

# 5th Annual Beach Wellness - 5K Run & Walk and 10K Run

6-25-2011

## 5K Run Male

	Name	Town	Age	Pace	Time
1	1 Gould, David	Bay City, MI	18	5:45	17:52.56
2	2 LaFramboise, Joe	Auburn, MI	45	5:53	18:15.71
3	3 Jurges, Garrett	Ubly, MI	28	6:28	20:03.59
4	4 Strachan, Ron	Bay City, MI	47	6:37	20:31.14
5	5 Royalty, Matt	Midland, MI	30	6:56	21:31.52
6	6 Klosowski, Mike	Pigeon, MI	30	6:57	21:35.97
7	7 Haertel, Charles	Bay City, MI	57	7:02	21:50.88
8	9 Williams, Alex	Caro, MI	27	7:08	22:08.94
9	10 Adcock, Cody	Oscoda, MI	15	7:14	22:26.33
10	11 Toyzan, Brandon	Midland, MI	29	7:19	22:41.88
11	12 Swanson, Reed	Ypsilanti, MI	51	7:20	22:47.79
12	13 Wazry, Paul	St. Charles, MI	39	7:28	23:11.28
13	14 Veselsky, Trevor	Saginaw, MI	14	7:31	23:19.63
14	15 Lang, Jeff	Bay City, MI	30	7:33	23:27.91
15	18 Robetoy, Brandon	Bay City, MI	36	7:35	23:33.78
16	19 Schmidt, Mark	Essexville, MI	39	7:36	23:35.15
17	20 York, Jeff	Bay City, MI	42	7:40	23:48.56
18	21 Ryder, Reid	Bay City, MI	17	7:40	23:49.41
19	23 Mynatt, Mitchell	Saginaw, MI	14	7:44	24:01.52
20	27 Whaley, Matt	Midland, MI	29	7:50	24:20.27
21	29 Neese, Michael	Caro, MI	36	7:56	24:36.09
22	30 Baransk, Anthony	Auburn, MI	44	7:58	24:44.86
23	33 Wrzesinski, Ryan	Kawkawlin, MI	20	8:07	25:10.70
24	35 Gale, Ryan	Bay City, MI	32	8:09	25:17.90
25	36 Lange, David	Bay City, MI	46	8:11	25:24.89
26	37 Davis, Chris	Bay City, MI	37	8:13	25:30.06
27	39 Schroeder, Jon	Bay City, MI	42	8:15	25:36.30
28	41 Lange, Kenneth	Bay City, MI	23	8:16	25:40.27
29	44 Schalk, Bailly	Sterling, MI	11	8:21	25:55.84
30	46 Collier, Michael	Bay City, MI	54	8:25	26:07.71
31	47 Struble, Domonique	San Diego, CA	40	8:26	26:11.91
32	61 Madaj, Michael	Linwood, MI	54	9:36	29:47.74
33	63 Brunner, Jerry	Bay City, MI	66	9:38	29:52.47
34	66 Dwan, Andrew	Bay City, MI	11	9:44	30:13.00
35	67 Woodford, Steven	Munger, MI	50	9:44	30:13.66
36	68 Bierlein, James	Essexville, MI	44	9:49	30:27.78
37	71 Samocki, Matthew	Midland, MI	32	9:52	30:36.38
38	73 Kemmer, Bruce	Bay City, MI	54	9:55	30:47.13
39	74 Fetter, Kevin	Bay City, MI	42	9:57	30:52.53
40	78 Ioannidis, Vasili	Bay City, MI	12	10:13	31:42.50
41	81 Trepkowski, Ralph	Bay City, MI	52	10:20	32:04.85
42	86 Ambroziak, Michael	Bay City, MI	44	10:50	33:36.45
43	88 Kaya, Phyllis	Midland, MI	50	11:00	34:06.05
44	106 Pyszora, Michael	West Branch, MI	7	12:17	38:05.73
45	107 Separd, Donald	Vassar, MI	22	12:17	38:06.06
46	128 Dashner, Taylor	Saginaw, MI	11	13:43	42:34.75
47	130 Dashner, Scott	Saginaw, MI	43	13:44	42:36.28
48	153 Adelman, Melvyn	Essexville, MI	77	15:30	48:06.82

## 5K Run Female

	Name	Town	Age	Pace	Time
1	8 Sauve, Lynn	Midland, MI	41	7:06	22:03.06
2	16 Gasta, Ann	Bay City, MI	46	7:35	23:31.37
3	17 McDonald, Laura	Midland, MI	27	7:35	23:31.67
4	22 Looby, Bridget	Saginaw, MI	47	7:43	23:56.61
5	24 Keen, Megan	Essexville, MI	16	7:49	24:17.07
6	25 Caverly, Lindsey	Essexville, MI	17	7:49	24:17.70
7	26 Leonard, Carla	Unknown, NA	17	7:50	24:18.88
8	28 Luna, Mary Kay	Saginaw, MI	46	7:51	24:22.43
9	31 Roe, Kari	Auburn, MI	37	8:01	24:54.21
10	32 Toyzan, Alisha	Midland, MI	28	8:04	25:02.93
11	34 ROberts,, Rachel	Midland, MI	29	8:09	25:17.46
12	38 Carter, Debra	Midland, MI	50	8:14	25:34.82
13	40 Neese, Kate	Caro, MI	34	8:15	25:37.67
14	42 Williams, Cassie	Caro, MI	25	8:20	25:52.07
15	43 Tausk, Sheri	Midland, MI	44	8:20	25:53.82
16	45 Butch, Jennifer	Bay City, MI	26	8:24	26:04.14
17	48 Ransford, Lainey	Caro, MI	36	8:28	26:16.68
18	49 Wasik, Robin	Caro, MI	32	8:28	26:16.80
19	50 Rubidge, Julie	Midland, MI	33	8:45	27:10.72
20	51 Beaver, Kristin	Bay City, MI	32	8:57	27:47.81
21	52 Sisel, Tami	Lake, MI	51	9:02	28:01.40
22	53 Elzerman, Ashley	Midland, MI	32	9:12	28:32.30
23	54 kalinowski , lana	Bay City, MI	39	9:13	28:35.64
24	55 Grimmer, Ernestine	Bay City, MI	56	9:14	28:38.58
25	56 Spears, Rachel	Midland, MI	29	9:17	28:48.99
26	57 Kemmer, Sarah	Bay City, MI	20	9:18	28:50.15
27	58 Ulman, April	Bay City, MI	29	9:21	29:00.96
28	59 Todd, Debra	Kawkawlin, MI	54	9:29	29:26.41
29	60 Flues, Linda	Munger, MI	61	9:35	29:45.69
30	62 Plant, Paige	Canton, MI	41	9:37	29:51.92
31	64 Zvara, Connie	Bay City, MI	35	9:39	29:58.54
32	69 Lerner, Abby	Midland, MI	20	9:49	30:28.40
33	70 Kudrow, Connie	Bay City, MI	48	9:51	30:34.32
34	72 Jones, Krissy	Essexville, MI	17	9:52	30:37.18
35	76 Coonan, Sheryl	Royal Oak, MI	32	10:05	31:16.57
36	77 Maillette, Melissa	Bay City, MI	33	10:05	31:17.10
37	79 Washabaugh, Cathy	Bay City, MI	51	10:20	32:03.52
38	80 Baylis, Karri	Munger, MI	19	10:20	32:04.33
39	82 Lange, Khole	Bay City, MI	12	10:25	32:18.65
40	83 Spencer, Cheryl	Caro, MI	41	10:32	32:41.97
41	84 Robetoy, Kilah	Bay City, MI	31	10:46	33:23.50
42	85 Baylis, Sandy	Unknown, NA	55	10:46	33:23.96
43	87 Mayfield, Elizabeth	Bay City, MI	32	10:55	33:52.92
44	89 Rich, Joan	Bay City, MI	58	11:01	34:12.24
45	91 Brewer, Kathy	Bay City, MI	48	11:15	34:55.61
46	92 Szyperski, Jolene	Pinconning, MI	29	11:16	34:56.18
47	93 Shurell, Joanna	Midland, MI	50	11:20	35:11.35
48	94 Lerner, Ina	Midland, MI	50	11:20	35:11.52
49	95 Bejolla, Frances	Midland, MI	52	11:24	35:22.78
50	96 Baur, Sarah	Linwood, MI	39	11:30	35:42.23
51	97 Schroeder, Lisa	Bay City, MI	40	11:30	35:42.45
52	98 Wrzesinski, Brenda	Kawkawlin, MI	47	11:31	35:44.66
53	100 Skink, Jill	Bay City, MI	45	11:41	36:14.52
54	102 Porte, Dolores	Auburn, MI	50	11:56	37:02.85
55	103 Yates, Deanna	Caro, MI	35	12:03	37:24.54
56	104 Ioannidis, Melissa	Bay City, MI	43	12:04	37:25.29
57	105 Lang, Shannon	Bay City, MI	30	12:04	37:26.73
58	111 Thomas, Glenn Ellen	Bay City, MI	74	12:45	39:34.82
59	118 Amon, Karen	Bay City, MI	49	13:04	40:32.65

60	126	Separd, Brittney	Vassar, MI	23	13:40	42:25.55
61	127	Fackler, Samantha	Vassar, MI	49	13:41	42:27.44
62	129	Dashner, Madison	Saginaw, MI	14	13:44	42:36.20
63	142	DeCaire, Julie	Auburn, MI	39	14:46	45:49.59

### 5K Walk Male

	Name	Town	Age	Pace	Time	
1	75	Torzynski, Barney	Kawkawlin, MI	50	9:59	30:59.05
2	90	Hughes, Jim	Bay City, MI	63	11:09	34:37.25
3	110	Krager, Lance	Bay City, MI	71	12:37	39:09.88
4	112	Glaza, Rick	Bay City, MI	41	12:49	39:44.29
5	114	Cable, David	Saginaw, MI	63	12:49	39:45.43
6	116	Vick, Mark	St. Helen, MI	59	12:50	39:47.06
7	123	Morley, Ron	Gladwin, MI	60	13:22	41:27.73
8	157	Stone, Rick	Mio, MI	60	16:02	49:44.34
9	171	Wieland, Carl	Bay City, MI	67	16:41	51:44.32

### 5K Walk Female

	Name	Town	Age	Pace	Time	
1	65	Heinlein, Lynette	Vassar, MI	54	9:41	30:02.02
2	99	Heller, Misty	Bay City, MI	36	11:39	36:09.73
3	113	Tausk, Ariel	Midland, MI	17	12:49	39:44.58
4	115	Klopf, Joan	Bay City, MI	67	12:49	39:46.25
5	117	Lange, Tammi	Bay City, MI	47	12:50	39:49.57
6	119	Schroden, Deanna	Sanford, MI	37	13:13	41:00.01
7	121	Clever, Rebecca	Breckenridge, MI	32	13:19	41:17.31
8	122	Ball, Jill	Bay City, MI	40	13:20	41:21.19
9	124	Jambrog, Angela	Bay City, MI	28	13:24	41:35.07
10	133	Johnson, Katie	Bay City, MI	14	13:55	43:10.51
11	134	Johnson, Laurie	Bay City, MI	46	13:56	43:12.19
12	135	Taglauer, Jan	Auburn, MI	72	14:01	43:28.85
13	136	Coonan, Amy	Bay City, MI	51	14:13	44:05.92
14	138	Barris, Angela	Saginaw, MI	62	14:45	45:46.27
15	139	Suffety, Patricia	Saginaw, MI	57	14:46	45:47.05
16	140	Hanczewski, Roseanne	Bay City, MI	50	14:46	45:48.42
17	141	Yax, Crystal	Essexville, MI	27	14:46	45:48.64
18	147	schmidt, shannon	Essexville, MI	37	15:08	46:56.64
19	149	Ryder, Laura	Bay City, MI	50	15:18	47:28.42
20	150	Selby, Ann	Kingston, MI	59	15:29	48:01.24
21	152	Wazny, Kelli	St. Charles, MI	38	15:30	48:03.04
22	154	Kemmer, Carol	Bay City, MI	53	15:35	48:20.01
23	155	Dayak, Catherine	Pigeon, MI	41	15:42	48:43.00
24	156	Schmidt, JoAnn	Linwood, MI	64	15:50	49:06.78
25	158	Hart, Sandra	Saginaw, MI	36	16:02	49:44.99
26	159	Huegel, Shirley	Freeland, MI	74	16:09	50:04.27
27	160	Pembroke, Tammy	Bay City, MI	51	16:09	50:04.66
28	165	Pyszora, Sara	West Branch, MI	30	16:16	50:28.72
29	167	Kozlowski, Jaelyn	Oscoda, MI	15	16:30	51:09.19
30	168	Konwinski, Melissa	Pinconning, MI	16	16:30	51:09.44
31	169	Goddard, Cherie	Bay City, MI	53	16:32	51:17.73
32	170	Barthmaier, Susan	Kawkawlin, MI	46	16:32	51:17.82
33	172	Carey, Patricia	Midland, MI	55	16:56	52:31.13
34	173	Wieland, Nancy	Bay City, MI	66	16:59	52:40.31
35	178	Henika, Julie	Prescott, MI	44	17:36	54:34.08
36	179	Stein, Sue	Munger, MI	55	17:36	54:34.97
37	182	Mausolf, Marci	Bay City, MI	35	17:37	54:37.16
38	184	Thornton, Julie	Saginaw, MI	45	17:57	55:40.93
39	185	Falkenberg, Sarah	Saginaw, MI	35	17:57	55:41.16

40	190	Sutter, Janet	Bay City, MI	53	18:35	57:38.92
41	198	Mainprize, Connie	Linwood, MI	52	20:57	1:04:59.56
42	199	Ulman, Sandra	Bay City, MI	51	20:57	1:04:59.65
43	202	Nickle, Penny	Saginaw, MI	66	22:33	1:09:57.05
44	203	Selman, Roberta	Midland, MI	73	22:36	1:10:04.51

## 10K Run Male

		Name	Town	Age	Pace	Time
1	101	Stuart, Benjamin	Midland, MI	33	5:56	36:52.77
2	108	Bilodeau, Adam	Bay City, MI	14	6:08	38:06.14
3	109	VanDusen, Jeff	Bay City, MI	29	6:16	38:57.24
4	120	Flues, Tim	Munger, MI	62	6:38	41:08.62
5	125	Swiecicki, Chris	Midland, MI	33	6:44	41:49.45
6	131	Davis, Tony	Auburn, MI	35	6:55	42:54.12
7	132	Dwan, Andrew	Standish, MI	41	6:55	42:58.15
8	137	Arrowsmith, Robert	Bay City, MI	40	7:21	45:35.61
9	146	Watson, Alan	Hemlock, MI	36	7:31	46:42.58
10	151	Pyszora, Joseph	West Branch, MI	31	7:44	48:02.83
11	163	Davenport, Ted	Bay City, MI	58	8:07	50:20.76
12	177	Pingatore, Tony	Bay City, MI	42	8:38	53:36.37
13	181	Hunt, Brian	Saginaw, MI	38	8:48	54:36.53
14	186	Carlisle, Kirk	Saginaw, MI	52	8:59	55:46.67
15	188	Block, Leonard	Bay City, MI	69	9:15	57:26.91
16	189	Selby, Tom	Kingston, MI	67	9:16	57:29.49
17	195	Chlebowski, Jim	Bay City, MI	61	10:03	1:02:24.03
18	196	Rogers, Jeff	Midland, MI	55	10:05	1:02:33.00
19	200	Hamme, Rick	Bay City, MI	54	10:30	1:05:10.06

## 10K Run Female

		Name	Town	Age	Pace	Time
1	143	Brown, Lori	Freeland, MI	45	7:25	45:59.72
2	144	Ayers-Gould, Jennifer	Bay City, MI	39	7:26	46:10.82
3	145	Tews, Cindy	Kawkawlin, MI	53	7:30	46:34.69
4	148	Schmitt, Jenny	West Branch, MI	35	7:34	47:00.98
5	161	Militello, Geena	Essexville, MI	16	8:05	50:11.63
6	162	Konwinski, Diane	Pinconning, MI	46	8:05	50:11.98
7	164	Nagel, Lisa	Bay City, MI	35	8:08	50:27.73
8	166	Sutton, Sarah	Burnsville, MN	25	8:09	50:35.33
9	174	Adcock, Christine	Bay City, MI	38	8:31	52:53.94
10	175	Vandusen, Lisa	Bay City, MI	28	8:37	53:26.77
11	176	Stackhouse, Andra	Saginaw, MI	52	8:38	53:34.38
12	180	Whalen, Cherie	Auburn, MI	40	8:48	54:35.57
13	183	Klinkman, Becky	Cass City, MI	34	8:48	54:37.75
14	187	Owczarzak, Hayley	Essexville, MI	16	9:00	55:50.31

15	191	Smith, Nancy	Bay City, MI	47	9:25	58:29.51
16	192	Piotrowski, Deire	Bay City, MI	36	9:26	58:35.63
17	193	Hellebuyck, Barbara	Caro, MI	41	9:32	59:11.86
18	194	La Vigne, Brenda	Midland, MI	55	9:54	1:01:24.64
19	197	Rytlewski, Jaime	Okemos, MI	28	10:09	1:02:57.77
20	201	Thelen, Shannah	Auburn, MI	34	10:43	1:06:27.60