

## Family Health 5k Walk-Run

### FAMILY HEALTH 5K WALK-RUN

March 25, 2011

Church at Viera, Viera, Florida

Race Director: Nick Smith/Doug Butler

Race Management: Running Zone

www.runningzone.com

Questions: info@runningzone.com

### OVERALL MALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	1	770 Cory Sayyea	16	Cocoa Beach	FL	16:54.6	5:27
2	2	766 Jason Jones	17	Cocoa Beach	FL	17:42.9	5:43
3	3	579 Mike Fretz	42	West Melbourne	FL	18:03.2	5:49

### MALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	8	574 Art Anderson	51	Melbourne	FL	18:47.1	6:03

### AGE-GROUP RESULTS

#### MALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace
1	62	479 Graeme Burns	07	Melbourne	FL	28:46.2	9:16
2	113	555 Christopher Shephard	06	Rockledge	FL	40:25.8	13:01
3	119	556 Colton Shephard	04	Rockledge	FL	44:43.6	14:24
4	126	748 Jackson Heinly	06	Palm Bay	FL	50:22.8	16:13

#### MALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace
1	60	502 Braden Krupp	09	Cocoa	FL	28:34.7	9:12
2	61	478 Aeddon Burns	09	Melbourne	FL	28:35.2	9:13
3	98	510 Brody Naughton	11	Patrick Afb	FL	38:01.8	12:15

#### MALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace
1	32	493 Michael Groppel	14	Viera	FL	24:00.6	7:44
2	43	580 Jeremy Fetko	14	Cocoa	FL	25:40.5	8:16
3	69	559 Justin Lorentzen	13	Viera	FL	30:52.4	9:57
4	89	512 Riley Naughton	12	Patrick Afb	FL	35:35.0	11:28

#### MALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age	City	St	Time	Pace
1	4	771 Costa Stathis	15	Cocoa Beach	FL	18:04.2	5:49
2	5	768 Justin Selph	17	Cocoa Beach	FL	18:15.1	5:53
3	6	521 Preston Skinner	15	Melbourne	FL	18:15.8	5:53
4	7	769 Noah Jacovitz	17	Cocoa Beach	FL	18:46.9	6:03
5	31	558 Devon Lorentzen	15	Viera	FL	23:59.8	7:44
6	36	754 Kevin Brennan	16	Indialantic	FL	24:48.9	8:00
7	52	572 Kyle Schigner	15	Melbourne	FL	27:05.2	8:44

#### MALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age	City	St	Time	Pace
1	15	772 J Nickens	23	Melbourne	FL	21:19.5	6:52
2	56	527 Shawn Pocchiare	24	Palm Bay	FL	27:47.8	8:57
3	80	563 Chris Klingmann	24	Melbourne	FL	33:46.6	10:53
4	104	564 Nick Roberts	23	Melbourne	FL	39:15.4	12:39

#### MALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age	City	St	Time	Pace
1	17	756 John Stilwell	28	Melbourne	FL	21:44.2	7:00

2	19	515	Jonathan Pokorny	29	Rockledge	FL	22:11.7	7:09
3	26	746	Matthew Nanna	27	Melbourne	FL	23:07.0	7:27
4	45	476	Kennith Adams	27	Rockledge	FL	25:42.8	8:17

## MALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	25	518	Scott Riggerbach	34	Melbourne	FL	22:59.9	7:25
2	92	547	Darren Bloch	30	Melbourne	FL	36:28.0	11:45
3	109	590	Jesus Jimenez	34	Palm Bay	FL	39:36.1	12:45
4	128	749	Aaron Heinly	32	Palm Bay	FL	50:24.9	16:14

## MALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	9	546	Alex Colon	38	Melbourne	FL	18:53.8	6:05
2	27	503	James Krupp	36	Cocoa	FL	23:12.1	7:29
3	91	553	Chris Shephard	37	Rockledge	FL	36:04.7	11:37
4	100	545	Terry Plonsky	38	Melbourne	FL	38:42.6	12:28
5	108	586	Doug Hile	37	Holland	OH	39:28.8	12:43

## MALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	14	534	David Sierota	41	Melbourne	FL	21:14.5	6:51
2	23	583	Paul Metz	40	Melbourne	FL	22:51.2	7:22
3	50	593	Kris Hansen	40	Rockledge	FL	26:38.7	8:35
4	51	587	Christian Loris	41	Viera	FL	26:46.1	8:37
5	79	599	Paul Berube	42	Indialantic	FL	33:39.7	10:51
6	112	763	James Conway	40	Rockledge	FL	40:20.4	13:00

## MALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	16	761	Neal Levine	46	Viera	FL	21:38.9	6:59
2	37	481	Bill Cabrera	49	Cape Canaveral	FL	24:54.0	8:01
3	44	484	Gordon Coffey	48	Viera	FL	25:41.3	8:17

## MALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	22	578	Duane Linsenbardt	51	Catonsville	MD	22:46.7	7:20
2	35	581	John Doctor	50	Rockledge	FL	24:47.4	7:59
3	78	486	Ken Flieder	52	Cocoa	FL	33:29.7	10:47

## MALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	11	594	Matt Mahoney	55	Melbourne	FL	20:00.4	6:27
2	12	767	Hywel Jones	55	Cocoa Beach	FL	20:45.8	6:41
3	46	498	Harv Hobson	57	Palm Bay	FL	25:58.5	8:22
4	103	543	Robert Bruckart	59	Melbourne	FL	39:00.5	12:34

## MALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	29	570	Carl Bonds	61	Palm Bay	FL	23:52.8	7:42
2	93	598	Chris Chambers	64	Rockledge	FL	36:40.9	11:49

## MALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	55	497	Ron Hoar	72	Melbourne	FL	27:23.0	8:49

## MALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	55	497	Ron Hoar	72	Melbourne	FL	27:23.0	8:49

## MALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	10	487	Alexa Gemma	35	South Daytona	FL	19:44.2	6:22
2	13	751	Ashley Bunting	15	Cocoa Beach	FL	20:54.3	6:44

## OVERALL FEMALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	10	487	Alexa Gemma	35	South Daytona	FL	19:44.2	6:22
2	13	751	Ashley Bunting	15	Cocoa Beach	FL	20:54.3	6:44

Place	O'All No.	Name	Age	City	St	Time	Pace
3	18	755 Kristen Fettes	25		FL	21:48.8	7:02
FEMALE MASTERS CHAMPION							
1	38	591 Cathie Poor	49	Rockledge	FL	25:00.7	8:04
AGE-GROUP RESULTS							
FEMALE AGE GROUP: 01 - 08							
1	99	544 Grace Plonsky	07	Melbourne	FL	38:41.1	12:28
2	123	536 Jaycie Martin	07	Melbourne	FL	46:23.2	14:56
FEMALE AGE GROUP: 09 - 11							
1	33	494 Marie Groppel	10	Viera	FL	24:00.8	7:44
2	101	511 Delaney Naughton	11	Patrick Afb	FL	38:54.1	12:32
3	106	584 Abigail Hile	10	Holland	OH	39:26.5	12:42
4	107	585 Alison Hile	10	Holland	OH	39:28.4	12:43
FEMALE AGE GROUP: 12 - 14							
1	30	576 Mackenzie Baysinger	13	Rockledge	FL	23:53.5	7:42
2	111	764 Cicely Conway	12	Rockledge	FL	40:19.8	12:59
3	130	513 Kaya Penn	14	Satellite Beach	FL	51:17.7	16:31
FEMALE AGE GROUP: 15 - 19							
1	20	524 Stephanie Vos	22	West Melbourne	FL	22:31.3	7:15
2	24	542 Melissa Baldwin	22	Rockledge	FL	22:52.6	7:22
3	42	568 Heather Copley	24	Melbourne	FL	25:38.0	8:16
4	49	773 Lauren Shane	21	Indialantic	FL	26:37.5	8:35
5	85	762 Jaclyn Golec-Parker	24	Satellite Beach	FL	34:35.0	11:08
6	95	752 Karina Pirazan	20	Satellite Beach	FL	37:42.5	12:09
7	105	565 Tiffany Cook	23	West Melbourne	FL	39:19.9	12:40
FEMALE AGE GROUP: 25 - 29							
1	57	567 Katie Fitz	25	Cape Coral	FL	27:53.0	8:59
2	59	571 Meg Leith	26	Melbourne	FL	28:00.1	9:01
3	77	531 Heidi Wolf	28	Palm Bay	FL	33:25.1	10:46
4	87	582 Brooke Polhemus	29	Palm Bay	FL	35:19.6	11:23
5	122	528 Katie Garner	25	Palm Bay	FL	45:51.0	14:46
6	132	489 Karla Mae Goodman	29	Viera	FL	51:24.4	16:33
FEMALE AGE GROUP: 30 - 34							
1	21	526 Jamie Younkin	34	Palm Bay	FL	22:36.5	7:17
2	28	592 Laura Labadens	30	Cape Canaveral	FL	23:40.5	7:38
3	34	549 Alea Burke	33	Melbourne	FL	24:10.9	7:47
4	41	488 Joanna Giesey	32	Cocoa	FL	25:29.4	8:13
5	54	548 Lindsay Bloch	30	Melbourne	FL	27:21.9	8:49
6	58	589 Lisell Roan	33	Rockledge	FL	27:54.9	9:00
7	63	541 Erin Coris	34	Rockledge	FL	28:58.6	9:20
8	64	520 Deanne Sichler	30	Viera	FL	28:58.8	9:20
9	72	506 Jennifer MacBride	34	Melbourne	FL	32:03.5	10:20
10	82	523 Paige Trosset	30	Cocoa	FL	33:51.2	10:54
11	83	760 Jackie Roberson	31	Titusville	FL	34:28.8	11:06
12	88	504 Ragan Krupp	31	Cocoa	FL	35:33.9	11:27
13	90	759 Jamie Shields	30	Merritt Island	FL	35:35.8	11:28
14	102	765 Torrey Gaines	32	Cocoa	FL	38:55.1	12:32
15	114	475 Holly Abeels	31	Cocoa	FL	40:35.6	13:04
16	115	588 Michelle Pinlo	34	Palm Bay	FL	44:00.8	14:10
17	127	750 Brandi Heinly	34	Palm Bay	FL	50:23.1	16:14

## FEMALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age City	St Time	Pace
1	39	529 Brittany Streufert	38 Viera	FL 25:19.1	8:09
2	68	509 Melissa Murrish	39 Rockledge	FL 30:03.7	9:41
3	70	569 Brianna Nipper	37 Melbourne	FL 31:15.0	10:04
4	84	560 Tanya Kuelbs	37 Melbourne	FL 34:31.3	11:07
5	96	552 Tish Calvert	39 Viera	FL 37:42.9	12:09
6	120	554 Elizabeth Shephard	37 Rockledge	FL 44:44.0	14:24
7	121	596 Monica Calabrese	38 Viera	FL 45:49.1	14:45
8	124	550 Jennifer Pedrick	35 Melbourne	FL 46:26.4	14:57
9	125	535 Stephanie Martin	37 Melbourne	FL 46:26.6	14:57

## FEMALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age City	St Time	Pace
1	48	747 Linda Foster	42 Rockledge	FL 26:20.1	8:29
2	65	557 Katherine Lorentzen	42 Viera	FL 29:01.1	9:21
3	74	597 Barbara Bailey	42 Rockledge	FL 32:45.0	10:33
4	81	757 Debbie Rotgers	43 Melbourne	FL 33:50.8	10:54
5	86	530 Amy McCormick	40 West Melbourne	FL 35:06.8	11:19
6	94	551 Lisa Ball	42 Viera	FL 37:29.5	12:05
7	110	573 Jennifer Schigner	40 Melbourne	FL 40:18.9	12:59
8	129	501 Amy Kalman	42 Melbourne	FL 51:17.4	16:31
9	131	514 Kristie Penn	40 Satellite Beach	FL 51:19.9	16:32

## FEMALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age City	St Time	Pace
1	40	482 Nancy Cabrera	48 Cape Canaveral	FL 25:28.6	8:12
2	53	532 Lori Rattay	47 Palm Bay	FL 27:06.6	8:44
3	71	533 Christine Levasseur	49 Palm Bay	FL 31:22.4	10:06
4	75	758 Janice Beck	48 Rockledge	FL 32:58.0	10:37
5	116	522 Annette Moore Stephenso	47 Melbourne	FL 44:06.6	14:12

## FEMALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age City	St Time	Pace
1	47	485 Cindy Corey	50 Malabar	FL 26:18.6	8:29
2	66	483 Karen Caruso	51 Satellite Beach	FL 29:25.3	9:29
3	67	505 Mia Little	51 Rockledge	FL 29:44.9	9:35
4	117	517 Kelli Ragsdale	50 Viera	FL 44:15.7	14:15

## FEMALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age City	St Time	Pace
1	73	753 Karen Suarez	57 Melbourne	FL 32:28.2	10:28
2	76	499 Pam Hobson	56 Palm Bay	FL 33:01.8	10:38
3	97	575 Cathy Cady	55 Melbourne	FL 37:53.2	12:12

## FEMALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age City	St Time	Pace
1	118	600 Boahy Chambers	63 Rockledge	FL 44:41.5	14:24

## FEMALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age City	St Time	Pace
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## FEMALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age City	St Time	Pace
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## FEMALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Age City	St Time	Pace
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## FAMILY TEAM RESULTS

## 1. Super Shep

36:05 40:26 44:44 44:44 = 2:45:59

Chris Shephard, Christopher Shephard, Colton Shephard, Elizabeth Shephard

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TEAM RESULTS

1. CAV Runners

22:12 22:37 24:01 24:01 = 1:32:51

Jonathan Pokorny, Jamie Younkin, Michael Groppel, Marie Groppel

2. Viera

51:18 51:18 51:20 51:25 = 3:25:21

Amy Kalman, Kaya Penn, Kristie Penn, Karla Mae Goodman