

**THE FREMONT INDOOR 10K**  
**“Northwest Ohio’s Original and Premier Indoor 10K Run”**  
**Sunday, February 7, 2010**

**Male Overall:        Matt Folk            30:42**  
**Female Overall:     Regina Bresson       40:43**

**Results:**

1. MATT FOLK	30:42
2. KRIS ESPARZA	34:21
3. DON LECK	36:06
4. JOHN GILBERT	36:22
5. LOUIS GUARDIOLA	36:33
6. SONNY WORKMAN	38:53
7. JOE BAKER	39:03
8. MATT RIDELL	39:50
9. TIM MESSER-KRUSE	39:51
10. ROB SLATER	40:22
11. REGINA BRESSON	40:43
12. JOHN BAKER	40:46
13. DEVAUN CHURCHYA	41:02
14. ADAM MILLER	41:25
15. CHARLES CHEEK	42:15
16. ALEX HOUSE	42:17
17. DAVE BOYLE	42:29
18. DAVE WALLINGFORD	42:30
19. LEE BOOZE	42:37
20. JOHN KOLESAR	42:43
21. MITCH RADELLA	44:02
22. DAVE BRUNING	44:24
23. MIKE HOUSE	44:37
24. AMY CRAFT AHRENS	44:47
25. LARREN WIKEL	44:53
26. LACY NAGY	44:54
27. JAMIE GILBERT	44:56
28. MICHAEL NEWCOMER	45:15
29. BETH KOLODZIEJCZYK	45:47
30. DEAN SCHNEIDER	45:52
31. JOHN MOOR	45:53
32. JEANNE HITCHINGS	45:55
33. EDDIE DELEON	46:13
34. MICHELLE JACK	46:24
35. JIM BADO	46:49
36. ROBERT JOERG	46:54
37. LISA HOFFMAN	47:21
38. JEREMY MCMULLEN	47:26
39. JUSTIN SCHAFFER	47:28
40. TREVOR DURNWALD	47:35
41. ANDY GLICK	47:45
42. MARC GLOTZBECKER	48:02

43. TOM STIERWALT	48:08
44. MADDIE TYSON	48:50
45. JULEE LOCKSHIN	49:46
46. SCOTT SMITH	50:00
47. CHRIS MONSOUR	50:27
48. CANDELARIO LONGORIA	50:37
49. SARAH SZYMANOWSKI	51:09
50. JULIE DICESARE	51:14
51. AMBER MALAN	51:22
52. SHERRY VOLZ	51:38
53. DANIELLE PERKINS	52:53
54. JEFF KRIEGER	54:22
55. MONICA IONESCU	54:23
56. NICOLE HILL	54:53
57. JEFF GABEL	54:58
58. LAURA WILLIAMS	55:32
59. MARC KASPITZKE	55:36
60. GREGG GERBER	55:49
61. JEAN BLANKENSHIP	56:11
62. MIKE BARNHART	56:22
63. MARIA KRAMER	56:33
64. COLLEEN SCHLEA	58:56
65. JENN TINGLEY	59:05
66. CINDY BURROUGHS	59:36
67. VIPHOT KAYAVONG	1:00:29
68. KATIE MILLER	1:01:25
69. ANITA MOFFETT	1:02:38
70. RANDY HOFFMAN	1:04:00
71. DENNIS COOKE	1:05:00
72. LISA JOZWIAK	1:07
73. KATHY ARKENBERGER	1:08
74. CHERYL STROMSKI	1:08:44
75. ASHLEY ISAACS	1:09
76. JO KIGGINS	1:11
77. TAMMY CALHOUN	1:12
78. JOHN KIGGINS	1:22
79. RACHEL ATCHLEY	1:38
80. TERRY CAMP	1:39