



## 2007 Run With The Warriors

May 6, 2007

Westminster, Colorado  
5000 Meter Run & Walk

### Run Awards

Category	Name	Age	Time	Pace	Overall
Overall Male					
	1 Thibert, Christopher	34	18:56.27	06:06.5	1
Overall Female					
	1 Ford, Kara	28	20:22.59	06:34.4	4
1-12 Male					
	1 Lainis, Alexi	10	27:20.06	08:49.1	42
	2 Eastberg, Avery	11	28:41.21	09:15.2	49
	3 Watts, Darrick	9	32:36.45	10:31.1	81
1-12 Female					
	1 Trevino, Natalie	12	30:06.88	09:42.9	58
	2 Trevino, Bethany	10	31:42.59	10:13.7	74
13-19 Male					
	1 Cabrera, John	16	22:06.94	07:08.0	8
	2 Norris, Sebastian	15	22:21.88	07:12.9	11
	3 Norris, Skyler	15	24:14.14	07:49.1	23
13-19 Female					
	1 Iverson, Elizabeth	17	30:28.61	09:49.9	62
	2 Arenas, Kali	15	31:13.04	10:04.2	71
	3 Adam, Arial	17	32:29.64	10:28.9	79
20-29 Male					
	1 Peters, Josh	28	22:09.76	07:09.0	9
	2 Gieda, Brian	26	25:32.70	08:14.4	28
	3 Ford, Chris	28	26:47.07	08:38.4	40

20-29 Female						
	1	Ford, Kara	28	20:22.59	06:34.4	4
	2	Watkins, Loring	24	22:15.07	07:10.7	10
	3	Garcia, Christine	26	22:30.02	07:15.5	12
30-39 Male						
	1	Thibert, Christopher	34	18:56.27	06:06.5	1
	2	Merschel, Steven	30	19:20.78	06:14.4	2
	3	Brabandt, Stephen	31	21:05.18	06:48.1	6
30-39 Female						
	1	Allen, Mary Beth	33	23:58.68	07:44.1	21
	2	Merschel, Jennifer	30	24:09.33	07:47.5	22
	3	Peters, Kristie	31	25:36.44	08:15.6	31
40-49 Male						
	1	Ramirez, Terrance	42	19:41.07	06:21.0	3
	2	Trevino, Samuel	47	20:43.67	06:41.2	5
	3	Denning, Thomas	45	22:43.49	07:19.8	14
40-49 Female						
	1	Mitchem, Randi	42	22:33.25	07:16.5	13
	2	Case , Deanna	46	22:49.30	07:21.7	16
	3	Knaack, Carol	46	26:37.33	08:35.3	39
50-59 Male						
	1	Cooper, Bob	58	21:11.40	06:50.1	7
	2	Puhr, Michael	55	23:58.11	07:43.9	20
	3	Cabrera, Ron	50	26:13.60	08:27.6	34
50-59 Female						
	1	Solheim, Jeannie	50	24:15.75	07:49.6	24
	2	Rinaldi, Marge	58	30:25.50	09:48.9	61
	3	Peters, Carol	59	48:48.48	15:44.7	135
60-69 Male						
	1	Howe, Stephen	62	31:41.35	10:13.3	73
	2	Ramos, Norberto	62	38:23.04	12:22.9	99
	3	Lawrence, Tom	65	40:19.01	13:00.3	109
70 & Over Male						
	1	Cisneros, John	70	48:12.16	15:33.0	131

## Overall Run Results

Place	Name	Sex	Age	Time	Pace
1	Thibert, Christopher	M	34	18:56.27	06:06.5
2	Merschel, Steven	M	30	19:20.78	06:14.4
3	Ramirez, Terrance	M	42	19:41.07	06:21.0
4	Ford, Kara	F	28	20:22.59	06:34.4
5	Trevino, Samuel	M	47	20:43.67	06:41.2
6	Brabandt, Stephen	M	31	21:05.18	06:48.1
7	Cooper, Bob	M	58	21:11.40	06:50.1
8	Cabrera, John	M	16	22:06.94	07:08.0
9	Peters, Josh	M	28	22:09.76	07:09.0
10	Watkins, Loring	F	24	22:15.07	07:10.7
11	Norris, Sebastian	M	15	22:21.88	07:12.9
12	Garcia, Christine	F	26	22:30.02	07:15.5
13	Mitchem, Randi	F	42	22:33.25	07:16.5
14	Denning, Thomas	M	45	22:43.49	07:19.8
15	Dahm, Bruce	M	38	22:47.20	07:21.0
16	Case, Deanna	F	46	22:49.30	07:21.7
17	Moore, Andy	M	41	23:35.81	07:36.7

18	George, Randy	M	45	23:39.48	07:37.9
19	Greer, Shane	M	39	23:46.16	07:40.1
20	Puhr, Michael	M	55	23:58.11	07:43.9
21	Allen, Mary Beth	F	33	23:58.68	07:44.1
22	Merschel, Jennifer	F	30	24:09.33	07:47.5
23	Norris, Skyler	M	15	24:14.14	07:49.1
24	Solheim, Jeannie	F	50	24:15.75	07:49.6
25	Perez, Evaristo	M	41	24:22.03	07:51.6
26	Arenas, Ed	M	41	24:59.26	08:03.6
27	Chesbro, Mitch	M	48	25:09.36	08:06.9
28	Gieda, Brian	M	26	25:32.70	08:14.4
29	Ford, Katie	F	29	25:33.65	08:14.7
30	Gentrup, Damon	M	16	25:34.69	08:15.1
31	Peters, Kristie	F	31	25:36.44	08:15.6
32	Campbell, Kelly	F	30	25:41.99	08:17.4
33	Pigg, Mark	M	41	26:06.93	08:25.5
34	Cabrera, Ron	M	50	26:13.60	08:27.6
35	Ruspakka, Shelly	F	24	26:15.02	08:28.1
36	Bowes, Suzanne	F	39	26:27.88	08:32.2
37	Rohr, Dean	M	42	26:31.32	08:33.3
38	Rzepecki, Brian	M	42	26:35.63	08:34.7
39	Knaack, Carol	F	46	26:37.33	08:35.3
40	Ford, Chris	M	28	26:47.07	08:38.4
41	Bohnenkamp, Paul	M	41	27:09.16	08:45.5
42	Lainis, Alexi	M	10	27:20.06	08:49.1
43	Haug, Carolyn	F	42	27:22.56	08:49.9
44	Lainis, Andrew	M	48	27:23.99	08:50.3
45	Dahm, Holly	F	37	27:29.75	08:52.2
46	Sais, Rachel	F	25	28:05.60	09:03.7
47	Duplin, Ashley	F	21	28:14.06	09:06.5
48	Wilcox, Judy	F	43	28:19.61	09:08.3
49	Eastberg, Avery	M	11	28:41.21	09:15.2
50	Allen, Todd	M	44	28:49.13	09:17.8
51	Fears, Mark	M	51	28:49.93	09:18.0
52	Kenner, Katie	F	33	29:10.42	09:24.7
53	Walker, Mark	M	57	29:27.19	09:30.1
54	Padilla, Joshua	M	16	29:45.14	09:35.9
55	Weidner, Kayleb	M	14	29:53.00	09:38.4
56	Arenas, Dave	M	50	29:53.94	09:38.7
57	Schmidt, Matt	M	32	30:03.47	09:41.8
58	Trevino, Natalie	F	12	30:06.88	09:42.9
59	Black, Judy	F	44	30:13.43	09:45.0
60	Stoakes, Lara	F	37	30:18.46	09:46.6
61	Rinaldi, Marge	F	58	30:25.50	09:48.9
62	Iverson, Elizabeth	F	17	30:28.61	09:49.9
63	Cisneros, Zach	M	18	30:29.43	09:50.1
64	Eastberg, Bret	M	43	30:36.56	09:52.4
65	Kietzmann, Robin	F	37	30:44.00	09:54.8
66	Stephens, Greg	M	15	30:45.08	09:55.2
67	Sisson, Stacy	F	28	30:52.50	09:57.6
68	Gaskins, Andrew	M	36	30:53.42	09:57.9
69	Sanchez, Rueben	M	35	31:11.55	10:03.7
70	Moynan, Kelly	F	26	31:12.39	10:04.0
71	Arenas, Kali	F	15	31:13.04	10:04.2
72	Burris, Adam	M	26	31:22.36	10:07.2
73	Howe, Stephen	M	62	31:41.35	10:13.3
74	Trevino, Bethany	F	10	31:42.59	10:13.7
75	Hale, Patricia	F	45	31:43.51	10:14.0
76	Adam, Richard	M	37	32:15.36	10:24.3
77	Garramone, Marcy	F	33	32:18.64	10:25.4
78	Delauro, April	F	34	32:22.07	10:26.5
79	Adam, Arial	F	17	32:29.64	10:28.9
80	Stephens, Tiffany	F	29	32:34.30	10:30.4
81	Watts, Darrick	M	9	32:36.45	10:31.1
82	Watts, Leah	F	41	32:37.23	10:31.4
83	Forte, Danielle	F	32	32:56.35	10:37.5

84	Brooks, Melissa	F	35	32:57.30	10:37.8
85	Lawrence, Melanie	F	38	33:04.81	10:40.3
86	Ballard, David	M	54	33:22.48	10:46.0
87	Padilla, Jacob	M	16	33:38.42	10:51.1
88	Schmaus, John	M	54	34:24.51	11:06.0
89	Schafer, George	M	58	34:39.62	11:10.8
90	Glierrero, Mark	M	43	35:07.83	11:19.9
91	Fagerness, Susan	F	35	35:31.47	11:27.6
92	Woodard, Travis	M	14	36:10.69	11:40.2
93	Dennison, Patricia	F	34	36:46.00	11:51.6
94	Martinez, Bobby	M	17	37:06.41	11:58.2
95	Schmaus, Laurie	F	48	37:37.26	12:08.1
96	Reese, Travis	M	15	37:59.29	12:15.3
97	Ramos, Norberto	M	62	38:23.04	12:22.9
98	Lusby, Robert	M	50	38:31.35	12:25.6
99	Stoakes, Glenn	M	38	38:32.77	12:26.1
100	Huske, Ashley	F	15	38:34.00	12:26.5
101	Iverson, Jacob	M	16	39:04.50	12:36.3
102	Williams, Rob	M	40	39:11.22	12:38.5
103	Bridwell, Paula	F	48	39:40.56	12:47.9
104	Mason, Daniel	M	14	39:44.87	12:49.3
105	McGrath, Dennis	M	56	40:00.09	12:54.2
106	Lawrence, Tom	M	65	40:19.01	13:00.3
107	Phelps, Tyler	M	6	41:05.01	13:15.2
108	Phelps, Rick	M	40	41:05.76	13:15.4
109	Goddard, Amy	F	36	41:06.52	13:15.7
110	Miller, Kelly	F	32	42:50.73	13:49.3
111	Bogges, Beth	F	37	48:00.75	15:29.3
112	Cisneros, John	M	70	48:12.16	15:33.0
113	Thao, Maxie	F	17	48:46.12	15:43.9
114	Hall, Amy	F	17	48:47.73	15:44.4
115	Peters, Carol	F	59	48:48.48	15:44.7
116	Mescall, Beth	F	43	53:30.82	17:15.7
117	Muckerman, Geoff	M	13	53:37.74	17:18.0
118	Wilson, Renee	F	44	54:04.14	17:26.5
119	Johnston, Suzie	F	47	54:07.37	17:27.5
120	Silver, Zach	M	17	54:10.54	17:28.6
121	Heberle, Nicki	F	52	58:51.15	18:59.1
122	Lovell, Andre	M	17	59:42.25	19:15.6

## Walk Awards

Category	Name	Age	Time	Pace	Overall	
Overall Male						
	1	Davis, Jerry	44	33:45.86	10:53.5	88
Overall Female						
	1	Stallings, Deborah	50	40:29.23	13:03.6	110
1-12 Male						
	1	Hyatt, Dylan	10	53:08.77	17:08.6	142
	2	Dinkey, Andrew	11	57:38.11	18:35.5	176
	3	Dinkey, Rowan	8	57:46.85	18:38.3	177
1-12 Female						
	1	Williams, Kacey	8	46:34.50	15:01.5	124
	2	Lopez, Anelisa	11	1:01:56.47	19:58.9	207
	3	Lopez, Samantha	8	1:02:40.81	20:13.2	210
13-19 Male						
	1	Glentz, Jr., Kenneth	16	39:03.94	12:36.1	103
	2	Wildung, Justin	17	54:08.39	17:27.9	156
	3	Slosser, Spencer	18	54:47.91	17:40.6	165
13-19 Female						
	1	Spamer, Jacky	14	44:32.35	14:22.0	118

	2	Battles, Melissa	15	44:33.44	14:22.4	119
	3	Harvey, Kayla	14	48:12.94	15:33.2	132
20-29 Male						
	1	Dinke, Gene	28	58:18.30	18:48.5	183
20-29 Female						
	1	Miura, Noriko	29	53:24.31	17:13.6	146
	2	Ramsey, Megan	20	54:11.49	17:28.9	159
	3	Clapes, Alicia	24	54:47.26	17:40.4	164
30-39 Male						
	1	Flail, Gary	35	47:05.10	15:11.3	126
	2	Ellis, Mike	39	53:16.31	17:11.1	145
	3	Gabbert, Tom	31	59:45.89	19:16.7	197
30-39 Female						
	1	Armbrust, Tia	35	45:37.76	14:43.1	121
	2	Williams, Jen	31	47:04.21	15:11.0	125
	3	Wallner, Melissa	33	47:30.25	15:19.4	127
40-49 Male						
	1	Davis, Jerry	44	33:45.86	10:53.5	88
	2	Thoutt, Steven	45	41:42.32	13:27.2	116
	3	Gentrup, Luke	46	46:01.50	14:50.8	123
40-49 Female						
	1	Glentz, Sharon	43	41:41.61	13:27.0	115
	2	Arenas, Kammy	47	45:36.69	14:42.8	120
	3	Testaverde, Lisa	44	47:31.09	15:19.7	128
50-59 Male						
	1	Poulos, Ross	58	34:08.13	11:00.7	89
	2	Lusby, Mark	53	52:02.57	16:47.3	139
	3	Ramsey, Russ	55	54:12.08	17:29.1	160
50-59 Female						
	1	Stallings, Deborah	50	40:29.23	13:03.6	110
	2	Lafferty, Anna	53	40:45.40	13:08.8	111
	3	Ramsey, Jo	54	54:09.82	17:28.3	157
60-69 Female						
	1	Jowell, Diane	61	48:01.90	15:29.6	130
	2	Vaughan, Shirley	65	56:11.53	18:07.6	168
70 & Over Male						
	1	Cullins, Richard	71	58:19.07	18:48.7	184

## Overall Walk Results

Place	Name	Sex	Age	Time	Pace
1	Davis, Jerry	M	44	33:45.86	10:53.5
2	Poulos, Ross	M	58	34:08.13	11:00.7
3	Glentz, Jr., Kenneth	M	16	39:03.94	12:36.1
4	Stallings, Deborah	F	50	40:29.23	13:03.6
5	Lafferty, Anna	F	53	40:45.40	13:08.8
6	Glentz, Sharon	F	43	41:41.61	13:27.0
7	Thoutt, Steven	M	45	41:42.32	13:27.2
8	Spamer, Jacky	F	14	44:32.35	14:22.0
9	Battles, Melissa	F	15	44:33.44	14:22.4
10	Arenas, Kammy	F	47	45:36.69	14:42.8
11	Armbrust, Tia	F	35	45:37.76	14:43.1
12	Werner, Nancy	F	99	45:38.62	14:43.4
13	Gentrup, Luke	M	46	46:01.50	14:50.8
14	Williams, Kacey	F	8	46:34.50	15:01.5

15	Williams, Jen	F	31	47:04.21	15:11.0
16	Flail, Gary	M	35	47:05.10	15:11.3
17	Wallner, Melissa	F	33	47:30.25	15:19.4
18	Testaverde, Lisa	F	44	47:31.09	15:19.7
19	Jowell, Diane	F	61	48:01.90	15:29.6
20	Harvey, Kayla	F	14	48:12.94	15:33.2
21	Burge, Emily	F	14	49:42.81	16:02.2
22	Schellin, Jessica	F	15	52:01.01	16:46.8
23	Austin, Danielle	F	15	52:01.70	16:47.0
24	Lusby, Mark	M	53	52:02.57	16:47.3
25	Reese, Melody	F	40	52:14.98	16:51.3
26	Volkman, Robyn	F	33	52:36.56	16:58.2
27	Hyatt, Dylan	M	10	53:08.77	17:08.6
28	Schellin, Lori	F	40	53:09.97	17:09.0
29	Ellis, Beth	F	43	53:15.41	17:10.8
30	Ellis, Mike	M	39	53:16.31	17:11.1
31	Miura, Noriko	F	29	53:24.31	17:13.6
32	Rodgers, Jill	F	30	53:29.80	17:15.4
33	Duplin, Alysha	F	13	53:38.54	17:18.2
34	Duplin, Mitzi	F	46	53:57.79	17:24.4
35	Markham, Paul	M	99	53:58.94	17:24.8
36	Wolf, Charlotte	F	48	54:02.89	17:26.1
37	Wildung, Justin	M	17	54:08.39	17:27.9
38	Ramsey, Jo	F	54	54:09.82	17:28.3
39	Ramsey, Megan	F	20	54:11.49	17:28.9
40	Ramsey, Russ	M	55	54:12.08	17:29.1
41	Mueller, Nicole	F	37	54:12.70	17:29.3
42	Pope, Heather	F	31	54:24.78	17:33.2
43	Poulos, Georgie	F	54	54:25.54	17:33.4
44	Clapes, Alicia	F	24	54:47.26	17:40.4
45	Slosser, Spencer	M	18	54:47.91	17:40.6
46	Medina, Mike	M	54	55:17.40	17:50.1
47	Thomsen, Sharon	F	49	56:03.36	18:05.0
48	Vaughan, Shirley	F	65	56:11.53	18:07.6
49	Bowles, Courtney	F	27	56:14.48	18:08.5
50	Jones, Judy	F	99	56:46.26	18:18.8
51	Crider, Nan	F	51	57:04.76	18:24.8
52	Brunton, Sylvia	F	14	57:05.78	18:25.1
53	Lo, Champa	F	17	57:17.33	18:28.8
54	Mena, Roxanne	F	16	57:19.01	18:29.4
55	Potestio, Brandi	F	34	57:19.98	18:29.7
56	Dinkey, Andrew	M	11	57:38.11	18:35.5
57	Dinkey, Rowan	M	8	57:46.85	18:38.3
58	Wiseman, Joann	F	56	57:53.71	18:40.6
59	Archuleta, Zach	M	15	58:01.34	18:43.0
60	Johnson, Marilyn	F	58	58:02.78	18:43.5
61	Rader, Pamela	F	52	58:09.70	18:45.7
62	Dinkey, Laura	F	28	58:11.04	18:46.1
63	Dinkey, Gene	M	28	58:18.30	18:48.5
64	Cullins, Richard	M	71	58:19.07	18:48.7
65	Pickens, Mainle	F	27	58:19.75	18:49.0
66	Hyatt, Keaton	M	7	58:20.41	18:49.2
67	Hyatt, Renae	F	33	58:33.97	18:53.5
68	Lopo-Jones, Mary	F	29	58:34.81	18:53.8
69	Jones, Lane	M	8	58:50.70	18:58.9
70	Keir, Julia	F	58	58:52.45	18:59.5
71	Cross, Joyce	F	99	58:53.61	18:59.9
72	McGillicuddy, Victoria	F	40	59:07.80	19:04.5
73	Anaya, Zachary	M	16	59:12.10	19:05.8
74	Beazer, Angie	F	15	59:41.28	19:15.3
75	Gabbert, Tom	M	31	59:45.89	19:16.7
76	Gabbert, Jessica	F	30	1:00:44.21	19:35.6
77	Gabbert, Grant	M	4	1:00:46.19	19:36.2
78	Roe, Marcia	F	26	1:00:46.99	19:36.4
79	Roe, Kelly	F	34	1:01:39.59	19:53.4
80	Allegrezza, Sharon	F	99	1:01:40.73	19:53.8

81	Bolger, Mary	F	51	1:01:42.95	19:54.5
82	Madsen, Sarah	F	16	1:01:43.96	19:54.8
83	Madsen, Sheryl	F	48	1:01:51.84	19:57.4
84	Caulkins, Sarah	F	14	1:01:52.94	19:57.7
85	Lopez, Anelisa	F	11	1:01:56.47	19:58.9
86	Lopez, Jose	M	48	1:01:57.30	19:59.1
87	Lopez, Betty	F	41	1:01:58.24	19:59.4
88	Lopez, Samantha	F	8	1:02:40.81	20:13.2