

Pay it Forward 5k Run/Walk

Overall Finish List

April 04, 2009

Results By Morning Star Timing.

Open Category

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Ben Larson	Ben, Nikki, Roy, Jo	16	**** M 0-18	20:45.3	6:42/M
2	Alex Grim	Team Blitz	21	1 M 19-29	21:28.6	6:55/M
3	Dan Fisher	Rocky Mtn	18	1 M 0-18	21:33.8	6:57/M
4	Jake Summerall	Rocky Mtn	15	2 M 0-18	22:21.3	7:13/M
5	John Ekblad	Ben, Nikki, Roy, Jo	18	3 M 0-18	22:54.1	7:23/M
6	Roy Quanstrom	Ben, Nikki, Roy, Jo	17	4 M 0-18	23:30.6	7:35/M
7	Amy Hartley		33	**** F 30-39	23:34.5	7:36/M
8	Kristen Anderson	Toilets of Criticis	21	1 F 19-29	24:02.8	7:45/M
9	Nikki Long	Ben, Nikki, Roy, Jo	18	1 F 0-18	24:24.8	7:52/M
10	Andy Stewart		18	5 M 0-18	24:52.2	8:01/M
11	Brent Fleming	Team Blitz	21	2 M 19-29	25:21.5	8:11/M
12	Cassie Ortiz	team Girl	17	2 F 0-18	26:10.3	8:26/M
13	Aliese Willard	team Girl	18	3 F 0-18	26:21.2	8:30/M
14	Munro Arianna	Rocky Mtn	15	4 F 0-18	26:28.2	8:32/M
15	Sean Hoag		18	6 M 0-18	26:34.9	8:34/M
16	Tre Scott	Team Blitz	20	3 M 19-29	26:35.4	8:35/M
17	Kate Loyd	Completely Dilbert	22	2 F 19-29	26:52.6	8:40/M
18	Ashley Haskall	team Girl	17	5 F 0-18	28:11.5	9:05/M
19	Alex Nass		18	7 M 0-18	28:29.8	9:11/M
20	Riley Thomas	Vikings	14	8 M 0-18	28:32.4	9:12/M
21	Maddie Staab	Vikings	13	6 F 0-18	28:37.0	9:14/M
22	Imani Thomas	Vikings	12	7 F 0-18	28:38.6	9:14/M
23	Erin Hooker	Vikings	14	8 F 0-18	28:46.4	9:17/M
24	Bailey Pegg		20	3 F 19-29	29:37.2	9:33/M
25	Aubrey Valdez	Rocky Mtn	17	9 F 0-18	29:42.5	9:35/M
26	Lizzy Shilling	Rocky Mtn	17	10 F 0-18	29:43.0	9:35/M
27	Laura Hogan	Completely Dilbert	22	4 F 19-29	29:56.0	9:39/M
28	Makenzie Doty		15	11 F 0-18	29:58.6	9:40/M
29	Kari Roberts		33	1 F 30-39	30:16.6	9:46/M
30	Mary Willson		16	12 F 0-18	30:18.0	9:46/M
31	Lauren Rovencio		16	13 F 0-18	30:25.4	9:49/M
32	Jason Clinton		34	1 M 30-39	30:33.3	9:51/M
33	Shayla Peel		15	14 F 0-18	30:43.4	9:55/M
34	Lyndsay Provencio		16	15 F 0-18	30:44.2	9:55/M
35	Kris Cote		21	4 M 19-29	31:18.4	10:06/M
36	Megan Rogers		21	5 F 19-29	31:19.0	10:06/M
37	Stephanie Moore		23	6 F 19-29	31:25.9	10:08/M
38	Tom McChesney		26	5 M 19-29	31:33.1	10:11/M
39	Deanne Pundt		16	16 F 0-18	31:34.9	10:11/M
40	Polly McGrane		18	17 F 0-18	31:42.2	10:14/M
41	Melissa Pundt		18	18 F 0-18	31:47.1	10:15/M
42	Kaylee Broom		21	7 F 19-29	31:55.8	10:18/M
43	Ryan Thomas	Vikings	36	2 M 30-39	32:07.3	10:22/M
44	Stephanie Thomas		34	2 F 30-39	32:09.8	10:22/M

45	Mike Pottle	Pottle/Geno	38	3 M	30-39	32:35.4	10:31/M
46	Gene Muccarini	Pottle/Geno	32	4 M	30-39	33:02.5	10:39/M
47	Becky Paquette		37	3 F	30-39	33:02.9	10:39/M
48	Mark Paquette		37	5 M	30-39	33:09.4	10:42/M
49	Joy Clifton		27	8 F	19-29	33:42.1	10:52/M
50	Heather Brost	Team Blitz	19	9 F	19-29	34:16.2	11:03/M
51	Rachel Means	Roly-Poly	19	10 F	19-29	37:45.6	12:11/M
52	Annie Rentel		18	19 F	0-18	38:04.4	12:17/M
53	Luke Gilliland		11	9 M	0-18	39:24.6	12:43/M
54	Colleen Townsend		30	4 F	30-39	41:00.4	13:14/M
55	Paula Vigil	V	11	20 F	0-18	46:39.0	15:03/M
56	Nichelle Barbari	Toilets of Criticis	21	11 F	19-29	46:40.0	15:03/M
57	Meghan Aranda		14	21 F	0-18	46:42.0	15:04/M
58	Matt Smith	JOHN 11:40	18	10 M	0-18	49:04.5	15:50/M
59	Anika De Groot	JOHN 11:40	19	12 F	19-29	49:05.5	15:50/M
60	Rose Foos		15	22 F	0-18	53:22.9	17:13/M
61	Jenelle Rosecrance		16	23 F	0-18	53:23.7	17:13/M
62	Jana Pohal		16	24 F	0-18	53:24.7	17:14/M
63	Myrinne Rietveld		18	25 F	0-18	53:29.0	17:15/M
64	Katie McKeon	Womens's Clinic #1	33	5 F	30-39	53:38.5	17:18/M
65	Amanda Willams		18	26 F	0-18	53:40.3	17:19/M
66	Blake Fleming		17	27 F	0-18	1:00:39.1	19:34/M
67	Ashley Vigil	V	25	13 F	19-29	1:01:23.2	19:48/M
68	Chelsea Welzig		21	14 F	19-29	1:01:29.5	19:50/M
69	Shannon Kruse		26	15 F	19-29	1:02:01.7	20:00/M
70	Dan Kruse		27	6 M	19-29	1:02:18.6	20:06/M
71	Bailey Fleming		18	28 F	0-18	1:02:55.0	20:18/M
72	Bruce Williams		24	7 M	19-29	1:02:56.6	20:18/M
73	Brittany Olson		19	16 F	19-29	1:02:59.4	20:19/M
74	Melissa Lovegren		22	17 F	19-29	1:03:01.3	20:20/M

Masters Category

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Mark Kochera		51	***** M 50-59	24:02.3	7:45/M
2	Chris Forte		44	1 M 40-49	27:03.2	8:44/M
3	Andy Sr. Stewart		59	1 M 50-59	27:45.1	8:57/M
4	Faith Sebyy	Roly-Poly	41	***** F 40-49	30:12.9	9:45/M
5	Amy Dean		43	1 F 40-49	30:17.6	9:46/M
6	Steve Means	Roly-Poly	48	2 M 40-49	30:51.0	9:57/M
7	Mike Fleming		50	2 M 50-59	32:06.7	10:21/M
8	Jim Hampton		45	3 M 40-49	32:34.9	10:30/M
9	Alphy Christen		72	1 F 70-99	33:09.0	10:42/M
10	Duane Christen		74	1 M 70-99	33:09.0	10:42/M
11	Jeff Sebyy	Roly-Poly	46	4 M 40-49	35:12.0	11:21/M
12	Helene Stout	Womens's Clinic #1	54	1 F 50-59	41:24.0	13:21/M
13	Brad Gillard		46	5 M 40-49	41:24.5	13:21/M
14	Sherry Peacock		44	2 F 40-49	41:25.9	13:22/M
15	Lisa Adsit	4 F.O.R.'s	51	2 F 50-59	41:57.3	13:32/M
16	Eric Adsit	4 F.O.R.'s	51	3 M 50-59	45:21.4	14:38/M
17	Thomas De Groot	Roly-Poly	50	4 M 50-59	46:41.0	15:04/M
18	Jay Klason		46	6 M 40-49	52:42.5	17:00/M
19	Margi McGrane		54	3 F 50-59	53:00.0	17:06/M
20	Beth Serniak	Womens's Clinic #1	53	4 F 50-59	53:39.2	17:18/M
21	Nancy Arrieta	Women's #2	48	3 F 40-49	55:50.3	18:01/M
22	Terry Jackson		54	5 F 50-59	55:50.8	18:01/M
23	Susan Salisbury		48	4 F 40-49	59:01.5	19:02/M
24	John Salisbury		49	7 M 40-49	59:05.5	19:04/M
25	Julie Fleming		50	6 F 50-59	1:00:36.5	19:33/M
26	Jean Delaney		48	5 F 40-49	1:01:01.8	19:41/M

27	Dean Delaney		47	8 M 40-49	1:01:05.3	19:42/M
28	Andy Vigil	V	57	5 M 50-59	1:01:08.0	19:43/M
29	Mark Swihart		49	9 M 40-49	1:01:38.0	19:53/M
30	Carla Swihart		44	6 F 40-49	1:01:58.9	19:59/M

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