

RACC Winter Series 5k Championships  
 Sponsored by Instep Walking and Running Centers  
 State Fair Park, West Allis, WI  
 January 30th, 2010  
 \*\*\*\*\* AWARDS LIST \*\*\*\*\*

\*\*\*\*\* FEMALE Overall Winner \*\*\*\*\*

1	530	Gwen Jorgensen	Milwaukee	16:58
2	391	Lisa Christensen	Waukesha	18:31
3	659	Rachel Paape	Elkhorn	18:42

\*\*\*\*\* MALE Overall Winner \*\*\*\*\*

1	824	Chris Wilhart	Milwaukee	16:13
2	833	Joe Giacalone	Hartland	16:31
3	399	Adam Coyer	Watertown	16:37

FEMALE AGE GROUP: 1 - 15

1	36	446 Elizabeth Flatley	13 Brookfield	19:20
2	59	829 Rachel Werking	11 Elm Grove	20:14
3	104	445 Lauren Flatley	14 Brookfield	22:03
4	105	611 Taylor McDowell	15 Hartland	22:03
5	189	753 Talia Spiegelberg	14 New Berlin	24:19

MALE AGE GROUP: 1 - 15

1	10	586 Kyle Lewin	15 hartland	17:02
2	22	531 RYAN KAESTNER	15 Racine	18:24
3	58	628 Garrett Miller	15 Cedarburg	20:10
4	62	354 Zach Bella	13 Oconomowoc	20:26
5	107	715 Jerry Ryan	14 Oak Creek	22:06

FEMALE AGE GROUP: 16 - 19

1	74	827 Mackenzie Erdmann	17 Wisconsin	21:10
2	116	444 Margaret Flatley	16 Brookfield	22:14
3	117	828 Amanda Brittain	16 Germantown	22:15
4	133	600 Helaina Marlow	16 Hartland	22:47
5	136	826 Steph Gasper	18 Germantown	22:54

MALE AGE GROUP: 16 - 19

1	19	676 Sean Pierce	19 Green Lake	18:09
2	26	483 Bradley Gorsline	17 Bristol	18:40
3	40	478 Ron Goerke	19 Waukesha	19:26
4	57	805 Joshua Wimmer	16 Grafton	20:06

FEMALE AGE GROUP: 20 - 24

1	122	425 Rebecca Duley	24 Sheboygan Falls	22:20
2	138	755 Monica Sprung	23 Merton	22:55
3	146	414 Erin Dempsey	23 Milwaukee	23:14
4	155	350 Cori Bankenbush	23 Wauwatosa	23:25
5	180	739 Gabbie Shiels	20 Jefferson	24:05

MALE AGE GROUP: 20 - 24

1	13	851 Justin Dyszelski	22 Milwaukee	17:23
2	18	729 Griffin Schroeder	23 Hartland	17:57
3	23	658 Christopher Owen	22 Milwaukee	18:25
4	69	514 Thomas Hurrell	22 Milwaukee	20:46
5	142	500 Mark Hering	22 Grafton	23:03

FEMALE AGE GROUP: 25 - 29

1	35	463 Jackie Giacalone	26 Hartland	19:19
2	81	339 KRISTI ADYNIEC	28 St Francis	21:22
3	94	845 Nicole Ford	27 Greenfield	21:44
4	131	572 Sara LaFlash	29 East Troy	22:42
5	175	644 Lauren Navarro	29 Milwaukee	24:01

MALE AGE GROUP: 25 - 29					
1	30	599	Ben Marchewka	26 Germantown	19:03
2	33	862	Mike Glatzel	28 Milwaukee	19:13
3	45	436	James Feldtkeller	27 Oconomowoc	19:33
4	54	848	Jim Derwae	29 Racine	19:56
5	63	727	Benjamin Schreiber	28 Theresa	20:29
FEMALE AGE GROUP: 30 - 34					
1	39	346	Amber Antonia	30 Milwaukee	19:26
2	52	825	Amy Vallejo	34 Milwaukee	19:50
3	68	394	Angela Colque	31 Waukesha	20:46
4	88	634	Libby Montoure	34 Mukwonago	21:38
5	89	559	Jen Koch	33 Milwaukee	21:38
MALE AGE GROUP: 30 - 34					
1	4	819	Jason Mayer	34 Grafton	16:40
2	6	816	Brian Zalewski	30 Muskego	16:45
3	14	395	brendan conway	33 milwaukee	17:32
4	16	486	Dan Grismer	30 Waukesha	17:49
5	17	647	Andy Neary	32 Pewaukee	17:53
FEMALE AGE GROUP: 35 - 39					
1	85	831	Amy Newman	35 Wauwatosa	21:29
2	101	356	Sarah Bertram	37 Waukesha	21:59
3	125	776	Robin Treder	35 Glendale	22:25
4	147	536	Pam Kavanagh	39 Grayslake	23:16
5	160	674	Kellie Phillips	38 Hartland	23:31
MALE AGE GROUP: 35 - 39					
1	5	778	Brian Udovich	35 Okauchee	16:42
2	12	844	Scott Rademaker	35 Wind Lake	17:17
3	15	645	Santiago Navarro	35 Milwaukee	17:48
4	24	615	Chad McMahon	38 Verona	18:29
5	31	688	Roman Pyasta	38 Wauwatosa	19:04
FEMALE AGE GROUP: 40 - 44					
1	55	574	Michelle Lanouette	43 Wauwatosa	20:00
2	90	754	Jacqueline Spiller	42 West Chicago	21:40
3	93	412	SUE DAWES	41 WATERFORD	21:43
4	123	348	Cynthia Baldwin	41 Milwaukee	22:21
5	143	397	Karen Cook	43 Brookfield	23:03
MALE AGE GROUP: 40 - 44					
1	8	740	Ted Shue	40 Glendale	16:59
2	21	704	MIchael Ritter	43 Hartland	18:18
3	28	838	Chris Ponteri	43 Wind Lake	18:57
4	43	768	Tom Thompson	44 Waukesha	19:32
5	46	823	Dwight Rusch	40 Pewaukee	19:35
FEMALE AGE GROUP: 45 - 49					
1	80	806	Nora Wolff	48 Menomonee Falls	21:19
2	98	554	Lori Klomstad	49 Waukesha	21:50
3	140	856	Ann Mennell	46 Franklin	22:59
4	154	460	Kim Gass	48 Hainesville	23:24
5	162	364	Kathy Bohlman	48 Greenfield	23:33
MALE AGE GROUP: 45 - 49					
1	9	860	Rick Rischman	49 Grafton	17:02
2	32	830	Todd Clark	48 Menomonee Falls	19:10
3	34	448	Dana Fluet	47 Sussex	19:16
4	38	769	Todd Thorson	45 Germantown	19:24
5	44	689	Jim Rademan	49 Hartford	19:32

FEMALE AGE GROUP: 50 - 54						
1	183	668	Kim Petak	52	Muskego	24:07
2	202	752	Karen Spiegelberg	50	New Berlin	24:31
3	205	366	Gigi Boswell	51	Whitefish Bay	24:39
4	206	834	Jane Orth	52	Oconomoc	24:41
5	216	775	Lori Trader	52	waukesha	24:58
MALE AGE GROUP: 50 - 54						
1	11	413	Russell DeLap	53	Brookfield	17:17
2	20	705	Tony Rodiez	53	New Berlin	18:14
3	29	465	Bill Gilmore	50	Janesville	19:00
4	37	406	STEVE CUMMINS	50	Slinger	19:20
5	75	510	Paul Horanoff	54	Mayville	21:13
FEMALE AGE GROUP: 55 - 59						
1	251	371	Lynn Breitlow	59	Wauwatosa,	26:07
2	304	706	Jean Roesler	56	Brookfield	27:57
3	379	546	Joan Kirkwood	59	Mequon	31:57
4	383	385	Bonnie Caravella	58	Brookfield	32:12
5	390	607	Janis Mason	55	East Troy	32:30
MALE AGE GROUP: 55 - 59						
1	67	846	Neal Frauenfelder	55	Whitewater	20:36
2	73	633	Mike Mondloch	56	Waukesha	21:06
3	79	701	Dan (Rino) Rindflei	55	Madison	21:16
4	82	352	Mark Barrette	58	Beaver Dam	21:23
5	96	558	Robert Kocen	56	West Allis	21:46
FEMALE AGE GROUP: 60 - 64						
1	385	588	LINDA LIND	60	Mukwonago	32:18
2	441	411	Karen Davies	64	Waukesha	44:28
MALE AGE GROUP: 60 - 64						
1	100	832	Dennis Eden	60	Milwaukee	21:58
2	158	710	Jerry Rowe	64	Hartland	23:30
3	211	797	Carl Wendel	61	Greenfield	24:52
4	223	570	Kit Kuokkanen	64	Wuakesha	25:10
5	362	696	Kerry Reinoos	63	West Allis	31:06
FEMALE AGE GROUP: 65 - 69						
1	302	810	Cheryl Woodworth	66	Pewaukee	27:56
2	388	349	Marcia Balthazor	67	West Allis	32:22
3	412	610	Donna McDaniel	68	Kenosha	35:17
MALE AGE GROUP: 65 - 69						
1	152	839	George Tillett	66	Roscoe IL	23:23
2	187	365	Mike Borzick	66	South Milwaukee	24:15
3	384	506	Thomas Holland	67	Milwaukee	32:13
FEMALE AGE GROUP: 70 - 74						
1	359	545	Judy Kirchoffer	72	Waukesha	30:52
MALE AGE GROUP: 70 - 74						
1	317	484	Carl Granetzke	70	Racine	28:34
2	322	459	Henry Gallenz	72	Rockford	28:45
3	367	426	James Dunkel	73	Rockford	31:27
FEMALE AGE GROUP: 75 - 79						
MALE AGE GROUP: 75 - 79						
1	373	362	Edward Blumberg	77	Milwaukee	31:47
2	397	512	Norm Hovila	76	Menomonee Falls	33:11
3	431	502	John Hessil	76	Milwaukee	40:31
FEMALE AGE GROUP: 80 - 99						
MALE AGE GROUP: 80 - 99						