

**MELT THE ICE 5K**  
**March 21, 2009**  
**Fremont**

**MALE OVERALL-**  
**FEMALE OVERALL-**

MATTHEW FOLK 15:52.62  
ALEXA STULTS 20:10.68

**RESULTS**

1. MATTHEW FOLK	15:52
2. KEITH MADARAS	16:37
3. KRISTOPHER ESPARZA	16:59
4. JOHN GILBERT	17:40
5. ADAM MILLER	18:27
6. JOE BAKER	19:11
7. TYLER EOFF	19:12
8. ADAM SMERCINA	19:17
9. SETH COLLUM	19:31
10. RALPH NOBLE	19:40
11. ANDREW WINCKLES	19:42
12. ADAM REEDY	20:01
13 KEN LUDWIG	20:09
14 ALEXA STULTS	20:10
15 TARA SWIM	20:13
16 DAVE WALLINGFORD	20:14
17 DEVAUN CHURCHYA	20:23
18 JON BAKER	20:26
19 GINA WARNKE	20:37
20 DARRIN PAUL	20:46
21 GREG CORTHELL	20:49
22 JASON KOLODZIEJCZYK	20:50
23 TAMARA BENGELA	20:51
24 THOMAS RHODES	20:56
25 TREVOR DURNWALD	21:05
26 TERRY KOTALIK	21:10
27 CHRIS MCKOWN	21:13
28 SARAH FRANKS	21:23
29 JOHN MOOR	21:26
30 DAMIAN DIXON	21:44
31 ANDY GLICK	21:52
32 DAVID SLATER	21:55
33 KEITH STOWELL	22:03
34 CJ HAAS	22:05.25
35 LINDSAY FOLK	22:05.78
36 GARY BOGWER	22:06.28
37 MICHAEL NEWCOMER	22:06.93
38 ANDY KOHLER	22:07
39 ROBERT JOERG	22:14
40 KEVIN FOOS	22:17
41 TIM OVERLY	22:20
42 DOUG HAASER	22:21
43 SHAWN TOOMAN	22:25
44 JUSTIN DENNEN	22:36
45 KEVIN MILLER	22:38
46 RICK PAYERCHIN	22:39

47 BETHANY KOLODZIEJCZYK	22:41
48 MADDIE TYSON	22:47
49 MICHELLE JACK	22:59
50 LISA HOFFMAN	23:01
51 TOM STIERWALT	23:07
52 SARAH SZYMANOWSKI	23:10.12
53 BRIAN BURMEISTER	23:10.87
54 BETH KOHLER	23:17
55 CANDELARIO LONGORIA JR	23:22
56 EDDIE DELEON	23:24
57 LARRY STAWINSKI	23:25
58 PHIL HOFFMAN	23:28
59 BRAD OVERLY	23:36
60 CHARLES CHEEK	23:40
61 ERK HEYOB	23:41
62 SCOTT SMITH	23:44
63 BEN LACY	23:46
64 JAMES LIWO	23:47
65 DAWN SMOTHERS	23:57
66 ASHLEY SOMMERS	24:00
67 LAUREN KIRWEN	24:07
68 CRAIG SNYDER	24:21
69 CANDACE MILLER	24:26
70 RANDY FIELDER	24:27
71 BRANDI ROEDER	24:41
72 CAITLYN HARVEY	24:43
73 NICHOLAS BENNER	24:45
74 MEGAN WISTINGHAUSEN	24:47
75 DAVE SCHAK	24:58
76 VICKI SCHOEN	25:09
77 LISA HOLCOMB	25:10
78 JEFF BOOS	25:13
79 GEORGE STEPANIC	25:15
80 KEN BOLEN	25:30
81 JULIE DICESARE	25:34
82 LAURA PITCHER	25:40
83 LAURA TAYLOR	25:42
84 SHERRY VOLZ	25:46
85 JEFF GABEL	25:49.02
86 REAGAN STOWELL	25:49.89
87 KIRSTEN EICKERT	25:51
88 GREGG GERBER	25:52
89 KARTER SEITZ	26:00
90 NO STICK	26:02
91 RON BRANT	26:03
92 KEITH ROBINSON	26:11
93 MELANIE OVERMYER	26:20
94 SUSAN MISSIG	26:22
95 KRIS HILTY	26:23
96 CLARA BUSCH	26:24
97 JEFF KRIEGER	26:28
98 DANA HUDSON	26:36
99 DOYLE SALSBERRY	26:39
100 JOE PERTNER	26:40
101 AMANDA FOOCE	26:46
102 CHRISTIAN PEDERSON	26:48

103 JOSH WEHRING	26:51
104 MANDI MILLER	26:54
105 JILL RISNER	26:59
106 MARCY BRICKNER	27:00
107 JEROME TOMC	27:04
108 DAYNA PATRICK	27:12
109 MICHAEL REINHART	27:16
110 CLARE LOY	27:19
111 RAYANNA TYREE	27:20
112 ROBYN ALDRICH	27:30
113 AMANDA HERR	27:32
114 JENNIFER SCHWARTZ	27:36
115 DAVID DAVIDSON	27:40
116 VINCE SNYDER	28:02
117 STACY GIBSON	28:04
118 ANITA MOFFETT	28:13
119 DANIEL HAMMOND	28:26
120 ALEXANDER SNYDER	28:27
121 TRICIA LIEBOLD	28:30
122 TIFFANY MENKHOF	28:33
123 MIKE MULLIGAN	28:39
124 LUCY RITTER	28:40
125 BRIAN DENNEN	28:41
126 LESTER LUOMA	28:42
127 DENNIS BAHNSEN	28:50
128 MICHAEL GRILLIS	28:51
129 AMBER MALAN	28:54
130 SEASON MILLER	29:11
131 TIM MULLIGAN	29:27
132 RAPHAELA KREISER	29:38
133 KARI WARNER	29:49
134 KENNY RAKES	29:51
135 DON KRINTZLINE	29:52
136 JIM SMERCINA	30:03
137 DEB NOBLE	30:07
138 SCOTT SCHOEN	30:14
139 MARIA KRAMER	30:15
140 HOPE MCINTYRE	30:18
141 STEVE MCINTYRE	30:20
142 EVERETT LUOMA	30:21
143 ANNE WEIKER	30:26
144 WES SNYDER	30:42.18
145 PAXTON CALHOUN	30:42.84
146 DANIELLE SMITH	30:43
147 LISA DAVIES	31:23
148 MICHELLE LIWO	31:25
149 ALICIA GARNICA	31:26
150 IGNACIO GARNICA	31:37
151 KEN MILLER	31:39
152 ASHLEY ISAACS	32:09
153 STEFANIE ORIAN	32:15
154 DAWN GAUMAN	32:35
155 DAN TIMMONS	32:43
156 SHELLEY ROGERS	33:01
157 TIM MEEKER	33:10
158 CYRIL STEINHAUSER	33:20

159 LORI SCHEELE	33:21
160 TAMMY CALHOUN	33:26
161 DEB HELLMAN	33:29
162 NICOLE HILL	33:30
163 LAURA ECKEL	33:44
164 ROBIN WUERTZ	34:14
165 TERESA STRINE	34:20
166 WENDY NITSCHKE	35:50
167 MARLIN SHORT	35:59
168 JENNIFER CAPIZZI	36:08
169 BECKY ROHRBACH	36:12
170 JENNIFER SNYDER	36:24
171 TRACI GREEN	36:32
172 AMY GOETZ	36:38
173 CHRISTINE HALEY	36:39
174 JULIE SAGE	36:42
175 DUSTIN MATTHAIS	36:53
176 MINDY HENSEL	36:54
177 HEATHER WILLEY	38:48
178 JESSICA EMERINE	38:49
179 BENJAMIN JOHNSON	39:14
180 HAROLYN GLICK	40:54
181 LARRY KARR	43:11
182 CORA SELVEY	44:36
183 KARI BRAUSE	45:45
184 PAT SCHOEN	46:12
185 SAMANTHA KATH	46:58
186 SANDY HAMMEL	46:59
187 KAREN SHIREMAN	49:05
188 LINDA PICKETT	50:02
189 MARY GUTSCHALK	51:12
190 LYNN RITTER	51:13
191 FERNANDO VALENZUELA	53:20
192 LISA MURRAY	54:51
193 NO STICK	56:18