6:53/M	4:45.7
14	Caleb Arends	White Cloud MI	16	309	48	22:40.3	7:19/M	6:04.8
15	Hunter Blake	Fremont MI	16	237	58	23:12.3	7:29/M	6:36.8
16	David Steenstra	Grant MI	19	407	72	23:56.5	7:43/M	7:21.0
17	Joe Kotecki	Fremont MI	15	45	79	24:13.2	7:49/M	7:37.7
18	Mitchell Breuker	Grand Rapids MI	15	95	85	24:31.6	7:55/M	7:56.1
19	Travis Schoonmakes	White Cloud MI	19	381	134	27:12.9	8:46/M	10:37.4
20	Chris Hall	Hesperia MI	15	105	136	27:19.6	8:49/M	10:44.1
21	Kennard Hoverkamp	Fremont MI	17	403	138	27:21.6	8:49/M	10:46.1
22	Cody Rottier	Fremont MI	15	219	252	36:34.5	11:48/M	19:59.0

**Women 20 to 29**

Record: Betsy Frens

Year: 2000 Time: 17:14.1

<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>	<u>Time Back</u>
1	Tiffany Smith	Kingsley MI	26	325	105	25:32.3	8:14/M	
2	Tami Roth	Howard City MI	29	153	146	27:39.1	8:55/M	2:06.8
3	Hillary Sanders	Madison WI	27	380	147	27:39.3	8:55/M	2:07.0
4	Kara Payne	Palatine IL	29	293	149	27:48.8	8:58/M	2:16.5
5	Sara Liebrandt	Muskegon MI	28	439	157	28:28.5	9:11/M	2:56.2
6	Sally Papes	Newaygo MI	23	116	161	28:41.0	9:15/M	3:08.6
7	Emily Seamon	White Cloud MI	26	77	168	28:58.2	9:21/M	3:25.9
8	Margie Clubbs	Trenton MI	27	200	177	29:34.3	9:32/M	4:01.9
9	Sabrina Carlson	Kent City MI	27	411	181	29:36.1	9:33/M	4:03.8
10	Hilary Sepe	Fremont MI	28	196	183	29:44.0	9:35/M	4:11.6
11	Barbara Ebel-Langdon	Newaygo MI	27	170	190	29:56.6	9:39/M	4:24.3
12	Michelle Barnett	Newaygo MI	25	29	208	31:33.1	10:11/M	6:00.7
13	Deanne Barry		26	429	209	31:33.2	10:11/M	6:00.9
14	Stephanie Dekuiper	Fremont MI	29	158	211	31:35.4	10:11/M	6:03.0
15	Tanya Napier	Whitehall MI	28	102	214	32:03.6	10:20/M	6:31.3
16	Jenna Adams	Muskegon MI	24	258	215	32:17.6	10:25/M	6:45.3
17	Megan Devries	Comstock Park MI	28	103	218	32:32.6	10:30/M	7:00.2
18	Stephanie Mason	Grand Rapids MI	24	310	221	32:41.7	10:33/M	7:09.3
19	Kacey Nelson	Fremont MI	28	183	226	33:19.5	10:45/M	7:47.2
20	Patricia Rader	Grand Rapids MI	28	389	236	34:29.1	11:07/M	8:56.7
21	Crystal Sherd	Greenville MI	28	340	243	34:56.4	11:16/M	9:24.0
22	Jennifer Blanchard	Fremont MI	28	178	246	35:38.3	11:30/M	10:06.0
23	Suzanne Connors	Lakeview MI	26	323	266	41:16.7	13:19/M	15:44.4
24	Terra Koch	Morley MI	29	216	269	41:56.8	13:32/M	16:24.4
25	Crystal Zandvliet	Fremont MI	29	204	270	42:10.9	13:36/M	16:38.6

**5 K Run****Men 20 to 29**

Record: Kent Frens

Year: 1997 Time: 14:49.9

<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>	<u>Time Back</u>
1	Eric Ringnalda	Zeeland MI	29	440	13	19:37.3	6:20/M	
2	Rob Parker	Holton MI	24	415	30	21:27.8	6:55/M	1:50.4
3	Sean Seabott	Fremont MI	27	370	37	21:59.8	7:05/M	2:22.4
4	Corey Christoffersen	Fremont MI	22	133	45	22:29.4	7:15/M	2:52.0
5	Joel Arends	Ravenna MI	21	435	54	23:05.7	7:27/M	3:28.4
6	Christopher Delia	Fremont MI	20	307	60	23:16.7	7:30/M	3:39.3
7	James Bacon	Fremont MI	20	414	63	23:22.5	7:32/M	3:45.2
8	Dan Barnett	Newaygo MI	26	30	74	23:58.4	7:44/M	4:21.1
9	Nicholas Bowne	Twin Lake MI	20	84	96	25:07.3	8:06/M	5:30.0
10	Robert Atwood	Grant MI	24	114	124	26:31.4	8:33/M	6:54.0
11	Tim Atwood	Fremont MI	29	113	126	26:32.1	8:34/M	6:54.7
12	Steven Leibrandt	Muskegon MI	29	438	156	28:28.4	9:11/M	8:51.1
13	Jonathon Pate	Muskegon MI	28	266	191	30:00.6	9:41/M	10:23.2
14	David Barry	Kalamazoo MI	27	430	207	31:32.8	10:10/M	11:55.4
15	Michael Langdon	Newaygo MI	28	171	220	32:40.8	10:32/M	13:03.5
16	Shaun Jeffery	Muskegon MI	28	283	254	36:48.9	11:52/M	17:11.6

**Women 30 to 34**

Record: Jeanne Dykman

Year: 2001 Time: 18:23.5

<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>	<u>Time Back</u>
1	Leigh Simon	Royal Oak MI	33	128	38	22:00.7	7:06/M	
2	Maggie Lowe	Fruitport MI	32	436	43	22:24.4	7:14/M	0:23.7
3	Anne Cammenga	Grant MI	34	397	44	22:26.8	7:14/M	0:26.0
4	Kristen Christoffersen	Fremont MI	31	132	67	23:40.1	7:38/M	1:39.4
5	Julie Chilson	Grant MI	31	58	78	24:12.0	7:48/M	2:11.3
6	Kim Makin	Fremont MI	33	134	80	24:14.2	7:49/M	2:13.5
7	Michelle Bordeaux	Fremont MI	32	427	117	26:10.2	8:26/M	4:09.5
8	Karla Barnes	Fremont MI	31	282	123	26:28.8	8:32/M	4:28.1
9	Missy Bauer	Coldwater MI	32	97	132	26:54.0	8:41/M	4:53.3
10	Karen Frankhouser	Grand Rapids MI	33	12	135	27:16.8	8:48/M	5:16.0
11	Elizabeth Dahlstrom	Fremont MI	30	140	140	27:30.9	8:52/M	5:30.1
12	Melanie Baden	Fremont MI	34	89	162	28:47.0	9:17/M	6:46.3
13	Bunnita Ouwinga	Grant MI	34	311	170	29:02.6	9:22/M	7:01.9
14	Cynthia Dekuiper	Twin Lake MI	33	52	174	29:29.6	9:31/M	7:28.9
15	Cari Taylor	Fremont MI	31	37	175	29:31.0	9:31/M	7:30.3
16	Gretchen Bush	Big Rapids MI	32	344	178	29:34.8	9:32/M	7:34.1
17	Monica Swanland	Caledonia MI	33	394	179	29:35.0	9:33/M	7:34.3
18	Candice Hansen	Fremont MI	32	223	180	29:35.4	9:33/M	7:34.7
19	Megan Rosemer	Hesperia MI	34	353	195	30:16.6	9:46/M	8:15.8
20	Liz Koenig	Rockford MI	30	199	203	31:08.0	10:03/M	9:07.3
21	Ann Marie Jones	Greenville MI	30	339	230	33:57.8	10:57/M	11:57.1
22	Jamie Kukal	Fremont MI	32	364	250	36:31.2	11:47/M	14:30.4
23	Manda Smith	Spring Lake MI	30	145	261	37:56.8	12:14/M	15:56.0

Age Group Results

July 25, 2009

**5 K Run****Women 30 to 34**

Record: Jeanne Dykman

Year: 2001 Time: 18:23.5

<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>	<u>Time Back</u>
24	Crystal Gleason	Hesperia MI	32	287	262	38:52.2	12:32/M	16:51.5
25	Tasha Bourne	Muskegon MI	31	278	263	39:07.4	12:37/M	17:06.7
26	Becky Biesiada	Muskegon MI	33	26	268	41:41.2	13:27/M	19:40.5

**Men 30 to 34**

Record: Mark Northuis

Year: 1991 Time: 15:33.0

<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>	<u>Time Back</u>
1	Gus Salto	Grant MI	34	431	20	20:12.9	6:31/M	
2	Josh Schaendorf	Grand Haven MI	34	63	35	21:53.0	7:04/M	1:40.1
3	Eugene Barnes	Fremont MI	31	281	36	21:59.1	7:05/M	1:46.1
4	Jason Walker	White Cloud MI	30	244	65	23:32.8	7:35/M	3:19.8
5	Scott Colvin	San Diego CA	31	428	70	23:55.6	7:43/M	3:42.7
6	Shane Dine	Grawn MI	34	326	73	23:57.9	7:44/M	3:45.0
7	Matthew Koekkoek	North Muskegon MI	32	251	75	24:06.4	7:46/M	3:53.5
8	Steve Waite	Fremont MI	30	191	84	24:30.4	7:54/M	4:17.5
9	Eric Roossinck	Fremont MI	30	111	95	25:06.1	8:06/M	4:53.1
10	Bill Bauer		34	437	101	25:17.1	8:09/M	5:04.1
11	Dale Lensky	Fremont MI	34	126	107	25:40.4	8:17/M	5:27.4
12	Scott Johnson	Holton MI	30	50	111	25:48.5	8:19/M	5:35.5
13	William Nemcek	Fremont MI	34	69	112	25:48.8	8:19/M	5:35.8
14	Matt Hendrie	Fremont MI	34	401	115	25:50.4	8:20/M	5:37.5
15	Mike Borkowski	Newaygo MI	31	181	122	26:26.5	8:32/M	6:13.6
16	Jeremy Luchies	Fremont MI	30	187	128	26:43.9	8:37/M	6:30.9
17	Joe Baldes	Fremont MI	32	4	141	27:34.7	8:54/M	7:21.8
18	Andrew Black	Fremont MI	34	405	160	28:40.2	9:15/M	8:27.3
19	Brett Koch	Morley MI	31	217	232	34:02.4	10:59/M	13:49.5

**Women 35 to 39**

Record: Jeanne Dykman

Year: 2004 Time: 18:13.1

<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>	<u>Time Back</u>
1	Lisa Orcutt	Fremont MI	37	78	71	23:56.0	7:43/M	
2	Amy Zerlaut	Bailey MI	36	88	81	24:20.0	7:51/M	0:24.0
3	Anissa Koekkoek	North Muskegon MI	35	250	98	25:12.0	8:08/M	1:15.9
4	Rachel Dekuiper	Rockford MI	35	424	120	26:24.7	8:31/M	2:28.6
5	Courtney Lensky	Fremont MI	35	125	131	26:46.9	8:38/M	2:50.8
6	Michelle Martin	Hesperia MI	39	385	145	27:36.5	8:54/M	3:40.4
7	Denise Hudson	Fremont MI	39	90	172	29:18.0	9:27/M	5:22.0
8	Heather Boivin	Fremont MI	38	276	182	29:43.0	9:35/M	5:47.0
9	Cammie Swiatlowski	Hudsonville MI	35	409	189	29:55.0	9:39/M	5:58.9
10	Melissa Reed	Fremont MI	37	286	193	30:03.1	9:42/M	6:07.1
11	Julie Breuker	Grand Rapids MI	38	93	200	30:44.0	9:55/M	6:48.0
12	Michelle Howard	Grand Rapids MI	37	99	217	32:24.2	10:27/M	8:28.2

Age Group Results

July 25, 2009

**5 K Run****Women 35 to 39**

Record: Jeanne Dykman

Year: 2004 Time: 18:13.1

<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>	<u>Time Back</u>
13	Allyson Shinavier	Hastings MI	38	162	228	33:37.0	10:51/M	9:41.0
14	Debbie Veldheer	Holland MI	39	8	248	36:03.0	11:38/M	12:07.0
15	Jacquelyn Klopp	Spring Lake MI	39	270	256	37:17.3	12:02/M	13:21.3
16	Hannah Rottier	Fremont MI	39	218	257	37:25.6	12:04/M	13:29.5
17	Lisa Santos	Muskegon MI	35	61	259	37:32.4	12:06/M	13:36.3
18	Maureen Baker	Sparta MI	39	65	264	39:09.7	12:38/M	15:13.7
19	Janet Wilks	Comstock Park MI	36	328	272	42:33.9	13:44/M	18:37.8
20	Candice Tenbrink	Houston TX	39	262	273	43:36.6	14:04/M	19:40.5
21	Abhi Gami	Houston TX	37	263	275	49:40.9	16:01/M	25:44.9
22	Bobbie Jo Arends	Grant MI	37	121	278	53:55.5	17:24/M	29:59.5

**Men 35 to 39**

Record: Stuart Scholl

Year: 1993 Time: 16:12.0

<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>	<u>Time Back</u>
1	Rod Richards	Fremont MI	39	245	18	20:02.1	6:28/M	
2	Jon VandenBerg	Fremont MI	36	11	22	20:49.0	6:43/M	0:46.8
3	Ty Miller	Fremont MI	37	189	29	21:26.7	6:55/M	1:24.6
4	Bruce Roberson	Hesperia MI	39	354	34	21:46.5	7:01/M	1:44.4
5	Donald Snippe	Fremont MI	38	255	46	22:34.9	7:17/M	2:32.8
6	Jeff Winkas	Muskegon MI	36	384	50	22:46.0	7:21/M	2:43.8
7	Dan Bolles	North Muskegon MI	39	142	52	22:47.2	7:21/M	2:45.1
8	Matt Arends	Grant MI	39	120	87	24:39.8	7:57/M	4:37.6
9	Michael Thompson	Twin Lake MI	38	332	92	25:00.6	8:04/M	4:58.5
10	Steve Wagenmaker	Fremont MI	36	417	93	25:04.1	8:05/M	5:01.9
11	Todd Shinaberg	Twin Lake MI	35	320	94	25:05.6	8:05/M	5:03.4
12	Brian Baker	Sparta MI	39	64	108	25:44.1	8:18/M	5:41.9
13	Matt Feldpausch	White Cloud MI	38	330	114	25:50.3	8:20/M	5:48.2
14	Brad Johnson	Twin Lake MI	39	83	125	26:31.7	8:33/M	6:29.5
15	Mark Kukal	Fremont MI	36	363	148	27:40.6	8:55/M	7:38.5
16	Mike Rosemer	Hesperia MI	39	352	155	28:15.5	9:07/M	8:13.3
17	Briscoe	Trenton MI	38	201	176	29:34.2	9:32/M	9:32.1
18	Dwight Elders	Whitehall MI	37	367	224	33:13.1	10:43/M	13:10.9
19	Joe Vandermolen	Fremont MI	36	369	234	34:12.9	11:02/M	14:10.8

**Women 40 to 44**

Record: Kathryn Wilcox

Year: 2004 Time: 21:38.5

<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>	<u>Time Back</u>
1	Elizabeth Crandell	Fremont MI	42	55	90	24:56.1	8:03/M	
2	Jane Wolffis	Fremont MI	44	372	150	27:51.0	8:59/M	2:54.9
3	Michelle Kinzbach	Belmont MI	42	318	158	28:39.4	9:15/M	3:43.3
4	Joni Vansumeren	Whitehall MI	42	66	204	31:16.7	10:05/M	6:20.6
5	Jackie Oosse	Fremont MI	42	164	205	31:23.6	10:07/M	6:27.5

## 5 K Run

## Women 40 to 44

Record: Kathryn Wilcox

Year: 2004 Time: 21:38.5

<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>	<u>Time Back</u>
6	Pam Zuchowski	Fremont MI	44	159	210	31:34.9	10:11/M	6:38.8
7	Lisa Sundberg	Hesperia MI	43	308	223	33:02.3	10:39/M	8:06.2
8	Nancy Modd	Whitehall MI	42	147	238	34:49.0	11:14/M	9:52.9
9	Tara Meeuwenberg	Hudsonville MI	44	108	249	36:25.0	11:45/M	11:28.9
10	Shelley Schroeder	Whitehall MI	42	136	258	37:28.2	12:05/M	12:32.1

## Men 40 to 44

Record: Herbert Lindsay

Year: 1999 Time: 15:49.8

<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>	<u>Time Back</u>
1	Jack Meeuwenberg	Hudsonville MI	44	107	15	19:51.7	6:24/M	
2	Shane Crowley	Fremont MI	42	24	21	20:13.7	6:31/M	0:21.9
3	Douglas Wheeler	Fremont MI	44	259	33	21:40.0	6:59/M	1:48.3
4	Jeff Peoples	Muskegon MI	43	426	55	23:09.3	7:28/M	3:17.6
5	Chris Haid	Belmont MI	40	299	64	23:30.5	7:35/M	3:38.8
6	Curt Emenhiser	Fremont MI	43	319	127	26:37.5	8:35/M	6:45.8
7	David Byrne	Fremont MI	41	49	144	27:36.1	8:54/M	7:44.4
8	Paul Dudek	Spring Lake MI	40	246	165	28:51.0	9:18/M	8:59.2
9	David Shinavier	Hastings MI	40	163	192	30:01.9	9:41/M	10:10.2
10	Robert Springstead	Fremont MI	41	355	196	30:18.6	9:46/M	10:26.8

## Women 45 to 49

Record: Jan Spittler

Year: 1993 Time: 21:15.0

<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>	<u>Time Back</u>
1	Sara Bouwkamp	Grant MI	46	396	121	26:25.2	8:31/M	
2	Terri Wahl	Fremont MI	47	155	142	27:35.6	8:54/M	1:10.4
3	Evelte Ingwersen	Evans GA	49	375	151	28:01.5	9:02/M	1:36.3
4	Candee Parkhurst	Fremont MI	47	124	169	29:00.5	9:21/M	2:35.3
5	Judy Alderink	Fremont MI	47	190	184	29:46.6	9:36/M	3:21.4
6	Leigh Van Doornik	Holland MI	46	21	194	30:13.4	9:45/M	3:48.2
7	Lori Vanboxel	Fremont MI	48	423	240	34:50.3	11:14/M	8:25.1
8	Dana Gonzalez	Spring Lake MI	49	39	271	42:12.6	13:37/M	15:47.4

## Men 45 to 49

Record: Maury Dean

Year: 1991 Time: 17:28.0

<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>	<u>Time Back</u>
1	Brian Carson	Hudsonville MI	47	391	26	21:13.7	6:51/M	
2	William Merrill	Shelby MI	45	9	53	22:50.3	7:22/M	1:36.5
3	Craig Suchner	Newaygo MI	45	144	57	23:10.8	7:28/M	1:57.1
4	Michael Hortsman	Fremont MI	47	410	69	23:47.6	7:40/M	2:33.8
5	Ron Matthews	Conklin MI	46	2	77	24:10.0	7:48/M	2:56.2
6	Chris Suchner	White Cloud MI	47	324	82	24:27.2	7:53/M	3:13.4

Age Group Results

July 25, 2009

**5 K Run****Men 45 to 49**

Record: Maury Dean

Year: 1991 Time: 17:28.0

<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>	<u>Time Back</u>
7	Charles Dickinson	Fremont MI	49	71	83	24:28.9	7:54/M	3:15.2
8	Joe Bauer	Fremont MI	49	434	103	25:24.8	8:12/M	4:11.0
9	Glenn Long	Fremont MI	46	172	104	25:28.8	8:13/M	4:15.0
10	Randy Alderink	Fremont MI	49	291	185	29:46.8	9:36/M	8:33.1
11	Todd Gilliland	Fremont MI	47	13	197	30:21.5	9:47/M	9:07.8
12	Terry Norris	Muskegon MI	47	161	198	30:26.9	9:49/M	9:13.1
13	Scott Crandell	Fremont MI	46	56	265	39:44.5	12:49/M	18:30.8

**Women 50 to 54**

Record: Jan Spittler

Year: 1997 Time: 21:40.8

<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>	<u>Time Back</u>
1	Carmen Delong	White Cloud MI	50	32	118	26:15.6	8:28/M	
2	Karen Kotecki	Fremont MI	50	47	119	26:23.8	8:31/M	0:08.2
3	Bonnie Hoffman	Fremont MI	54	73	152	28:06.4	9:04/M	1:50.8
4	Kathy MacHuta	Fremont MI	52	193	153	28:09.1	9:05/M	1:53.5
5	Holly Harmon	Fremont MI	54	57	167	28:56.8	9:20/M	2:41.2
6	Faith Fishman	Fremont MI	54	175	225	33:13.9	10:43/M	6:58.3
7	Mary Dickinson	Fremont MI	50	72	274	43:45.2	14:07/M	17:29.6

**Men 50 to 54**

Record: Bob Fouts

Year: 1993 Time: 19:24.0

<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>	<u>Time Back</u>
1	William Ebert	Fremont MI	50	362	41	22:11.9	7:09/M	
2	Rich Kallenbach	Fremont MI	53	68	109	25:44.7	8:18/M	3:32.7
3	Jack Hendon	Fremont MI	54	425	139	27:24.9	8:50/M	5:13.0
4	Jeff Kinzbach	Belmont MI	51	317	159	28:39.5	9:15/M	6:27.6
5	Patrick Stern	Fremont MI	51	197	186	29:47.4	9:36/M	7:35.5
6	Larry Smalligan	Fremont MI	52	167	199	30:40.0	9:54/M	8:28.0

**Women 55 to 59**

Record: Carole Schuiteman

Year: 1991 Time: 20:15.0

<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>	<u>Time Back</u>
1	Barb Cutrara	Hudsonville MI	56	373	133	27:00.5	8:43/M	

Age Group Results

July 25, 2009

## 5 K Run

## Men 55 to 59

Record: Frank Muci

Year: 1993 Time: 18:48.0

<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>	<u>Time Back</u>
1	Garry Ringnalda	Alto MI	58	416	51	22:47.1	7:21/M	
2	Bud Elve	Caledonia MI	59	395	88	24:41.1	7:58/M	1:54.0
3	Ron Emmorey	Fremont MI	58	376	116	26:02.0	8:24/M	3:14.9
4	Andrew Lepeau	Downers Grove IL	57	1	279	56:24.8	18:12/M	33:37.7

## Female 60 to 64

Record: Jan Spitler

Year: 2004 Time: 24:57.7

<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>	<u>Time Back</u>
1	Susan Swanson	Grant MI	62	41	245	35:04.1	11:19/M	
2	Susan Tenbrink	Newaygo MI	61	261	276	49:57.7	16:07/M	14:53.6

## Male 60 to 64

Record: Ed Yob

Year: 1997 Time: 17:57.1

<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>	<u>Time Back</u>
1	Phil Cutrara	Hudsonville MI	63	374	61	23:18.7	7:31/M	
2	Dave Rottier	Fremont MI	62	91	66	23:36.0	7:37/M	0:17.2
3	Steve Breuker	Fremont MI	62	420	164	28:48.6	9:17/M	5:29.8
4	Gary Breuker	Fremont MI	62	402	202	30:58.5	9:59/M	7:39.7
5	Douglas Swanson	Grant MI	64	40	241	34:51.8	11:15/M	11:33.0
6	Bill Hunault	Okemos MI	61	82	244	35:00.2	11:17/M	11:41.4

## Male 65 to 69

Record: Roger Patton

Year: 1999 Time: 25:42.8

<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>	<u>Time Back</u>
1	Jan Deur	North Muskegon MI	65	130	212	31:46.2	10:15/M	
2	Don Vansingel	Grant MI	65	358	213	31:54.2	10:17/M	0:08.0
3	Richard Vanlente	Allendale MI	69	85	255	37:10.4	11:59/M	5:24.2

## Men 70 and over

Record: Ed Yob

Year: 2007 Time: 22:01.3

<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>	<u>Time Back</u>
1	Richard Harris	Fremont MI	70	174	102	25:21.8	8:11/M	
2	Stan Vandenbosch	Muskegon MI	75	138	110	25:46.2	8:19/M	0:24.4