

Step Forward 5K (2.8 miles) 2010

Name	Time	Age	Gender	Special Recognition
Scott Gill	16:20	48	M	1st Overall Male
Mike Knoble	19:02	48	M	2nd Overall Male
Rick Armstrong	19:12	57	M	3rd Overall Male
Cassie McConville	19:25	4	F	1st Overall Female
Dennis Hurley	19:28	46	M	1st Age Group
Geoff Weber	19:30	37	M	2nd Age Group
Rick Webb	19:32	51	M	1st Age Group
Laurie Colon	19:36	32	F	2nd Overall Female
Dave LeMond	19:59	34	M	1st Age Group
Dan Kinkelaer	20:22	46	M	3rd Age Group
Susan Burwig	20:44	47	F	3rd Overall Female
Brian Tornow	21:02	41	M	
Justin Belle	21:12	12	M	1st Age Group
Craig Murowsky	21:34	38	M	
Grey Kidd	21:42	44	M	
Dawn Newsome	21:49	35	F	1st Age Group
Phil Schar	22:34	29	M	2nd Age Group
Radames Colon	22:36	13	M	2nd Age Group
Jill Schar	22:37	30	F	2nd Age Group
Lauren Murowsky	22:38	20	F	1st Age Group
Jess Marut	22:39	6th-12th	F	2nd Age Group
Paul Stropkey	22:40	45	M	
Debbie Mezzapelle	23:08	38	F	1st Age Group
Rusty Brumbaugh	23:20	16	M	3rd Age Group
Tony Frank	23:24	35	M	3rd Age Group
Michael Tomassetti	23:32	12	M	
Carrie Plummer	23:45	32	F	3rd Age Group
Andy Rattray	23:47	53	M	2nd Age Group
Mitch Spear	23:56	12	M	
Susie McKoon	23:57	31	F	
Greg Brumbaugh	23:58	37	M	
Julie Weber	24:03	36	F	2nd Age Group
Tyler Weber	24:06	8	M	
Deann Green	24:20	35	F	
Ron Spear	24:24	41	M	
Pam Benko	24:33	55	F	1st Age Group
Amy Tornow	24:40	43	F	3rd Age Group
NO NAME	24:48	19-35	F	
Natalie Stevens	24:49	42	F	
Lori Bell	24:54	40	F	
Matt Burnett	25:01	32	M	
Michael D'Amico	25:02	49	M	
Jen Johnson	25:12	37	F	
Stephanie Page	25:14	14	F	3rd Age Group
Ernie Richman	25:36	61	M	3rd Age Group
Rhonda Button	25:37	43	F	
Amy O'Malley	25:26	55	F	
Michelle Dahneke	25:33	42	F	
Cyndi Tomassetti	27:07	39	F	
Marianne Pacheco	27:11	39	F	

Adam Stropkey	27:29	11	M	
Chris Miley	28:41	42	F	
Kristen Wolf	28:59	38	F	
Kerry Belle	30:45	45	F	
Tiffany Godfrey	31:05	29	F	
Jean Toth	31:37	74	F	2nd Age Group
Diane Stead	32:08	29	F	
Kimberly Reed	32:12	42	F	
Kathy Tomasik	32:13	52	F	3rd Age Group
Kristy Arrington	33:08	37	F	
Mike Boerner	33:09	32	M	
Missy Kealoha	34:21	34	F	
Christine Holmes	35:47	57	F	
Ron Gryzmala	35:54	34	M	
Steven Katona	36:50	11	M	