



# 2010 Rock The Beach Run

Sunday, October 3, 2010

Cannon Beach, Oregon

10K (6.2 miles) / 5K (3.1 miles)

## 10K Overall Results

Place	No.	Name	Ag	S	Div/Tot	Div	City	Time	Pace
1	59	Julia Rudd	27	F	1/14	F2029	Portland	38:39	6:14
2	70	Scott Whiteford	37	M	1/11	M3039	Portland	38:48	6:15
3	81	Brett Willyard	15	M	1/1	M1519	Cannon Beach	42:21	6:49
4	47	Alan McAvoy	31	M	2/11	M3039	Portland	42:30	6:51
5	76	Flynn Jiroudek	22	M	1/4	M2029	Cannon Beach	44:13	7:07
6	3	Gilberto Arciga	42	M	1/4	M4049	Nehalem	45:44	7:22
7	171	Marla Singer	40	F	1/7	F4049	Missoula	45:48	7:23
8	1	Cliff Allen	52	M	1/6	M5059	Portland	46:14	7:27
9	9	Jennifer Black	25	F	2/14	F2029	Portland	46:24	7:28
10	75	Lance Heppler	40	M	2/4	M4049	Vancouver	48:45	7:51
11	83	Lake Heppler	14	M	1/2	M0114	Vancouver	48:45	7:51
12	30	Susan Hanna	31	F	1/21	F3039	West Linn	49:08	7:55
13	46	Caitlin Matthews	25	F	3/14	F2029	Portland	51:05	8:14
14	67	Tryce Thomas	12	M	2/2	M0114	Molalla	51:14	8:15
15	21	Scott Cruickshank	50	M	2/6	M5059	Clackamas	51:22	8:16
16	5	Kevin Bates	34	M	3/11	M3039	Portland	51:39	8:19
17	53	Ed Reid	53	M	3/6	M5059	Portland	51:46	8:20
18	43	Mark Marcelli	51	M	4/6	M5059	San Diego	53:23	8:36
19	78	Carol Knutson	50	F	1/3	F5059	Tolovana Park	53:41	8:39
20	40	Bryan MacKender	34	M	4/11	M3039	Oregon City	54:01	8:42
21	16	Brian Chan	25	M	2/4	M2029	Cannon Beach	54:03	8:42
22	56	Mariana Rocha-Decker	33	F	2/21	F3039	Portland	54:15	8:44
23	4	Kelley Aurand	31	F	3/21	F3039	Portland	54:25	8:46
24	93	Gabriel Cazarez	36	M	5/11	M3039	Cannon Beach	54:36	8:48
25	8	Jay Bentley	55	M	5/6	M5059	Gaston	54:36	8:48
26	32	Angela Harder	25	F	4/14	F2029	Welches	55:05	8:52
27	94	Catriona Denfeld	31	F	4/21	F3039	Cannon Beach	55:18	8:54
28	14	Emily Butler	21	F	5/14	F2029	Bellingham	55:25	8:55
29	68	Peter Tobola	42	M	3/4	M4049	Virginia Beach	56:07	9:02
30	11	Stacy Brice	42	F	2/7	F4049	Vancouver	56:10	9:03
31	2	Katie Allen	25	F	6/14	F2029	Seaside	56:54	9:10
32	69	Colleen Toomey	21	F	7/14	F2029	Bellingham	56:56	9:10
33	48	Elle McKay	32	F	5/21	F3039	Portland	57:45	9:18
34	58	John Roos	45	M	4/4	M4049	Charleston	58:06	9:21
35	18	Pete Chism	35	M	6/11	M3039	Portland	58:40	9:27
36	17	Michelle Childs	33	F	6/21	F3039	Portland	58:58	9:30
37	71	Austen Wiederspan	20	M	3/4	M2029	Bellingham	59:14	9:32
38	92	Caitlin Sargent	26	F	8/14	F2029	Aloha	59:23	9:34
39	54	Colleen Reuland	35	F	7/21	F3039	Portland	59:42	9:37
40	55	Mark Reuland	35	M	7/11	M3039	Portland	59:45	9:37
41	34	Paul Hobe	68	M	1/3	M6069	Louisville	59:52	9:38
42	45	Steven Maser	62	M	2/3	M6069	Portland	1:00:25	9:44
43	57	Beth Rody	34	F	8/21	F3039	Hillsboro	1:00:41	9:46
44	13	Cathy Buschert	31	F	9/21	F3039	Portland	1:01:20	9:53
45	33	Dominique Hernandez	26	F	9/14	F2029	Tillamook	1:02:23	10:03
46	37	Deborah Kurtz	36	F	10/21	F3039	Portland	1:02:55	10:08
47	22	Agapito Cruz	39	M	8/11	M3039	Portland	1:02:59	10:09
48	31	Leslie Hansen	46	F	3/7	F4049	Vancouver	1:03:22	10:12
49	10	Grace Bradley	16	F	1/2	F1519	Vancouver	1:04:53	10:27
50	176	Ashlei Stewart	28	F	10/14	F2029	Covington	1:05:14	10:30
51	66	Anna Taylor	19	F	2/2	F1519	Clackamas	1:06:35	10:43
52	91	Dee Ann Dower	55	F	2/3	F5059	Clackamas	1:06:37	10:44

53	26 Kristine Glassett	30 F	11/21	F3039	Hillsboro	1:07:42	10:54
54	27 Troy Glassett	37 M	9/11	M3039	Hillsboro	1:07:43	10:54
55	65 Kevin Swearingen	21 M	4/4	M2029	Pasco	1:08:24	11:01
56	20 Margaret Cruickshank	47 F	4/7	F4049	Clackamas	1:08:30	11:02
57	82 Jill Atwi	40 F	5/7	F4049	Cannon Beach	1:09:27	11:11
58	63 Stephanie Snyder	38 F	12/21	F3039	Cannon Beach	1:09:28	11:11
59	38 Melisa Larsen	27 F	11/14	F2029	Vancouver	1:09:43	11:14
60	39 Shala Len	31 F	13/21	F3039	Seattle	1:10:12	11:18
61	28 Andrew Goehl	31 M	10/11	M3039	Seattle	1:10:12	11:18
62	72 Kendall Williams	59 M	6/6	M5059	Tualatin	1:11:27	11:30
63	49 Jenny Neuman	F			Seaside	1:11:32	11:31
64	60 Melinda Sage	29 F	12/14	F2029	Tolovana Park	1:11:52	11:34
65	42 Kim Manchester	37 F	14/21	F3039	Portland	1:13:55	11:54
66	51 Jamie Prescott	32 F	15/21	F3039	Snoqualmie	1:15:29	12:09
67	52 Peter Prescott	32 M	11/11	M3039	Snoqualmie	1:15:29	12:09
68	12 Sara Bronleewe	33 F	16/21	F3039	Hillsboro	1:15:54	12:13
69	36 Lisa Keliher	29 F	13/14	F2029	Cannon Beach	1:16:07	12:15
70	80 Julia Zander	31 F	17/21	F3039	Cannon Beach	1:18:24	12:38
71	29 Shelli Hacker	43 F	6/7	F4049	Spokane	1:18:32	12:39
72	44 Susan Marshall	43 F	7/7	F4049	Spokane	1:18:33	12:39
73	186 Kristina Toma	27 F	14/14	F2029	Chicago	1:19:08	12:45
74	6 Marc Bates	62 M	3/3	M6069	Cannon Beach	1:19:46	12:51
75	19 Heather Christensen	33 F	18/21	F3039	Hillsboro	1:23:17	13:25
76	50 Evelyn Niedermeyer	50 F	3/3	F5059	Vancouver	1:23:37	13:28
77	15 Tracy Casey	34 F	19/21	F3039	West Linn	1:34:10	15:10
78	41 Lindsey MacKender	34 F	20/21	F3039	Oregon City	1:34:11	15:10
79	84 Teresa Spellman	37 F	21/21	F3039	Oregon City	1:35:46	15:25

## 10K Results By Age Group

### MALE AGE GROUP: 01 TO 14

1 Lake Heppler 14 48:45 7:51 2 Tryce Thomas 12 51:14 8:15

### MALE AGE GROUP: 15 TO 19

1 Brett Willyard 15 42:21 6:49

### FEMALE AGE GROUP: 15 TO 19

1 Grace Bradley 16 1:04:53 10:27 2 Anna Taylor 19 1:06:35 10:43

### MALE AGE GROUP: 20 TO 29

1 Flynn Jiroudek 22 44:13 7:07 3 Austen Wiederspan 20 59:14 9:32

2 Brian Chan 25 54:03 8:42 4 Kevin Swearingen 21 1:08:24 11:01

### FEMALE AGE GROUP: 20 TO 29

1 Julia Rudd 27 38:39 6:14 8 Caitlin Sargent 26 59:23 9:34

2 Jennifer Black 25 46:24 7:28 9 Dominique Hernandez 26 1:02:23 10:03

3 Caitlin Matthews 25 51:05 8:14 10 Ashlei Stewart 28 1:05:14 10:30

4 Angela Harder 25 55:05 8:52 11 Melisa Larsen 27 1:09:43 11:14

5 Emily Butler 21 55:25 8:55 12 Melinda Sage 29 1:11:52 11:34

6 Katie Allen 25 56:54 9:10 13 Lisa Keliher 29 1:16:07 12:15

7 Colleen Toomey 21 56:56 9:10 14 Kristina Toma 27 1:19:08 12:45

### MALE AGE GROUP: 30 TO 39

1 Scott Whiteford 37 38:48 6:15 7 Mark Reuland 35 59:45 9:37

2 Alan McAvoy 31 42:30 6:51 8 Agapito Cruz 39 1:02:59 10:09

3 Kevin Bates 34 51:39 8:19 9 Troy Glassett 37 1:07:43 10:54

4 Bryan MacKender 34 54:01 8:42 10 Andrew Goehl 31 1:10:12 11:18

5 Gabriel Cazarez 36 54:36 8:48 11 Peter Prescott 32 1:15:29 12:09

6 Pete Chism 35 58:40 9:27

### FEMALE AGE GROUP: 30 TO 39

1 Susan Hanna 31 49:08 7:55 12 Stephanie Snyder 38 1:09:28 11:11

2 Mariana Rocha-Decker 33 54:15 8:44 13 Shala Len 31 1:10:12 11:18

3 Kelley Aurand 31 54:25 8:46 14 Kim Manchester 37 1:13:55 11:54

4 Catriona Denfeld 31 55:18 8:54 15 Jamie Prescott 32 1:15:29 12:09

5 Elle McKay 32 57:45 9:18 16 Sara Bronleewe 33 1:15:54 12:13

6 Michelle Childs 33 58:58 9:30 17 Julia Zander 31 1:18:24 12:38

7 Colleen Reuland 35 59:42 9:37 18 Heather Christensen 33 1:23:17 13:25

8 Beth Rody 34 1:00:41 9:46 19 Tracy Casey 34 1:34:10 15:10

9 Cathy Buschert 31 1:01:20 9:53 20 Lindsey MacKender 34 1:34:11 15:10

10 Deborah Kurtz 36 1:02:55 10:08 21 Teresa Spellman 37 1:35:46 15:25

11 Kristine Glassett 30 1:07:42 10:54

### MALE AGE GROUP: 40 TO 49

1 Gilberto Arciga 42 45:44 7:22 3 Peter Tobola 42 56:07 9:02

2 Lance Heppler 40 48:45 7:51 4 John Roos 45 58:06 9:21

### FEMALE AGE GROUP: 40 TO 49

1 Marla Singer 40 45:48 7:23 5 Jill Atwi 40 1:09:27 11:11

2 Stacy Brice 42 56:10 9:03 6 Shelli Hacker 43 1:18:32 12:39

3 Leslie Hansen 46 1:03:22 10:12 7 Susan Marshall 43 1:18:33 12:39

4 Margaret Cruickshank 47 1:08:30 11:02

### MALE AGE GROUP: 50 TO 59

1 Cliff Allen 52 46:14 7:27 4 Mark Marcelli 51 53:23 8:36

2 Scott Cruickshank 50 51:22 8:16 5 Jay Bentley 55 54:36 8:48

3 Ed Reid 53 51:46 8:20 6 Kendall Williams 59 1:11:27 11:30

### FEMALE AGE GROUP: 50 TO 59

1 Carol Knutson 50 53:41 8:39 3 Evelyn Niedermeyer 50 1:23:37 13:28

2 Dee Ann Dower  
 MALE AGE GROUP: 60 TO 69  
 1 Paul Hobe  
 2 Steven Maser

55 1:06:37 10:44  
 68 59:52 9:38  
 62 1:00:25 9:44

3 Marc Bates

62 1:19:46 12:51

## 5K Overall Results

Place	No.	Name	Ag	S	Div/Tot	Div	City	Time	Pace
1	162	Scott Persons	51	M	1/6	M5059	Aloha	21:27	6:55
2	166	Paxton Richards	16	M	1/4	M1519	Cornelius	21:43	7:00
3	104	Robin Baker	52	M	2/6	M5059	Newberg	22:13	7:10
4	416	Reed Conway	17	M	2/4	M1519	Longview	23:12	7:28
5	408	Craig Mavis	56	M	3/6	M5059	Bend	23:18	7:30
6	191	Josh Tsen	14	M	1/9	M0114	Portland	23:19	7:31
7	125	Leann Gilmore	41	F	1/10	F4049	Vancouver	23:41	7:38
8	103	Aaron Bailey	37	M	1/7	M3039	Portland	25:17	8:09
9	131	Daniel Hirano	10	M	2/9	M0114	Woodinville	25:48	8:19
10	197	Elizar Davis	47	F	2/10	F4049	Cannon Beach	25:55	8:21
11	192	Andy Tsen	47	M	1/7	M4049	Portland	26:15	8:27
12	181	Alexander Teubner	09	M	3/9	M0114	Cannon Beach	26:16	8:28
13	182	Heidi Teubner	37	F	1/23	F3039	Cannon Beach	26:17	8:28
14	188	Allyson Wolf	32	F	2/23	F3039	Lafayette	26:20	8:29
15	195	Sonny Davis	14	M	4/9	M0114	Cannon Beach	26:52	8:39
16	196	Scott Davis	49	M	2/7	M4049	Cannon Beach	27:11	8:45
17	132	Kevin Hirano	38	M	2/7	M3039	Woodinville	27:12	8:46
18	444	Jennifer Pachel	37	F	3/23	F3039	Cannon Beach	27:22	8:49
19	159	Justin Oliveri	21	M	1/5	M2029	Spokane	27:33	8:52
20	134	Jonathan Hoffman	28	M	2/5	M2029	Cannon Beach	27:36	8:53
21	179	Petty Stuckey	51	F	1/8	F5059	Tigard	28:48	9:17
22	152	Brent Lyons	26	M	3/5	M2029	Bellevue	28:50	9:17
23	422	Dave Herrick	42	M	3/7	M4049	Seattle	28:55	9:19
24	118	Autumn Darrah	08	F	1/8	F0114	Portland	29:29	9:30
25	129	Patti Henry	48	F	3/10	F4049	Portland	29:29	9:30
26	151	Peter Lindsey		M			Cannon Beach	29:33	9:31
27	108	Kate Black	60	F	1/2	F6069	Sandy	30:09	9:43
28	178	Dan Stuckey	59	M	4/6	M5059	Tigard	30:53	9:57
29	143	Patricia Koethke	28	F	1/10	F2029	Yakima	30:55	9:57
30	133	Lillian Hirano	08	F	2/8	F0114	Woodinville	30:56	9:58
31	423	Annette Herrick	39	F	4/23	F3039	Seattle	31:10	10:02
32	120	Tyler Durden	40	M	4/7	M4049	Missoula	32:02	10:19
33	62	Benjamin Schnoor	32	M	3/7	M3039	Beaverton	32:14	10:23
34	136	Christi Jensen	32	F	5/23	F3039	Lake Oswego	32:55	10:36
35	114	Mollie Collings	39	F	6/23	F3039	Washougal	33:05	10:39
36	412	Burkley Tobiesson	10	M	5/9	M0114	Vancouver	33:12	10:41
37	410	Jeff Honsowetz	38	M	4/7	M3039	Vancouver	33:12	10:42
38	411	Ana Honsowetz	10	F	3/8	F0114	Vancouver	33:13	10:42
39	432	Terra Hiebert	28	F	2/10	F2029	Cannon Beach	33:17	10:43
40	431	Kate Ayres	25	F	3/10	F2029	Cannon Beach	33:18	10:43
41	137	Dari Johnson	30	F	7/23	F3039	Newberg	33:42	10:51
42	130	Ann Hirano	38	F	8/23	F3039	Woodinville	33:52	10:54
43	155	Kyra Miller	13	F	4/8	F0114	Vancouver	34:30	11:07
44	116	Diana Copeland	39	F	9/23	F3039	Vancouver	34:31	11:07
45	163	Brigid Pierce	28	F	4/10	F2029	Portland	34:34	11:08
46	128	Tiernan Hegarty	07	M	6/9	M0114	Forest Grove	35:01	11:16
47	105	Rijl Barber	29	F	5/10	F2029	Forest Grove	35:01	11:17
48	177	Jeff Stewart	29	M	4/5	M2029	Covington	35:20	11:23
49	168	David Sargent	59	M	5/6	M5059	Portland	35:53	11:33
50	148	Eon Lear		F			Portland	35:54	11:34
51	426	Becky Dozier	47	F	4/10	F4049	Longmont	36:30	11:45
52	427	Paul Jurasin	48	M	5/7	M4049	Longmont	36:31	11:45
53	157	Kimbrly Mount	32	F	10/23	F3039	Cannon Beach	36:44	11:50
54	111	Rhonda Burdick	40	F	5/10	F4049	Vancouver	37:51	12:11
55	183	Sunna' Thamert	42	F	6/10	F4049	Vancouver	37:51	12:11
56	35	Shelley Kamphuis	34	F	11/23	F3039	Beaverton	37:58	12:14
57	441	Rich Mays	60	M	1/4	M6069	Cannon Beach	38:32	12:25
58	436	Erin Bernard	29	F	6/10	F2029	Seaside	38:59	12:33
59	145	Rhiannon Krigsvold	33	F	12/23	F3039	Beaverton	39:27	12:42
60	442	Rita Frailey	50	F	2/8	F5059	Cannon Beach	40:06	12:55
61	415	Gail Conway	52	F	3/8	F5059	Longview	40:54	13:10
62	187	Randi Weninger	34	F	13/23	F3039	Seattle	42:52	13:48
63	86	Aidan Spellman	07	M	7/9	M0114	Oregon City	43:00	13:51
64	85	Kieron Spellman	37	M	5/7	M3039	Oregon City	43:01	13:51
65	119	Cindy Donner	30	F	14/23	F3039	Cannon Beach	43:10	13:54
66	135	Jennifer Hubber	26	F	7/10	F2029	Cannon Beach	43:10	13:54
67	169	Ariahna Savage	17	F	1/1	F1519	Wilsonville	44:34	14:21
68	170	Heidi Savage	38	F	15/23	F3039	Wilsonville	44:34	14:21
69	414	Julia Conway	13	F	5/8	F0114	Longview	44:36	14:22
70	79	Charles Hawes	16	M	3/4	M1519	Tolovana Park	45:59	14:48
71	418	Tracy Abel	39	F	16/23	F3039	Cannon Beach	47:29	15:17
72	200	Emma Hart	11	F	6/8	F0114	Cannon Beach	47:35	15:19

73	140	Kasra Kamali	18	M	4/4	M1519	Cannon Beach	48:07	15:29
74	142	Kyahn Kamali	42	M	6/7	M4049	Baltimore	48:07	15:30
75	127	Abbie Hart	35	F	17/23	F3039	Cannon Beach	48:18	15:33
76	409	Jim Espindola	37	M	6/7	M3039	Pocatello	48:19	15:33
77	417	Anita Dueber	52	F	4/8	F5059	Cannon Beach	48:21	15:34
78	150	Nancy Lear		F			Kansas City	49:50	16:03
79	149	Kerry Lear		F			Portland	49:51	16:03
80	430	Susan Truax	50	F	5/8	F5059	Cannon Beach	50:50	16:22
81	158	Margaret Mueller	35	F	18/23	F3039	Salem	51:49	16:41
82	146	Carrie Krupp	32	F	19/23	F3039	North Plains	51:50	16:41
83	23	Dee Dower	55	F	6/8	F5059	Clackamas	52:08	16:47
84	424	Patrick Fresh	11	M	8/9	M0114	Cannon Beach	52:09	16:48
85	112	Kimberly Clark	37	F	20/23	F3039	Seaside	52:50	17:01
86	126	Geoff Gunn	35	M	7/7	M3039	Astoria	52:50	17:01
87	438	Mike Morgan	63	M	2/4	M6069	Cannon Beach	53:42	17:18
88	115	Alexandra Comstock	26	F	8/10	F2029	Salem	55:14	17:47
89	106	Michelle Bassi	29	F	9/10	F2029	Eugene	55:17	17:48
90	443	Dawn Winalski	31	F	21/23	F3039	Portland	55:17	17:48
91	440	Dane Ziegler	24	M	5/5	M2029	Cannon Beach	55:20	17:49
92	439	Ingrid Ziegler	23	F	10/10	F2029	Cannon Beach	55:20	17:49
93	185	Lyn Thomas	60	M	3/4	M6069	Molalla	55:44	17:57
94	184	Barbara Thomas	45	F	7/10	F4049	Molalla	56:00	18:02
95	193	Ann Tsen	49	F	8/10	F4049	Portland	57:21	18:28
96	194	Lizzy Tsen		F			Portland	57:22	18:28
97	413	Cranky Sue	57	F	7/8	F5059	Cannon Beach	57:28	18:30
98	433	Ken Quarles	56	M	6/6	M5059	Cannon Beach	57:28	18:30
99	434	Marcy Wood	47	F	9/10	F4049	Cannon Beach	58:51	18:57
100	156	Jennifer Moes	37	F	22/23	F3039	Seaside	58:52	18:57
101	175	Stephen Snyder		M			Cannon Beach	59:01	19:00
102	199	Darby Heppler	10	F	7/8	F0114	Vancouver	1:00:29	19:29
103	198	Kelty Heppler	13	F	8/8	F0114	Vancouver	1:00:31	19:29
104	101	Scott Anderson	46	M	7/7	M4049	Cannon Beach	1:02:02	19:58
105	172	Carey Ellen Smith	49	F	10/10	F4049	Cannon Beach	1:02:05	19:59
106	435	Linda Zuckerman	60	F	2/2	F6069	Cannon Beach	1:02:07	20:00
107	138	Keith Jones	62	M	4/4	M6069	Tualatin	1:02:08	20:00
108	153	Anna-Galle Marshall		F			Portland	1:14:34	24:00
109	425	Christy Folger	35	F	23/23	F3039	Cannon Beach	1:14:35	24:01
110	154	Elizabeth Marshall-He		F			Portland	1:14:35	24:01
111	109	Josiah Bradley	07	M	9/9	M0114	Vancouver	1:18:48	25:22
112	110	Joy Bradley	50	F	8/8	F5059	Vancouver	1:18:49	25:22

## 5K Results By Age Group

### MALE AGE GROUP: 01 TO 14

1	Josh Tsen	14	23:19	7:31	6	Tiernan Hegarty	07	35:01	11:16
2	Daniel Hirano	10	25:48	8:19	7	Aidan Spellman	07	43:00	13:51
3	Alexander Teubner	09	26:16	8:28	8	Patrick Fresh	11	52:09	16:48
4	Sonny Davis	14	26:52	8:39	9	Josiah Bradley	07	1:18:48	25:22
5	Burkley Tobiesson	10	33:12	10:41					

### FEMALE AGE GROUP: 01 TO 14

1	Autumn Darrah	08	29:29	9:30	5	Julia Conway	13	44:36	14:22
2	Lillian Hirano	08	30:56	9:58	6	Emma Hart	11	47:35	15:19
3	Ana Honsowetz	10	33:13	10:42	7	Darby Heppler	10	1:00:29	19:29
4	Kyra Miller	13	34:30	11:07	8	Kelty Heppler	13	1:00:31	19:29

### MALE AGE GROUP: 15 TO 19

1	Paxton Richards	16	21:43	7:00	3	Charles Hawes	16	45:59	14:48
2	Reed Conway	17	23:12	7:28	4	Kasra Kamali	18	48:07	15:29

### FEMALE AGE GROUP: 15 TO 19

1	Ariahna Savage	17	44:34	14:21					
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### MALE AGE GROUP: 20 TO 29

1	Justin Oliveri	21	27:33	8:52	4	Jeff Stewart	29	35:20	11:23
2	Jonathan Hoffman	28	27:36	8:53	5	Dane Ziegler	24	55:20	17:49
3	Brent Lyons	26	28:50	9:17					

### FEMALE AGE GROUP: 20 TO 29

1	Patricia Koethke	28	30:55	9:57	6	Erin Bernard	29	38:59	12:33
2	Terra Hiebert	28	33:17	10:43	7	Jennifer Hubber	26	43:10	13:54
3	Kate Ayres	25	33:18	10:43	8	Alexandra Comstock	26	55:14	17:47
4	Brigid Pierce	28	34:34	11:08	9	Michelle Bassi	29	55:17	17:48
5	Rijl Barber	29	35:01	11:17	10	Ingrid Ziegler	23	55:20	17:49

### MALE AGE GROUP: 30 TO 39

1	Aaron Bailey	37	25:17	8:09	5	Kieron Spellman	37	43:01	13:51
2	Kevin Hirano	38	27:12	8:46	6	Jim Espindola	37	48:19	15:33
3	Benjamin Schnoor	32	32:14	10:23	7	Geoff Gunn	35	52:50	17:01
4	Jeff Honsowetz	38	33:12	10:42					

### FEMALE AGE GROUP: 30 TO 39

1	Heidi Teubner	37	26:17	8:28	13	Randi Weninger	34	42:52	13:48
2	Allyson Wolf	32	26:20	8:29	14	Cindy Donner	30	43:10	13:54
3	Jennifer Pachel	37	27:22	8:49	15	Heidi Savage	38	44:34	14:21
4	Annette Herrick	39	31:10	10:02	16	Tracy Abel	39	47:29	15:17
5	Christi Jensen	32	32:55	10:36	17	Abbie Hart	35	48:18	15:33
6	Mollie Collings	39	33:05	10:39	18	Margaret Mueller	35	51:49	16:41
7	Dari Johnson	30	33:42	10:51	19	Carrie Krupp	32	51:50	16:41

8 Ann Hirano	38	33:52	10:54	20 Kimberly Clark	37	52:50	17:01
9 Diana Copeland	39	34:31	11:07	21 Dawn Winalski	31	55:17	17:48
10 Kimmbrly Mount	32	36:44	11:50	22 Jennifer Moes	37	58:52	18:57
11 Shelley Kamphuis	34	37:58	12:14	23 Christy Folger	35	1:14:35	24:01
12 Rhiannon Krigsvold	33	39:27	12:42				
MALE AGE GROUP: 40 TO 49							
1 Andy Tsen	47	26:15	8:27	5 Paul Jurasin	48	36:31	11:45
2 Scott Davis	49	27:11	8:45	6 Kyahn Kamali	42	48:07	15:30
3 Dave Herrick	42	28:55	9:19	7 Scott Anderson	46	1:02:02	19:58
4 Tyler Durden	40	32:02	10:19				
FEMALE AGE GROUP: 40 TO 49							
1 Leann Gilmore	41	23:41	7:38	6 Sunna' Thamert	42	37:51	12:11
2 Elizar Davis	47	25:55	8:21	7 Barbara Thomas	45	56:00	18:02
3 Patti Henry	48	29:29	9:30	8 Ann Tsen	49	57:21	18:28
4 Becky Dozier	47	36:30	11:45	9 Marcy Wood	47	58:51	18:57
5 Rhonda Burdick	40	37:51	12:11	10 Carey Ellen Smith	49	1:02:05	19:59
MALE AGE GROUP: 50 TO 59							
1 Scott Persons	51	21:27	6:55	4 Dan Stuckey	59	30:53	9:57
2 Robin Baker	52	22:13	7:10	5 David Sargent	59	35:53	11:33
3 Craig Mavis	56	23:18	7:30	6 Ken Quarles	56	57:28	18:30
FEMALE AGE GROUP: 50 TO 59							
1 Petty Stuckey	51	28:48	9:17	5 Susan Truax	50	50:50	16:22
2 Rita Frailey	50	40:06	12:55	6 Dee Dower	55	52:08	16:47
3 Gail Conway	52	40:54	13:10	7 Cranky Sue	57	57:28	18:30
4 Anita Dueber	52	48:21	15:34	8 Joy Bradley	50	1:18:49	25:22
MALE AGE GROUP: 60 TO 69							
1 Rich Mays	60	38:32	12:25	3 Lyn Thomas	60	55:44	17:57
2 Mike Morgan	63	53:42	17:18	4 Keith Jones	62	1:02:08	20:00
FEMALE AGE GROUP: 60 TO 69							
1 Kate Black	60	30:09	9:43	2 Linda Zuckerman	60	1:02:07	20:00