



125 registered for run and/or walk. 79 runners were clocked past the finish line: 17 women and 62 men. The youngest runner was 16, and the oldest 85. (About 24 people participated in the 2.5 K walk.)

Thanks to the many Lake Como volunteers who helped out with all aspects of run organization and management.

2017 Lake Como Dare to Go Bare 5K Run

LakeComonaturally.com/barerun.html

5 K RUN MEDALISTS

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>	<u>Award</u>
Pamela G.	41	20:15	F	Overall Fastest Finish Trophy
Rick P.	55	20:08	M	Overall Fastest Finish Trophy
Jean P.	60	27:50	F	Grand Master Trophy (Age 50 &+)
Dean M.	50	22:17	M	Grand Master Trophy (Age 50 &+)
Amelia B.	19	46:20	F	Gold 20 & under
Nicholas H.	16	22:56	M	Gold 20 & under
Natalia Z.	28	35:36	F	Gold 20-29
Keaton F.	25	23:01	M	Gold 20-29
Leif L.	29	26:48	M	Silver 20-29
Blake C	23	26:58	M	Bronze 20-29
Michelle F.	39	39:48	F	Gold 30-39
Erica R.	32	40:02	F	Silver 30-39
Sharon D.	38	[***]	F	Bronze 30-39 [time not recorded]
Scott K.	39	22:51	M	Gold 30-39
Kent C	33	24.39	M	Silver 30-39
Johan D.	35	25:26	M	Bronze 30-39

Heidi G.	49	25:26	F	Gold 40-49
Michele F.	44	26:15	F	Silver 40-49
Cheri D.	44	26:39	F	Bronze 40-49
Brian Mc.	47	22:04	M	Gold 40-49
Kevin W.	44	25:10	M	Silver 40-49
Luis B.	49	25:25	M	Bronze 40-49
Lori B.	56	40:40	F	Gold 50-59
Hope H.	51	47:41	F	Silver 50-59
“Sarge”	52	22:19	M	Gold 50-59
Jon D.	54	23:00	M	Silver 50-59
Gary L.	53	23:08	M	Bronze 50-59
Patricia C	65	36:06	F	Gold 60-69
Fonga D.	63	39:23	F	Silver 60-69
Medodie W.	63	[***]	F	Bronze 60-69 [time not recorded]
Ron H.	60	22:39	M	Gold 60-69
Don C	62	24:39	M	Silver 60-69
Allen S.	63	29:17	M	Bronze 60-69
Gar F.	71	24:43	M	Gold 70-79
Bill G.	70	28:59	M	Silver 70-79
Richard S.	71	33:54	M	Bronze 70-79
Jack R.	85	42:50	M	Gold 80+