

Race Date
July 23, 2016

Tread Lightly
Age Group Results

Half Marathon

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	Tasha Regan	Charlotte NC	17	1165	2	2:01:22.2	9:16/M
2	Allie Parker	Chapel Hill NC	18	1149	17	2:33:45.9	11:44/M
3	Catherine Freeman	Mooresville NC	18	1066	38	3:10:57.9	14:35/M
4	Allie Rives	Chapel Hill NC	19	1168	43	3:15:32.5	14:56/M
5	Harper Bond	Charlotte NC	15	1019	45	3:19:41.5	15:15/M
6	Alecea Nelson	York SC	16	1138	47	3:21:56.2	15:25/M
7	Andy Smithey	Charlotte NC	18	1180	54	3:26:51.4	15:47/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	Katherine Rusk	Washington DC	24	1170	8	2:25:30.7	11:06/M
2	Brenda Ramirez	Pfafftown NC	20	1163	18	2:35:26.3	11:52/M
3	Cathy Dahlinghaus	Charlotte NC	23	1043	25	2:48:33.7	12:52/M
4	Sandra Perez	Winston-Salem NC	23	1154	37	3:09:39.3	14:29/M
5	Jennifer Lewis	Havelock NC	22	1115	51	3:25:33.7	15:41/M
6	Olivia Farmer	Charlotte NC	20	1059	53	3:26:51.3	15:47/M
7	Kelly Hoffman	Roanoke Rapids NC	23	1095	69	3:43:31.4	17:04/M
8	Kayla Aiton	Mt. Pleasant NC	22	1000	75	4:04:53.1	18:42/M
DQ	Brielle Rassler	Fort Lauderdale FL	24	1164	DQ	2:04:55.7	9:32/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	Stephanie Rice	Skaneateles NY	27	1166	1	1:59:27.2	9:07/M
2	Cameron Herndon	Winston-Salem NC	25	1093	3	2:14:39.3	10:17/M
3	Kim Markowski	Charlotte NC	25	1123	4	2:18:04.1	10:32/M
4	Selden Cochrane	Charlotte NC	25	1040	5	2:18:18.7	10:33/M
5	Bridget Bachman	Southern Pines NC	26	1008	6	2:21:13.2	10:47/M
6	Caitlin Groseclose	Fort Mill SC	26	1077	7	2:22:51.2	10:54/M
7	Jacqueline Ogden	Washington DC	26	1142	9	2:25:30.9	11:06/M
8	Sierra Wedde	Little River SC	25	1199	14	2:31:29.3	11:34/M
9	Sarah O'Keefe	Rock Hill SC	25	1143	15	2:31:58.7	11:36/M
10	Shelley Cernel	Cary NC	25	1036	19	2:37:24.7	12:01/M
11	Hanna Mitchell	Charlotte NC	26	1134	21	2:42:57.3	12:26/M
12	Wendy Cernel	Raleigh NC	25	1035	24	2:46:52.7	12:44/M
13	Laura Lacey		26	1214	27	2:50:18.9	13:00/M
14	Jessica Jabbar	New York NY	28	1100	28	2:57:52.3	13:35/M
15	Catherine Peele	Kill Devil Hills NC	27	1152	29	3:04:01.1	14:03/M
16	Jordan Perkins	Greensboro NC	27	1156	31	3:04:56.6	14:07/M

*Overall place within gender

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Female 25 to 29

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17	Amy Buckmaster	Huntersville NC	28	1025	34	3:06:16.3	14:13/M
18	Courtney Butner	Winston-Salem NC	29	1031	39	3:11:51.9	14:39/M
19	Kimberly Pruet	charlotte NC	29	248	40	3:11:57.0	14:39/M
20	Carol Sanchez	Appling GA	25	1171	55	3:26:51.8	15:47/M
21	Kimberly Alles	Washington DC	25	1002	56	3:26:53.6	15:48/M
22	Ciara Lockstadt	Charlotte NC	29	1117	57	3:26:57.0	15:48/M
23	Allie Mackinnon	Deep Gap NC	25	1121	68	3:43:28.8	17:04/M
24	Molly Ellspermann	Huntersville NC	28	1056	76	4:04:57.2	18:42/M
25	Christine Finder	Webster Groves MO	27	1061	79	4:09:49.2	19:04/M
26	Ila Anderson	Chicago IL	29	1006	81	4:17:10.2	19:38/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	Juliana Blevins	Yadkinville NC	30	1016	13	2:31:17.1	11:33/M
2	Teresa Becker	Charlotte NC	33	1012	16	2:32:58.9	11:41/M
3	Leslie Middlebrooks	Jacksonville FL	32	1130	23	2:46:08.0	12:41/M
4	Beth Homyak	Cornelius NC	33	1096	33	3:06:11.0	14:13/M
5	Paola Castro	Fort Mill SC	34	1034	35	3:06:21.5	14:14/M
6	Kaylee Swanson	Greensboro NC	30	1185	42	3:15:09.4	14:54/M
7	Lauren Schoenheit	Raleigh NC	34	1173	48	3:22:07.6	15:26/M
8	Natasha Jackson	Gadsden AL	30	1101	52	3:26:43.3	15:47/M
9	Sarah Pozos	Pineville NC	34	1161	58	3:29:03.2	15:57/M
10	Melissa Branham	Mt. Pleasant NC	34	1022	60	3:33:25.4	16:17/M
11	MANDY ALLISON	Winston-Salem NC	31	1004	70	3:51:52.5	17:42/M
12	celia flores	Hunbersville NC	31	1063	74	4:02:15.2	18:30/M
13	Dana Dollaeye	Archdale NC	30	1238	77	4:05:07.3	18:43/M
14	Becky Warner	Archdale NC	33	1237	80	4:13:56.4	19:23/M
DQ	Andrea Fiumefreddo	Durham NC	32	1062	DQ	1:23:12.9	6:21/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	Adriana Velasquez	Indian land SC	39	1195	12	2:30:49.6	11:31/M
2	Sumihre Padilla		39	1213	26	2:49:28.4	12:56/M
3	Mandee Mintz	Fayetteville NC	39	1132	36	3:07:17.0	14:18/M
4	Carolina Pantoja	Cornelius NC	36	1148	44	3:19:25.4	15:13/M
5	Joanna Mickel	Hickory NC	36	1129	49	3:22:59.8	15:30/M
6	Sara Korinek	matthews NC	39	1108	50	3:25:18.6	15:40/M
7	Allison Stanford	Shelby NC	35	1182	63	3:35:32.9	16:27/M

*Overall place within gender

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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>
8	Teresa Shelton	Columbia SC	36	1176	64	3:35:53.5	16:29/M
9	Melissa Hall	Concord NC	35	1082	65	3:35:58.0	16:29/M
10	MARYURI ALBA	MONROE NC	39	1001	72	3:51:59.9	17:43/M
11	Kimberly Nelson	Canton GA	35	1139	73	3:57:37.9	18:08/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	Jennifer Serino	Apex NC	40	1175	11	2:27:06.8	11:14/M
2	Amy Scott	Cary NC	41	1174	22	2:45:47.4	12:39/M
3	Maria Jimenez	Durham NC	42	1103	30	3:04:10.5	14:04/M
4	Julie Gibbons	Davidson NC	41	1072	41	3:12:16.5	14:41/M
5	Amber Lewis	Charlotte NC	40	1114	46	3:20:33.0	15:19/M
6	Tracy Hoffman		42	1212	59	3:29:04.5	15:58/M
7	Shannon Tennant	Graham NC	42	1188	61	3:34:22.6	16:22/M
8	Ronita Bland	Charlotte NC	43	1014	66	3:40:50.3	16:51/M
9	Lori Levasseur	Greenville SC	42	1112	67	3:42:50.3	17:01/M
10	Debra Dandro	Charlotte NC	44	1045	78	4:05:20.2	18:44/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	Susan Smith	Charlotte NC	46	1178	20	2:40:03.6	12:13/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>
1	Lori Piedimonte	Cranberry Township PA	52	1158	10	2:26:11.9	11:10/M
2	Rebecca DeLong	Charlotte NC	51	1047	32	3:06:01.3	14:12/M
3	Susan Lydon	Charlotte NC	50	1120	62	3:35:17.1	16:26/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	Marnette Zuchel	Charlotte NC	61	1207	71	3:51:56.4	17:42/M

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Male 15 to 19

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1	Chase Smith	Charlotte NC	19	1179	4	2:00:17.7	9:11/M
2	Sam Norvell	Davidson NC	18	1141	14	2:19:13.6	10:38/M
3	Sheppard Wilson	Charlotte NC	19	1203	18	2:28:25.8	11:20/M
4	Holden Hammontree	Lake Wylie SC	19	1087	21	2:31:56.1	11:36/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	Caulen Ward		24	1211	16	2:27:52.2	11:17/M
2	Scott Mathis	Pfafftown NC	22	1124	19	2:28:55.2	11:22/M
3	Timothy Vorhoff	Charlotte NC	20	1196	29	2:39:13.3	12:09/M
4	Cory Hoffman	Roanoke Rapids NC	22	1094	70	3:43:31.7	17:04/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	Jason Parks		28	1050	1	1:39:05.0	7:34/M
2	Daniel Pering	Charlotte NC	27	1155	11	2:17:30.5	10:30/M
3	Dan Hall	Charlotte NC	28	1081	13	2:18:04.1	10:32/M
4	Matt Quick	Greensboro NC	29	1162	23	2:33:41.6	11:44/M
5	Brian Mister	Charlotte NC	27	1133	28	2:38:54.5	12:08/M
6	Tim Evans	Kailua HI	27	1058	46	3:09:32.1	14:28/M
7	Joey Campagna	Charlotte NC	27	1032	55	3:15:24.6	14:55/M
8	Kenneth Epling	New Bern NC	26	1057	61	3:25:34.1	15:42/M
9	Dennis Lopez	New Bern NC	26	1118	64	3:33:40.3	16:19/M
10	Korie Gaumer	Newport NC	25	1070	74	4:19:32.0	19:49/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	Gavin Coombs	Raleigh NC	30	1042	2	1:42:45.9	7:51/M
2	Edwin Schlichter	Davidson NC	34	1172	5	2:04:07.1	9:28/M
3	Zach McLaren	Charlotte NC	32	1126	26	2:37:19.1	12:01/M
4	Taylor Chinnes	York SC	33	1038	32	2:44:54.4	12:35/M
5	Daniel Lowder	Belmont NC	30	1119	40	2:54:02.1	13:17/M
6	Peter Ferrell	Fayetteville NC	32	1060	42	3:04:42.6	14:06/M
7	Richard Olinger	indian trail NC	31	1144	43	3:04:58.4	14:07/M
8	Adam DeEsch	Huntersville NC	34	1046	44	3:05:47.3	14:11/M
9	Dave Alley	St. Clair MI	33	1003	47	3:09:48.2	14:29/M

*Overall place within gender

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Male 30 to 34

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10	Trevor Douglas	Wilmington NC	33	1052	48	3:10:25.7	14:32/M
11	Adam Ruch	Charlotte NC	34	1169	49	3:11:31.2	14:37/M
12	Matthew Pierce	Charlotte NC	30	1159	50	3:11:52.6	14:39/M
13	Jay Pinto	Salisbury NC	34	1160	56	3:19:18.5	15:13/M
14	Dustin Peele	Kill Devil Hills NC	31	1153	62	3:32:36.7	16:14/M
15	James Hammerling	Aiken SC	33	1085	73	4:10:53.6	19:09/M

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	Paul Halaburda	Charlotte NC	35	1080	8	2:09:48.4	9:55/M
2	Cliff Wilson	Mooresville NC	35	1201	10	2:14:13.9	10:15/M
3	Jaime Frade	Fort Lauderdale FL	35	1064	22	2:32:27.2	11:38/M
4	Mike Mccarthy	Auburn WA	36	1125	24	2:33:42.1	11:44/M
5	Jeffrey Lak	Mt Holly NC	39	1110	25	2:36:23.7	11:56/M
6	Diego Nieves	Hillsborough NC	39	1140	27	2:38:53.9	12:08/M
7	Jaime Bravo	Charlotte NC	39	1023	33	2:45:05.7	12:36/M
8	GUSTAVO TORO	MONROE NC	39	1191	34	2:47:28.9	12:47/M
9	John Blevins	Yadkinville NC	35	1015	36	2:47:50.3	12:49/M
10	Jesse Grooters	Pinehurst NC	37	1075	38	2:50:12.7	13:00/M
11	stu stepp	Salisbury NC	37	1183	63	3:33:25.9	16:17/M
12	Adam Bolli	Hinesville GA	35	1018	65	3:34:36.6	16:23/M
13	Jason Dodd	Concord NC	38	1049	66	3:35:58.0	16:29/M
14	Douglas Bradberry	Charlotte NC	36	1020	68	3:41:06.9	16:53/M
15	Jerome Arockiam	Charlotte NC	36	1007	72	3:48:46.5	17:28/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	Ronnie Weed	Durham NC	41	1200	7	2:08:20.4	9:48/M
2	Gregg Garrison	Cornelius NC	41	1068	9	2:13:57.5	10:14/M
3	Christian Messerschmidt	Fort Mill SC	41	1128	17	2:28:01.2	11:18/M
4	Kent Picklesimer	Charlotte NC	43	1157	20	2:29:35.0	11:25/M
5	James Kermes	waxhaw NC	40	1105	31	2:44:04.6	12:31/M
6	Steven Jackson	Gadsden AL	42	1136	35	2:47:32.7	12:47/M
7	Doug Korinek	Matthews NC	43	1107	41	2:54:30.1	13:19/M
8	Bill Durbin	Denver CO	41	1053	45	3:09:21.8	14:27/M
9	Brian Gibbons	Davidson NC	40	1071	51	3:12:16.0	14:41/M
10	Mike McNerney	Charlotte NC	41	1127	52	3:12:48.7	14:43/M
11	Douglas Hensel	Durham NC	43	1092	53	3:13:47.7	14:48/M

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12	Daniel Edwards	Cornelius NC	43	1055	57	3:19:25.3	15:13/M
13	Christopher Needham	Charlotte NC	41	1137	58	3:21:06.2	15:21/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	Stephen Riddell	Charlotte NC	45	1167	3	1:58:04.7	9:01/M
2	Rory Lewellyn	Pilot Mountain NC	45	1113	6	2:04:25.5	9:30/M
3	Dave Griffin	Charlotte NC	47	1074	12	2:17:54.4	10:32/M
4	Kevin Otis		45	1209	37	2:48:55.7	12:54/M
5	Rusty Braham	Stanley NC	47	1021	54	3:14:33.8	14:51/M
6	Christopher Devine	Huntersville NC	49	1048	59	3:24:04.3	15:35/M
7	Lon Chang	Huntersville NC	49	1037	60	3:24:30.5	15:37/M
8	Darren Lawler	Charlotte NC	48	1111	67	3:39:39.3	16:46/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	Robert Lingenfelter	Charlotte NC	50	1116	39	2:52:18.7	13:09/M
2	Dave Brewer	Fort Mill SC	50	1024	71	3:48:39.8	17:27/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	Stephen Beck	Rockingham NC	61	1011	15	2:27:50.9	11:17/M
2	Scott Hammontree	Lake Wylie SC	55	1086	30	2:41:58.6	12:22/M
3	bob hart	Allentown PA	61	1089	69	3:41:29.8	16:54/M

*Overall place within gender