

Plano Pacers Boo Scoot 5K, 10K, & Jr. Sprint

at Windhaven Meadows Park, Plano, TX

Saturday October 25, 2025

5K TOP FINISHERS

MEN			WOMEN				
	1	Jim Dietz	19:19		1	Emma Teague	22:14
	2	Roger Astran	19:43		2	Jane Buthod	23:12
	3	Guillermo Toral	20:07		3	Melissa Cunningham	24:07
	4	Henry Fahrenholz	20:18		4	Yumi Akao	24:31
	5	Jeff Fahrenholz	20:36		5	Robin Strack	24:32
	6	Jason Bogardus	20:51		6	Stephanie Bache	25:10
	7	Jonathan Greene	21:47		7	Mila Teague	26:50
	8	Jordan Ayres	22:06		8	Abby Johnson	30:33
	9	Matt Pierret	22:13		9	Andreea Nguyen	31:05
	10	Vijayan Nair	22:41		10	Marwah Javed	31:08
Overall:		Jim Dietz	19:19	Overall:		Emma Teague	22:14
Master:		Roger Astran	19:43	Master:		Jane Buthod	23:12
Senior:		Matt Pierret	22:13	Senior:		Yumi Akao	24:31
9-un:		Finn Whitten	33:34	9-un:		Mila Teague	26:50
		Jack Turner	36:43			Emma Sasala	33:19
10-14:		Henry Fahrenholz	20:18	10-14:		Marwah Javed	31:08
		Noah Greene	22:50				
		Daniel Sasala	24:33				
15-19:		Noah Dudley	23:07	15-19:		Samantha Ross	44:49
		Harley Zhou	39:18				
		Jude Gonzales	44:50				
20-24:		Luke Phillis	37:28	20-24:		Abby Johnson	30:33
						Lily Wood	37:28
25-29:		Alek Bakhashab	28:18	25-29:		Sachi Nayak	32:15
		Christopher Orton	32:06			Tiffany Tang	38:42
		Dugan Mickelson	45:42			Julia Ross	42:11
30-34:		Jordan Ayres	22:06	30-34:		Melissa Cunningham	24:07
		Nam Tran	33:44			Libby Baker	31:52
		Adam Rodriguez	35:38			Claudia Lopez	35:24
35-39:		Jonathan Greene	21:47	35-39:		Andrea Lopez	32:19
		Dan Shulman	22:56			Maria Clara Cabrera	32:19
		Guru Govind	25:31			Prajakta Phatak	55:15
40-44:		Jeff Fahrenholz	20:36	40-44:		Robin Strack	24:32
		Bogdan Ionica	27:30			Dp Tran-Kumfa	33:43
						Carrie Rios	45:02
45-49:		Jason Bogardus	20:51	45-49:		Andreea Nguyen	31:05
		Jorge Toro	26:12			Trudy Xu	31:17
		Botond Laszlo	27:02			Josephine Vitta	41:20
50-54:		Guillermo Toral	20:07	50-54:		Stephanie Bache	25:10
		Chiza Vitta	36:35			Tammi Ross	52:23
55-59:		Patrick Williams	25:00	55-59:		Denise Langford	32:44
		Peter Spina	30:04			Flor Lopez	43:44
		Scott Orton	31:33			Annapurna Nayak	49:40

60-64:	Vijayan Nair	22:41	60-64:	Gretchen Breen	39:34
	Stephen Russo	23:23		Martha Kuhlman	40:47
	Alan Peyton	24:16		Emily Liu	42:21
65-69:	Ron Wahlquist	23:08	65-69:	Debbie Brewer	33:32
	Joe Hoffman	29:54			
	James Drumm	33:10			
70-74:	Charles Brown	29:08	70-74:	Debye Humphrey	42:33
	Mohan Phatak	55:18		Jay Sheth	43:31
	Ed Humphrey	1:00:11			
75-79:	Bruce Johnson	34:36	75-79:	Janet Collins	52:12
	Alfred Wilkinson	38:03			
	Marcus Wertz	45:38			
80-84:	Alan Davis	37:25	80-84:	Nancy Lowden	52:00
	James Gabhart	42:36			
85-ov:	James Thruston	50:51			

10K TOP FINISHERS

MEN			WOMEN		
1	Jose Lopez	39:03	1	Rachael Sanchez	38:42
2	Jose Ramirez	39:20	2	Gwen Li	46:13
3	Matt Unthank	40:56	3	Bryanna Barnett	49:39
4	O'Neal Barnett	41:06	4	Hua Xu	49:50
5	Fernando H Garcia	41:55	5	Shaorong Chang	50:49
6	Michael Held	42:32	6	Martina Crevecoeur	52:04
7	Shihui Mang	42:34	7	Yunxia Cai	53:03
8	Chip Gorman	42:52	8	Shelby Olsen	53:26
9	Allan Ray	44:06	9	Renee Spratlen	55:33
10	Clint Rhodes	44:44	10	Linda Kelly	57:49
Overall:	Jose Lopez	39:03	Overall:	Rachael Sanchez	38:42
Master:	Jose Ramirez	39:20	Master:	Gwen Li	46:13
Senior:	Michael Held	42:32	Senior:	Martina Crevecoeur	52:04

20-24:	William Liu	1:01:15			
	Eric Tran	1:10:27			
25-29:	Trevor Olsen	54:38	25-29:	Bryanna Barnett	49:39
	Myeongchan Kim	57:30		Shelby Olsen	53:26
	Adithyaa Anand	1:00:58			
30-34:	Rickey Thomas	47:39	30-34:	Raegan Plattner	57:50
	Doug Obryant	56:21		Jessalyn Howland	1:17:47
	Jon Baker	1:00:10			
35-39:	Allan Ray	44:06	35-39:	Katy Dass	1:08:01
	Anthony Begon	45:19			
	Alex Rojas	45:23			
40-44:	Matt Unthank	40:56	40-44:	Linzy Cook	1:03:54
	Serge Reshetnikov	46:55		Andrea Shelley	1:13:40
	Mehran Ahmad	52:41		Sara Lawrence	1:17:51
45-49:	Fernando H Garcia	41:55	45-49:	Shaorong Chang	50:49
	Mark Miller	46:40		Nicole Gregory	1:06:12
	Doug Bass	46:56			

50-54:	O'Neal Barnett	41:06	50-54:	Hua Xu	49:50
	Clint Rhodes	44:44		Sabrina Shi	1:01:14
	Jie Han	46:04		Subashini Narayanan	1:30:48
55-59:	Shihui Mang	42:34	55-59:	Yunxia Cai	53:03
	Hector Delgado	45:53		Debbie Riedner	1:03:22
	Yang Meng	48:53		Beverly Roady	1:08:57
60-64:	Chip Gorman	42:52	60-64:	Renee Spratlen	55:33
	John Cosentino	45:29		Frances McKissick	57:52
	Jeff Dorrill	51:25			
65-69:	Jim Brown	48:53			
	Jim Cavanaugh	52:39			
	Bob Wang	56:55			
70-74:	Cary Sherf	59:28	70-74:	Linda Kelly	57:49
	Kenny Gardner	1:02:52		Sunao Saito	1:06:51
	Fred Schwall	1:26:13			
75-79:	J. A. Brown	1:01:37			
85-ov:	Wally Capps	1:22:45			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Nyles Bejon	6:05	1 Eva Shulman	5:36
2	Dashton Dass	6:21	2 Ruah Shulman	5:41
BOYS 7-9		GIRLS 7-9		
1	Joel Shulman	4:05	1 Jannelle Shen	6:18
2	Angel Garcia	4:19		
BOYS 10-12		GIRLS 10-12		
1	Omar Javed	4:45	1 Ruby Lopez	4:39
2	Owen Henson	4:49	2 Ellie Kostovski	5:19

Plano Pacers 5K Results---Saturday, October 25, 2025

			FinTime	Pace	5Keq	Score
1.	Jim Dietz	65 m	19:19	6:13	19.3	97.9
2.	Roger Astran	48 m	19:43	6:21	19.7	83.1
3.	Guillermo Toral	53 m	20:07	6:28	20.1	84.4
4.	Henry Fahrenholz	11 m	20:18	6:32	20.3	87.8
5.	Jeff Fahrenholz	42 m	20:36	6:38	20.6	76.7
6.	Jason Bogardus	47 m	20:51	6:43	20.8	78.0
7.	Jonathan Greene	39 m	21:47	7:01	21.8	71.4
8.	Jordan Ayres	32 m	22:06	7:07	22.1	68.5
9.	Matt Pierret	67 m	22:13	7:09	22.2	87.0
10.	Emma Teague	14 f	22:14	7:09	22.2	83.9
11.	Vijayan Nair	63 m	22:41	7:18	22.7	81.7
12.	Noah Greene	13 m	22:50	7:21	22.8	73.8
13.	Dan Shulman	37 m	22:56	7:23	22.9	67.2
14.	Noah Dudley	18 m	23:07	7:26	23.1	67.1
15.	Ron Wahlquist	67 m	23:08	7:27	23.1	83.5
16.	Jane Buthod	51 f	23:12	7:28	23.2	81.7
17.	Stephen Russo	62 m	23:23	7:32	23.4	78.5
18.	Melissa Cunningham	34 f	24:07	7:46	24.1	71.6
19.	Alan Peyton	60 m	24:16	7:49	24.3	74.2
20.	Yumi Akao	55 f	24:31	7:53	24.5	79.7
21.	Robin Strack	44 f	24:32	7:54	24.5	73.8
22.	Daniel Sasala	11 m	24:33	7:54	24.5	72.6

23.	Patrick Williams	55 m	25:00	8:03	25.0	69.0
24.	Stephanie Bache	51 f	25:10	8:06	25.2	75.3
25.	Guru Govind	37 m	25:31	8:13	25.5	60.4
26.	Jorge Toro	47 m	26:12	8:26	26.2	62.1
27.	Wesley Turner	11 m	26:25	8:30	26.4	67.5
28.	Tony Tang	64 m	26:40	8:35	26.7	70.2
29.	Mila Teague	9 f	26:50	8:38	26.8	81.1
30.	Botond Laszlo	45 m	27:02	8:42	27.0	59.4
31.	Alec Bass	12 m	27:09	8:44	27.1	63.7
32.	Bogdan Ionica	41 m	27:30	8:51	27.5	57.1
33.	Shepherd Greene	13 m	27:33	8:52	27.5	61.1
34.	Stephen Sasala	12 m	27:36	8:53	27.6	62.6
35.	Jack Zhou	12 m	27:45	8:56	27.7	62.3
36.	Alek Bakhshab	25 m	28:18	9:07	28.3	53.0
37.	Mitchell McCuiston	45 m	28:27	9:09	28.4	56.5
38.	Kendall Cavender	60 m	28:32	9:11	28.5	63.1
39.	Charles Brown	71 m	29:08	9:23	29.1	69.4
40.	Joe Hoffman	69 m	29:54	9:37	29.9	66.1
41.	Peter Spina	58 m	30:04	9:41	30.1	58.8
42.	Abby Johnson	23 f	30:33	9:50	30.5	55.9
43.	Andreea Nguyen	46 f	31:05	10:00	31.1	58.9
44.	Marwah Javed	12 f	31:08	10:01	31.1	62.9
45.	Trudy Xu	48 f	31:17	10:04	31.3	59.3
46.	Scott Orton	58 m	31:33	10:09	31.5	56.0
47.	Libby Baker	33 f	31:52	10:15	31.9	54.0
48.	Christopher Orton	28 m	32:06	10:20	32.1	46.8
49.	Sachi Nayak	25 f	32:15	10:23	32.2	52.7
50.	Andrea Lopez	35 f	32:19	10:24	32.3	53.6
51.	Maria Clara Cabrera	35 f	32:19	10:24	32.3	53.6
52.	James Langford	58 m	32:25	10:26	32.4	54.5
53.	Denise Langford	55 f	32:44	10:32	32.7	59.7
54.	Selvendran Andavar	38 m	32:52	10:35	32.9	47.1
55.	James Drumm	67 m	33:10	10:41	33.2	58.2
56.	Emma Sasala	9 f	33:19	10:43	33.3	65.3
57.	Debbie Brewer	66 f	33:32	10:48	33.5	64.6
58.	Finn Whitten	9 m	33:34	10:48	33.6	57.2
59.	Dp Tran-Kumfa	42 f	33:43	10:51	33.7	53.1
60.	Nam Tran	32 m	33:44	10:51	33.7	44.9
61.	Reid Malhiot	13 m	34:17	11:02	34.3	49.1
62.	Bruce Johnson	78 m	34:36	11:08	34.6	64.0
63.	David Rudd	39 m	35:17	11:21	35.3	44.1
64.	Stefon Johnson	35 m	35:24	11:24	35.4	43.2
65.	Claudia Lopez	32 f	35:24	11:24	35.4	48.5
66.	Adam Rodriguez	34 m	35:38	11:28	35.6	42.8
67.	Yuejuan Hu	31 f	35:57	11:34	35.9	47.6
68.	Chiza Vitta	51 m	36:35	11:46	36.6	45.7
69.	Jack Turner	9 m	36:43	11:49	36.7	52.3
70.	Alan Davis	80 m	37:25	12:03	37.4	60.9
71.	Luke Phillis	23 m	37:28	12:04	37.5	40.2
72.	Lily Wood	24 f	37:28	12:04	37.5	45.5
73.	Ashish Verma	48 m	38:01	12:14	38.0	43.1
74.	Alfred Wilkinson	77 m	38:03	12:15	38.0	57.4
75.	Yusra Saleem	34 f	38:04	12:15	38.1	45.4
76.	Tiffany Tang	28 f	38:42	12:27	38.7	44.0
77.	Harley Zhou	15 m	39:18	12:39	39.3	41.1
78.	Gretchen Breen	60 f	39:34	12:44	39.6	51.6
79.	Martha Kuhlman	60 f	40:47	13:08	40.8	50.0
80.	David Zhou	47 m	41:02	13:12	41.0	39.7
81.	Josephine Vitta	49 f	41:20	13:18	41.3	45.2
82.	Julia Ross	26 f	42:11	13:35	42.2	40.3
83.	Emily Liu	63 f	42:21	13:38	42.3	49.6
84.	Wessam Afifi	39 m	42:26	13:39	42.4	36.7
85.	Debye Humphrey	71 f	42:33	13:42	42.5	53.9

86.	James Gabhart	84 m	42:36	13:43	42.6	56.9
87.	William Rios	11 m	42:45	13:46	42.7	41.7
88.	Jay Sheth	70 f	43:31	14:00	43.5	52.1
89.	Flor Lopez	59 f	43:44	14:05	43.7	46.2
90.	Oscar Lopez	63 m	43:45	14:05	43.7	42.3
91.	Owen Henson	11 m	44:34	14:21	44.6	40.0
92.	Shungo Saito	67 m	44:37	14:22	44.6	43.3
93.	Samantha Ross	19 f	44:49	14:25	44.8	38.9
94.	Jude Gonzales	19 m	44:50	14:26	44.8	34.3
95.	Carrie Rios	41 f	45:02	14:30	45.0	39.5
96.	Marci Aguilar	47 f	45:09	14:32	45.1	40.8
97.	Marcus Wertz	78 m	45:38	14:41	45.6	48.6
98.	Dugan Mickelson	29 m	45:42	14:43	45.7	32.9
99.	Landa Blakeley	31 f	48:27	15:36	48.4	35.3
100.	Annapurna Nayak	55 f	49:40	15:59	49.7	39.3
101.	James Thruston	88 m	50:51	16:22	50.8	50.9
102.	Nancy Lowden	83 f	52:00	16:44	52.0	52.0
103.	Janet Collins	79 f	52:12	16:48	52.2	48.8
104.	Tammi Ross	54 f	52:23	16:52	52.4	37.0
105.	Prajakta Phatak	39 f	55:15	17:47	55.2	31.9
106.	Mohan Phatak	71 m	55:18	17:48	55.3	36.6
107.	Heidi Orton	58 f	56:21	18:08	56.3	35.6
108.	Linda Farris	62 f	56:41	18:15	56.7	36.7
109.	Ed Humphrey	74 m	1:00:11	19:22	60.2	34.9
110.	William Swafford	73 m	1:22:15	26:28	82.2	25.2

Plano Pacers 10K Results---Saturday, October 25, 2025

			FinTime	Pace	5Keq	Score
1.	Rachael Sanchez	38 f	38:42	6:14	18.4	95.2
2.	Jose Lopez	40 m	39:03	6:17	18.6	84.1
3.	Jose Ramirez	56 m	39:20	6:20	18.7	92.8
4.	Matt Unthank	41 m	40:56	6:35	19.5	80.6
5.	O'Neal Barnett	51 m	41:06	6:37	19.6	85.4
6.	Fernando H Garcia	48 m	41:55	6:45	20.0	82.0
7.	Michael Held	60 m	42:32	6:51	20.3	88.9
8.	Shihui Mang	56 m	42:34	6:51	20.3	85.7
9.	Chip Gorman	63 m	42:52	6:54	20.4	90.8
10.	Allan Ray	36 m	44:06	7:06	21.0	73.1
11.	Clint Rhodes	50 m	44:44	7:12	21.3	77.9
12.	Anthony Begon	39 m	45:19	7:18	21.6	72.1
13.	Alex Rojas	36 m	45:23	7:18	21.6	71.0
14.	John Cosentino	63 m	45:29	7:19	21.7	85.5
15.	Hector Delgado	57 m	45:53	7:23	21.8	80.2
16.	Jie Han	52 m	46:04	7:25	21.9	76.8
17.	Gwen Li	54 f	46:13	7:26	22.0	88.1
18.	Mark Miller	47 m	46:40	7:31	22.2	73.2
19.	Serge Reshetnikov	40 m	46:55	7:33	22.3	70.0
20.	Doug Bass	49 m	46:56	7:33	22.3	73.8
21.	Rickey Thomas	33 m	47:39	7:40	22.7	66.9
22.	Yang Meng	56 m	48:53	7:52	23.3	74.7
23.	Jim Brown	66 m	48:53	7:52	23.3	82.1
24.	Bryanna Barnett	26 f	49:39	7:59	23.6	71.9
25.	Hua Xu	52 f	49:50	8:01	23.7	80.4
26.	Luoyi Zhang	47 m	50:08	8:04	23.9	68.2
27.	Michael Sasala	39 m	50:35	8:08	24.1	64.6
28.	Shaorong Chang	47 f	50:49	8:11	24.2	76.2
29.	Jeff Dorrill	64 m	51:25	8:16	24.5	76.4
30.	Martina Crevecoeur	62 f	52:04	8:23	24.8	83.9
31.	Jim Cavanaugh	65 m	52:39	8:28	25.1	75.4
32.	Mehran Ahmad	42 m	52:41	8:29	25.1	63.0
33.	Yunxia Cai	56 f	53:03	8:32	25.3	78.0
34.	Shelby Olsen	29 f	53:26	8:36	25.4	67.0
35.	Trevor Olsen	27 m	54:38	8:48	26.0	57.7

36.	Doug Waters	61 m	54:40	8:48	26.0	69.8
37.	Daniel Breen	58 m	55:10	8:53	26.3	67.3
38.	Kan Meng	60 m	55:27	8:55	26.4	68.2
39.	Renee Spratlen	62 f	55:33	8:56	26.5	78.6
40.	Doug Obryant	32 m	56:21	9:04	26.8	56.4
41.	Aamer Javed	41 m	56:23	9:04	26.8	58.5
42.	Vivek Mayavoo	43 m	56:46	9:08	27.0	58.8
43.	Bob Wang	68 m	56:55	9:10	27.1	72.1
44.	Myeongchan Kim	25 m	57:30	9:15	27.4	54.8
45.	Linda Kelly	74 f	57:49	9:18	27.5	86.4
46.	Raegan Plattner	30 f	57:50	9:18	27.5	62.0
47.	Francesc McKissick	63 f	57:52	9:19	27.6	76.2
48.	Patrick Christensen	42 m	59:04	9:30	28.1	56.2
49.	Cary Sherf	72 m	59:28	9:34	28.3	72.3
50.	Jon Baker	34 m	1:00:10	9:41	28.7	53.2
51.	Terry Gregory	48 m	1:00:54	9:48	29.0	56.5
52.	Adithyaa Mugandagiri Anand	27 m	1:00:58	9:49	29.0	51.7
53.	Jeff Smith	64 m	1:01:11	9:51	29.1	64.2
54.	Sabrina Shi	54 f	1:01:14	9:51	29.2	66.5
55.	William Liu	24 m	1:01:15	9:51	29.2	51.5
56.	J. A. Brown	78 m	1:01:37	9:55	29.3	75.5
57.	Kirubha Mahalingam	46 m	1:02:24	10:03	29.7	54.4
58.	Kenny Gardner	73 m	1:02:52	10:07	29.9	69.3
59.	Debbie Riedner	56 f	1:03:22	10:12	30.2	65.3
60.	Linzy Cook	40 f	1:03:54	10:17	30.4	58.2
61.	Day-Ruey Liu	67 m	1:04:55	10:27	30.9	62.5
62.	Nicole Gregory	48 f	1:06:12	10:39	31.5	58.9
63.	Ryan Pogue	54 m	1:06:16	10:40	31.6	54.2
64.	Sunao Saito	71 f	1:06:51	10:46	31.8	72.0
65.	Jovica Kostovski	50 m	1:07:08	10:48	32.0	51.9
66.	Katy Dass	36 f	1:08:01	10:57	32.4	53.7
67.	Abhiman Hande	51 m	1:08:15	10:59	32.5	51.4
68.	Beverly Roady	56 f	1:08:57	11:06	32.8	60.0
69.	Eric Tran	20 m	1:10:27	11:20	33.5	45.5
70.	Andrea Shelley	43 f	1:13:40	11:51	35.1	51.3
71.	Matthew Hoare	30 m	1:15:01	12:04	35.7	42.2
72.	Michael Hoare	29 m	1:15:02	12:05	35.7	42.1
73.	Jawahar Jayaraman	45 m	1:15:16	12:07	35.8	44.8
74.	Jessalyn Howland	34 f	1:17:47	12:31	37.0	46.6
75.	Sara Lawrence	41 f	1:17:51	12:32	37.1	48.0
76.	Wally Capps	85 m	1:22:45	13:19	39.4	62.5
77.	William Binns	66 m	1:22:49	13:20	39.4	48.5
78.	Fred Schwall	74 m	1:26:13	13:53	41.1	51.1
79.	Subashini Narayanan	53 f	1:30:48	14:37	43.2	44.5
80.	Ken Ashby	73 m	1:32:42	14:55	44.1	47.0

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, October 25, 2025

			FinTime	Pace	5Keq	Score
1.	Joel Shulman	9 m	4:05	6:34	24.1	79.6
2.	Angel Garcia	8 m	4:19	6:57	25.5	78.8
3.	Ayden Bejon	8 m	4:21	7:00	25.7	78.2
4.	Ruby Lopez	10 f	4:39	7:29	27.5	76.1
5.	Omar Javed	10 m	4:45	7:39	28.1	65.7
6.	Andy Han	8 m	4:47	7:42	28.3	71.1
7.	Owen Henson	11 m	4:49	7:45	28.5	62.6
8.	Ellie Kostovski	12 f	5:19	8:33	31.4	62.4
9.	Cooper Daniels	8 m	5:32	8:54	32.7	61.5
10.	Eva Shulman	6 f	5:36	9:01	33.1	76.7
11.	Ruah Shulman	5 f	5:41	9:09	33.6	80.5
12.	Hadasha Toro	10 f	5:53	9:28	34.8	60.2
13.	Nyles Bejon	5 m	6:05	9:47	35.9	66.4
14.	Jannelle Shen	9 f	6:18	10:08	37.2	58.5
15.	Dashton Dass	6 m	6:21	10:13	37.5	59.7

16.	Edie Dass	10 f	6:40	10:44	39.4	53.1
17.	Nike Dass	10 f	6:41	10:45	39.5	53.0
18.	Casen Dusek	5 m	6:57	11:11	41.1	58.1
19.	Connor Cook	9 m	7:28	12:01	44.1	43.5
20.	Camden Cook	9 m	7:32	12:08	44.5	43.1
21.	William Rios	11 m	8:44	14:03	51.6	34.5
22.	Finn Whitten	9 m	8:46	14:07	51.8	37.1
23.	Charlotte McKay	4 f	8:59	14:28	53.1	54.7
24.	Lady Bird Dass	3 f	9:01	14:31	53.3	58.8
25.	Ali Javed	4 m	9:41	15:35	57.2	44.8
* 26.	Monroe Plattner	2 f	9:49	15:48	58.0	

* Carried or otherwise aided during race

LEGEND

Left-to-right: finish place, name, hometown, age, sex, member?

FinTime is the official individual finish time in (h:)mm:ss format.

Pace is the calculated average pace per mile in mm:ss format.

5Keq is the equivalent 5K finish time in minutes and tenths.

Score is a performance grade with factors for age and sex.

KEY TO AGE-GRADED SCORES

100+	National class
90-99	Local elite
80-89	Local competitor
70-79	Above average
50-69	Near average
40-49	Below average
30-39	Walker or Novice

Kids K Volunteers

Christie Zhou

Debbie Brewer

Chris Brewer

Cary Sherf

Jim Gabhart

Ron Wahlquist