

EMAIL.TXT

Female Results					
2009 McIntosh Mud Hen 5K					
Place	Name	Hometown		Age	Time
1.	Molly Bockmann	Boulder CO		32	21: 35
2.	Joy Schwarting	Erie CO		38	21: 47
3.	Kirstin Boes	Longmont CO		34	22: 06
4.	Jane Monroe	Boulder CO		43	23: 09
5.	Leena Figall	Longmont CO		38	23: 32
6.	Kari Chapman	Longmont CO		29	23: 33
7.	Lisa Golter	Longmont CO		46	24: 31
8.	Dana Willett	Longmont CO		44	24: 38
9.	Kathleen Dworak	Longmont CO		43	24: 46
10.	Lisel Record	Longmont CO		39	24: 50
11.	Michelle Loveday	Erie CO		46	24: 52
12.	Ellen Rickert	Lafayette CO		56	24: 53
13.	Lisa Tannahill	Longmont CO		45	25: 45
14.	Jill Chen	Longmont CO		34	25: 48
15.	Amy Essig	Longmont CO		34	26: 02
16.	Diane Sankey	Lafayette CO		42	26: 09
17.	Amy Winstead	Longmont CO		33	26: 17
18.	Rachel Brooks	Longmont CO		24	26: 30
19.	Katie Anderson	Broomfield CO		38	26: 50
20.	Jennifer Feebeck	Longmont CO		46	26: 50
21.	Nicole Staff	Thornton CO		24	26: 56
22.	Laura Wilson	Longmont CO		18	27: 16
23.	Adrian Pecinovsky	Longmont CO		29	27: 27
24.	Nancy Andzulis	Broomfield CO		39	27: 35
25.	Amanda Gadomski	Longmont CO		22	27: 38
26.	Sarah Mullins	Boulder CO		32	28: 17
27.	Amy Wyatt	Longmont CO		38	28: 27
28.	Carisa Leetun	Longmont CO		38	28: 31
29.	Katherine Yunker	Longmont CO		15	28: 33
30.	Kristine Nelson	Longmont CO		33	28: 35
31.	Heidi Samuel	Boulder CO		39	28: 41
32.	Susan Shuyler	Denver CO		39	28: 45
33.	Marnie Lansdown	Westminster CO		41	28: 45
34.	Emily Patterson	Longmont CO		34	28: 47
35.	Marisa Sterling	Littleton CO		22	28: 56
36.	Sue Linroth	Longmont CO		46	28: 59
37.	Linda Hudson	Longmont CO		45	29: 05
38.	Cortney Andersen	Longmont CO		32	29: 07
39.	Sandy Jones	Longmont CO		44	29: 16
40.	Jocelyn Tarussi	Longmont CO		21	29: 19
41.	Julie McCawley	Longmont CO		36	29: 28
42.	Jennifer Yuen	Longmont CO		33	29: 43
43.	Jolene Nicoll	Longmont CO		46	29: 43
44.	Rebecca Rowley	Longmont CO		34	30: 06
45.	Kimberly Taylor	Longmont CO		36	30: 07
46.	Kendra Davies	Longmont CO		26	30: 09
47.	Franky Kelt	Longmont CO		27	30: 32
48.	Adrienne Bryant	Longmont CO		11	30: 32
49.	Elizabeth Lyons	Longmont CO		29	30: 37
50.	Martha Hartney	Longmont CO		42	30: 39
51.	Rachael Glustrom	Boulder CO		26	30: 52
52.	Amy Grill	Longmont CO		24	30: 59
53.	Carla Meyer	Longmont CO		32	31: 05
54.	Diana Shellenberger	Longmont CO		47	31: 11
55.	Maura McMullen	Longmont CO		25	31: 19
56.	Lisa Doane	Longmont CO		36	31: 38
57.	Lillian Ruiz	Westminster CO		20	31: 41
58.	Mary Currier	Boulder CO		18	31: 58
59.	Desra McDonald	Longmont CO		36	31: 58

EMAIL.TXT

60.	Lisa Jackson	Longmont CO	29	32: 01
61.	Laura Harrison	Longmont CO	46	32: 20
62.	Elaine McMullen	Longmont CO	57	32: 35
63.	Jean Scott	Longmont CO	41	32: 43
64.	Emily Patterson	Longmont CO	34	32: 53
65.	Mendee Howard	Longmont CO	23	33: 00
66.	Susan Steidl	Erie CO	40	33: 09
67.	Kassandra Crouse	Mead CO	19	33: 10
68.	Misshell Suter	Mead CO	44	33: 12
69.	Susan Karimi	Longmont CO	38	33: 17
70.	Taryn Stesen	Longmont CO	26	33: 19
71.	Alissa Orvis	Longmont CO	28	33: 29
72.	Elizabeth Smith	Broomfield CO	35	33: 31
73.	Holly Reid	Longmont CO	33	33: 37
74.	Cynthia Metsker	Frederick CO	50	33: 46
75.	Mandie Johnson	Longmont CO	32	33: 47
76.	Rebecca Welte	Broomfield CO	32	33: 49
77.	Jasmine Rodenburg	Erie CO	16	33: 50
78.	Karen Johnson	Longmont CO	54	33: 59
79.	Rene Dunne	Lafayette CO	47	34: 01
80.	Leah Valenti ne	Firestone CO	34	34: 24
81.	Rebecca Kohler	Longmont CO	32	34: 35
82.	Fay Dizerega	Fort Collins CO	66	34: 38
83.	Janaye Walker	Erie CO	10	34: 42
84.	Rachel Hartley	Longmont CO	28	34: 42
85.	Candice Dow	Brighton CO	43	35: 22
86.	Stacy Steinbrecher	Longmont CO	39	35: 28
87.	Cheyenne Sterkel	Frederick CO	15	35: 35
88.	Michelle Wilson	Fort Lupton CO	43	35: 56
89.	Donna Warner	Longmont CO	48	36: 09
90.	Rachel Basher	Longmont CO	14	36: 10
91.	Peggy McGuff	Superior CO	54	36: 18
92.	Julie Walker	Longmont CO	38	36: 21
93.	Suzanne Cifelli	Longmont CO	54	36: 30
94.	Haley Rehage	Longmont CO	15	36: 32
95.	Sally Raney	Longmont CO	44	36: 47
96.	Vina Bailey	Longmont CO	45	36: 54
97.	Hannah Aleksiev	Erie CO	9	37: 09
98.	Amy Aleksiev	Erie CO	39	37: 10
99.	Lynn Ingegneri	Longmont CO	35	37: 12
100.	Julie Kreutner	Longmont CO	30	37: 14
101.	Natalie Herman	Longmont CO	24	37: 22
102.	Kris Koval	Longmont CO	38	38: 00
103.	Tavie Wolman	Boulder CO	31	38: 03
104.	Mary Kerns	Longmont CO	43	38: 04
105.	Sandra Weckerly	Longmont CO	38	38: 06
106.	Madison Weckerly	Longmont CO	11	38: 06
107.	Debra Jennings	Longmont CO	40	38: 17
108.	Jye Chang	Longmont CO	38	38: 20
109.	Celine Perret-Gentil	Mead CO	11	38: 35
110.	Eryn Dizerega	Longmont CO	9	38: 59
111.	Kimba Ashworth	Longmont CO	38	39: 33
112.	Sandra Stubbl efie ld	Longmont CO	27	39: 41
113.	Janice Peterson	Longmont CO	54	39: 50
114.	Claire Satterly	Carlsbad CA	38	39: 58
115.	Elizabeth Dutra	Thornton CO	36	40: 11
116.	Devol a Samuel son	Longmont CO	28	40: 29
117.	Amy McAlister	Longmont CO	39	40: 52
118.	Linda Thompson-Meeker	Longmont CO	56	40: 53
119.	Jeanette McDade	Firestone CO	65	41: 02
120.	Janice Bawn	Longmont CO	71	41: 08
121.	Cindy Mills	Longmont CO	58	41: 18
122.	Nancy Flowers	Berthoud CO	46	41: 25

EMAIL.TXT

123.	Deb Rutherford	Longmont CO	50	42: 18
124.	Michelle-Nocholle Calareso	Longmont	29	42: 23
125.	Maureen Conway	Denver CO	42	43: 08
126.	Angie Conner	Longmont CO	57	43: 18
127.	Shalee Gray	Longmont CO	7	43: 39
128.	Lynda Gray	Longmont CO	41	43: 40
129.	Alexa Morrison	Longmont CO	16	44: 04
130.	Megan Carpenter	Longmont CO	16	44: 04
131.	Clara Saunders	Longmont CO	31	44: 13
132.	Jamie Carpenter	Longmont CO	26	44: 26
133.	Linda Pease	Longmont CO	57	44: 37
134.	Erin Griffiee	Mead CO	12	44: 42
135.	Rachel Robbins	Broomfield CO	34	44: 43
136.	Mary Pizzuto	Broomfield CO	48	44: 44
137.	Kelly Pizzuto	Broomfield CO	21	44: 44
138.	Kathy Griffiee	Mead CO	40	44: 45
139.	Fiona Patterson	Longmont CO	14	45: 01
140.	Kathryn Puza	Denver CO	23	45: 17
141.	Meghan Wi chern	Longmont CO	28	45: 18
142.	Tracey Miles	Longmont CO	47	45: 24
143.	Stefanie Pascal	Frederick CO	37	45: 30
144.	Shannon McDonough	Denver CO	23	45: 37
145.	Cal i Smith	Longmont CO	12	45: 38
146.	Sadie Bailey	Arvada CO	8	45: 47
147.	Misty Bailey	Arvada CO	33	45: 48
148.	Joey Shimp	Longmont CO	36	45: 58
149.	Belinda Sterkel	Frederick CO	40	46: 04
150.	Kelly Murray	Longmont CO	28	46: 21
151.	Jennifer Kohlscheen	Longmont CO	30	46: 22
152.	Angie Sebok	Longmont CO	43	46: 23
153.	Barbara Gordon	Longmont CO	58	46: 58
154.	Suzanne Thomson	Longmont CO	28	47: 20
155.	Kyra Schroeder	Longmont CO	10	47: 32
156.	Laralee Schroeder	Longmont CO	40	47: 32
157.	Julie Miller	Longmont CO	50	47: 39
158.	Angela Rinehart	Longmont CO	39	47: 40
159.	Victoria Hallowell	Longmont CO	48	48: 38
160.	Gloria Simon	Longmont CO	61	48: 47
161.	Carmen Yunker	Longmont CO	50	48: 56
162.	Kristine Carpenter	Longmont CO	50	48: 58
163.	Sarah Long	Longmont CO	8	49: 14
164.	Amy Long	Longmont CO	34	49: 15
165.	Beth Kemper	Milliken CO	47	49: 28
166.	Joyce Rehage	Longmont CO	50	49: 37
167.	Shauna Mason	Longmont CO	30	49: 47
168.	Aleah Di Zerega	Longmont CO	7	49: 50
169.	Amy Hood	Erie CO	6	49: 51
170.	Luanne Ross	Longmont CO	53	49: 59
171.	Brenda Di Zerega	Longmont CO	44	50: 26
172.	Carolyn Mescalí	Longmont CO	33	50: 45
173.	Jodi Bashor	Longmont CO	35	50: 51
174.	Dolores Vasquez	Lyons CO	35	50: 52
175.	Tanya Peoples	Frederick CO	38	51: 04
176.	Patty Wilson	Longmont CO	46	51: 17
177.	Carla Love	Longmont CO	32	51: 18
178.	Carol Siverly	Longmont CO	56	52: 12
179.	Bonnie Gehri nger	Longmont CO	52	52: 15
180.	Shannon Mi tchem	Longmont CO	28	52: 19
181.	Alici a Hodnefi led	Longmont CO	36	52: 20
182.	Jennifer Orvis	Longmont CO	39	52: 20
183.	Denise Hoffmann	Broomfield CO	41	52: 29
184.	Mick Love	Broomfield CO	76	52: 29
185.	Jul i Love	Broomfield CO	51	52: 30

EMAIL.TXT

186.	Sharon Steinbrecher	Longmont CO	70	52: 49
187.	Caitlyn Harrison	Longmont CO	11	55: 50
188.	Laura Herman	Longmont CO	51	55: 54
189.	Amy Harbath	Firestone CO	37	55: 55
190.	Connie Bennett	Longmont CO	60	1: 05: 15

Male Results

Place	Name	Hometown	Age	Time
1.	Rickey Gates	Boulder CO	27	16: 30
2.	Jim Hallberg	Longmont CO	31	16: 34
3.	Craig Howie	Longmont CO	32	17: 24
4.	Craig Wilson	Longmont CO	38	18: 51
5.	Darren Clifford	Loveland CO	47	19: 33
6.	Mike Engle	Longmont CO	49	20: 10
7.	Matt Seebaum	Boulder CO	43	20: 23
8.	Bruce Lampert	Berthoud CO	50	20: 31
9.	Tim Perley	Boulder CO	50	20: 40
10.	Jay Lochnead	Longmont CO	45	20: 51
11.	Brian Syp	Berthoud CO	41	20: 59
12.	Gregory Thompson	Longmont CO	40	21: 00
13.	Artie Sandman	Longmont CO	47	21: 04
14.	Brandon Fuller	Longmont CO	34	21: 07
15.	Dean Myers	Longmont CO	38	21: 08
16.	Clint Waldron	Englewood CO	32	21: 10
17.	Thomas Dening	Superior CO	48	21: 16
18.	Clayton Kostelecky	Longmont CO	34	21: 23
19.	Philip Di Zerega	Longmont CO	39	21: 48
20.	Austin Kolm	Firestone CO	16	21: 54
21.	Todd Baxter	Louisville CO	42	21: 55
22.	Michael Sausa	Lyons CO	49	22: 09
23.	Jesse Tijerina	Fort Lupton CO	57	22: 33
24.	Ricky Grauer	Longmont CO	49	23: 20
25.	Ryan Loos	Longmont CO	29	23: 21
26.	Andy Collins	Longmont CO	26	23: 30
27.	Justin Rodenburg	Erie CO	14	23: 38
28.	Thomas Hart	Longmont CO	48	23: 41
29.	Mike Britten	Longmont CO	54	23: 45
30.	David Droege	Longmont CO	45	24: 03
31.	Arne Elisha	Longmont CO	50	24: 05
32.	Patrick Murray	Longmont CO	11	24: 21
33.	William Peterson	Longmont CO	46	24: 29
34.	Ken Risdon	Longmont CO	43	24: 31
35.	Bill Haskins	Longmont CO	37	24: 39
36.	Bastian Ragu	Boulder CO	27	24: 42
37.	Jerry Brown	Longmont CO	64	24: 45
38.	James Jennings	Longmont CO	41	24: 59
39.	Sven Stranzenbach	Longmont CO	35	25: 14
40.	Dave Smythe	Boulder CO	59	25: 15
41.	Jeffrey Boring	Longmont CO	34	25: 20
42.	Brad Golter	Longmont CO	46	25: 26
43.	Michael Warner	Longmont CO	46	25: 33
44.	Chuck Otoupalik	Firestone CO	65	25: 37
45.	Bruce Bennett	Longmont CO	62	25: 43
46.	James Valin	Longmont CO	38	25: 44
47.	Jay Rodenburg	Erie CO	48	25: 46
48.	David Hernandez	Longmont CO	39	25: 47
49.	Michael Drummy	Longmont CO	52	25: 49
50.	Art Schneider	Longmont CO	68	26: 06
51.	Sean Corey	Frederick CO	36	26: 08
52.	Colin Sankey	Lafayette CO	41	26: 09
53.	John Scott	Longmont CO	11	26: 18
54.	Andrew Albright	Longmont CO	24	27: 37

EMAIL.TXT

55.	Richard Bennett	Lyons CO	64	27: 45
56.	Aaron Nicoll	Longmont CO	11	27: 55
57.	Sean McMullen	Longmont CO	26	28: 11
58.	Craig Douglas	Boulder CO	53	28: 17
59.	Sam Risdon	Longmont CO	11	28: 24
60.	Daniel Lehman	Longmont CO	47	28: 26
61.	Mike Thomas	Longmont CO	57	28: 44
62.	Ray Landis	Wadsworth OH	66	28: 52
63.	Frank Chen	Longmont CO	39	28: 57
64.	Eric Johnson	Longmont CO	43	29: 07
65.	Santos Lopez-Song	Arvada CO	35	29: 25
66.	Alex Schroeder	Longmont CO	12	30: 00
67.	Richard Ross	Longmont CO	49	30: 12
68.	Don Johnston	Longmont CO	68	30: 34
69.	Robert Sarchet	Longmont CO	73	30: 47
70.	Andy Groeneveld	Longmont CO	15	30: 54
71.	Daniel Groeneveld	Longmont CO	9	30: 58
72.	Paul Taylor	Longmont CO	38	31: 15
73.	Oscar Leuzzi	Longmont CO	47	31: 33
74.	Jim Peterson	Longmont CO	70	31: 40
75.	Joseph Willig	Fort Collins CO	11	31: 42
76.	Paul Jazmines	Broomfield CO	34	31: 42
77.	Roderic Elisha	Denver CO	48	31: 54
78.	James Dizerega	Fort Collins CO	66	31: 59
79.	Scott Rutherford	Longmont CO	13	32: 08
80.	Dan McMullen	Longmont CO	60	32: 17
81.	Keegan Bean	Longmont CO	9	32: 37
82.	Doug Bean	Longmont CO	33	32: 38
83.	Jonathan Sterner	Erie CO	37	32: 49
84.	Mitchell Long	Longmont CO	10	32: 52
85.	Sean Harrison	Longmont CO	14	33: 06
86.	Riley Rodenburg	Erie CO	14	33: 51
87.	Brenton Bacon	Aurora CO	35	33: 54
88.	Mark Sullivan	Longmont CO	62	34: 15
89.	Kam Burns	Longmont CO	48	34: 29
90.	Ryan McCarthy	Longmont CO	27	34: 49
91.	Jim Gessert	Loveland CO	61	34: 50
92.	Daniel Hill	Longmont CO	40	35: 27
93.	Troy Peterson	Longmont CO	23	36: 03
94.	Eric Peterson	Longmont CO	53	36: 04
95.	Carl Groeneveld	Longmont CO	51	36: 15
96.	Steven Rowley	Longmont CO	33	36: 41
97.	Jason Hartley	Longmont CO	33	36: 55
98.	Alex Valin	Longmont CO	10	37: 13
99.	Nicholas Valin	Longmont CO	7	37: 59
100.	Sean Roth	Longmont CO	41	38: 19
101.	Lawrence Walker	Longmont CO	39	38: 39
102.	Jeff Rutherford	Longmont CO	50	38: 48
103.	Robert Stubbs	Longmont CO	58	39: 42
104.	Gene Kranning	Berthoud CO	66	39: 55
105.	Patrick Valdez	Longmont CO	45	40: 38
106.	Preston Keeler III	Longmont CO	63	40: 51
107.	Bob Halbert	Longmont CO	42	43: 03
108.	Dave Pease	Longmont CO	55	44: 37
109.	Bruce Patterson	Longmont CO	52	45: 36
110.	Hennig Normann	Longmont CO	6	46: 19
111.	Zack Schroeder	Longmont CO	7	47: 05
112.	Bill Venable	Dacono CO	61	47: 24
113.	Lindsey Kemper	Milliken CO	50	47: 26
114.	Frederick Hood	Erie CO	36	49: 51
115.	Carl Robertson	Longmont CO	67	50: 38
116.	Chad Bozie	Frederick CO	32	51: 04
117.	Ken Love	Englewood CO	66	51: 07

EMAIL.TXT

118.	Shawn Hardesty	Longmont CO	33	51: 22
119.	Mark O' Connor	Silverthorne CO	41	51: 23
120.	Connor Harrison	Longmont CO	12	55: 48
121.	Don Steinbrecher	Longmont CO	72	58: 53