

Five @ Five 5K
Boulder, Colorado
September 8, 2011

5K Run

Overall Place	Bib Number	Name	Division	Division Place	Time
1	178	Yuki Matsuoka	Men 20-29	1	14:51.4
2	179	Aoi Matsumoto	Men 20-29	2	15:27.9
3	180	Osamu Ibada	Men 30-39	1	15:34.6
4	19	Alan Culpepper	Men 30-39	2	16:10.8
5	176	Knud Hermansen	Men 30-39	3	18:32.6
6	130	Ryan Kircher	Men 30-39	4	18:38.7
7	167	Amanda Scott	Women 20-29	1	19:14.4
8	156	Jennifer Valentine	Women 20-29	2	20:12.1
9	168	Tara Wilkins	Women 30-39	1	20:34.7
10	102	Travis Stevens	Men 30-39	5	20:41.4
11	62	Danielle Margargee	Women 20-29	3	20:56.9
12	181	David Dickson	Men 40-49	1	21:01.0
13	136	Kim McConnell	Women 40-49	1	21:11.8
14	170	Chris Harvey	Men 40-49	2	21:14.3
15	107	Ed Terrell	Men 60-99	1	21:16.3
16	183	Mike Troyer	Men 30-39	6	21:17.3
17	165	Lenny Archuleta	Men 20-29	3	21:31.7
18	99	Alison Smith	Women 40-49	2	21:52.1
19	155	Zack Tillotson	Men 20-29	4	22:02.9
20	93	Trevor Riters	Men 1-12	1	22:12.5
21	46	Ethan Koehler	Men 30-39	7	22:15.2
22	175	Robert Whittemore	Men 40-49	3	22:44.8
23	8	Brandon Beard	Men 30-39	8	22:55.8
24	113	James Young	Men 40-49	4	22:56.2
25	131	Hailey Leader	Women 1-12	1	23:22.2
26	151	Nicole Stob	Women 30-39	2	23:26.9
27	33	Connor Guerin	Men 13-19	1	23:29.1
28	61	Caolan MacMahon	Women 40-49	3	23:29.2
29	154	Steve Tidball	Men 40-49	5	23:39.5
30	76	Erika Morreale	Women 30-39	3	23:47.4
31	38	Reed Henderson	Men 1-12	2	23:50.1
32	17	Kim Congedo	Women 40-49	4	24:09.7
33	21	Cruz Culpepper	Men 1-12	3	24:20.4
34	166	Gracie Martinson	Women 1-12	2	24:21.7
35	164	Erwin Yu	Men 30-39	9	24:26.5
36	121	Peter Buchholz	Men 13-19	2	24:32.1
37	94	Cole Riters	Men 1-12	4	24:34.9
38	92	Mark Riters	Men 30-39	10	24:35.2

39	65 Leslie Mayer	Women 40-49	5	24:36.6
40	115 Kaylie Young	Women 13-19	1	24:37.2
41	145 Kristin Reid	Women 40-49	6	24:43.6
42	1 Brock Adamchak	Men 30-39	11	24:43.7
43	114 Jeffrey Young	Men 13-19	3	25:02.8
44	72 Scott Midler	Men 50-59	1	25:19.9
45	18 Greg Conway	Men 40-49	6	25:33.3
46	135 Laura Mann Lepik	Women 40-49	7	25:37.7
47	184 Jim Sherry	Men 60-99	2	25:43.8
48	191 Julie Seydel	Women 40-49	8	25:51.4
49	27 Laura Fleming	Women 13-19	2	26:01.8
50	28 John Fleming	Men 40-49	7	26:13.6
51	193 Brian Bowen	Men 30-39	12	26:46.5
52	186 Andrew Modder	Men 1-12	5	26:51.7
53	146 Troy Robinson	Men 30-39	13	26:55.1
54	187 John Modder	Men 40-49	8	26:56.0
55	5 Kevin Aumiller	Men 30-39	14	27:01.0
56	36 Beth Henderson	Women 40-49	9	27:13.9
57	132 David Lutter	Men 50-59	2	27:31.3
58	6 Mary Jo Barbeau	Women 50-59	1	27:36.7
59	177 Larry Avery	Men 60-99	3	28:01.0
60	53 Connor Lee	Men 1-12	6	28:07.2
61	25 Marshall England	Men 30-39	15	28:09.3
62	153 Isabel Thornberry	Women 1-12	3	28:11.0
63	152 Troy Thornberry	Men 40-49	9	28:12.5
64	52 Michael Lee	Men 40-49	10	28:12.8
65	30 Bob Getz	Men 50-59	3	28:22.1
66	141 Kevin Neustadter	Men 40-49	11	28:36.9
67	174 Ross Westley	Men 60-99	4	28:43.7
68	116 Zachary Zuppas	Men 30-39	16	28:48.3
69	77 Diane Mullet	Women 40-49	10	28:58.3
70	78 Mark Mullet	Men 50-59	4	28:59.8
71	160 Livia Walker	Women 1-12	4	29:10.5
72	158 Dirk Walker	Men 40-49	12	29:12.7
73	197 Karl Buchholz	Men 40-49	13	29:37.6
74	41 Becky Kierein	Women 40-49	11	29:42.8
75	40 Skip Hunter	Men 50-59	5	29:52.4
76	45 Lynn Knutson	Women 40-49	12	29:59.7
77	91 Chris Rainieri	Men 30-39	17	30:58.1
78	66 Erin McCarty	Women 20-29	4	31:02.4
79	104 Thomas Szakas	Men 40-49	14	31:02.7
80	103 Michalle Szakas	Women 40-49	13	31:03.3
81	16 Nicole Coleman	Women 20-29	5	31:09.9
82	147 Charles Russo	Men 50-59	6	31:10.0
83	169 Maureen Harvey	Women 40-49	14	31:11.5
84	98 Tamara Shafer	Women 40-49	15	31:27.8
85	185 Molly Leader	Women 1-12	5	31:30.1

86	190 Norbert Ver	Men 30-39	18	31:49.3
87	149 Lisa Shik	Women 40-49	16	31:51.6
88	138 Cindy Merlin	Women 30-39	4	31:51.7
89	35 Quinn Guerin	Men 1-12	7	32:15.9
90	32 Gregory Guerin	Men 40-49	15	32:16.2
91	24 Erin England	Women 30-39	5	32:43.2
92	110 Jody Whitmore	Women 50-59	2	33:38.1
93	157 Tanya VanWatermeulen	Women 20-29	6	33:40.7
94	4 Tonya Ambrose	Women 40-49	17	33:44.6
95	55 Jack Linder	Men 1-12	8	33:48.1
96	56 Fred Linder	Men 40-49	16	33:48.6
97	173 Jane Spaulding	Women 60-99	1	33:54.0
98	172 Jackie Thompson	Women 50-59	3	34:14.2
99	2 France Addington-Lee	Women 50-59	4	34:31.0
100	68 Joy Meadows	Women 30-39	6	34:32.0
101	140 Madeline Motsinger	Women 13-19	3	34:32.8
102	64 Sadie Matthews	Women 1-12	6	34:35.1
103	11 Phanath Chea	Coed No Age	1	34:35.6
104	142 Cindy Pesek	Women 50-59	5	35:39.0
105	85 Paul Peng	Men 50-59	7	35:58.2
106	111 Sarah Wilson	Women 20-29	7	36:00.4
107	122 Tzvetanka Gintchin	Women 30-39	7	36:49.6
108	182 Donna McNellis	Women 60-99	2	37:05.8
109	34 Meghan Guerin	Women 40-49	18	37:12.9
110	137 Stacy McKenzie	Women 40-49	19	38:00.4
111	57 Julie Linder	Women 40-49	20	38:04.7
112	139 Tom Mills	Men 40-49	17	38:26.1
113	75 Grace Mills	Women 1-12	7	38:26.4
114	63 Amy Marpoe	Women 30-39	8	38:57.0
115	44 Mindy Kittay	Women 50-59	6	39:37.4
116	14 Andrew Clemens	Men 1-12	9	39:55.5
117	13 Dave Clemens	Men 40-49	18	40:00.0
118	144 Caren Pomar	Women 60-99	3	40:02.9
119	194 Kevin Dudak	Men 30-39	19	40:57.9
120	69 John Meadows	Men 1-12	10	41:08.2
121	67 Sarah McCormick	Women 20-29	8	41:38.6
122	59 Debra Lowrie	Women 30-39	9	41:39.9
123	119 Noelle Amendola	Women 30-39	10	44:09.6
124	101 Wendy Stark	Women 40-49	21	44:28.5
125	88 Sarat Pheng	Women 50-59	7	45:30.8
126	124 Lazar Gintchin	Men 30-39	20	45:41.5
127	123 Alexander Gintchin	Men 1-12	11	45:41.8
128	97 Michael Scaer	Men 40-49	19	46:06.8
129	70 Henry Meadows	Men 1-12	12	46:07.0
130	188 Mike Crowley	Men 30-39	21	46:15.7
131	189 Sara Crowley	Women 30-39	11	46:15.8
132	15 Ryan Clemens	Men 1-12	13	46:15.9

133	129	Carey Kercher	Women 30-39	12	46:16.0
134	10	Diana Brooks	Women 40-49	22	49:11.3
135	74	Holly Mills	Women 1-12	8	51:13.3
136	159	Annalou Walker	Women 40-49	23	51:13.4
137	118	Carissa Kolb	Women 1-12	9	53:14.5
138	79	Charles Newens	Men 50-59	8	58:49.0

Men 1-12

Division	Bib	Name	Age	Overall	Time
Place	Number			Place	
1	93	Trevor Ritters	11	20	22:12.5
2	38	Reed Henderson	10	31	23:50.1
3	21	Cruz Culpepper	9	33	24:20.4
4	94	Cole Ritters	9	37	24:34.9
5	186	Andrew Modder	12	52	26:51.7
6	53	Connor Lee	9	60	28:07.2
7	35	Quinn Guerin	9	89	32:15.9
8	55	Jack Linder	8	95	33:48.1
9	14	Andrew Clemens	4	116	39:55.5
10	69	John Meadows	11	120	41:08.2
11	123	Alexander Gintchin	6	127	45:41.8
12	70	Henry Meadows	9	129	46:07.0
13	15	Ryan Clemens	7	132	46:15.9

Women 1-12

Division	Bib	Name	Age	Overall	Time
Place	Number			Place	
1	131	Hailey Leader	11	25	23:22.2
2	166	Gracie Martinson	11	34	24:21.7
3	153	Isabel Thornberry	8	62	28:11.0
4	160	Livia Walker	11	71	29:10.5
5	185	Molly Leader	8	85	31:30.1
6	64	Sadie Matthews	9	102	34:35.1
7	75	Grace Mills	7	113	38:26.4
8	74	Holly Mills	9	135	51:13.3
9	118	Carissa Kolb	3	137	53:14.5

Women 13-19

Division	Bib	Name	Age	Overall	Time
Place	Number			Place	
1	115	Kaylie Young	14	40	24:37.2
2	27	Laura Fleming	13	49	26:01.8
3	140	Madeline Motsinger	14	101	34:32.8

Men 13-19

Division	Bib	Name	Age	Overall	Time
Place	Number			Place	

1	33	Connor Guerin	13	27	23:29.1
2	121	Peter Buchholz	13	36	24:32.1
3	114	Jeffrey Young	17	43	25:02.8

Men 20-29

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	178	Yuki Matsuoka	1	14:51.4
2	179	Aoi Matsumoto	2	15:27.9
3	165	Lenny Archuleta	17	21:31.7
4	155	Zack Tillotson	19	22:02.9

Women 20-29

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	167	Amanda Scott	7	19:14.4
2	156	Jennifer Valentine	8	20:12.1
3	62	Danielle Margargee	11	20:56.9
4	66	Erin McCarty	78	31:02.4
5	16	Nicole Coleman	81	31:09.9
6	157	Tanya VanWatermeulen	93	33:40.7
7	111	Sarah Wilson	106	36:00.4
8	67	Sarah McCormick	121	41:38.6

Men 30-39

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	180	Osamu Ibada	3	15:34.6
2	19	Alan Culpepper	4	16:10.8
3	176	Knud Hermansen	5	18:32.6
4	130	Ryan Kircher	6	18:38.7
5	102	Travis Stevens	10	20:41.4
6	183	Mike Troyer	16	21:17.3
7	46	Ethan Koehler	21	22:15.2
8	8	Brandon Beard	23	22:55.8
9	164	Erwin Yu	35	24:26.5
10	92	Mark Riters	38	24:35.2
11	1	Brock Adamchak	42	24:43.7
12	193	Brian Bowen	51	26:46.5
13	146	Troy Robinson	53	26:55.1
14	5	Kevin Aumiller	55	27:01.0
15	25	Marshall England	61	28:09.3
16	116	Zachary Zuppas	68	28:48.3
17	91	Chris Rainieri	77	30:58.1
18	190	Norbert Ver	86	31:49.3
19	194	Kevin Dudak	119	40:57.9
20	124	Lazar Gintchin	126	45:41.5

21 188 Mike Crowley 130 46:15.7

Women 30-39

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	168	Tara Wilkins	9	20:34.7
2	151	Nicole Stob	26	23:26.9
3	76	Erika Morreale	30	23:47.4
4	138	Cindy Merlin	88	31:51.7
5	24	Erin England	91	32:43.2
6	68	Joy Meadows	100	34:32.0
7	122	Tzvetanka Gintchin	107	36:49.6
8	63	Amy Marpoe	114	38:57.0
9	59	Debra Lowrie	122	41:39.9
10	119	Noelle Amendola	123	44:09.6
11	189	Sara Crowley	131	46:15.8
12	129	Carey Kercher	133	46:16.0

Men 40-49

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	181	David Dickson	12	21:01.0
2	170	Chris Harvey	14	21:14.3
3	175	Robert Whittemore	22	22:44.8
4	113	James Young	24	22:56.2
5	154	Steve Tidball	29	23:39.5
6	18	Greg Conway	45	25:33.3
7	28	John Fleming	50	26:13.6
8	187	John Modder	54	26:56.0
9	152	Troy Thornberry	63	28:12.5
10	52	Michael Lee	64	28:12.8
11	141	Kevin Neustadter	66	28:36.9
12	158	Dirk Walker	72	29:12.7
13	197	Karl Buchholz	73	29:37.6
14	104	Thomas Szakas	79	31:02.7
15	32	Gregory Guerin	90	32:16.2
16	56	Fred Linder	96	33:48.6
17	139	Tom Mills	112	38:26.1
18	13	Dave Clemens	117	40:00.0
19	97	Michael Scaer	128	46:06.8

Women 40-49

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	136	Kim McConnell	13	21:11.8
2	99	Alison Smith	18	21:52.1
3	61	Caolan MacMahon	28	23:29.2

4	17	Kim Congedo	32	24:09.7
5	65	Leslie Mayer	39	24:36.6
6	145	Kristin Reid	41	24:43.6
7	135	Laura Mann Lepik	46	25:37.7
8	191	Julie Seydel	48	25:51.4
9	36	Beth Henderson	56	27:13.9
10	77	Diane Mullet	69	28:58.3
11	41	Becky Kierein	74	29:42.8
12	45	Lynn Knutson	76	29:59.7
13	103	Michalle Szakas	80	31:03.3
14	169	Maureen Harvey	83	31:11.5
15	98	Tamara Shafer	84	31:27.8
16	149	Lisa Shik	87	31:51.6
17	4	Tonya Ambrose	94	33:44.6
18	34	Meghan Guerin	109	37:12.9
19	137	Stacy McKenzie	110	38:00.4
20	57	Julie Linder	111	38:04.7
21	101	Wendy Stark	124	44:28.5
22	10	Diana Brooks	134	49:11.3
23	159	Annalou Walker	136	51:13.4

Women 50-59

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	6	Mary Jo Barbeau	58	27:36.7
2	110	Jody Whitmore	92	33:38.1
3	172	Jackie Thompson	98	34:14.2
4	2	France Addington-Lee	99	34:31.0
5	142	Cindy Pesek	104	35:39.0
6	44	Mindy Kittay	115	39:37.4
7	88	Sarat Pheng	125	45:30.8

Men 50-59

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	72	Scott Midler	44	25:19.9
2	132	David Lutter	57	27:31.3
3	30	Bob Getz	65	28:22.1
4	78	Mark Mullet	70	28:59.8
5	40	Skip Hunter	75	29:52.4
6	147	Charles Russo	82	31:10.0
7	85	Paul Peng	105	35:58.2
8	79	Charles Newens	138	58:49.0

Women 60-99

Division	Bib	Name	Overall	Time
Place	Number		Place	

1	173 Jane Spaulding	97	33:54.0
2	182 Donna McNellis	108	37:05.8
3	144 Caren Pomar	118	40:02.9

Men 60-99

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	107 Ed Terrell		15	21:16.3
2	184 Jim Sherry		47	25:43.8
3	177 Larry Avery		59	28:01.0
4	174 Ross Westley		67	28:43.7

Coed No Age

Division	Bib	Name	Overall	Time
Place	Number		Place	
1	11 Phanath Chea		103	34:35.6

5K Walk

Overall	Bib	Name	Division	Time
Place	Number			
1	127 Emily Green		Women 1-99	30:28.3
2	128 Rachel Green		Women 1-99	30:34.4
3	126 Scott Green		Men 1-99	30:35.0
4	133 Laura Manis		Women 1-99	38:55.0
5	80 Saran Oun		Women 1-99	40:02.0
6	125 Cindy Green		Women 1-99	40:34.4
7	87 Melanie Penn		Coed No Age	40:35.7
8	86 Theth Penn		Coed No Age	43:20.8
9	120 Vince Amendola		Men 1-99	44:10.9
10	100 Thomas Smith		Men 1-99	44:52.5
11	90 Malis Prom		Coed No Age	45:31.1
12	83 Vamsi Panuganti		Men 1-99	46:00.4
13	82 Haritha Panuganti		Women 1-99	46:00.7
14	96 Amy Scaer		Women 1-99	46:01.5
15	112 Tsewang Youdon		Women 1-99	49:12.9
16	20 Shayne Culpepper		Women 1-99	49:13.1
17	73 Sue Mills		Women 1-99	51:13.2
18	89 Pira Pheng		Men 1-99	53:13.8
19	143 Lana Pheng		Women 1-99	53:19.5
20	134 Ralph Mann		Men 1-99	54:57.0
21	29 Kathy Foster-Patton		Women 1-99	55:55.5
22	84 David Patton		Men 1-99	55:58.6
23	192 Jenny Betz		Women 1-99	56:32.8
24	47 Padma Krishnan		Women 1-99	56:32.9
25	108 Kandy Tigerwaight		Women 1-99	56:59.9
26	109 Mary Tigerwaight		Women 1-99	57:00.5