

EKIDEN



TRAIL RACE & RELAY

2010 Ekiden Trail Race & Relay
Saturday, April 17, 2010
Elijah Bristow State Park - Dexter, Oregon
30K Relay / 10K Run / 15K Run

30K Relay Results (Relay Legs = 3K/5K/7K/7K/5K/3K)

PLACE	BIB	FIRST	LAST	AGE	SEX	CITY	ST	TOTAL TIME	SPLIT	DIST	PACE	
1	Big Macs (Coed Open)							Team Pace →	0:06:46			
	212	Mickey	McDonald	47	M	Bend	OR	0:12:35	0:12:35	3K	0:06:46	
	218	Tawnie	McDonald	47	F	Bend	OR	0:33:16	0:20:41	5K	0:06:40	
	213	Piper	McDonald	13	F	Bend	OR	1:01:00	0:27:44	7K	0:06:23	
	212	Mickey	McDonald	47	M	Bend	OR	1:29:48	0:28:48	7K	0:06:38	
	218	Tawnie	McDonald	47	F	Bend	OR	1:52:33	0:22:45	5K	0:07:20	
	213	Piper	McDonald	13	F	Bend	OR	2:05:44	0:13:11	3K	0:07:05	
2	Cool Kats (Coed Masters)							Team Pace →	0:06:47			
	105	Joe	Griffin	49	M	Central Point	OR	0:12:18	0:12:18	3K	0:06:37	
	61	Amy	Engstrom	41	F	Medford	OR	0:35:24	0:23:06	5K	0:07:27	
	75	David	Engstrom	44	M	Medford	OR	1:02:02	0:26:38	7K	0:06:08	
	105	Joe	Griffin	49	M	Central Point	OR	1:30:35	0:28:33	7K	0:06:35	
	61	Amy	Engstrom	41	F	Medford	OR	1:54:23	0:23:48	5K	0:07:41	
	75	David	Engstrom	44	M	Medford	OR	2:06:19	0:11:56	3K	0:06:25	

3	Run Wild Adventures (Coed Running Clubs)						Team Pace →	0:07:17			
	292	Ryan	Terlecki	31	M	Sblimity	OR	0:14:20	0:14:20	3K	0:07:42
	192	Shandi	Maxwell	33	F	Salem	OR	0:36:53	0:22:33	5K	0:07:16
	268	Gary	Terlecki	35	M	Salem	OR	1:06:30	0:29:37	7K	0:06:49
	292	Ryan	Terlecki	31	M	Sblimity	OR	1:39:45	0:33:15	7K	0:07:40
	192	Shandi	Maxwell	33	F	Salem	OR	2:02:32	0:22:47	5K	0:07:21
	268	Gary	Terlecki	35	M	Salem	OR	2:15:36	0:13:04	3K	0:07:02
4	Team Natron (Male Masters)						Team Pace →	0:08:41			
	265	Ron	Smith	M	60	Springfield	OR	0:17:08	0:17:08	3K	0:09:13
	92	Terry	Froemming	M	60	Eugene	OR	0:41:40	0:24:32	5K	0:07:55
	258	Phil	Shewmaker	M	45	Jasper	OR	1:21:22	0:39:42	7K	0:09:09
	265	Ron	Smith	M	60	Springfield	OR	2:00:02	0:38:40	7K	0:08:55
	92	Terry	Froemming	M	60	Eugene	OR	2:23:37	0:23:35	5K	0:07:36
	258	Phil	Shewmaker	M	45	Jasper	OR	2:41:24	0:17:47	3K	0:09:34
5	Adventure Divas (Female Masters)						Team Pace →	0:09:08			
	293	Kari	Westlund	F	48	Veneta	OR	0:16:52	0:16:52	3K	0:09:04
	227	Billie	Moser	F	45	Springfield	OR	0:44:13	0:27:21	5K	0:08:49
	246	Chris	Nystrom	F	47	Junction City	OR	1:24:34	0:40:21	7K	0:09:18
	293	Kari	Westlund	F	48	Veneta	OR	2:03:20	0:38:46	7K	0:08:56
	227	Billie	Moser	F	45	Springfield	OR	2:30:41	0:27:21	5K	0:08:49
	246	Chris	Nystrom	F	47	Junction City	OR	2:49:45	0:19:04	3K	0:10:15
6	Earth, Wind, Fire (Coed Open)						Team Pace →	0:10:17			
	329	Jodi	Brunelle	F	32	Corvallis	OR	0:22:17	0:22:17	3K	0:11:59
	303	Stephanie	Raleigh	F	27	Albany	OR	0:48:30	0:26:13	5K	0:08:27
	327	Justin	Brunelle	M	30	Corvallis	OR	1:32:39	0:44:09	7K	0:10:10
	329	Jodi	Brunelle	F	32	Corvallis	OR	2:26:02	0:53:23	7K	0:12:18
	303	Stephanie	Raleigh	F	27	Albany	OR	2:52:03	0:26:01	5K	0:08:24
	327	Justin	Brunelle	M	30	Corvallis	OR	3:11:18	0:19:15	3K	0:10:21

15K Trail Run Results

Place	Name	Ag	S	Div/Tot	Div	City	St	3K Split	8K Split	15K Time	Pace
=====	=====	==	=	=====	=====	=====	==	=====	=====	=====	=====
1	Sopagna Eap	29	F	1/1	F2529	McKinleyville	CA	13:09	33:11	1:05:27	7:02
2	Ian Etherton	27	M	1/1	M2529	Elmira	OR	13:18	34:31	1:05:45	7:04
3	Todd Bosworth	52	M	1/1	M5054	Eugene	OR	13:11	34:45	1:06:36	7:09
4	Brittany Jones	30	F	1/2	F3034	Eugene	OR	17:39	45:00	1:21:19	8:44
5	Tammy McElhose	41	F	1/1	F4044	Elmira	OR	21:33	56:33	1:23:09	8:56
6	Brian Gulka	37	M	1/1	M3539	Eugene	OR	17:59	45:49	1:25:30	9:11
7	Robert Jones	66	M	1/1	M6569	Eugene	OR	18:01	45:58	1:25:38	9:12
8	Bill Deskin	40	M	1/1	M4044	Springfield	OR	16:54	43:57	1:25:49	9:13
9	Jean Rand	60	F	1/1	F6064	Eugene	OR	18:59	48:04	1:29:05	9:34
10	Jennifer Aleshire	32	F	2/2	F3034	Springfield	OR	16:23	45:56	1:30:54	9:46
11	Terry Falkenstern	53	F	1/1	F5054	Eugene	OR	19:08	50:38	1:38:10	10:32

10K Trail Run Results

Place	Name	Ag	S	Div/Tot	Div	City	St	3K Split	10K Time	Pace
1	Adam Booth	27	M	1/1	M2529	Eugene	OR	11:05	35:44	5:45
2	Keith McConnell	66	M	1/1	M6569	Eugene	OR	16:55	55:25	8:55
3	Alysha Best	23	F	1/2	F2024	Springfield	OR	17:57	58:43	9:27
4	Kiki Statzer	22	F	2/2	F2024	Eugene	OR	19:46	1:00:55	9:49
5	Kathy Gibbs	58	F	1/1	F5559	Corvallis	OR	20:08	1:07:07	10:49
6	Jamie Grover	33	F	1/1	F3034	Veneta	OR	22:15	1:08:05	10:58
7	Jane Dods	74	F	1/1	F7074	Springfield	OR	23:09	1:08:12	10:59

