

**Couch Potato 2010**  
**5K Male Run/Walk Age Group Registration**

**Champion 5K Male**

Seymour	Brian	Bowling Green, OH	15	00:17.11
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**Champion 5K Male Master**

Oldrieve	Rich	Bowling Green, OH	51	00:17.57
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	<i>Last Name</i>	<i>First Name</i>	<i>City/State</i>	<i>Age</i>	<i>Time</i>
<b>Ages 9 and under</b>					
<b>1</b>	Meyers	Drew	Fostoria, OH	9	27:14.30
<b>2</b>	Malan	Conner	Fremont, OH	8	29:43.93

**Ages 10 - 14**

<b>1</b>	Zamarippa	Phillip	Bowling Green, OH	14	21:13.09
<b>2</b>	Liaros	Seth	Sylvania, OH	14	22:22.49
<b>3</b>	Stone	Dylan	Fostoria, OH	13	23:04.65
<b>4</b>	Diettrich	Drew	Monclova, Ohio	10	24:13.14
<b>5</b>	Hokanson	Adam	Bowling Green, OH	14	28:11.65
<b>6</b>	Krupp	Bradley	Bowling Green, OH	12	28:12.47
<b>7</b>	Sayer	Benjamin	Bowling Green, OH	11	28:31.16
<b>8</b>	Snyder	Daniel	Bowling Green, OH	11	31:40.86
<b>9</b>	Spridgeon	Drake	Fostoria, OH	10	38:42.23

**Ages 15 - 19**

<b>Champion</b>	Seymour	Brian	Bowling Green, OH	15	17:11.79
<b>1</b>	Seymour	Shawn	Bowling Green, OH	15	20:09.17
<b>2</b>	Paulus	Justin	Bowling Green, OH	15	20:27.69
<b>3</b>	Geuzman	Grant	Unknown	18	21:41.44
<b>4</b>	Pelen	Antoine	Bowling Green, OH	17	26:18.06
<b>5</b>	Liaros	Noah	Sylvania, OH	19	29:50.60

**Ages 20 - 24**

<b>1</b>	Dennen	Justin	Bowling Green, OH	24	19:25.84
<b>2</b>	Sprung	Justin	Bowling Green, OH	23	22:16.40
<b>3</b>	Schmitt	James	Bowling Green, OH	20	22:42.55
<b>4</b>	Chandler	Chris	Bowling Green, OH	24	26:56.26
<b>5</b>	Chimes	Tim	Bowling Green, OH	22	27:28.56
<b>6</b>	Shaffer	John	Wayne, OH	23	29:24.09
<b>7</b>	Lea	Justin	Sylvania, OH	21	30:16.66
<b>8</b>	Hodges	Justin	Surfside Beach, SC	22	54:37.07

**Ages 25 - 29**

<b>1</b>	Gillman	Matt	Findlay, OH	25	17:38.05
<b>2</b>	Pollack	Michael	Bowling Green, OH	27	20:05.77
<b>3</b>	Winckles	Andrew	Holland, OH	25	20:06.35
<b>4</b>	Barlow	Andrew	Lakewood, OH	26	21:29.34
<b>5</b>	Czech	Jameson	Perrysburg, OH	26	22:04.36
<b>6</b>	Moates	Daniel	Vacaville, CA	26	23:22.18
<b>7</b>	Sprung	Andrew	Bowling Green, OH	25	23:33.66
<b>8</b>	Findling	John	Perrysburg, OH	26	23:35.81
<b>9</b>	Cramer	Nicholas	Wayne, OH	28	24:37.82
<b>10</b>	Fusik	James	Bowling Green, OH	25	26:01.65
<b>11</b>	Tyson	Matthew	Findlay, OH	29	26:54.65
<b>12</b>	Via	Brandon	Perrysburg, OH	25	27:50.71
<b>13</b>	Lemon	Paul	Las Vegas, NV	25	28:14.03
<b>14</b>	Beverick	Brandon	Bowling Green, OH	27	29:45.22
<b>15</b>	Knostman	Charles	New Knoxville, OH	29	31:45.39
<b>16</b>	Lamparyk	Chris	Bowling Green, OH	28	33:05.85
<b>17</b>	Trautman	Geoff	Bowling Green, OH	26	33:41.67
<b>18</b>	Sites	Nate	Findlay, OH	28	33:53.07
<b>19</b>	Nolan	Kevin	Bowling Green, OH	28	41:37.58

**Ages 30 - 34**

<b>1</b>	Gilbert	John	Fremont, OH	33	17:19.25
<b>2</b>	Miller	Patrick	Luckey, OH	32	21:09.22
<b>3</b>	Miller	Justin	Waterville, OH	32	21:30.41
<b>4</b>	Krupitzer	Kristoffer	Maumee, OH	31	22:27.48
<b>5</b>	Dixon	Jeremy	Bowling Green, OH	30	22:29.99

			OH		
<b>6</b>	Martin	Patrick	Oregon, OH	30	23:56.43
<b>7</b>	Delbosque	Michael	Napoleon, OH	34	24:10.52
<b>8</b>	Barricklow	Jonathan	Bowling Green, OH	31	25:00.68
<b>9</b>	Williams	Patrick	Bowling Green, OH	31	26:08.44
<b>10</b>	Chatfield	Jonathan	Bowling Green, OH	31	26:27.32
<b>11</b>	Downing	Kris	Bowling Green, OH	30	26:50.63
<b>12</b>	Pushka	Ben	Bowling Green, OH	30	27:13.10
<b>13</b>	Bodnar	Gerald	Bowling Green, OH	30	27:51.06
<b>14</b>	Slagle	Jason	Perrysburg, OH	30	28:15.78
<b>15</b>	Magrum	Craig	Bowling Green, OH	34	29:21.40
<b>16</b>	Feyes	Dan	Perrysburg, OH	31	29:52.45
<b>17</b>	Motsch	Justin	Toledo, OH	31	31:54.10
<b>18</b>	Schiffel	Nate	Bowling Green, OH	34	33:58.77

#### Ages 35 - 39

<b>1</b>	Davenport	Joel	Perrysburg, OH	39	20:05.05
<b>2</b>	Meyers	Matt	Fostoria, OH	36	20:24.96
<b>3</b>	Demuth	Stephen	Bowling Green, OH	37	20:30.90
<b>4</b>	Boersma	Doug	Bowling Green, OH	35	22:16.14
<b>5</b>	Narges	Keith	Northwood, OH	38	22:44.65
<b>6</b>	Glitzbecker	Marc	Bowling Green, OH	39	22:46.59
<b>7</b>	Sellers	Chris	Toledo, OH	39	22:54.62
<b>8</b>	Alore	Kevin	Toledo, OH	39	23:26.14
<b>9</b>	Velker	Matthew	Toledo, OH	36	23:37.66
<b>10</b>	Martin	Zachary	Bowling Green, OH	39	23:57.52
<b>11</b>	Bethel	Matthew	Waterville, OH	39	24:44.03
<b>12</b>	Janes	Andrew	Bowling Green, OH	35	24:56.07
<b>13</b>	Atwood	Kevin	Bowling Green, OH	36	26:38.25
<b>14</b>	Wentz	Kyle	Bowling Green, OH	36	28:07.94
<b>15</b>	Litton	Matt	Sycamore, OH	38	28:15.20
<b>16</b>	Upton	Brent	Bowling Green, OH	39	30:24.30
<b>17</b>	Warner	Scott	Perrysburg, OH	38	32:40.71
<b>18</b>	Strukel	David	Toledo, OH	39	33:20.74
<b>19</b>	Monday	Michael	Lima, OH	37	33:54.73

<b>20</b>	Ray	Tommy	Bowling Green, OH	35	34:12.39
<b>21</b>	Boyle	Joe	Bowling Green, OH	35	42:22.07
<b>22</b>	Wireman	Todd	Fremont, OH	39	1:08:23.02

#### Ages 40 - 44

<b>1</b>	Silva	Tom	Maumee, OH	42	19:19.82
<b>2</b>	Eckel	Tim	Perrysburg, OH	41	20:17.48
<b>3</b>	Nuveman	Paul	Haskins, OH	41	24:58.94
<b>4</b>	Baden	Jeff	Whitehouse, OH	40	26:58.61
<b>5</b>	Spridgeon	Dave	Fostoria, OH	44	29:03.33
<b>6</b>	Diettrich	Mike	Monclova, Ohio	44	30:35.30
<b>7</b>	Reimer	Rex	Weston, OH	40	32:51.32
<b>8</b>	Strang	Mark	Bowling Green, OH	44	36:12.47
<b>9</b>	McCague	Wayne	Toledo, OH	42	44:47.01

#### Ages 45 - 49

<b>1</b>	McKinniss	Eric	Wapakoneta, OH	47	20:14.13
<b>2</b>	Weinandy	James	Bowling Green, OH	48	22:08.66
<b>3</b>	Scherer	Mark	Bowling Green, OH	46	22:45.16
<b>4</b>	Liaros	Nick	Sylvania, OH	48	22:50.60
<b>5</b>	Broman	Per	Bowling Green, OH	47	23:03.48
<b>6</b>	Jording	Gary	Waterville, OH	46	23:59.54
<b>7</b>	Panter	Kurt	Bowling Green, OH	47	24:51.99
<b>8</b>	Vigeant	Jim	Rochester, MI	46	24:55.01
<b>9</b>	Milnor	Don	Columbus, OH	47	27:42.49
<b>10</b>	Hathaway	Russell	Cygnets, OH	47	27:51.90

#### Ages 50 - 54

<b>Champion</b>	Oldrieve	Rich	Bowling Green, OH	51	17:57.95
<b>1</b>	Stefanich	Dennis	Bowling Green, OH	54	18:45.36
<b>2</b>	Wickiser	Andrew	Risingsun, OH	50	19:06.21
<b>3</b>	Glick	Andy	Tiffin, OH	52	21:52.42
<b>4</b>	Powell	Steve	Bowling Green, OH	53	22:16.53
<b>5</b>	Klopper	Dale	Bowling Green, OH	54	22:45.85
<b>6</b>	Zellers	Tom	Maumee, OH	52	25:52.26
<b>7</b>	Blair	Craig	Weston, OH	54	26:09.87
<b>8</b>	Biel	David	Rossford, OH	50	26:36.66

<b>9</b>	Schmidt	Rick	Bowling Green, OH	54	27:54.19
<b>10</b>	Woessner	Dave	Bowling Green, OH	50	27:57.48
<b>11</b>	Lemon	Mike	Bowling Green, OH	51	28:13.52
<b>12</b>	Dennen	Brian	Bowling Green, OH	53	28:14.69
<b>13</b>	Wolff	John	Bowling Green, OH	52	28:37.75
<b>14</b>	Vascik	Mark	Perrysburg, OH	51	29:07.40
<b>15</b>	Hodges	Michael	Surfside Beach, SC	53	54:37.29

#### Ages 55 - 59

<b>1</b>	Hubler	Dan	Sidney, OH	57	21:03.33
<b>2</b>	Striggow	Tom	Bowling Green, OH	58	21:42.29
<b>3</b>	Kotalik	Terry	Perrysburg, OH	56	21:53.11
<b>4</b>	Hashizume	John	Bowling Green, OH	55	25:31.41
<b>5</b>	Spencer	Doug	Perrysburg, OH	59	27:44.56
<b>6</b>	Anderson	Jerry	Perrysburg, OH	56	31:42.60
<b>7</b>	Fromm	Jerry	Bowling Green, OH	58	32:27.79
<b>8</b>	Pierce	Gary	Bowling Green, OH	55	40:05.21
<b>9</b>	Hardwick	Ronald	Bowling Green, OH	58	45:04.70

#### Ages 60 - 64

<b>1</b>	Chapin	Travis	Bowling Green, OH	60	20:20.52
<b>2</b>	Koelsch	David	Toledo, OH	63	23:21.03
<b>3</b>	Wentz	David	Bowling Green, OH	61	45:07.93
<b>4</b>	Roller	Ken	Fostoria, OH	60	45:08.27
<b>5</b>	Bushong	Robert	Arcadia, OH	64	49:40.93

#### Ages 65 - 69

<b>1</b>	Barbour	Wayne	Bowling Green, OH	65	30:15.05
<b>2</b>	Althoff	Tom	Bowling Green, OH	69	35:56.14
<b>3</b>	Miner	Bob	Bowling Green, OH	69	51:43.52

#### Ages 70 - 74

<b>1</b>	Brant	Ron	Fremont, OH	72	26:13.63
<b>2</b>	Royer	George	Toledo, OH	73	30:27.93

**Ages 75 - 79**

<b>1</b>	Milnor	Jerry	Bowling Green, OH	76	44:38.70
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