

11/20/2010 - 11/20/2010

Frosty 5K
Salina, KS
November 20, 2010

Event # 1 MIXED 5K Run

FINALS

Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 19 & UNDER						
1	Conner Davis	195	14	UNATTACHED	F	23:00.5
2	Anna Zuecher	382	14	UNATTACHED	F	24:23.0
3	Aubree Anderson	153	13	UNATTACHED	F	26:38.5
4	Emily McGregor	285	19	UNATTACHED	F	26:44.3
5	Karis Hilbert	252	13	UNATTACHED	F	27:06.0
6	Shalene Cross	419	11	UNATTACHED	F	27:25.3
7	Allison Damm	193	15	UNATTACHED	F	27:28.4
8	Zoie Counts	189	10	UNATTACHED	F	29:05.5
9	Evie Barth	163	8	UNATTACHED	F	29:06.1
10	Malorie Unruh	360	13	UNATTACHED	F	29:19.0
11	Kim Montague	291	17	UNATTACHED	F	29:50.6
12	Marlana Williams	374	8	UNATTACHED	F	30:48.1
13	Amanda Diprima	197	19	UNATTACHED	F	33:02.4
14	Addison Praytor	312	10	UNATTACHED	F	38:47.2
FEMALE 20 - 24						
1	Melissa Winter	379	23	UNATTACHED	F	27:20.9
2	Christina Knoeber	274	24	UNATTACHED	F	27:27.4
3	Hailey Driscoll	198	24	UNATTACHED	F	27:29.8
4	Jami Schaut	386	23	UNATTACHED	F	27:32.0
5	Katherine Gonzals	232	24	UNATTACHED	F	29:19.8
6	Andrea Everhart	207	21	UNATTACHED	F	44:30.7
	Heather Smith	342	21	UNATTACHED	F	DQ
	Mallory Rempp	321	22	UNATTACHED	F	DQ
	Nicolette Unruh	362	23	UNATTACHED	F	DQ

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 25 - 29						
1	Laura Haffer	240	27	UNATTACHED	F	21:18.9
2	Chloeann Summerfield	351	29	UNATTACHED	F	24:19.5
3	Megan Kennedy	272	25	UNATTACHED	F	24:53.1
4	Jacqueline Wood	380	27	UNATTACHED	F	25:37.7
5	Sara Hocking	253	25	UNATTACHED	F	25:59.6
6	Sara Whitney	372	27	UNATTACHED	F	27:09.8
7	Memory Buffington	172	29	UNATTACHED	F	27:15.0
8	Barbara Winter	378	26	UNATTACHED	F	27:38.0
9	Kristi Kirkland	390	26	UNATTACHED	F	28:09.4
10	Lori Augustine	157	27	UNATTACHED	F	28:16.4
11	Nancy Tran	402	27	UNATTACHED	F	28:17.8
12	Amy Kirkland	391	29	UNATTACHED	F	28:50.3
13	Stephanie Mikesell	288	25	UNATTACHED	F	31:30.5
14	Brenda Robben	322	29	UNATTACHED	F	31:56.0
15	Kimberly Dudenhoeffer	199	29	UNATTACHED	F	35:00.9
16	Lindsey Sellers	338	28	UNATTACHED	F	35:24.0
17	Amber Fiske	210	27	UNATTACHED	F	35:40.3
18	Janelle Robson	324	28	UNATTACHED	F	37:39.1
	Alysun Lauk	277	25	UNATTACHED	F	DQ
	Stephanie Griffin	236	28	UNATTACHED	F	DQ
	Katie Graham	383	29	UNATTACHED	F	DQ

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 30 - 34						
1	Laurie Ferguson	209	33	UNATTACHED	F	20:22.3
2	Abbey Rupe	328	31	UNATTACHED	F	22:13.5
3	Janna Manning	281	32	UNATTACHED	F	23:30.4
4	Amy Emig	204	33	UNATTACHED	F	23:54.1
5	Jennifer Cooper	188	33	UNATTACHED	F	25:43.2
6	Carrie Hilbert	251	32	UNATTACHED	F	25:49.2
7	Teri Chaney	181	34	UNATTACHED	F	26:18.5
8	Melanie Owings	388	33	UNATTACHED	F	26:32.8
9	Katie Junes	269	31	UNATTACHED	F	27:26.0
10	Katie Burt	173	30	UNATTACHED	F	27:28.0
11	Trina Heinrich	243	34	UNATTACHED	F	28:27.4
12	Jennifer Peckham	307	32	UNATTACHED	F	28:28.9
13	Kai Gruber	238	33	UNATTACHED	F	28:32.6
14	Amber Renfro	126	30	UNATTACHED	F	28:34.0
15	Erin Unruh	400	30	UNATTACHED	F	28:34.9
16	Jenni Lindquist	399	30	UNATTACHED	F	28:36.1
17	Kristy Carswell	179	33	UNATTACHED	F	28:44.1
18	Arrie Boden	168	33	UNATTACHED	F	29:07.8
19	Jennifer Giersch	228	30	UNATTACHED	F	29:20.4
20	Jennifer Elliott	203	32	UNATTACHED	F	29:31.9
21	Michelle Bowen	413	33	UNATTACHED	F	29:34.4
22	Tara Upson	363	31	UNATTACHED	F	29:48.8
23	Stacy Garnett	220	34	UNATTACHED	F	30:30.8
24	Traci Dent	196	30	UNATTACHED	F	30:37.5
25	Michelle Snyder	343	32	UNATTACHED	F	32:59.3
26	Julie Banninger	160	31	UNATTACHED	F	32:59.8
27	Bria Scott	337	34	UNATTACHED	F	33:18.6
28	Stacy McReynolds	286	31	UNATTACHED	F	33:19.1
29	Jill Nusbaum	304	32	UNATTACHED	F	33:34.6
30	Heather Murdock	295	30	UNATTACHED	F	33:35.5
31	Heather Ney	299	32	UNATTACHED	F	34:00.6
32	Jill Gardner	218	32	UNATTACHED	F	35:41.5
33	Andrea Merrigan	287	31	UNATTACHED	F	36:01.4
34	Marissa Schultz	334	31	UNATTACHED	F	37:45.5
35	Meranda Sterling	348	30	UNATTACHED	F	37:53.3
36	Megan Peoples	309	33	UNATTACHED	F	37:59.6
37	Kate Wilson	376	31	UNATTACHED	F	40:29.3
38	Tammy Roberts	323	34	UNATTACHED	F	41:16.9
	Tanya Nunemaker	302	33	UNATTACHED	F	DQ
	Kelly Janousek	262	32	UNATTACHED	F	DQ
	Lee Ann Clark	185	33	UNATTACHED	F	DQ

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Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 35 - 39						
1	Jennifer Briggs	170	38	UNATTACHED	F	22:58.4
2	Brandy Siler	341	37	UNATTACHED	F	25:59.1
3	Shannon Harris	241	38	UNATTACHED	F	26:43.8
4	Alissa Jones	268	37	UNATTACHED	F	26:44.8
5	Jody Ehrich	201	39	UNATTACHED	F	27:31.3
6	Angie Pengra	308	38	UNATTACHED	F	28:07.2
7	Keri Breeding	169	36	UNATTACHED	F	28:23.3
8	Heather Unruh	361	37	UNATTACHED	F	29:39.9
9	Ann Marie Schwarting	335	39	UNATTACHED	F	30:02.9
10	Kristi Kern	389	35	UNATTACHED	F	30:37.9
11	Sabrina Perez	403	35	UNATTACHED	F	30:45.5
12	Katy England	418	38	UNATTACHED	F	31:03.7
13	Marci Lantz	276	39	UNATTACHED	F	31:07.5
14	Jenee Barth	162	35	UNATTACHED	F	31:19.3
15	Tracy Workman	381	39	UNATTACHED	F	32:11.3
16	Melanie Back	158	35	UNATTACHED	F	32:27.4
17	Claudette Almaraz	152	39	UNATTACHED	F	32:54.0
18	Brandi Nash	296	39	UNATTACHED	F	33:27.5
19	Tobi Sager	420	36	UNATTACHED	F	34:52.5
20	Jodi Howard	257	36	UNATTACHED	F	37:01.4
21	Debra Andrews	154	36	UNATTACHED	F	37:37.1
22	Jennifer Gordon	233	38	UNATTACHED	F	43:08.9
	Jodi Reeves	320	35	UNATTACHED	F	DQ

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 40 - 49						
1	Beth Holling	255	46	UNATTACHED	F	22:07.8
2	Heidi Hendrick	246	45	UNATTACHED	F	23:16.1
3	Maggie Hemmer	245	41	UNATTACHED	F	24:04.0
4	Lori Schmidt	333	42	UNATTACHED	F	24:04.7
5	Lisa Speer	345	44	UNATTACHED	F	24:08.8
6	Jeana Sullivan	350	43	UNATTACHED	F	25:08.4
7	Stephanie Beatty	398	42	UNATTACHED	F	25:12.6
8	Julie Tinkler	358	41	UNATTACHED	F	25:18.5
9	Rhonda Burt	174	49	UNATTACHED	F	25:32.5
10	Michelle Rogers	325	42	UNATTACHED	F	26:03.1
11	Grace Leu-Burke	278	49	UNATTACHED	F	26:57.4
12	Rita Shaffer	340	41	UNATTACHED	F	27:08.8
13	Amy Blackim	397	43	UNATTACHED	F	27:09.2
14	Vicki Cooper	187	42	UNATTACHED	F	27:35.9
15	Sondra Flynn	211	47	UNATTACHED	F	27:44.8
16	Jackie Gourley	234	49	UNATTACHED	F	28:31.2
17	Kim Warren	367	41	UNATTACHED	F	28:57.2
18	Shawna Bieberle	166	40	UNATTACHED	F	29:07.3
19	Hoover Kelly	271	41	UNATTACHED	F	29:34.2
20	Cathy Graves	235	40	UNATTACHED	F	29:47.4
21	Sharon Montague	292	48	UNATTACHED	F	29:50.3
22	Jolene Ledet	395	40	UNATTACHED	F	30:00.7
23	Jacque Anguiano	156	42	UNATTACHED	F	30:02.0
24	Cathy Hayes	242	42	UNATTACHED	F	30:23.3
25	Missy Williams	375	40	UNATTACHED	F	30:48.4
26	Tammy Straub	349	42	UNATTACHED	F	31:12.6
27	Cindy Damm	192	45	UNATTACHED	F	31:22.4
28	Adele Duvall	200	48	UNATTACHED	F	32:33.0
29	Debra Blomquist	167	43	UNATTACHED	F	32:45.8
30	Lisa Hoffman	254	41	UNATTACHED	F	32:46.1
31	Kim Frederking	213	48	UNATTACHED	F	33:42.4
32	Colette Sorell	344	42	UNATTACHED	F	34:18.9
33	Christina Humphrey	408	44	UNATTACHED	F	34:52.0
34	Janet Johnston	267	41	UNATTACHED	F	36:01.8
35	Michelle Gallagher	214	46	UNATTACHED	F	37:57.0
36	Christine Waddle	366	41	UNATTACHED	F	38:04.3
37	Jennifer Caldwell	175	41	UNATTACHED	F	38:16.2
38	Paulette Guzman	239	40	UNATTACHED	F	41:32.0
39	Joan Forristal	131	49	UNATTACHED	F	44:08.4
	Ra Shelle Hensley	247	41	UNATTACHED	F	DQ
	Trisha Gary	221	41	UNATTACHED	F	DQ
	Stephnie Frederking	164	42	UNATTACHED	F	DQ

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Place	Name	Bib	Age/Grade	Team		Mark
FEMALE 50 - 59						
1	Therse Flynn	212	53	UNATTACHED	F	24:40.8
2	Karen Taylor	354	54	UNATTACHED	F	25:22.0
3	Deb Christie	183	59	UNATTACHED	F	25:34.5
4	Cheryl Rathbun	319	54	UNATTACHED	F	25:53.7
5	Thea Todd	359	55	UNATTACHED	F	26:02.2
6	Rose Wilson	377	50	UNATTACHED	F	26:39.1
7	Jacki Ryba	330	51	UNATTACHED	F	27:55.1
8	Susan Wempe	370	52	UNATTACHED	F	28:08.6
9	Adrienne Gapter	215	51	UNATTACHED	F	28:44.4
10	Joyce Hutchings	258	52	UNATTACHED	F	30:18.8
11	Carolyn Mikesell	290	50	UNATTACHED	F	30:21.5
12	Terri Johannsen	265	51	UNATTACHED	F	31:18.9
13	Julie Kirkland	392	52	UNATTACHED	F	31:47.8
14	Susan Jordan	401	50	UNATTACHED	F	32:07.9
15	Denise Wendt	371	51	UNATTACHED	F	33:20.4
16	Kathi Emmons	205	55	UNATTACHED	F	37:46.6
17	Carmen Carney	178	52	UNATTACHED	F	39:43.4
18	Lenar Hoover	256	57	UNATTACHED	F	41:33.7
19	Linda Everhart	206	53	UNATTACHED	F	43:09.6
20	Cora Gehrt	225	52	UNATTACHED	F	44:53.4
21	Nancy Van Duyne	365	58	UNATTACHED	F	45:18.6
22	Mary Tiede	356	51	UNATTACHED	F	46:45.8
23	Sheri Roland	326	54	UNATTACHED	F	47:12.3
	Diane Nunemaker	303	59	UNATTACHED	F	DQ
	Donna Praytor	315	57	UNATTACHED	F	DQ
FEMALE 60 & OVER						
1	Kathy Kasparek	270	60	UNATTACHED	F	33:07.2
2	Carolyn Langenwalter	275	72	UNATTACHED	F	37:01.8

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
MALE 19 & UNDER						
1	Joel Allen	151	17	UNATTACHED	M	16:47.4
2	Tristan Irish	260	14	UNATTACHED	M	17:15.2
3	Nick Ledet	409	17	UNATTACHED	M	18:43.7
4	Charles Hemstock	405	16	UNATTACHED	M	19:10.6
5	Isaac Barnhart	161	16	UNATTACHED	M	19:23.2
6	Tanner Thurman	355	17	UNATTACHED	M	21:38.0
7	Ben Waugh	368	19	UNATTACHED	M	23:59.9
8	Raegan Compton	385	16	UNATTACHED	M	27:11.7
9	Preston Gapter	216	15	UNATTACHED	M	28:43.6
10	Britton Praytor	313	12	UNATTACHED	M	32:44.8
11	Jack Scott	394	9	UNATTACHED	M	34:43.9
12	MacEyn Howard	43	9	UNATTACHED	M	36:07.2
MALE 20 - 24						
1	Austin Gardner	219	24	UNATTACHED	M	25:21.4
2	Charles Santy	332	21	UNATTACHED	M	29:17.6
3	Spencer Pople	311	22	UNATTACHED	M	33:05.8
	Jeffrey Graham	384	22	UNATTACHED	M	DQ
	Will Salsor	331	22	UNATTACHED	M	DQ
MALE 25 - 29						
1	Aaron Gasper	223	29	UNATTACHED	M	18:00.2
2	Jordan Chapman	182	25	UNATTACHED	M	20:31.4
3	Brad Phillips	310	28	UNATTACHED	M	20:57.4
4	Brent Gentry	226	26	UNATTACHED	M	22:36.3
5	Aaron Martin	396	27	UNATTACHED	M	24:44.9
6	Jason Kennedy	273	28	UNATTACHED	M	24:53.9
7	Phillip Hett	250	29	UNATTACHED	M	26:34.2
8	Shane Parsons	415	25	UNATTACHED	M	27:22.3

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Place	Name	Bib	Age/Grade	Team		Mark
MALE 30 - 34						
1	Shane Netherton	410	30	UNATTACHED	M	17:57.4
2	Wes Bowen	414	32	UNATTACHED	M	21:06.8
3	Chris Rupe	329	33	UNATTACHED	M	22:07.0
4	Justin Johnson	407	33	UNATTACHED	M	22:31.7
5	Andy Elliott	202	32	UNATTACHED	M	22:34.7
6	Dan Gaston	224	30	UNATTACHED	M	23:14.2
7	D Gardner	217	32	UNATTACHED	M	24:16.2
8	Jeremy Sterling	347	31	UNATTACHED	M	27:49.6
9	Aaron Peck	305	32	UNATTACHED	M	27:58.4
10	John Peckham	306	33	UNATTACHED	M	28:29.2
11	Kris Upson	364	32	UNATTACHED	M	29:49.2
12	Adam Scott	336	30	UNATTACHED	M	32:04.9
13	Josh Jennings	264	31	UNATTACHED	M	35:39.3
14	Bob Baird	159	34	UNATTACHED	M	38:04.7
15	Orlando Carmona	177	30	UNATTACHED	M	38:15.7
	Andrew Quinley	318	31	UNATTACHED	M	DQ
	Sam Nunemaker	301	34	UNATTACHED	M	DQ
MALE 35 - 39						
1	Mike Manning	280	38	UNATTACHED	M	18:12.5
2	Daniel Tremblay	411	35	UNATTACHED	M	21:15.7
3	Kevin Sweatland	352	38	UNATTACHED	M	22:17.8
4	Chris Gruber	237	37	UNATTACHED	M	22:18.8
5	Mark Henson	248	36	UNATTACHED	M	25:31.9
6	Justin Sperry	346	36	UNATTACHED	M	27:20.0
7	Jason Praytor	316	36	UNATTACHED	M	27:30.2
8	Brett Heinrich	244	35	UNATTACHED	M	28:47.8
9	J.T Caldwell	176	36	UNATTACHED	M	32:08.9
10	Jeremy Praytor	314	38	UNATTACHED	M	39:31.1
	Brandon Gary	222	35	UNATTACHED	M	DQ

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
MALE 40 - 49						
1	Todd Begnoche	165	44	UNATTACHED	M	19:20.7
2	Barry Luck	229	43	UNATTACHED	M	20:09.6
3	Huey Counts	190	49	UNATTACHED	M	20:13.7
4	Wade Caselman	180	41	UNATTACHED	M	20:30.1
5	Jeff Jaeger	261	41	UNATTACHED	M	20:33.0
6	Michael Johnson	266	48	UNATTACHED	M	20:51.3
7	Kee Mar	282	44	UNATTACHED	M	20:53.3
8	Loren Young	417	48	UNATTACHED	M	21:23.9
9	Mark Andrews	155	42	UNATTACHED	M	21:51.5
10	Eric Tourigny	412	40	UNATTACHED	M	22:10.3
11	Chris Cooper	186	42	UNATTACHED	M	23:03.7
12	Dennis Dewitt	406	40	UNATTACHED	M	23:08.8
13	Monte Gilliland	230	42	UNATTACHED	M	23:21.5
14	Jerry Short	422	42	UNATTACHED	M	23:29.4
15	Rich Novotine	300	44	UNATTACHED	M	24:07.0
16	Kory Tinkler	357	42	UNATTACHED	M	24:29.6
17	Hoover Jeff	263	40	UNATTACHED	M	24:39.7
18	Brian Roth	327	41	UNATTACHED	M	24:51.5
19	Monty Briggs	171	47	UNATTACHED	M	25:46.8
20	James Fenton	208	44	UNATTACHED	M	27:58.9
21	Doug Malm	279	40	UNATTACHED	M	28:04.5
22	Barry Weis	369	47	UNATTACHED	M	28:16.0
23	Danny Newton	298	45	UNATTACHED	M	30:04.3
24	Rich Brown	393	44	UNATTACHED	M	31:49.6
25	Troyer Mark	416	49	UNATTACHED	M	33:28.6
26	Glenn Herrington	249	45	UNATTACHED	M	37:38.7

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FINALS

Place	Name	Bib	Age/Grade	Team		Mark
MALE 50 - 59						
1	Steve McGavghy	284	51	UNATTACHED	M	19:15.3
2	Tim Hostetter	387	50	UNATTACHED	M	19:28.6
3	Steve Mulanax	294	51	UNATTACHED	M	20:16.2
4	Michael Allen	150	59	UNATTACHED	M	21:54.5
5	Brad Shaffer	339	54	UNATTACHED	M	22:06.6
6	Michael Sweeney	353	52	UNATTACHED	M	22:35.5
7	Oscar Gonzales	231	54	UNATTACHED	M	22:38.0
8	Dan Gentry	227	52	UNATTACHED	M	22:49.2
9	Larry Couchman	421	50	UNATTACHED	M	22:55.8
10	Joel Hutchings	259	50	UNATTACHED	M	23:19.1
11	David McClain	283	53	UNATTACHED	M	25:10.8
12	Kent Montgomery	293	56	UNATTACHED	M	28:01.2
13	Dave Neuman	297	56	UNATTACHED	M	28:03.2
14	Roger Will	373	57	UNATTACHED	M	28:17.2
15	John Curran	191	54	UNATTACHED	M	46:43.8
	Patrick Mikesell	289	54	UNATTACHED	M	DQ
MALE 60 & OVER						
1	David Zlab	404	61	UNATTACHED	M	21:30.5
2	Ronald Davis	194	63	UNATTACHED	M	22:11.2
3	Warren Cico	184	63	UNATTACHED	M	22:39.0
4	Jerry Praytor	317	61	UNATTACHED	M	32:57.9