

Race Results
All Finishers

Flapjacks 5K Run/Walk -
Northwest Community Center, Rockford IL

November 3, 2013

Place			Name	Division	Time	Pace	City, State
All	Sex	Div					
1	1		Garvens, Jason	Top Male 1	18:32.72	5:58	Rockford, IL
2	2		Enke, Ryan	Top Male 2	19:22.98	6:14	Roscoe, IL
3	1		Roser, Jennifer	Top Female 1	19:54.82	6:25	Rockford, IL
4	3		Warren, Brian	Top Male 3	19:59.81	6:26	Rockford, IL
5	4	1	Fowler, Zachariah	20-24 Male	20:11.97	6:30	Waukesha, WI
6	5	1	Lichty, Tom	50-54 Male	20:21.10	6:33	Monroe Center, IL
7	6	1	Gomez, Gonzalo	40-44 Male	20:25.80	6:35	Belvidere, IL
8	7	2	Broski, Michael	50-54 Male	20:48.80	6:42	Machesney Park, IL
9	8	1	Gramer, Don	35-39 Male	20:50.38	6:42	Stillman Valley, IL
10	9	2	Gallas, Jonathan	35-39 Male	21:02.18	6:46	Loves Park, IL
11	10	3	Miller, Brian	50-54 Male	21:23.84	6:53	Rockford, IL
12	11	4	Marocco, Douglas	50-54 Male	21:58.21	7:04	Machesney Park, IL
13	12	2	Patterson, Alan	20-24 Male	22:07.53	7:07	Rockford, IL
14	13	1	Clevenger, Doug	55-59 Male	22:08.39	7:08	Rockford, IL
15	14	1	Parks, Dave	45-49 Male	22:20.02	7:11	Cherry Valley, IL
16	15	1	McClelland, Kenneth	60-64 Male	22:23.50	7:12	Rockford, IL
17	2		Recendez, Chelsey	Top Female 2	23:01.86	7:25	Belvidere, IL
18	16	1	Saichek, Justin	25-29 Male	23:07.72	7:27	Rockford, IL
19	17	2	Maroney, Joe	25-29 Male	23:52.43	7:41	Machesney Park, IL
20	3		Milne, Xan	Top Female 3	24:14.31	7:48	Loves Park, IL
21	18	3	Bernsten, Ben	35-39 Male	24:31.11	7:54	Rockford, IL
22	19	5	Rehfeldt, Rick	50-54 Male	24:38.53	7:56	Rockford, IL
23	4	1	Martino, Natalia	10-14 Female	24:55.78	8:01	Rockford, IL
24	20	6	Zaluckyj, Charles	50-54 Male	25:07.41	8:05	Belvidere, IL
25	21	2	Atwood, Bruce	55-59 Male	25:21.79	8:10	Rockford, IL
26	5	1	Baldwin, Mary	20-24 Female	25:35.79	8:14	Rockford, IL
27	6	1	Bradley, Lori	50-54 Female	25:50.90	8:19	Rockford, IL
28	22	3	Maclin, D J	25-29 Male	26:09.67	8:25	Rockford, IL
29	23	1	Nagel, Grant	10-14 Male	26:58.16	8:41	Roscoe, IL
30	7	2	Marocco, Miranda	10-14 Female	27:04.80	8:43	Machesney Park, IL
31	8	2	Brown, Srephanie	20-24 Female	27:13.48	8:46	Waukesha, WI
32	24	3	Schreiner, Don	55-59 Male	27:25.48	8:50	Rockford, IL
33	25	2	Simpson, Dion	40-44 Male	28:03.98	9:02	Rockford, IL
34	26	3	Schwarzbach, Nathaniel	20-24 Male	28:04.50	9:02	Roscoe, IL
35	27	4	Simpson, Matthew	25-29 Male	28:07.94	9:03	Rockford, IL
36	9	1	Gamlin, Kara	35-39 Female	28:20.13	9:07	Loves Park, IL
37	10	1	Smith, Brittany	25-29 Female	28:23.04	9:08	Byron, IL
38	28	2	Kowalski, Joe	60-64 Male	28:30.95	9:11	Rockford, IL
39	29	4	Best, Phil	55-59 Male	28:58.73	9:20	Byron, IL
40	11	1	Livers, Caitlin	30-34 Female	29:01.20	9:20	South Beloid, IL
41	30	5	West, Maurice	25-29 Male	29:22.45	9:27	Rockford, IL

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Place			Name	Division	Time	Pace	City, State
All	Sex	Div					
42	31	5	Olson, Richard	55-59 Male	29:27.78	9:29	Rockford, IL
43	32	3	Shafii, Jamal	40-44 Male	29:28.20	9:29	Loves Park, IL
44	33	2	Marocco, Brady	10-14 Male	30:18.61	9:45	Machesney Park, IL
45	34	3	Hall, Trey	10-14 Male	30:24.54	9:47	Machesney Park, IL
46	12	3	Santucci, Sabrina	20-24 Female	30:35.61	9:51	Rockford, IL
47	13	1	Marocco, Susan	40-44 Female	30:48.47	9:55	Machesney Park, IL
48	14	2	Thrall, Dawn	35-39 Female	31:13.14	10:03	Caledonia, IL
49	35	6	Hall, Terrance	25-29 Male	31:27.39	10:08	Rockford, IL
50	15	1	Martino, Sophia	3-9 Female	31:30.45	10:08	Rockford, IL
51	16	2	Dal Santo, Jennifer	30-34 Female	31:32.53	10:09	Belvidere, IL
52	17	2	Pratt, Lynne	50-54 Female	31:44.56	10:13	Rockford, IL
53	36	1	Clucas, Ed	65-69 Male	32:50.66	10:34	Rockford, IL
54	18	1	Salberg, Audrey	55-59 Female	32:51.87	10:35	Rockford, IL
55	19	2	Olson, Karen	55-59 Female	33:19.17	10:43	Rockford, IL
56	20	3	Hall, Monica	35-39 Female	34:10.40	11:00	Machesney Park, IL
57	37	1	Rehberg, Mat	30-34 Male	34:38.58	11:09	Rockford, IL
58	38	4	Andrist, Scott	40-44 Male	35:21.02	11:23	Rockford, IL
59	21	2	Andrist, Emma	3-9 Female	35:21.32	11:23	Rockford, IL
60	22	3	Rehberg, Jenn	30-34 Female	36:39.16	11:48	Rockford, IL
61	39	4	Tsaparis, Max	20-24 Male	37:11.08	11:58	Rockford, IL
62	23	4	Andrist, Erin	35-39 Female	37:56.06	12:13	Rockford, IL
63	24	3	Andrist, Lauren	3-9 Female	37:56.76	12:13	Rockford, IL
64	25	3	Gramer, Teresa	10-14 Female	38:31.04	12:24	Stillman Valley, IL
65	26	4	Walton, Salina	30-34 Female	39:05.27	12:35	Loves Park, IL
66	40	6	Hall, John	55-59 Male	39:13.25	12:37	Lake Forest, IL
67	27	1	Hall, Debi	45-49 Female	39:37.77	12:45	Lake Forest, IL
68	28	2	Lindsay, Tiffany	40-44 Female	40:26.78	13:01	Rockford, IL
69	41	2	Peters, Roger	45-49 Male	40:31.31	13:03	Rockford, IL
70	42	2	George, Antwon	30-34 Male	40:47.31	13:08	Rockford, IL
71	43	5	Nagel, Jason	40-44 Male	41:10.80	13:15	Roscoe, IL
72	29	2	Garrison, Anna	25-29 Female	41:51.99	13:29	Rockford, IL
73	30	3	Kroll, Cassandra	25-29 Female	42:20.13	13:38	Kirkland, IL
74	31	3	Robinson, Rhonda	50-54 Female	43:21.34	13:57	Rockford, IL
75	32	3	White, Ronda	55-59 Female	44:46.14	14:25	Rockford, IL
76	33	4	Heaton, Barb	55-59 Female	46:47.00	15:04	Rockford, IL
77	34	4	Brace, Karen	50-54 Female	46:47.41	15:04	Roscoe, IL
78	35	5	Schlickman, Camille	50-54 Female	46:47.54	15:04	Loves Park, IL
79	36	4	Johnson, Jazmin	20-24 Female	49:51.28	16:03	Rockford, IL
80	37	5	Drummond, Misty	35-39 Female	50:01.65	16:06	Rockford, IL
81	38	3	Henry, Jeanne	40-44 Female	50:01.84	16:06	Machesney Park, IL
82	44	7	Kiefer, Daniel	50-54 Male	53:30.32	17:13	Rockford, IL

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Place			Name	Division	Time	Pace	City, State
All	Sex	Div					
83	39	4	Ashcraft, Heather	40-44 Female	54:05.89	17:25	Rockford, IL

**Race Results
Age Divisions**

**Flapjacks 5K Run/Walk -
Northwest Community Center, Rockford IL**

November 3, 2013

Division	Place	Name	Time	Pace	City, State
Top Female 1		Roser, Jennifer	19:54.82	6:25	Rockford, IL
Top Female 2		Recendez, Chelsey	23:01.86	7:25	Belvidere, IL
Top Female 3		Milne, Xan	24:14.31	7:48	Loves Park, IL
Top Male 1		Garvens, Jason	18:32.72	5:58	Rockford, IL
Top Male 2		Enke, Ryan	19:22.98	6:14	Roscoe, IL
Top Male 3		Warren, Brian	19:59.81	6:26	Rockford, IL
3-9 Female	1	Martino, Sophia	31:30.45	10:08	Rockford, IL
3-9 Female	2	Andrist, Emma	35:21.32	11:23	Rockford, IL
3-9 Female	3	Andrist, Lauren	37:56.76	12:13	Rockford, IL
10-14 Female	1	Martino, Natalia	24:55.78	8:01	Rockford, IL
10-14 Female	2	Marocco, Miranda	27:04.80	8:43	Machesney Park, IL
10-14 Female	3	Gramer, Teresa	38:31.04	12:24	Stillman Valley, IL
10-14 Male	1	Nagel, Grant	26:58.16	8:41	Roscoe, IL
10-14 Male	2	Marocco, Brady	30:18.61	9:45	Machesney Park, IL
10-14 Male	3	Hall, Trey	30:24.54	9:47	Machesney Park, IL
20-24 Female	1	Baldwin, Mary	25:35.79	8:14	Rockford, IL
20-24 Female	2	Brown, Srephanie	27:13.48	8:46	Waukesha, WI
20-24 Female	3	Santucci, Sabrina	30:35.61	9:51	Rockford, IL
20-24 Female	4	Johnson, Jazmin	49:51.28	16:03	Rockford, IL
20-24 Male	1	Fowler, Zachariah	20:11.97	6:30	Waukesha, WI
20-24 Male	2	Patterson, Alan	22:07.53	7:07	Rockford, IL
20-24 Male	3	Schwarzbach, Nathaniel	28:04.50	9:02	Roscoe, IL
20-24 Male	4	Tsapis, Max	37:11.08	11:58	Rockford, IL
25-29 Female	1	Smith, Brittany	28:23.04	9:08	Byron, IL
25-29 Female	2	Garrison, Anna	41:51.99	13:29	Rockford, IL
25-29 Female	3	Kroll, Cassandra	42:20.13	13:38	Kirkland, IL
25-29 Male	1	Saichek, Justin	23:07.72	7:27	Rockford, IL
25-29 Male	2	Maroney, Joe	23:52.43	7:41	Machesney Park, IL
25-29 Male	3	Maclin, D J	26:09.67	8:25	Rockford, IL
25-29 Male	4	Simpson, Matthew	28:07.94	9:03	Rockford, IL
25-29 Male	5	West, Maurice	29:22.45	9:27	Rockford, IL
25-29 Male	6	Hall, Terrance	31:27.39	10:08	Rockford, IL

**Race Results
Age Divisions**

**Flapjacks 5K Run/Walk -
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November 3, 2013

Division	Place	Name	Time	Pace	City, State
30-34 Female	1	Livers, Caitlin	29:01.20	9:20	South Beloid, IL
30-34 Female	2	Dal Santo, Jennifer	31:32.53	10:09	Belvidere, IL
30-34 Female	3	Rehberg, Jenn	36:39.16	11:48	Rockford, IL
30-34 Female	4	Walton, Salina	39:05.27	12:35	Loves Park, IL
30-34 Male	1	Rehberg, Mat	34:38.58	11:09	Rockford, IL
30-34 Male	2	George, Antwon	40:47.31	13:08	Rockford, IL
35-39 Female	1	Gamlin, Kara	28:20.13	9:07	Loves Park, IL
35-39 Female	2	Thrall, Dawn	31:13.14	10:03	Caledonia, IL
35-39 Female	3	Hall, Monica	34:10.40	11:00	Machesney Park, IL
35-39 Female	4	Andrist, Erin	37:56.06	12:13	Rockford, IL
35-39 Female	5	Drummond, Misty	50:01.65	16:06	Rockford, IL
35-39 Male	1	Gramer, Don	20:50.38	6:42	Stillman Valley, IL
35-39 Male	2	Gallas, Jonathan	21:02.18	6:46	Loves Park, IL
35-39 Male	3	Bernsten, Ben	24:31.11	7:54	Rockford, IL
40-44 Female	1	Marocco, Susan	30:48.47	9:55	Machesney Park, IL
40-44 Female	2	Lindsay, Tiffany	40:26.78	13:01	Rockford, IL
40-44 Female	3	Henry, Jeanne	50:01.84	16:06	Machesney Park, IL
40-44 Female	4	Ashcraft, Heather	54:05.89	17:25	Rockford, IL
40-44 Male	1	Gomez, Gonzalo	20:25.80	6:35	Belvidere, IL
40-44 Male	2	Simpson, Dion	28:03.98	9:02	Rockford, IL
40-44 Male	3	Shafii, Jamal	29:28.20	9:29	Loves Park, IL
40-44 Male	4	Andrist, Scott	35:21.02	11:23	Rockford, IL
40-44 Male	5	Nagel, Jason	41:10.80	13:15	Roscoe, IL
45-49 Female	1	Hall, Debi	39:37.77	12:45	Lake Forest, IL
45-49 Male	1	Parks, Dave	22:20.02	7:11	Cherry Valley, IL
45-49 Male	2	Peters, Roger	40:31.31	13:03	Rockford, IL
50-54 Female	1	Bradley, Lori	25:50.90	8:19	Rockford, IL
50-54 Female	2	Pratt, Lynne	31:44.56	10:13	Rockford, IL
50-54 Female	3	Robinson, Rhonda	43:21.34	13:57	Rockford, IL
50-54 Female	4	Brace, Karen	46:47.41	15:04	Roscoe, IL
50-54 Female	5	Schlickman, Camille	46:47.54	15:04	Loves Park, IL
50-54 Male	1	Lichty, Tom	20:21.10	6:33	Monroe Center, IL

**Race Results
Age Divisions**

**Flapjacks 5K Run/Walk -
Northwest Community Center, Rockford IL**

November 3, 2013

Division	Place	Name	Time	Pace	City, State
50-54 Male	2	Broski, Michael	20:48.80	6:42	Machesney Park, IL
50-54 Male	3	Miller, Brian	21:23.84	6:53	Rockford, IL
50-54 Male	4	Marocco, Douglas	21:58.21	7:04	Machesney Park, IL
50-54 Male	5	Rehfeldt, Rick	24:38.53	7:56	Rockford, IL
50-54 Male	6	Zaluckyj, Charles	25:07.41	8:05	Belvidere, IL
50-54 Male	7	Kiefer, Daniel	53:30.32	17:13	Rockford, IL
55-59 Female	1	Salberg, Audrey	32:51.87	10:35	Rockford, IL
55-59 Female	2	Olson, Karen	33:19.17	10:43	Rockford, IL
55-59 Female	3	White, Ronda	44:46.14	14:25	Rockford, IL
55-59 Female	4	Heaton, Barb	46:47.00	15:04	Rockford, IL
55-59 Male	1	Clevenger, Doug	22:08.39	7:08	Rockford, IL
55-59 Male	2	Atwood, Bruce	25:21.79	8:10	Rockford, IL
55-59 Male	3	Schreiner, Don	27:25.48	8:50	Rockford, IL
55-59 Male	4	Best, Phil	28:58.73	9:20	Byron, IL
55-59 Male	5	Olson, Richard	29:27.78	9:29	Rockford, IL
55-59 Male	6	Hall, John	39:13.25	12:37	Lake Forest, IL
60-64 Male	1	McClelland, Kenneth	22:23.50	7:12	Rockford, IL
60-64 Male	2	Kowalski, Joe	28:30.95	9:11	Rockford, IL
65-69 Male	1	Clucas, Ed	32:50.66	10:34	Rockford, IL