

# 2010 6<sup>th</sup> Explore Your Limits 10k Trail Race - 3/6/10

## Overall Women

1.	Lambert, Stephanie	00:49:50.47
2.	Ahearn, Meghan	00:50:17.44
3.	Himmel, Jill	00:51:27.23
4.	Siska, Lindsey	00:51:48.18
5.	Puckett, Lori	00:52:01.29
6.	Mitchell, Samantha	00:54:02.66
7.	Blankenship, Libby	00:55:15.72
8.	Vander Kooy, Mallory	00:55:36.49
9.	Andersen, Melissa	00:57:07.00
10.	Schaefer, Elizabeth	00:57:20.98
11.	Sexton, Dru	00:57:45.96
12.	Adcock, Rebecca	00:57:46.62
13.	Taylor, Sarah	00:58:08.97
14.	McCamphill, Amy	00:58:44.67
15.	Lisenby, Dawn	00:59:04.74
16.	Eakins, Amanda	00:59:40.69
17.	Vannoy, Gretchen	00:59:49.17
18.	DeLong, Christie	01:00:42.33
19.	Matthiessen, Alison	01:01:13.79
20.	Lichtenstein, Annie	01:01:16.24
21.	Alvarez, Allie	01:01:40.88
22.	Boe, Katherine	01:02:17.82
23.	Trenor, Abby	01:03:49.92
24.	Nicholson, Trina	01:05:28.10
25.	Conway, Shanshan	01:06:13.49
26.	Cobb, Jessica	01:06:41.67
27.	Patterson, Rosemary	01:07:05.76
28.	Andersen, Beth	01:08:31.18
29.	Balk, Sandra	01:09:29.88
30.	Frazer, Janis	01:10:07.44
31.	Williams, Laura	01:14:28.04
32.	Uzel, Sarah	01:17:32.03
33.	Kramer, Lindsay	01:22:07.33
34.	Morris, Erin	01:22:08.18

# 2010 6<sup>th</sup> Explore Your Limits

## 10k Trail Race - 3/6/10

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### Overall Men

1.	Childers, Adam	00:40:28.85
2.	Allen, Sam	00:40:44.85
3.	Gamble, John	00:41:34.54
4.	Robinson, John	00:42:42.88
5.	Dungan, Jesse	00:43:10.13
6.	Kingery, Caleb	00:43:15.19
7.	Albright, Chad	00:43:47.49
8.	Saunders, Carl	00:44:06.71
9.	Vickery, Bill	00:44:30.62
10.	Taube, Josh	00:45:24.65
11.	Fritz, David	00:45:35.36
12.	McFarland, Nicholas	00:45:43.61
13.	Miller, Tim	00:45:46.45
14.	Glowczynski, Ron	00:45:57.28
15.	Stick, Greg	00:46:16.00
16.	Wilson, Lansing	00:46:40.05
17.	Brown, Alex	00:47:07.32
18.	Tunnell, Andrew	00:47:24.46
19.	Glenn, Jeff	00:47:24.76
20.	Togo, Matthew	00:47:35.07
21.	Stumpf, Jon	00:47:48.19
22.	Decker, James	00:48:24.72
23.	Adcock, Jonathan	00:48:31.53
24.	Whitaker, Brian	00:48:38.89
25.	Lynch, Tommy	00:49:07.08
26.	Siripollawat, Kittisad	00:49:08.91
27.	Massie, Heath	00:49:23.02
28.	Leccadito, Matthew	00:49:34.69
29.	Straskulic, Robert	00:49:40.06
30.	Best, Wesley	00:49:53.67
31.	Stevens, Andy	00:50:39.14
32.	Taylor, Walker	00:50:52.45
33.	Jamison, Neal	00:50:58.18
34.	Scalise, John	00:50:58.59
35.	Carroll, Nathan	00:51:47.17
36.	Byrum, Josh	00:51:49.43
37.	Bousman, Austin	00:52:21.46
38.	Williams, Brett	00:52:26.48
39.	Oliver, Richie	00:52:29.16
40.	Cameron, Billy	00:52:38.24
41.	Kegel, Ryan	00:52:44.56
42.	Falls, Doug	00:52:54.96
43.	Brannen, Jacob	00:53:04.20
44.	Andersen, Mark	00:53:05.88

45.	Santoroski, Michael	00:53:18.76
46.	Hacker, Todd	00:53:28.73
47.	Carlton, Brian	00:53:35.37
48.	Andersen, Dillon	00:53:42.19
49.	Adkins, Emmitt	00:53:45.79
50.	Hackett, David	00:53:48.43
51.	Scott, David	00:54:32.59
52.	Dobroth, Chris	00:54:49.23
53.	Ragland, William	00:55:00.96
54.	Settle, Chris	00:55:19.86
55.	Spencer, Edward	00:56:40.42
56.	Spencer, Kevin	00:56:44.28
57.	Turk, Joseph	00:57:09.01
58.	Slivka, John	00:57:23.25
59.	Coker, Kevin	00:57:49.58
60.	Mitchell, Matthew	00:57:57.24
61.	Sheehan, Gary	00:58:20.07
62.	Booth, James	00:58:34.84
63.	Roth, Tom	00:59:33.26
64.	Fant, Kemper	00:59:45.13
65.	Miller, Eric	01:02:59.23
66.	Schweitzer, Paul	01:04:57.35
67.	Haner, Neil	01:05:22.58
68.	Taylor, Greg	01:06:10.96
69.	Mays, Gregory	01:06:24.35
70.	Zollman, Graham	01:06:41.15
71.	Guthrie, Noah	01:06:46.78
72.	Leftwich, Lefty	01:07:29.96
73.	Mann, Eddie	01:11:04.58
74.	Jackson, Donald	01:11:06.51
75.	Escobar, Peter	01:12:15.18

Women's Age Group: 14 & Under

1.	Andersen, Melissa	00:57:07.00
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Men's Age Group: 14 & Under

1.	Spencer, Edward	00:56:40.42
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Women's Age Group: 15 - 19

1.	Siska, Lindsey	00:51:48.18
2.	Alvarez, Allie	01:01:40.88
3.	Boe, Katherine	01:02:17.82

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Men's Age Group: 15 - 19

1.	Kingery, Caleb	00:43:15.19
2.	Fritz, David	00:45:35.36
3.	Andersen, Dillon	00:53:42.19
4.	Settle, Chris	00:55:19.86

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Women's Age Group: 20 - 24

1.	Eakins, Amanda	00:59:40.69
2.	Trenor, Abby	01:03:49.92
3.	Patterson, Rosemary	01:07:05.76
4.	Williams, Laura	01:14:28.04
5.	Uzel, Sarah	01:17:32.03

Men's Age Group: 20 - 24

1.	McFarland, Nicholas	00:45:43.61
2.	Wilson, Lansing	00:46:40.05
3.	Brown, Alex	00:47:07.32
4.	Tunnell, Andrew	00:47:24.46
5.	Stumpf, Jon	00:47:48.19
6.	Siripollawat, Kittisad	00:49:08.91
7.	Leccadito, Matthew	00:49:34.69
8.	Straskulic, Robert	00:49:40.06
9.	Carroll, Nathan	00:51:47.17
10.	Byrum, Josh	00:51:49.43
11.	Cameron, Billy	00:52:38.24
12.	Brannen, Jacob	00:53:04.20

Women's Age Group: 25 - 29

1.	Lambert, Stephanie	00:49:50.47
2.	Ahearn, Meghan	00:50:17.44
3.	Mitchell, Samantha	00:54:02.66
4.	Vander Kooy, Mallory	00:55:36.49
5.	Schaefer, Elizabeth	00:57:20.98
6.	Adcock, Rebecca	00:57:46.62
7.	Taylor, Sarah	00:58:08.97
8.	McCamphill, Amy	00:58:44.67
9.	Matthiessen, Alison	01:01:13.79
10.	Conway, Shanshan	01:06:13.49
11.	Cobb, Jessica	01:06:41.67

Men's Age Group: 25 - 29

1.	Childers, Adam	00:40:28.85
2.	Gamble, John	00:41:34.54
3.	Dungan, Jesse	00:43:10.13
4.	Adcock, Jonathan	00:48:31.53
5.	Massie, Heath	00:49:23.02
6.	Taylor, Walker	00:50:52.45
7.	Bousman, Austin	00:52:21.46
8.	Williams, Brett	00:52:26.48
9.	Kegel, Ryan	00:52:44.56
10.	Dobroth, Chris	00:54:49.23
11.	Ragland, William	00:55:00.96
12.	Haner, Neil	01:05:22.58
13.	Guthrie, Noah	01:06:46.78
14.	Jackson, Donald	01:11:06.51

Women's Age Group: 30 - 34

1.	Puckett, Lori	00:52:01.29
2.	Vannoy, Gretchen	00:59:49.17
3.	Balk, Sandra	01:09:29.88
4.	Kramer, Lindsay	01:22:07.33
5.	Morris, Erin	01:22:08.18

Men's Age Group: 30 - 34

1.	Allen, Sam	00:40:44.85
2.	Saunders, Carl	00:44:06.71
3.	Decker, James	00:48:24.72
4.	Whitaker, Brian	00:48:38.89
5.	Scalise, John	00:50:58.59
6.	Oliver, Richie	00:52:29.16
7.	Hacker, Todd	00:53:28.73
8.	Adkins, Emmitt	00:53:45.79
9.	Mitchell, Matthew	00:57:57.24
10.	Mann, Eddie	01:11:04.58

Women's Age Group: 35 - 39

1.	Himmel, Jill	00:51:27.23
2.	Delong, Christie	01:00:42.33
3.	Frazer, Janis	01:10:07.44

Men's Age Group: 35 - 39

1.	Albright, Chad	00:43:47.49
2.	Vickery, Bill	00:44:30.62
3.	Taube, Josh	00:45:24.65
4.	Glenn, Jeff	00:47:24.76
5.	Santoroski, Michael	00:53:18.76
6.	Scott, David	00:54:32.59
7.	Booth, James	00:58:34.84

Women's Age Group: 40 - 44

1.	Blankenship, Libby	00:55:15.72
2.	Lisenby, Dawn	00:59:04.74
3.	Andersen, Beth	01:08:31.18

Men's Age Group: 40 - 44

1.	Miller, Tim	00:45:46.45
2.	Glowczynski, Ron	00:45:57.28
3.	Togo, Matthew	00:47:35.07
4.	Lynch, Tommy	00:49:07.08
5.	Best, Wesley	00:49:53.67
6.	Jamison, Neal	00:50:58.18

Women's Age Group: 45 - 49

1.	Lichtenstein, Annie	01:01:16.24
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Men's Age Group: 45 - 49

1.	Stevens, Andy	00:50:39.14
2.	Falls, Doug	00:52:54.96
3.	Andersen, Mark	00:53:05.88
4.	Spencer, Kevin	00:56:44.28
5.	Coker, Kevin	00:57:49.58
6.	Sheehan, Gary	00:58:20.07
7.	Fant, Kemper	00:59:45.13
8.	Miller, Eric	01:02:59.23
9.	Mays, Gregory	01:06:24.35

Men's Age Group: 50 - 54

1.	Robinson, John	00:42:42.88
2.	Stick, Greg	00:46:16.00
3.	Hackett, David	00:53:48.43
4.	Turk, Joseph	00:57:09.01
5.	Slivka, John	00:57:23.25
6.	Schweitzer, Paul	01:04:57.35
7.	Taylor, Greg	01:06:10.96
8.	Leftwich, Lefty	01:07:29.96
9.	Escobar, Peter	01:12:15.18

Women's Age Group: 55 - 59

1.	Sexton, Dru	00:57:45.96
2.	Nicholson, Trina	01:05:28.10

Men's Age Group: 55 - 59

1.	Carlton, Brian	00:53:35.37
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Men's Age Group: 60 - 69

1.	Roth, Tom	00:59:33.26
2.	Zollman, Graham	01:06:41.15