

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 33, Issue 2

February 2011



As most of the rest of the country deals with some of the worst snow storms in memory, we are reminded how lucky we are to live on the Space Coast! While the runners above are truly dedicated, and maybe even having fun, I much prefer the scenery on my favorite place to run...River Road. See picture below...



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2010-11: WHO WE ARE

The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness, through running and walking at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at www.spacecoastrunners.org. We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month. This month the meeting will be held at Pro-Health & Fitness Center in Viera.

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ADVERTISING:

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **25th** of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or .psd. *Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.* Contact Bob Rall at bob@rallcapital.com for more information.

2010-2011 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Running on Island Time 5K

August 21, 2010
Divine Mercy Catholic School
Female OA: Jessica Crate, 17:28
Male OA: Ezekiel Zauner, 17:09

Chain of Lakes 5K

October 16, 2010
Titusville
Female OA: Jessica Crate, 18:19
Male OA: Ron Abel, 17:23

Space Coast Classic 15K and 2-Miler

November 6, 2010
Windover Farms, Melbourne
15K Female OA: Jessica Crate, 57:37
15K Male OA: Erik Blosser, 52:37
2 Mile Female OA: Melissa Taylor, 12:30
2 Mile Male OA: Mike Fretz, 11:53
15K Walker Male OA: Ty Bowen, 1:52:11
15K Walker Female OA: Carol Ball, 1:52:11
2 Mile Walker Male OA: Richard Reeves, 39:24
2 Mile Walker Female OA: Alicia Salter, 45:00

Space Coast Marathon and Half-Marathon

November 28, 2010
Riverfront Park, Cocoa
Marathon Female OA: Melanie Peters, 2:57:38
Marathon Male OA: Oscar Orozco, 2:40:25
Half-Marathon Female OA: Dot McMahan, 1:15:40
Half-Marathon Male OA: Ruairi Moynihan, 1:13:11

Sun n Fun 4-Miler

January 15, 2011
Port Canaveral
Male OA: John Davis, 22:09
Female OA: Jessica Crate, 24:18

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Melbourne
Jerilyn Bird, gwbooms@aol.com

Eye of the Dragon 10K and Tail of Lizard 2-Miler

February 26, 2011
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
EyeoftheDragon@cfl.rr.com

Downtown Melbourne 5K

April 2, 2011
Males: 7:30 a.m.; Females: 8:15 a.m.
Downtown Melbourne
Frank Webbe, 674-8104
webbe@fit.edu

Space Walk of Fame 8K

April 9, 2011
Time: 8:00 am
Space View Park, Titusville
Marty Winkel, 537-3526
runsalot@cfl.rr.com

You don't have to be fast... To have a blast!!

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you ten races of varying distances that provide a great incentive to get fit!

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information, click <http://www.spacecoastrunners.org/roy.html>

Meet Your SCR Board of Directors

Dave Hernandez



Dave Hernandez: Age 46, reside in Palm Bay, I run with my lovely wife Robin & our five (5) dogs!

SCR Member since: 1995

Board Member since: 2004

SCR activities: Palm Bay Fun Run Director, Marathon committee member, set-up/take down finish line equipment, and time various events.

Why I run: Running keeps me stress free & healthy. For me it's all about fun, fellowship, & fitness. I often say that runners are the best people on Earth & I have met the best of friends in the running community. Running is the great equalizer- whether a Doctor, lawyer, CEO, or garbage collector- we are all equals when we are out training together & encouraging each other to keep going!

Above: Dave and Duchess at the Bayfront 5K-9 in December

First race: Devereux Dash 5K Sept 1995- that was over 300 races ago!

PR's: 5K 18:13, 10K 39:27, Half: 1:29:57, Full: 3:22:05

Honored to be: Member of Running Zone Racing Team for four years!

Other fitness activities: I love playing racquetball, skateboarding, cycling, tossing Frisbees, scuba diving, shooting, and flying stunt kites. Robin & I got each other tennis rackets for Christmas, so that should be interesting!

What you can do for SCR: I would encourage our membership to get involved by attending meetings, fun runs, socials, volunteer at events, and most importantly recruit members! Sadly many runners are unaware of our club.

Favorite race: The "Flamingo 5K" at the Melbourne Art Show. It's close to home, easy parking, great awards, great course, and it's fun to get a "sneak-peek" warm-up while the artists are setting up their displays! The annual 3K at the zoo & the Jingle Bell 2 Miler are also on my "favorites" list!

Meet Your SCR Board of Directors

Dave Hernandez *continued*

Most memorable race(s): The three race in a day trifecta with Art, Ron, & Matt, (see pic below) and completing the Marine Corp Marathon with my 72 year old Father, brother and sister! (see pic below)

Most meaningful race: Team in Training San Francisco Marathon, October 2005. TNT is a must for any runner that wants to give something back to the community! You will truly feel like a hero!

Funniest race(s): Kids & Canine 5K, Bayside 5K-9! (see pic) What a blast to run with the dogs!

Cool running memory: I just happened to be on a run with my dog Zak just prior to the start of a Christmas Parade- we ran right down the middle of the closed street while people cheered from both sides! Through local events I've also met greats like: Bill Rogers, Jeff Galloway, Dick Beardsley, Joan Benoit Samuelson, John "The Penguin" Bingham, Suzie Favor Hamilton, and Jim Ryan!

Advice to new runners: Keep a training log, it's a tangible guide to your progress & can keep you motivated. Participate in group fun runs, they get you into a scheduled workout that is fun & you develop camaraderie with fellow runners. Wear good shoes & replace them often. Double knot your laces at races. Run with a dog. Save and label your race bibs- after a few hundred races it's better than wall paper & a great history of your racing! Volunteer at a race, your help is much needed and appreciated. Thank the course marshalls, water station staff, police, and any other volunteers you see on the course & finish line! Always wave at police officers and fire fighters while you run, it might get you out of a ticket someday! Remember also that running is really about having fun while keeping healthy- so don't get so stressed out on race day- just have fun!

On SCR: As a board, we seek opinions from club members- so please plan on attending a Board meeting, join us for a fun run or social, and let us know what you like and/or dislike!



See you all at the races & as Marty says- Walk if you must, just don't stop!!!—DH



HELP WANTED!!

SCR BOARD POSITIONS

Want to help shape the future of the running community in Brevard County? We have a couple of positions open on the Board of Directors and could use your help! The current openings are for Secretary and Vice-President. No experience required, just a passion for running or walking and a desire to help. Please contact Cyndi Bergs at mcbergs@att.net if interested.

EYE OF THE DRAGON VOLUNTEERS

The 23rd Annual Eye of the Dragon 10k and Tail of the Lizard 2 Mile is right around the corner!

With over 700 finishers expected this year, race organizers need lots of volunteers before, during, and after the race.

Volunteer opportunities include:

- Race day registration (volunteers can also run or walk the event)
- Race day setup (volunteers can also run or walk the event)
- Course monitors
- Water stations
- Finish line help
- Cleanup after the race (volunteers can also run or walk the event)

Sponsors and Door Prize donations are still being accepted. Help make this year's event a huge success with a donation to your club. As in the past, there will be lots of dragon and lizard themed door prizes and autographed running books by elite runners visiting our area in local events.

For more information or to volunteer, email EyeoftheDragon10k@cfl.rr.com .

See you February 26!

RACE DIRECTOR

Here's your chance to take charge of one of Brevard County's oldest and most popular events. The Space Coast Classic 15K and 2 Miler is in need of a Race Director. The race will be held in Windover Farms on Saturday, November 5th, 2011. Please contact Cyndi Bergs at msbergs@att.net if interested.



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KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Barry Jones, for his race photos, Carol Ball, Robin Hernandez, Dave Hernandez, David Maltby, Running Zone, Christy Zieres and Loran Serwin.

HEADING SOUTH

The Space Coast Runners Sunday morning fun runs now head south along Rockledge Drive from Cocoa Village instead of north. Start time is 6:30 a.m. and water and Gatorade will be provided at miles two and four along the route. All runners and walkers are welcome to join the fun!

STAR KIDS TRIATHLON RESCHEDULED FOR APRIL 10, 2011 IN COCOA BEACH

The inaugural Star Kids Triathlon (open to children ages 6 to 14 years), which was originally scheduled for December 19 in Indian Harbour Beach, has been rescheduled for April 10, 2011 and moved several miles up the road to Cocoa Beach.

The event was postponed due to logistical issues and with concerns over the cold temperatures that have recently plagued Central Florida. The event will now coincide with the Ron Jon Triathlon in Cocoa Beach, giving opportunity for both children and parents to participate in a triathlon on the same day.

CHI RUNNING WORKSHOP WITH DANNY DREYER IN ORLANDO

There will be a Chi Running workshop in Orlando, FL on February 26, 2011. This workshop will be taught by Chi Running founder/Ultra-marathon runner, Danny Dreyer and local Chi Running Instructors. Recently featured in [*USA Today*](#) and [*Time Magazine*](#), Chi Running is an innovative running technique that combines the principles of Tai Chi with the power of running in order to decrease injury. Attending the workshop will provide you with a hands-on experience to both learn about the popular technique and also meet its creator, ultra-marathon runner Danny Dreyer. See www.ChiRunning.com for more information.

LOCAL RUNNERS PUT ON A STRONG SHOWING AT DISNEY

Not only was Brevard County well represented with a large number of runners at Disney's Marathon, Half-Marathon and Goofy Challenge in January, but a couple of them scored awards. Melbourne's Jessica Crate finished third in the overall women's race in the Marathon and won her 25-29 age group with a time of 2:51:53. And Merritt Island's Kathryn Koontz won the 65-69 women's age group, coming in at 4:54:11. Way to go ladies! Satellite Beach's Steve Chin just missed placing in the 40-44 age group. His 2:54:12 time was good for fourth place.

KEEPING TABS

NEW YEAR'S EVE 5K

Nine runners met in Melbourne Beach on New Year's Eve for what has become a tradition of running out the old, running in the new. The tradition started in 1979. The race started at 11:45pm from the 7-11 on A1A south of Spessard Holland Park and ran north out and back on the bike path. Once again, as it has been since 1979, none of the runners managed to finish in the same year that they started! Participants this year were Joan Joesting, Matt Mahoney, George Kirk, Duane Linsenhardt, Bruce Crain, Cedric Ching, Henry Campbell, Rick Czarnowski, and Mich Michael.

SOLAR BEAR FUN RUN

A group of local runners met at 12:00pm on 1/1/11 for the 2nd Annual Solar Bear Fun Run. The run started at Ballard Park in Melbourne, proceeded across the Eau Gallie Causeway and finished on the beach at the end of the causeway. Some brave soles even took the plunge in the chilly surf to kick off the New Year. Here's a pic of the group from this year.



"It's very hard to understand in the beginning that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants to quit."

Dr. George Sheehan

Finish at home plate!
First 500 entrants receive a free game ticket








Inaugural Game Day 5k Run/Walk

Sunday, March 6, 2011 | 7:15 a.m.

Space Coast Stadium - Viera, FL

Dream of running down the third base line and dashing to home plate on a major league baseball field? Well, you can do it!

-  Run along the outfield's warning track and then follow the third base line all the way to home plate
-  Cleats and sliding across the finish line are optional
-  Commemorative tee shirt guaranteed to all pre-registered entrants
-  Run with your little league team -- discounted entry for students
-  Winning male and female will throw out the game's ceremonial first pitch

Then stay for the game!

Game Time 1:05 p.m. – Washington Nationals vs. Atlanta Braves



Online registration only at GAMEDAY5K.COM

Another  *Smooth Running* production

Kerstin Dea

We've Lost a Good Friend



Our local running community has lost a good friend. Kerstin Dea passed away on December 5th. Many of us were shocked and saddened when we heard about her passing. For those of you who did not get the opportunity to meet her, Kerstin truly had a blessed spirit and she loved to run! As a matter of fact, many of SCR members remember the night she came to the Rockledge track to run, while she was in labor with her son Niklas. She had the baby that night and was back out on the track the following Tuesday! She and her husband Jon moved back to Germany just about the time they found out about her cancer. The last SCR race she attended was the Downtown Melbourne 5K, and those who knew her were sad that they were leaving.

Space Coast Runners is in the process of securing the permits to have a tree planted in her name in the Cocoa Village Park area, along with a memorial plaque. If

you would like to send donations, please send checks to: Space Coast Runners; PO Box 2407, Melbourne, FL 32902-2407. If donations happen to exceed the cost of the tree and plaque, SCR will donate the remainder to the Leukemia and Lymphoma Society.

We have also opened the newsletter to our members for any comments or remembrances they would like to make. Some of those truly heartfelt words follow...

A tribute to a great person, Kerstin Dea. From us to God's hands

By Robin Hernandez

How do I start off a story about someone who was so full of life; so fun to be around; such a good friend; a competitive runner; and a mother who loved her son; a wife who loved her husband; and someone who died way too young?

I first met Kerstin and Jon when they were helping Dave at the Jingle Bell for Arthritis's Run. I ran the race and they volunteered to help with the timing and awards. We all hit it off after that.

Kerstin and I would meet for runs and enjoy the company of having someone to run with. We would meet at different locations and trails. She and Jon would come to some of our fun runs and we would hang out with them after. We didn't have many years to get to know them since Jon was only stationed here at the Air Force Base for a short time. She did make the most of her time here, meeting lots of the running community and volunteering at the Brevard County Zoo.

Kerstin Dea

Continued

She was an active person in the SCR and the Running Zone races. She found out she was pregnant and ran until her doctor told her she could run no more. She did a 1/2 marathon while pregnant. She just amazed me.

She did a bike ride across the state of Florida. I remember calling her to see what she was doing and she actually answered the phone while she was riding in Tampa. I just couldn't believe it. I told her to hang up and ride.

She loved her baby Niklas. He was her pride and joy. She took him on all her runs. Niklas was so good in the baby stroller. She returned to racing soon after he was born. And, her husband, Jon had a PR at a race soon after. I guess running with the baby makes you faster.. We teased them about that.



During their last 2 weeks in Florida we spent as much time as we could with them. We found out that Jon was getting shipped out to Germany. She also found a lump on her neck and was going to get it biopsied that week. I told her not to worry about it. It was probably nothing. We met them at the Downtown Melbourne 5k. It was the last race she ran in town. She was having a blast. On Thursday we met them at the Running Zone Fun Run and had a great time. It was also pizza night which made it even better. She and Jon were saying their goodbyes to everyone since they weren't sure who they would see again. Jon did one more race the next Saturday, the Set The Pace 5K, which was the race where he set a new PR. We got together Sunday on Tropical Trail, the last time we would see them in town. We ran with the baby and they let Dave push him for a bit. We all got a kick out of it. We saw some of the local runners and all said our hellos. After the run we went out for breakfast at Sun On The Beach. We sat outside so we could see the ocean. It was a great morning. We hugged one another and told them that when Dave and I visit his brother in Germany, we could visit with them also.

This was not supposed to be a last goodbye. This was supposed to be “till we see you again.”

Kerstin found out that the lump on her neck was lymphoma. She was going to get treatment in Germany.. Kerstin is originally from Germany and all of her family is there. They could help her and Jon if necessary. She went through chemo and was still trying to do all of her workouts and ride the bike. She was a fighter to the end. She was always in good spirits. They would e-mail us about races that Jon had run and ones that were going to be close to them if we did make a trip there.

Kerstin Dea

Continued

I found out that she had passed away from a post on Facebook. I was devastated. I couldn't believe it. I just couldn't stop crying. Dave wrote Jon to confirm her death. She was a woman who died too young. She was only 33 years old and had a 10-month old baby boy. Those who knew her will miss her dearly.. She was such a goodhearted person. Kerstin will forever be in our hearts and will be remembered as such a strong, vibrant woman. I will always love her. . She will never be forgotten.

Here is an email Dave received from her husband Jon...

"It is true...she passed away on 5 Dec. I really haven't been able to muster much ability to make any announcements until very, very recently (and then it was Christmas and it didn't seem too appropriate). Her family is over here and we're doing our best together. My dad and a cousin of mine are coming over soon too.

This is not easy. Niklas is our little special guy. Without him, this would be 100x worse.

Cancer gradually took her body away from her -- her mind and spirit are so special that they really deserved a far better place to reside. The cliché turned reality for us; I was with her the whole way and I watched her break free.

We really love you guys and the larger running community there in Brevard. You were a significant part of her living 2, maybe 3 full lives all in the span of 33 years.

Thank you so much. I'm crying my eyes out, but that's only because she earned it and then some."



Kerstin Dea

Continued

In memory of my dear friend, Kerstin by Jackie Schmoll

It saddened me deeply to hear the news of Kerstin's death almost a month after she passed. I remembered that I had sent her a note in November that wasn't answered. I figured she was busy, after all, she was just like me - running after her baby. When I went to her Facebook page, it all became real. I saw her beautiful, smiling Niklas, all chubby and cute, with Kerstin in the background, frail and dying, but still smiling and beautiful.

I remember running with Kerstin while I was pregnant and then returning the favor for her when she was pregnant with Niklas. I specifically remember how Kerstin would light up at the mention of her new little boy. At her baby shower, she glowed with happiness (I remember that she loved the little cowboy boots she received from someone for Niklas, because she loved to ride horses). We talked about all things baby and I was sad that when I finally met him (then pregnant with my second), they were leaving.

I wondered why God could take someone so young. But then I thought that at least he gave her some of the most joyful experiences that a woman could ever have. That she had the chance to have a baby and hold him and love him. She will live on in him and although she won't be there to physically hear him say "I love you, Mama" - I hope she'll hear it from heaven. Kerstin - I am going to make sure to cherish every moment I have with my kids for you.

You will be missed Kerstin.

Your friends,
Jackie Schmoll
and Steve, Delaney, and Caleigh



Kerstin Dea

Continued

"When I think of Kerstin, I remember her warm smile and the beautiful spirit...her joy for life. I will always treasure the time we ran together."

Thank you,
Nancy Buonanni



"A nicer and more inspirational person than Kerstin would be hard to find. "

Cheers,
Jim Shroeder



"Nobody cares if you're not a good dancer. Just get up and dance. The same holds true for racing. Whether first or last, we all cross that same finish line. Just get out there and run."

Dean Karnazes, Ultrarunner and best-selling author



23RD ANNUAL EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



February 26, 2011

A Space Coast Runner of the Year Event

EVENT BENEFITS THE SPACE COAST RUNNERS SCHOLARSHIP FUND

Sponsors:



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RACE INFORMATION

<u>Race Time</u>	8:00 am - 10k and 2 Mile 9:15 am - Kids' Runs	<u>Location</u>	Eau Gallie Civic Center 1551 Highland Ave, Melbourne
<u>Directions</u>	From I-95, take SR 518 east, cross US 1, turn left after 3 blocks From US-1, go north or south to SR 518, head east 3 blocks	<u>Parking</u>	Eau Gallie Civic Center Highland Avenue and surrounding streets Grass lots off Highland and between Highland and Montreal
<u>Packet Pickup</u>	Friday, 2/25, at the Running Zone during regular business hours		<i>For safety reasons, no animals, baby joggers, skates, or headphones permitted</i>

EVENTS

10k Run

Participants may run or walk any part of this event. **All participants in this event must be off the causeway by 10 am, which is a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 15 & over only for 10k

10k Walk

Participants **MUST WALK** the entire course. This event is scored separately from the 10k Run, and participants will not be allowed to change their category mid-race. **All participants in this event must be off the causeway by 10 am, which is a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 15 & over only for 10k

2 Mile Run

Participants may run or walk any part of this event. Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

SCROY points for 14 & under only for 2 mile

2 Mile Walk

Participants **MUST WALK** the entire course. This event is scored separately from the 2 Mile Run, and participants will not be allowed to change their category mid-race. Awards are based on order of finish for male and female participants - NO AGE GROUPS.

SCROY points for 14 & under only for 2 mile

Kids' Runs

FREE 1/4, 1/2, and 1 mile runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

Sun 'N Fun 4 Mile and 2-Mile Run/Walk

January 15, 2011



More than 100 runners/walkers came out to Port Canaveral on Saturday, January 15th to take part in the Sun 'N Fun Run 4 Mile and 2 Mile Run/Walk. The race started at Rusty's Seafood and Oyster Bar, the race sponsor. Proceeds from the race benefit the Freedom 7 Mileage Club, an extra-curricular running program for students of Freedom 7 Elementary School.



The race is part of the Space Coast Runners Runner of the Year Series. John Davis was the Overall Champion in the 4-miler, coming in at 22:09. Steve Hedgespeth was second in 22:54 and Thaddeus Austin was third, finishing in 23:23. Roger Travis captured the Male Masters Champion slot with a time of 24:28. On the female side, Jessica Crate was the Overall Female Champion with a time of 24:18. Lisa Petrillo finished second with a time of 26:27 and Anne Dockery was third in 27:48. Robin Moran was the Female Masters Champion, posting a time of 28:15.



For complete race results, go to page 38.



Sun 'N Fun 4 Mile and 2-Mile Run/Walk

January 15, 2011



A Family Reunion on the Space Coast

By Bob Rall

We all know that running is good for us, both physically and mentally. We've even heard a slight variation of an old phrase, "A family that runs together, stays together." However, it's not often that we hear how running brought a fractured family back together. But that's what happened to Doug Gerard's family. It's a holiday feel-good story that took place at our own Space Coast Marathon and Half-Marathon in November.

Doug married young, while he was in the Navy in San Diego in the early 1980s. Carolyn, his daughter, was born in 1985 and his son Micheal was born in 1987. The marriage went south soon after and he found himself divorced. His ex-wife remarried and she and her new husband convinced Doug that it would be better for the children if he allowed the new husband to adopt them. Doug last saw his kids when in 1988, when Carolyn was 4 and Micheal was 3. The adoption was finalized in 1990.

Both children did well as they grew up. Both graduated from high school. Carolyn attended the University of California and Micheal joined the Navy. As they grew into adults, they struggled with the natural questions about their real father. Carolyn took the lead and was able to find her dad through some online searches. She had a friend email Doug to ask if he was interested in getting back in contact with his children.

There was no hesitation. Doug jumped on the chance to reconnect. They shared a couple of emails and then became friends on Facebook. Doug had been working in Dallas, TX after he retired from the Army and in 2008 he was able to reunite, briefly, with his son. Micheal was being assigned to Japan by the Navy and he had a brief stop in Dallas. Doug took that day off from work and was able to spend 45 minutes with the son he had not seen in more than 20 years.

Carolyn and Micheal's mom had moved to St. Cloud and in 2009, Doug accepted a new job in Orlando. Since both parents were now in Central Florida, Doug hoped he would get to see his children more often. In the meantime, he had decided to run the Space Coast Half-Marathon. In his messages back and forth, he learned that Micheal was also a runner. He had even run a few marathons.



Left—The reunited Gerard family just before the start of the Space Coast Marathon and Half-Marathon.

A Family Reunion on the Space Coast *continued*

By Bob Rall

When Micheal found out that he was getting a chance to come stateside for Thanksgiving, and that his dad was running Space Coast, he signed up to do the full marathon. Carolyn was able to become a part of the reunion and they both flew in from California the night before the race. As you might expect, none of them slept very much that night as they tried to catch up after being apart for so many years.

Doug and his wife, Jennifer, Carolyn and Micheal came together for the pre-dawn start of the race. Doug and Micheal ran the first few hundred yards together before the half-marathoners split from the marathoners. Despite the lack of rest, Doug's adrenaline carried him to a PR in the half, coming in at 2:17. He went to meet Micheal in the last half-mile of the marathon and ran about 400 yards with him until Micheal decided to sprint to the finish line in what would also be a PR for him. He came in at 4:55.

It was truly a thankful Thanksgiving weekend for Doug, Jennifer, Carolyn and Micheal. The reunion went even better than Doug had dreamed about. He was able to reconnect with his children and reestablish a relationship with them. Carolyn recently asked him for some career guidance and will be following Doug and Micheal's footsteps by enlisting in the Navy. Micheal and Doug plan to run another event together next year.

At the end of my interview with Doug, I asked him the "big" question..."What do they call you?" I could hear the pride in his voice as he told me, **"They call me Dad!"**



Above—Father and Son reunited. Doug and Micheal after completing their respective runs at the Space Coast Marathon and Half-Marathon.

***"Running is about finding your inner peace, and so is a life well lived."
Dean Karnazes, Ultrarunner and best-selling author***

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**SERIES LIMITED
TO 500 ENTRANTS**

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OR
ENTER ALL**

**REGISTRATION WILL OPEN
JANUARY 1ST, 2011**



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OVERALL SERIES CHAMPIONS,
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RON JON TRIATHLON
COCOA BEACH, FLA
APRIL 10, 2011**

1/4 MILE RIVER SWIM • BIKE 12.5 • 5k RUN



**STOP 2
SPACE COAST BIKEATHON
VIERA, FLA
MAY 15, 2011**

20 MILE BIKE • 6.2 MILE RUN

**2010 Surf Coast Trifecta Champions
Mallory Dunn of Daytona Beach
and Kevin Grogan of Clermont**



**Dad's Day
TRI**

**STOP 3
DAD'S DAY TRIATHLON
SEBASTIAN INLET STATE PARK
MELBOURNE BEACH, FLA
JUNE 19, 2011**

1/4 MILE OCEAN SWIM • BIKE 15 • 5k RUN

**REGISTER AT
WWW.SURFCOASTTRIFECTA.COM**



Miles for Myles 5K

January 8, 2011



About 450 runners and walkers came out to Viera High School Stadium on Saturday, January 8th to participate in the Miles for Myles 5K. Myles Freeberg was going to be a senior this year at Viera High School. But six months ago (to the day) he was killed in an auto accident on the way to have his Senior picture taken.

Many of the runners and walkers knew Myles. He was a popular student who played on the soccer team and was one of the leading candidates for class valedictorian. But many of the people who showed up today didn't know Myles. They had simply heard about his story and came out to do something healthy and to support a good cause. The funds raised from the race, about \$7500, will be used to start a scholarship fund in honor of Myles.

A cardboard No. 6, Myles' soccer number, served as the starting and finish line for the event. Songs from Myles' iTunes playlist played over the stadium's sound system. His mom, Kathy Freeberg, started the race by sounding an air horn that she told the crowd she would use to wake him. Tom Freeberg, Myles' dad, called the community support "amazing."

The number of participants surprised everyone. Organizers had ordered 400 race numbers and ran out. But it didn't matter. The race was untimed and there were no awards. That is, unless you count the feeling that comes with doing something good for yourself and for others. In that case, there were a lot of awards on this Saturday morning.



29th Annual Downtown Melbourne 5K Run and Walk

Saturday, April 2, 2011

A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Men 7:30 AM * Women 8:15 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts two blocks W of US 1 on New Haven Ave in Downtown Melbourne. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+)

Age Groups (top 3 male & female)

10 & Under	25-29	45-49	65-69
11-14	30-34	50-54	70-74
15-19	35-39	55-59	75+
20 -24	40-44	60-64	

Race Management by:



Corporate Challenge

- All members must be employees of the same company, with a minimum of 5 members, one must be of the opposite sex.

Registration

- On line at Register.RunningZone.com ending March 31st
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone ending March 31st (3696 N Wickham Road, Unit C, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Packet Pick-Up

- Friday, April 1st from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

2011 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Entry Fees: \$20 until April 2nd
(\$19 for SCR Members)
\$25 race day

Make checks payable to
The Haven
and send to:
Running Zone
3696 N Wickham Road
Melbourne, FL 32935

Last Name (Please print) _____

First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____ Telephone _____

Email _____ / /

Age on Race Day _____ M ___ F ___ S ___ M ___ L ___ XL ___ Y ___ N ___
Gender T-shirt Size Space Coast Runners Member?

Corporate Challenge Team Name _____ (if applicable, see above for details)

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

Run a Mile With...David Maltby

Name: David Maltby

Family: Connie, Dylan, Emily

Ages: 50, middle of the 49-45 age group, 19, 17

Occupation or Dream profession: Software Engineer specializing in Content Management and Publishing. I hope to leave this high stress profession by the time I am 60 and work somewhere where I can commute by walking. My dream would be tending the flowers at Rockledge Gardens but I'd settle for the Garden department at Lowes.

Number of Years Running: I started running shortly after I started walking and my mother says that I did not walk much after that. But that is not the kind of running I think we are talking about here.



Sadly, I have taken more years off from running than I have spent running. This is why Henry Campbell rightly greets me with “Didn’t you used to be a runner?” I have had three widely spaced out phases of running totaling maybe 14 years. I started running without the purpose of getting anywhere as a sophomore at Cocoa Beach High School. Back in those days CBHS was just 10th – 12th grades. I enjoyed Cross Country the most although never rising higher than 3rd man on our team. Kenny Clark of Rockledge High School, coached by the late and loved Bob Jackson, was the boy to beat in the late 70s. My goal in the 2-mile, like many others, was to not get lapped by Kenny. I could get a time in the mile and eventually worked it down the 4:40 range. I am fortunate that I still get to run with some of my old team mates from high school, however, I think that Ceal Muldoon Walker is faster now than back then. When Chip Gorman gets back to Brevard from Texas, he is still the number 1 runner.

In my senior year I heard about some meetings of local runners at the Cocoa Beach Library and I started attending. A hip young Bob Lawton was getting the Space Coast fired up about the running craze sweeping the nation by putting on these events called “Fun Runs.” Bob came up with a cool logo for this new Space Coast Runners club and had it made in a gold necklace. Hey, it was the 70s. I ran a couple more years for Brevard Community College, taking some amazing frightful van trips to away meets. I learned a lot about training from Coach Craig, but he was not much of a night time driver. When I got to the University of Florida and did one walk-on practice with the distance team I knew that my team running days were over. Those guys were at what they call “the next level.” A sore IT Band and heavy course load were enough distractions to put running on a far back burner.

Run a Mile With...David Maltby

Continued

Began Running Because: Frank Shorter was, and still is, such an amazing runner and person. I was first aware of him from the 1972 Olympics and his connection with the Florida Track Club in Gainesville.

Race PRs (Personal Records): The great thing about age-group running is that you get to re-set PRs a lot. So currently I consider my PRs as 5K – mid 23s but think I ought to do better (I just don't seem to have leg speed anymore), 10K - 47:23 (EotD, 2/2010) shooting for low 46s this year, 15K – 1:12 (SCC, 11/2010) I am pretty happy with that one, and Half Marathon – 1:46 (SCHalf, 11/2010). I have never run a full marathon and strangely seem to have little desire to do so.

Most Satisfying Race Performance(s): Recently, the Space Coast Classic 15K was a surprisingly strong performance for me. I have always enjoyed this race, from back in the Melbourne Beach days to now in Windover Farms. I was happy with my 1:13 in 2009 and did not expect to beat it in 2010, but the weather was great and I lucked out to land in a nice group with Jackie Schmoll and Gary Uveges (Parma, OH). We all traded off and pushed the pace, and just had an enjoyable time. The new PR was a bonus.



The Maltby's after completing the Space Coast Half-Marathon

Favorite Races: Disney is the only race out of Brevard that I have done, and although an event of stupendous proportions, I cannot put it on my favorites list. My favorites are **Eye of the Dragon 10K, Space Coast Classic 15K, and Space Coast Half Marathon.**

Favorite Place(s) to Run: River Road Rockledge and Cocoa, South Tropical Trail from Oars and Paddles Park, the Mount Vernon Trail and up around the Washington, Lincoln, and Jefferson Memorials in Washington D.C. Although out my front door and down the street will do just fine too.

Continued on next page...

Run a Mile With....David Maltby

Continued

Running Partner(s): Occasionally, when our schedules match up, I enjoy a run with my wife Connie. The Team in Training group is welcoming for a Saturday long run and there is always a fun group of Space Coast Runners on Sunday mornings in Cocoa Village. But mainly I run with the gang from NPR, “gabfesters” from Slate magazine, and Will, Jorge, and James from Discovery News’s Friday News Feedbag via podcasts I download every week.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: I would pick the alive Douglas Hofstadter, author of the Pulitzer Prize winning book *Gödel, Escher, Bach: an Eternal Golden Braid*. As the College of Arts and Sciences Distinguished Professor of Cognitive Science and Comparative Literature at Indiana University Bloomington, Mr. Hofstadter’s books bring together a wide range of topics that are of great interest to me: from music and language to computers and programming. And I know that he likes to go running on occasion because he describes times running with his late wife Carol in several of his books.

Training Philosophies: I have not found anything that works better for me than the training philosophies outlined by Dr. Jack Daniels in his 1998 book, *Daniels' Running Formula*.

Dream Vacation: My dream vacation is always my next vacation. My wife Connie is a super trip planner and the next one is always better than the last. We have traveled to many of the National Parks, America’s crown jewels, and we are off to Mount Rainer and Olympic National Parks this year. We did a 2-day Grand Canyon Rim-to-Rim hike a couple of years ago, and I was awed not just by the beauty of the surroundings but by the runners doing a 1-day Rim-to-Rim-to-Rim run, which is a distance of 41.8 miles with 21,420 feet of vertical change.



Left—A family that runs together...

The Maltby family after the Disney Half-Marathon in 2009.

**Editors note:
Thanks David!**

Light The Way 5K

January 22, 2011



About 200 runners came out on a cool, but clear morning to compete in the 5th annual Light The Way 5K to benefit the Park Avenue Christian Academy in Titusville. The race is one of the Titusville Race Series events and is put on by the PACA Running Team. The team is made up of 3rd-8th graders at PACA. There are 45 running team members and the proceeds go towards the expenses of their race entries through the season. Nine adult coaches run with the kids during practice every Wednesday at 7am. As students graduate from the program, many have moved on to continue running in high school and many of them come back to run the Light The Way 5K every year.

Titusville's own Tommy Taurasi, one of the many runners from the Taurasi family participating, was the overall winner this year, coming in at 17:31, 19 seconds ahead of Merritt Island's Thaddeus Austin, who edged Titusville's Aaron Fournier by one second. On the female side, Alexa Gemma, from South Daytona, finished first in 19:54. Titusville's Teresa Huff finished second. Sandra Gannon finished third. Complete race results can be found on page 41.

Below: Race Director Sarah Guttery and SCR Board Member Marty Winkel address the runners before the start of this year's race.





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Robert J. Rall, CFP®

A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.



Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.

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SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH-FIRST PRO-HEALTH AND FITNESS CENTERS!! They graciously allow us to use a meeting room in one of their facilities for our SCR Board Member Meeting each month.

Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff that is dedicated to a well-rounded, total fitness experience. We offer a wide variety of classes from kick-boxing to yoga to swim lessons for the kids. And even a complete mind and body weight-loss program called LIVFIT.

When you join any Pro-Health & Fitness Center, you become a member at all four locations – Merritt Island , Melbourne , Viera and Palm Bay . It's like four gyms for the price of one!

For more information visit our website at www.HealthFirstProHealth.org and become a fan on our Facebook page!

Mustang Stampede 5K Run/Walk

January 22, 2011

On January 22nd, the 2nd Annual Mustang Stampede 5K Run/Walk was held at the West Melbourne elementary school. Funds raised from the race will be used to upgrade playground equipment at the school. Race Director Mary Failla was very pleased with the turnout for the race and was most excited by the fact that there were 140 children under the age of 12 that completed the 5K. A total of 309 people participated in the event.

The race theme was to promote a healthy lifestyle and over 30 organizations participated in a Community Healthcare fair, providing a variety of positive health information for those in attendance. To get the student's families involved, the organizers came up with a unique pricing structure for the race. The family of any student of Meadowlane could sign up for a total cost of \$40...no matter how many members of the family.

17-year old Blake Robinson was the overall champion, edging 16-year old Alec Reesh by less than one second. Andy Dutra finished third overall and Chris Reesh was the Male Masters Champion. For the females, Sara Jackson was the overall winner, coming in about 2 minutes ahead of second place winner, 11-year old Amanda Beach. Melissa Vandelt finished third and Carol McCauslin was the Female Masters Champion.

For complete results of the race, please go to page 45.



SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at PSponsler@cfl.rr.com.



YOUR BUSINESS HERE

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page.

Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month.

Contact Bob Rall,
Bob@RallCapital.com

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,
www.speedlaces.com

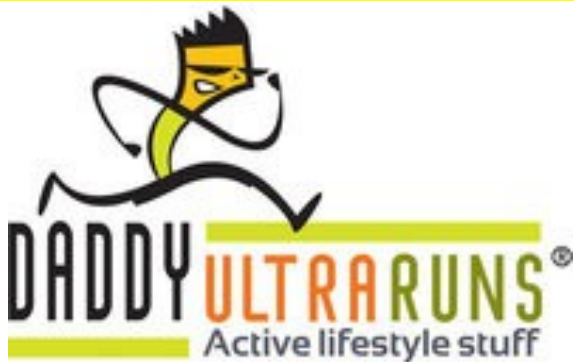


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40-70% OFF retail everyday
PLUS an EXTRA 15% off for
SPACE COAST RUNNERS

200 S. Miramar Ave. Indialantic
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321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

SCR MEMBER DISCOUNTS



SCR members receive a 10% discount!
602-B Brevard Ave., Cocoa, 321.806.3935

GET MOVING!
Group Fitness & Personal Training

10% off an 18-class package!
www.getmovingfitness.weebly.com

"Running is real and relatively simple - but it ain't easy."
Mark Will-Weber, author and running coach

YOUR BUSINESS HERE

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page.

Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month.

Contact Bob Rall, Bob@RallCapital.com



SCR members receive a 10% discount!
241 5th Avenue, Indialantic
321-984-2111

SHARE YOUR RUNNING OR WALKING STORIES WITH US

We've all seen great, funny, strange, or just plain weird stuff happen while out on the race circuit or during our training sessions. We would like to hear your stories. Put them in an email and send them to bob@rallcapital.com. We'll share them with the rest of our fitness community.

Coconut 5K

January 8, 2011

The second annual Coconut 5K took place on the morning of January 8th in Melbourne Beach. The course started at Ryckman Park and traveled along Ocean Ave and south on Oak Street before returning to the starting point. Almost 100 runners and walkers came out for the event.

The race is hosted by the Friends of the Melbourne Beach Library, which is an organization of concerned residents who share the belief that the Melbourne Beach Public Library is a valuable resource for the entire community. Proceeds from the event will be donated to the Friends group and used to purchase books and other items for both the adult and children's programs at the library.

In an epic battle for the overall win, Andy Dutra and Art Anderson battled to the finish. Dutra managed to edge Anderson by less than one-half of a second! Both men finished in 18:37. Greg Apotsos finished third, 10 seconds behind the leaders. Male Masters Champion Sean Black finished in 19:21. For the females, 62-year old Anne Dockery came across the line first in 22:06. Way to go Anne! Molly Delaney finished second in 22:52 and Rene Dunne was third overall with a time of 24:05. Rebecca Moody took the Female Masters Championship with a time of 24:29.

For complete race results, go to page 50.



“It's the one thing that's mine. My runs everyday are my thing. It's my therapy, my hour to myself. Nobody can really take it away from me... It's such a huge part of me. I love to say that I'm a runner.”
—Summer Sanders, Olympic gold-medalist in swimming

SPACE COAST RUNNING REPORT

On 94.1 FM

Central Brevard County residents can hear the Space Coast Running Report on Windover Farms Radio - 94.1 FM.

Hear two different reports each week:

- + The Monday-Tuesday report provides weekend race results, upcoming races, interviews, high school results
- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

The 36-week series runs Aug 16-Dec 21 and, after a hiatus, from Jan 17-May 17

AIR DAYS

Monday

Tuesday

Thursday

Friday

TIMES

4:45, 5:45 PM

6:45, 7:45 AM & 4:45, 5:45 PM

7:45 AM & 5:45 PM

6:45, 7:45 AM & 4:45 PM



Connect with Space Coast Runners



Find us on
Facebook

LinkedIn



twitter

Are you a social media participant?

Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club happenings; area races and fun runs; set up workouts; talk with other runners and walkers; share photos; and provide feedback to the Board.

Come join us!



Berry Patch 5k Run

Sunday March 6, 2011

Race Start 8:00am

Wickham Park Pavilion

T-Shirt & Pancake Breakfast for first 500 entrants

Award Ceremony to immediately follow race.

To Register:

Go to:
<http://register.runningzone.com/>
751-8890

Form can be mailed or drop at:

Habitat for Humanity Office
7815 Ellis Rd.
West. Melbourne, FL 32904

or
Running Zone
3696 N. Wickham Rd.
Melbourne, FL 32935

Contact:

Habitat for Humanity Office
www.brevardhabitat.com
321-728-4009

Race Directed By:



All Proceeds Benefit:



Time Table:

Now until March 3, 2011
Registration fee \$25

March 4, 2011 through race day
Registration fee \$30
**\$5.00 discount if 12 or under on race day*

March 4 & 5, 2011
Packet Pickup & Registration at
Running Zone

March 6, 2011
Registration & Packet Pickup Starting
at 6:45am

Immediately following race
Awards Ceremony &
Strawberry Breakfast

ENTRY FORM (Please Print)

SEND APPLICATION TO: Habitat for Humanity of Brevard County, Inc., 7815 Ellis Rd., West Melbourne, FL 32904 (or drop off at Running Zone). Checks payable to Habitat for Humanity of Brevard County, Inc., \$25 until 3/3/2011, \$30 through race day. Sorry no refunds; Part of your fee may be tax deductible.

NAME: _____ BIRTH DATE: _____ AGE ON RACE DAY: _____

Includes donation of \$ _____ to Habitat for Humanity of Brevard County, Inc. Payment enclosed \$ _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

TELEPHONE #: _____ SEX: Male Female (Circle One) SHIRT SIZE: YM S M L XL (Circle one)

WAIVER: I know that running in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the efforts of weather, including heat and/or humidity, traffic and conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Habitat for Humanity of Brevard County, Inc., Running Zone and Sponsors, their representatives and successors from all claims or liabilities of an kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature (Parent if under 18 years old): _____

www.starkidstri.com



where *every kid* is a star

Sunday, April 10, 2010

Awards to top
three boys and girls
in each age group

10:00 a.m. Start

Cocoa Beach Country Club

All finishers
receive medals.

The Star Kids Tri is a USAT-sanctioned event and is open to kids ages 6-14 and, for awards purposes, will be broken into the following age groups and distances:

Betelgeuse (ages 6 & 7) – 50-yard swim, 3.7-mile bike, 1/2-mile run

Polaris (ages 8 & 9) – 100-yard swim, 3.7-mile bike, 1/2-mile run

Orion (ages 10- & 11) – 100-yard swim, 3.7-mile bike, 1-mile run

Regulus (ages 12 & 13) – 150-yard swim, 3.7 mile-bike, 1-mile run

Sirius (14-years-old) – 150-yard swim, 3.7-mile bike, 1-mile run



TRIATHLON
COCOA BEACH
APRIL 10 • 2011



Starkids Tri
in conjunction with



Ron Jon Triathlon
Cocoa Beach, FL

1/4 Mile River Swim • Bike 12.5 • 5K Run
REGISTER ONLINE AT WWW.SURFCOASTTRIFECTA.COM

Sun 'N Fun 4 Mile and 2-Mile Run/Walk

January 15, 2011

4 Mile Results-Male

OVERALL MALE CHAMPION

Pl	Name	Age	Time	Pace
1	John Davis	33	22:09	5:32
2	Steve Hedgespeth	32	22:54	5:43
3	Theddeus Austin	33	23:23	5:50

MALE MASTERS CHAMPION

Roger Travis 52 24.28 6:07

FIRST MALE FREEDOM 7 STUDENT

Jasper Steensma 8 36:38:00 9:09

MALE AGE GROUP: 0 - 9

1	Austin Hayes	9	34:01:00	8:30
2	Aeddon Burns	8	48:29:00	12:07
3	Graeme Burns	7	48:35:00	12:08

MALE AGE GROUP: 10 - 14

1	Jared Hayes	11	29:01:00	7:15
2	Christian Hayes	12	29:36:00	7:24
3	Avery Ellegood	14	40:45:00	10:11
4	Aleksander Steensma	10	42:54:00	10:43

MALE AGE GROUP: 30 - 34

1	Robert Paxton	31	27:02:00	6:45
2	Drew Cordes	33	27:35:00	6:53
3	Cole Anderson	31	33:45:00	8:26
4	Eric Rigley	31	52:04:00	13:01

MALE AGE GROUP: 35 - 39

1	Shane Streufert	38	23:53	5:58
2	Richard Davis	38	27:41:00	6:55
3	Julio Castillo	36	28:56:00	7:14
4	Tom Decker	36	31:20:00	7:50
5	Les Dunne	35	32:01:00	8:00
6	Ron Roff	39	32:36:00	8:09

MALE AGE GROUP: 40 - 44

1	Joe Castner	42	24:47:00	6:11
2	Howard Kanner	41	25:56:00	6:29
3	John Blossom	44	28:04:00	7:01
4	James Chiravalle	44	36:39:00	9:09
5	Bruce Wilder	41	37:45:00	9:26
6	Carl Belles	43	43:22:00	10:50

MALE AGE GROUP: 45 - 49

1	Doug Nichols	47	24:51:00	6:12
2	Jeff Gleacher	46	25:17:00	6:19
3	Kurt Holst	48	27:29:00	6:52
4	Greg Hayes	47	28:52:00	7:13
5	Will Preston	49	29:02:00	7:15
6	Andy Blossom	46	31:25:00	7:51
7	Bob Torres	48	33:08:00	8:17
8	Ron Beck	48	33:30:00	8:22
9	Carlos Prado	46	33:35:00	8:23
10	Paul Bevilacqua	48	35:01:00	8:45
11	Robert Sorrentino	46	36:01:00	9:00
12	Doug Lyons	46	40:47:00	10:11
13	Eddie Ellegood	48	45:35:00	11:23

MALE AGE GROUP: 50 - 54

1	Joe Hultgren	51	24:38:00	6:09
2	Keith Kowalske	50	27:50:00	6:57
3	David Maltby	50	30:29:00	7:37
4	Jerry Smith	51	35:40:00	8:55

MALE AGE GROUP: 55 - 59

1	Matt Mahoney	55	26:18:00	6:34
2	Michael Miller	55	27:33:00	6:53
3	Keith Wolling	57	28:44:00	7:11
4	Arleigh Sharpe	59	33:54:00	8:28

MALE AGE GROUP: 60 - 64

1	David Grant	64	27:47:00	6:56
2	Carl Bonds	61	31:15:00	7:48
3	Ray Brown	63	31:47:00	7:56
4	David Farrall	62	33:25:00	8:21
5	Donald Wisner	60		

MALE AGE GROUP: 65 - 69

1	Peter Weishaar	65	28:55:00	7:13
2	Gary Castner	65	30:42:00	7:40
3	Dennis Testa	66	33:04:00	8:16

MALE AGE GROUP: 70 +

1	Joe Morhoeter	75	35:54:00	8:58
2	Darwin Tangen	70	38:07:00	9:31
3	Mo Johnson	73	49:23:00	12:20
4	Henry Campbell	77	51:03:00	12:45

Sun 'N Fun 4 Mile and 2-Mile Run/Walk *continued*

2-Mile Results

OVERALL MALE CHAMPION

PI	Name	Age	Time	Pace
1	Dale Bramall	44	13:47	6:53
2	Hudson DeLee	28	15:55	7:57
3	Bryce Davis	8	18:14	9:07

OVERALL FEMALE CHAMPION

PI	Name	Age	Time	Pace
1	Marisa Flint	45	16:34	8:17
2	Madeline Zeuli	11	18:15	9:07
3	Nyssa Holmquist	9	19:35	9:47

MALE MASTERS CHAMPION

Keith Flint	45	18:37	9:18
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FEMALE MASTERS CHAMPION

Dawn VonSeggern	41	22:32	11:16
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FIRST MALE FREEDOM 7 STUDENT

John Stotz	10	18:34	9:17
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FIRST FEMALE FREEDOM 7 STUDENT

Ivyanna Rosa	10	20:00	10:00
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MALE AGE GROUP: 0 - 8

1	Don Escolas	8	21:56	10:58
2	Spencer Leighty	7	27:24:00	13:42
3	Owen Castillo	5	28:22:00	14:11
4	Tyler Decker	8	31:09:00	15:34
5	Ethan Roebuck	7	41:26:00	20:43

FEMALE AGE GROUP: 0 - 8

1	Kennedy Coleman	6	26:36:00	13:18
2	Breanne Niemeyer	7	29:19:00	14:39
3	Alison Niemeyer	5	30:58:00	15:29

MALE AGE GROUP: 9 - 11

1	CJ Coleman	9	20:37	10:18
2	Thomas VonSeggern	11	22:33	11:16
3	Jared Decker	10	22:38	11:19
4	Eric Beck	11	24:30:00	12:15
5	Travis Phillips	9	27:12:00	13:36

FEMALE AGE GROUP: 9 - 11

1	Nexis Phillip	9	27:10:00	13:35
2	Lexi Leighty	9	29:18:00	14:39
3	Natalie Lyons	10	29:51:00	14:55
4	Audrey Kirk	11	30:59:00	15:29
5	Sydney Castillo	9	32:51:00	16:25

MALE AGE GROUP: 30 - 39

1	Chris Zouli	39	18:15	9:07
2	Dan Escolas	39	27:56:00	13:58
3	Nicholas Leighty	30	39:00:00	19:30

FEMALE AGE GROUP: 12-14

1	Kaia Holmquist	12	19:44	9:52
2	Riley June	12	23:07	11:33
3	Isabel Prado	13	23:12	11:36
4	Rachel White	12	24:26:00	12:13
5	Quinn Kanne	13	33:40:00	16:50

MALE AGE GROUP: 40 - 49

1	Fred Stotz	41	19:24	9:42
2	Christopher Coleman	42	26:39:00	13:19
3	Frank Borchers	41	26:51:00	13:25
4	Tom Phillips	49	27:12:00	13:36
5	Tom Niemeyer	43	30:58:00	15:29

FEMALE AGE GROUP: 30 - 39

1	Christy Anderson	35	22:00	11:00
2	Jessica Currie	32	22:15	11:07
3	Tonya June	39	23:08	11:34
4	April Castillo	35	28:22:00	14:11
5	Ashley Leighty	30	39:04:00	19:32

MALE AGE GROUP: 60 - 69

1	John Schantzen	65	31:14:00	15:37
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FEMALE AGE GROUP: 40 - 49

1	Jenny Lyons	44	29:55:00	14:57
2	Carten Stegen	47	33:06:00	16:33

MALE AGE GROUP: 70 +

1	Anthony Semento	71	18:48	9:24
2	Hermann Gerhard	76	31:29:00	15:44

FEMALE AGE GROUP: 70 +

1	Yvonne Cisar	73	26:03:00	13:01
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Sun 'N Fun 4 Mile and 2-Mile Run/Walk *Continued*

4 Mile Results-Female

OVERALL FEMALE CHAMPION

Pl	Name	Age	Time	Pace
1	Jessica Crate	25	24:18:00	6:04
2	Lisa Petrillo	32	26:27:00	6:36
3	Anne Dockery	62	27:48:00	6:57

FEMALE MASTERS CHAMPION

	Robin Moran	53	28:15:00	7:03
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FIRST FEMALE FREEDOM 7 TEACHER

	Christine Ellegood	44	44:49:00	11:12
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FEMALE AGE GROUP: 10 - 14

1	Hannah Lyons	12	40:46:00	10:11
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FEMALE AGE GROUP: 20 - 24

1	Melissa Baldwin	22	32:58:00	8:14
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FEMALE AGE GROUP: 25 - 29

1	Layla Dowdy	27	30:34:00	7:38
2	Rebecca Taylor	29	33:02:00	8:15
3	Lindsay Greer	25	36:35:00	9:08
4	Krista Anderson	28	41:13:00	10:18
5	Erin Anderson	29	43:57:00	10:59
6	Natalie Douglas	29	1:00:00	15:00

FEMALE AGE GROUP: 30 - 34

1	Rene Dunne	30	30:59:00	7:44
2	Donna Davis	32	32:09:00	8:02
3	LeAnn Castner	34	37:36:00	9:24
4	April Stewart	32	39:39:00	9:54

FEMALE AGE GROUP: 35 - 39

1	Christy Tagye	38	32:07:00	8:01
2	Brittany Streufert	38	32:34:00	8:08
3	Nina Coleman	38	33:39:00	8:24

FEMALE AGE GROUP: 40 - 44

1	Angie Preston	44	30:40:00	7:40
2	Cristina Canales	42	31:26:00	7:51
3	Gina Rall	40	32:36:00	8:09
4	Michelle Smurl	42	37:34:00	9:23
5	Betty Jo Conner	43	38:29:00	9:37
6	Melinda Niemeyer	42	43:18:00	10:49
7	Tina Borchers	42	44:16:00	11:04
8	Suzanne Wilder	41	45:35:00	11:23

FEMALE AGE GROUP: 45 - 49

1	Sandra Gannon	45	29:12:00	7:18
2	Terry Ferrisi	46	29:58:00	7:29
3	Molly Kirk	46	34:22:00	8:35
4	Jackie Petit	49	38:27:00	9:36
5	Ruth Rodriguez	48	39:15:00	9:48
6	Cheryl Belles	47	43:21:00	10:50
7	Janice Beck	48	44:54:00	11:13
8	Cathy Norris	49	59:01:00	14:45
9	Layla Steensma	45	1:02:27	15:36

FEMALE AGE GROUP: 50 - 54

1	Marlene White	52	31:40:00	7:55
2	Elizabeth Ring	53	32:17:00	8:04
3	Debbie Rescott	52	34:48:00	8:42
4	Karen Furton-Sparks	50	45:33:00	11:23

FEMALE AGE GROUP: 55 - 59

1	Sue Strout	56	30:56:00	7:44
2	Nancy Wingo	57	36:07:00	9:01
3	Blanche Morrison	59	45:34:00	11:23

FEMALE AGE GROUP: 60 - 64

1	Jacquelyn Kellner	62	36:03:00	9:00
2	Maureen Morley	60	41:23:00	10:20
3	Mary Meyer	60	1:04:07	16:01

FEMALE AGE GROUP: 65 - 69

1	Petra Gerhard	68	44:34:00	11:08
2	Susie Koontz	65	49:22:00	12:20

FEMALE AGE GROUP: 70 +

1	Angela Saldana	83	55:06:00	13:46
2	Katie Marsh	72	57:47:00	14:26
3	Joan Joesting	73	1:22:38	20:39

"I look at running as meditation. It allows me to decompress, download, and get rid of a lot of negative stuff. That's my secret. I go inside myself."

Jeff Corwin, American animal and nature conservationist

Light The Way 5K Results

January 22, 2011

PI	Name	Age	Time	Pace	PI	Name	Age	Time	Pace
FEMALE OVERALL					4	Christy Eller	29	32:24.56	10:27
1	Alexa Gemma	34	19:54.02	6:25	5	Rachel Mandel	25	34:57.21	11:16
2	Teresa Huff	18	20:47.92	6:42	6	Jaqueline Viera	28	39:25.31	12:42
3	Sandra Gannon	45	21:57.47	7:04	7	Rachel Ball	26	43:36.29	14:03
FEMALE MASTER					FEMALE 30-34				
1	Janet Canfield	50	22:57.44	7:24	1	Joanna McColl	31	23:24.48	7:32
FEMALE 0-8					2	Casey Gilbert	31	25:03.69	8:04
1	Fiona Daly	7	46:05.56	14:51	3	Jacquelyn LeClaire	31	34:43.65	11:11
2	Trisha Suffern	8	46:34.27	15:01	4	Johanna Russo	32	36:12.21	11:40
FEMALE 9-11					FEMALE 35-39				
1	Kara Kyrmarios	10	22:26.93	7:14	1	Megan Broome	35	27:56.45	9:00
2	Bailey Ferguson	10	33:10.16	10:41	2	Barbara Allison	37	29:16.75	9:26
3	Alexus Campbell	10	42:34.49	13:43	3	Allison Stauffer	36	30:04.09	9:41
4	Megan Larchar	10	42:42.56	13:46	4	Michelle May	39	34:45.51	11:12
FEMALE 12-14					5	Laura Moxley	36	37:28.06	12:05
1	Erin Canfield	12	23:53.53	7:42	6	Karen Terry	39	40:48.20	13:09
2	Haley Hostetter	12	27:07.38	8:44	7	Julie Pomerleau	36	41:50.02	13:29
3	Laura Larchar	13	28:35.86	9:13	8	Vicki Mattison	39	45:08.98	14:33
4	Hannah Thurston	12	30:01.98	9:40	9	Monika Ellis	39	45:09.36	14:33
5	Haley Mount	12	32:07.13	10:21	10	Atlisa Moore	37	55:01.82	17:44
6	Rachel Larchar	12	32:08.81	10:21	FEMALE 40-44				
7	Lauren Minnear	14	33:52.21	10:55	1	Suanne Register	42	25:39.09	8:16
8	Kylie Young	14	33:52.66	10:55	2	Eugenia Berry	43	26:05.10	8:24
9	Grace Strickland	12	37:52.14	12:12	3	Stephanie Legare	40	28:52.70	9:18
10	Brooke Ferguson	13	41:28.52	13:22	4	Alex Gutierrez	41	29:33.81	9:31
11	Marissa Turner	12	41:31.93	13:23	5	Sharon Loines	43	31:41.94	10:13
FEMALE 15-19					6	Michelle Thornton	42	33:53.32	10:55
1	Elizabeth Norris	15	25:44.41	8:18	7	Kim Anderson	42	33:54.86	10:56
2	Kayla Lamattina	18	36:44.54	11:50	8	Erica Worthington	42	40:16.46	12:59
3	Rachel Minnear	16	51:07.52	16:29	9	Michelle Boggs	44	43:38.71	14:04
FEMALE 20-24					10	Stephanie Peaden	44	45:56.11	14:49
1	Stephanie Bird	20	22:35.80	7:17	FEMALE 45-49				
2	Krysti Cooper	23	26:03.46	8:24	1	Patricia Taurasi	46	24:28.80	7:53
3	Amanda Hoffmeyer	23	28:07.90	9:04	2	Christine Kennedy	45	24:36.69	7:56
4	Linnette Rivera	24	28:42.77	9:15	3	Kimberly Badgett	49	24:53.24	8:01
5	Kara Downs	23	30:13.10	9:44	4	Marisa Flint	45	25:36.67	8:15
6	Chelsea White	24	30:26.10	9:49	5	Theresa Langley	48	26:22.68	8:30
7	Joanna Riendean	21	31:17.54	10:05	6	Robin Kyrmarios	45	27:23.23	8:50
8	Maria Artelli	24	33:59.42	10:57	7	Maria Huff	45	28:00.34	9:01
9	Riendeau Lisa	23	43:13.29	13:56	8	Georgia Pierce	45	30:39.32	9:53
10	Rachel Redlien	23	43:13.79	13:56	9	Diane Klazon	45	31:19.35	10:06
FEMALE 25-29					10	Cynthia Gregson	45	33:09.02	10:41
1	Rachel Rayburn	28	27:09.95	8:45	11	Janet Bainbridge	46	42:33.27	13:43
2	Kate Schindler	26	28:12.70	9:05	12	Catherine Norris	49	46:01.19	14:50
3	Marjorie Lee Fickey	27	30:36.54	9:52					

Light The Way 5K Results *continued*

January 22, 2011

PI	Name	Age	Time	Pace
FEMALE 50-54				
1	Karon Pittman	52	24:39.73	7:57
2	Melissa LaMothe	50	26:15.01	8:28
3	Patty Folsom	54	29:26.18	9:29
4	Martha Steinle	50	43:00.04	13:52
5	Kathy Ketcham	53	43:38.61	14:04
6	Susan Cain	51	54:58.69	17:43
FEMALE 55-59				
1	Rhonda Howard	59	29:54.87	9:38
2	Sherry Findley	58	41:01.80	13:13
FEMALE 60-64				
1	Maureen Morley	60	29:12.50	9:25
2	Sandy Bailey	61	35:52.32	11:34
FEMALE 65-69				
1	Patricia England	66	35:23.61	11:24

PI	Name	Age	Time	Pace
MALE OVERALL				
1	Tommy Taurasi	18	17:31.53	5:39
2	Thaddeus Austin	34	17:50.08	5:45
3	Aaron Fournier	31	17:51.23	5:45
MALE MASTER				
1	Art Anderson	51	18:21.42	5:55
MALE 0-8				
1	Connor Ferguson	8	25:57.88	8:22
2	Matthew Legare	7	28:48.40	9:17
MALE 9-11				
1	Dawson Toms	11	22:59.17	7:24
2	Daniel Legare	9	23:01.77	7:25
3	Jason Garrett	10	23:25.40	7:33
4	Eli Wyckoff	10	23:33.27	7:35
5	Trevor Denson	10	23:44.18	7:39
6	Timothy Legare	11	26:08.98	8:25
7	Collin May	11	27:06.60	8:44
8	Timmy Maynard	10	27:28.00	8:51
9	Tyler Black	10	31:53.66	10:17
10	Cameron Mizell	9	31:57.79	10:18
11	Dakota Withers	11	32:19.80	10:25
12	Brenden Chamberlain	11	33:22.03	10:45
13	Ryan Minnear	9	34:17.14	11:03
14	Connor Drake	10	42:43.00	13:46
MALE 10-14				
1	Mason Jones	12	18:58.43	6:07
2	Wesley Garrett	14	20:17.05	6:32
3	Colten Toms	12	20:39.08	6:39
4	Ryan Garrett	12	21:51.04	7:02
5	Jacob Carter	13	23:02.41	7:25
6	Jonathan Pugh	12	23:08.11	7:27
7	Caleb Ferguson	12	23:19.94	7:31
8	Cody Wyckoff	13	23:43.32	7:39
9	Nathan Bierman	13	24:53.15	8:01
10	Eddie Schaffer	13	24:54.07	8:01
11	Brandon Shepherd	14	25:05.60	8:05
12	Jonathan Flemming	13	26:24.25	8:30
13	Christopher Mead	12	27:31.99	8:52
14	Jakob Ellis	12	28:47.08	9:17
15	Garrett Buckingham	13	31:28.08	10:09
16	Chris Sacik	12	33:01.77	10:39
17	Neil Hawkins	12	39:54.21	12:52



Light The Way 5K Results *continued*

January 22, 2011

PI Name Age Time Pace

MALE 15-19

1	Drew Denson	15	18:00.06	5:48
2	Jacob Langgle	15	18:34.33	5:59
3	Taylor Collier	19	18:45.59	6:02
4	David Riendeav	19	27:33.17	8:53
5	Samuel Flemming	15	27:54.07	9:00
6	Jordan Weeks	15	33:43.98	10:52

MALE 20-24

1	Danny Taurasi	20	18:54.53	6:05
2	Cameron Cote	21	21:01.44	6:46
3	Andrew Risany	20	22:56.40	7:23
4	Matthew Mcdougal	21	23:00.34	7:25
5	Greg Coleman	20	30:05.68	9:42
6	Luke Paisley	22	38:03.58	12:16

MALE 25-29

1	Eric Kirby	25	21:58.07	7:05
2	Aaron Storey	29	23:48.52	7:40
3	Edward Taylor	28	24:20.43	7:50
4	Christopher Han	29	29:12.05	9:25

MALE 30-34

1	Carlos Merced	34	24:02.65	7:45
2	Covington Stevens	30	24:44.93	7:58
3	Mike Acosta	33	25:19.80	8:09
4	Rex LeClaire	31	27:45.06	8:57

MALE 35-39

1	Dave Chapman	37	18:49.51	6:04
2	Gary Mauzy	39	21:33.71	6:57
3	Charles Thibault	37	25:18.83	8:09
4	Dan Ferguson	35	26:01.34	8:23
5	Sean Stauffer	36	29:25.58	9:29
6	Mike Ferguson	39	29:52.50	9:38
7	Doug Chamberlain	39	29:52.95	9:38
8	Jeff May	35	34:45.88	11:12

MALE 40-44

1	Sean Black	42	18:35.36	5:59
2	Pedro Toledo	42	18:40.19	6:01
3	Frank Kapr	42	18:44.89	6:02
4	Paul Hilburn	44	23:38.08	7:37
5	Harry Prosser	42	25:04.76	8:05
6	Bradley Berry	42	25:31.98	8:13
7	Eric Hunstad	43	26:41.51	8:36
8	Michael Legare	42	33:32.05	10:49
9	Dayne Deeds	44	34:57.72	11:16
10	David Daly	42	46:06.14	14:52

PI Name Age Time Pace

MALE 45-49

1	Chris Loines	45	18:30.90	5:58
2	Jeff Gleacher	46	19:41.27	6:20
3	David Taurasi	47	19:49.78	6:23
4	Tony Stokes	48	20:47.50	6:42
5	J.C. Weeks	45	22:44.96	7:19
6	Tim Larson	47	23:04.39	7:26
7	Mike Melzer	49	23:41.70	7:38
8	Todd Denson	46	25:31.51	8:13
9	Danny Leggett	48	25:43.28	8:17
10	Randall Crosby	49	29:29.00	9:30
11	Chris Bainbridge	48	29:39.53	9:33

MALE 50-54

1	Tim Collier	52	18:32.23	5:58
2	Joe Hultgren	51	18:47.34	6:03
3	Juan Perez	52	20:29.37	6:36
4	Bob Leroy	51	20:42.90	6:40
5	Gary Stutte	54	23:16.22	7:30
6	Frank Norris	54	25:44.90	8:18
7	Steve Adams	54	27:02.04	8:43
8	Mike Rufo	51	29:40.05	9:34
9	Kevin Berry	53	34:35.39	11:09

MALE 55-59

1	Matt Mahoney	55	19:44.76	6:21
2	Michael Miller	55	20:48.35	6:42
3	Don Clarkson	55	22:18.37	7:11
4	Michael O'Brien	57	28:05.31	9:03
5	Daryl Gilbert	55	28:32.48	9:12
6	David Cook	56	31:12.28	10:03
7	Richard Warren	55	33:42.82	10:52

MALE 60-64

1	David Grant	64	21:07.26	6:48
2	Bud Timmons	60	21:15.92	6:51
3	Joe Ferguson	60	29:48.03	9:36
4	Stan Johnston	64	30:21.95	9:47

MALE 65-69

1	Gary Castner	65	23:06.25	7:27
2	Manuel Urrutia	68	24:24.35	7:52

MALE 70-74

1	Anthony Semento	71	29:55.35	9:39
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**“Man imposes his own limitations, don't set any.”
Anthony Bailey**

Light The Way 5K Results *continued*

January 22, 2011

PI Name Age Time

MALE TEAMS

1 Team T

Collier, Tim	52	18:32
Collier, Taylor	19	18:45
Taurasi , Danny	20	18:54
Taurasi, David	47	19:49

2 Beast Mode

Denson, Drew	15	18:00
Langgle, Jacob	15	18:34
Garrett, Wesley	14	20:17
Flemming, Samuel	15	27:54

FEMALE TEAMS

1 Abuela

Hoffmeyer, Amanda	23	28:07
Artelli, Maria	24	33:59
Redlien, Rachel	23	43:13
Ball, Rachel	26	43:36

2 PACA Girls

Larchar, Laura	13	28:35
Thurston, Hannah	12	30:01
Mount, Haley	12	32:07
Larchar, Rachel	12	32:08

Name Age Time

CO-ED TEAMS

1 PACA Co-Ed

Toms, Colten	12	20:39
Garrett, Ryan	12	21:51
Toms, Dawson	11	22:59
Hostetter, Haley	12	27:07

2 TRIC Flyers

Stokes, Tony	48	20:47
Urrutia, Manuel	68	24:24
Berry, Bradley	42	25:31
Berry, Eugenia	43	26:05



“When you have the enthusiasm and the passion, you end up figuring how to excel.”

Deena Kastor, American long-distance runner

Mustang Stampede 5K Run/Walk Results

January 22, 2011

OVERALL MALE CHAMPION

Place	Name	Age	Time	Pace
1	Blake Robison	17	18:11.7	5:52
2	Alec Reesh	16	18:12.5	5:52
3	Andy Dutra	26	19:06.6	6:10

MALE MASTERS CHAMPION

Place	Name	Age	Time	Pace
1	Chris Reesh	41	20:18.5	6:33

MALE AGE GROUP: 01 - 07

Place	Name	Age	Time	Pace
1	Derek Olinski	6	34:25.0	11:05
2	Jake Weatherspoon	5	36:08.7	11:39
3	Anthony Abel	7	37:02.6	11:56
4	Kaeden Colbert	7	40:35.1	13:04
5	Tyler Cox	7	41:24.5	13:20
6	Evan Hall	5	42:32.7	13:42
7	Cameron Rizek	6	43:24.0	13:59
8	Louis Failla	6	44:13.2	14:14
9	Adam Butler	5	45:39.9	14:42
10	Carlos Cordero Mendez	7	46:10.3	14:52
11	Anthony Munoz	7	46:21.9	14:56
12	Ryan Campbell	7	46:41.0	15:02
13	Lawrence Winslow	6	47:27.4	15:17
14	Zane Korfhage	6	48:04.1	15:29
15	Colton Strange	6	49:59.4	16:06
16	Alex Warren	4	50:30.8	16:16
17	Branlon Worrell	5	52:30.8	16:55
18	Chase Hallett	6	53:38.2	17:16
19	Thomas Day	5	54:10.3	17:27
20	William Chandler	5	55:36.4	17:54
21	Landin Nadeau	5	56:09.8	18:05
22	Shea Hall	4	56:34.3	18:13
23	Ryan Day	4	58:38.1	18:53
24	John Donoghue	6	00:31.9	19:29
25	Jacob St. Pierre	5	03:45.7	20:32

MALE AGE GROUP: 08 - 11

Place	Name	Age	Time	Pace
1	Kyle Ferguson	11	25:22.1	8:10
2	John Liebler	10	25:28.4	8:12
3	Jackson McVay	9	26:34.2	8:34
4	Colby Fairbank	9	28:50.2	9:17
5	Mason White	10	28:51.8	9:18
6	Tristan Rodgers	11	29:12.9	9:25
7	Kyle Thompson	11	29:58.7	9:39

8	Brody Boyer	10	31:00.7	9:59
9	Matthew Kundrick	9	31:42.0	10:13
10	Zach Johnson	11	31:51.5	10:16
11	Logan Sheppard	10	32:22.2	10:26
12	Jake Yanko	8	32:55.9	10:36
13	Alex Hammargren	11	33:06.1	10:40
14	Hanson Coleman	9	34:48.0	11:13
15	Scott Lockhart	9	36:00.8	11:36
16	Devin Gill	8	36:01.0	11:36
17	Drew Olinski	8	36:59.5	11:55
18	Justin Thompson	11	37:35.8	12:07
19	Eric Butler	10	39:17.9	12:39
20	Anthony Pinto-Ortega	9	41:07.1	13:15
21	Anthony Flowers	8	42:10.4	13:35
22	Noah Morton	11	42:43.7	13:46
23	Zachary Downs	11	42:46.6	13:47
24	Ethan Leitz	11	43:03.9	13:52
25	Gavin Leitz	8	44:40.7	14:23
26	Thomas Kundrick	8	45:43.7	14:44
27	Matthew Duncombe	11	46:04.1	14:50
28	Sebastian Torres	11	46:06.7	14:51
29	Jacob Hammargren	9	46:21.9	14:56
30	John Dougherty	8	46:26.8	14:57
31	Sal Campone	8	46:28.2	14:58
32	Nick Peterpaul	10	47:38.5	15:21
33	Andrew Higgins	11	48:21.8	15:34
34	Jake Ward	8	49:04.9	15:48
35	Evan Carr	9	50:54.0	16:23
36	Alex Robison	9	51:23.3	16:33
37	Urvesh Ashar	11	51:23.5	16:33
38	Jason Tatum	10	52:03.9	16:46
39	Hunter Bass	10	54:59.2	17:42
40	Kevin Mabry	9	56:33.0	18:13
41	Logan Noe	8	58:10.0	18:44
42	Jason Cyrus	11	59:01.2	19:00
43	Wesley Dowdin	11	59:26.2	19:08
44	Connor Essig	9	00:11.3	19:23
45	Parker Morton	8	01:33.6	19:49

MALE AGE GROUP: 12 - 14

Place	Name	Age	Time	Pace
1	Ian Reesh	13	20:48.7	6:42
2	Jack Dickens	14	21:17.1	6:52
3	Kevin Corbeel	12	22:09.8	7:08
4	Austin Koon	14	26:27.5	8:31
5	Devon Bartholomen	12	40:26.3	13:01
6	Jackson Dowding	12	42:46.5	13:47
7	Dale Lesage	12	46:32.9	14:59

Mustang Stampede 5K Run/Walk Results *continued*

January 22, 2011

MALE AGE GROUP: 15 - 19

Place	Name	Age	Time	Pace
1	Seth Reesh	17	20:48.7	6:42
2	Michael Kundrick	15	03:01.9	20:18

MALE AGE GROUP: 20 - 24

Place	Name	Age	Time	Pace
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MALE AGE GROUP: 25 - 29

Place	Name	Age	Time	Pace
1	Ron Abel	28	19:19.5	6:14

MALE AGE GROUP: 30 - 34

Place	Name	Age	Time	Pace
1	Mark Jackson	33	19:49.1	6:23
2	Matt Gorman	33	22:57.7	7:24
3	Mike Mirda	30	26:18.0	8:28
4	Neal Kleinschmidt	34	27:22.2	8:49
5	Brian McVay	34	29:09.6	9:24
6	Mike Weatherspoon	33	36:09.3	11:39
7	Michael Cox	34	41:24.8	13:20
8	Danny Butler	34	45:40.8	14:43
9	Brian Davis	32	46:18.9	14:55
10	Tim Strange	32	49:59.8	16:06
11	Patrick Day	31	54:08.6	17:26

MALE AGE GROUP: 35 - 39

Place	Name	Age	Time	Pace
1	Michael McCauslin	39	22:40.9	7:19
2	Tristen Webbe	37	22:43.6	7:19
3	Robert Beckner	35	22:53.1	7:22
4	Patrick Murphy	39	30:17.6	9:46
5	Aaron Olinski	35	37:00.5	11:55
6	Phil Leitz	39	44:41.1	14:23
7	Roberto Cordero	39	46:09.7	14:52
8	Kevin Ward	38	50:11.5	16:10
9	Dan Morton	35	53:46.9	17:19
10	Steven Chandler	36	55:37.4	17:55
11	Ethan Hall	37	56:34.0	18:13
12	Dawson Sanovick	36	57:41.4	18:35
13	Russell Bass	38	57:42.5	18:35
14	Brian Reilly	35	59:30.5	19:10
15	Robert Tatam	38	59:39.9	19:13
16	Ian Scott	38	05:25.8	21:04

MALE AGE GROUP: 40 - 44

Place	Name	Age	Time	Pace
1	Bill Dumphy	40	24:55.6	8:02
2	Keith Elwood	44	39:21.9	12:41
3	Mike Santore	42	42:36.9	13:43
4	Paul Failla	43	44:12.7	14:14
5	Scottie Winslow	40	48:31.8	15:38
6	Ken Warren	42	50:29.3	16:16
7	Kevin Mabry	40	57:00.9	18:22

MALE AGE GROUP: 45 - 49

Place	Name	Age	Time	Pace
1	Robert Lefee	47	25:15.0	8:08
2	Jeff Robison	46	26:55.8	8:41
3	Dale Lesage	47	28:20.7	9:08
4	Paul Markham	48	30:33.9	9:51
5	Mark Boyer	47	31:03.5	10:00
6	Michael Weiland	47	55:25.6	17:51

MALE AGE GROUP: 50 - 54

Place	Name	Age	Time	Pace
1	Ken Flieder	52	32:35.6	10:30
2	Jim Toney	52	45:25.3	14:38
3	Gary Nash	51	51:13.6	16:30
4	Anthony Wade	50	52:40.2	16:58
5	Bill Gear	52	53:10.1	17:07

MALE AGE GROUP: 55 - 59

Place	Name	Age	Time	Pace
1	Chuck Kise	56	52:23.1	16:52
2	Jay Duncombe	56	56:36.2	18:14

MALE AGE GROUP: 60 - 64

Place	Name	Age	Time	Pace
1	Robert Love	61	55:25.0	17:51

MALE AGE GROUP: 65 - 69

Place	Name	Age	Time	Pace
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MALE AGE GROUP: 70 - 74

Place	Name	Age	Time	Pace
1	James Morrell	71	38:23.2	12:22

MALE AGE GROUP: 75 - 99

Place	Name	Age	Time	Pace
1	Don Nygaard	77	35:20.2	11:23



Mustang Stampede 5K Run/Walk Results *continued*

January 22, 2011

OVERALL FEMALE CHAMPION

Place	Name	Age	Time	Pace
1	Sara Jackson	32	23:47.0	7:40
2	Amanda Beach	11	25:34.9	8:15
3	Melissa Vandett	39	25:39.0	8:16

24	Taylor Hogan	11	45:51.1	14:46
25	Kallie Wade	11	46:08.9	14:52
26	Grace Davis	8	46:15.8	14:54
27	Abby Santore	10	46:43.3	15:03
28	Tea Higginbotham	8	48:28.1	15:36

FEMALE MASTERS CHAMPION

Place	Name	Age	Time	Pace
1	Carol McCauslin	40	26:07.2	8:25

29	Shelbi Winslow	8	48:30.8	15:37
30	Lily Hall	8	49:03.3	15:48
31	Jacquelyn Lueiro-Mateosky	9	49:23.4	15:54

Place	Name	Age	Time	Pace
2	Emily Carr	6	43:05.0	13:53
3	Oliva Rivera	6	43:05.9	13:53
4	Emma Davis	6	46:19.0	14:55
5	Ciela Santana	7	48:28.0	15:36
6	Sarah Downs	7	49:02.9	15:48
7	Courtney Hallett	3	53:38.2	17:16
8	Erica Montgomery	6	54:59.8	17:43
9	Madison Nadeau	7	55:58.4	18:01
10	Caroline Reilly	7	56:26.0	18:10
11	Kaylee Sandvick	6	57:41.4	18:35
12	Ella Lockhart	4	58:53.4	18:58
13	Katie Reilly	4	59:30.6	19:10
14	Marilyn Sinotte	7	59:35.7	19:11
15	Haley Munoz	7	59:46.9	19:15
16	Natalee Morton	5	00:22.2	19:26

32	Isabel Cordero Mendez	11	49:27.8	15:56
33	Danielle Warren	10	50:26.7	16:15
34	Sabrina Torres	9	50:34.1	16:17
35	Haley Huffman	9	50:40.9	16:19
36	Katelyn Berger	10	50:43.6	16:20
37	Carlee Reddy	8	51:21.9	16:32
38	Maggie Scott	8	52:25.8	16:53
39	Courtney Kempfer	9	52:26.5	16:53
40	Josie Harrison	9	53:20.1	17:10
41	Hayley Anderson	9	53:42.7	17:18
42	Erin Montgomery	10	54:56.0	17:41
43	Gabrielle Lesage	9	56:09.8	18:05
44	Melanie Butler	8	56:25.0	18:10
45	Megan Lueiro-Mateosky	11	57:04.3	18:23
46	Makayla Nadeau	9	57:50.6	18:38
47	Tiffany Noe	10	58:10.9	18:44
48	Jenny Wheatley	11	59:07.0	19:02
49	Audrey Sinotte	10	59:08.4	19:03
50	Emely Weng	8	59:45.9	19:15
51	Olivia Sinotte	8	00:11.9	19:23

Place	Name	Age	Time	Pace
2	Chandler Gandolfi	11	32:18.6	10:24
4	Brianna Thompson	11	34:52.4	11:14
6	Emily McCauslin	9	37:33.7	12:06
7	Sean Markham	10	37:37.1	12:07
8	Natalia Cordero Mendez	9	39:11.0	12:37
9	Douglass Kenoyer	11	39:22.8	12:41
10	Camryn White	9	39:38.3	12:46
11	Jenna Riffee	9	39:39.2	12:46
12	Hope Taylor	10	39:53.9	12:51
13	Mackenzie Harrison	9	41:03.5	13:13
14	Aubree Volava	8	41:14.5	13:17
15	Jessica Donoghue	8	42:23.4	13:39
16	Kaysa Jackson	10	42:59.9	13:51
17	Brooke Ferguson	10	43:31.9	14:01
18	Malea Nelson	11	43:54.2	14:08
19	Bailey Quinn	11	43:57.3	14:09
20	Sky Anderson	10	43:58.7	14:10
21	Kristen Paul	9	44:00.2	14:10
22	Megan Rathbun	10	44:58.1	14:29
23	Camryn Ferguson	8	45:23.5	14:37

FEMALE AGE GROUP: 12 - 14

Place	Name	Age	Time	Pace
1	Emily McCullough	12	43:53.8	14:08
2	Victoria Lesage	14	45:43.1	14:43
3	Zoe Jackson	12	49:18.0	15:53
4	Ashley Ellis	12	49:18.8	15:53
5	Deanna Campone	13	49:19.4	15:53
6	Alyssa Feliciano	12	49:25.3	15:55
7	Karina Elwood	12	49:26.4	15:55
8	Jordyn Keim	13	50:05.5	16:08
9	Sydney Markham	13	50:05.7	16:08
10	Nina Robison	12	51:57.6	16:44
11	Lizzy Guerra	12	57:31.2	18:31
12	Christian Akin	12	57:31.7	18:31
13	Taylor Durrett	12	58:10.8	18:44

Mustang Stampede 5K Run/Walk Results *continued*

January 22, 2011

FEMALE AGE GROUP: 15 - 19

Place	Name	Age	Time	Pace
1	Sarah Zimmer	17	25:55.4	8:21
2	Brittani Snow	18	33:14.7	10:43
3	Amanda Higgins	15	35:26.9	11:25

20	Leyla Bass	39	57:42.3	18:35
21	Stephanie Reilly	35	59:30.8	19:10
22	Angelique Tatum	38	59:39.2	19:13
23	Chandler Amanda	36	00:50.6	19:35

FEMALE AGE GROUP: 20 - 24

Place	Name	Age	Time	Pace
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FEMALE AGE GROUP: 25 - 29

Place	Name	Age	Time	Pace
1	Jennifer Peake	26	45:21.5	14:36
2	Sarah Cromer	29	46:49.5	15:05
3	Janice Day	29	58:39.1	18:53

FEMALE AGE GROUP: 30 - 34

Place	Name	Age	Time	Pace
1	Jennifer Parkerson	33	30:30.6	9:50
2	Katrina Dahdah	31	30:42.1	9:53
3	Sandi Kempfer	34	36:00.6	11:36
4	Kristin Mirda	31	39:28.2	12:43
5	Mary Morton	34	39:37.1	12:46
6	Erika Volava	32	41:14.6	13:17
7	Kristin Kelly	34	46:57.4	15:07
8	Trisha Davis	32	48:26.2	15:36
9	Natalie Ward	32	50:11.1	16:10
10	Milisha Phillip	31	52:31.5	16:55
11	Heather Hallett	34	53:38.5	17:16
12	Stephanie Nadeau	30	56:11.3	18:06
13	Monica Montgomery	34	57:42.3	18:35
14	Leah Lockhart	31	59:13.3	19:04

FEMALE AGE GROUP: 40 - 44

Place	Name	Age	Time	Pace
1	April Zimmer	40	28:34.0	9:12
2	Stacie Parrish	41	33:00.6	10:38
3	Melissa Yanko	40	33:07.1	10:40
4	Suzanne Kundrick	41	36:02.9	11:37
5	Vera Koon	41	39:33.7	12:45
6	Karen Riffie	41	39:45.5	12:48
7	Susan Curtis	40	41:21.8	13:19
8	Kelli Paul	42	42:13.4	13:36
9	Andrea Gandolfi	40	44:57.0	14:29
10	Becky Quinn	42	45:54.5	14:47
11	Liza Korfhage	40	46:05.3	14:51
12	Kristina Ferguson	41	46:08.7	14:52
13	Kathryn Rivera	41	46:57.8	15:07
14	Carolyn Ferguson	40	48:25.6	15:36
15	Kim McIntyre-Stellmack	43	48:26.6	15:36
16	Melanie Higgins	40	48:27.1	15:36
17	Lisa Robison	43	52:10.7	16:48
18	Ramona Lesage	41	56:09.7	18:05
19	Cindy Akin	42	57:53.5	18:38
20	Pam Washunghe	43	59:28.1	19:09
21	Carla Casey	42	59:46.7	19:15
22	Melissa Donoghue	42	00:31.6	19:29

FEMALE AGE GROUP: 45 - 49

1	Joy McVay	35	29:09.5	9:24
3	Katy Campbell	35	31:11.2	10:03
4	Nicole Olinski	36	34:25.0	11:05
5	Kristy Reesh	37	37:08.0	11:58
6	Melissa Gordon	38	39:23.0	12:41
7	Tracy Cox	35	41:05.1	13:14
8	Anna Marie Murphy	37	41:18.7	13:18
9	Lauren Hall	36	42:32.0	13:42
10	Angela Thompson	38	44:57.0	14:29
11	Autumn Hogan	39	45:52.7	14:46
12	Gretchen Campbell	38	46:41.8	15:02
13	Kristin Leitz	37	50:01.6	16:07
14	Theresa Downs	36	50:02.0	16:07
15	Pam Campone	38	50:13.0	16:10
16	Cheryl Bennett	38	50:13.1	16:10
17	Lori Carr	37	51:20.2	16:32
18	Robin Gill	39	51:51.2	16:42
19	Maria Lefee	36	55:26.1	17:51

Place	Name	Age	Time	Pace
1	Christine Purdy	48	26:31.0	8:33
2	Anne Corbeel	48	30:05.0	9:41
3	Renee Jiannine	46	30:50.0	9:56
4	Susan Hayes	49	31:54.8	10:17
5	Cathy Froelich	47	33:06.1	10:40
6	Marelyn Elwood	47	39:03.3	12:35
7	Charlene Toney	46	45:01.9	14:30
8	Magda Lueiro	46	46:26.7	14:57
9	Sue Markham	46	46:52.3	15:06
10	Cheryl Berger	45	51:39.4	16:38
11	Linda Sunsine	48	52:07.5	16:47
12	Julie Dowding	49	53:23.9	17:12

Mustang Stampede 5K Run/Walk Results *continued*

January 22, 2011

FEMALE AGE GROUP: 50 - 54

Place	Name	Age	Time	Pace
1	Michelle Cavanaugh	51	30:00.1	9:40
2	Sherri Shamet	51	32:12.0	10:22
3	Barbara Mazzone	54	39:29.7	12:43
4	Nancy Peake	53	45:21.2	14:36
5	Trudi Hampton	51	51:52.7	16:42
6	Kris Gear	51	53:10.7	17:07
7	Karil Wade	51	53:23.7	17:12
8	Gabriela Peterpaul	50	55:21.2	17:49
9	Gayle Duncombe	50	56:38.8	18:14



FEMALE AGE GROUP: 55 - 59

Place	Name	Age	Time	Pace
1	Karen Dougherty	55	53:55.2	17:22

FEMALE AGE GROUP: 60 - 64

Place	Name	Age	Time	Pace
1	Lana Keith	63	58:22.0	18:48

FEMALE AGE GROUP: 65 - 69

Place	Name	Age	Time	Pace
1	Janet Failla	67	58:21.3	18:47

FEMALE AGE GROUP: 70 - 74

Place	Name	Age	Time	Pace
1	Lois Viglione	70	58:18.4	18:47

FEMALE AGE GROUP: 75 - 99

Place	Name	Age	Time	Pace
1	Roberta Osterling	76	59:44.5	19:14



"I just think running makes me feel more disciplined. It makes me feel more committed, to not only my job, but to life. It makes me feel I'm doing all I can do to be as good as I can be."

Michael Waltrip, Race car driver

Coconut 5K—Results Male

January 8, 2011

OVERALL MALE CHAMPION

PI	Name	Age	Time	Pace
1	Andy Dutra	26	18:37.2	6:00
2	Art Anderson	51	18:37.6	6:00
3	Greg Apotsos	35	18:47.5	6:03

MALE MASTERS CHAMPION

1	Sean Black	42	19:21.3	6:14
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MALE AGE GROUP: 01 - 08

1	Ethan Shoda	7	36:24.1	11:43
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MALE AGE GROUP: 09 - 11

1	Dylan O'Brien	11	27:43.5	8:56
2	David Burritt	10	27:52.7	8:59

MALE AGE GROUP: 12 - 14

1	Tai Miller	12	24:04.9	7:46
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MALE AGE GROUP: 15 - 19

1	Connor Knowlton	15	19:13.7	6:12
2	Erik Nelson	19	21:07.0	6:48

MALE AGE GROUP: 20 - 24

1	Greg Zimmerman	20	22:03.8	7:07
2	Michael Quandt	22	26:51.2	8:39

MALE AGE GROUP: 25 - 29

1	David Plath	26	23:14.4	7:29
2	Peter Cohen	26	25:59.4	8:22

MALE AGE GROUP: 35 - 39

1	Les Dunne	35	25:34.7	8:14
2	Ted Landgraf	36	26:17.1	8:28
3	Aaron Dudley	35	26:40.4	8:36

MALE AGE GROUP: 40 - 44

1	Joseph Castner	42	19:38.6	6:20
2	Scott Hunter	43	20:39.3	6:39
3	Albert Steiginga	43	21:45.0	7:01
4	Brian Cutting	41	29:11.7	9:24
5	Bo Woods	43	47:06.4	15:10

MALE AGE GROUP: 45 - 49

1	Robert Ober	47	20:16.4	6:32
2	Dan Smith	47	22:36.8	7:17
3	Gary Turner	46	27:14.6	8:47
4	Robert McIntosh	49	38:53.3	12:31

MALE AGE GROUP: 50 - 54

1	A Atkinson	50	22:10.2	7:09
2	Thomas Quandt	52	31:24.0	10:07
3	Scott Martise	52	44:57.2	14:29

PI	Name	Age	Time	Pace
MALE AGE GROUP: 55 - 59				
1	Matt Mahoney	55	20:32.8	6:37
2	Brian Fox	55	22:32.3	7:16
3	Randy Dalrymple	57	35:09.5	11:19
MALE AGE GROUP: 60 - 64				
1	David Farrall	62	26:22.8	8:30
2	Don Riordan	64	45:23.0	14:37
MALE AGE GROUP: 65 - 69				
1	Gary Castner	65	24:50.0	8:00
2	Michael Petrillo	68	33:43.1	10:52
3	James Whalen	68	38:49.0	12:30
4	Rich Czarnowski	67	46:01.8	14:49
MALE AGE GROUP: 70 - 74				
1	Rudi Einhorn	74	27:03.1	8:43



Coconut 5K—Results Female

January 8, 2011

OVERALL FEMALE CHAMPION					PI	Name	Age	Time	Pace
PI	Name	Age	Time	Pace	FEMALE AGE GROUP: 40-44				
1	Anne Dockery	62	22:06.2	7:07	1	Sharon Alcorn	42	27:30.9	8:52
2	Molly Delaney	15	22:52.4	7:22	2	Brooke Goldfarb	41	33:17.2	10:43
3	Rene Dunne	30	24:05.9	7:46	3	Shelagh O'Brien	42	38:56.1	12:32
FEMALE MASTERS CHAMPION					4	Barbara Roth	42	41:53.0	13:29
1	Rebecca Moody	40	24:29.9	7:54	5	Sabrina Litus	42	44:48.3	14:26
FEMALE AGE GROUP: 09 - 11					6	Shelia Kissinger	43	46:41.9	15:02
1	Erin O'Brien	9	38:40.4	12:27	7	Cythia O'Hara	42	47:17.9	15:14
2	Samantha Roth	9	41:52.9	13:29	FEMALE AGE GROUP: 45-49				
3	Skylar Waterman	10	47:17.4	15:14	1	Katie Dubec-Hunter	45	25:47.9	8:19
FEMALE AGE GROUP: 12 - 14					2	Betsy Ambrose	48	30:17.8	9:46
1	Emily Hunter	13	29:12.5	9:25	3	Andrea Lucas	45	32:36.4	10:30
2	Eva Johnson	14	29:42.2	9:34	4	Diane Nelson	48	33:51.6	10:54
3	Ellen Mahoney	13	40:54.0	13:10	5	Daria Boley	48	45:16.8	14:35
FEMALE AGE GROUP: 20-24					FEMALE AGE GROUP: 50-54				
1	Grace McIntosh	21	27:18.0	8:48	1	Shelbe Zimmerman	51	29:44.5	9:35
2	Virginia Ahalt	22	27:19.2	8:48	2	Sherri Shamet	51	31:52.9	10:16
3	Samantha Lucas	22	54:45.5	17:38	3	Brion Quandt	51	44:34.9	14:21
FEMALE AGE GROUP: 25-29					4	Eileen Wood	52	44:53.4	14:27
1	Lindsay Greer	25	27:46.6	8:57	5	Anne Kaminski	54	45:01.4	14:30
2	Amanda Harding	29	31:30.5	10:09	6	Janine Hicks	51	45:17.2	14:35
FEMALE AGE GROUP: 30-34					7	Allison Heater	50	50:56.3	16:24
1	Casey Gilbert	31	25:07.2	8:06	8	Elaine Dalrymple	54	51:12.9	16:30
2	Lois Torvik	32	26:32.3	8:33	9	Terri Aborlleile	53	51:15.4	16:30
3	Lisa Cohen	30	28:43.3	9:15	FEMALE AGE GROUP: 55-59				
4	Amber Saxon	34	30:08.2	9:42	1	Rebecca Moon	58	35:29.3	11:26
5	Dana Chesser	30	41:10.5	13:16	2	Lisa Farrall	56	39:36.7	12:45
6	Deborah Goodman	33	50:55.8	16:24	3	Vicki Hill	57	51:10.1	16:29
FEMALE AGE GROUP: 35-39					FEMALE AGE GROUP: 65-69				
1	Kasey Cook	36	24:54.1	8:01	1	Tonyia Gibbons	66	37:42.2	12:09
2	Wendy Brown-Bergtold	36	27:06.3	8:44	FEMALE AGE GROUP: 75-99				
3	Donna Rittinger	35	27:30.9	8:52	1	Roberta Osterling	76	00:09.0	19:22
4	Donna Rittinger	35	30:36.8	9:52					
5	Heather Felix	39	31:26.9	10:08					
6	Sabrina Ruggiano	37	31:39.4	10:12					
7	Dana Beattie	35	31:48.0	10:15					
8	Claudette Keeley	39	35:39.2	11:29					
9	Kathleen Shoda	35	36:24.0	11:43					

