

Lifestyle Centre Run/walk 2009

Overall Finish List

June 27, 2009

Results By Morning Star Timing.

Lifestyle 5K

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Michael Gates		27	***** M 19-29	17:38.3	5:41/M
2	Steve Saleeby	Fort Collins CO	34	1 M 30-39	17:55.0	5:47/M
3	Kyle Serreyn		18	1 M 13-18	19:40.8	6:21/M
4	Paul Serreyn		45	***** M 40-49	19:53.4	6:25/M
5	Luke Sheesley		13	2 M 13-18	20:11.0	6:31/M
6	Tina Stoner		38	***** F 30-39	20:29.2	6:36/M
7	Sara Christensen		21	1 F 19-29	20:54.7	6:45/M
8	John Leiker		43	1 M 40-49	21:23.2	6:54/M
9	jesse Verma		17	3 M 13-18	21:51.8	7:03/M
10	Chris Forte	Fort Collins CO	44	2 M 40-49	21:52.2	7:03/M
11	Bryson Eldridge		23	1 M 19-29	22:06.5	7:08/M
12	Brandi Broadley		23	2 F 19-29	22:07.6	7:08/M
13	Brian Hansen		30	2 M 30-39	22:10.8	7:09/M
14	Gregory Ordemann		19	2 M 19-29	22:13.2	7:10/M
15	Jeremy Serreyn		15	4 M 13-18	22:33.5	7:16/M
16	Denise Suniga	Fort Collins CO	44	***** F 40-49	22:43.0	7:20/M
17	Tina Jones		37	1 F 30-39	23:11.4	7:29/M
18	Cameron Nagel		10	1 M 0-12	23:11.7	7:29/M
19	Craig Nagel		45	3 M 40-49	23:30.7	7:35/M
20	Tracy Serreyn		45	1 F 40-49	23:57.8	7:44/M
21	Max Kluver		16	5 M 13-18	23:59.9	7:44/M
22	Danielle Eldridge		22	3 F 19-29	24:24.4	7:52/M
23	Rodney Gillespie		33	3 M 30-39	24:35.3	7:56/M
24	Tad Thornton		12	2 M 0-12	24:36.4	7:56/M
25	Keaton Schelir		11	3 M 0-12	24:36.7	7:56/M
26	Conner Horak		16	6 M 13-18	24:45.5	7:59/M
27	Annie Berg		35	2 F 30-39	24:49.8	8:00/M
28	Mary Hanson		52	1 F 50-59	24:58.1	8:03/M
29	Wren Thornton		44	2 F 40-49	25:04.1	8:05/M
30	Adam Federer		28	3 M 19-29	25:17.8	8:09/M
31	Ross Westley		72	1 M 60-99	25:19.8	8:10/M
32	Sean Downey		33	4 M 30-39	25:26.8	8:12/M
33	Jerry Shorma		52	1 M 50-59	25:30.4	8:14/M
34	Scott Zielske		41	4 M 40-49	25:34.0	8:15/M
35	Sarah Oliver		19	4 F 19-29	25:39.3	8:16/M
36	Tau Risuang	Fort Collins CO	26	5 F 19-29	25:43.9	8:18/M
37	Jay Harwick	Loveland CO	25	4 M 19-29	25:49.8	8:20/M
38	Elizabeth Huddle		20	6 F 19-29	25:53.6	8:21/M
39	Carol Wilusz		39	3 F 30-39	26:08.7	8:26/M
40	Jeffery Wilusz		49	5 M 40-49	26:08.9	8:26/M
41	John Lambert		67	2 M 60-99	26:10.3	8:26/M
42	Gina DiGiallonardo		30	4 F 30-39	26:17.9	8:29/M
43	Zach Belcher		23	5 M 19-29	26:20.9	8:30/M
44	Ryan Alvarez		22	6 M 19-29	27:10.1	8:46/M

45	Erica Andrews			26	7 F 19-29	27:29.5	8:52/M
46	Brittany Phebus			23	8 F 19-29	27:40.2	8:55/M
47	Claire Spelts			62	1 F 60-99	27:40.8	8:55/M
48	Mollie Carter			20	9 F 19-29	28:01.8	9:02/M
49	Kristen Carr			36	5 F 30-39	28:04.1	9:03/M
50	Michele Osborn			21	10 F 19-29	28:07.7	9:04/M
51	Cara Taber			22	11 F 19-29	28:08.7	9:05/M
52	Melanne Mondragon			29	12 F 19-29	28:14.7	9:06/M
53	Katherine Wilson			48	3 F 40-49	28:19.0	9:08/M
54	Kurt Kuskie			36	5 M 30-39	28:21.1	9:09/M
55	Kristina Kuskie			37	6 F 30-39	28:21.5	9:09/M
56	Heidi Redmond			36	7 F 30-39	28:22.2	9:09/M
57	Andi Schnell			36	8 F 30-39	28:22.7	9:09/M
58	Erin Hefley			27	13 F 19-29	28:42.2	9:15/M
59	Ron Pedersen			62	3 M 60-99	28:44.1	9:16/M
60	Kaitlyn Nagel			13	1 F 13-18	28:52.9	9:19/M
61	Todd Horak			46	6 M 40-49	28:57.9	9:20/M
62	Irma Crump			63	2 F 60-99	28:59.3	9:21/M
63	Alex Trock-Lundahl			14	7 M 13-18	28:59.9	9:21/M
64	John Clarken	Fort Collins	CO	26	14 F 19-29	29:13.6	9:25/M
65	Jennifer Huether			42	4 F 40-49	29:14.8	9:26/M
66	Tiffany Novak			22	15 F 19-29	29:18.3	9:27/M
67	Brent Rikhoff			33	6 M 30-39	29:28.9	9:30/M
68	Quentin volk			14	8 M 13-18	29:31.7	9:31/M
69	Daniel Volk			47	7 M 40-49	29:33.6	9:32/M
70	Trevor Fielder			12	4 M 0-12	29:37.2	9:33/M
71	Dale Rushneck			71	4 M 60-99	29:49.5	9:37/M
72	Brooke Gibbs			38	9 F 30-39	29:51.8	9:38/M
73	joshua wright	Everett	WA	27	7 M 19-29	29:55.4	9:39/M
74	Maxine Cohen	Fort Collins	CO	48	5 F 40-49	29:55.7	9:39/M
75	Ruth Woiwode	Fort Collins	CO	28	16 F 19-29	29:56.4	9:39/M
76	Michael Doran			49	8 M 40-49	29:58.5	9:40/M
77	Craig Spellerberg			53	2 M 50-59	30:08.3	9:43/M
78	Shanna Jamsay			35	10 F 30-39	30:09.1	9:44/M
79	Susan Ernst	Fort Collins	CO	25	17 F 19-29	30:10.0	9:44/M
80	Caitlin Wacker	Fort Collins	CO	22	18 F 19-29	30:12.1	9:45/M
81	Stacy Spellerberg			37	11 F 30-39	30:15.1	9:45/M
82	Rebecca Jonez			25	19 F 19-29	30:23.7	9:48/M
83	michael schmitt	Greeley	CO	12	5 M 0-12	30:37.1	9:53/M
84	Mike Schmitt			43	9 M 40-49	30:37.7	9:53/M
85	Rochelle Pettigrew	Fort Collins	CO	27	20 F 19-29	30:39.6	9:53/M
86	Heather Howe			40	6 F 40-49	30:40.5	9:54/M
87	Julie Emery	Fort Collins	CO	36	12 F 30-39	30:50.8	9:57/M
88	Halee Davis			22	21 F 19-29	31:09.6	10:03/M
89	Valarie Holman			29	22 F 19-29	31:11.1	10:04/M
90	Stacey Dixon			40	7 F 40-49	31:25.1	10:08/M
91	Tracy Oliver			47	8 F 40-49	31:29.6	10:09/M
92	Renee Clawson			29	23 F 19-29	31:35.1	10:11/M
93	Kerry Wicks			34	13 F 30-39	31:38.1	10:12/M
94	Rick Lance			50	3 M 50-59	31:47.5	10:15/M
95	Katie Nicholas			31	14 F 30-39	32:04.0	10:21/M
96	Dianne Perez			42	9 F 40-49	32:17.8	10:25/M
97	Phil Serchia			23	8 M 19-29	32:31.3	10:29/M
98	Emily Sabin	Fort Collins	CO	23	24 F 19-29	32:33.4	10:30/M
99	Leslie Collins			32	15 F 30-39	32:50.5	10:35/M
100	Jennifer Cronholm			29	25 F 19-29	32:54.2	10:37/M

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>	
101	Kelli Hopper		0	1 F 0-12	33:09.2	10:42/M	
102	Nikola Lindgren		13	9 M 13-18	33:11.6	10:42/M	
103	Amy Flachs		32	16 F 30-39	33:22.5	10:46/M	
104	Jimmy Indrawan		31	7 M 30-39	33:23.6	10:46/M	
105	Dave Herrick		61	5 M 60-99	33:28.0	10:48/M	
106	Kalley Harriss		13	2 F 13-18	33:35.5	10:50/M	
107	Nicola Hein	Fort Collins	CO	30	17 F 30-39	34:05.7	11:00/M
108	Jacquie Holt		20	26 F 19-29	34:07.5	11:00/M	

109	Gregory Rittner			27	9 M 19-29	34:08.1	11:01/M
110	Kathy Holscher			45	10 F 40-49	34:31.0	11:08/M
111	Micah Davis			10	6 M 0-12	34:43.4	11:12/M
112	Robert Villafranca			54	4 M 50-59	34:45.1	11:13/M
113	Krista Benninger			35	18 F 30-39	34:49.3	11:14/M
114	Anna Bryant			26	27 F 19-29	34:52.8	11:15/M
115	Nathan Bryant			29	10 M 19-29	35:02.4	11:18/M
116	Mara Davis			45	11 F 40-49	35:03.6	11:18/M
117	Amanda Benson			28	28 F 19-29	35:11.3	11:21/M
118	Peter Hefley			28	11 M 19-29	35:14.3	11:22/M
119	Caroline Wilson			35	19 F 30-39	35:19.0	11:24/M
120	Deanna Kluver			44	12 F 40-49	35:54.7	11:35/M
121	Jennifer Schelir			36	20 F 30-39	36:14.1	11:41/M
122	Christine Alvarez			20	29 F 19-29	36:15.8	11:42/M
123	Robyn Franklin			55	2 F 50-59	36:17.8	11:42/M
124	Stefanie Rittner			25	30 F 19-29	37:00.6	11:56/M
125	Karole Peters			47	13 F 40-49	37:10.0	11:59/M
126	Aaron Hinson			30	8 M 30-39	37:58.2	12:15/M
127	Fran Zielske			48	14 F 40-49	38:30.6	12:25/M
128	Anne Bailey			31	21 F 30-39	38:41.1	12:29/M
129	Nate Brock			28	12 M 19-29	38:49.9	12:31/M
130	Sarah Brock			29	31 F 19-29	39:06.8	12:37/M
131	Barbara Cooper			44	15 F 40-49	39:09.4	12:38/M
132	Mike Cooper			46	10 M 40-49	39:11.0	12:38/M
133	Deb Tewell			59	3 F 50-59	39:13.3	12:39/M
134	Carrie Severson			30	22 F 30-39	39:17.0	12:40/M
135	April Rikhoff			33	23 F 30-39	39:19.6	12:41/M
136	Anna Davis			11	2 F 0-12	40:05.2	12:56/M
137	Jenny Wilcock			57	4 F 50-59	40:08.7	12:57/M
138	Rita Brozka	Fort Collins	CO	51	5 F 50-59	41:29.3	13:23/M
139	Tracy Lechman			31	24 F 30-39	43:13.7	13:56/M
140	Teri Volk			46	16 F 40-49	43:43.1	14:06/M
141	karah Klippert	Fort Collins	CO	30	25 F 30-39	45:10.9	14:34/M
142	Duncan Rollo			67	6 M 60-99	45:46.6	14:46/M
143	Joyce Bilodeau			60	3 F 60-99	46:32.4	15:01/M
144	Brad Harriss			0	7 M 0-12	47:39.6	15:22/M
145	Emily Weant			11	3 F 0-12	47:47.7	15:25/M
146	Gaylyn Weant			44	17 F 40-49	47:49.2	15:25/M
147	Brad Carrick			58	5 M 50-59	49:36.3	16:00/M
148	Quinha McBride			24	32 F 19-29	49:37.0	16:00/M
149	Laci Wallis			23	33 F 19-29	49:37.9	16:00/M
150	Connie Lance			45	18 F 40-49	49:43.6	16:02/M
151	Pam James			53	6 F 50-59	50:41.5	16:21/M
152	Dan Boland			44	11 M 40-49	51:58.0	16:46/M
153	Joni Martin			49	19 F 40-49	53:19.5	17:12/M
154	Christopher Jones			39	9 M 30-39	54:15.9	17:30/M
155	Mandi Hinson			29	34 F 19-29	55:45.7	17:59/M
156	Bob Wilson			61	7 M 60-99	56:28.7	18:13/M
157	Michael Manwing			99	8 M 60-99	56:41.5	18:17/M
158	khadya alwadda	Fort Collins	CO	56	7 F 50-59	56:57.9	18:22/M
159	Jen Manning			37	26 F 30-39	57:12.0	18:27/M
160	Crystal Mcosker			19	35 F 19-29	59:13.4	19:06/M
161	Phil Daniel			27	13 M 19-29	1:01:42.6	19:54/M
162	Zoe Manning			6	4 F 0-12	1:08:21.3	22:03/M
163	Scott Manning			38	10 M 30-39	1:08:38.1	22:08/M
164	MEGAN MANNING	FORT COLLINS	CO	30	27 F 30-39	1:08:46.8	22:11/M
165	Jace Horak			14	10 M 13-18	1:20:44.7	26:03/M

Lifestyle 5K Walk

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Donna Birleffi		40	***** F 40-49	25:32.0	8:14/M
2	Curtis Miller	Fort Collins CO	66	***** M 60-99	28:48.9	9:17/M
3	Kyle Beancacan	Parker CO	14	1 M 13-18	31:03.1	10:01/M
4	Pamela Smith		54	***** F 50-59	33:14.3	10:43/M
5	Mike Smith		41	***** M 40-49	35:17.0	11:23/M
6	Brodi Caldwell		33	1 M 30-39	38:35.7	12:27/M
7	Julie Spencer		49	1 F 40-49	38:43.4	12:29/M
8	Maryanne Heyman		54	1 F 50-59	38:48.4	12:31/M
9	Daniel Espinoza		24	1 M 19-29	39:12.3	12:39/M
10	Sarah Espinoza		26	1 F 19-29	40:21.2	13:01/M
11	Erik LaPlante		34	2 M 30-39	41:08.2	13:16/M
12	holley gilliam		45	2 F 40-49	42:32.0	13:43/M
13	Heather Levi	Parker CO	35	1 F 30-39	44:03.2	14:13/M
14	Dean Levi	Parker CO	45	1 M 40-49	44:26.7	14:20/M
15	Kelly Ackerman		19	2 F 19-29	46:13.9	14:55/M
16	Jim Amidon		55	1 M 50-59	46:14.7	14:55/M
17	Eric Taylor		57	2 M 50-59	47:45.7	15:24/M
18	Sarah Kane		31	2 F 30-39	48:40.6	15:42/M
19	Jan Cipra		70	1 M 60-99	48:42.0	15:43/M
20	Alice Harrod		58	2 F 50-59	48:57.9	15:47/M
21	Rick Harrod		61	2 M 60-99	48:58.5	15:48/M
22	Karen Cummings		49	3 F 40-49	49:01.8	15:49/M
23	Dianne Carrick		0	1 F 0-12	49:29.9	15:58/M
24	Amanda James		13	1 F 13-18	50:35.8	16:19/M
25	Mirta Kaseman		0	2 F 0-12	50:43.0	16:22/M
26	Wanda Thompson		47	4 F 40-49	50:45.1	16:22/M
27	Lauren Fasciano-Sager		0	3 F 0-12	50:45.6	16:22/M
28	Darlene Zimmer		51	3 F 50-59	50:48.0	16:23/M
29	Jim Zimmer		54	3 M 50-59	50:49.1	16:24/M
30	Mike Rubula		55	4 M 50-59	50:55.7	16:25/M
31	Penny Rubula		50	4 F 50-59	50:56.4	16:26/M
32	Sarah Greenwald		31	3 F 30-39	51:21.7	16:34/M
33	Lisa White		54	5 F 50-59	51:52.5	16:44/M
34	Mary Wright		52	6 F 50-59	51:54.0	16:45/M
35	Becky Richardson		51	7 F 50-59	51:55.4	16:45/M
36	Colleen Ewoldt		46	5 F 40-49	51:56.0	16:45/M
37	Luanna Ackerman		51	8 F 50-59	51:57.0	16:45/M
38	Bonnie Countryman		64	1 F 60-99	52:05.6	16:48/M
39	Beth Murray		55	9 F 50-59	52:14.3	16:51/M
40	Jessica Frank		29	3 F 19-29	52:31.2	16:56/M
41	Lori Stark		33	4 F 30-39	52:32.9	16:57/M
42	Ragna Amann		74	2 F 60-99	53:03.5	17:07/M
43	Rupert Amann		77	3 M 60-99	53:05.6	17:07/M
44	Jill Weaver		44	6 F 40-49	53:20.1	17:12/M
45	Mary Sellers		0	4 F 0-12	53:20.7	17:12/M
46	Judi Neergard		44	7 F 40-49	53:21.1	17:13/M
47	Leann Brown		0	5 F 0-12	53:21.9	17:13/M
48	Liz Lang		54	10 F 50-59	53:22.5	17:13/M
49	Joan Benjamin		65	3 F 60-99	53:23.3	17:13/M
50	Patty Embry		0	6 F 0-12	53:30.2	17:15/M
51	Joseph Domanik		36	3 M 30-39	53:35.8	17:17/M
52	Linda Schneider		63	4 F 60-99	53:37.5	17:18/M
53	Christina Domanik		34	5 F 30-39	53:39.6	17:18/M
54	George Smith		44	2 M 40-49	53:40.4	17:19/M
55	Rhonda Smith		42	8 F 40-49	53:41.4	17:19/M
56	Ashley Kidd		26	4 F 19-29	54:06.1	17:27/M
57	Palmer Withrow		28	2 M 19-29	54:07.3	17:27/M
58	Merrie D'Urbano		48	9 F 40-49	54:09.1	17:28/M
59	Natalie Fields		49	10 F 40-49	54:10.9	17:28/M
60	Barbara Mattson		44	11 F 40-49	54:11.7	17:29/M
61	Kimberly Hennings		39	6 F 30-39	54:12.5	17:29/M
62	Ann Jones		42	12 F 40-49	54:17.3	17:31/M
63	Neda Amidon		56	11 F 50-59	54:33.0	17:36/M
64	Eva Bower	Fort Collins CO	68	5 F 60-99	54:34.4	17:36/M
65	Ruth Davey		34	7 F 30-39	55:23.7	17:52/M

66	Jennifer Tetzlaff		24	5	F	19-29	55:25.8	17:53/M
67	Georgia Perry		26	6	F	19-29	55:28.1	17:54/M
68	Ali Powell		24	7	F	19-29	55:29.3	17:54/M
69	Dana Guilkey		44	13	F	40-49	56:32.6	18:14/M
70	Colleen Ries		52	12	F	50-59	56:39.9	18:16/M
71	Victoria Rauch		0	7	F	0-12	56:52.6	18:21/M
72	Jamee Gibson		29	8	F	19-29	56:55.2	18:22/M
73	Sharon Binder		25	9	F	19-29	56:56.9	18:22/M
74	Marianne Schroeder		59	13	F	50-59	57:11.4	18:27/M
75	Karen Smith		35	8	F	30-39	57:13.0	18:27/M
76	Joyful Rothe		28	10	F	19-29	57:13.4	18:27/M
77	Ira Miller	Fort Collins	64	6	F	60-99	58:35.2	18:54/M
78	Charles Smith		64	4	M	60-99	58:52.3	18:59/M
79	Kelli Hayes		18	2	F	13-18	59:14.6	19:06/M
80	Jerry Manning		64	5	M	60-99	59:20.7	19:08/M
81	Tyler Coates	Westminster	24	3	M	19-29	59:22.1	19:09/M
82	Rob Fuller		36	4	M	30-39	59:25.6	19:10/M
83	Keith Yokem		15	2	M	13-18	59:26.9	19:10/M
84	Tom Fishpaw	Aurora	59	5	M	50-59	59:28.4	19:11/M
85	Deb Fishpaw	Aurora	57	14	F	50-59	1:00:13.9	19:25/M
86	Rich Gero		75	6	M	60-99	1:00:15.4	19:26/M
87	Connie Quigley		63	7	F	60-99	1:01:41.8	19:54/M
88	James Daniel	Henderson	60	7	M	60-99	1:03:24.0	20:27/M
89	Natalie Waever	Fort Collins	13	3	F	13-18	1:05:22.2	21:05/M
90	Lia Neergard		13	4	F	13-18	1:06:08.7	21:20/M
91	Mary Seaman		44	14	F	40-49	1:06:10.7	21:21/M
92	Amber Weikum		19	11	F	19-29	1:06:55.2	21:35/M
93	Marjorie Armentrout-Jon		50	15	F	50-59	1:06:59.6	21:36/M
94	Richard Schroeder		58	6	M	50-59	1:09:02.1	22:16/M
95	Dottie Miller		89	8	F	60-99	1:20:43.2	26:02/M

Software: The Race Director, Race Management Systems, <http://www.theracedirector.com>