

# 3/07/09 Explore Your Limits 5k & 10k

## R NUTS POINTS

Alright, I've updated the results for the series (you'd be surprised how much time I've spent working on the easiest way to handle this, and I'd be embarrassed to tell you). I started recording things in a different way than the first results posted to the website. Below are the mixed results for the "short" and "long" race according to points. I have placed the top 3 overall winners into their respective age group category for ease of point tracking in case they lose their grasp on their overall lead (this was not done in the previous results). Series entrants are highlighted in gray and the top three overall are in red. In addition, I am still getting R NUTS entries and will be adding them to the results as they come in, so places may change as people decide to join the series.

As you look over the results you will notice that the top 3 finishers in the "long" race will acquire more points than the 1<sup>st</sup> place finisher in the "short" race. And, although the 3<sup>rd</sup> place finisher in the "long" race and the 1<sup>st</sup> place finisher in the "short" race both get 20 points, the "long" race wins (this also occurs at 10 points also). This is done to award the longer distance with more points, to motivate runners to push their previous limits and try a longer race, and to create a "game" where you have to figure out which race will give you the most "bang" for your mile.

We have one series entrant that has had a birthday, and entered a different category, since the Explore Park race. His category will be the one he was in at the Explore Park race.

At this point I think I have accurate results posted. If you see an error or need me to explain my mathematical madness, please send me a note. I do not claim to be perfect, but I will claim to have an anal, attention to detail.

### Overall Women

<b>1.</b>	<b>Flynn, Hollie</b>	<b>00:51:39.32</b>	<b>25</b>
<b>2.</b>	<b>Sexton, Dru</b>	<b>00:57:18.55</b>	<b>22.5</b>
3.	Rolfé, Christine	00:58:00.17	20
4.	Krycinski, Sarah	00:20:49.83	20
5.	Lewis, Allie	00:21:37.32	18
6.	Favor, Helen	00:58:24.96	17.5
7.	Swenty, Anna	00:24:55.46	16
8.	Leitch, Rebecca	00:59:31.10	15
<b>9.</b>	<b>Mitchell, Samantha</b>	<b>00:25:00.90</b>	<b>14</b>
10.	Hooker, Lindsay	00:59:55.80	12.5
11.	Spicuzza, Morgan	00:27:00.26	12
12.	Vander Kooy, Mallory	01:00:20.78	10
13.	Eversole, Susan	00:28:03.52	10
14.	Hosey, Jeannie	00:28:11.91	8
15.	Thomas, Angela	01:02:29.16	7.5
16.	Evans, Sarah	00:28:19.80	6
17.	Ciparis, Serena	01:02:38.97	5
18.	Pfister, Jennifer	00:28:53.65	4
19.	Halladay, Margaret	01:02:38.48	2.5
20.	Craft, Amy	00:30:02.61	2

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Overall Men

<b>1.</b>	<b>Dickenson, Edward</b>	<b>00:38:16.84</b>	<b>25</b>
2.	Cox-Nicol, Jim	00:39:23.57	22.5
3.	Anderson, Lewis	00:40:56.66	20
4.	Waters, Aaron	00:18:35.07	20
5.	Krycinski, Matthew	00:19:34.39	18
6.	Faucett, Joshua	00:43:34.78	17.5
7.	Lovell, Alan	00:19:59.92	16
8.	Vickery, Bill	00:45:18.81	15
9.	Swenty, Matt	00:20:15.01	14
10.	Painchaud, Kevin	00:46:04.98	12.5
11.	Earles, Cody	00:20:29.03	12
<b>12.</b>	<b>Evans, Billy</b>	<b>00:46:35.56</b>	<b>10</b>
13.	Jeffers, Matt	00:21:27.87	10
<b>14.</b>	<b>Saunders, Carl</b>	<b>00:22:05.04</b>	<b>8</b>
15.	McPeck, Daron	00:47:26.55	7.5
16.	Kerr, Brendan	00:22:31.05	6
<b>17.</b>	<b>Workman, Paul</b>	<b>00:47:58.33</b>	<b>5</b>
18.	Key, Justin	00:23:41.50	4
17.	Stick, Greg	00:48:25.10	2.5
20.	Bowers, Roger	00:24:08.57	2

Women's Age Group: 14 & Under

1.	Martin, Jodee	01:06:15.16	25
2.	Boone, Lizzie	00:35:36.04	20
3.	Clark, Anna	00:36:34.15	18

Men's Age Group: 14 & Under

1.	Thompson, Dana	00:51:01.63	25
2.	Earles, Cody	00:20:29.03	20
3.	Phillips, Jonathan	00:36:21.47	18

Women's Age Group: 15 - 19

1.	Halladay, Margaret	01:02:39.48	25
2.	Spicuzza, Morgan	00:27:00.76	20
3.	Giorno, Taylor	00:34:57.66	18
4.	Bennett, Emily	00:39:27.03	16
5.	Howser, Molly	00:40:57.23	14

Men's Age Group: 15 - 19

1.	Carter, Jacob	00:48:48.67	25
2.	Rolfe, Bradley	00:54:29.53	22.5
3.	Escobar, Brennan	01:00:09.73	20
4.	Waters, Aaron	00:18:35.07	20
5.	Myers, Jerod	00:24:38.87	18
6.	Bennett, Stephen	00:25:45.64	16
7.	Nester, Kyle	00:30:53.74	14
8.	Bryant, Kyle	00:36:18.39	12

Women's Age Group: 20 - 24

1.	Rolfe, Christine	00:58:00.17	25
2.	Hooker, Lindsay	00:59:55.80	22.5
3.	Lewis, Allie	00:21:37.32	20
4.	Evans, Sarah	00:28:19.80	18
5.	Vengrin, Courtney	00:31:38.66	16
6.	Forte, April	00:33:10.84	14

Men's Age Group: 20 - 24

1.	Jeffers, Matt	00:21:27.87	20
2.	Key, Justine	00:23:41.50	18
3.	Driver, David	00:26:05.27	16
4.	Russell, Logan	00:29:12.28	14
5.	Nester, Mark	00:32:08.45	12
6.	Kelly, Greg	00:32:17.32	10
7.	Gamallo, Chris	00:35:14.71	8

Women's Age Group: 25 - 29

1.	Vander Kooy, Mallory	01:00:20.78	25
2.	LaFlamme, Sara	01:05:11.05	22.5
3.	Dobyns, Whitney	01:05:12.83	20
4.	Krycinski, Sarah	00:20:49.83	20
5.	Swenty, Anna	00:24:55.46	18
6.	Hernandez, Marcy	01:06:15.71	17.5
7.	<b>Mitchell, Samantha</b>	<b>00:25:00.90</b>	<b>16</b> 3 <sup>rd</sup> Overall
8.	Stevens, Kelly	00:33:04.99	14
9.	Gwathmey, Laura	00:33:09.72	12
10.	Gerdeman, Virginia	00:33:10.30	10
11.	Lynch, Susan	00:38:36.77	8
12.	Walker, Lorin	00:39:08.25	6
13.	Sokol, Katina	00:44:05.41	4

Men's Age Group: 25 - 29

1.	Anderson, Lewis	00:40:56.66	25
2.	Faucett, Joshua	00:43:34.78	22.5
3.	Wright, Walker	00:48:59.55	20
4.	Krycinski, Matthew	00:19:34.39	20
5.	Swenty, Matt	00:20:15.01	18
6.	Biscotte, Stephen	00:51:03.87	17.5
7.	Mitchell, Matthew	00:26:01.80	16
8.	Kegel, Ryan	00:52:02.05	15
9.	Graham, Scott	00:34:21.48	14
10.	Frazier, Jonathan	00:52:24.82	12.5
11.	Walker, Matt	00:39:07.76	12

Women's Age Group: 30 - 34

1.	Leitch, Rebecca	00:59:31.10	25
2.	Ciparis, Serena	01:02:38.97	22.5
3.	Decker, Kari	01:03:23.91	20

4.	Craft, Amy	00:30:02.61	20
5.	Weaver, Rose	00:34:15.70	18
6.	Walton, Amy	01:04:55.62	17.5
7.	Sekhon, Manbeena	00:39:08.87	16
8.	Lindseth, Nicole	01:09:19.32	15
9.	Hedrick, Heather	01:13:35.53	12.5
10.	Walton, Carly	01:14:41.25	10
11.	Creasey, Elizabeth	01:16:31.25	7.5

Men's Age Group: 30 - 34

<b>1.</b>	<b>Evans, Billy</b>	<b>00:46:35.56</b>	<b>25</b>	<b>2<sup>nd</sup> Overall</b>
<b>2.</b>	<b>Workman, Paul</b>	<b>00:47:58.33</b>	<b>22.5</b>	<b>3<sup>rd</sup> Overall</b>
3.	Oliver, Richie	00:49:41.55	20	
4.	Saunders, Carl	00:22:05.04	20	
5.	Kerr, Brendan	00:22:31.05	18	
6.	Decker, James	00:50:08.15	17.5	
7.	Gardner, Joel	00:25:17.71	16	
8.	Kufel, Andrew	00:51:04.39	15	
9.	Adams, Bruce	00:29:38.28	14	
10.	Carter, Brent	00:51:23.17	12.5	
11.	Phillips, Brandon	00:39:08.87	12	
12.	Dwyer, James	00:53:11.91	10	
13.	Hoffman, Jason	00:53:23.10	7.5	
14.	Eaton, Chris	00:53:31.69	5	
15.	Miller, Brian	00:55:16.44	2.5	
16.	Walton, Peter	00:55:49.23	2.5	
17.	Mullens, Jim	00:56:39.60	2.5	

Women's Age Group: 35 - 39

<b>1.</b>	<b>Flynn, Hollie</b>	<b>00:51:39.32</b>	<b>25</b>	<b>1<sup>st</sup> Overall</b>
2.	Favor, Helen	00:58:24.96	22.5	
3.	Thomas, Angela	01:02:29.16	20	
4.	Eversole, Susan	00:28:03.52	20	
5.	Pfister, Jennifer	00:28:53.65	18	
6.	Frazer, Janis	01:19:22.69	17.5	
7.	Graham, Kristen	00:31:49.94	16	
8.	Norris, Tonya	01:23:30.00	15	
9.	Skaggs, Elizabeth	00:32:40.75	14	

Men's Age Group: 35 - 39

1.	Vickery, Bill	00:45:18.81	25	
2.	Painchaud, Kevin	00:46:04.98	22.5	
3.	Scott, David	00:51:27.38	20	
4.	Lovell, Alan	00:19:59.92	20	
5.	Looney, Brad	00:25:15.34	18	
6.	Harper, Edward	00:55:09.29	17.5	
7.	Ingram, Scott	00:25:45.79	16	
8.	Santoroski, Michael	00:57:26.29	15	
9.	Eversole, Craig	00:25:54.83	14	
10.	Booth, James	01:00:46.66	12.5	
11.	Skaggs, Mitchell	00:31:48.07	12	

12.	Baucom, Michael	01:05:19.70	10
13.	Hudson, Wesley	00:32:00.43	10
14.	Phillips, Brian	00:36:03.50	8

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Women's Age Group: 40 - 44

1.	Palmer, Julie	01:05:47.83	25
2.	Eanes, Kelly	01:07:08.71	22.5
3.	Downey, Wendy	01:12:23.84	20
4.	Dillon, Karen	00:33:14.42	20
5.	Bennett, Kim	00:36:45.62	18
6.	Brody, Jennifer	00:44:35.03	16

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Men's Age Group: 40 - 44

1.	Cox-Nicol, Jim	00:39:23.57	25
2.	McPeck, Daron	00:47:26.55	22.5
3.	Bowers, Don	00:50:38.76	20
4.	Bowers, Roger	00:24:08.57	20
5.	Stevens, Andy	00:24:43.08	18
6.	Early, Charlie	00:51:12.70	17.5
7.	Wright, Toby	00:32:44.70	16
8.	Falls, Doug	00:54:38.79	15
9.	Simpson, Keith	00:33:23.67	14
10.	Weaver, Terry	00:57:38.62	12.5
11.	Reynolds, Tony	01:04:23.17	10
12.	Unroe, Stan	01:05:33.38	7.5

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Women's Age Group: 45 - 49

1.	Iobst, Dianna	01:07:53.54	25
2.	Rolfe, Susan	01:08:02.35	22.5
3.	Stevens, Vicki	01:12:27.97	20
4.	Hosey, Jeannie	00:28:11.91	20
5.	Boone, Mary Jo	00:36:43.10	18
6.	Stultz, Diane	00:41:14.88	16

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Men's Age Group: 45 - 49

1.	<b>Dickenson, Edward</b>	<b>00:38:16.84</b>	<b>25</b>	<b>1<sup>st</sup> Overall</b>
2.	Thompson, Dan	00:51:02.91	22.5	
3.	Marlman, Chris	00:52:03.50	20	
4.	MacNaughton, Al	00:26:29.08	20	
5.	Shuke, James	00:29:56.05	18	
6.	Sheehan, Gary	00:53:40.76	17.5	
7.	Riddle, Tillman	00:36:53.30	16	
8.	Rolfe, David	00:57:00.61	15	
9.	Schuyler, Pete	00:59:47.76	12.5	
10.	Ballard, Jerry	01:01:01.50	10	
11.	Escobar, Peter	01:05:03.17	7.5	
12.	Leftwich, Lefty	01:09:42.13	5	
13.	Mays, Gregory	01:28:38.00	2.5	

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Women's Age Group: 50 - 54

1.	Nicholson, Trina	01:07:53.04	25
2.	Amenkhienan, Charlotte	00:39:09.54	20

Men's Age Group: 50 - 54

1.	Stick, Greg	00:48:25.10	25
2.	Henderson, Ralph	00:55:51.13	22.5
3.	Johansson, Jose	00:56:02.73	20
4.	Hrinya, Thomas	00:26:00.51	20
5.	Merkwan, John	00:58:08.48	17.5
6.	Taylor, Gregory	01:00:38.46	15
7.	Kirby, Tom	01:04:58.92	12.5

Women's Age Group: 55 - 59

<b>1.</b>	<b>Sexton, Dru</b>	<b>00:57:18.55</b>	<b>25</b>	<b>2<sup>nd</sup> Overall</b>
2.	Vengrin, Jean	00:36:10.98	20	

Men's Age Group: 55 - 59

1.	Hamilton, Stephen	01:00:51.12	25
2.	Rogers, Ron	00:25:18.20	20
3.	Morgan, George	00:29:23.97	18
4.	Swenson, Dave	00:30:16.55	16
5.	Oalman, David	00:40:00.48	14

Men's Age Group: 60 - 69

1.	Zollman, Graham	01:01:38.39	25
2.	Spencer, Bobby	00:25:22.16	20
3.	Atthowe, John	00:27:15.89	18
4.	Coffey, Roger	00:31:35.12	16
5.	Lafave, James	00:31:37.75	14
6.	Clark, Warren	00:33:24.71	12

Men's Age Group: 70 & Over

1.	Gilbarte, Ray	01:29:50.00	25
2.	Earles, Maurice	00:42:30.34	20