

**THE MELT THE ICE 5K**  
**MARCH 20, 2010**  
**FREMONT, OHIO**

**MALE OVERALL: MATT FOLK 15:49**  
**FEMALE OVERALL: TARA SWIM 20:39**

**RESULTS**

1 MATT FOLK	15:49
2 KRIS ESPARZA	16:36
3 KEITH MADARAS	17:18
4 JOHN GILBERT	17:35
5 LOUIS GUARDIOLA	17:51
6 ADAM MILLER	18:25
7 ANDY LEEMASTER	18:37
8 TONY FLORES	18:58
9 TREVOR DURNWALD	19:03
10 TYLER EOFF	19:13
11 SONNY WORKMAN	19:18
12 ADAM SMERCINA	19:19
13 MATTHEW SCHIEFERSTEIN	19:38
14 LARREN WIKEL	19:41
15 DEVAUN CHURCHYA	19:51
16 TIM WILHELM	19:52
17 THOMAS RHODES	19:58
18 ADAM REEDY	20:02
19 HOLDEN SONDERGELD	20:14:05
20 JUSTIN SCHAFFER	20:14:52
21 LEONARD ROUND	20:19
22 JACOB KISSELL	20:21
23 DAMEN ESCOBEDO	20:22:09
24 CHAD ROPER	20:22:92
25 DAVE WALLINGFORD	20:24
26 BRIAN JAKUPCA	20:25
27 TARA SWIM	20:39
28 JOHN KOLESAR	20:40
29 DAVID BOYLE	20:49
30 SAMUEL MILLER	20:57
31 LACY NAGY	21:03
32 JOHN MOOR	21:11
33 BRANDYN O'CONNELL	21:15
34 TRENT PATCHEN	21:21
35 CHAD CLARK	21:26
36 GINA WARNKE	21:27
37 TODD SCHILLER	21:28
38 DOUG HAASER	21:40
39 AMY ALT COAN	21:44
40 ROBERT JOERG	21:50
41 AARON ROOT	21:59
42 ANDREW GLICK	22:03
43 STEVE MCINTYRE	22:05
44 MADDIE TYSON	22:08
45 TOM STRIGGOW	22:14
46 MICHELLE JACK	22:16
47 CRAIG MILLER	22:21
48 SAMANTHA HOFFMAN	22:24:33
49 SCOTT LANG	22:24:90
50 SHAWN TOOMAN	22:43
51 JEREMY MCMULLEN	22:48
52 DEAN SCHNEIDER	22:51
53 SARAH SZYMANOWSKI	22:53
54 ANDY KOHLER	22:55
55 MICHAEL MCDANIEL	22:58
56 CINDY BUTLER	22:59
57 ALEX WILHELM	23:00
58 TOM STIERWALT	23:01

59 JOEL FOOS	23:05
60 GLENN BOWEN	23:08
61 CLAIRE LOY	23:13
62 PETE GUTSCHALK	23:14
63 EDDIE DELEON	23:17
64 BRIAN BURMEISTER	23:18
65 PAIGE WIECHMAN	23:22
66 LISA HOFFMAN	23:23
67 CRISPIN COOK	23:25
68 PATRICK PUGH	23:30
69 JEREMY FITCH	23:31
70 LEVI WRIGHT	23:35
71 PHIL HOFFMAN	23:37
72 SARA GUTSCHALK	23:39
73 LAUREN KIRWEN	23:53
74 BENTON HOANG	23:55
75 LAUREN NOWAK	23:56
76 SCOTT SMITH	23:59
77 BETH KOHLER	24:00
78 LOGAN JOHNSON	24:03
79 CHAD WODRICH	24:04
80 RUSSELL TAYLOR	24:09
81 LISA HOLCOMB	24:18
82 JONATHON WALSH	24:30
83 DENNIS BAHNSEN	24:40:12
84 LISA SENTLE	24:40:04
85 HARRY AUSDERAN	24:42:00
86 CAROLINE LUC	24:42:74
87 NATE MILLS	24:43:25
88 RANDY TAYLOR	24:43:80
89 ERIC HEYBOB	24:52
90 TY TRACY	24:55
91 JULIE DICESARE	24:58
92 KARTER PALLITTA	24:59
93 CRAIG SNYDER	25:06
94 THOMAS BRINKER	25:07
95 SHERRY VOLZ	25:12
96 KEITH ROBINSON	25:17
97 KATE BRINKER	25:26
98 CANDELARIO LONGORIA	25:32
99 HUBERT MUSSEHL	25:35
100 JEFF BUCHANAN	25:38
101 MEGAN WISTINGHAUSEN	25:39:01
102 DAN LEEMASTER	25:39:44
103 CHARLES WECHTER	25:42
104 CAREY PEMBERTON	25:50
105 NIKKI SMITH	25:51
106 MIGUEL ESTRADA	25:54
107 BENJAMIN CLARK	25:58
108 KIRSTEN EICKERT	26:04
109 JULIAN KIRJUER	26:07
110 LAUREN ICKES	26:24:22
111 APOLLO BUREL	26:24:93
112 TONI MARSEE	26:30
113 BROOKE BOWER	26:31
114 GREGG GERBER	26:32
115 RON BRANT	26:33
116 JENNIFER TINGLEY	26:34:11
117 AUSTIN SCHABEL	26:34:68
118 CLEVE REINHARD	26:37
119 JEFF KRIEGER	26:40
120 BRAD OVERLY	26:41
121 KELLI ZACHARIAS	26:44
122 BRENNAN KOCH	26:57
123 BRUCE DURNWALD	26:58
124 GEORGE STEPANIC	26:59
125 JAKE MORRIS	27:00
126 KRISTY MIESLE	27:07
127 ANDREW FOUGHT	27:18
128 KARL HAUSER	27:20

129 PAUL HALBEISEN	27:26
130 AMBER MALAN	27:29
131 JIM GLASPY	27:30
132 MARCY BRICKNER	27:37
133 KASI MCKITRICK	27:49
134 CHUCK DELLICK	27:55
135 ASHLEY MYGRANT	27:58
136 NO STICK	28:07
137 JEROME TOMC	28:13
138 HOPE MCINTYRE	28:14
139 VINCE SNYDER	28:19
140 JIM SMERCINA	28:30
141 JOSHUA PEREZ	28:31
142 HANNA GILCHRIST	28:34
143 JANE CHIMAHUSKY	28:39
144 BRENDA GUTSCHALK	28:40
145 KAYLAN STENGLE	28:41
146 KEN RAKES	28:47
147 KENT JEFFRIES	28:48
148 ANYSSA MORENO	28:55
149 WENDY NITSCHKE	29:04
150 GEORGE HO	29:12
151 CONNOR MALAN	29:21
152 SAL ABBULONE	29:26
153 NO STICK	29:30
154 BURTON JOHNSON	29:31
155 LESLIE PACHECO	29:33
156 KATHY GUTSCHALK	29:46
157 JOSEPH DEVAUL	29:47
158 COREY SNIDER	29:51
159 NICKIE KAETZEL	29:54
160 LAURA ECKEL	30:04
161 DARLIE REINHART	30:06
162 AMANDA THOMAS	30:09
163 MICHAEL GRILLIS	30:19
164 JUSTIN ADAMS	30:23
165 SHARON MARIE GOHLIKE	30:27
166 COLLEEN SCHLEA	30:29
167 CHERYL STROMSKI	30:38
168 DAN KROPP	30:52
169 SCOTT GOODWIN	30:56:00
170 NO STICK	30:56:98
171 MIKE BRICKNER	31:00
172 LILLEY DECKER	31:05
173 SAM WEIGMAN	31:25
174 STEFANIE ORIANIS	31:34
175 BRITTNEY HAGAN	31:39:05
176 KRISTINA TREECE	31:39:81
177 ASHLEY ISAACS	31:43
178 VINNY FRIESS	31:46
179 SEASON MILLER	31:50
180 KIM HUTTON	31:52
181 TRACEY HOELZLE	31:55
182 LINDSEY HILLMAN	32:09
183 TONYA COOK	32:13
184 TIM ELLENBERGER	32:18
185 DEBBIE DIBERT	32:25
186 A'AME KONE	32:29
187 RANDY HOFFMAN	32:36
188 JENNIFER COOK	32:39
189 TAMMY CALHOUN	32:45
190 REBEKAH GUTSCHALK	33:06
191 ELI YSASI	33:11
192 HOLLY LOPER	33:21
193 LUCY RITTER	33:39
194 TRICIA LIEBOLD	33:45
195 ZACH FAUSNAUGH	33:52
196 JASON ADAMS	34:27
197 SANDY BAUERSCHMIDT	34:28
198 MARLIN SHORT	34:47

199 BRENDAN MANNING	35:19
200 MELISSA WILLIAMS	35:39
201 HEIDI RIFE	35:41
202 TOM ALTOFF	35:53
203 DEBORAH PALKO	35:56
204 TRACI GREEN	36:18
205 CYRIL STEINHAUSER	36:25
206 OLIVIA YSASI	36:27
207 DESIREE BEDOUR	36:39
208 DEB CONLEY	37:19
209 TERRELL WITCHER	37:41
210 ASHLEY THOMPSON	37:43
211 KENT THOMPSON	37:45
212 KATHY THOMPSON	37:48
213 KRISTEN HAMMER	37:50
214 LISA BRAZEAU	37:55
215 ANGELA MOORE	38:03
216 JIM TRAINER	38:12
217 ASHLEY BLEVINS	39:34
218 COURTNEY KSENICH	39:35
219 COURTNEY BOOS	40:30
220 JAMES BROWN	40:31
221 ROBIN WUERTZ	40:39
222 JESS EMERINE	41:04
223 JESSICA SHEPPARD	41:05
224 CHRIS CAMPBELL	41:36
225 KYLE TIMMONS	41:41
226 ELI YSASI	41:54
227 SCOT CLARK	42:36
228 GINETTE CLARK	42:37
229 NANCY DENSLOW	42:38
230 HALEY KLINE	43:13
231 BETH SBERNA	43:14
232 HAROLYN GLICK	43:44
233 MEGHAN TRAINER	43:54
234 RALPH TRAINER	43:59
235 JAY CULLEN	44:47
236 RACHEL HAMMER	45:25
237 RAMIRO GARCIA	45:30
238 JESSICA RUFFNER	49:08
239 MELISSA GARCIA	49:19
240 BETH WEYER	49:19
241 DEANNA OLIVER	55:50
242 REBECCA ADAMS	55:52
243 BARB RAPP	57:17
244 GLORIA SHENKEL	57:27

**NO STICK:**

PAXTON CALHOUN  
KIA DAVIES  
JENNA STULL  
ALYSSA FISHER  
BILLIE MAAROUF  
JANILLE BLAYLOCK  
BARBARA MILLER  
BRANDI ROEDER  
CARI BOOS  
JEAN BLANKENSHIP  
KATHY WILSON  
JUSTIN HOWELL  
ETHAN WYATT  
JOSE MONTEZ  
CHRIS SWINT  
DARRIN PAUL  
SHANE HOFFMAN  
CHRIS MONSOUR  
DOUG BOOS  
TY GALLOGLY  
STEPHAN LUTZ

**AGE GROUP RESULTS:**

F 10-14

1. MADDIE TYSON
2. SARAH SZYMANOWSKI
3. CAROLINE LUC
4. ASHLEY BELVINS
5. COURTNEY KSENICH

F 15-19

1. LACY NAGY
2. SAMANTHA HOFFMAN
3. PAIGE WIECHMAN
4. LAUREN KIRWEN
5. LISA HOLCOMB
6. MEGAN WISTINGHAUSEN
7. KIRSTEN EICKERT
8. LAUREN ICKES
9. ANYSSA MORENO
10. BRITTNEY HAGAN
11. KRISTINA TREECE
12. MEGHAN TRAINER

F 20-24

1. KATE BRINKER
2. HANNA GILCHRIST
3. BRENDIS GUTSCHALK
4. KAYLAN STENGLE
5. KATHY GUTSCHALK
6. NICKIE KATZEL
7. DARLIE REINHART
8. ASHLEY THOMPSON
9. COURTNEY BOOS
10. JESSICA SHEPPARD
11. BETH SBERNA
12. RACHEL HAMMER

F 25-29

1. CINDY BUTLER
2. SARA GUTSCHALK
3. LAUREN NOWAK
4. RANDIE TAYLOR
5. BROOKE BOWER
6. JENNIFER TINGLEY
7. ASHLEY MYGRANT
8. JANE CHIMAHUSKY
9. LESLIE PACHECO
10. AMANDA THOMAS
11. SHARON GOHLIKE
12. STEFANIE ORIANIS
13. ASHLEY ISAACS
14. SEASON MILLER
15. LINDSEY HILLMAN
16. REBEKAH GUTSCHALK
17. KRISTEN HAMMER
18. ANGELA MOORE
19. JESS EMERINE
20. HALEY KLINE
21. JESSICA RUFFNER

F 30-34

1. MICHELLE JACK
2. CLAIRE LOY
3. LISA HOFFMAN
4. CAREY PEMBERTON
5. TONI MARSEE
6. KRISTY MIESLE
7. AMBER MALAN
8. KASI MCKITRICK
9. LAURA ECKEL
10. TRACEY HOELZLE
11. A'AME KONE
12. OLIVIA YSASI
13. DESIREE BEDOUR
14. DEANNA OLIVER

F 35-39

1. GINA WARNKE
2. NIKKI SMITH
3. LILLEY DECKER
4. JENNIFER COOK
5. HOLLY LOPER
6. HEIDI RIFE
7. TRACI GREEN
8. GINETTE CLARK
9. REBECCA ADAMS

F 40-44

1. AMY ALT-COAN
2. LISA SENTLE
3. JULIE DICESARE
4. KELLI ZACHARIAS
5. WENDY NITSCHKE
6. COLLEEN SCHLEA
7. KIM HUTTON
8. TONYA COOK
9. TAMMY CALHOUN
10. LUCY RITTER
11. TRICIA LIEBOLD
12. MELISSA WILLIAMS
13. KATHY THOMPSON
14. LISA BRAZEAU
15. CHRIS CAMPBELL
16. MELISSA GARCIA

F 45-49

1. BETH KOHLER
2. SANDY BAUERSCHMIDT

F 50-54

1. SHERRY VOLZ
2. MARCY BRICKNER
3. CHERYL STROMSKI
4. DEBBIE DIBERT
5. DEBORAH PALKO
6. DEB CONLEY
7. BARBARA RAPP
8. HAROLYN GLICK
9. BETH WEYER

F 55-59

1. ROBIN WUERTZ
2. NANCY DENSLOW

F 60-64

1. GLORIA SHENKEL

M 9-UNDER

1. KARTER PALLITTA
2. CONNOR MALAN
3. JUSTIN ADAMS

M 10-14

1. LOUIS GUARDIOLA
2. TONY FLORES
3. TREVOR DURNWALD
4. ROBERT JOERG
5. LOGAN JOHNSON
6. VINNY FRIESS
7. ZACH FAUSNAUGH

M 15-19

1. ANDY LEEMASTER
2. TYLER EOFF
3. ADAM SMERCINA
4. DEVAUN CHURCHYA
5. THOMAS RHODES
6. ADAM REEDY
7. HOLDEN SONDERGELD
8. JUSTIN SCHAFFER
9. LEONARD ROUND
10. JACOB KISSELL
11. DAMEN ESCOBEDO
12. SAMUEL MILLER

13. BRANDYN O'CONNELL
14. ALEX WILHELM
15. LEVI WRIGHT
16. BENTON HOANG
17. NATE MILLS
18. DAN LEEMASTER
19. MIGUEL ESTRELLA
20. JULIAN KIRJUER
21. AUSTIN SCHABEL
22. JAKE MORRIS
23. JOSHUA PEREZ

M 20-24

1. CRAIG MILLER
2. JOEL FOOS
3. THOMAS BRINKER
4. BEN CLARK
5. APOLLO BUREL
6. BRENNAN KOCH
7. ANDREW FOUGHT
8. BURTON JOHNSON
9. COREY SNIDER
10. ELI YSASI

M 25-29

1. ADAM MILLER
2. MATTHEW SCHIEFERSTEIN
3. CHAD ROPER
4. TRENT PATCHEN
5. CHAD CLARK
6. DOUG HAASER
7. PETE GUTSCHALK
8. JEREMY FITCH
9. JONATHON WALSH
10. ERIC HEYOB
11. BRAD OVERLY
12. JIM GLASPY
13. SAL ABBULONE
14. BRENDAN MANNING
15. TERELL WITCHER

M 30-34

1. JOHN GILBERT
2. AARON ROOT
3. SHAWN TOOMAN
4. JEREMY MCMULLEN
5. MICHAEL MCDANIEL
6. RUSSELL TAYLOR
7. PAUL HALBEISEN
8. CHUCK DELLICK
9. JOSEPH DEVAUL
10. KYLE TIMMONS

M 35-39

1. LARREN WIKEL
2. STEVE MCINTYRE
3. SCOTT LANG
4. CRISPIN COOK
5. CHAD WODRICH
6. TY TRACY
7. BRUCE DURNWALD
8. KENT JEFFRIES
9. SAM WEIGMAN
10. JASON ADAMS
11. SCOT CLARK
12. RAMIRO GARCIA

M 40-44

1. KEITH MADARAS
2. SONNY WORKMAN
3. JOHN KOLESAR
4. BRIAN BURMEISTER
5. PATRICK PUGH
6. HUBERT MUSSEHL
7. CHARLES WECHTER

8. DAN KROPP
9. SCOTT GOODWIN
10. KENT THOMPSON
11. JAY CULLEN

M 45-49

1. TODD SCHILLER
2. DEAN SCHNEIDER
3. ANDY KOHLER
4. EDDIE DELEON
5. PHIL HOFFMAN
6. GEORGE STEPANIC
7. KARL HAUSER
8. KEN RAKES
9. ELI YSASI
10. JIM TRAINER

M 50-54

1. TIM WILHELM
2. BRIAN JAKUPCA
3. DAVID BOYLE
4. JOHN MOOR
5. ANDY GLICK
6. SCOTT SMITH
7. CRAIG SNYDER
8. KEITH ROBINSON
9. JEFF BUCHANAN
10. JEFF KRIEGER
11. JIM SMERCINA
12. MICHAEL GRILLIS
13. MIKE BRICKNER
14. TIM ELLENBERGER
15. RALPH TRAINER

M 55-59

1. DAVE WALLINGFORD
2. TOM STRIGGOW
3. TOM STIERWALT
4. GLENN BOWEN
5. DENNIS BAHNSEN
6. CANDELARIO LONGORIA
7. CLEVE REINHARD
8. VINCE SNYDER
9. GEORGE HO
10. RANDY HOFFMAN

M 60-64

1. HARRY AUSDERAN
2. GREGG GERBER
3. MARLIN SHORT

M 65-69

1. JEROME TOMC
2. TOM ALTOFF
3. CYRIL STEINHAUSER
4. JAMES BROWN

M 70 AND OVER

1. RON BRANT