

Race Name: **Frostbite 5K**
 Date: **December 5, 2009**

place	Runner	age	Group	M/F	time	*AGTime	WCC pts	Grp pts	Top5pts	Part.Pts	pace/mi	AG%
1	Jason Newport	38	35-39	M	16 57	16 16	179	9	120	50	5 27	79.34
2	Sean Kennedy	22	19-24	M	17 21	17 21	162	16	96	50	5 35	74.38
3	Zach Burns	18	16-18	M	17 24	16 50	127	5	72	50	5 36	76.67
4	Vince Taylor	23	19-24	M	17 51	17 51	113	15	48	50	5 45	72.27
5	Rory Helms	41	40-44	M	18 40	17 31	84	10	24	50	6 00	73.67
6	Curtis Hieger	15	13-15	M	18 49	17 26	55	5		50	6 03	73.99
7	Matthew Sheard	31	30-34	M	18 53	18 48	63	13		50	6 05	68.64
8	Jimmie Haager	28	25-29	M	18 57	18 57	56	6		50	6 06	68.08
9	Jeff Cooley	41	40-44	M	19 00	17 49	59	9		50	6 07	72.38
10	Scott Meinardi	28	25-29	M	19 11	19 11	55	5		50	6 10	67.25
11	Turner Ritchie	18	16-18	M	19 15	18 37	54	4		50	6 12	69.30
12	Shawn Miller	37	35-39	M	19 17	18 38	58	8		50	6 12	69.24
13	Jeremy Pierce	16	16-18	M	19 18	18 11	53	3		50	6 13	70.96
14	Patrick Smith	17	16-18	M	19 38	18 45	52	2		50	6 19	68.80
15	Jimmy Hisle	42	40-44	M	19 51	18 29	58	8		50	6 23	69.80
16	Steve Casebolt	31	30-34	M	19 56	19 50	62	12		50	6 25	65.03
17	Garrett Singer	19	19-24	M	19 58	19 33	64	14		50	6 26	65.99
18	Mark Barton	53	50-54	M	20 04	17 08	60	10		50	6 28	75.31
19	Logan Seals	20	19-24	M	20 09	19 56	63	13		50	6 29	64.71
20	Dale Bolser	49	45-49	M	20 13	17 50	61	11		50	6 30	72.37
21	Bob Gibbs	57	55-59	M	20 22	16 49	59	9		50	6 33	76.74
22	Bill Leveridge	53	50-54	M	20 44	17 42	59	9		50	6 40	72.89
23	George Sowers, Jr	38	35-39	M	20 55	20 04	57	7		50	6 44	64.30
24	Nicole House	19	19-24	F	21 00	20 55	174	9	115	50	6 46	70.75
25	Brian Schleeper	37	35-39	M	21 08	20 25	56	6		50	6 48	63.18
26	Michael Mull	35	35-39	M	21 12	20 45	55	5		50	6 49	62.17
27	Wibe Fokkink	28	25-29	M	21 13	21 13	54	4		50	6 50	60.81
28	Craig Weigel	31	30-34	M	21 15	21 09	61	11		50	6 50	61.00
29	Seth Wright	11	0-12	M	21 21	18 00	55	5		50	6 52	71.64
30	Joseph Parker	52	50-54	M	21 22	18 23	58	8		50	6 53	70.15
31	Danny Spears	59	55-59	M	21 28	17 25	58	8		50	6 55	74.07
32	Adam Scott	34	30-34	M	21 29	21 08	60	10		50	6 55	61.02
33	Richard Barton	56	55-59	M	21 35	17 58	57	7		50	6 57	71.80
34	Geer Gillespie	20	19-24	M	21 36	21 22	62	12		50	6 57	60.37
35	Matt Hill	13	13-15	M	21 37	19 14	54	4		50	6 57	67.10
36	Kelli Hoeflinger	31	30-34	F	21 49	21 47	159	17	92	50	7 01	67.93
37	Tim Harris	14	13-15	M	21 56	19 56	53	3		50	7 04	64.70
38	Crystal Barton	34	30-34	F	22 01	21 50	135	16	69	50	7 05	67.77
39	Matt Beaty	21	19-24	M	22 10	22 05	61	11		50	7 08	58.42
40	Brad Pitcher	39	35-39	M	22 11	21 07	54	4		50	7 08	61.08
41	Ray Seals	21	19-24	M	22 21	22 16	60	10		50	7 12	57.94
42	Troy Craig	45	45-49	M	22 27	20 26	60	10		50	7 14	63.15
43	Dana Reihman	55	55-59	M	22 29	18 52	56	6		50	7 14	68.35
44	William Taylor	23	19-24	M	22 31	22 31	59	9		50	7 15	57.29
45	Keith Webster	44	40-44	M	22 33	20 41	57	7		50	7 15	62.39
46	Kate Schamel	37	35-39	F	22 36	22 08	109	13	46	50	7 16	66.87
47	Joel Flora	41	40-44	M	22 38	21 14	56	6		50	7 17	60.76
48	Emily Vance	13	13-15	F	22 40	21 00	78	5	23	50	7 18	70.47
49	Jay Day	38	35-39	M	22 48	21 52	53	3		50	7 20	58.99
50	Rick Moore	50	50-54	M	22 52	20 00	57	7		50	7 22	64.50
51	Karman Duchon	20	19-24	F	22 55	22 54	58	8		50	7 23	64.61
52	Audrey Webster	15	13-15	F	22 57	21 55	54	4		50	7 23	67.53
53	Brett Guiley	33	30-34	M	23 03	22 47	59	9		50	7 25	56.62
54	Taichi Shinohara	21	19-24	M	23 06	23 01	58	8		50	7 26	56.06
55	Tanya Forrest	33	30-34	F	23 09	23 02	65	15		50	7 27	64.27
56	Frank Donahue	48	45-49	M	23 10	20 35	59	9		50	7 27	62.65
57	Charles Webster	14	13-15	M	23 12	21 05	52	2		50	7 28	61.16
58	Rod Waltz	48	45-49	M	23 13	20 38	58	8		50	7 28	62.52
59	Emily Doering	21	19-24	F	23 16	23 16	57	7		50	7 29	63.61
60	Darrin Dolehanty	45	45-49	M	23 19	21 13	57	7		50	7 30	60.80

Total	231
Males	117
Females	114

Top 5 Points	
120	115
96	92
72	69
48	46
24	23

*AG Time	
<i>Age Graded Time</i>	
Times are adjusted using the WMA Age-Graded tables.	

Grp pts	
<i>Age Group Points</i>	
One point for each age-group runner defeated.	

AG%	
<i>Age Graded %</i>	
Percentage of the World Standard after adjusting for age and gender.	

Race Director
Cynthia Warren

Race Name: **Frostbite 5K**Date: **December 5, 2009**

place	Runner	age	Group	M/F	time	*AGTime	WCC pts	Grp pts	Top5pts	Part.Pts	pace/mi	AG%
61	Kevin Lingg	33	30-34	M	23 21	23 05	58	8		50	7 31	55.89
62	Brenda Burns	51	50-54	F	23 30	20 00	60	10		50	7 34	73.99
63	Mark Stosberg	33	30-34	M	23 40	23 24	57	7		50	7 37	55.14
64	Vince Punzo	47	45-49	M	23 43	21 15	56	6		50	7 38	60.72
65	Lauren Shade	21	19-24	F	23 49	23 49	56	6		50	7 40	62.14
66	Sandy Grubb	43	40-44	F	23 53	22 22	56	6		50	7 41	66.17
67	Mindy Ward	38	35-39	F	24 04	23 26	62	12		50	7 45	63.16
68	Darin Dubbs	40	40-44	M	24 08	22 49	55	5		50	7 46	56.56
69	Dennis Nicholson	38	35-39	M	24 11	23 12	52	2		50	7 47	55.61
70	Tom Sheard	55	55-59	M	24 12	20 19	55	5		50	7 47	63.50
71	Jesus Jimenez	20	19-24	M	24 17	24 01	57	7		50	7 49	53.70
72	Mary Trinh	22	19-24	F	24 24	24 24	55	5		50	7 51	60.66
73	Chuck Shingledecker	66	65-69	M	24 27	18 38	52	2		50	7 52	69.24
74	Ronnie Lindley	53	50-54	M	24 27	20 52	56	6		50	7 52	61.81
75	Heather Herrmann	28	25-29	F	24 28	24 28	61	11		50	7 53	60.49
76	Robbie Perales	14	13-15	M	24 33	22 19	51	1		50	7 54	57.80
77	Andy Newport	12	0-12	M	24 34	21 19	54	4		50	7 54	60.53
78	Bill Stuckey	45	45-49	M	24 37	22 24	55	5		50	7 55	57.59
79	Patrick Williams	59	55-59	M	24 41	20 02	54	4		50	7 57	64.42
80	Stacey Roberts	27	25-29	F	24 46	24 46	60	10		50	7 58	59.76
81	Kathy Barton	53	50-54	F	24 53	20 38	59	9		50	8 01	71.73
82	Jane Terashima	60	60-64	F	24 55	18 44	52	2		50	8 01	78.98
83	Gene Black	67	65-69	M	24 57	18 50	51	1		50	8 02	68.48
84	Mark Cox	32	30-34	M	24 59	24 47	56	6		50	8 02	52.04
85	Kelly Burk	36	35-39	F	25 07	24 43	61	11		50	8 05	59.88
86	Morgan Spivey	16	16-18	F	25 10	24 20	55	5		50	8 06	60.81
87	Eileen Cravens	52	50-54	F	25 18	21 15	58	8		50	8 09	69.62
88	Delaney Williams	12	0-12	F	25 31	23 12	55	5		50	8 13	63.80
89	Chris Williams	43	40-44	M	25 32	23 36	54	4		50	8 13	54.68
90	Kyle Frost	21	19-24	M	25 37	25 31	56	6		50	8 15	50.56
91	Michael King	54	50-54	M	25 41	21 44	55	5		50	8 16	59.34
92	Arlene Berger	33	30-34	F	25 44	25 36	64	14		50	8 17	57.81
93	Courtney Phillips	12	0-12	F	25 47	23 26	54	4		50	8 18	63.14
94	Raymond Blevins	51	50-54	M	25 49	22 24	54	4		50	8 19	57.59
95	Rachel Dana	21	19-24	F	25 50	25 50	54	4		50	8 19	57.29
96	Amy Boxell	21	19-24	F	25 51	25 51	53	3		50	8 19	57.25
97	Hannah Leveridge	16	16-18	F	25 53	25 02	54	4		50	8 20	59.13
98	Phillip Pinegar	20	19-24	M	25 56	25 39	55	5		50	8 21	50.28
99	Stephanie Ingram	29	25-29	F	25 57	25 57	59	9		50	8 21	57.03
100	Walter Evans	44	40-44	M	26 01	23 51	53	3		50	8 22	54.08
101	Katie Lahmann	15	13-15	F	26 02	24 52	53	3		50	8 23	59.53
102	Joey Verhasselt	18	16-18	M	26 03	25 11	51	1		50	8 23	51.21
103	Kelly Day	43	40-44	F	26 04	24 25	55	5		50	8 23	60.63
104	Sarah Smith	30	30-34	F	26 04	26 04	63	13		50	8 23	56.79
105	Meredith Faller	21	19-24	F	26 06	26 06	52	2		50	8 24	56.70
106	Marvin Esham	63	60-64	M	26 07	20 27	52	2		50	8 24	63.07
107	Amy Decker	43	40-44	F	26 17	24 37	54	4		50	8 28	60.13
108	Kevin Gramman	46	45-49	M	26 22	23 48	54	4		50	8 29	54.19
109	Jake Schamel	12	0-12	M	26 34	23 03	53	3		50	8 33	55.97
110	Jason Whitney	31	30-34	M	26 52	26 44	55	5		50	8 39	48.25
111	Brenda Baumer	45	45-49	F	26 53	24 39	63	13		50	8 39	60.04
112	Crystal Evans	29	25-29	F	26 54	26 54	58	8		50	8 39	55.02
113	Jessica McKinney	32	30-34	F	26 59	26 54	62	12		50	8 41	55.01
114	Joseph Wilmot	33	30-34	M	26 59	26 40	54	4		50	8 41	48.36
115	Tonya Burroughs	22	19-24	F	27 01	27 01	51	1		50	8 42	54.78
116	George Stump	72	70+	M	27 07	19 21	50	0		50	8 44	66.68
117	Charles Warner	50	50-54	M	27 13	23 48	53	3		50	8 46	54.19
118	Tom Carrico	56	55-59	M	27 21	22 46	53	3		50	8 48	56.66
119	Heather Wampole	27	25-29	F	27 25	27 25	57	7		50	8 49	53.98
120	Jessica Haney	28	25-29	F	27 25	27 25	56	6		50	8 49	53.98

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121	Seth Bischoff	28	25-29	M	27 34	27 34	53	3		50	8 52	46.80
122	Hennie Van Nierkerk	46	45-49	M	27 38	24 57	53	3		50	8 54	51.71
123	Kelly Weaver	36	35-39	F	27 41	27 15	60	10		50	8 55	54.33
124	Martha Taylor	52	50-54	F	27 44	23 18	57	7		50	8 56	63.52
125	Greg Kurtz	52	50-54	M	27 45	23 53	52	2		50	8 56	54.02
126	George Stallings	60	60-64	M	27 56	22 28	51	1		50	8 59	57.42
127	Cherie Dolehanty	40	40-44	F	28 10	27 04	53	3		50	9 04	54.69
128	Jill Brand	39	35-39	F	28 18	27 23	59	9		50	9 07	54.05
129	Mark Barker	47	45-49	M	28 31	25 33	52	2		50	9 11	50.50
130	Sean Vance	19	19-24	M	28 35	27 59	54	4		50	9 12	46.10
131	Robbo Robinson	42	40-44	M	28 41	26 42	52	2		50	9 14	48.31
132	Dawson Ward	8	0-12	M	28 51	21 52	52	2		50	9 17	59.00
133	Stephanie Hamilton	31	30-34	F	28 52	28 50	61	11		50	9 17	51.34
134	Lori Appleby	18	16-18	F	28 53	28 34	53	3		50	9 18	51.79
135	Pamela Justice	39	35-39	F	28 54	27 58	58	8		50	9 18	52.93
136	Diana White	44	40-44	F	28 59	26 52	52	2		50	9 20	55.08
137	Sara Tyre	31	30-34	F	29 03	29 01	60	10		50	9 21	51.01
138	Jim Duke	46	45-49	M	29 05	26 15	51	1		50	9 22	49.13
139	Jameson Duke	23	19-24	M	29 07	29 07	53	3		50	9 22	44.30
140	Leah Appleby	21	19-24	F	29 09	29 09	50	0		50	9 23	50.77
141	Denise Retz	30	30-34	F	29 17	29 16	59	9		50	9 26	50.56
142	Barbie Scrogam	63	60-64	F	29 17	21 03	51	1		50	9 26	70.29
143	Russ Uhte	28	25-29	M	29 39	29 39	52	2		50	9 33	43.51
144	Mariah Spivey	10	0-12	F	29 40	25 44	53	3		50	9 33	57.51
145	Colleen O'Maley	14	13-15	F	29 41	27 58	52	2		50	9 33	52.94
146	Mike O'Maley	45	45-49	M	29 42	27 01	50	0		50	9 34	47.74
147	Bruce Phillips	58	55-59	M	29 43	24 19	52	2		50	9 34	53.04
148	Diane Bolser	51	50-54	F	29 52	25 25	56	6		50	9 37	58.22
149	Susan Fowble	58	55-59	F	30 09	23 20	55	5		50	9 42	63.41
150	Sherry Platt	39	35-39	F	30 21	29 22	57	7		50	9 46	50.40
151	Scott Clayton	32	30-34	M	30 22	30 08	53	3		50	9 46	42.81
152	Debbie Delk	38	35-39	F	30 24	29 36	56	6		50	9 47	50.00
153	Ann Gibbs	50	50-54	F	30 25	26 14	55	5		50	9 47	56.43
154	Dana Budd	55	55-59	M	30 26	25 33	51	1		50	9 48	50.49
155	Maggie Cox	47	45-49	F	31 17	28 00	62	12		50	10 04	52.84
156	Katie Temple	17	16-18	F	31 17	30 38	52	2		50	10 04	48.32
157	Lynn Neanen	41	40-44	F	31 18	29 50	51	1		50	10 04	49.60
158	Kristin Ward	29	25-29	F	31 20	31 20	55	5		50	10 05	47.23
159	Elisha Vecera	33	30-34	F	31 24	31 14	58	8		50	10 06	47.38
160	Jane Allen	35	35-39	F	31 26	31 04	55	5		50	10 07	47.64
161	Rachel Seals	18	16-18	F	31 38	31 18	51	1		50	10 11	47.29
162	Mandy Flatter	30	30-34	F	31 39	31 38	57	7		50	10 11	46.78
163	Lori Wright	42	40-44	F	31 42	29 58	50	0		50	10 12	49.39
164	Clifford Clark	56	55-59	M	32 08	26 45	50	0		50	10 21	48.23
165	Stephen Johnson	52	50-54	M	32 09	27 40	51	1		50	10 21	46.62
166	Mary Saintignon	60	60-64	F	32 14	24 15	50	0		50	10 22	61.05
167	Lindsay Boatright	29	25-29	F	32 24	32 24	54	4		50	10 26	45.68
168	Shawna Mader	45	45-49	F	32 38	29 55	61	11		50	10 30	49.46
169	Jonathan Geise	20	19-24	M	32 43	32 22	52	2		50	10 32	39.86
170	James Weigel	7	0-12	M	32 52	23 50	51	1		50	10 35	54.14
171	Manda Light	28	25-29	F	32 53	32 53	53	3		50	10 35	45.01
172	Judy Pierce	47	45-49	F	33 08	29 40	60	10		50	10 40	49.89
173	Lisa Underwood	46	45-49	F	33 30	30 22	59	9		50	10 47	48.75
174	Amy Townsend	39	35-39	F	33 36	32 31	54	4		50	10 49	45.52
175	Jamie Hampton	33	30-34	F	33 36	33 26	56	6		50	10 49	44.28
176	James Townsend	38	35-39	M	33 37	32 15	51	1		50	10 49	40.01
177	Saidee Kemp	17	16-18	F	33 45	33 02	50	0		50	10 52	44.79
178	Christonpher Jansen	17	16-18	M	33 45	32 14	50	0		50	10 52	40.02
179	Ron McFadden	54	50-54	M	33 53	28 41	50	0		50	10 54	44.98
180	Karen Strahorn	53	50-54	F	33 56	28 08	54	4		50	10 55	52.60

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place	Runner	age	Group	M/F	time	*AGTime	WCC pts	Grp pts	Top5pts	Part.Pts	pace/mi	AG%
181	Sidney Braff	7	0-12	F	34 01	26 50	52	2		50	10 57	55.17
182	Stacy Braff	47	45-49	F	34 03	30 29	58	8		50	10 58	48.55
183	Pat Bowers	66	65-69	F	34 05	23 23	50	0		50	10 58	63.31
184	Mark Bouford	40	40-44	M	34 08	32 16	51	1		50	10 59	39.99
185	Megan Bouford	9	0-12	F	34 09	28 48	51	1		50	10 59	51.39
186	Kathie Zaleski	33	30-34	F	34 16	34 05	55	5		50	11 02	43.42
187	Ashley Valentine-Derrer	36	35-39	F	34 17	33 44	53	3		50	11 02	43.87
188	Debra Uhrick	50	50-54	F	34 57	30 08	53	3		50	11 15	49.11
189	Stacy McCollum	30	30-34	F	34 58	34 57	54	4		50	11 15	42.34
190	Michael Light	28	25-29	M	34 59	34 59	51	1		50	11 16	36.88
191	Grant Michael	20	19-24	M	35 00	34 38	51	1		50	11 16	37.26
192	Megan Hofmann	27	25-29	F	35 01	35 01	52	2		50	11 16	42.27
193	Sharon Phillips	53	50-54	F	35 10	29 10	52	2		50	11 19	50.75
194	Jackie Landitz	14	13-15	F	36 02	33 56	51	1		50	11 36	43.61
195	Michael Allen	13	13-15	M	36 05	32 06	50	0		50	11 37	40.20
196	Ralana Shelley	38	35-39	F	36 11	35 14	52	2		50	11 39	42.01
197	Kevin Shelley	43	40-44	M	36 12	33 27	50	0		50	11 39	38.57
198	Henry Allen	11	0-12	M	36 27	30 45	50	0		50	11 44	41.96
199	Chad Ward	35	35-39	M	36 42	35 55	50	0		50	11 49	35.91
200	Kristi Johnting	31	30-34	F	36 57	36 54	53	3		50	11 54	40.11
201	Brian Oakes	29	25-29	M	37 00	36 58	50	0		50	11 55	34.90
202	Vonda Crane	50	50-54	F	37 04	31 58	51	1		50	11 56	46.30
203	Lina Drew	35	35-39	F	37 11	36 45	51	1		50	11 58	40.27
204	Skyler Ward	6	0-12	F	37 18	28 16	50	0		50	12 00	52.35
205	Teresa Clark	56	55-59	F	37 20	29 43	54	4		50	12 01	49.80
206	Lynne Timmerman	55	55-59	F	37 21	30 09	53	3		50	12 01	49.09
207	Michelle Baker	32	30-34	F	37 32	37 25	52	2		50	12 05	39.55
208	Anala Allen	13	13-15	F	38 03	35 15	50	0		50	12 15	41.98
209	Robin Michael	60	60-64	M	38 07	30 39	50	0		50	12 16	42.08
210	Suzanne Anderson	48	45-49	F	38 27	34 00	57	7		50	12 23	43.53
211	Charlie Ham	69	65-69	M	39 35	29 18	50	0		50	12 44	44.03
212	Sarah Geise	55	55-59	F	39 53	32 12	52	2		50	12 50	45.97
213	Nancy Best	46	45-49	F	39 56	36 11	56	6		50	12 51	40.89
214	Vickie Stigleman	57	55-59	F	40 37	31 53	51	1		50	13 04	46.41
215	Teresa Hartzell	37	35-39	F	41 42	40 50	50	0		50	13 25	36.24
216	Stephanie House	45	45-49	F	41 44	38 16	55	5		50	13 26	38.67
217	Mary Weaver	48	45-49	F	41 47	36 57	54	4		50	13 27	40.06
218	Kari Kalve	47	45-49	F	42 16	37 50	53	3		50	13 36	39.11
219	Susan Anderson	33	30-34	F	42 17	42 04	51	1		50	13 37	35.18
220	Karen Curtis	45	45-49	F	44 05	40 25	52	2		50	14 11	36.61
221	Miriam Yarnall	46	45-49	F	44 06	39 58	51	1		50	14 12	37.03
222	Teva Weigel	32	30-34	F	44 20	44 12	50	0		50	14 16	33.48
223	Alice Chamness	57	55-59	F	45 23	35 38	50	0		50	14 36	41.54
224	Debbie Lindley	53	50-54	F	46 24	38 28	50	0		50	14 56	38.47
225	Missy Worl	48	45-49	F	47 23	41 54	50	0		50	15 15	35.32
226	Shannon Davis	29	25-29	F	47 23	47 23	51	1		50	15 15	31.23
227	Kara Newman	28	25-29	F	47 37	47 37	50	0		50	15 20	31.08
228	Peter Zaleski	34	30-34	M	47 59	47 13	52	2		50	15 27	27.32
229	Phil Quinn	33	30-34	M	48 00	47 27	51	1		50	15 27	27.19
230	Ryan Wotherspoon	33	30-34	M	48 01	47 28	50	0		50	15 27	27.18
Wheelchair Division												
1	Lindsey McGlinch	23	19-24	W	32 08	32 08	50	0		50	10 21	