



# 2009 Liferforce Challenge

Presented by The Liferforce Fitness Project

Saturday, November 14, 2009

Frank Kinney Park - Eugene, Oregon

10K Trail Run / 5K Trail Run

## 5K Overall Results

Place	Name	No.	Ag	S	Div/Tot	Div	City	St	Nettime	Guntime	Pace
1	Tray Woods	67	24	M	1/2	M2024	Eugene	OR	18:47	18:48	6:03
2	Ethan Hollenbeck	81	18	M	1/1	M1519	Dexter	OR	19:55	19:57	6:26
3	Nathan Blair	68	25	M	1/1	M2529	Eugene	OR	19:56	19:57	6:26
4	Tom Wilson	47	32	M	1/2	M3034	Eugene	OR	21:13	21:15	6:51
5	Jakob Jonsson	23	37	M	1/3	M3539	Eugene	OR	22:19	22:26	7:14
6	Darin French	75	13	M	1/2	M1114	Springfield	OR	22:51	22:54	7:22
7	Eddie Rawlinson	60	54	M	1/2	M5054	Veneta	OR	24:29	24:31	7:54
8	John Wilkinson	56	38	M	2/3	M3539	Eugene	OR	24:48	24:57	8:02
9	Valdemar Crispin Quin	12	12	M	2/2	M1114	Eugene	OR	24:57	25:04	8:04
10	Randall Sinnott	39	57	M	1/1	M5559	Eugene	OR	25:19	25:32	8:13
11	Alexander Ruvinsky	61	21	M	2/2	M2024	Eugene	OR	25:32	25:57	8:21
12	Carla Berrey	5	49	F	1/2	F4549	Corvallis	OR	26:26	26:42	8:36
13	Louis Novak	35	39	M	3/3	M3539	Creswell	OR	26:47	26:51	8:39
14	Guy Polson	64	44	M	1/3	M4044	Springfield	OR	26:48	27:00	8:42
15	Jessica Martin	80	15	F	1/2	F1519	Dexter	OR	27:31	27:35	8:53
16	Makena Starner	79	15	F	2/2	F1519	Dexter	OR	27:32	27:35	8:53
17	Stuntman Slater	83	31	M	2/2	M3034	Eugene	OR	27:24	27:39	8:54
18	Robert Jones	74	65	M	1/1	M6569	Eugene	OR	27:45	27:55	9:00
19	Norm&sadie Bloom	57	50	M	2/2	M5054	Eugene	OR	28:24	28:39	9:14
20	John Livingston	72	75	M	1/2	M7579	Eugene	OR	29:31	29:41	9:34
21	Haidy Lee	52	32	F	1/1	F3034	Eugene	OR	29:33	29:43	9:34
22	Faye Chadwell	9	47	F	2/2	F4549	Eugene	OR	29:36	29:48	9:36
23	Terry Downey	63	45	M	1/1	M4549	Happy Valley	OR	30:07	30:26	9:48
24	Jack Keener	59	78	M	2/2	M7579	Portland	OR	31:21	31:32	10:09
25	Jacob Gates	19	9	M	1/2	M0110	Eugene	OR	32:31	32:39	10:31
26	David Gates	18	42	M	2/3	M4044	Eugene	OR	32:32	32:40	10:31
27	Christine Etterman	16	44	F	1/1	F4044	Tigard	OR	33:46	34:09	11:00
28	Kathy Avery	3	63	F	1/2	F6064	Poulsbo	WA	34:14	34:25	11:05
29	Edie Hinds	21	57	F	1/2	F5559	Corvallis	OR	34:59	35:13	11:20
30	Jane Dods	14	73	F	1/1	F7074	Springfield	OR	35:10	35:14	11:21
31	Ellen Crosby	13	62	F	2/2	F6064	Boise	ID	35:27	35:39	11:29
32	Penny Anderson	2	29	F	1/1	F2529	Lebanon	OR	36:20	36:27	11:44
33	Mary Caldwell	7	57	F	2/2	F5559	North Bend	OR	36:50	36:55	11:53
34	Bruce Koch	25	71	M	1/1	M7074	Vida	OR	38:52	39:10	12:37
35	Henry Cook	50	5	M	2/2	M0110	Eugene	OR	52:31	52:45	16:59
36	Jeff Cook	51	42	M	3/3	M4044	Eugene	OR	52:32	52:46	17:00

## 5K Age Group Awards

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1	Carla Berrey	49	Corvallis	OR	26:26	26:42	8:36
2	Jessica Martin	15	Dexter	OR	27:31	27:35	8:53
3	Makena Starner	15	Dexter	OR	27:32	27:35	8:53

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Tray Woods	24	Eugene	OR	18:47	18:48	6:03
2	Ethan Hollenbeck	18	Dexter	OR	19:55	19:57	6:26
3	Nathan Blair	25	Eugene	OR	19:56	19:57	6:26

MALE AGE GROUP: 1 - 10

1	19	Jacob Gates	5	9 Eugene	OR	32:39	10:31
2	50	Henry Cook	5	5 Eugene	OR	52:45	16:59

MALE AGE GROUP: 11 - 14

1	75	Darin French	5	13 Springfield	OR	22:54	7:22
2	12	Valdemar Crispin Quin	5	12 Eugene	OR	25:04	8:04

MALE AGE GROUP: 15 - 19

1	81	Ethan Hollenbeck	5	18 Dexter	OR	19:57	6:26
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FEMALE AGE GROUP: 15 - 19

1	80	Jessica Martin	5	15 Dexter	OR	27:35	8:53
2	79	Makena Starner	5	15 Dexter	OR	27:35	8:53

MALE AGE GROUP: 20 - 24

1	67	Tray Woods	5	24 Eugene	OR	18:48	6:03
2	61	Alexander Ruvinsky	5	21 Eugene	OR	25:57	8:21

MALE AGE GROUP: 25 - 29

1	68	Nathan Blair	5	25 Eugene	OR	19:57	6:26
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FEMALE AGE GROUP: 25 - 29

1	2	Penny Anderson	5	29 Lebanon	OR	36:27	11:44
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MALE AGE GROUP: 30 - 34

1	47	Tom Wilson	5	32 Eugene	OR	21:15	6:51
2	83	Stuntman Slater	5	31 Eugene	OR	27:39	8:54

FEMALE AGE GROUP: 30 - 34

1	52	Haidy Lee	5	32 Eugene	OR	29:43	9:34
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MALE AGE GROUP: 35 - 39

1	23	Jakob Jonsson	5	37 Eugene	OR	22:26	7:14
2	56	John Wilkinson	5	38 Eugene	OR	24:57	8:02
3	35	Louis Novak	5	39 Creswell	OR	26:51	8:39

MALE AGE GROUP: 40 - 44

1	64	Guy Polson	5	44 Springfield	OR	27:00	8:42
2	18	David Gates	5	42 Eugene	OR	32:40	10:31
3	51	Jeff Cook	5	42 Eugene	OR	52:46	17:00

FEMALE AGE GROUP: 40 - 44

1	16	Christine Etterman	5	44 Tigard	OR	34:09	11:00
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MALE AGE GROUP: 45 - 49

1	63	Terry Downey	5	45 Happy Valley	OR	30:26	9:48
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FEMALE AGE GROUP: 45 - 49

1	5	Carla Berrey	5	49 Corvallis	OR	26:42	8:36
2	9	Faye Chadwell	5	47 Eugene	OR	29:48	9:36

MALE AGE GROUP: 50 - 54

1	60	Eddie Rawlinson	5	54 Veneta	OR	24:31	7:54
2	57	Norm&sadie Bloom	5	50 Eugene	OR	28:39	9:14

MALE AGE GROUP: 55 - 59

1	39	Randall Sinnott	5	57 Eugene	OR	25:32	8:13
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FEMALE AGE GROUP: 55 - 59

1	21	Edie Hinds	5	57 Corvallis	OR	35:13	11:20
2	7	Mary Caldwell	5	57 North Bend	OR	36:55	11:53

FEMALE AGE GROUP: 60 - 64

1	3	Kathy Avery	5	63 Poulsbo	WA	34:25	11:05
2	13	Ellen Crosby	5	62 Boise	ID	35:39	11:29

MALE AGE GROUP: 65 - 69

1	74	Robert Jones	5	65 Eugene	OR	27:55	9:00
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MALE AGE GROUP: 70 - 74

1	25	Bruce Koch	5	71 Vida	OR	39:10	12:37
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FEMALE AGE GROUP: 70 - 74

1	14	Jane Dods	5	73 Springfield	OR	35:14	11:21
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MALE AGE GROUP: 75 - 79

1	72	John Livingston	5	75 Eugene	OR	29:41	9:34
2	59	Jack Keener	5	78 Portland	OR	31:32	10:09

## 5K Age-Graded Results

Age-Graded results are calculated using a factor that compares world record efforts based on age and sex.

Place	Name	Time	Time	S	Ag
1	Tray Woods	18:48	68.66	M	24
2	Jane Dods	35:14	67.32	F	73
3	Ethan Hollenbeck	19:57	66.84	M	18
4	Nathan Blair	19:57	64.66	M	25
5	John Livingston	29:41	63.86	M	75
6	Jack Keener	31:32	63.70	M	78
7	Darin French	22:54	63.36	M	13
8	Carla Berrey	26:42	62.62	F	49
9	Eddie Rawlinson	24:31	62.14	M	54
10	Randall Sinnott	25:32	61.24	M	57
11	Tom Wilson	21:15	61.18	M	32
12	Robert Jones	27:55	60.07	M	65
13	Jakob Jonsson	22:26	59.52	M	37
14	Valdemar Crispin Quin	25:04	59.32	M	12
15	Kathy Avery	34:25	58.66	F	63
16	Jessica Martin	27:35	56.22	F	15
17	Makena Starner	27:35	56.22	F	15
18	Ellen Crosby	35:39	55.83	F	62
19	Faye Chadwell	29:48	54.78	F	47
20	John Wilkinson	24:57	53.94	M	38
21	Edie Hinds	35:13	52.64	F	57
22	Guy Polson	27:00	52.12	M	44
23	Norm&sadie Bloom	28:39	51.48	M	50
24	Louis Novak	26:51	50.49	M	39
25	Mary Caldwell	36:55	50.21	F	57
26	Jacob Gates	32:39	50.10	M	9
27	Haidy Lee	29:43	49.94	F	32
28	Alexander Ruvinsky	25:57	49.93	M	21
29	Stuntman Slater	27:39	46.91	M	31
30	Terry Downey	30:26	46.62	M	45
31	Christine Etterman	34:09	46.33	F	44
32	Bruce Koch	39:10	45.58	M	71
33	David Gates	32:40	42.41	M	42
34	Penny Anderson	36:27	40.62	F	29
35	Henry Cook	52:45	37.47	M	5
36	Jeff Cook	52:46	26.25	M	42

## 10K Overall Results

Place	Name	No.	Ag	S	Div/Tot	Div	City	St	Nettime	Guntime	Pace
1	Will Downey	62	18	M	1/4	M1519	Durham	OR	40:42	40:44	6:34
2	Niles Clarke	10	19	M	2/4	M1519	Eugene	OR	43:04	43:05	6:56
3	Ryan McLaws	30	29	M	1/3	M2529	Springfield	OR	43:50	43:51	7:04
4	Mark Moran	32	43	M	1/3	M4044	Eugene	OR	46:13	46:15	7:27
5	Richard Clark	66	55	M	1/3	M5559	Eugene	OR	47:16	47:18	7:37
6	John Murray	34	64	M	1/5	M6064	Boise	ID	47:16	47:21	7:38
7	Jorge Contreras	11	17	M	3/4	M1519	Eugene	OR	47:55	47:57	7:43
8	Charles Young	48	63	M	2/5	M6064	Roseburg	OR	47:56	47:59	7:44
9	David Morales	54	26	M	2/3	M2529	Roseburg	OR	48:33	48:51	7:52
10	Dan Berry	49	33	M	1/4	M3034	Corvallis	OR	48:55	49:01	7:54
11	David Adriance	1	32	M	2/4	M3034	Creswell	OR	51:24	51:27	8:17
12	Karen Louis White	82	46	F	1/2	F4549	Eugene	OR	51:33	51:38	8:19
13	Sharon Rogers	38	48	F	2/2	F4549	Noti	OR	52:25	52:32	8:28
14	Tom Pattee	73	43	M	2/3	M4044	Springfield	OR	52:33	52:41	8:29
15	Mikel Avery	4	36	M	1/1	M3539	Reedsport	OR	53:55	54:00	8:42
16	James Markus	28	50	M	1/3	M5054	Cottage Grove	OR	54:27	54:36	8:48
17	Bob Schneider	65	46	M	1/2	M4549	Cottage Grove	OR	54:36	54:44	8:49
18	Jean Rand	36	60	F	1/1	F6064	Eugene	OR	55:04	55:07	8:53
19	Brendan Abrams	71	19	M	4/4	M1519	Ashland	OR	55:34	55:40	8:58
20	Yuliya Kharitonova	24	29	F	1/3	F2529	Salem	OR	55:57	56:15	9:04
21	Cody Lister	26	32	M	3/4	M3034	Eugene	OR	56:14	56:26	9:05
22	Arnie Abrams	69	56	M	2/3	M5559	Ashland	OR	56:23	56:30	9:06

23	Brenda Morales	53	23	F	1/1	F2024	Roseburg	OR	56:31	56:48	9:09
24	Elizabeth Martin	29	34	F	1/1	F3034	Corvallis	OR	58:18	58:24	9:24
25	Jeff Hannum	20	53	M	2/3	M5054	Eugene	OR	59:27	59:33	9:35
26	Taylor Spike	43	31	M	4/4	M3034	Eugene	OR	59:37	59:51	9:38
27	Edward Camacho	8	57	M	3/3	M5559	Dallas	OR	59:57	1:00:05	9:41
28	Mitsutoshi Inaba	58	45	M	2/2	M4549	Eugene	OR	59:59	1:00:11	9:42
29	Kim Wenger	46	60	M	3/5	M6064	Eugene	OR	1:01:04	1:01:15	9:52
30	Gregory Spike	42	61	M	4/5	M6064	Eugene	OR	1:04:55	1:05:08	10:29
31	Michelle Rodrigue	37	25	F	2/3	F2529	Eugene	OR	1:05:22	1:05:34	10:34
32	Mary Abrams	70	56	F	1/1	F5559	Ashland	OR	1:06:56	1:07:05	10:48
33	Don Dewitt	78	64	M	5/5	M6064	Eugene	OR	1:07:17	1:07:35	10:53
34	Thomas Berrey	6	54	M	3/3	M5054	Corvallis	OR	1:10:07	1:10:17	11:19
35	Jesse Myers	55	28	M	3/3	M2529	Eugene	OR	1:14:41	1:14:49	12:03
36	Autumn Johnson	22	26	F	3/3	F2529	Eugene	OR	1:25:06	1:25:19	13:44
37	French Marian	76	42	F	1/1	F4044	Springfield	OR	1:26:54	1:27:09	14:02
38	Derek French	77	44	M	3/3	M4044	Springfield	OR	1:28:07	1:28:17	14:13

## 10K Age Group Awards

### \*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1	Karen Louis White	46	Eugene	OR	51:33	51:38	8:19
2	Sharon Rogers	48	Noti	OR	52:25	52:32	8:28
3	Jean Rand	60	Eugene	OR	55:04	55:07	8:53

### \*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Will Downey	18	Durham	OR	40:42	40:44	6:34
2	Niles Clarke	19	Eugene	OR	43:04	43:05	6:56
3	Ryan McLaws	29	Springfield	OR	43:50	43:51	7:04

#### MALE AGE GROUP: 15 - 19

1	62 Will Downey	10	18	Durham	OR	40:44	6:34
2	10 Niles Clarke	10	19	Eugene	OR	43:05	6:56
3	11 Jorge Contreras	10	17	Eugene	OR	47:57	7:43

#### FEMALE AGE GROUP: 20 - 24

1	53 Brenda Morales	10	23	Roseburg	OR	56:48	9:09
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#### MALE AGE GROUP: 25 - 29

1	30 Ryan McLaws	10	29	Springfield	OR	43:51	7:04
2	54 David Morales	10	26	Roseburg	OR	48:51	7:52
3	55 Jesse Myers	10	28	Eugene	OR	1:14:49	12:03

#### FEMALE AGE GROUP: 25 - 29

1	24 Yuliya Kharitonova	10	29	Salem	OR	56:15	9:04
2	37 Michelle Rodrigue	10	25	Eugene	OR	1:05:34	10:34
3	22 Autumn Johnson	10	26	Eugene	OR	1:25:19	13:44

#### MALE AGE GROUP: 30 - 34

1	49 Dan Berry	10	33	Corvallis	OR	49:01	7:54
2	1 David Adriance	10	32	Creswell	OR	51:27	8:17
3	26 Cody Lister	10	32	Eugene	OR	56:26	9:05

#### FEMALE AGE GROUP: 30 - 34

1	29 Elizabeth Martin	10	34	Corvallis	OR	58:24	9:24
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#### MALE AGE GROUP: 35 - 39

1	4 Mikel Avery	10	36	Reedsport	OR	54:00	8:42
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#### MALE AGE GROUP: 40 - 44

1	32 Mark Moran	10	43	Eugene	OR	46:15	7:27
2	73 Tom Pattee	10	43	Springfield	OR	52:41	8:29
3	77 Derek French	10	44	Springfield	OR	1:28:17	14:13

#### FEMALE AGE GROUP: 40 - 44

1	76 French Marian	10	42	Springfield	OR	1:27:09	14:02
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#### MALE AGE GROUP: 45 - 49

1	65 Bob Schneider	10	46	Cottage Grove	OR	54:44	8:49
2	58 Mitsutoshi Inaba	10	45	Eugene	OR	1:00:11	9:42

#### FEMALE AGE GROUP: 45 - 49

1	82 Karen Louis White	10	46	Eugene	OR	51:38	8:19
2	38 Sharon Rogers	10	48	Noti	OR	52:32	8:28

#### MALE AGE GROUP: 50 - 54

1	28 James Markus	10	50	Cottage Grove	OR	54:36	8:48
2	20 Jeff Hannum	10	53	Eugene	OR	59:33	9:35
3	6 Thomas Berrey	10	54	Corvallis	OR	1:10:17	11:19

#### MALE AGE GROUP: 55 - 59

1	66 Richard Clark	10	55	Eugene	OR	47:18	7:37
2	69 Arnie Abrams	10	56	Ashland	OR	56:30	9:06
3	8 Edward Camacho	10	57	Dallas	OR	1:00:05	9:41

#### FEMALE AGE GROUP: 55 - 59

1	70 Mary Abrams	10 56 Ashland	OR 1:07:05 10:48
		MALE AGE GROUP: 60 - 64	
1	34 John Murray	10 64 Boise	ID 47:21 7:38
2	48 Charles Young	10 63 Roseburg	OR 47:59 7:44
3	46 Kim Wenger	10 60 Eugene	OR 1:01:15 9:52
		FEMALE AGE GROUP: 60 - 64	
1	36 Jean Rand	10 60 Eugene	OR 55:07 8:53

### 10K Age-Graded Results

Age-Graded results are calculated using a factor that compares world record efforts based on age and sex.

Place	Name	Time	Score	S	Ag
1	John Murray	47:21	73.08	M	64
2	Jean Rand	55:07	71.90	F	60
3	Charles Young	47:59	71.46	M	63
4	Will Downey	40:44	68.19	M	18
5	Richard Clark	47:18	67.63	M	55
6	Sharon Rogers	52:32	64.42	F	48
7	Karen Louis White	51:38	64.08	F	46
8	Niles Clarke	43:05	63.69	M	19
9	Mark Moran	46:15	62.85	M	43
10	Ryan McLaws	43:51	61.27	M	29
11	Jorge Contreras	47:57	58.65	M	17
12	Arnie Abrams	56:30	57.08	M	56
13	James Markus	54:36	56.24	M	50
14	Mary Abrams	1:07:05	55.89	F	56
15	Dan Berry	49:01	55.44	M	33
16	Tom Pattee	52:41	55.18	M	43
17	David Morales	48:51	54.98	M	26
18	Kim Wenger	1:01:15	54.51	M	60
19	Bob Schneider	54:44	54.32	M	46
20	Edward Camacho	1:00:05	54.15	M	57
21	Yuliya Kharitonova	56:15	53.93	F	29
22	Brenda Morales	56:48	53.41	F	23
23	Jeff Hannum	59:33	52.83	M	53
24	David Adriance	51:27	52.61	M	32
25	Elizabeth Martin	58:24	52.32	F	34
26	Gregory Spike	1:05:08	51.72	M	61
27	Don Dewitt	1:07:35	51.20	M	64
28	Mikel Avery	54:00	51.12	M	36
29	Brendan Abrams	55:40	49.29	M	19
30	Mitsutoshi Inaba	1:00:11	49.05	M	45
31	Cody Lister	56:26	47.96	M	32
32	Michelle Rodrigue	1:05:34	46.27	F	25
33	Thomas Berrey	1:10:17	45.13	M	54
34	Taylor Spike	59:51	45.09	M	31
35	French Marian	1:27:09	36.59	F	42
36	Jesse Myers	1:14:49	35.89	M	28
37	Autumn Johnson	1:25:19	35.56	F	26
38	Derek French	1:28:17	33.17	M	44