

The Eight Annual 5K Health Run/Fitness Walk

Race Date
April 27, 2013

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Stake	Randleman NC	5312	25	M	1 Oall	17:32	5:39/M
2	Trevor Deaton	Sophia NC	5073	14	M	2 Oall	18:15	5:53/M
3	Robet Scott	Asheboro NC	5296	57	M	3 Oall	18:27	5:57/M
4	Austin Howlett	Statesboro GA	5162	25	M	1 25-29	18:48	6:04/M
5	Jeremy Shelton	Asheboro NC	5433	28	M	2 25-29	19:14	6:12/M
6	Christian O'Briant	Asheboro NC	5402	16	M	1 15-19	19:16	6:13/M
7	Lason Matson	Asheboro NC	5410	21	M	1 20-24	19:24	6:15/M
8	Patrick Hogan	Asheboro NC	5392	27	M	3 25-29	19:33	6:18/M
9	Bob Seedlock	Asheboro NC	5451	45	M	1 Mast	19:37	6:20/M
10	Jerry Loflin	Denton NC	5206	36	M	1 35-39	19:53	6:25/M
11	John Robinson	West End NC	5439	44	M	1 40-44	19:57	6:26/M
12	Joshua Heflin	Asheboro NC	5144	34	M	1 30-34	19:59	6:27/M
13	Matthew Queen	Asheboro NC	5443	16	M	2 15-19	20:01	6:27/M
14	Josef Ylipaa	Gammelstad	5361	21	M	2 20-24	20:03	6:28/M
15	Richard Evans	Asheboro NC	5406	46	M	1 45-49	20:03	6:28/M
16	Matthew Kiefer	Asheboro NC	5190	16	M	3 15-19	20:07	6:29/M
17	Ali Bowen	Lexington NC	5026	16	F	1 Oall	20:11	6:31/M
18	Amy Cernava	Asheboro NC	5049	45	F	2 Oall	20:11	6:31/M
19	Brian Povish	West End NC	5273	38	M	2 35-39	20:15	6:32/M
20	Gustavo Ramirez	Asheboro NC	5430	17	M	4 15-19	20:17	6:33/M
21	Levi Mahan	Asheboro NC	5220	25	M	4 25-29	20:18	6:33/M
22	James Green	Asheboro NC	5460	33	M	2 30-34	20:19	6:33/M
23	Benjamin Ingle	Asheboro NC	5389	15	M	5 15-19	20:20	6:34/M
24	Korey Sullivan	Asheboro NC	5324	25	M	5 25-29	20:26	6:35/M
25	Chris Andrews	Asheboro NC	5395	19	M	6 15-19	20:26	6:35/M
26	Samuel Sesmas	Asheboro NC	5297	41	M	2 40-44	20:30	6:37/M
27	Dallas Jeffus	Wilmington NC	5177	26	M	6 25-29	20:31	6:37/M
28	Scott Kauffman	Asheboro NC	5452	45	M	2 45-49	20:31	6:37/M
29	Chad McKenzie	Asheboro NC	5230	31	M	3 30-34	20:32	6:37/M
30	Jonathan Carroll	Asheboro NC	5427	15	M	7 15-19	20:37	6:39/M
31	Ken Hill	Randleman NC	5156	44	M	3 40-44	20:38	6:39/M
32	Jennifer Parks	Durham NC	5256	30	F	3 Oall	20:50	6:43/M
33	Michael Smith	Asheboro NC	5305	43	M	4 40-44	21:02	6:47/M
34	Ryan Sullivan	Asheboro NC	5328	21	M	3 20-24	21:15	6:51/M
35	Jd Goodwin	Asheboro NC	5412	28	M	7 25-29	21:24	6:54/M
36	Fernando Arzate	Asheboro NC	5403	24	M	4 20-24	21:25	6:55/M
37	Mike Pugh	Asheboro NC	5436	49	M	3 45-49	21:37	6:58/M
38	Will Moss	Asheboro NC	5242	12	M	1 11-14	21:37	6:58/M
39	Dave Fowler	Asheboro NC	5099	48	M	4 45-49	21:46	7:01/M
40	Josh Leroy	Asheboro NC	5204	35	M	3 35-39	21:52	7:03/M
41	Connor Shipley	Asheboro NC	5300	13	M	2 11-14	21:58	7:05/M
42	Steven Hall	Winston Salem NC	5127	24	M	5 20-24	22:04	7:07/M
43	Benjamin Carroll	Asheboro NC	5428	13	M	3 11-14	22:07	7:08/M
44	Eric Gee	Randleman NC	5115	26	M	8 25-29	22:10	7:09/M
45	Katy Cernava	Asheboro NC	5051	14	F	1 11-14	22:12	7:10/M
46	Jim Stilley	Thomasville NC	5432	44	M	5 40-44	22:15	7:11/M
47	Curtis McNeil	Asheboro NC	5231	47	M	5 45-49	22:18	7:12/M

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Don Pickens	Asheboro NC	5267	59	M	1 55-59	22:27	7:15/M
49	Bryant West	Eagle Springs NC	5347	16	M	8 15-19	22:32	7:16/M
50	Matt Wolf	Troy NC	5355	42	M	6 40-44	22:35	7:17/M
51	Reeves Frisby	Kernersville NC	5103	29	M	9 25-29	22:49	7:22/M
52	Brian Nance	Asheboro NC	5420	45	M	6 45-49	22:53	7:23/M
53	Margaret Elliott	Asheboro NC	5409	40	F	1 Mast	22:57	7:24/M
54	Jimi Gibbs	Asheboro NC	5118	55	M	2 55-59	22:58	7:25/M
55	Andy Garner	Asheboro NC	5390	47	M	7 45-49	23:00	7:25/M
56	Claire Overcash	Asheboro NC	5415	46	F	1 45-49	23:03	7:26/M
57	Jim Jones	Asheboro NC	5182	62	M	1 60-64	23:04	7:26/M
58	Nathanial Needham	Asheboro NC	5419	14	M	4 11-14	23:17	7:31/M
59	Paul Bauer	Asheboro NC	5022	65	M	1 65-69	23:19	7:31/M
60	Daniel Sullivan	Trinity NC	5323	28	M	10 25-29	23:21	7:32/M
61	Jan Watkins	Denton NC	5342	29	F	1 25-29	23:25	7:33/M
62	Mariel Feigen	Asheboro NC	5096	25	F	2 25-29	23:25	7:33/M
63	Laura Leroy	Asheboro NC	5205	33	F	1 30-34	23:26	7:34/M
64	Travis Furr	Albemarle NC	5104	22	M	6 20-24	23:35	7:36/M
65	Aaron Pritchard	Asheboro NC	5396	27	M	11 25-29	23:43	7:39/M
66	Jack McLendon	Burlington NC	5447	28	M	12 25-29	23:47	7:40/M
67	Katie Needham	Asheboro NC	5246	27	F	3 25-29	23:53	7:42/M
68	Eliza Cook	Asheboro NC	5060	31	F	2 30-34	24:08	7:47/M
69	Matt Garrett	Thomasville NC	5114	33	M	4 30-34	24:09	7:47/M
70	Michelle Cole	Asheboro NC	5058	29	F	4 25-29	24:15	7:49/M
71	Gregg Kiser	Asheboro NC	5191	56	M	3 55-59	24:23	7:52/M
72	Cameron Long	Asheboro NC	5207	17	M	9 15-19	24:24	7:52/M
73	Leslie Caviness	Asheboro NC	5048	31	F	3 30-34	24:24	7:52/M
74	Gezelle MacOn	Seagrove NC	5219	44	F	1 40-44	24:31	7:55/M
75	Calvin Patterson	Asheboro NC	5265	53	M	1 50-54	24:35	7:56/M
76	Meredith Honeycutt	Albemarle NC	5161	23	F	1 20-24	24:37	7:56/M
77	Donald York III	Sophia NC	5362	20	M	7 20-24	24:38	7:57/M
78	Chris Gossdin	Asheboro NC	5426	43	M	7 40-44	24:39	7:57/M
79	Ryland Clark	Asheboro VA	5055	26	M	13 25-29	24:47	8:00/M
80	Jose Sandoval	Asheboro NC	5290	27	M	14 25-29	24:59	8:04/M
81	John Cernava	Asheboro NC	5050	11	M	5 11-14	25:00	8:04/M
82	Paulo Bettega Santos	Asheboro NC	5424	21	M	8 20-24	25:02	8:05/M
83	Hillary Spangler	Asheboro NC	5311	21	F	2 20-24	25:04	8:05/M
84	Allen Hager	Randleman NC	5124	42	M	8 40-44	25:05	8:05/M
85	Greg Robinson	Asheboro NC	5423	55	M	4 55-59	25:09	8:07/M
86	Alex Arbaiza	Asheboro NC	5009	28	M	15 25-29	25:10	8:07/M
87	Troy Moss	Asheboro NC	5241	9	M	1 1-10	25:15	8:09/M
88	Evan Underwood	Asheboro NC	5416	23	M	9 20-24	25:18	8:10/M
89	Grant Somero	Trinity NC	5306	11	M	6 11-14	25:20	8:10/M
90	Jennifer Mowers	Randleman NC	5243	39	F	1 35-39	25:20	8:10/M
91	Haven Hall	Randleman NC	5126	34	F	4 30-34	25:20	8:10/M
92	Justin Parks	Asheboro NC	5257	27	M	16 25-29	25:21	8:11/M
93	Grayson Somero	Trinity NC	5307	11	M	7 11-14	25:29	8:13/M
94	David Mercadante	Trinity NC	5233	33	M	5 30-34	25:32	8:14/M

The Eight Annual 5K Health Run/Fitness Walk

Race Date
April 27, 2013

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Gene Saunders	Ramseur NC	5291	56	M	5 55-59	25:34	8:15/M
96	Meredith Haywood	Troy NC	5143	25	F	5 25-29	25:39	8:16/M
97	Joseph Fisher	Asheboro NC	5097	24	M	10 20-24	25:39	8:16/M
98	Kurt Sullivan	Asheboro NC	5325	55	M	6 55-59	25:40	8:17/M
99	Shawn Barr	Asheboro NC	5021	10	M	2 1-10	25:41	8:17/M
100	Todd Swaney	Asheboro NC	5429	47	M	8 45-49	25:43	8:18/M
101	Jose Aranda	Asheboro NC	5008	27	M	17 25-29	25:45	8:18/M
102	Zachary George	Asheboro NC	5117	23	M	11 20-24	25:47	8:19/M
103	Michael Nutt	Asheboro NC	5251	56	M	7 55-59	25:51	8:20/M
104	Joseph Garner	Robbins NC	5109	43	M	9 40-44	25:52	8:21/M
105	Diana Parks	Sophia NC	5255	33	F	5 30-34	25:53	8:21/M
106	Neil Weatherly	Asheboro NC	5346	37	M	4 35-39	25:55	8:22/M
107	Jerry Johnson	Asheboro NC	5180	48	M	9 45-49	25:56	8:22/M
108	Todd Leach	Asheboro NC	5201	43	M	10 40-44	25:56	8:22/M
109	Daniel Dortch	Seagrove NC	5079	22	M	12 20-24	25:57	8:22/M
110	Jane Braswell	Asheboro NC	5030	53	F	1 50-54	26:01	8:24/M
111	Martin Brown	Asheboro NC	5036	41	M	11 40-44	26:10	8:26/M
112	Todd Eide	Sophia NC	5087	30	M	6 30-34	26:11	8:27/M
113	Sarah Bidlespacher	Asheboro NC	5421	13	F	2 11-14	26:12	8:27/M
114	Wendy Allen	Asheboro NC	5005	34	F	6 30-34	26:12	8:27/M
115	Charity Matson	Asheboro NC	5225	14	F	3 11-14	26:13	8:27/M
116	Carol Schuck Dillon	Randleman NC	5294	39	F	2 35-39	26:22	8:30/M
117	Michael Somero	Trinity NC	5309	40	M	12 40-44	26:28	8:32/M
118	Dean Lail	Asheboro NC	5456	52	M	2 50-54	26:31	8:33/M
119	Rachael Waugh	Asheboro NC	5345	58	F	1 55-59	26:32	8:34/M
120	Cody Smith	Asheboro NC	5399	21	M	13 20-24	26:33	8:34/M
121	Kenneth Hughes	Randleman NC	5167	48	M	10 45-49	26:35	8:35/M
122	Timothy Akins	Asheboro NC	5002	52	M	3 50-54	26:40	8:36/M
123	Anthony Belfiglio	Ramseur NC	5023	72	M	1 70-74	26:41	8:36/M
124	Sabrina Rhoades	Battleground WA	5438	19	F	1 15-19	26:42	8:37/M
125	Michael Swails	Asheboro NC	5330	47	M	11 45-49	26:47	8:38/M
126	Kenneth Prochnau	Asheboro NC	5277	43	M	13 40-44	26:50	8:39/M
127	Scott Queen	Asheboro NC	5444	41	M	14 40-44	26:51	8:40/M
128	Josh Cvijanovic	Asheboro NC	5068	28	M	18 25-29	26:55	8:41/M
129	Angela Dozier	Asheboro NC	5446	38	F	3 35-39	26:55	8:41/M
130	Kevin Fair	Asheboro NC	5095	36	M	5 35-39	27:02	8:43/M
131	Chris Singletary	Asheboro NC	5302	40	M	15 40-44	27:04	8:44/M
132	Blake Davis	Seagrove NC	5069	19	M	10 15-19	27:07	8:45/M
133	Nadia Routh	Asheboro NC	5398	18	F	2 15-19	27:15	8:47/M
134	Amanda Stout	Asheboro NC	5317	25	F	6 25-29	27:21	8:49/M
135	Julia Jones	Jamestown NC	5183	26	F	7 25-29	27:22	8:50/M
136	Janet Dorsett	Asheboro NC	5078	60	F	1 60-64	27:28	8:52/M
137	Debbie Thomas	Asheboro NC	5332	50	F	2 50-54	27:40	8:55/M
138	Marlana Hancock	Archdale NC	5130	42	F	2 40-44	27:50	8:59/M
139	Scarlet Brady	Asheboro NC	5029	49	F	2 45-49	27:51	8:59/M
140	Jason Rubenstein		5384	31	M	7 30-34	27:55	9:00/M
141	Wendell Holland	Asheboro NC	5158	74	M	2 70-74	28:02	9:03/M

The Eight Annual 5K Health Run/Fitness Walk

Race Date
April 27, 2013

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Ana Haywood	Troy NC	5142	26	F	8 25-29	28:16	9:07/M
143	Teresa White	Asheboro NC	5348	43	F	3 40-44	28:20	9:08/M
144	Mark Sanders	Sophia NC	5289	50	M	4 50-54	28:22	9:09/M
145	Albert Eubanks	Asheboro NC	5092	52	M	5 50-54	28:26	9:10/M
146	Daniel Jordan	Randleman NC	5184	23	M	14 20-24	28:28	9:11/M
147	Teresa Kellum	Asheboro NC	5188	48	F	3 45-49	28:29	9:11/M
148	Valerie Stover	Asheboro NC	5318	29	F	9 25-29	28:32	9:12/M
149	Jeremy Pate	Staley NC	5263	32	M	8 30-34	28:35	9:13/M
150	Donald York Jr	Sophia NC	5363	48	M	12 45-49	28:42	9:15/M
151	Cheryl Hill	Winston Salem NC	5152	44	F	4 40-44	28:53	9:19/M
152	David Holyfield	Sophia NC	5159	39	M	6 35-39	28:54	9:19/M
153	Annette Borchert	Asheboro NC	5024	41	F	5 40-44	28:55	9:20/M
154	Laura Young	Lexington NC	5365	26	F	10 25-29	28:58	9:21/M
155	Larry Penkava	Asheboro NC	5476	66	M	2 65-69	28:58	9:21/M
156	Heather Thompson	Trinity NC	5334	43	F	6 40-44	29:00	9:21/M
157	Doug Pugh	Asheboro NC	5279	55	M	8 55-59	29:04	9:23/M
158	Dax Harris	High Point NC	5135	8	M	3 1-10	29:05	9:23/M
159	Mike Harris	High Point NC	5136	42	M	16 40-44	29:06	9:23/M
160	John Hyatt	Randleman NC	5174	47	M	13 45-49	29:08	9:24/M
161	Gregg York	Asheboro NC	5411	53	M	6 50-54	29:08	9:24/M
162	Lesley Jessup	Asheboro NC	5178	30	F	7 30-34	29:13	9:25/M
163	Mariana Alvarado	Asheboro NC	5385	22	F	3 20-24	29:25	9:29/M
164	Will Massie	Asheboro NC	5223	52	M	7 50-54	29:27	9:30/M
165	Michael Patram	Asheboro NC	5264	56	M	9 55-59	29:28	9:30/M
166	Rick Sullivan	Trinity NC	5327	56	M	10 55-59	29:44	9:35/M
167	Lindsey Matson	Asheboro NC	5226	20	F	4 20-24	29:56	9:39/M
168	Chris Powell	Asheboro NC	5274	38	M	7 35-39	29:59	9:40/M
169	Alan Edmonds	Asheboro NC	5086	27	M	19 25-29	30:05	9:42/M
170	Elizabeth Morton	Asheboro NC	5239	23	F	5 20-24	30:12	9:45/M
171	Abigail Garner	Asheboro NC	5106	10	F	1 1-10	30:13	9:45/M
172	Gabriel Aviles	Randleman NC	5013	26	M	20 25-29	30:20	9:47/M
173	Justine Buxton	Asheboro NC	5041	42	F	7 40-44	30:21	9:47/M
174	Dianne Auman	Asheboro NC	5012	55	F	2 55-59	30:27	9:49/M
175	Abbey Glover	Asheboro NC	5422	14	F	4 11-14	30:31	9:51/M
176	Sandra Patterson	Asheboro NC	5266	52	F	3 50-54	30:32	9:51/M
177	Wendy Garner	Asheboro NC	5453	41	F	8 40-44	30:39	9:53/M
178	Meagan Goodwin	Asheboro NC	5413	24	F	6 20-24	30:40	9:54/M
179	Ken Brady	Asheboro NC	5028	50	M	8 50-54	30:43	9:55/M
180	Derrick Hill	Asheboro NC	5154	39	M	8 35-39	30:45	9:55/M
181	Desiree Brewer	Asheboro NC	5417	20	F	7 20-24	30:45	9:55/M
182	Tanya Lambeth	Thomasville NC	5195	53	F	4 50-54	30:56	9:59/M
183	Latisha Cannon	Little Switzerland NC	5044	37	F	4 35-39	31:14	10:05/M
184	Alfred Morton	Asheboro NC	5237	53	M	9 50-54	31:20	10:06/M
185	Tina Dixon	Asheboro NC	5077	33	F	8 30-34	31:25	10:08/M
186	Nicholas Smith	Asheboro NC	5371	33	M	9 30-34	31:27	10:09/M
187	Katie Brown	Asheboro NC	5033	23	F	8 20-24	31:32	10:10/M
188	Autumn Keeter	Asheboro NC	5187	13	F	5 11-14	31:38	10:12/M

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
189	Susan Sumner	Asheboro NC	5459	45	F	4 45-49	31:38	10:12/M
190	Lourdes Duggins	Asheboro NC	5431	29	F	11 25-29	31:39	10:13/M
191	Lisa Robinson	Asheboro NC	5286	47	F	5 45-49	31:39	10:13/M
192	Bailey Ray Lassiter	Asheboro NC	5197	11	M	8 11-14	31:41	10:13/M
193	Joyce Walker	Asheboro NC	5341	62	F	2 60-64	31:44	10:14/M
194	Susan Saunders	Norwood NC	5293	33	F	9 30-34	31:53	10:17/M
195	Jennifer MacFayden	Ramseur NC	5218	25	F	12 25-29	31:55	10:18/M
196	Marilyn Koonce	Asheboro NC	5192	76	F	1 75-79	31:58	10:19/M
197	Brian Moss	Asheboro NC	5240	37	M	9 35-39	32:00	10:19/M
198	Kay Haddock	Asheboro NC	5123	66	F	1 65-69	32:10	10:23/M
199	Deena Trogdon	Asheboro NC	5337	44	F	9 40-44	32:16	10:25/M
200	Calvin Riddle	Archdale NC	5283	44	M	17 40-44	32:16	10:25/M
201	Barry Houston	Asheboro NC	5404	59	M	11 55-59	32:24	10:27/M
202	Madeline Work	Trinity NC	5449	9	F	2 1-10	32:25	10:27/M
203	Vangie Borchert	Asheboro NC	5025	15	F	3 15-19	32:29	10:29/M
204	Patricia Frisby	Kernersville NC	5102	26	F	13 25-29	32:29	10:29/M
205	Krista Kiefer	Asheboro NC	5189	17	F	4 15-19	32:35	10:31/M
206	Emily Smith	Ramseur NC	5425	48	F	6 45-49	32:35	10:31/M
207	Charlie Chapman	Asheboro NC	5052	63	M	2 60-64	32:36	10:31/M
208	Hunter Epps	Asheboro NC	5091	10	M	4 1-10	32:36	10:31/M
209	Debbie Deneke	Asheboro NC	5076	43	F	10 40-44	32:43	10:33/M
210	Kimberly Barr	Asheboro NC	5020	39	F	5 35-39	32:45	10:34/M
211	Angi Morton	Asheboro NC	5238	49	F	7 45-49	32:46	10:34/M
212	Rebeca Garcia	Asheboro NC	5105	30	F	10 30-34	32:57	10:38/M
213	William Ly	Asheboro NC	5214	29	M	21 25-29	33:13	10:43/M
214	Heather Singletary	Asheboro NC	5303	41	F	11 40-44	33:18	10:45/M
215	John Maness	Denton NC	5221	52	M	10 50-54	33:19	10:45/M
216	Rhonda Maness	Denton NC	5222	51	F	5 50-54	33:19	10:45/M
217	Walker Moffitt	Asheboro NC	5235	55	M	12 55-59	33:19	10:45/M
218	Kyle Albertson	Archdale NC	5004	8	M	5 1-10	33:21	10:45/M
219	Hector Murrillo	Asheboro NC	5400	43	M	18 40-44	33:22	10:46/M
220	Keith Mace	Ramseur NC	5216	53	M	11 50-54	33:23	10:46/M
221	Daniel Thames	Asheboro NC	5331	37	M	10 35-39	33:28	10:48/M
222	Stepheni Heggedal	Liberty NC	5146	36	F	6 35-39	33:32	10:49/M
223	Jason Garner	Asheboro NC	5108	33	M	10 30-34	33:38	10:51/M
224	Mike Burnette	Asheboro NC	5040	43	M	19 40-44	33:39	10:51/M
225	Joanne Moffitt	Asheboro NC	5234	56	F	3 55-59	33:45	10:53/M
226	Lori Cannon	Asheboro NC	5045	34	F	11 30-34	33:46	10:54/M
227	Jasper Sumner	Asheboro NC	5458	14	M	9 11-14	33:49	10:55/M
228	Scott Haynes	Archdale NC	5140	53	M	12 50-54	33:49	10:55/M
229	Ginger Tysinger	Thomasville NC	5339	42	F	12 40-44	33:58	10:57/M
230	Cathy Williams	Randleman NC	5350	53	F	6 50-54	34:02	10:59/M
231	Barbara Hogan	Asheboro NC	5391	58	F	4 55-59	34:10	11:01/M
232	Shay Poczontek	Asheboro NC	5269	26	M	22 25-29	34:13	11:02/M
233	Ashley Albertson	Archdale NC	5003	33	F	12 30-34	34:14	11:03/M
234	Missi Foster	Asheboro NC	5383	46	F	8 45-49	34:19	11:04/M
235	Caroline Andrews	Asheboro NC	5007	52	F	7 50-54	34:19	11:04/M

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
236	Roxanne Matson	Asheboro NC	5227	16	F	5 15-19	34:25	11:06/M
237	Samantha Hyatt	Randleman NC	5175	13	F	6 11-14	34:30	11:08/M
238	Emma Cheek	Randleman NC	5054	13	F	7 11-14	34:34	11:09/M
239	Jodean Puckett	Greensboro NC	5278	57	M	13 55-59	34:36	11:10/M
240	Tony Harrison	Denton NC	5138	45	M	14 45-49	34:40	11:11/M
241	Jennifer Nutt	Asheboro NC	5250	25	F	14 25-29	34:41	11:11/M
242	Patty Sullivan	Asheboro NC	5326	52	F	8 50-54	34:43	11:12/M
243	Tiffany Cooper	Asheboro NC	5063	33	F	13 30-34	34:52	11:15/M
244	Kendra Cox	Asheboro NC	5065	24	F	9 20-24	34:54	11:15/M
245	Edward Stills	Asheboro NC	5315	37	M	11 35-39	34:56	11:16/M
246	Kayleigh Stills	Asheboro NC	5316	9	F	3 1-10	34:57	11:16/M
247	Derrick Hembree	Sophia NC	5148	40	M	20 40-44	35:10	11:21/M
248	Wayne Brewer	Asheboro NC	5032	56	M	14 55-59	35:11	11:21/M
249	Janet Harrison	Denton NC	5137	41	F	13 40-44	35:11	11:21/M
250	Reg Freemyer	Asheboro NC	5101	53	M	13 50-54	35:19	11:24/M
251	Scott Dunn	Asheboro NC	5085	52	M	14 50-54	35:20	11:24/M
252	Kimberly Garner	Asheboro NC	5111	44	F	14 40-44	35:28	11:26/M
253	Charles Russell	Asheboro NC	5288	59	M	15 55-59	35:29	11:27/M
254	William Engstrom	Advance NC	5089	63	M	3 60-64	35:31	11:27/M
255	Sheri Hughes	Florence SC	5170	43	F	15 40-44	35:37	11:29/M
256	Kaylyn Willingham	Thomasville NC	5352	9	F	4 1-10	35:39	11:30/M
257	Caitlin Hurley	Asheboro NC	5173	9	F	5 1-10	35:42	11:31/M
258	Chris Owens	Asheboro NC	5252	10	M	6 1-10	35:43	11:31/M
259	Wanda Stak	Asheboro NC	5408	50	F	9 50-54	35:43	11:31/M
260	Derrick Hunt	Asheboro NC	5171	10	M	7 1-10	35:47	11:33/M
261	Crystal Hembree	Sophia NC	5147	42	F	16 40-44	35:55	11:35/M
262	Stephanie Poczontek	Asheboro NC	5270	26	F	15 25-29	36:01	11:37/M
263	Jennifer Clayton	Asheboro NC	5056	39	F	7 35-39	36:03	11:38/M
264	Toni Wilson	Randleman NC	5354	33	F	14 30-34	36:04	11:38/M
265	Amanda Willingham	Thomasville NC	5351	33	F	15 30-34	36:04	11:38/M
266	Charlene Sullivan	Trinity NC	5322	57	F	5 55-59	36:17	11:42/M
267	Victoria Parrish	Denton NC	5262	10	F	6 1-10	36:19	11:43/M
268	Rebecca Jordan	Randleman NC	5185	25	F	16 25-29	36:20	11:43/M
269	Haley Pounders	Trinity NC	5272	9	F	7 1-10	36:22	11:44/M
270	Olivia Tuttle	Asheboro NC	5338	10	F	8 1-10	36:22	11:44/M
271	Susan Shumaker	Asheboro NC	5301	60	F	3 60-64	36:25	11:45/M
272	Ruby Hunter	Asheboro NC	5172	54	F	10 50-54	36:25	11:45/M
273	Patty Banta	Asheboro NC	5017	45	F	9 45-49	36:52	11:54/M
274	Kelli Stultz	Asheboro NC	5321	45	F	10 45-49	36:52	11:54/M
275	Gina Delk	Denton NC	5075	49	F	11 45-49	36:53	11:54/M
276	Beth Cox	Asheboro NC	5064	53	F	11 50-54	36:54	11:54/M
277	Jill Akins	Asheboro NC	5001	52	F	12 50-54	37:01	11:56/M
278	Bray Woodard	Star NC	5356	11	F	8 11-14	37:05	11:58/M
279	Kim Woodard	Star NC	5357	39	F	8 35-39	37:16	12:01/M
280	Sarah Lavway	Asheboro NC	5200	10	F	9 1-10	37:33	12:07/M
281	Marcia Parks	Asheboro NC	5258	58	F	6 55-59	37:36	12:08/M
282	Elizabeth Sonier	Asheboro NC	5310	50	F	13 50-54	37:36	12:08/M

The Eight Annual 5K Health Run/Fitness Walk

Race Date
April 27, 2013

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
283	Pam Johnson	Asheboro NC	5181	50	F	14 50-54	37:50	12:12/M
284	Donna Hyder	Asheboro NC	5176	53	F	15 50-54	38:06	12:17/M
285	Daniel Baker	Ashebor NC	5016	27	M	23 25-29	38:06	12:17/M
286	Natasha Wicker	Asheboro NC	5349	24	F	10 20-24	38:06	12:17/M
287	Brittany Hege	Asheboro NC	5145	11	F	9 11-14	38:18	12:21/M
288	Laura Brown	Seagrove NC	5034	45	F	12 45-49	38:19	12:22/M
289	Darrell Hamilton	Asheboro NC	5128	62	M	4 60-64	38:39	12:28/M
290	Susan Hunt	Asheboro NC	5434	48	F	13 45-49	38:47	12:31/M
291	Brittany Powers	Asheboro NC	5275	31	F	16 30-34	39:03	12:36/M
292	Lynette Garner	Asheboro NC	5112	46	F	14 45-49	39:10	12:38/M
293	Molly Engstrom	Advance NC	5088	15	F	6 15-19	39:12	12:39/M
294	Tammy Nixon	Franklinville NC	5247	42	F	17 40-44	39:12	12:39/M
295	Ellen Cheek	Randleman NC	5053	48	F	15 45-49	39:20	12:41/M
296	Wendy Shea	Pleasant Garden NC	5299	47	F	16 45-49	39:43	12:49/M
297	Laura Eubanks	Asheboro NC	5093	48	F	17 45-49	39:50	12:51/M
298	Sharon Richardson	Denton NC	5282	52	F	16 50-54	39:50	12:51/M
299	Ardist Holyfield, III	Randleman NC	5160	41	M	21 40-44	39:54	12:52/M
300	Misty McAden	Randleman NC	5229	44	F	18 40-44	40:03	12:55/M
301	Terri Haynes	Archdale NC	5141	53	F	17 50-54	40:07	12:56/M
302	Darrell Johnson	Asheboro NC	5435	71	M	3 70-74	40:10	12:57/M
303	Lorraine Ridge	Asheboro NC	5285	50	F	18 50-54	40:15	12:59/M
304	Marty Grainger	Asheboro NC	5122	48	M	15 45-49	40:16	12:59/M
305	Robin Vanhoy	Asheboro NC	5340	49	F	18 45-49	40:18	13:00/M
306	Tony Thomas	Asheboro NC	5333	42	M	22 40-44	40:53	13:11/M
307	Linda Argersinger	Asheboro NC	5010	73	F	1 70-74	40:56	13:12/M
308	Lizzie O'Briant	Asheboro NC	5401	14	F	10 11-14	40:59	13:13/M
309	Neal Griffin	Asheboro NC	5382	46	M	16 45-49	41:00	13:14/M
310	Dotty Davis	Randleman NC	5070	56	F	7 55-59	41:06	13:15/M
311	Donna Neiman	Asheboro NC	5457	46	F	19 45-49	41:23	13:21/M
312	Jennifer Luck	Seagrove NC	5213	33	F	17 30-34	41:25	13:22/M
313	Trevor Harrison	Denton NC	5139	16	M	11 15-19	41:39	13:26/M
314	Melissa Hill	Asheboro NC	5157	33	F	18 30-34	41:43	13:27/M
315	Kim Labonte	Trinity NC	5193	56	F	8 55-59	41:45	13:28/M
316	Carolyn Caligan	Julian NC	5042	37	F	9 35-39	41:48	13:29/M
317	Brooke Parks	Asheboro NC	5253	11	F	11 11-14	41:53	13:31/M
318	Rebecca Parks	Asheboro NC	5259	36	F	10 35-39	41:53	13:31/M
319	Jessica Woods	Denton NC	5358	17	F	7 15-19	42:02	13:34/M
320	Brandi Hill	Asheboro NC	5151	31	F	19 30-34	42:25	13:41/M
321	Carter Duggins	Asheboro NC	5080	9	F	10 1-10	42:28	13:42/M
322	Gina Williamson	Asheboro NC	5454	49	F	20 45-49	42:29	13:42/M
323	Kim Arrants	Thomasville NC	5011	33	F	20 30-34	42:30	13:43/M
324	Mendi Lowe	Asheboro NC	5211	38	F	11 35-39	42:42	13:46/M
325	Nash Duggins	Asheboro NC	5082	36	M	12 35-39	42:42	13:46/M
326	Margaret Brown	Asheboro NC	5035	55	F	9 55-59	42:44	13:47/M
327	Debbie Rhamy	Asheboro NC	5280	48	F	21 45-49	43:02	13:53/M
328	Lucas Wright	Trinity NC	5360	10	M	8 1-10	43:11	13:56/M
329	Rebecca Dunn	Asheboro NC	5084	52	F	19 50-54	43:26	14:01/M

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
330	Shaylahn Davis	Trinity NC	5072	9	F	11 1-10	43:26	14:01/M
331	Carla Freemyer	Asheboro NC	5100	51	F	20 50-54	43:57	14:11/M
332	Kiara Myers	Star NC	5245	9	F	12 1-10	44:09	14:15/M
333	Lisa Mace	Ramseur NC	5217	46	F	22 45-49	44:10	14:15/M
334	Loretta Long	Asheboro NC	5209	46	F	23 45-49	44:12	14:15/M
335	Lisa Mabe	Asheboro NC	5215	44	F	19 40-44	44:12	14:15/M
336	Lisa Hanes	Asheboro NC	5131	52	F	21 50-54	44:28	14:21/M
337	Cynthia Rich	Asheboro NC	5281	50	F	22 50-54	44:28	14:21/M
338	Shelby Morris	Asheboro NC	5236	75	F	2 75-79	44:30	14:21/M
339	Alexis McAden	Randleman NC	5228	18	F	8 15-19	44:44	14:26/M
340	Susan Poole	High Point NC	5271	46	F	24 45-49	45:09	14:34/M
341	Cristy Hamrick	High Point NC	5129	47	F	25 45-49	45:09	14:34/M
342	Melinda Lambeth	Asheboro NC	5407	49	F	26 45-49	45:12	14:35/M
343	Kenda Somero	Trinity NC	5308	39	F	12 35-39	45:25	14:39/M
344	Stacy Barker	Franklinville NC	5018	27	F	17 25-29	45:27	14:40/M
345	Kaitlyn Lamb	Asheboro NC	5194	11	F	12 11-14	45:28	14:40/M
346	Ann Haigler	Sophia NC	5125	52	F	23 50-54	45:38	14:43/M
347	Cathy Goodman	Biscoe NC	5120	42	F	20 40-44	45:40	14:44/M
348	Jane Shanks	Mcleansville NC	5298	30	F	21 30-34	46:12	14:54/M
349	Erin Kaelin	Asheboro NC	5186	34	F	22 30-34	46:35	15:02/M
350	Kay Lail	Asheboro NC	5450	54	F	24 50-54	46:36	15:02/M
351	Ashley Dunn	Asheboro NC	5441	15	F	9 15-19	46:38	15:03/M
352	Keenan Long	Asheboro NC	5208	9	M	9 1-10	46:40	15:03/M
353	Patricia Carter	Asheboro NC	5440	36	F	13 35-39	46:44	15:05/M
354	Anita Grainger	Asheboro NC	5121	48	F	27 45-49	46:48	15:06/M
355	Denise Brewer	Asheboro NC	5031	56	F	10 55-59	46:49	15:06/M
356	Crystal Kumbula	Asheboro NC	5418	37	F	14 35-39	46:55	15:08/M
357	Jennifer Norris	Asheboro NC	5249	41	F	21 40-44	47:07	15:12/M
358	Chloe Norris	Asheboro NC	5248	9	F	13 1-10	47:07	15:12/M
359	Chrissy Garner	Asheboro NC	5107	32	F	23 30-34	47:13	15:14/M
360	Sarah Thompson	Trinity NC	5335	10	F	14 1-10	47:16	15:15/M
361	Tonja Robbins	Asheboro NC	5397	49	F	28 45-49	47:21	15:16/M
362	Rebecca Coley	Asheboro NC	5388	33	F	24 30-34	47:30	15:19/M
363	April Medlin	Asheboro NC	5387	27	F	18 25-29	47:30	15:19/M
364	Connie Cole	Randleman NC	5437	50	F	25 50-54	47:59	15:29/M
365	Vickie Russell	Asheboro NC	5369	54	F	26 50-54	48:00	15:29/M
366	Brandy Turner	Asheboro NC	5414	26	F	19 25-29	48:21	15:36/M
367	Tanya Work	Trinity NC	5359	40	F	22 40-44	48:23	15:36/M
368	Annette Smith	Sophia NC	5304	46	F	29 45-49	48:29	15:38/M
369	Margaret Riddle	Archdale NC	5284	40	F	23 40-44	48:29	15:38/M
370	Lori Alston	Asheboro NC	5006	44	F	24 40-44	48:31	15:39/M
371	Cameron Everhart	Archdale NC	5094	22	F	11 20-24	49:29	15:58/M
372	Jessica Deese	High Point NC	5074	22	F	12 20-24	49:32	15:59/M
373	Haley Henderson	Asheboro NC	5150	15	F	10 15-19	50:15	16:13/M
374	Linda Coble	Liberty NC	5057	46	F	30 45-49	50:16	16:13/M
375	Anita Stewart	Archdale NC	5313	58	F	11 55-59	51:30	16:37/M
376	Javi Torres	Asheboro NC	5336	14	M	10 11-14	51:38	16:39/M

Race Date
April 27, 2013

The Eight Annual 5K Health Run/Fitness Walk

Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
377	Lynetta Watts	Asheboro NC	5343	42	F	25 40-44	52:26	16:55/M
378	William Watts	Asheboro NC	5344	49	M	17 45-49	52:26	16:55/M
379	Eric Surratt	Winston Salem NC	5329	35	M	13 35-39	55:34	17:55/M
380	Amanda Fowler	Winston Salem NC	5098	33	F	25 30-34	55:34	17:55/M
381	Mary Johnson	Asheboro NC	5455	31	F	26 30-34	56:09	18:07/M
382	Diane Bowen	Lexington NC	5027	56	F	12 55-59	56:17	18:09/M
383	Beverly Young	Lexington NC	5364	49	F	31 45-49	56:17	18:09/M
384	Michelle Luther	Asheboro NC	5393	39	F	15 35-39	57:20	18:30/M
385	Kathleen Gee	Randleman NC	5116	27	F	20 25-29	59:03	19:03/M
386	Debbie Davis	Asheboro NC	5368	51	F	27 50-54	59:42	19:15/M
387	Hanna Hughes	Asheboro NC	5165	17	F	11 15-19	59:57	19:20/M
388	Debbie Callicutt	Asheboro NC	5043	47	F	32 45-49	59:57	19:20/M
389	Aby Hughes	Asheboro NC	5163	14	F	13 11-14	1:01:18	19:46/M
390	Kandi Hughes	Asheboro NC	5166	47	F	33 45-49	1:01:19	19:47/M
391	Kaytlin Lowe	Asheboro NC	5210	9	F	15 1-10	1:04:18	20:45/M