

AUG 14, 2011

RUNNING: NORTH RIDGEVILLE LIONS CLUB RACES



STEVE MANHEIM / CHRONICLE

North Ridgeville resident Rob Bowman picks up the win in the North Ridgeville Lions Club 5K on Saturday morning.

**Better shape,
better results**

Tougher training allows Bowman to go from eighth to first in one year

Paul Heyse
The Chronicle-Telegram

NORTH RIDGEVILLE — Rob Bowman wasn't satisfied with his conditioning when he finished eighth in last year's North Ridgeville's Lions Club 5K, so he decided to do something about it.

A year later, the 36-year-old North Ridgeville resident knows he made the right choice.

Not only did the former Division I All-Ohio cross country runner go from a time of 19:26 last year to 18:08 Saturday, he also moved up seven places, all the way to first.

"I just started training a lot heavier this year," said Bowman, who finished ninth at the 1992 Division I state cross country meet for Lakewood High School. "I just hadn't been running too competitively (last year). This is my third win this year. It wasn't as fast as my best 5K this year (17:24), but today was a good effort."

Bowman, who also ran at Bowling Green State University, led wire-to-wire as he defeated Avon's Brett Wieber (18:45), who finished fourth in 18:34 last year. Bowman opened Saturday with a 5:29 mile, then followed with a 5:47 the second mile.

"This is my best racing in 13 years," said Bowman, who has 12 races under his belt this year. "So, definitely, I'm very pleased. For right now, I'm just focusing on 5Ks rather than worry about other distances like half-marathons."

North Olmsted native Theresa (Seitz) Angus, 26, was the class of the women's 5K (20:47), defeating Kristen Johnson (21:19) by 32 seconds.

"Today was three minutes faster than my other 5K this year," Seitz said. "I used to be a runner until I had my son and I'm just getting back into it. I ran a 6:08 mile for a corporate relay event at Edgewater Park a week ago, so I thought 21 flat today was a reasonable goal."

Strongsville's Kevin Augustyn, 44, and Stefanie Lee, 29, of North Ridgeville, easily won the 10K event. It was Augustyn's first 10K race since taking second (41:07) in the 2008 North Ridgeville event. "I ran in high school (Garfield Heights Trinity), but didn't get back into running again until about six or seven years ago," said Augustyn.

Cuyahoga County magistrate. "I came back from Vanderbilt Law School in my 30s very out of shape. Things have been going well since. Last year, I ran the Boston (3:17) and New York City (3:07) marathons. I'm training for the Niagara Falls Marathon on Oct. 23."

A former BGSU basketball player and Wisconsin native Lee was second overall in her 10K debut with a time of 39:58. Rachel Hill, 31, North Ridgeville High's boys cross country coach, took second (42:05).

"I'm training for the Chicago Marathon (Oct. 9)," said Lee, a former 1,000-point scorer for the Falcons and Division I Academic All-American. "I've done four half-marathons, but never the full before. My quickest half is 1:28:35. The goal today was to average 6:20-6:30 mile pace and I averaged 6:27. My training has going fine overall, but I've had some problems with heat this summer."

This year's Lions Club event was the 32nd for the 10K race and 18th for the 5K event. About 180 runners competed.

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5K

MALE OVERALL: 1. Rob Bowman, age 36 (North Ridgeville), 18:11; 2. Brett Wieber, 3 (Avon), 18:45; 3. Nick Corso 19:26

AGE GROUPS: 14-and-younger: 1. Frank Rizzo, 19:50; 2. Riley Yost; 3. Mike Kroboth

15-19: 1. Collin Andrews, 20:15; 2. Dave Mytnick. **20-24:** 1. D.J. Saylor, 20:47; 2. Jordan Slack; 3. Zach McGraw. **25-29:** 1. Tom Habenicht, 19:31; 2. Curt Kearney; 3. Jon Slaughter. **30-34:** 1. Bobby Seitz, 20:14; 2. Adam Hill; 3. Robert Sommens.

35-39: 1. Jeff Palmer, 23:36; 2. Scott Krause; 3. Mike Forbes. **40-44:** 1. Chris Anadiotis, 23:37; 2. Ted Liszeski; 3. Greg Wiese. **45-49:** 1. Jim Tuttle, 19:34; 2. Tim Stephens; 3. Gary Sycz. **50-54:** 1. Paul Heyse, 19:43; 2. Bob Busch; 3. Dan Kovijanich. **60-64:** 1. Jim Skala, 24:45; 2. Ron Welborn; 3. Chris Nichols. **70-and-older:** 1. Angel Rivera, 24:30.

FEMALE OVERALL: 1. Theresa Angus, 26 (Brunswick), 20:47; 2. Kristen Johnson, 21:19; 3. Lenna Kirsy, 21:33

AGE GROUPS: 14-and-younger: 1. Kaylyn Johnson, 25:34; 2. Kayla Lowery; 3. Kendall Willard. **15-19:** 1. Megan Kirby, 21:35; 2. Taylor Lowery; 3. Tessa Connick.

20-24: 1. Jillian Quintana, 30:15. **25-29:** 1. Sara Slaughter, 29:42; 2. Whitney Stocks-Hausen; 3. Leah Solomon. **30-34:** 1. Heather Krause, 28:08; 2. Sheryl Welier; 3. Stacy Galoja. **35-39:** 1. Percilia Forbes, 27:14; 2. Becky Rowe; 3. Julieanna Connolly. **40-44:** 1. Dory Hedstrom, 18:49; 2. Cathy Darmstadt; 3. Heather Hulel. **45-49:** 1. Cindy Trubach, 26:54; 2. Mary Jo Dziak; 3. Karin Forther. **50-54:** 1. Deb Clow, 28:51; 2. Gweynn Hampel; 3. Nancy Montgomery. **55-59:** 1. Barbara Wright, 35:12; 2. Liz Wolborn. **60-64:** 1. Jean Youngs, 39:09; 2. Eileen Whipple; 3. Sue Rose. **70-and-older:** 1. Shirley Ruteshaugh, 52:58; 2. Rosemary Duplaga.

10K

MALE OVERALL: 1. Kevin Augustyn, 44 (Strongsville), 38:29; 2. Aaron Kellar, 40:58; 3. John Corso, 41:17

AGE GROUPS: 20-24: 1. Mike Ozanich, 41:54. **25-29:** 1. Sam Rufener, 43:19; 2. Dave Yesenko; 3. Chris Roach. **30-34:** 1. Jesse Mast, 42:08; 2. Patrick Resetar. **35-39:** 1. Aaron Neff, 42:20; 2. Mike Woodring; 3. Dave Mallinac. **40-44:** 1. Sandip Vasavada, 54:50; 2. George Kraus; 3. Karthzkeuaw Patchamuthu. **45-49:** 1. Mike Bucher, 44:16; 2. Mark Kearney; 3. Alex Figueiredo. **50-54:** 1. Toby Barvincak, 48:16; 2. Jim Patton; 3. Terry Keenan. **60-64:** 1. Randy Barkacs, 44:19; 2. Jim Turpin. **65-69:** 1. John McCann, 44:06. Luis Bonilla, 1:00:25.

FEMALE OVERALL: 1. Stefanie Lee, 29 (Norwalk), 39:58; 2. Rachel Hill, 31 (Olmsted Falls), 42:05; 3. Christa Petryszyn, 29 (Middleburg Heights), 42:45

AGE GROUPS: 14-and-younger: 1. Anna Chalizley, 1:11:35. **20-24:** 1. Lauren Hase, 59:46. **25-29:** 1. Natalie Migoni. **30-34:** 1. Lindsey Weber, 53:32; 2. Amber Coyne; 3. Jennifer Seeger. **35-39:** 1. Joanna Knoole, 44:24; 2. Carolyn Douglas; 3. Jennifer Seeger. **40-44:** 1. Lisa Wintrick, 1:03:14; 2. Karen Nechvatal. **45-49:** 1. Carla Jalowiec, 1:03:39; 2. Ronda Neal