

Pay it Forward 5k Run/Walk

Age Group Results

April 04, 2009

Results By Morning Star Timing.

Men: [0-18](#) [19-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

Women: [0-18](#) [19-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

Open Category

Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Hartley	Fort Collins CO	33	7	23:34.5	7:36/M

[Top](#)

Women 18 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nikki Long	Fort Collins CO	18	10	24:24.8	7:52/M
2	Cassie Ortiz		17	13	26:10.3	8:26/M
3	Aliese Willard	Fort Collins CO	18	14	26:21.2	8:30/M
4	Munro Arianna		15	15	26:28.2	8:32/M
5	Ashley Haskall		17	21	28:11.5	9:05/M
6	Maddie Staab		13	24	28:37.0	9:14/M
7	Imani Thomas	Wellington CO	12	25	28:38.6	9:14/M
8	Erin Hooker		14	26	28:46.4	9:17/M
9	Aubrey Valdez		17	28	29:42.5	9:35/M
10	Lizzy Shilling	Fort Collins CO	17	29	29:43.0	9:35/M
11	Makenzie Doty		15	31	29:58.6	9:40/M
12	Mary Willson		16	35	30:18.0	9:46/M
13	Lauren Rovencio		16	36	30:25.4	9:49/M
14	Shayla Peel	Fort Collins CO	15	38	30:43.4	9:55/M
15	Lyndsay Provoncio		16	39	30:44.2	9:55/M
16	Deanne Pundt	Fort Collins CO	16	45	31:34.9	10:11/M
17	Polly McGrane		18	46	31:42.2	10:14/M
18	Melissa Pundt	Fort Collins CO	18	47	31:47.1	10:15/M
19	Annie Rentel		18	63	38:04.4	12:17/M
20	Paula Vigil		11	71	46:39.0	15:03/M
21	Meghan Aranda		14	74	46:42.0	15:04/M
22	Rose Foos		15	79	53:22.9	17:13/M
23	Jenelle Rosecrance		16	80	53:23.7	17:13/M
24	Jana Pohal		16	81	53:24.7	17:14/M
25	Myrinne Rietveld		18	82	53:29.0	17:15/M
26	Amanda Willams		18	85	53:40.3	17:19/M

27	Blake Fleming		17	91	1:00:39.1	19:34/M
28	Bailey Fleming		18	101	1:02:55.0	20:18/M

[Top](#)

Women 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kristen Anderson	Greeley CO	21	9	24:02.8	7:45/M
2	Kate Loyd		22	18	26:52.6	8:40/M
3	Bailey Pegg	Fort Collins CO	20	27	29:37.2	9:33/M
4	Laura Hogan		22	30	29:56.0	9:39/M
5	Megan Rogers		21	42	31:19.0	10:06/M
6	Stephanie Moore		23	43	31:25.9	10:08/M
7	Kaylee Broom		21	48	31:55.8	10:18/M
8	Joy Clifton		27	59	33:42.1	10:52/M
9	Heather Brost		19	60	34:16.2	11:03/M
10	Rachel Means		19	62	37:45.6	12:11/M
11	Nichelle Barbari		21	72	46:40.0	15:03/M
12	Anika De Groot		19	76	49:05.5	15:50/M
13	Ashley Vigil		25	95	1:01:23.2	19:48/M
14	Chelsea Welzig		21	96	1:01:29.5	19:50/M
15	Shannon Kruse		26	99	1:02:01.7	20:00/M
16	Brittany Olson		19	103	1:02:59.4	20:19/M
17	Melissa Lovegren		22	104	1:03:01.3	20:20/M

[Top](#)

Women 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kari Roberts	Fort Collins CO	33	33	30:16.6	9:46/M
2	Stephanie Thomas		34	51	32:09.8	10:22/M
3	Becky Paquette		37	55	33:02.9	10:39/M
4	Colleen Townsend		30	65	41:00.4	13:14/M
5	Katie McKeon		33	83	53:38.5	17:18/M

[Top](#)

Overall Male Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ben Larson	Fort Collins CO	16	1	20:45.3	6:42/M

[Top](#)

Men 18 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dan Fisher		18	3	21:33.8	6:57/M
2	Jake Summerall		15	4	22:21.3	7:13/M
3	John Ekblad	Fort Collins CO	18	5	22:54.1	7:23/M
4	Roy Quanstrom		17	6	23:30.6	7:35/M
5	Andy Stewart	Denver CO	18	11	24:52.2	8:01/M
6	Sean Hoag		18	16	26:34.9	8:34/M
7	Alex Nass		18	22	28:29.8	9:11/M
8	Riley Thomas		14	23	28:32.4	9:12/M
9	Luke Gilliland		11	64	39:24.6	12:43/M
10	Matt Smith		18	75	49:04.5	15:50/M

[Top](#)

Male 19-19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alex Grim		21	2	21:28.6	6:55/M
2	Brent Fleming		21	12	25:21.5	8:11/M
3	Tre Scott		20	17	26:35.4	8:35/M
4	Kris Cote		21	41	31:18.4	10:06/M
5	Tom McChesney		26	44	31:33.1	10:11/M
6	Dan Kruse		27	100	1:02:18.6	20:06/M
7	Bruce Williams		24	102	1:02:56.6	20:18/M

[Top](#)

Men 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jason Clinton		34	37	30:33.3	9:51/M
2	Ryan Thomas	Wellington	36	50	32:07.3	10:22/M
3	Mike Pottle	Fort Collins CO	38	53	32:35.4	10:31/M
4	Gene Muccarini		32	54	33:02.5	10:39/M
5	Mark Paquette		37	58	33:09.4	10:42/M

[Top](#)

Men 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Kochera		51	8	24:02.3	7:45/M

Masters Category

[Top](#)

Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Faith Sebby		41	32	30:12.9	9:45/M

[Top](#)

Women 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Dean	Fort Collins CO	43	34	30:17.6	9:46/M
2	Sherry Peacock		44	68	41:25.9	13:22/M
3	Nancy Arrieta		48	86	55:50.3	18:01/M
4	Susan Salisbury		48	88	59:01.5	19:02/M
5	Jean Delaney		48	92	1:01:01.8	19:41/M
6	Carla Swihart		44	98	1:01:58.9	19:59/M

[Top](#)

Women 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Helene Stout		54	66	41:24.0	13:21/M
2	Lisa Adsit		51	69	41:57.3	13:32/M
3	Margi McGrane		54	78	53:00.0	17:06/M
4	Beth Serniak		53	84	53:39.2	17:18/M
5	Terry Jackson		54	87	55:50.8	18:01/M
6	Julie Fleming		50	90	1:00:36.5	19:33/M

[Top](#)

Women 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alphy Christen		72	56	33:09.0	10:42/M

[Top](#)

Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris Forte	Fort Collins CO	44	19	27:03.2	8:44/M

[Top](#)

Men 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steve Means		48	40	30:51.0	9:57/M
2	Jim Hampton		45	52	32:34.9	10:30/M
3	Jeff Sebby		46	61	35:12.0	11:21/M
4	Brad Gillard		46	67	41:24.5	13:21/M
5	Jay Klason		46	77	52:42.5	17:00/M
6	John Salisbury		49	89	59:05.5	19:04/M
7	Dean Delaney		47	93	1:01:05.3	19:42/M
8	Mark Swihart		49	97	1:01:38.0	19:53/M

[Top](#)

Men 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andy Sr. Stewart		59	20	27:45.1	8:57/M
2	Mike Fleming		50	49	32:06.7	10:21/M
3	Eric Adsit	Fort Collins CO	51	70	45:21.4	14:38/M
4	Thomas De Groot		50	73	46:41.0	15:04/M
5	Andy Vigil		57	94	1:01:08.0	19:43/M

[Top](#)

Men 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Duane Christen		74	57	33:09.0	10:42/M