

# Frigid 5K Run & Plunge

## Age Group Results

Race Date  
February 15, 2014

### Female 14 and under

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Danielle Gregory |             | 12         | 4194          | 111            | 26:52.9     | 5:22/K      |                  |
| 2            | Sarah Dressen    |             | 14         | 4147          | 180            | 30:12.3     | 6:02/K      | 3:19.3           |
| 3            | Jennifer Ramsey  |             | 14         | 4300          | 183            | 30:18.3     | 6:04/K      | 3:25.4           |
| 4            | Callie Dishon    |             | 5          | 4143          | 298            | 45:33.3     | 9:07/K      | 18:40.4          |

### Female 15 to 19

| <u>Place</u> | <u>Name</u>     | <u>City</u>  | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-----------------|--------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Alexis Knox     | Gastonia     | 17         | 4226          | 32             | 21:19.6     | 4:16/K      |                  |
| 2            | Macy Shelton    |              | 15         | 4418          | 101            | 26:15.3     | 5:15/K      | 4:55.6           |
| 3            | Heleena Tapp    |              | 19         | 4363          | 137            | 28:16.1     | 5:39/K      | 6:56.5           |
| 4            | Taylor Ferguson | Huntersville | 17         | 4166          | 241            | 33:50.7     | 6:46/K      | 12:31.1          |
| 5            | Alanna Dronsky  |              | 16         | 4148          | 280            | 39:54.7     | 7:59/K      | 18:35.0          |
| 6            | Megan Reading   |              | 17         | 4304          | 292            | 44:21.6     | 8:52/K      | 23:01.9          |

### Female 20 to 24

| <u>Place</u> | <u>Name</u>         | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|---------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Lauren Blackwell    |             | 21         | 4087          | 10             | 19:18.9     | 3:52/K      |                  |
| 2            | Austin Alexander    |             | 23         | 4071          | 62             | 24:10.0     | 4:50/K      | 4:51.1           |
| 3            | Savannah Holder     |             | 23         | 4208          | 67             | 24:26.7     | 4:53/K      | 5:07.8           |
| 4            | Rebekka Glass       |             | 21         | 4184          | 75             | 24:52.2     | 4:58/K      | 5:33.3           |
| 5            | Demeri Alysha       |             | 24         | 4429          | 95             | 26:02.7     | 5:12/K      | 6:43.8           |
| 6            | Katie Hunter        |             | 23         | 4214          | 113            | 26:57.2     | 5:23/K      | 7:38.3           |
| 7            | Indira Reid         |             | 23         | 4308          | 121            | 27:20.0     | 5:28/K      | 8:01.1           |
| 8            | Kayla Aiton         |             | 20         | 4069          | 124            | 27:30.2     | 5:30/K      | 8:11.2           |
| 9            | Jacqueline Cipriano |             | 21         | 4120          | 129            | 27:49.6     | 5:34/K      | 8:30.7           |
| 10           | Amanda Shonk        |             | 22         | 4339          | 172            | 29:56.2     | 5:59/K      | 10:37.3          |
| 11           | Emily Plate         |             | 23         | 4293          | 174            | 30:00.5     | 6:00/K      | 10:41.6          |
| 12           | Amanda Lee          |             | 23         | 4236          | 178            | 30:08.8     | 6:02/K      | 10:49.9          |
| 13           | Audra Fenner        |             | 22         | 4164          | 181            | 30:16.3     | 6:03/K      | 10:57.4          |
| 14           | Caroline Clemmer    |             | 22         | 4123          | 198            | 31:40.2     | 6:20/K      | 12:21.2          |
| 15           | Veronica Russell    |             | 24         | 4322          | 200            | 31:45.6     | 6:21/K      | 12:26.7          |
| 16           | Samantha Glass      |             | 23         | 4183          | 201            | 31:46.0     | 6:21/K      | 12:27.1          |
| 17           | McKenna Brandon     |             | 23         | 4098          | 215            | 32:14.3     | 6:27/K      | 12:55.4          |
| 18           | Emily Fantetti      |             | 21         | 4161          | 223            | 33:00.5     | 6:36/K      | 13:41.6          |
| 19           | Ruth Cumberland     |             | 23         | 4137          | 226            | 33:08.9     | 6:38/K      | 13:50.0          |
| 20           | Emily Crabtree      |             | 22         | 4133          | 239            | 33:45.7     | 6:45/K      | 14:26.8          |
| 21           | Alicia Etscorn      |             | 24         | 4159          | 248            | 34:18.6     | 6:52/K      | 14:59.7          |
| 22           | Courtney Johnson    |             | 23         | 4218          | 250            | 34:33.8     | 6:55/K      | 15:14.8          |
| 23           | Abbigail Kuzmen     |             | 24         | 4230          | 264            | 37:06.0     | 7:25/K      | 17:47.1          |

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### Female 20 to 24

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 24           | Danielle suprick | Charlotte   | 22         | 4356          | 265            | 37:25.7     | 7:29/K      | 18:06.8          |
| 25           | Emily Lukens     |             | 24         | 4241          | 266            | 37:25.9     | 7:29/K      | 18:07.0          |
| 26           | Jessica Reading  |             | 21         | 4305          | 269            | 37:37.4     | 7:31/K      | 18:18.5          |
| 27           | Carolyn Houser   |             | 21         | 4212          | 290            | 43:11.9     | 8:38/K      | 23:52.9          |

### Female 25 to 29

| <u>Place</u> | <u>Name</u>       | <u>City</u>  | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|--------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Amanda Iannello   | Charlotte    | 28         | 4216          | 11             | 19:25.8     | 3:53/K      |                  |
| 2            | Katie Dean        | Charlotte    | 25         | 4139          | 22             | 20:34.9     | 4:07/K      | 1:09.0           |
| 3            | Christine Wolf    | Charlotte    | 26         | 4386          | 42             | 22:34.4     | 4:31/K      | 3:08.5           |
| 4            | Fay Moyers        |              | 25         | 4270          | 43             | 22:46.1     | 4:33/K      | 3:20.3           |
| 5            | Melissa Budd      | Charlotte    | 25         | 4108          | 51             | 23:27.0     | 4:41/K      | 4:01.1           |
| 6            | Anna Lampley      | Monroe       | 27         | 4231          | 74             | 24:51.7     | 4:58/K      | 5:25.8           |
| 7            | Jackie Mason      | Charlotte    | 25         | 4411          | 94             | 26:01.1     | 5:12/K      | 6:35.2           |
| 8            | Christine Sanchez |              | 28         | 4327          | 107            | 26:33.8     | 5:19/K      | 7:08.0           |
| 9            | Jana Williams     |              | 25         | 4420          | 115            | 27:00.3     | 5:24/K      | 7:34.4           |
| 10           | Laura Boyce       |              | 28         | 4094          | 138            | 28:25.5     | 5:41/K      | 8:59.6           |
| 11           | Sarah Peterson    |              | 26         | 4288          | 141            | 28:35.4     | 5:43/K      | 9:09.5           |
| 12           | Kameron Moebes    |              | 26         | 4264          | 143            | 28:39.5     | 5:44/K      | 9:13.6           |
| 13           | Corissa Allison   |              | 26         | 4073          | 145            | 28:42.5     | 5:44/K      | 9:16.6           |
| 14           | Mila Pena         | Statesville  | 26         | 4285          | 154            | 29:03.4     | 5:49/K      | 9:37.5           |
| 15           | Amy Fowler        |              | 28         | 4171          | 159            | 29:28.1     | 5:54/K      | 10:02.2          |
| 16           | Rebecca Musser    | Charlotte    | 25         | 4271          | 177            | 30:06.3     | 6:01/K      | 10:40.4          |
| 17           | Meredith McClure  |              | 27         | 4253          | 184            | 30:25.8     | 6:05/K      | 10:59.9          |
| 18           | Christina LuDack  | Huntersville | 25         | 4240          | 185            | 30:33.0     | 6:07/K      | 11:07.1          |
| 19           | Kristi Bratton    |              | 28         | 4099          | 191            | 30:51.4     | 6:10/K      | 11:25.5          |
| 20           | Melissa Reynard   |              | 28         | 4309          | 194            | 31:04.5     | 6:13/K      | 11:38.6          |
| 21           | Amanda Hovis      |              | 27         | 4213          | 196            | 31:31.7     | 6:18/K      | 12:05.8          |
| 22           | Arin Heaton       |              | 27         | 4202          | 205            | 31:57.3     | 6:23/K      | 12:31.4          |
| 23           | Jennifer Witzen   |              | 27         | 4385          | 207            | 31:59.5     | 6:24/K      | 12:33.6          |
| 24           | Cristina Montero  | Charlotte    | 25         | 4265          | 209            | 32:00.3     | 6:24/K      | 12:34.4          |
| 25           | Sunny Smith       |              | 25         | 4343          | 214            | 32:14.2     | 6:27/K      | 12:48.3          |
| 26           | Megan Moore       | Mount Holly  | 29         | 4266          | 221            | 32:45.7     | 6:33/K      | 13:19.8          |
| 27           | Jessie Franzone   | Matthews     | 28         | 4173          | 222            | 32:58.0     | 6:36/K      | 13:32.1          |
| 28           | Ashley Patterson  | Charlotte    | 26         | 4282          | 224            | 33:05.7     | 6:37/K      | 13:39.8          |
| 29           | Alissa Shannon    |              | 26         | 4338          | 235            | 33:36.3     | 6:43/K      | 14:10.4          |
| 30           | Sara Staab        |              | 27         | 4350          | 236            | 33:40.0     | 6:44/K      | 14:14.1          |
| 31           | Stacey Webster    |              | 29         | 4377          | 242            | 33:51.9     | 6:46/K      | 14:26.0          |
| 32           | Janelle Lavoie    |              | 28         | 4234          | 243            | 33:52.2     | 6:46/K      | 14:26.3          |
| 33           | Hannah Ames       |              | 26         | 4075          | 258            | 36:51.5     | 7:22/K      | 17:25.6          |
| 34           | Sara Eichinger    |              | 26         | 4155          | 260            | 36:53.9     | 7:23/K      | 17:28.0          |

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Race Date

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### Female 25 to 29

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 35           | Jennifer Lee     |             | 29         | 4394          | 263            | 37:02.6     | 7:24/K      | 17:36.8          |
| 36           | Meredith Ray     |             | 28         | 4302          | 276            | 39:28.0     | 7:54/K      | 20:02.2          |
| 37           | Stacey Saleeby   |             | 26         | 4324          | 279            | 39:52.8     | 7:58/K      | 20:27.0          |
| 38           | Megan Smith      |             | 28         | 4345          | 283            | 41:02.9     | 8:12/K      | 21:37.0          |
| 39           | Paula Solano     | Denver      | 26         | 4349          | 287            | 43:06.5     | 8:37/K      | 23:40.6          |
| 40           | Katie Gramarossa |             | 25         | 4187          | 291            | 43:12.3     | 8:38/K      | 23:46.4          |

### Female 30 to 34

| <u>Place</u> | <u>Name</u>       | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Allie Brown       |             | 34         | 4102          | 44             | 22:52.4     | 4:34/K      |                  |
| 2            | Katy Rust         |             | 30         | 4323          | 82             | 25:20.6     | 5:04/K      | 2:28.2           |
| 3            | Katie Phillips    | Mint Hill   | 32         | 4290          | 86             | 25:36.0     | 5:07/K      | 2:43.6           |
| 4            | Amy Booi          |             | 31         | 4091          | 119            | 27:09.5     | 5:26/K      | 4:17.1           |
| 5            | Emily DiMichele   |             | 31         | 4142          | 122            | 27:26.0     | 5:29/K      | 4:33.6           |
| 6            | B.A. WHEELER      |             | 34         | 4379          | 125            | 27:34.5     | 5:31/K      | 4:42.0           |
| 7            | gabrielle buff    |             | 30         | 4109          | 130            | 27:51.8     | 5:34/K      | 4:59.4           |
| 8            | Angie Larson      |             | 34         | 4233          | 147            | 28:43.8     | 5:45/K      | 5:51.4           |
| 9            | Julie Tambussi    | Charlotte   | 31         | 4362          | 150            | 28:52.0     | 5:46/K      | 5:59.5           |
| 10           | Rachel Brand      |             | 32         | 4097          | 162            | 29:31.9     | 5:54/K      | 6:39.4           |
| 11           | Jessica Cook      |             | 34         | 4427          | 163            | 29:39.6     | 5:56/K      | 6:47.2           |
| 12           | Krista Reddington |             | 34         | 4306          | 165            | 29:41.5     | 5:56/K      | 6:49.1           |
| 13           | Linh Granados     |             | 33         | 4188          | 186            | 30:36.6     | 6:07/K      | 7:44.2           |
| 14           | Lisa Blackwood    |             | 30         | 4088          | 187            | 30:37.6     | 6:07/K      | 7:45.2           |
| 15           | Jenna Minges      |             | 32         | 4261          | 202            | 31:47.9     | 6:21/K      | 8:55.5           |
| 16           | Kelli Burns       |             | 34         | 4111          | 203            | 31:49.6     | 6:22/K      | 8:57.2           |
| 17           | Karie Lewicki     | Charlotte   | 31         | 4237          | 206            | 31:58.0     | 6:24/K      | 9:05.6           |
| 18           | Chanti Huskey     |             | 34         | 4406          | 208            | 32:00.1     | 6:24/K      | 9:07.7           |
| 19           | Viaunce Connor    |             | 34         | 4130          | 232            | 33:22.8     | 6:40/K      | 10:30.4          |
| 20           | Katie Short       | Charlotte   | 33         | 4340          | 247            | 34:18.1     | 6:52/K      | 11:25.6          |
| 21           | chrissy bryant    |             | 32         | 4104          | 249            | 34:24.6     | 6:53/K      | 11:32.2          |
| 22           | LAURA SNEAD       |             | 31         | 4347          | 252            | 34:54.1     | 6:59/K      | 12:01.7          |
| 23           | Latasha Douglas   | STATESVILLE | 32         | 4144          | 262            | 37:01.5     | 7:24/K      | 14:09.1          |
| 24           | ROSA VALDES       |             | 34         | 4372          | 270            | 37:41.7     | 7:32/K      | 14:49.2          |
| 25           | Christina dunn    | charlotte   | 30         | 4151          | 271            | 37:42.8     | 7:32/K      | 14:50.4          |
| 26           | Kelli Montanez    |             | 31         | 4430          | 272            | 38:00.8     | 7:36/K      | 15:08.4          |
| 27           | Sheila Rivera     |             | 33         | 4312          | 289            | 43:07.0     | 8:37/K      | 20:14.6          |

### Female 35 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
|--------------|-------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Female 35 to 39

| <u>Place</u> | <u>Name</u>        | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|--------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Melissa Orr        | Charlotte   | 35         | 4396          | 17             | 20:11.8     | 4:02/K      |                  |
| 2            | Natascha Truong    |             | 35         | 4371          | 68             | 24:33.3     | 4:55/K      | 4:21.4           |
| 3            | Jodi Kines         |             | 35         | 4223          | 76             | 24:53.7     | 4:59/K      | 4:41.8           |
| 4            | Christina Hornick  |             | 39         | 4211          | 89             | 25:53.6     | 5:11/K      | 5:41.7           |
| 5            | Virginia Tate      |             | 38         | 4365          | 109            | 26:51.8     | 5:22/K      | 6:39.9           |
| 6            | Olivia Gregory     |             | 35         | 4193          | 117            | 27:07.9     | 5:25/K      | 6:56.0           |
| 7            | Meredith Edwards   |             | 35         | 4153          | 120            | 27:19.6     | 5:28/K      | 7:07.8           |
| 8            | Tracy Sims         |             | 36         | 4341          | 131            | 28:05.5     | 5:37/K      | 7:53.7           |
| 9            | Samantha Swan      | Charlotte   | 38         | 4359          | 140            | 28:34.5     | 5:43/K      | 8:22.6           |
| 10           | Kim Cole           |             | 39         | 4124          | 149            | 28:48.5     | 5:46/K      | 8:36.6           |
| 11           | Jessica Garon      |             | 37         | 4180          | 166            | 29:50.8     | 5:58/K      | 9:38.9           |
| 12           | Susan Corbett-Hopf |             | 37         | 4131          | 190            | 30:45.7     | 6:09/K      | 10:33.8          |
| 13           | Natalie Epperly    |             | 37         | 4157          | 210            | 32:03.2     | 6:25/K      | 11:51.4          |
| 14           | Danielle Crowell   |             | 37         | 4135          | 218            | 32:18.3     | 6:28/K      | 12:06.4          |
| 15           | Heather Martin     |             | 37         | 4247          | 227            | 33:12.1     | 6:38/K      | 13:00.2          |
| 16           | Katy Johnson       |             | 36         | 4219          | 229            | 33:13.1     | 6:39/K      | 13:01.2          |
| 17           | Jennifer Highley   |             | 37         | 4205          | 246            | 34:15.3     | 6:51/K      | 14:03.4          |
| 18           | Teryl Greist       | Mooreville  | 35         | 4196          | 253            | 35:26.5     | 7:05/K      | 15:14.6          |
| 19           | Jennifer Burriss   | Monroe      | 39         | 4112          | 256            | 36:35.9     | 7:19/K      | 16:24.0          |
| 20           | Tonya Tapp         |             | 38         | 4364          | 257            | 36:40.4     | 7:20/K      | 16:28.5          |
| 21           | Alice Farmer       | Charlotte   | 36         | 4162          | 267            | 37:29.6     | 7:30/K      | 17:17.7          |
| 22           | Maria Torrentes    |             | 35         | 4367          | 275            | 39:24.0     | 7:53/K      | 19:12.1          |
| 23           | Jessica Perry      |             | 36         | 4286          | 278            | 39:47.5     | 7:57/K      | 19:35.6          |
| 24           | Michele Miranda    |             | 36         | 4262          | 285            | 41:34.6     | 8:19/K      | 21:22.7          |

### Female 40 to 44

| <u>Place</u> | <u>Name</u>       | <u>City</u>  | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|--------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Jill Farar        |              | 41         | 4421          | 78             | 25:01.6     | 5:00/K      |                  |
| 2            | Jo Proia          |              | 43         | 4294          | 189            | 30:39.2     | 6:08/K      | 5:37.6           |
| 3            | Bethanie Johnson  | Charlotte    | 44         | 4217          | 193            | 30:58.9     | 6:12/K      | 5:57.2           |
| 4            | Carrie Buckman    | Huntersville | 43         | 4107          | 195            | 31:25.1     | 6:17/K      | 6:23.5           |
| 5            | Amy Fox           |              | 44         | 4172          | 212            | 32:07.9     | 6:25/K      | 7:06.2           |
| 6            | Amy Smith         |              | 40         | 4346          | 220            | 32:22.4     | 6:28/K      | 7:20.8           |
| 7            | Melissia Starnes  |              | 43         | 4352          | 238            | 33:43.1     | 6:45/K      | 8:41.4           |
| 8            | Michelle Ferguson | Huntersville | 44         | 4165          | 244            | 33:52.8     | 6:46/K      | 8:51.2           |
| 9            | Sonja Williams    |              | 43         | 4393          | 261            | 36:54.2     | 7:23/K      | 11:52.6          |
| 10           | Robin Vogeli      |              | 41         | 4374          | 281            | 40:55.5     | 8:11/K      | 15:53.8          |
| 11           | Jennifer Readling |              | 42         | 4303          | 294            | 44:24.9     | 8:53/K      | 19:23.2          |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Female 45 to 49

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | KIMBERLY zimmer  |             | 46         | 4390          | 128            | 27:48.4     | 5:34/K      |                  |
| 2            | Pam Zoldowski    |             | 46         | 4391          | 160            | 29:29.4     | 5:54/K      | 1:41.0           |
| 3            | Beth Schaewe     |             | 47         | 4422          | 161            | 29:31.8     | 5:54/K      | 1:43.4           |
| 4            | Margaret Fenner  |             | 46         | 4163          | 182            | 30:17.8     | 6:03/K      | 2:29.3           |
| 5            | Jennifer Tafoya  | Charlotte   | 45         | 4361          | 197            | 31:36.0     | 6:19/K      | 3:47.6           |
| 6            | Sue Frost        |             | 48         | 4177          | 217            | 32:15.8     | 6:27/K      | 4:27.4           |
| 7            | Stephanie Graham | Charlotte   | 46         | 4186          | 219            | 32:21.9     | 6:28/K      | 4:33.5           |
| 8            | Sonda Frattini   | Charlotte   | 48         | 4175          | 286            | 42:22.3     | 8:28/K      | 14:33.8          |
| 9            | Dawn Neto        |             | 49         | 4274          | 296            | 44:45.3     | 8:57/K      | 16:56.9          |

### Female 50 to 54

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Roseanne Sanders |             | 52         | 4328          | 59             | 23:54.9     | 4:47/K      |                  |
| 2            | Lynn Ramsey      | York        | 53         | 4298          | 114            | 26:58.9     | 5:24/K      | 3:04.0           |
| 3            | June Hersek      |             | 51         | 4204          | 282            | 41:01.3     | 8:12/K      | 17:06.4          |
| 4            | Leigh Sellers    | Charlotte   | 50         | 4335          | 295            | 44:44.8     | 8:57/K      | 20:49.9          |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date  
February 15, 2014

### Male 14 and under

| <u>Place</u> | <u>Name</u>     | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-----------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Matthew Fowler  | Concord     | 13         | 4170          | 5              | 18:37.2     | 3:43/K      |                  |
| 2            | Wyatt Novak     | Charlotte   | 13         | 4277          | 14             | 20:00.7     | 4:00/K      | 1:23.5           |
| 3            | Richard Gregory |             | 10         | 4195          | 55             | 23:35.3     | 4:43/K      | 4:58.1           |
| 4            | austin bryant   |             | 9          | 4105          | 66             | 24:25.2     | 4:53/K      | 5:48.0           |
| 5            | Greyson Kines   |             | 7          | 4225          | 72             | 24:46.5     | 4:57/K      | 6:09.3           |
| 6            | AJ Riera        |             | 10         | 4311          | 134            | 28:09.0     | 5:38/K      | 9:31.8           |
| 7            | ethan rabon     |             | 12         | 4296          | 169            | 29:51.9     | 5:58/K      | 11:14.7          |
| 8            | Spenser Marino  |             | 11         | 4244          | 175            | 30:02.1     | 6:00/K      | 11:24.8          |

### Male 15 to 19

| <u>Place</u> | <u>Name</u>    | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|----------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Clay Sellers   |             | 15         | 4336          | 64             | 24:23.1     | 4:53/K      |                  |
| 2            | Jacob Briggs   |             | 18         | 4424          | 127            | 27:43.7     | 5:33/K      | 3:20.5           |
| 3            | Joshua Saleeby |             | 18         | 4325          | 268            | 37:35.4     | 7:31/K      | 13:12.2          |

### Male 20 to 24

| <u>Place</u> | <u>Name</u>        | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|--------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Keven Gregg        | Charlotte   | 23         | 4192          | 1              | 15:49.3     | 3:10/K      |                  |
| 2            | Jackson Marshall   |             | 23         | 4246          | 3              | 18:10.5     | 3:38/K      | 2:21.1           |
| 3            | Benjamin Steinberg |             | 23         | 4354          | 18             | 20:14.7     | 4:03/K      | 4:25.3           |
| 4            | Mason Morton       |             | 24         | 4269          | 25             | 20:42.2     | 4:08/K      | 4:52.8           |
| 5            | Chris Allman       | Charlotte   | 23         | 4074          | 35             | 21:35.3     | 4:19/K      | 5:46.0           |
| 6            | Jake DeWoody       | Charlotte   | 24         | 4140          | 106            | 26:32.9     | 5:18/K      | 10:43.6          |
| 7            | Frank Congel       |             | 21         | 4129          | 112            | 26:54.8     | 5:23/K      | 11:05.5          |
| 8            | Michael Branch     | Morganton   | 24         | 4096          | 132            | 28:05.9     | 5:37/K      | 12:16.6          |
| 9            | grant metheny      |             | 21         | 4260          | 133            | 28:06.2     | 5:37/K      | 12:16.9          |
| 10           | Jay hathcock       |             | 24         | 4392          | 148            | 28:47.0     | 5:45/K      | 12:57.7          |
| 11           | Eugene Konschnik   |             | 23         | 4228          | 171            | 29:55.6     | 5:59/K      | 14:06.2          |
| 12           | Alex Ramsey        | York        | 21         | 4299          | 230            | 33:13.9     | 6:39/K      | 17:24.5          |
| 13           | Nicholas McCarty   |             | 20         | 4252          | 273            | 38:10.2     | 7:38/K      | 22:20.9          |

### Male 25 to 29

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Kyle Elmiger     |             | 26         | 4156          | 8              | 18:55.3     | 3:47/K      |                  |
| 2            | Stephen Giordano |             | 27         | 4182          | 9              | 19:11.5     | 3:50/K      | 0:16.2           |
| 3            | Brian Mister     | Charlotte   | 25         | 4395          | 12             | 19:55.5     | 3:59/K      | 1:00.1           |
| 4            | Kyle Lane        |             | 29         | 4410          | 15             | 20:03.7     | 4:01/K      | 1:08.3           |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Male 25 to 29

| <u>Place</u> | <u>Name</u>       | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 5            | Harriman Lee      |             | 25         | 4235          | 16             | 20:08.3     | 4:02/K      | 1:12.9           |
| 6            | Derek Harrell     |             | 29         | 4407          | 24             | 20:40.1     | 4:08/K      | 1:44.7           |
| 7            | Donald Ranft      | Cornelius   | 29         | 4301          | 36             | 21:45.2     | 4:21/K      | 2:49.8           |
| 8            | Dustin Moore      | Mount Holly | 27         | 4267          | 50             | 23:22.3     | 4:40/K      | 4:27.0           |
| 9            | Greg McMahan      |             | 26         | 4256          | 63             | 24:18.4     | 4:52/K      | 5:23.0           |
| 10           | Andrew Kuzmen     |             | 27         | 4229          | 77             | 25:01.4     | 5:00/K      | 6:06.1           |
| 11           | Jared Frye        |             | 28         | 4178          | 84             | 25:30.8     | 5:06/K      | 6:35.5           |
| 12           | Trent Earls       | Cornelius   | 29         | 4152          | 87             | 25:38.0     | 5:08/K      | 6:42.7           |
| 13           | Nick Ferrucci     |             | 28         | 4167          | 88             | 25:38.2     | 5:08/K      | 6:42.8           |
| 14           | Rex Marvel        |             | 26         | 4249          | 91             | 25:56.8     | 5:11/K      | 7:01.4           |
| 15           | John Powers       |             | 29         | 4408          | 93             | 26:00.3     | 5:12/K      | 7:05.0           |
| 16           | Chris Grant       |             | 27         | 4189          | 105            | 26:31.0     | 5:18/K      | 7:35.7           |
| 17           | Brandyn Brazee    |             | 26         | 4101          | 136            | 28:14.9     | 5:39/K      | 9:19.5           |
| 18           | Adam Boyce        |             | 29         | 4093          | 139            | 28:26.1     | 5:41/K      | 9:30.7           |
| 19           | Adam Alfero       |             | 28         | 4072          | 142            | 28:35.6     | 5:43/K      | 9:40.2           |
| 20           | Jonathan Payton   |             | 28         | 4283          | 146            | 28:42.6     | 5:44/K      | 9:47.3           |
| 21           | Brandon Ansley    |             | 29         | 4080          | 151            | 28:53.7     | 5:47/K      | 9:58.3           |
| 22           | Nate Eichinger    |             | 26         | 4404          | 155            | 29:04.8     | 5:49/K      | 10:09.5          |
| 23           | Christian Calvert | Charlotte   | 28         | 4114          | 158            | 29:27.2     | 5:53/K      | 10:31.8          |
| 24           | tomek Barc        | Morganton   | 26         | 4082          | 170            | 29:53.7     | 5:59/K      | 10:58.4          |
| 25           | Kevin Wilkinson   |             | 26         | 4423          | 173            | 29:59.7     | 6:00/K      | 11:04.4          |
| 26           | Jon Croft         |             | 29         | 4134          | 204            | 31:57.3     | 6:23/K      | 13:01.9          |
| 27           | Wesley Clark      |             | 27         | 4121          | 225            | 33:07.6     | 6:37/K      | 14:12.3          |
| 28           | Miles Andrews     |             | 28         | 4079          | 228            | 33:12.4     | 6:38/K      | 14:17.1          |
| 29           | James Pittman     | Charlotte   | 26         | 4292          | 233            | 33:24.5     | 6:41/K      | 14:29.2          |
| 30           | Trey Hoover       |             | 26         | 4210          | 234            | 33:32.2     | 6:42/K      | 14:36.8          |
| 31           | Mike Bifulco      | Charlotte   | 27         | 4086          | 240            | 33:46.0     | 6:45/K      | 14:50.6          |
| 32           | James Ziegelbauer | Charlotte   | 26         | 4389          | 251            | 34:46.6     | 6:57/K      | 15:51.2          |

### Male 30 to 34

| <u>Place</u> | <u>Name</u>   | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|---------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Ryan Mills    |             | 31         | 4425          | 2              | 16:51.9     | 3:22/K      |                  |
| 2            | Robert rust   | Charlotte   | 33         | 4400          | 7              | 18:43.5     | 3:45/K      | 1:51.5           |
| 3            | Wesley Bishop | Charlotte   | 32         | 4401          | 13             | 19:59.9     | 4:00/K      | 3:07.9           |
| 4            | Matt Hooker   |             | 33         | 4209          | 23             | 20:40.1     | 4:08/K      | 3:48.1           |
| 5            | Nick Brazee   |             | 30         | 4100          | 34             | 21:21.6     | 4:16/K      | 4:29.7           |
| 6            | Jeff Derwort  |             | 34         | 4413          | 38             | 22:05.8     | 4:25/K      | 5:13.8           |
| 7            | Marc Robinson |             | 34         | 4316          | 39             | 22:19.8     | 4:28/K      | 5:27.8           |
| 8            | Ryan Fontaine | Charlotte   | 34         | 4169          | 47             | 23:11.8     | 4:38/K      | 6:19.8           |
| 9            | Paul Russo    |             | 31         | 4397          | 48             | 23:14.0     | 4:39/K      | 6:22.1           |
| 10           | Ian Rummer    |             | 30         | 4321          | 54             | 23:32.1     | 4:42/K      | 6:40.2           |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Male 30 to 34

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 11           | Michael Willard  |             | 32         | 4384          | 60             | 24:05.9     | 4:49/K      | 7:13.9           |
| 12           | Adam Goodson     | Charlotte   | 30         | 4185          | 61             | 24:08.0     | 4:50/K      | 7:16.0           |
| 13           | Adam Colt        |             | 32         | 4128          | 65             | 24:24.6     | 4:53/K      | 7:32.6           |
| 14           | Matt Snyder      |             | 30         | 4348          | 70             | 24:36.9     | 4:55/K      | 7:45.0           |
| 15           | CJ Toscano       |             | 30         | 4369          | 73             | 24:48.7     | 4:58/K      | 7:56.8           |
| 16           | Carlos Cortez    |             | 34         | 4132          | 90             | 25:56.7     | 5:11/K      | 9:04.7           |
| 17           | nick sisley      | charlott    | 33         | 4342          | 97             | 26:05.7     | 5:13/K      | 9:13.8           |
| 18           | Tommy Noblett    |             | 33         | 4276          | 104            | 26:22.0     | 5:16/K      | 9:30.0           |
| 19           | Ryan Bowerize    | Charlotte   | 30         | 4092          | 116            | 27:00.4     | 5:24/K      | 10:08.4          |
| 20           | Hollis Parks     |             | 34         | 4281          | 118            | 27:09.4     | 5:26/K      | 10:17.5          |
| 21           | Jason Snodgrass  |             | 31         | 4402          | 126            | 27:41.5     | 5:32/K      | 10:49.5          |
| 22           | Adrien Savariego | Fort mill   | 32         | 4330          | 152            | 28:56.5     | 5:47/K      | 12:04.5          |
| 23           | David Giang      |             | 34         | 4181          | 179            | 30:11.2     | 6:02/K      | 13:19.2          |
| 24           | Scott McElyea    | Lowell      | 32         | 4255          | 188            | 30:37.9     | 6:07/K      | 13:45.9          |
| 25           | Jason Wells      |             | 34         | 4378          | 192            | 30:57.4     | 6:11/K      | 14:05.5          |
| 26           | Johnny Crump     |             | 32         | 4136          | 199            | 31:45.5     | 6:21/K      | 14:53.5          |
| 27           | Jason Bryant     |             | 32         | 4103          | 216            | 32:15.0     | 6:27/K      | 15:23.0          |
| 28           | Carlos Torres    |             | 34         | 4368          | 274            | 39:24.0     | 7:53/K      | 22:32.0          |
| 29           | Ian Wallis       |             | 30         | 4375          | 297            | 45:30.8     | 9:06/K      | 28:38.8          |

### Male 35 to 39

| <u>Place</u> | <u>Name</u>       | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Stan Austin       |             | 37         | 4405          | 4              | 18:26.2     | 3:41/K      |                  |
| 2            | Derrick Phillips  |             | 35         | 4289          | 6              | 18:41.5     | 3:44/K      | 0:15.3           |
| 3            | Greg Schieve      | Charlotte   | 37         | 4332          | 19             | 20:21.2     | 4:04/K      | 1:55.0           |
| 4            | Walter Duncan     | Fort Mill   | 38         | 4149          | 20             | 20:23.2     | 4:05/K      | 1:57.0           |
| 5            | Brian Niekras     | Charlotte   | 39         | 4275          | 26             | 20:43.7     | 4:09/K      | 2:17.5           |
| 6            | adam meier        |             | 35         | 4398          | 28             | 20:55.3     | 4:11/K      | 2:29.1           |
| 7            | JC Clark          | Charlotte   | 35         | 4122          | 30             | 21:09.4     | 4:14/K      | 2:43.2           |
| 8            | Jacob Cannegieter | Charlotte   | 38         | 4115          | 40             | 22:27.8     | 4:29/K      | 4:01.6           |
| 9            | Doug Franzone     |             | 36         | 4174          | 49             | 23:14.8     | 4:39/K      | 4:48.6           |
| 10           | Rick Haitley      |             | 37         | 4416          | 56             | 23:37.2     | 4:43/K      | 5:11.0           |
| 11           | Jude Johnson      |             | 36         | 4220          | 57             | 23:38.3     | 4:44/K      | 5:12.1           |
| 12           | Dan Husser        | Rock Hill   | 37         | 4215          | 58             | 23:45.1     | 4:45/K      | 5:18.9           |
| 13           | John Kines        |             | 36         | 4224          | 71             | 24:45.8     | 4:57/K      | 6:19.6           |
| 14           | Jeffrey Dunkel    | Rock hill   | 38         | 4150          | 79             | 25:05.5     | 5:01/K      | 6:39.3           |
| 15           | Bryam Frick       | Waxhaw      | 39         | 4176          | 80             | 25:11.5     | 5:02/K      | 6:45.3           |
| 16           | CORY MENDAT       |             | 38         | 4257          | 83             | 25:22.5     | 5:04/K      | 6:56.3           |
| 17           | jeremy novey      | Charlotte   | 35         | 4279          | 100            | 26:11.0     | 5:14/K      | 7:44.8           |
| 18           | Sam Grogan        |             | 38         | 4198          | 103            | 26:17.0     | 5:15/K      | 7:50.8           |
| 19           | tom Egan III      |             | 39         | 4154          | 108            | 26:40.9     | 5:20/K      | 8:14.7           |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Male 35 to 39

| <u>Place</u> | <u>Name</u>      | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 20           | Matteo DiMichele |             | 37         | 4141          | 123            | 27:26.0     | 5:29/K      | 8:59.8           |
| 21           | Álvaro Riera     |             | 39         | 4310          | 135            | 28:09.7     | 5:38/K      | 9:43.5           |
| 22           | Jason Douglas    |             | 36         | 4145          | 153            | 29:01.6     | 5:48/K      | 10:35.4          |
| 23           | Daniel Roos      |             | 35         | 4320          | 156            | 29:05.5     | 5:49/K      | 10:39.3          |
| 24           | Uziel Blancas    |             | 35         | 4089          | 167            | 29:51.2     | 5:58/K      | 11:24.9          |
| 25           | Chris Epperly    |             | 35         | 4158          | 211            | 32:05.5     | 6:25/K      | 13:39.3          |
| 26           | Ashley Starnes   |             | 39         | 4351          | 213            | 32:08.5     | 6:26/K      | 13:42.3          |
| 27           | David Burn       |             | 35         | 4110          | 231            | 33:17.4     | 6:39/K      | 14:51.1          |
| 28           | Thad Beavers     |             | 35         | 4085          | 259            | 36:52.5     | 7:22/K      | 18:26.2          |
| 29           | Matthew Highley  |             | 36         | 4206          | 277            | 39:38.7     | 7:56/K      | 21:12.5          |
| 30           | Matthew Whitley  |             | 38         | 4380          | 293            | 44:23.0     | 8:53/K      | 25:56.8          |

### Male 40 to 44

| <u>Place</u> | <u>Name</u>      | <u>City</u>  | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|------------------|--------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Chris Galloway   |              | 40         | 4399          | 31             | 21:19.6     | 4:16/K      |                  |
| 2            | sean green       | charlotte    | 43         | 4190          | 33             | 21:20.7     | 4:16/K      | 0:01.0           |
| 3            | Vincent Sullivan | Charlotte    | 41         | 4415          | 45             | 23:01.1     | 4:36/K      | 1:41.4           |
| 4            | Tracy Ledford    |              | 42         | 4419          | 92             | 25:57.4     | 5:11/K      | 4:37.7           |
| 5            | Matthew Anderson | Huntersville | 44         | 4077          | 96             | 26:05.6     | 5:13/K      | 4:45.9           |
| 6            | Troy Tarwater    |              | 43         | 4426          | 164            | 29:39.9     | 5:56/K      | 8:20.2           |
| 7            | Kirk Marino      |              | 43         | 4245          | 176            | 30:03.2     | 6:01/K      | 8:43.5           |
| 8            | John O'Kain      |              | 40         | 4280          | 245            | 33:59.8     | 6:48/K      | 12:40.1          |
| 9            | Scott Readling   |              | 44         | 4412          | 284            | 41:09.1     | 8:14/K      | 19:49.5          |
| 10           | David Dilda      |              | 44         | 4409          | 288            | 43:06.5     | 8:37/K      | 21:46.9          |

### Male 45 to 49

| <u>Place</u> | <u>Name</u>    | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|----------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Kirk Pinska    | Concord     | 49         | 4291          | 21             | 20:25.0     | 4:05/K      |                  |
| 2            | Robert Collins |             | 48         | 4125          | 27             | 20:49.9     | 4:10/K      | 0:24.9           |
| 3            | Dave Griffin   | Charlotte   | 45         | 4197          | 52             | 23:30.4     | 4:42/K      | 3:05.4           |
| 4            | Gavin Dowell   |             | 47         | 4146          | 53             | 23:31.0     | 4:42/K      | 3:05.9           |
| 5            | Nick Mayer     |             | 45         | 4250          | 81             | 25:18.3     | 5:04/K      | 4:53.2           |
| 6            | David McCarty  |             | 48         | 4251          | 99             | 26:10.1     | 5:14/K      | 5:45.1           |
| 7            | Ray Ryoti      |             | 47         | 4403          | 110            | 26:52.2     | 5:22/K      | 6:27.2           |
| 8            | Marc Luce      |             | 45         | 4239          | 144            | 28:41.2     | 5:44/K      | 8:16.1           |

# Frigid 5K Run & Plunge

## Age Group Results

Race Date

February 15, 2014

### Male 50 to 54

| <u>Place</u> | <u>Name</u>       | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Richard Ayers     | Mooresville | 51         | 4081          | 29             | 20:57.1     | 4:11/K      |                  |
| 2            | Michael Steinberg |             | 53         | 4353          | 37             | 22:02.8     | 4:24/K      | 1:05.6           |
| 3            | Chris Eason       | Gastonia    | 51         | 4428          | 46             | 23:07.0     | 4:37/K      | 2:09.9           |
| 4            | Bruce Mlakar      |             | 53         | 4263          | 98             | 26:07.7     | 5:13/K      | 5:10.6           |
| 5            | Jeff Shelton      |             | 50         | 4417          | 102            | 26:15.3     | 5:15/K      | 5:18.1           |
| 6            | Todd Sellers      | Charlotte   | 50         | 4334          | 157            | 29:07.2     | 5:49/K      | 8:10.1           |
| 7            | Keith Koger       |             | 54         | 4227          | 168            | 29:51.4     | 5:58/K      | 8:54.2           |
| 8            | Chuck Maddox      |             | 53         | 4242          | 237            | 33:40.4     | 6:44/K      | 12:43.2          |
| 9            | Jeffery Eudy      |             | 53         | 4160          | 255            | 36:04.5     | 7:13/K      | 15:07.3          |

### Male 55 to 59

| <u>Place</u> | <u>Name</u>     | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-----------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | lee schenck     | Lexington   | 57         | 4331          | 41             | 22:29.0     | 4:30/K      |                  |
| 2            | Johnny Ackerman |             | 56         | 4068          | 69             | 24:34.8     | 4:55/K      | 2:05.8           |
| 3            | Thomas Barfield |             | 57         | 4083          | 254            | 35:46.1     | 7:09/K      | 13:17.0          |

### Male 60 and over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | <u>Time Back</u> |
|--------------|-------------|-------------|------------|---------------|----------------|-------------|-------------|------------------|
| 1            | Jim Owens   |             | 68         | 4414          | 85             | 25:32.4     | 5:06/K      |                  |