

**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 -
Northwest Community Center, Rockford IL**

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