

# Frostbite Run 5K/10K

## Age Group Results

Race Date  
January 28, 2017

### 5K Run/Walk

#### Male Overall 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>
1	Matthew Zerfas	Fremont MI	18	580	1	16:22.89	5:17/M

#### Female Overall 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>
1	Samantha Schmidt	Fremont MI	15	593	14	20:46.46	6:42/M

#### 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>
1	Rod Richards	Fremont MI	47	584	13	20:41.60	6:40/M

#### 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>
1	Esther Jiran	Fremont MI	40	626	16	21:49.64	7:02/M

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#### Women 10 and Under

<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>
1	Katie Ackerman	Fremont MI	10	561	36	27:05.96	8:44/M
2	Ryleigh Alderink	Twin Lake MI	5	619	57	33:28.35	10:48/M

#### Men 11 to 14

<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>
1	Colton Best	Fremont MI	14	546	6	18:04.90	5:50/M
2	Bryce Cosens	Fremont MI	14	518	27	26:00.80	8:23/M

#### Women 11 to 14

<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>
1	Avery Christoffersen	Fremont MI	11	616	35	27:03.41	8:44/M

#### Men 15 to 19

<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>
1	Cy Frankhouser	Fremont MI	15	558	4	17:35.07	5:40/M
2	Ryan Brummel	Newaygo MI	16	508	8	19:20.76	6:14/M
3	Aramis Laclair	White Cloud MI	16	532	9	19:27.00	6:16/M
4	Colton Christoffersen	Fremont MI	16	557	12	20:22.03	6:34/M
5	David Grodus	Newaygo MI	16	514	20	23:25.75	7:33/M

#### Women 15 to 19

<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>
1	Hannah Hamilton	Fremont MI	15	589	15	21:39.63	6:59/M
2	Megan Walker	Fremont MI	15	567	24	24:28.51	7:54/M
3	Hannah Jones	Muskegon MI	18	572	29	26:28.34	8:32/M
4	Alyssa Gustman	Newaygo MI	15	591	53	32:35.91	10:31/M

#### Men 20 to 24

<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>
1	Alec Beattie	Fremont MI	24	613	3	17:31.08	5:39/M
2	Luke Boulter	Plainwell MI	22	607	7	19:09.71	6:11/M

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#### Women 20 to 24

<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>
1	Emma Heck	Byron Center MI	24	625	46	29:46.42	9:36/M

#### Men 25 to 29

<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>
1	Michael Boulter	Plainwell MI	26	609	5	17:39.69	5:42/M
2	Justin Bredeweg	Grant MI	27	553	32	26:42.28	8:37/M
3	Nathan Wolff	Muskegon MI	27	537	38	27:38.13	8:55/M
4	Kyle Moeller	Grand Rapids MI	27	615	39	27:42.16	8:56/M
5	Trevor Sherman	Fremont MI	25	622	56	33:27.89	10:47/M

#### Women 25 to 29

<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>
1	Bria Clark	Grand Rapids MI	27	578	21	23:39.84	7:38/M
2	Ashley Alderink	Twin Lake MI	29	620	58	33:42.89	10:52/M
3	Sara Kies	Fremont MI	27	552	68	39:55.86	12:53/M
4	Kasey Schuiteman	Fremont MI	26	524	69	40:26.49	13:03/M

#### Men 30 to 34

<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>
1	Scott Evans	Kalamazoo MI	33	612	2	17:23.01	5:36/M
2	Grant Swinger	Fremont MI	33	563	10	20:07.32	6:29/M
3	Michael Vandenberg	Fremont MI	33	547	67	39:55.64	12:53/M

#### Women 30 to 34

<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>
1	Gina Donley	Montague MI	34	628	18	23:19.45	7:31/M
2	Tabatha Dubie	Grant MI	31	551	70	40:56.71	13:12/M

#### Men 35 to 39

<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>
1	Justin Patten	Fremont MI	37	542	11	20:13.58	6:31/M
2	Ty Manchip	Fremont MI	36	536	19	23:22.27	7:32/M
3	Ryan Walker	Grand Haven MI	35	586	65	36:23.11	11:44/M

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#### Women 35 to 39

<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>
1	Cari Taylor	Fremont MI	39	554	26	25:43.93	8:18/M
2	Jenne Bush	Grant MI	38	556	28	26:05.24	8:25/M
3	Sue Pell	Howard City MI	36	629	52	32:18.65	10:25/M
4	Abby Walker	Grand Haven MI	35	585	63	36:22.22	11:44/M

#### Men 40 to 44

<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>
1	Dean Bettendorf	Muskegon MI	43	590	31	26:33.06	8:34/M

#### Women 40 to 44

<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>
1	Brandie Stefanski	Grand Rapids MI	44	549	37	27:36.54	8:54/M
2	Traci Jones	Muskegon MI	42	571	61	35:04.70	11:19/M

#### Men 45 to 49

<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>
1	Dewey Ackerman	Fremont MI	47	562	34	26:53.99	8:40/M
2	Glenn Gustman	Newaygo MI	46	599	54	32:36.74	10:31/M

#### Women 45 to 49

<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>
1	Sharra Cook	Hesperia MI	47	548	40	27:47.28	8:58/M
2	Cindy Fuller	Hart MI	47	517	55	32:43.57	10:33/M
3	Sheila Lundstrom	Grand Haven MI	45	522	59	34:52.65	11:15/M
4	Shirita Williams	Muskegon MI	48	523	62	35:19.04	11:24/M

#### Men 50 to 54

<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>
1	Lindsay Hager	Fremont MI	51	579	22	23:49.66	7:41/M
2	Darren Laclair	White Cloud MI	51	531	33	26:47.86	8:38/M

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### 5K Run/Walk

#### Women 50 to 54

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Carrie Vanboven	Fremont MI	54	543	41	28:54.55	9:19/M
2	Catherine Norris	Sparta WI	51	520	43	29:18.73	9:27/M
3	Deede Petz	Fremont MI	52	545	47	29:55.90	9:39/M
4	Rhonda Collins	Muskegon MI	50	565	48	30:28.06	9:50/M

#### Men 55 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Don Klingel	Grant MI	57	598	17	22:51.94	7:22/M
2	Eric Hinderleider	Muskegon MI	58	606	30	26:28.83	8:32/M
3	Randy McDonald	Fremont MI	56	509	51	32:09.25	10:22/M

#### Men 60 to 64

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	John MacHuta	Fremont MI	61	541	60	35:00.27	11:17/M

#### Women 60 to 64

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Laurel Dawson	Muskegon MI	61	592	23	24:08.70	7:47/M
2	Patti Duflo	Newaygo MI	62	555	42	29:02.42	9:22/M
3	Kathy MacHuta	Fremont MI	60	540	49	30:30.47	9:50/M
4	Mickey Conklin	Fremont MI	60	510	71	55:22.40	17:52/M

#### Men 65 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Ken Hoersten	Fremont MI	67	574	25	25:28.02	8:13/M
2	Randy Fielder	Kalamazoo MI	65	560	45	29:35.85	9:33/M
3	Rick Jones	Yorktown IN	66	587	64	36:22.35	11:44/M

#### Women 65 to 69

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Laura King	Colon MI	67	513	72	55:44.56	17:59/M

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## Age Group Results

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Men 70 and over
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<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>
1	Rob Norris	Bailey MI	74	525	44	29:34.94	9:32/M
2	Matt Britton	Rothbury MI	71	568	50	31:18.92	10:06/M
3	Roger Mulder	Holland MI	76	528	66	37:53.97	12:13/M
4	Colin King	Colon MI	70	512	73	55:45.40	17:59/M

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## Age Group Results

Race Date  
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### 10K Run

#### Male Overall 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>
1	Joel Dehaan	Fremont MI	31	581	1	36:15.29	5:51/M

#### Female Overall 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>
1	Allison Warsinske	Fremont MI	27	617	12	47:40.73	7:41/M

#### 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>
1	Matt Jones	Muskegon MI	43	570	2	36:34.84	5:54/M

#### 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>
1	Julie Kralej	Fremont MI	51	544	17	49:45.67	8:01/M

# Frostbite Run 5K/10K

## Age Group Results

Race Date  
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### 10K Run

#### Men 20 to 24

<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>
1	Tyler Green	Fremont MI	22	575	6	39:35.81	6:23/M
2	Andy Struble	Spring Lake MI	23	533	20	50:40.79	8:10/M
3	Lance Willson	White Cloud MI	24	519	24	51:58.50	8:23/M

#### Women 20 to 24

<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>
1	Addie Spolyar	Byron Center MI	23	624	35	1:00:43.14	9:48/M

#### Men 25 to 29

<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>
1	Josh Alderink	Twin Lake MI	29	618	3	37:24.21	6:02/M

#### Women 25 to 29

<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>
1	Magee Shreeve	Grand Rapids MI	27	530	13	48:20.79	7:48/M
2	Nichole Krucinski	White Cloud MI	28	515	27	54:53.12	8:51/M

#### Men 30 to 34

<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>
1	Zach Lienau	Fremont MI	33	576	16	49:35.74	8:00/M
2	Jeff Church	Muskegon MI	34	516	21	50:48.38	8:12/M
3	Curtis Franks	Grant MI	31	550	25	52:00.48	8:23/M

#### Women 30 to 34

<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>
1	Karyn McCollum	Grand Haven MI	34	603	19	50:27.32	8:08/M
2	Melissa Blackmer	Muskegon MI	34	601	26	53:53.07	8:41/M
3	Stephanie Price	Fremont MI	32	507	32	58:50.53	9:29/M
4	Doreen Dusendana	Grand Rapids MI	31	614	40	1:03:04.03	10:10/M



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### 10K Run

#### Men 35 to 39

<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>
1	Ryan Wasson	Grand Haven MI	37	600	10	47:14.69	7:37/M

#### Women 35 to 39

<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>
1	Liz Powers	Fremont MI	38	604	15	49:09.53	7:56/M

#### Men 40 to 44

<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>
1	Benji Walker	Fremont MI	42	566	5	38:51.46	6:16/M

#### Women 40 to 44

<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>
1	Margaret (joey) Retsema	Grand Haven MI	42	538	36	1:02:02.63	10:00/M
2	Shawn Church	Muskegon MI	40	526	38	1:02:23.76	10:04/M

#### Men 45 to 49

<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>
1	Pedro Pantaleon	Muskegon MI	48	621	7	40:45.01	6:34/M
2	Roger Yob	Clare MI	49	627	8	45:34.96	7:21/M
3	Colin Eden	Twin Lake MI	47	602	11	47:33.17	7:40/M
4	Christopher Goron	Portland MI	48	582	22	50:53.90	8:12/M
5	Dan Holt	Grand Haven MI	46	521	37	1:02:18.15	10:03/M

#### Women 45 to 49

<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>
1	Tracey Crowley	Fremont MI	47	577	30	57:20.95	9:15/M
2	Shon Cook	Whitehall MI	48	608	33	59:03.51	9:31/M
3	Kathlyn Hector	Whitehall MI	47	611	34	59:03.93	9:31/M

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### 10K Run

#### Men 50 to 54

<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>
1	Jim Lanciaux	Fremont MI	54	623	4	38:32.27	6:13/M
2	Jack Mueller	Muskegon MI	53	596	9	45:50.13	7:24/M
3	Mike Hennessey	Delton MI	53	597	18	49:47.16	8:02/M
4	Bradley Irey	Whitehall MI	54	610	23	51:34.43	8:19/M

#### Women 50 to 54

<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>
1	Jodi Bunce	Fremont MI	53	529	29	56:58.99	9:11/M
2	Becki Mueller	Muskegon MI	53	595	41	1:03:49.21	10:18/M

#### Men 55 to 59

<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>
1	Chuck Dickenson	Fremont MI	57	588	31	57:21.41	9:15/M

#### Women 55 to 59

<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>
1	Kim Plummer	Muskegon MI	59	583	39	1:02:36.19	10:06/M
2	Nancy Darga	Spring Lake MI	56	594	42	1:08:47.03	11:06/M

#### Men 60 to 64

<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>
1	Patrick Conklin	Fremont MI	61	535	28	55:29.14	8:57/M

#### Men 65 to 69

<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>
1	Don Correll	Muskegon MI	67	559	14	48:30.57	7:49/M
2	Edward Zimmerman	Grand Haven MI	67	605	44	1:30:17.00	14:34/M

#### Men 70 and over

<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>
1	Robert W. Stocker II	East Lansing MI	73	527	43	1:24:47.08	13:40/M