

Strides for Strength 5k

Age Group Results

5k

Race Date
June 28, 2025

Female OVERALL Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Chip Diff</u>	<u>Pace</u>
1	Regan Shipp	Deer Grove IL	995	28	3	18:53.3	18:58.4	0:05.0	6:07/M

Female Sheffield Resident T Wi

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Chip Diff</u>	<u>Pace</u>
1	Lexie Marshall	Sheffield IL	474	11	32	29:06.2	29:06.2		9:23/M

Strides for Strength 5k

Age Group Results

5k

Race Date
June 28, 2025

Female 10 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Audra Strouss	Princeton IL	727	7	65	37:29.8	37:29.8		12:06/M
2	* Birkley Litherland	Sheffield IL	756	9	99	44:00.8	44:36.2	0:35.4	14:23/M
3	Mazie Marshall	Sheffield IL	476	8	105	47:26.7	47:26.7		15:18/M
4	Marissa Marquis	Princeton IL	1219	10	123	50:01.4	50:53.6	0:52.2	16:25/M
5	Ava Foster	Sheffield IL	1218	10	124	50:01.8	50:54.0	0:52.2	16:25/M
6	Hemi Gould	Manlius IL	490	7	151	56:31.7	56:53.2	0:21.5	18:21/M
7	Lauren Cinnamon	Kewanee IL	973	7	179	1:02:14.8	1:02:42.8	0:27.9	20:14/M

Female 11 to 20

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Macie Hart	Utica IL	1231	18	19	27:09.6	27:17.1	0:07.4	8:48/M
2	* Ella Wilt	Walnut IL	1041	15	28	28:14.2	28:16.7	0:02.5	9:07/M
3	Lynzie Cady	Walnut IL	988	18	33	29:03.6	29:10.5	0:06.8	9:25/M
4	Kate Salisbury	Sheffield IL	469	19	34	29:03.8	29:10.5	0:06.7	9:25/M
5	Evelyn Brown	Princeton IL	1016	12	36	29:38.9	29:41.0	0:02.1	9:35/M
6	Gwen Grimes	Prophetstownprophetsto	762	12	38	30:20.3	30:22.2	0:01.9	9:48/M
7	Leah House	Sheffield IL	975	16	41	31:06.7	31:09.3	0:02.5	10:03/M
8	Mya Shipp	Buda IL	760	15	47	32:00.0	32:11.7	0:11.7	10:23/M
9	Myla Wilt	Walnut IL	1043	12	50	32:18.5	32:41.7	0:23.2	10:33/M
10	Quinn Salisbury	Sheffield IL	470	11	56	35:27.9	35:39.6	0:11.6	11:30/M
11	Georgia Schlender	Princeton IL	994	11	57	35:27.9	35:39.6	0:11.7	11:30/M
12	Tinley Yepsen	Sheffield IL	481	12	63	36:31.9	36:54.9	0:23.0	11:55/M
13	Addysen Klingenberg	Sheffield IL	746	13	68	38:20.1	38:34.3	0:14.2	12:27/M
14	Elin Johnson	Sheffield IL	720	12	81	40:48.2	40:51.7	0:03.5	13:11/M
15	Libby Endress	Sheffield IL	766	16	83	40:43.6	41:11.1	0:27.5	13:17/M
16	Izabella Birkey	Sheffield IL	981	18	84	40:44.8	41:11.5	0:26.7	13:17/M
17	Emmalee Joiner	Malden IL	997	18	90	42:07.3	42:19.5	0:12.1	13:39/M
18	Remie Marshall	Sheffield IL	472	15	107	47:58.7	47:58.7		15:29/M
19	Claire Gould	Manlius IL	489	13	133	53:11.4	53:33.9	0:22.5	17:17/M
20	Jemma Cade	Walnut IL	978	12	135	53:16.6	53:41.2	0:24.6	17:19/M
21	Claire McCook	Standard IL	1001	19	141	55:30.6	55:45.2	0:14.5	17:59/M
22	Trinity Wrobleski	Standard IL	1004	19	142	55:31.4	55:45.2	0:13.8	17:59/M
23	Marissa Warzecha	Elburn IL	499	20	185	1:02:04.6	1:03:07.8	1:03.1	20:22/M
24	Ashlynn Lara	East Moline IL	770	20	194	1:04:52.3	1:06:02.8	1:10.4	21:18/M

Female 21 to 30

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Jenna Parente	Naperville IL	741	24	4	21:52.3	21:54.0	0:01.6	7:04/M
2	* Haley Herr	Princeton IL	992	25	43	31:38.2	31:43.3	0:05.1	10:14/M
3	Paige Foster	Sheffield IL	1036	25	44	31:38.6	31:43.7	0:05.1	10:14/M
4	Quincy McSweeny	Sheffield IL	1019	28	45	31:41.3	31:53.1	0:11.8	10:17/M
5	Kelsey Dawson	Peoria IL	1047	27	59	35:43.1	36:13.2	0:30.1	11:41/M
6	Nyla Thompson	Wyanet IL	985	23	62	36:48.2	36:53.3	0:05.0	11:54/M
7	Tatum Primo	Sheffield IL	1234	23	70	38:33.3	38:36.5	0:03.1	12:27/M
8	Abby Shipp	Buda IL	759	28	76	40:01.8	40:13.1	0:11.3	12:58/M
9	Kristyn Ehnle	Knoxville IL	1027	28	78	40:41.2	40:50.1	0:08.8	13:10/M
10	Kendra Cain	Princeton IL	767	24	87	41:40.1	41:53.6	0:13.5	13:31/M
11	Sarah Clark	Princeton IL	984	30	97	43:25.2	43:44.1	0:18.8	14:07/M
12	Emma Corkill	Kewanee IL	1032	29	101	44:36.6	45:05.1	0:28.4	14:33/M
13	Abby Bogatitus	Sheffield IL	732	30	108	47:41.7	48:10.4	0:28.7	15:32/M
14	Hannah Bohm	Malden IL	971	30	112	47:59.3	48:22.7	0:23.4	15:36/M
15	Morgan Schutte	Wyoming IL	1006	30	118	49:06.8	49:53.6	0:46.8	16:06/M
16	Shea Dzurisin	Sheffield IL	733	24	122	50:15.0	50:42.7	0:27.6	16:22/M
17	Grace Risatti	Buda IL	771	27	129	52:25.9	52:40.6	0:14.6	17:00/M
18	Carlee Foster	Sheffield IL	1217	29	132	52:00.4	52:52.8	0:52.4	17:04/M
19	Megan Hannam	Mineral IL	775	29	138	53:30.5	54:32.4	1:01.9	17:36/M
20	Mary Jane Rios	Sheffield IL	480	29	165	59:46.9	59:53.3	0:06.3	19:19/M
21	Paige Conner	Ohio IL	999	25	183	1:02:16.8	1:03:05.3	0:48.5	20:21/M
22	Ella Manuel	Annawan IL	1214	22	187	1:02:17.4	1:03:11.8	0:54.4	20:23/M
23	Shannon Kennedy	Wyanet IL	1227	29	190	1:02:30.8	1:03:19.8	0:48.9	20:26/M

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Age Group Results

5k

Race Date
June 28, 2025

Female 31 to 40

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Abby Vladika	Princeton IL	1013	37	10	23:54.1	24:01.8	0:07.7	7:45/M
2 *	Jillian Smith	Princeton IL	1015	34	30	28:34.3	28:42.5	0:08.1	9:16/M
3	Hannah Egan	Prophetstown IL	989	32	39	30:07.9	30:23.0	0:15.1	9:48/M
4	Megan King	Ohio IL	744	31	48	32:04.6	32:14.2	0:09.6	10:24/M
5	Kati Grimes	Prophetstownprophetsto	761	34	60	36:21.5	36:25.4	0:03.8	11:45/M
6	Samantha Klingenberg	Sheffield IL	745	32	67	38:20.4	38:34.2	0:13.8	12:27/M
7	Madi Willis	Varna IL	1035	31	79	40:42.1	40:50.5	0:08.3	13:10/M
8	Ashlyn Fredenhagen	Tiskilwa IL	1037	31	80	40:42.2	40:50.6	0:08.4	13:11/M
9	Annie Kaiser	Neponset IL	1007	36	88	41:47.1	42:02.9	0:15.8	13:34/M
10	Jacquelynn Mink	Princeton IL	1040	32	89	41:42.9	42:08.3	0:25.4	13:36/M
11	Kami Branom	Kewanee IL	1018	34	96	42:34.5	43:07.2	0:32.6	13:55/M
12	Tonya Yepsen	Sheffield IL	479	38	100	44:18.4	44:43.1	0:24.6	14:26/M
13	Hannah Slusser	Kewanee IL	1029	31	102	44:36.6	45:05.4	0:28.8	14:33/M
14	Taylor Towne	Sheffield IL	1240	31	104	45:47.9	46:26.4	0:38.4	14:59/M
15	Mandy Hasbrook	Wyanet IL	1038	38	109	47:22.2	48:12.5	0:50.2	15:33/M
16	Jordan Lanxon	Sheffield IL	748	33	110	47:20.4	48:13.2	0:52.7	15:33/M
17	Katherine Romagnoli	Sheffield IL	980	37	111	47:58.8	48:22.6	0:23.8	15:36/M
18	Breanna Anderson	Princeton IL	1026	33	114	48:35.5	49:27.0	0:51.4	15:57/M
19	Kelsey Desplinter	Wyanet IL	734	35	115	49:17.8	49:36.5	0:18.7	16:00/M
20	Nicole Doty	Sheffield IL	736	32	116	49:17.6	49:36.5	0:18.9	16:00/M
21	Bethany Stabler	Neponset IL	1028	38	127	51:08.1	52:01.5	0:53.4	16:47/M
22	Tiffany Bittner	Kewanee IL	1213	40	128	51:33.6	52:01.6	0:28.0	16:47/M
23	Tessa Risatti	Sheffield IL	773	32	130	52:25.7	52:40.6	0:14.8	17:00/M
24	Stephanie Marquis	Princeton IL	1216	35	131	51:59.2	52:52.7	0:53.5	17:03/M
25	Kaitlin Johnson	Walnut IL	979	32	134	53:17.0	53:41.1	0:24.1	17:19/M
26	Ashley Wallace	Buda IL	1232	34	140	53:52.7	54:54.2	1:01.5	17:43/M
27	Amber Butler	Wyanet IL	496	36	149	55:40.0	56:22.3	0:42.2	18:11/M
28	Nikki Lanxon	Sheffield IL	752	38	150	55:59.3	56:36.4	0:37.1	18:16/M
29	Hillary Gould	Manlius IL	488	35	152	56:31.8	56:53.3	0:21.5	18:21/M
30	Carol Day	Sheffield IL	724	32	155	57:03.8	57:21.5	0:17.7	18:30/M
31	Kayla Frese	Sheffield IL	485	31	160	58:12.7	58:42.7	0:30.0	18:56/M
32	Ashley Cosgrove	Sheffield IL	1211	32	166	59:46.1	59:53.7	0:07.6	19:19/M
33	Justine Ely	Sheffield IL	1210	40	167	59:47.7	59:55.4	0:07.7	19:20/M
34	Breanne Cinnamon	Kewanee IL	972	36	178	1:02:14.7	1:02:42.2	0:27.5	20:14/M
35	Allison Peterson	Walnut IL	1229	31	180	1:01:55.8	1:02:55.1	0:59.2	20:18/M
36	Kelly Madsen	Princeton IL	779	34	192	1:02:39.7	1:03:38.0	0:58.2	20:32/M
37	Samantha Mathew	Geneseo IL	1221	35	196	1:08:23.6	1:09:10.2	0:46.6	22:19/M
38	Michelle Moe	Geneseo IL	1223	37	197	1:08:26.7	1:09:12.9	0:46.1	22:20/M

Female 41 to 50

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1 *	Renee Wetzell	Tampico IL	1236	47	22	27:40.9	27:45.4	0:04.5	8:57/M
2 *	Elizabeth Birkey	Princeton IL	780	44	31	28:55.3	28:55.3		9:20/M
3	Cherie House	Sheffield IL	974	47	52	33:17.4	33:26.8	0:09.3	10:47/M
4	Tiffany Macy	Toulon IL	1235	43	71	38:38.2	38:41.3	0:03.1	12:29/M
5	Ashley Stabler	Sheffield IL	483	48	74	38:31.1	39:04.9	0:33.8	12:36/M
6	Shelby Crabtree	Sheffield IL	966	47	75	38:30.8	39:05.3	0:34.5	12:37/M
7	Beth Earley	Annawan IL	494	43	85	41:32.3	41:47.4	0:15.0	13:29/M
8	Brandi Larson	Princeton IL	1002	45	86	41:10.2	41:48.2	0:38.0	13:29/M
9	Chris Landrus		778	47	92	42:22.0	42:22.0		13:40/M
10	Rena Vanlanduit	Walnut IL	764	46	93	42:05.8	42:32.8	0:27.0	13:44/M
11	Suzy Bell	Sheffield IL	731	42	119	49:56.5	50:32.8	0:36.3	16:18/M
12	Kaliesha Miller	Neponset IL	493	43	120	49:57.7	50:32.9	0:35.2	16:18/M
13	Sheri Litherland	Sheffield IL	755	47	121	49:57.5	50:33.0	0:35.4	16:18/M
14	Rebecca Smith	Walnut IL	1048	41	126	51:28.9	51:57.6	0:28.7	16:46/M
15	Mandi Bauer	Mendota IL	1239	50	143	55:05.8	55:45.6	0:39.8	17:59/M
16	Emaleigh Morrissey	Sheffield IL	495	42	144	55:06.3	55:45.6	0:39.3	17:59/M
17	Kristie Cady	Walnut IL	1009	41	153	56:56.4	57:17.2	0:20.8	18:29/M
18	Lauren Kruse	Harmon IL	1010	42	154	56:56.8	57:17.7	0:20.9	18:29/M
19	Sarah Catton	Sheffield IL	719	45	156	57:05.3	57:22.7	0:17.4	18:31/M
20	Rebekah Johnson		1049	42	170	59:31.4	59:56.2	0:24.8	19:20/M
21	Jodi Wiemken	Tampico IL	1023	49	181	1:01:56.2	1:02:55.6	0:59.3	20:18/M
22	Deana Simmer	Rock Falls IL	1230	46	182	1:01:56.9	1:02:56.1	0:59.1	20:18/M
23	Melody Lara	East Moline IL	768	48	193	1:04:52.2	1:06:02.5	1:10.2	21:18/M

Strides for Strength 5k

Age Group Results

5k

Race Date
June 28, 2025

Female 51 to 60

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Candy Parente	Ladd IL	739	56	73	38:41.7	38:54.2	0:12.5	12:33/M
2	* Laurie Shipp	Sheffield IL	758	58	77	40:02.1	40:13.3	0:11.2	12:58/M
3	Mary Sommer	Malden IL	996	53	91	42:08.4	42:20.6	0:12.1	13:40/M
4	Amy Cambron	Wyanet IL	1017	60	95	42:08.6	43:05.1	0:56.5	13:54/M
5	Toni Pickard	Sheffield IL	1238	59	136	53:51.9	54:03.3	0:11.3	17:26/M
6	Kim Foes	Mineral IL	776	55	139	53:31.0	54:32.8	1:01.8	17:36/M
7	Sorenson Amy	Dover IL	991	52	145	55:06.4	55:45.9	0:39.4	17:59/M
8	Annette Carper	Sheffield IL	737	60	147	54:52.6	55:47.9	0:55.2	18:00/M
9	Tina Desplinter	Wyanet IL	735	53	148	55:40.0	56:22.3	0:42.2	18:11/M
10	Laurie Bitting	Buda IL	729	56	158	56:54.9	57:26.4	0:31.4	18:32/M
11	Tara Roberts	Buda IL	730	55	159	56:55.5	57:27.2	0:31.7	18:32/M
12	Trudi Roberts	Princeton IL	1000	54	162	58:12.3	58:43.5	0:31.2	18:57/M
13	Lisa Fawcett	Princeton IL	1005	58	163	58:12.5	58:43.7	0:31.1	18:57/M
14	Margaret Devenney	Sheffield IL	721	56	169	59:31.0	59:56.0	0:25.0	19:20/M
15	Karen Russell	Wyanet IL	743	57	171	59:34.9	59:59.0	0:24.1	19:21/M
16	Kimberly Shipp	Wyanet IL	497	53	184	1:02:03.5	1:03:07.7	1:04.2	20:22/M
17	Laura Reuter	Walnut IL	1226	58	189	1:02:30.5	1:03:19.2	0:48.7	20:26/M
18	Missy Warzecha	Sheffield IL	498	57	191	1:02:22.4	1:03:27.4	1:05.0	20:28/M

Female 61 to 70

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Janelle Happach	Downers Grove IL	753	61	35	29:06.9	29:13.2	0:06.3	9:26/M
2	* Patricia Keim	East Peoria IL	987	69	37	29:47.2	29:55.0	0:07.8	9:39/M
3	Ellen Lind	Wyanet IL	722	63	54	34:21.7	34:31.1	0:09.4	11:08/M
4	Lorie Watson	La Fayette IL	977	62	66	38:07.5	38:11.5	0:03.9	12:19/M
5	Sherri Matuszyk	Kewanee IL	1021	62	82	41:01.3	41:10.3	0:09.0	13:17/M
6	Pat Corwin	Sheffield IL	757	66	103	45:36.2	45:45.1	0:08.9	14:46/M
7	Jannette Rodgers		740	66	137	53:52.5	54:03.5	0:11.0	17:26/M
8	Debra Meyers	Rock Falls IL	738	64	146	54:52.6	55:47.5	0:54.8	18:00/M
9	Anita Shearer	Buda IL	471	64	175	59:46.4	1:00:35.3	0:48.8	19:33/M
10	Nancy Peceniak	Crest Hill IL	478	61	176	59:51.5	1:00:35.6	0:44.1	19:33/M
11	Tena Taylor	Sheffield IL	492	67	177	1:01:49.4	1:02:35.5	0:46.1	20:11/M

Female 71 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Diana Roberts	Buda IL	998	72	164	58:12.5	58:44.7	0:32.2	18:57/M
2	Peggy Emmerson	Sheffield IL	484	71	168	59:29.5	59:55.6	0:26.1	19:20/M

Strides for Strength 5k

Age Group Results

5k

Race Date
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Male OVERALL Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Elijah House	Sheffield IL	976	20	1	17:59.0	18:01.1	0:02.0	5:49/M

Male Sheffield Resident T Winn

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Isaac Pratt	Sheffield IL	968	12	21	27:07.1	27:33.0	0:25.9	8:53/M

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Race Date
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Male 10 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Graham Strouss	Sheffield IL	728	10	6	22:41.2	22:41.2		7:19/M
2	* Wyatt Vladika	Princeton IL	1014	10	55	35:14.9	35:14.9		11:22/M
3	Rowan Marshall	Sheffield IL	475	10	72	38:48.4	38:48.4		12:31/M
4	Calvin Anderson	Princeton IL	1024	6	113	48:27.0	49:18.7	0:51.7	15:54/M
5	Callen Moe	Geneseo IL	1225	9	157	56:42.4	57:24.6	0:42.1	18:31/M

Male 11 to 20

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Alex Bohne	Oglesby IL	1046	19	11	24:04.4	24:09.1	0:04.6	7:47/M
2	* Kayne Richter	Wyanet IL	1031	15	13	24:19.6	24:22.3	0:02.6	7:52/M
3	Theo Bonucci	Princeton IL	772	13	17	25:07.3	25:07.3		8:06/M
4	Peter Bonucci	Princeton IL	774	11	18	27:13.6	27:13.6		8:47/M
5	Travis Birkey	Princeton IL	781	13	49	32:28.5	32:36.4	0:07.8	10:31/M
6	Lane Foffel	Deer Grove IL	1008	11	58	35:33.1	35:42.5	0:09.4	11:31/M
7	Haxel Marshall	Sheffield IL	473	13	61	36:47.7	36:47.7		11:52/M
8	Cash Thompson	Sheffield IL	477	14	106	47:57.4	47:57.4		15:28/M
9	Tyler Frese	Sheffield IL	486	11	117	49:38.8	49:41.3	0:02.5	16:02/M

Male 21 to 30

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Kyle Reiling	Atkinson IL	1220	30	2	18:44.4	18:46.8	0:02.4	6:04/M
2	* Charlie McCook	Standard IL	1042	25	7	23:47.3	23:53.6	0:06.2	7:42/M
3	Brayden Holmes	Hennepin IL	1044	23	9	23:53.0	23:59.1	0:06.0	7:44/M
4	Zack Bohne	Hennepin IL	1045	23	12	24:11.4	24:15.2	0:03.8	7:49/M
5	Logan Bopes	Wyanet IL	986	22	14	24:59.3	25:03.6	0:04.3	8:05/M
6	Dan Johnson		763	27	23	27:44.7	27:49.0	0:04.2	8:58/M
7	Trevin Kennedy	Wyanet IL	1228	30	24	27:33.3	27:54.1	0:20.8	9:00/M
8	Jake Smith	Sheffield IL	487	29	161	58:12.9	58:43.4	0:30.4	18:57/M
9	Ben Buresh	Annawan IL	1215	25	188	1:02:17.7	1:03:12.0	0:54.2	20:23/M

Male 31 to 40

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Ben Clausen	Walnut IL	969	39	8	23:54.3	23:56.6	0:02.3	7:43/M
2	* John Zearing	Princeton IL	1012	33	15	24:57.9	25:03.8	0:05.8	8:05/M
3	Keith Varland	Princeton IL	970	39	25	27:56.6	28:00.0	0:03.4	9:02/M
4	Seth Carper	Urbana IL	982	35	27	27:53.2	28:11.4	0:18.2	9:06/M
5	Michael Zearing	Princeton IL	1011	31	42	31:08.9	31:15.0	0:06.0	10:05/M
6	Zachary Clark	Princeton IL	983	33	51	33:06.9	33:11.2	0:04.2	10:42/M
7	Karl Branom	Kewanee IL	1020	39	64	36:47.6	37:21.1	0:33.5	12:03/M
8	Eric Anderson	Princeton IL	1025	37	69	38:06.6	38:35.8	0:29.2	12:27/M
9	Philip Moe	Geneseo IL	1224	37	195	1:08:26.6	1:09:09.6	0:43.0	22:19/M
10	Taylor Mathew	Geneseo IL	1222	35	198	1:08:39.5	1:09:21.4	0:41.9	22:22/M

Male 41 to 50

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Shawn Kendall	Galva IL	990	46	5	22:12.5	22:15.5	0:03.0	7:11/M
2	* Timothy Pratt	Sheffield IL	967	43	26	27:42.6	28:07.9	0:25.3	9:05/M
3	Jake Love	Princeton IL	782	42	40	30:43.7	30:58.1	0:14.3	9:59/M
4	Todd Larson	Princeton IL	1003	43	46	31:30.4	32:07.7	0:37.3	10:22/M
5	Jason Wilhite	Princeton IL	1241	44	53	32:31.9	33:30.0	0:58.1	10:48/M
6	Jason Vanlandui Jason	Walnut IL	765	48	94	42:06.3	42:33.0	0:26.6	13:44/M
7	Christopher Maynard	Walnut IL	1050	46	125	51:28.4	51:57.3	0:28.8	16:46/M
8	Bruce Ely	Sheffield IL	1212	43	173	59:51.4	1:00:00.9	0:09.4	19:22/M

Strides for Strength 5k

Age Group Results

5k

Race Date
June 28, 2025

Male 51 to 60

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Jose Lara	East Moline IL	769	54	20	26:56.6	27:21.8	0:25.1	8:50/M
2	* Scott Reuter	Walnut IL	1022	60	29	28:19.7	28:35.8	0:16.0	9:13/M
3	Randall Shipp	Wyanet IL	747	58	186	1:02:03.6	1:03:08.0	1:04.3	20:22/M

Male 61 to 70

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Mathew Happach	Downers Grove IL	754	61	16	24:58.6	25:04.2	0:05.6	8:05/M
2	* Tim Quart		742	66	98	43:35.0	43:50.2	0:15.2	14:08/M

Male 71 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	John Winger	Sheffield IL	491	71	172	59:04.7	1:00:00.1	0:55.4	19:21/M
2	Michael Bowman	Sheffield IL	725	71	174	59:10.0	1:00:05.3	0:55.3	19:23/M