

Plano Pacers Charity Run 5K & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday July 29, 2023

5K TOP FINISHERS

MEN		WOMEN			
1	Gavin Gaivai	17:26	1	Gabriela DeLeon	17:41
2	Ethan Massey	17:47	2	Krystal Quiroga	18:29
3	Marcelo Villegas	17:50	3	Caroline Wildrick	19:11
4	Jim Dietz	17:51	4	Sara Dietz	19:24
5	Luke Robertson	18:25	5	Neringa Kaulinaite	20:22
6	Ronny LeFebvre	19:02	6	Abigail Ortega	22:09
7	Jose Lopez	19:09	7	Mia Bedolla	22:44
8	Gabriel Nguyen	19:10	8	Sophia Olalde	22:50
9	Paul Barker	19:11	9	Andrea Hudson Baldwin	22:50
10	Michael Held	19:12	10	Blair Neumayer	22:59
Overall:	Gavin Gaivai	17:26	Overall:	Gabriela DeLeon	17:41
Master:	Jim Dietz	17:51	Master:	Neringa Kaulinaite	20:22
Senior:	Michael Held	19:12	Senior:	Andrea Hudson Baldwin	22:50
9-un:	Juan Rodriguez	29:17			
	Jonathan Glover	38:45			
10-14:	Kevin Glover	19:48	10-14:	Grace Anderson	24:16
	Alex Mendoza	21:45		Ava Gulick	24:23
	Ezekiel Steponaitis	23:01		Gracie Wheatley	24:36
15-19:	Ethan Massey	17:47	15-19:	Abigail Ortega	22:09
	Marcelo Villegas	17:50		Mia Bedolla	22:44
	Luke Robertson	18:25		Sophia Olalde	22:50
20-24:	Kyle Rubens	20:56	20-24:	Caroline Wildrick	19:11
	Garrett Oldham	24:14		Taylor Bouck	32:55
	Guillermo Toral Jr.	25:37			
25-29:	Nick Blachly	21:02	25-29:	Ryan Baldrige	29:22
	Tanner Bouck	22:45		Tiffany Tang	41:26
	Christopher Orton	30:56			
30-34:	Ben Fairall	24:19	30-34:	Sara Dietz	19:24
	Andy Sheng	27:48		Sarah Crystal	28:31
	Zachary Shirley	28:07		Katy Dass	33:01
35-39:	Jose Lopez	19:09	35-39:	Krystal Quiroga	18:29
	Cristobal Garcia	23:15		Rachel Grabow	27:30
	Ryan Glover	38:51		Lauren MacCallum	29:10
40-44:	Jerry McDonald	23:50	40-44:	Sairung Niehaus	24:16
	Luoyi Zhang	24:12		Carly Massey	30:33
	Jorge Toro	26:57		Andreea Nguyen	30:44
45-49:	Jason Bogardus	20:21	45-49:	Hong Lin	27:32
	Mark Miller	20:47		Yue Cao	28:53
	Fernando H Garcia	20:56		Joyce Zhao	32:52
50-54:	Ronny LeFebvre	19:02	50-54:	Yunxia Cai	27:01
	Paul Barker	19:11		Hongfeng Li	27:09
	Guillermo Toral	19:54		Sabrina Shi	27:57

55-59:	Xiang Wei	22:15	55-59:	Libby Hu	26:02
	Gary Spence	23:00		Maria Davis	35:36
	Danny Monistere	24:28		Heidi Orton	47:42
60-64:	David Burns	20:29	60-64:	Frances McKissick	25:43
	Vijayan Nair	22:49		Emily Liu	45:02
	Jim Cavanaugh	24:25		Grace Walker	48:46
65-69:	Matt Pierret	23:26	65-69:	Terry Gonzalez	30:21
	Charles Brown	26:26		Sunao Saito	31:57
	Bob Gordon	27:45		Dianna Sulser	33:26
70-74:	Mike Fields	24:20	70-74:	Susan Graves	37:54
	Cary Sherf	25:46		Joanne Beck	49:18
	Tom Conlon	27:13			
75-79:	Herb Armstrong	29:55	75-79:	Andi Miner	41:01
	Bruce Johnson	33:46			
	Stephen Brown	36:14			
80-84:	Bill Shaw	25:33	80-84:	Nancy Lowden	50:06
	Wally Capps	33:52			
	Al Angell	49:04			
			85-ov:	Maria Johnston	50:08
				Bettye Haynes	1:06:00
Clydes:	Dennis Chupp	45:06			
	William Swafford	51:17			
	John Kramer	51:35			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	4:37	1 Reva Shah	6:13
2	James Grabow	8:00	2 Sadie Glover	7:59
BOYS 7-9		GIRLS 7-9		
1	Christian Quiroga	4:04	1 Ruby Lopez	4:55
2	Suvan Shah	5:40	2 Lincoln Quiroga	5:14
BOYS 10-12		GIRLS 10-12		
1	Davy Rudd	4:04		
2	Jacob Martinez	4:49		

Plano Pacers 5K Results---Saturday, July 29, 2023

			FinTime	Pace	5Kavg	Score
1.	Gavin Gaivai	20 m	17:26	5:37	17.4	87.5
2.	Gabriela DeLeon	27 f	17:41	5:41	17.7	96.2
3.	Ethan Massey	16 m	17:47	5:43	17.8	89.4
4.	Marcelo Villegas	17 m	17:50	5:44	17.8	88.0
5.	Jim Dietz	63 m	17:51	5:45	17.8	103.8
6.	Luke Robertson	17 m	18:25	5:56	18.4	85.2
7.	Krystal Quiroga	36 f	18:29	5:57	18.5	94.1
8.	Ronny LeFebvre	51 m	19:02	6:08	19.0	87.8
9.	Jose Lopez	38 m	19:09	6:10	19.1	80.9
10.	Gabriel Nguyen	16 m	19:10	6:10	19.2	83.0
11.	Caroline Wildrick	20 f	19:11	6:10	19.2	90.2
12.	Paul Barker	54 m	19:11	6:10	19.2	89.2
13.	Michael Held	57 m	19:12	6:11	19.2	91.3
14.	Sara Dietz	33 f	19:24	6:15	19.4	88.7
15.	Nolan Zaby	17 m	19:48	6:22	19.8	79.2

16.	Kevin Glover	12 m	19:48	6:22	19.8	87.3
17.	Guillermo Toral	51 m	19:54	6:24	19.9	84.0
18.	Roman Rabel	15 m	20:12	6:30	20.2	80.0
19.	Nathan Daigrepoint	15 m	20:15	6:31	20.2	79.8
20.	Jason Bogardus	45 m	20:21	6:33	20.3	79.0
21.	Neringa Kaulinaite	40 f	20:22	6:33	20.4	87.0
22.	David Burns	62 m	20:29	6:36	20.5	89.6
23.	Daniel Springman	16 m	20:32	6:37	20.5	77.4
24.	Sid Battula	15 m	20:41	6:39	20.7	78.1
25.	Mark Miller	45 m	20:47	6:41	20.8	77.3
26.	Kyle Rubens	21 m	20:56	6:44	20.9	72.5
27.	Fernando H Garcia	46 m	20:56	6:44	20.9	77.2
28.	Nick Blachly	28 m	21:02	6:46	21.0	71.4
29.	Jack Cortez	15 m	21:06	6:47	21.1	76.6
30.	Walker Wilson	17 m	21:12	6:49	21.2	74.0
31.	Steve Cortez	50 m	21:17	6:51	21.3	78.0
32.	Jadon McDonald	15 m	21:18	6:51	21.3	75.9
33.	Juan Lopez	16 m	21:23	6:53	21.4	74.4
34.	Lukas Hernandez	15 m	21:25	6:54	21.4	75.4
35.	O'neal Barnett	49 m	21:33	6:56	21.5	76.5
36.	Don Robertson	50 m	21:37	6:57	21.6	76.8
37.	Joshua Smith	16 m	21:42	6:59	21.7	73.3
38.	Xudong Huang	53 m	21:44	7:00	21.7	78.1
39.	Alex Mendoza	14 m	21:45	7:00	21.7	75.7
40.	Jacob McDonald	17 m	21:54	7:03	21.9	71.6
41.	Abigail Ortega	15 f	22:09	7:08	22.1	82.7
42.	Xiang Wei	57 m	22:15	7:10	22.2	78.8
43.	Weigang Li	51 m	22:15	7:10	22.2	75.1
44.	Josiah Gilbert	16 m	22:34	7:16	22.6	70.5
45.	Yang Meng	54 m	22:38	7:17	22.6	75.6
46.	Mia Bedolla	15 f	22:44	7:19	22.7	80.6
47.	Tanner Bouck	25 m	22:45	7:19	22.7	66.0
48.	Sunil Salins	17 m	22:48	7:20	22.8	68.8
49.	Vijayan Nair	60 m	22:49	7:21	22.8	78.9
50.	Sophia Olalde	15 f	22:50	7:21	22.8	80.2
51.	Andrea Hudson Baldwin	64 f	22:50	7:21	22.8	92.9
52.	Nick Polito	54 m	22:58	7:24	23.0	74.5
53.	Blair Neumayer	16 f	22:59	7:24	23.0	78.4
54.	Gary Spence	56 m	23:00	7:24	23.0	75.6
55.	Ezekiel Steponaitis	14 m	23:01	7:24	23.0	71.6
56.	Timothy Sparks	12 m	23:05	7:26	23.1	74.9
57.	Alex Headley	14 m	23:10	7:27	23.2	71.1
58.	Cristobal Garcia	36 m	23:15	7:29	23.2	66.0
59.	Tara Bouck	17 f	23:22	7:31	23.4	76.1
60.	Daniele Vellani	54 m	23:24	7:32	23.4	73.1
61.	Matt Pierret	65 m	23:26	7:33	23.4	80.7
62.	Jason Zheng	48 m	23:31	7:34	23.5	69.6
63.	Miguel Rodriguez	14 m	23:41	7:37	23.7	69.5
64.	Yuguang Ma	50 m	23:43	7:38	23.7	70.0
65.	Jerry McDonald	40 m	23:50	7:40	23.8	65.6
66.	Jaden Leal	15 m	24:09	7:46	24.1	66.9
67.	Luoyi Zhang	44 m	24:12	7:47	24.2	66.0
68.	Garrett Oldham	24 m	24:14	7:48	24.2	62.0
69.	Sairung Niehaus	44 f	24:16	7:49	24.3	74.6
70.	Grace Anderson	14 f	24:16	7:49	24.3	76.9
71.	Kayden Massey	13 m	24:19	7:50	24.3	69.3
72.	Ben Fairall	32 m	24:19	7:50	24.3	62.3
73.	Mike Fields	73 m	24:20	7:50	24.3	85.2
74.	Ava Gulick	14 f	24:23	7:51	24.4	76.5
75.	Jim Cavanaugh	63 m	24:25	7:52	24.4	75.9
76.	Sam D'Agostino	16 m	24:25	7:52	24.4	65.1
77.	Danny Monistere	58 m	24:28	7:52	24.5	72.3
78.	Matthew Wootton	14 m	24:30	7:53	24.5	67.2

79.	Gracie Wheatley	14 f	24:36	7:55	24.6	75.9
80.	Stephen Russo	59 m	24:37	7:55	24.6	72.5
81.	Ethan Gardner	14 m	24:43	7:57	24.7	66.6
82.	Pingshan Wen	57 m	24:45	7:58	24.7	70.8
83.	Ishbel Kuntschik	15 f	25:02	8:03	25.0	73.2
84.	Fred Ellefson	63 m	25:06	8:05	25.1	73.8
85.	Steven Wootton	55 m	25:15	8:08	25.2	68.3
86.	Manuel Solorzano	16 m	25:16	8:08	25.3	62.9
87.	Michelle Quan	16 f	25:16	8:08	25.3	71.3
88.	Evelyn Hernandez	17 f	25:27	8:11	25.4	69.9
89.	Stephen Gilbert	48 m	25:29	8:12	25.5	64.3
90.	Bill Shaw	80 m	25:33	8:13	25.5	89.2
91.	Guillermo Toral Jr.	24 m	25:37	8:15	25.6	58.7
92.	Pedro Garces	49 m	25:38	8:15	25.6	64.3
93.	Frances McKissick	61 f	25:43	8:17	25.7	80.1
94.	Cary Sherf	70 m	25:46	8:18	25.8	77.6
95.	Grace Young	15 f	25:49	8:19	25.8	70.9
96.	Lucy Alfred	16 f	25:52	8:20	25.9	69.7
97.	Libby Hu	57 f	26:02	8:23	26.0	76.3
98.	Patrick Williams	53 m	26:08	8:25	26.1	64.9
99.	Samantha Ceja	15 f	26:16	8:27	26.3	69.7
100.	Charles Brown	68 m	26:26	8:30	26.4	73.9
101.	Henry Wang	60 m	26:38	8:34	26.6	67.6
102.	Jorge Toro	44 m	26:57	8:40	26.9	59.3
103.	Shawn Niehaus	42 m	26:57	8:40	26.9	58.6
104.	Yunxia Cai	54 f	27:01	8:42	27.0	71.7
105.	Scott Heber	57 m	27:05	8:43	27.1	64.7
106.	Hongfeng Li	51 f	27:09	8:44	27.1	69.8
107.	kang Quan	54 m	27:10	8:45	27.2	63.0
108.	Tom Conlon	70 m	27:13	8:46	27.2	73.4
109.	Kherington Glover	14 f	27:21	8:48	27.3	68.2
110.	Rachel Grabow	39 f	27:30	8:51	27.5	64.1
111.	Hong Lin	48 f	27:32	8:52	27.5	67.4
112.	Donald Craig	53 m	27:44	8:56	27.7	61.2
113.	Bob Gordon	69 m	27:45	8:56	27.7	71.2
114.	Albert Yan	14 m	27:45	8:56	27.7	59.3
115.	Lyla Talley	14 f	27:47	8:57	27.8	67.2
116.	Chad Sterling	55 m	27:48	8:57	27.8	62.0
117.	Andy Sheng	30 m	27:48	8:57	27.8	54.2
118.	Michael Hundt	47 m	27:49	8:57	27.8	58.5
119.	Weiping Lu	59 m	27:54	8:59	27.9	63.9
120.	Sabrina Shi	52 f	27:57	9:00	27.9	68.3
121.	Noah Wyatt	14 m	27:59	9:00	28.0	58.9
122.	Izrael Serrato	14 m	28:01	9:01	28.0	58.8
123.	Zachary Shirley	33 m	28:07	9:03	28.1	54.0
124.	Michelle Bouck	54 f	28:07	9:03	28.1	68.9
125.	James Allport	11 m	28:10	9:04	28.2	63.3
126.	David Chafino	41 m	28:20	9:07	28.3	55.5
127.	Jonathan Szeto	47 m	28:29	9:10	28.5	57.1
128.	Sarah Crystal	32 f	28:31	9:11	28.5	60.2
129.	Taylor Nowell	14 f	28:33	9:11	28.5	65.4
130.	Tony Tang	62 m	28:33	9:11	28.5	64.3
131.	Day-Ruey Liu	65 m	28:40	9:14	28.7	66.0
132.	Perrin Chen	18 m	28:44	9:15	28.7	54.0
133.	James Drumm	65 m	28:45	9:15	28.7	65.8
134.	Yue Cao	48 f	28:53	9:18	28.9	64.3
135.	Lauren MacCallum	36 f	29:10	9:23	29.2	59.7
136.	Juan Rodriguez	8 m	29:17	9:26	29.3	68.6
137.	Julian Rodriguez	45 m	29:17	9:26	29.3	54.9
138.	Ryan Baldrige	26 f	29:22	9:27	29.4	57.9
139.	Peyton Anderson	16 m	29:25	9:28	29.4	54.1
140.	Kenny Gardner	70 m	29:43	9:34	29.7	67.3
141.	Alex Zhao	12 m	29:45	9:35	29.7	58.1

142.	Herb Armstrong	75 m	29:55	9:38	29.9	71.1
143.	Erasmus Rojas	71 m	30:01	9:40	30.0	67.4
144.	Alex D'Agostino	19 m	30:09	9:42	30.1	51.0
145.	Jeff Smith	62 m	30:16	9:45	30.3	60.6
146.	Terry Gonzalez	69 f	30:21	9:46	30.3	73.8
147.	Carly Massey	41 f	30:33	9:50	30.5	58.3
148.	Andreea Nguyen	44 f	30:44	9:54	30.7	58.9
149.	Tomas Bern	59 m	30:52	9:56	30.9	57.8
150.	Christopher Orton	26 m	30:56	9:57	30.9	48.5
151.	Jiabin Zhao	40 m	31:04	10:00	31.1	50.3
152.	Jing Chen	53 f	31:20	10:05	31.3	61.4
153.	Sherlyn Garza	14 f	31:35	10:10	31.6	59.1
154.	Chiahao Liu	31 m	31:36	10:10	31.6	47.8
155.	AJ Meisel	52 f	31:42	10:12	31.7	60.2
156.	Sunao Saito	69 f	31:57	10:17	31.9	70.1
157.	Chris Sealy	53 m	32:27	10:27	32.4	52.3
158.	Chris Tull	49 m	32:31	10:28	32.5	50.7
159.	Andy Beach	65 m	32:46	10:33	32.8	57.7
160.	Joyce Zhao	47 f	32:52	10:35	32.9	56.1
161.	Taylor Bouck	21 f	32:55	10:36	32.9	52.2
162.	Wang Li	50 m	32:59	10:37	33.0	50.3
163.	Katy Dass	33 f	33:01	10:38	33.0	52.1
164.	Yan Wang	52 m	33:02	10:38	33.0	51.0
165.	Scott Orton	56 m	33:05	10:39	33.1	52.5
166.	Dianna Sulser	66 f	33:26	10:46	33.4	64.8
167.	Bruce Johnson	76 m	33:46	10:52	33.8	63.8
168.	Sherry Freeland	68 f	33:46	10:52	33.8	65.6
169.	Wally Capps	82 m	33:52	10:54	33.9	69.4
170.	Jose Mendoza	50 m	33:53	10:54	33.9	49.0
171.	Xinji Li	73 m	34:14	11:01	34.2	60.6
172.	Jing Pan	47 f	34:39	11:09	34.6	53.2
173.	Shungo Saito	64 m	35:05	11:18	35.1	53.3
174.	Ernie Bloomer	55 m	35:11	11:19	35.2	49.0
175.	Sabina Shah	38 f	35:20	11:22	35.3	49.7
176.	Veronica Soto	52 f	35:22	11:23	35.4	54.0
177.	Cathy DeJesus	30 f	35:31	11:26	35.5	48.1
178.	Maria Davis	57 f	35:36	11:28	35.6	55.8
179.	Huan Ye	53 f	35:43	11:30	35.7	53.8
180.	Jenny Waters	52 f	35:53	11:33	35.9	53.2
181.	Adelyn Brymer	12 f	36:04	11:37	36.1	54.3
182.	Gloria De Jesus	48 f	36:10	11:38	36.2	51.3
183.	Stephen Brown	77 m	36:14	11:40	36.2	60.3
184.	Ajay Hande	12 m	36:23	11:43	36.4	47.5
185.	Abhiman Hande	49 m	36:26	11:44	36.4	45.3
186.	Yiqiu Cao	51 f	36:43	11:49	36.7	51.6
187.	Jeffrey Beck	75 m	36:44	11:49	36.7	57.9
188.	Yongliang Chen	57 m	36:47	11:50	36.8	47.7
189.	Lincoln Brymer	14 m	36:51	11:52	36.8	44.7
190.	Lorry Rudd	35 f	37:20	12:01	37.3	46.4
191.	Juan Mo	44 f	37:24	12:02	37.4	48.4
192.	Susan Graves	73 f	37:54	12:12	37.9	62.0
193.	Karen Rojas	40 f	37:56	12:13	37.9	46.7
194.	Jonathan Glover	9 m	38:45	12:28	38.7	49.6
195.	Erin Glover	38 f	38:46	12:29	38.8	45.3
196.	Ryan Glover	39 m	38:51	12:30	38.8	40.0
197.	Alfred Wilkinson	75 m	39:04	12:34	39.1	54.5
198.	Celina Li	15 f	39:05	12:35	39.1	46.9
199.	Haidong Li	51 m	39:05	12:35	39.1	42.8
200.	Cynthia Lopez	30 f	40:05	12:54	40.1	42.6
201.	Ken Ashby	70 m	40:41	13:06	40.7	49.1
202.	Debye Humphrey	69 f	40:42	13:06	40.7	55.0
203.	Andi Miner	78 f	41:01	13:12	41.0	61.2
204.	Wenjuan Fan	39 f	41:22	13:19	41.4	42.6

205.	Tiffany Tang	26 f	41:26	13:20	41.4	41.0
206.	Debbie Riedner	54 f	41:41	13:25	41.7	46.5
207.	Fiorella Linares	45 f	41:59	13:31	42.0	43.4
208.	Yu Meng	59 m	43:25	13:58	43.4	41.1
209.	Dian Fan	49 m	43:26	13:59	43.4	38.0
210.	Jay Sheth	68 f	43:57	14:09	43.9	50.4
211.	Emily Liu	61 f	45:02	14:30	45.0	45.7
212.	Dennis Chupp	66 m	45:06	14:31	45.1	42.4
213.	Heidi Orton	56 f	47:42	15:21	47.7	41.3
214.	Grace Walker	62 f	48:46	15:42	48.8	42.6
215.	Al Angell	84 m	49:04	15:48	49.1	49.4
216.	Joanne Beck	72 f	49:18	15:52	49.3	47.1
217.	Claudia Chafino	40 f	49:19	15:52	49.3	35.9
218.	June Orth	59 f	49:26	15:55	49.4	40.9
219.	Nathan Szeto	11 m	49:33	15:57	49.5	36.0
220.	Nancy Lowden	81 f	50:06	16:08	50.1	52.3
221.	Maria Johnston	86 f	50:08	16:08	50.1	56.6
222.	William Swafford	71 m	51:17	16:30	51.3	39.4
223.	John Kramer	61 m	51:35	16:36	51.6	35.2
224.	Amber Hastcoat	41 f	58:12	18:44	58.2	30.6
225.	Lesley Riley	48 f	58:12	18:44	58.2	31.9
226.	Marcus Wertz	76 m	1:06:00	22:15	66.0	32.7
227.	Bettye Haynes	86 f	1:06:00	21:15	66.0	43.0
228.	Mike Nicholas	77 m	1:24:16	27:07	84.3	25.9

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, July 29, 2023

			FinTime	Pace	5Keq	Score
1.	Christian Quiroga	9 m	4:04	6:33	24.0	79.9
2.	Davy Rudd	10 m	4:04	6:33	24.0	76.8
3.	Angel Garcia	6 m	4:37	7:26	27.3	82.1
4.	Jacob Martinez	10 m	4:49	7:45	28.5	64.8
5.	Ruby Lopez	8 f	4:55	7:55	29.1	78.4
6.	Lincoln Quiroga	7 f	5:14	8:25	30.9	77.5
7.	Suvan Shah	8 m	5:40	9:07	33.5	60.0
8.	Ana Nguyen	7 f	5:57	9:35	35.2	68.2
9.	Reva Shah	5 f	6:13	10:00	36.7	73.6
10.	Lillian Szeto	8 f	6:27	10:23	38.1	59.7
11.	Hadasha Toro	8 f	6:44	10:50	39.8	57.2
12.	Eddie Dass	8 f	6:58	11:13	41.2	55.3
13.	Emmaline Wahlquist	7 f	7:08	11:29	42.2	56.9
14.	Kathryn Wahlquist	8 f	7:09	11:30	42.3	53.9
15.	Sadie Glover	4 f	7:59	12:51	47.2	61.5
16.	James Grabow	5 m	8:00	12:53	47.3	50.5
17.	Emma Grabow	3 f	8:36	13:51	50.8	61.7
18.	Dashton Dass	4 m	8:39	13:55	51.1	50.1
19.	Griff MacCallum	3 m	8:55	14:21	52.7	52.5
20.	Elise Glover	3 f	9:29	15:16	56.0	55.9
21.	Fernanda Garcia	2 f	14:17	22:59	84.4	40.4
* 22.	Scout MacCallum	1 f	15:15	24:33	90.1	41.4

* Stroller-aided

New Records:

Maria Johnston, 5K Female 85-89, 50:08 (previous record: Maria Johnston, 51:26, 03/23)

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 PERFORMANCE SCORES

100 +	national competitor
90-99	regional competitor
80-89	local competitor
70-79	above average
60-69	near average
50-59	below average
40-49	novice runner
30-39	fitness walker

Kids K Volunteers

Gary Spence
Andrea Nguyen
Steve Russo
Chris Garcia
Cindy Arreola
Ron Wahlquist