

# Frostbite Run 5K/10K

## Age Group Results

### 5K Run/Walk

Race Date  
February 03, 2018

#### 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	Samuel Darling	Muskegon MI	40	907	1	17:18.01	5:35/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	Abby Vanderkooi	Fremont MI	13	904	2	17:20.23	5:35/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	Ryan Art	Muskegon MI	40	655	20	24:35.19	7:56/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	Lisa Orcutt	Fremont MI	45	318	26	25:54.99	8:21/M

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#### Men 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	Reece Walker	Fremont MI	6	901	72	43:34.70	14:03/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	Owen Westerkamp	Big Rapids MI	12	941	19	24:29.03	7:54/M
2	Edward Hallberg	Newaygo MI	14	308	42	30:14.49	9:45/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	Taylor Mater	Fremont MI	13	933	13	22:14.89	7:10/M
2	Emily Curtis	White Cloud MI	14	918	22	25:02.28	8:05/M
3	Leah Converse	Fremont MI	14	68	23	25:20.07	8:10/M
4	Kassandre Fialek	Fremont MI	14	15	35	28:41.92	9:15/M
5	Makena Plummer	Twin Lake MI	12	151	48	31:36.62	10:12/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	Ryan Brummel	Newaygo MI	17	27	3	17:51.23	5:45/M
2	Aramis La Clair	White Cloud MI	17	920	4	18:14.99	5:53/M
3	Colton Best	Fremont MI	15	908	6	19:06.33	6:10/M
4	Seven Laroue	Fremont MI	15	88	8	21:37.04	6:58/M
5	Carter Moon	Fremont MI	16	405	9	21:37.94	6:58/M
6	Nolan Brockway	Newaygo MI	17	939	10	21:39.71	6:59/M
7	Gavin Orcutt	Fremont MI	16	317	16	22:42.19	7:19/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	Sarah Vanderkooi	Fremont MI	16	924	14	22:20.47	7:12/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	Nathan Wolff	Muskegon MI	28	14	29	26:48.69	8:39/M

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### 5K Run/Walk

#### 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	Emma Johnston	Muskegon MI	25	915	11	21:53.36	7:04/M
2	Jenny Zaverl	Mears MI	29	916	50	32:00.15	10:19/M
3	Tabatha Bowen	Fremont MI	29	186	53	33:04.55	10:40/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	Grant Swinger	Fremont MI	34	320	7	20:47.06	6:42/M
2	Aaron Mater	Fremont MI	31	932	15	22:33.10	7:16/M
3	Mark Mayo-Meekhof	Twin Lake MI	32	914	25	25:48.27	8:19/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	Nicole Eves	Sparta MI	31	183	18	23:51.81	7:42/M
2	Ashlea Walker	Fremont MI	31	900	40	29:47.13	9:36/M
3	Amanda Holm	Ravenna MI	31	185	43	30:39.09	9:53/M
4	Angie Bouwsma	Holton MI	33	482	60	35:26.73	11:26/M
5	Tabatha Dubie	Grant MI	32	182	61	35:29.30	11:27/M
6	Suzanne Johnston	Fremont MI	30	300	63	36:05.85	11:38/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	Christopher Westerkamp	Big Rapids MI	38	303	5	18:29.65	5:58/M
2	Justin Patten	Fremont MI	38	330	12	21:57.54	7:05/M
3	Ty Manchip	Fremont MI	37	899	17	22:56.40	7:24/M
4	Jeffrey Grey	White Cloud MI	35	301	62	36:05.63	11:38/M
5	Joshua Randall	Ionia MI	39	802	67	40:06.64	12:56/M
6	Jason Walker	Fremont MI	39	305	74	43:35.17	14:04/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	Alexis Mercer	Howard City MI	36	7	38	28:58.57	9:21/M
2	Jennifer Hernandez	Muskegon MI	36	92	65	38:34.54	12:26/M

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#### 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	Joe Baldas	Fremont MI	41	942	24	25:43.17	8:18/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	Sarah Schlaack	Fremont MI	44	943	27	26:15.33	8:28/M
2	Tracy Zylstra	Muskegon MI	42	925	30	27:22.22	8:50/M
3	Jennifer Badger	Newaygo MI	43	936	44	30:44.47	9:55/M
4	Jessica Plummer	Twin Lake MI	41	140	49	31:46.56	10:15/M
5	Claudia Hallberg	Newaygo MI	41	307	70	42:32.13	13:43/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	Bret Brummel	Newaygo MI	47	39	32	27:48.22	8:58/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	Lindsey Brockway	Newaygo MI	45	10	37	28:57.79	9:20/M
2	Lisa Kemmis	Belding MI	49	324	45	30:46.09	9:55/M
3	Amy! Shinabarger	Stanton MI	45	807	56	34:09.74	11:01/M
4	Shirita Williams	Muskegon MI	49	911	57	34:37.22	11:10/M
5	Shannon Wallis	Muskegon MI	48	152	64	36:34.42	11:48/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	52	319	21	24:40.14	7:57/M
2	Mike Hennessey	Delton MI	54	923	28	26:25.29	8:31/M
3	Darren La Clair	White Cloud MI	52	169	31	27:22.93	8:50/M
4	Barry Kemmis	Belding MI	52	325	52	32:37.96	10:31/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	Rosemary Weigel	Fruitport MI	52	926	47	31:26.61	10:08/M
2	Roberta Wilkinson	Bitely MI	52	919	71	43:08.37	13:55/M

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## Age Group Results

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### 5K Run/Walk

#### 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	Eric Hinderleider	Muskegon MI	59	922	33	27:52.62	8:59/M
2	David Kuck	Fremont MI	59	306	36	28:41.95	9:15/M
3	Doug Rainey	Newaygo MI	58	935	41	29:55.79	9:39/M
4	Tim Maycroft Sr	Ravenna MI	59	304	66	39:11.07	12:38/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	Carol Jones	Fremont MI	59	310	51	32:06.37	10:21/M
2	Dena Kingsbury	Fremont MI	55	938	55	33:15.91	10:44/M
3	Kelly Klawikowski	Ravenna MI	57	902	73	43:35.14	14:04/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	Jim Waters	Muskegon MI	64	940	34	28:22.18	9:09/M
2	John MacHuta	Fremont MI	62	315	69	40:24.64	13:02/M

#### Women 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	Kathy MacHuta	Fremont MI	61	316	39	29:38.46	9:34/M
2	Patti Duflo	Newaygo MI	63	906	46	31:04.82	10:01/M
3	Faith Fishman	Fremont MI	62	328	59	35:11.89	11:21/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	Doug Duflo	Newaygo MI	65	905	58	35:01.73	11:18/M
2	Ed Zimmerman	Grand Haven MI	68	929	75	45:18.25	14:37/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	Matt Britton	Rothbury MI	72	323	54	33:13.27	10:43/M

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Women 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	Carole Vanagtmael	Fremont MI	70	331	68	40:24.17	13:02/M

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## Age Group Results

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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	Matt Jones	Muskegon MI	44	903	1	38:40.13	6:14/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	Hannah Hamilton	Fremont MI	16	313	9	48:32.22	7:50/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	Benji Walker	Fremont MI	43	314	2	40:46.96	6:35/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	Jenn Vallie	Muskegon MI	42	731	17	54:38.47	8:49/M

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## Age Group Results

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### 10K Run

#### 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	Kara King	Grant MI	23	85	16	53:47.09	8:40/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	Nate Johnston	Muskegon MI	26	329	5	45:21.44	7:19/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	Larry Peters	Grand Rapids MI	34	944	4	44:35.97	7:11/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	Morgan Witmer	Muskegon MI	34	332	27	1:05:02.01	10:29/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	Ryan Wasson	Grand Haven MI	38	928	15	52:33.06	8:29/M
2	Jeff Church	Muskegon MI	35	326	24	59:59.65	9:40/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	Sara Trigg	Muskegon MI	39	794	13	52:00.26	8:23/M
2	Heather Art	Muskegon MI	39	622	14	52:32.67	8:28/M
3	Melissa Blackmer	Muskegon MI	35	927	19	56:24.96	9:06/M
4	Amanda Wendell	Muskegon MI	37	910	22	58:22.95	9:25/M
5	Gina Doney	Muskegon MI	35	930	23	58:23.28	9:25/M
6	Diane Sail	New Era MI	37	912	31	1:10:25.81	11:21/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	Mauricio Castro	Grand Rapids MI	42	266	18	56:18.17	9:05/M

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### 10K Run

#### 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>
2	Joe Brockway	Newaygo MI	44	917	28	1:08:50.44	11:06/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	Angela Bart	Muskegon MI	44	921	29	1:08:50.67	11:06/M
2	Shawn Church	Muskegon MI	41	931	30	1:09:03.50	11:08/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	49	937	3	42:15.96	6:49/M
2	Christopher Goron	Delton MI	49	723	12	50:41.49	8:10/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	Jack Mueller	Muskegon MI	54	321	6	45:21.51	7:19/M
2	Aaron Brock	Muskegon MI	54	934	7	46:55.17	7:34/M
3	Rich Cater	Muskegon MI	50	909	8	48:14.23	7:47/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	54	327	21	57:38.98	9:18/M
2	Becki Mueller	Muskegon MI	54	322	26	1:04:55.02	10:28/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 Dickinson	Fremont MI	58	333	20	57:38.96	9:18/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	Larry Smalligan	Fremont MI	60	302	10	49:41.20	8:01/M

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#### Women 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	Kim Plummer	Muskegon MI	60	93	25	1:01:42.28	9:57/M
2	Barb Carriere	Muskegon MI	61	913	32	1:12:06.96	11:38/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	68	335	11	50:32.15	8:09/M