

Race Date
July 23, 2016

Tread Lightly
Age Group Results

4 Mile

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>
1	Madeline Hill	Waxhaw NC	13	183	1	37:33.7	9:23/M
2	Leah Helms	Monroe NC	12	179	2	38:47.6	9:42/M
3	Kelly Poole	Waxhaw NC	13	245	4	41:09.4	10:17/M
4	Kendall Gallagher	waxhaw NC	13	157	5	42:05.0	10:31/M
5	Marissa Bosland	Waxhaw NC	11	111	6	42:05.8	10:31/M
6	Kaitlyn St. Hilaire	Waxhaw NC	14	515	7	43:42.5	10:56/M
7	Maureen Garrity	Waxhaw NC	11	160	10	45:10.4	11:18/M
8	Claire Hussey		13	574	13	49:39.6	12:25/M
9	Hannah Green	Waxhaw NC	12	168	16	50:50.8	12:43/M
10	Ava Walters	Waxhaw NC	9	538	17	51:00.9	12:45/M
11	Sophie Allen	Charlotte NC	12	101	20	52:02.0	13:01/M
12	Madeline Scroggins	Charlotte NC	12	510	22	52:32.2	13:08/M
13	Cassie Wooten	Waxhaw NC	13	550	27	54:45.5	13:41/M
14	Cameron Walsh	Waxhaw NC	9	534	28	56:21.7	14:05/M
15	Aydan McGuire	Waxhaw NC	12	218	29	56:29.6	14:07/M
16	Hope Hanson	Waxhaw NC	14	173	32	57:31.9	14:23/M
17	Izzy Mague		12	569	37	58:37.4	14:39/M
18	Johanna Walters	Waxhaw NC	12	540	43	59:26.3	14:52/M
19	sarah valentine	waxhaw NC	12	529	44	59:26.4	14:52/M
20	Katie Poole	Waxhaw NC	9	246	73	1:08:55.2	17:14/M
21	Ava Cachine	Waxhae NC	12	123	75	1:09:34.1	17:24/M
22	Caison Turner	Waxhaw NC	11	526	76	1:10:57.9	17:44/M
23	Nicole Pistani	Waxhaw NC	12	243	77	1:11:23.2	17:51/M
24	Alison Fennell	Waxhaw NC	13	148	79	1:11:59.1	18:00/M

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>
1	Melanie Hussey		18	575	3	40:14.0	10:04/M
2	Isabela Peterson	Charlotte NC	15	238	23	52:36.1	13:09/M
3	Aisha Ly		16	563	25	53:30.6	13:23/M
4	Kennedy Ruffin	Charlotte NC	16	504	34	57:47.5	14:27/M
5	Kaylan Frame	Charlotte NC	19	154	49	1:01:41.6	15:25/M
6	Haley Harbin	Charlotte NC	19	176	50	1:01:41.8	15:25/M

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>
1	Tamzin Ellerbeck	Paoli PA	23	583	33	57:40.9	14:25/M
2	Andrea Estes	Charlotte NC	24	140	42	59:10.9	14:48/M

*Overall place within gender

Race Date
July 23, 2016

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4 Mile

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>
3	Vanesa Fuquene	Monroe NC	20	155	88	1:25:49.9	21:27/M

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>
1	Christa Henry	Cornelius NC	29	181	9	45:07.6	11:17/M
2	Lauren Kuhlmeier	Charlotte NC	26	565	11	45:22.3	11:21/M
3	Mila Lamparska		28	577	15	50:33.2	12:38/M
4	Emily Butler	Charlotte NC	25	121	24	52:51.0	13:13/M
5	Anna Swearingen	Charlotte NC	25	1186	30	56:51.9	14:13/M
6	Brynne Piotrowski	Charlotte NC	27	241	31	57:15.3	14:19/M
7	Laura Jepsen	Pineville NC	26	562	41	59:09.1	14:47/M
8	Jess White	Charlotte NC	28	546	45	1:00:38.9	15:10/M
9	Allison Alston	Cary NC	27	104	62	1:04:56.6	16:14/M
10	Olivia Webb	Columbia SC	27	542	63	1:05:11.3	16:18/M
11	Brittany Lawrence		25	578	67	1:06:11.7	16:33/M

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>
1	Amanda Houck	Virginia Beach VA	33	186	12	47:14.9	11:49/M
2	Bridget Goode	Charlotte NC	30	163	14	50:28.3	12:37/M
3	Meredith Bumgarner	Hickory NC	31	1026	39	58:54.6	14:44/M
4	Lauren Hart	Granite Falls NC	30	1090	40	58:54.9	14:44/M
5	Shallini Sood		33	580	52	1:02:34.9	15:39/M
6	Erika Martinez	Miami FL	32	216	65	1:06:01.3	16:30/M
7	Melanie Langmead		32	579	69	1:06:43.9	16:41/M
8	Sierra Haynes	Charlotte NC	30	177	70	1:08:26.6	17:07/M
9	Cathy Wright	Hickory NC	31	551	78	1:11:54.3	17:59/M
10	Rebecca Winkler	Granite Falls NC	31	1205	83	1:14:25.1	18:36/M
11	Nicole Miller	Charlotte NC	34	223	84	1:14:47.4	18:42/M
12	Gwen Foellmer	charlotte NC	34	151	86	1:19:01.7	19:45/M
13	Shonquila Thomas	Columbia MD	33	1189	90	1:48:29.5	27:07/M

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>
1	Heather Walters	Waxhaw NC	36	539	26	54:03.0	13:31/M
2	Louetta Hanson	Waxhaw NC	39	172	35	58:07.6	14:32/M

*Overall place within gender

Race Date
July 23, 2016

Tread Lightly
Age Group Results

4 Mile

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>
3	Alison Ernst	Waxhaw NC	39	136	48	1:01:32.8	15:23/M
4	Corey Henderson	Charlotte ND	39	180	56	1:03:04.1	15:46/M
5	Michelle Lear		35	581	59	1:03:53.2	15:58/M
6	Sarah Kim		36	576	64	1:05:51.8	16:28/M
7	Jill Stevens	Charlotte NC	35	519	68	1:06:43.8	16:41/M
8	Leigh Wisniewski	Rock Hill SC	36	549	71	1:08:42.3	17:11/M
9	Valerie Lear	Charlotte NC	37	205	80	1:13:00.4	18:15/M
10	Darcy Wright	Fort Mill SC	36	552	85	1:15:28.2	18:52/M

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>
1	Cara Waller	Charlotte NC	42	533	8	44:30.0	11:08/M
2	amy foote	Salisbury NC	43	572	21	52:27.1	13:07/M
3	Christine Gallagher	waxhaw NC	44	156	36	58:11.8	14:33/M
4	kelli kerkhoff	wilmington NC	42	560	46	1:01:23.7	15:21/M
5	Rebecca Scroggins	Charlotte NC	44	511	47	1:01:29.5	15:22/M
6	Kim Stecher	Huntersville NC	44	517	51	1:01:49.6	15:27/M
7	Sonya Ruffin	Charlotte NC	43	505	54	1:03:03.9	15:46/M
8	susan wallen	tega cay SC	43	532	57	1:03:18.9	15:50/M
9	Nancy Allen	Fort Mill SC	40	103	58	1:03:19.3	15:50/M
10	Andrea Bonner	Matthews NC	43	110	61	1:04:12.6	16:03/M
11	Tara Poole	Waxhaw NC	43	247	72	1:08:54.9	17:14/M
12	Anne Huminsky	Matthews NC	42	188	87	1:24:21.9	21:05/M

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>
1	Lynn Hammontree	Lake Wylie SC	46	170	19	51:27.9	12:52/M
2	Jennifer Kelso	Charlotte NC	48	567	38	58:40.0	14:40/M
3	Courtney Stark	Winston Salem NC	47	516	53	1:02:45.7	15:41/M
4	Cami Winarchick	Charlotte NC	47	1204	66	1:06:03.0	16:31/M
5	Teresa Burton	belmont NC	45	120	81	1:13:13.3	18:18/M
6	Kristin Allen	Charlotte NC	45	100	82	1:14:05.0	18:31/M
7	Donna Henry	Austell GA	49	1091	89	1:34:52.5	23:43/M

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>
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*Overall place within gender

Race Date
July 23, 2016

Tread Lightly
Age Group Results

4 Mile

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>
1	Amanda Dunn	Indian Land SC	51	133	18	51:16.4	12:49/M
2	Faith Neale	Concord NC	50	228	55	1:03:04.1	15:46/M

Female 55 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>
1	kim clark	charlotte NC	59	1039	60	1:04:04.3	16:01/M
2	Barbara Ronzetti	East Northport NY	58	502	74	1:09:25.0	17:21/M

*Overall place within gender

Race Date
July 23, 2016

Tread Lightly
Age Group Results

4 Mile

Male No Age Provided

<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>
1	Unknown Partic.	1198		1198	110	2:51:34.3	42:54/M

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>
1	Michael Garrity	Waxhaw NC	13	159	1	34:14.0	8:34/M
2	Evan Zottl	Waxhaw NC	13	558	2	34:51.9	8:43/M
3	Tyler Carroll		13	568	3	35:48.6	8:57/M
4	William Walsh	Waxhaw NC	13	537	6	37:09.0	9:17/M
5	Kurt Zottl	Waxhaw NC	13	559	9	38:00.3	9:30/M
6	Connor Mack	Waxhaw NC	12	215	12	39:37.5	9:54/M
7	Jaden Hanson	Waxhaw NC	11	174	13	40:14.8	10:04/M
8	Diego Esquivel	Waxhaw NC	11	138	14	40:16.0	10:04/M
9	keegan burr	waxhaw NC	13	119	19	41:18.4	10:20/M
10	Patrick Garrity	Waxhaw NC	11	158	26	43:31.3	10:53/M
11	Kyle Bennett	Waxhaw NC	11	106	29	44:42.4	11:11/M
12	Sonny Leshaw	Waxhaw NC	12	208	32	45:19.1	11:20/M
13	Campbell Turner	Waxhaw NC	13	527	40	48:20.6	12:05/M
14	Brendan Ryan, Jr.	Waxhaw NC	11	508	45	49:33.8	12:23/M
15	Ben Allen	Charlotte NC	10	102	48	50:07.7	12:32/M
16	Aaron Browning	Waxhaw NC	10	113	52	50:48.7	12:42/M
17	Payton Best	Waxhaw NC	11	109	61	51:54.9	12:59/M
18	Sean O'Dea	Waxhaw NC	12	230	62	51:55.3	12:59/M
19	Eli Ernst	Waxhaw NC	12	137	74	54:01.7	13:30/M
20	Rammohan Mittagunta	Waxhaw NC	1	224	75	54:24.7	13:36/M
21	Cole Eaton	Waxhaw NC	13	135	77	55:31.4	13:53/M
22	Ciaran Burr	waxhaw NC	10	118	80	56:18.8	14:05/M
23	Matthew Muvihill	Waxhaw NC	11	227	83	58:37.4	14:39/M
24	Patrick Wright	Fort Mill SC	9	555	89	1:02:48.7	15:42/M
25	Joseph Culp	WAXHAW NC	11	130	93	1:06:17.8	16:34/M
26	Ryan Hoover	Waxhaw NC	13	184	101	1:12:25.6	18:06/M
27	Jackson Wright	Fort Mill SC	11	553	103	1:15:30.0	18:53/M
28	John Fox	charlotte NC	11	153	107	1:31:09.9	22:47/M

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>
1	Joe Hussey	Waxhaw NC	16	190	5	36:20.4	9:05/M
2	Trent Piotrowski	Pensacola FL	17	242	11	39:32.4	9:53/M
3	Griffen Clarke	Fort Mill SC	19	127	15	40:17.3	10:04/M

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4 Mile

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>
4	Jack Walsh	Waxhaw NC	15	535	20	41:37.3	10:24/M
5	Carson Turner	Waxhaw NC	15	528	23	42:38.2	10:40/M
6	Bryan Fennell	Waxhaw NC	19	147	31	45:11.4	11:18/M
7	Daniel Gooding	Clover SC	15	165	41	48:25.3	12:06/M

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>
1	Weston Bussler	Charlotte NC	24	1029	46	49:47.8	12:27/M

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>
1	Troy Lee	Charlotte NC	29	207	4	36:00.2	9:00/M
2	Travis Horesh	Charlotte NC	29	185	21	42:01.8	10:30/M
3	Kyle Fazio	Huntersville NC	29	144	25	43:22.7	10:51/M
4	David Welter	Charlotte NC	26	543	50	50:17.7	12:34/M
5	Dan Buonajurio		25	584	57	51:28.1	12:52/M
6	Michael Henry	Cornelius NC	29	182	59	51:44.9	12:56/M
7	Victor Bukowski	Pineville NC	27	115	84	59:06.1	14:47/M
8	Mckendree Farr	Columbia SC	27	142	92	1:05:11.6	16:18/M
9	Stephen Wright	Hickory NC	29	556	100	1:11:54.4	17:59/M
10	Levi May		26	600	106	1:27:53.5	21:58/M

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>
1	Matthew Rasmussen	Southern Pines NC	33	250	7	37:16.0	9:19/M
2	Brian Ficker	Charlotte NC	33	149	8	37:24.2	9:21/M
3	Cole Anderson	Charlotte NC	32	105	16	40:40.7	10:10/M
4	Kevin List	Charlotte NC	32	210	42	48:28.3	12:07/M
5	Nick Mauro	Clover SC	34	217	51	50:36.0	12:39/M
6	Sal Saiyed		32	585	78	55:57.5	13:59/M
7	Jeff White	Charlotte NC	31	545	86	1:00:39.5	15:10/M
8	Breandan Meredith	Maysville NC	31	222	96	1:07:37.3	16:54/M
9	Thomas Phillips	CHARLOTTE NC	32	240	104	1:17:45.2	19:26/M

*Overall place within gender

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Tread Lightly
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4 Mile

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>
1	Carey Sikes	Charlotte NC	38	512	18	40:57.2	10:14/M
2	Kinzie Wright	FORT MILL SC	36	554	37	46:54.0	11:44/M
3	Oscar Esquivel	Waxhaw NC	38	139	54	50:58.6	12:45/M
4	Sean Walters	Waxhaw NC	37	541	55	51:01.2	12:45/M
5	David Burnette	Virginia Beach VA	38	116	64	52:05.4	13:01/M
6	Adam Burr	Waxhaw NC	39	117	79	56:18.2	14:05/M
7	Manoj Parvathaneni	Fort Mill SC	35	1151	87	1:00:58.7	15:15/M
8	Ganesh Ranganathan	Fort Mill SC	35	249	94	1:06:43.9	16:41/M
9	Jason Moretz	Maiden NC	37	225	97	1:08:12.0	17:03/M
10	Kreg Goad	Matthews NC	37	162	102	1:14:13.0	18:33/M

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>
1	Greg Gower		43	586	17	40:43.4	10:11/M
2	Jeff Green	Waxhaw NC	44	167	22	42:33.4	10:38/M
3	Jason Hedrick	Charlotte NC	44	178	27	43:56.5	10:59/M
4	John Whalen	Cornelius NC	43	544	28	44:25.5	11:06/M
5	Matthew Favreau	Fort Mill SC	40	143	33	45:29.5	11:22/M
6	Aron Stelmach	fort mill SC	40	518	34	45:48.3	11:27/M
7	Chad Eaton	Waxhaw NC	44	134	36	46:52.2	11:43/M
8	Douglas Cooper	Parkton NC	40	128	43	49:27.5	12:22/M
9	David Hanson	Waxhaw NC	44	175	44	49:32.7	12:23/M
10	Jeff Yurcak	Charlitte NC	41	557	47	50:01.6	12:30/M
11	Dev Desai	Charlotte NC	40	132	49	50:17.5	12:34/M
12	Adam Huminsky	Matthews NC	41	189	56	51:09.9	12:47/M
13	Ken Hoover		42	582	58	51:39.1	12:55/M
14	Matthew Williams	Sarasota FL	44	548	60	51:53.3	12:58/M
15	John Allen Sophie Allen	Charlotte NC	44	513	63	52:02.1	13:01/M
16	andy kerkhoff	wilmington NC	41	561	88	1:01:23.8	15:21/M
17	JEFF FELTES	STONE MOUNTAIN GA	44	145	90	1:03:28.4	15:52/M
18	Robert Glover	belmont NC	41	161	91	1:03:41.9	15:55/M
19	James Tarlton	Rock Hill SC	42	521	98	1:08:41.9	17:10/M
20	Andrew Vercellono	Charlotte NC	44	530	105	1:22:52.1	20:43/M
21	Thomas Turner	Greensboro NC	43	1192	109	1:34:53.0	23:43/M

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>
1	Kirk Walsh	Waxhaw NC	45	536	10	38:47.0	9:42/M

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4 Mile

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>
2	Brendan Ryan	Waxhaw NC	46	506	35	46:08.7	11:32/M
3	Jimmy Flanagan	Jacksonville FL	48	150	38	47:35.8	11:54/M
4	Ahmadou Ly	Charlotte NC	45	214	53	50:52.5	12:43/M
5	Jay Scroggins	Charlotte NC	45	509	67	52:32.7	13:08/M
6	Chris Tietz	Fort Mill SC	45	524	68	52:39.6	13:10/M
7	philippe grain	Huntersville NC	47	166	70	52:59.1	13:15/M
8	David Cornelius	Charlotte NC	48	129	71	53:00.8	13:15/M
9	John McGuire	Waxhaw NC	49	219	72	53:17.5	13:19/M
10	Alvaro De LaMora, Jr		45	571	73	53:25.4	13:21/M
11	Russell Browning	Waxhaw NC	46	112	76	55:02.9	13:46/M
12	Jeff Cachine	Waxhaw NC	48	124	99	1:10:51.9	17:43/M
13	Paul Fox	Charlotte NC	46	564	108	1:31:36.1	22:54/M

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>
1	Terry Thomson	Waxhaw NC	50	523	30	45:09.1	11:17/M
2	William Gooding	Clover SC	54	164	39	48:03.1	12:01/M
3	chris foote	Salisbury NC	50	573	66	52:27.2	13:07/M
4	Marcos De Oliveira	Charlotte NC	50	131	81	58:08.1	14:32/M
5	Kevin McNamara	Charlotte NC	50	221	82	58:14.6	14:34/M
6	Rory Regan	Charlotte NC	53	501	85	59:43.2	14:56/M
7	Roland Nevffer		52	570	111	4:05:26.1	61:22/M

Male 55 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>
1	Robbie Mclendon	Bishopville SC	61	220	24	42:49.0	10:42/M
2	Gary Looby	Cornelius NC	55	212	65	52:12.5	13:03/M
3	Jeff Linson	Charlotte NC	56	209	69	52:46.3	13:12/M
4	David Ruch	Charlotte NC	62	503	95	1:07:05.2	16:46/M

*Overall place within gender