

AGE-GROUP RESULTS
 Fourteenth Annual Alaska Men's Run (Formerly 5MMCR)
 Anchorage, Alaska
 July 18, 2009, 9:00 A.M.
 Time and Results by Up and Running Event Management

MALE AGE GROUP: 1 - 10

FEMALE AGE GROUP: 1 - 10

1	272	762 Sarah Tucker	9 AK	1:00:48.5
2	309	919 Amelia Lozano	6 AK	1:33:03.9

MALE AGE GROUP: 11 - 14

1	25	889 Adam Leslie	14 AK	34:28.5
2	93	30 Tony Crow	14	41:06.3
3	117	768 Gregory Griffith	14 AK	43:21.6
4	123	985 Mathew Seaman	13 AK	43:48.3
5	156	769 Drew Griffith	11 AK	45:30.4
6	258	984 Cole Phelps	11 AK	58:07.4

FEMALE AGE GROUP: 11 - 14

1	285	994 Becca Land	11 AK	1:07:12.4
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MALE AGE GROUP: 15 - 19

1	1	999 Robert Walgren	17 AK	28:22.7
2	5	983 Cody Phelps	18 AK	29:34.9
3	12	853 Bryce Monaco	17 AK	31:41.1
4	34	765 Daryn Hobbs	19 AK	36:12.3
5	35	748 Scott Kasayulie	19 AK	36:22.5
6	40	874 Dallas Smith	16 AK	36:45.9
7	53	875 Sam Diskerud	16 AK	38:02.2
8	69	872 Joshua Johnson	17 AK	39:20.1
9	94	28 Brandon Sims	16	41:07.3
10	114	877 Ethan Hughton	18 AK	43:04.5
11	122	937 Syn Ching Lim	16 AK	43:46.9
12	135	826 Matt Bennett	19 AK	44:34.6
13	140	707 Trevor Smith	19	44:45.5
14	153	724 Benjamin Lamirmod	18 AK	45:22.3
15	162	756 Olin Blackmore	16 AK	45:41.9
16	225	27 Sam Beverdahl	16	51:34.1
17	226	29 Trevor Helton	16	51:36.1
18	279	969 Kody Trombley	15 AK	1:04:39.3

FEMALE AGE GROUP: 15 - 19

1	73	945 Abigail Nagel	18 AK	39:40.4
2	92	8 Maddison Halloran	17 AK	41:06.1
3	154	954 Svitlana Solovyova	15 AK	45:22.9
4	169	755 Denali Blackmore	18 AK	46:13.2
5	172	721 Aubrey Ibele	15 AK	46:45.8
6	212	938 Sun So	18 AK	50:10.2
7	220	922 Michelle Rivera	17 AK	50:52.6
8	235	800 Ronnie Mora	16 NJ	53:09.0
9	257	23 Hoily Olson	15	57:56.7
10	269	944 Kelsey Powell	18 AK	59:44.5
11	299	834 Donna Sharp	19 AK	1:21:58.3
12	308	915 Savannah Lozano	17 AK	1:33:03.9

MALE AGE GROUP: 20 - 24

1	2	912 Flower Greene	23 AK	28:33.9
2	39	809 Aleks Pfaffe	21 AK	36:36.9
3	83	831 Michael Wicker	20 AK	40:30.2
4	89	749 Hunter Edin	24 AK	40:59.2
5	100	772 Kyle Wiertsema	24 AK	42:05.1
6	134	825 Luke Bennett	22 AK	44:34.6
7	157	977 Brian Smith	23 AK	45:31.5

8	164	966	Jacob Odegard	22	AK	45:45.0
9	198	892	Chris Gatch	24	AK	49:15.8

FEMALE AGE GROUP: 20 - 24

1	62	953	Oksana Savostina	21	AK	38:48.3
2	101	782	Shala Santiago	24	AK	42:07.2
3	104	798	Nikki Morilak	24	AK	42:23.5
4	112	843	Patricia Atchinson	22	AK	42:58.1
5	113	924	Channing Llaneza	22	AK	42:58.1
6	126	774	Whitney Froehlich	22	AK	43:58.2
7	146	857	Melissa Fink	21	AK	45:04.0
8	190	974	Jessica Shake	23	AK	48:35.2
9	192	773	Robin Klinger	23	AK	48:37.2
10	245	701	Taryn Bachman	23	AK	55:33.7
11	261	811	Laura Thompson	24	AK	58:32.3

MALE AGE GROUP: 25 - 29

1	6	816	Jeremiah Hale	29	AK	29:38.5
2	18	797	Mike Wahlig	25	AK	33:34.1
3	27	779	Joe Miller	26	AK	34:50.2
4	37	951	Craig Tilly	25	AK	36:31.6
5	45	929	Ben Anglen	27	AK	37:07.6
6	60	803	Adam Peterson	29	AK	38:39.2
7	67	21	Brennan Walsh	27		39:05.2
8	78	862	Cory Larson	25	AK	39:52.9
9	120	955	Ovidiu Sofron	28	AK	43:43.9
10	131	33	Mik Gusenius	28		44:31.6
11	183	9	Jacob Johnson	28	AK	47:28.3
12	196	4	Brandon Spoerhase	27	AK	49:08.9
13	229	865	Wilmer Hoffman	29	AK	52:24.8

FEMALE AGE GROUP: 25 - 29

1	85	20	Laura Edwards	25		40:35.3
2	91	796	Kara Van Kooten	26	AK	41:05.3
3	106	720	Robyn Engibons	25	AK	42:27.3
4	132	19	Heidi Gusenius	28		44:31.8
5	143	25	Tamara Deschaine	28		45:00.0
6	160	910	Maggie Miller	28	AK	45:38.0
7	186	921	Megan Costello	27	AK	48:21.9
8	207	10	Lindsey Deschaine	26	AK	49:46.5
9	214	950	Jacy Joyner	27	AK	50:15.7
10	244	802	Megan Peterson	29	AK	55:14.6
11	276	776	Jaimie Starnes	27	AK	1:03:34.1
12	283	998	Arika Browne	27	AK	1:05:33.7
13	287	864	Keryl Hoffman	26	AK	1:08:35.8
14	288	6	Sarah Colliander	27	AK	1:10:01.8
15	291	957	Olga Panitch	25	AK	1:11:11.4
16	296	851	Geraldine Laney	26	AK	1:16:13.0

MALE AGE GROUP: 30 - 34

1	10	43	Scott Schneider	30		30:51.0
2	13	923	Shane Locke	32	AK	32:21.8
3	28	783	Ben Bell	32	AK	34:59.0
4	50	806	Brian Iutzi	30	AK	37:30.5
5	54	863	Jeremy Abercrombie	31	AK	38:12.6
6	58	860	Karl Kile	34	AK	38:25.6
7	61	736	Brandon Suedekum	33	AZ	38:39.9
8	66	948	Zach Zipsir	30	AK	38:59.9
9	74	854	Dong Wook Kim	34	AK	39:42.6
10	88	979	Jeffery Lyon	33	AK	40:57.8
11	97	22	Will Vandergriff	30		41:43.3
12	175	920	Jasper Blair	34	AK	46:52.9
13	179	719	Lorence Williams	30		47:15.3
14	236	799	Brian O'Shea	34	AK	53:09.4
15	239	829	Michael Wisniewski	30	AK	53:53.8
16	262	730	Brian Marasco	34	AK	58:45.3

FEMALE AGE GROUP: 30 - 34					
1	9	996	Leslie Varys	30	AK 30:38.8
2	49	928	Bridget McBride	30	AK 37:23.0
3	57	757	Janet Morrone	33	AK 38:25.1
4	86	775	Jaime Stevenson	32	AK 40:44.0
5	95	24	Cherith Lafferty	31	41:08.4
6	119	42	Shannon King Hamlett	34	43:43.5
7	144	835	Kristi Rutman	32	AK 45:03.3
8	168	832	Adrienne Tveit	31	AK 46:05.7
9	177	702	Bobbi Mason	31	AK 47:09.8
10	180	903	Tracey Wollenberg	33	AK 47:21.1
11	193	905	Marika Athens	31	AK 48:50.6
12	195	847	Nicole Cleary	34	AK 48:53.1
13	200	839	Stacy Kelley	34	AK 49:18.5
14	203	852	Tana Stone	31	AK 49:27.6
15	205	781	Nicole Mikes	30	AK 49:35.8
16	208	911	Amanda Ungerecht	30	AK 49:47.3
17	217	739	Liesl Herndon	30	AK 50:41.3
18	251	897	Amber Morey	32	AK 56:29.0
19	281	871	Erin Shaw	34	AK 1:04:56.1
20	302	866	Gretchen Jett	31	AK 1:24:00.9

MALE AGE GROUP: 35 - 39					
1	17	956	Kirk Fisher	38	AK 33:25.7
2	32	13	Daniel Willman	36	AK 36:10.0
3	33	887	Tom Nabity	37	AK 36:12.0
4	38	992	Trevor Storrs	36	AK 36:33.0
5	41	890	Trent Baer	37	AK 36:46.4
6	63	17	Scotty Borg	37	38:48.9
7	65	916	Rodolfo Lozano	36	AK 38:58.0
8	70	873	Chris Johnson	39	AK 39:20.3
9	71	14	Lonnie Jossart	39	39:21.2
10	82	981	Brian Dales	36	AK 40:28.9
11	90	795	Eric Steenburgh	39	AK 41:05.2
12	116	934	Curtis Cherrier	39	AK 43:12.2
13	127	997	John Browne	39	AK 43:58.2
14	136	741	Brandon Locke	37	AK 44:36.0
15	139	914	William Ehelebe	39	AK 44:45.1
16	147	7	Richard Tieszen	38	AK 45:09.5
17	148	904	Robert Weakland	38	AK 45:13.7
18	150	37	Davin Holen	37	45:14.9
19	182	885	Kameron Perez-Verdia	37	AK 47:23.3
20	252	895	Chuck Morey	38	AK 56:29.1
21	307	850	Brian Flynn	36	AK 1:32:33.8

FEMALE AGE GROUP: 35 - 39					
1	55	35	Amy Hirsh	36	38:16.4
2	76	973	Kathy Jacobsen	36	AK 39:49.0
3	102	898	Laura Johnston	38	AK 42:20.1
4	118	833	Sharon Susook	38	AK 43:28.4
5	159	894	Verneese Maney-Rouzan	37	AK 45:36.2
6	167	930	Chris Parker	35	AK 45:49.0
7	181	45	Monica Perez-Verdia	35	AK 47:23.1
8	197	899	Susan Falk	35	AK 49:12.1
9	201	846	Brandy Ostrinski	36	AK 49:19.7
10	231	758	Becky Huelskoetter	36	AK 52:53.3
11	248	712	Laura McDonagh	35	AK 55:55.2
12	273	761	Micaela Jones	39	AK 1:00:48.8
13	280	740	Kimberly Chaitoff	36	AK 1:04:53.7
14	294	715	Heidi Hurley	36	AK 1:15:09.8
15	297	713	Margaret Gadseden	36	AK 1:16:36.3

MALE AGE GROUP: 40 - 44					
1	14	926	Stephen Peterson	44	AK 32:50.1
2	22	752	George Gates	41	AK 34:02.6
3	48	759	Paul Ferucci	40	AK 37:17.4
4	56	777	Martin Lindeke	41	AK 38:20.8

5	77	767 Mike Griffith	43 AK	39:49.4
6	99	931 Kevin Kuper	41 AK	41:52.4
7	103	971 Tom Falskow	41 AK	42:22.6
8	161	900 Dean Thompson	41 AK	45:41.1
9	219	770 Howard Chaitoff	44 AK	50:51.9
10	256	964 Glen Trombley	41 AK	57:54.5
11	282	771 Stacy Watkins	40 AK	1:04:56.2

FEMALE AGE GROUP: 40 - 44

1	31	734 Polly Wirum	43 AK	35:27.8
2	44	925 Mary Rowen	42 AK	37:02.2
3	72	820 Larissa Pestryakova	40 AK	39:33.0
4	84	745 Cheryl Ferucci	43 AK	40:32.4
5	109	991 Tammy (tayl Garber	42 AK	42:45.1
6	110	766 Marianne Elson-Griffith	43 AK	42:56.1
7	125	815 Mary Richards	43 AK	43:52.1
8	128	849 Rachelle Alger	40 AK	43:58.5
9	138	901 Marlys Morton	40 AK	44:43.4
10	141	46 Dianna Clemetson	42	44:49.4
11	163	952 Stacy Dayley	40 AK	45:42.3
12	184	878 Kelly Cerutti	42 AK	47:50.2
13	188	946 Wendy Brown	42 AK	48:34.5
14	194	15 Eileen Spezialy	44	48:51.5
15	199	784 Jill Reeves	42 AK	49:17.7
16	227	726 Michelle Semerad	40 AK	51:47.2
17	232	848 Karla Harrington	44 AK	52:53.9
18	233	823 Yolanda McCoy	40 AK	52:55.9
19	238	902 Christine Kane	41 AK	53:39.1
20	240	967 Denise Demetree	42 AK	53:56.6
21	247	932 Michelle Pokorny	40 AK	55:50.9
22	250	970 Tuyet Smallwood	42 AK	56:28.3
23	293	785 Rebecca Graham	43 AK	1:15:00.9

MALE AGE GROUP: 45 - 49

1	3	47 Scott Clemetson	45	28:37.7
2	8	44 John Clark	48	30:29.6
3	11	733 John Wirum	45 AK	31:15.9
4	15	933 Greg MacDonald	48 AK	32:54.6
5	16	884 Cloyd Crow	46 AK	33:19.3
6	19	909 Kenneth Barker	47 AK	33:50.7
7	29	760 Dave Bomalaski	48 AK	35:00.1
8	42	972 Mark Jacobsen	49 AK	36:51.6
9	64	891 Michael Campbell	46 AK	38:52.8
10	130	861 Dean Mac Lean	46 AS	44:30.2
11	133	763 Tracy Tucker	47 AK	44:33.4
12	216	725 Bill Bajczyk	49 AK	50:28.6

FEMALE AGE GROUP: 45 - 49

1	52	743 Marian Zobler	45 MD	37:44.3
2	98	947 Kelly Mazzei	45 AK	41:51.6
3	145	840 Janet Johnston	47 AK	45:03.7
4	224	824 Kathy Bennett	48 AK	51:18.4
5	242	40 Shawn O'Connor	48	54:27.6
6	253	927 Roxann O'Hara	47 AK	56:46.4
7	260	5 Linda Leary	49 AK	58:29.2
8	267	746 Edith Repp	45 AK	59:21.2
9	270	988 Marichu Relativo	46 AK	1:00:06.2
10	278	711 Janettha Smith	46 AK	1:04:15.4
11	286	993 Lisa Land	46 AK	1:07:13.4

MALE AGE GROUP: 50 - 54

1	4	989 Lloyd Raines	50 AK	29:15.0
2	21	987 Mark Dent	52 AK	33:59.8
3	24	812 Rafael Castaneda	53 AK	34:27.3
4	26	837 Greg Marino	54 AK	34:41.9
5	30	805 Toby Widdicombe	54 AK	35:17.6
6	46	990 Bobby Jeffs	52 AK	37:12.4

7	51	958 Dave Jones	51 AK	37:32.6
8	75	918 Steve Dwyer	51 AK	39:47.9
9	80	814 Brooks Chandler	53 AK	40:14.8
10	105	804 Robert Shem	52 AK	42:27.0
11	111	882 Stanley Foo	53 AK	42:57.2
12	115	801 Paul Schrooten	53 AK	43:10.2
13	158	727 Bill Kane	53 AK	45:35.3
14	174	790 Bruce Nelson	51 AK	46:48.4
15	222	827 Jocko Younger	51 AK	51:08.5
16	241	735 T. Frank Box	54 AK	54:17.5
17	254	836 Lee Olson	51 AK	57:46.0
18	259	982 Curtis Phelps	50 AK	58:07.6

FEMALE AGE GROUP: 50 - 54

1	96	963 Jane Buskirk	53 AK	41:22.5
2	137	731 Jo Murray	51 AK	44:40.8
3	152	792 Mamie Davis	54 FL	45:18.1
4	165	888 Jean Adamson	54 AK	45:47.4
5	166	965 Sj Lee	51 AK	45:47.5
6	210	12 Gretchen Jennings	50 AK	50:04.4
7	228	751 Diane Hanson	51 AK	52:02.3
8	230	995 Wanda Katinszky	53 AK	52:35.4
9	249	949 Cindy Patrick	52 AK	55:56.3
10	271	754 Rhoda Baines	53 AK	1:00:06.8
11	277	723 Robin Adams	52 AK	1:03:34.5
12	290	729 Leslie Dean	54 AK	1:10:53.2
13	292	869 Jan Johnson	54 AK	1:13:52.4
14	300	907 Peggy Spittler	53 AK	1:22:25.0

MALE AGE GROUP: 55 - 59

1	7	822 Bob Davis	56 AK	30:06.0
2	20	962 Larry Buskirk	57 AK	33:57.1
3	36	968 Rich Dale	56 AK	36:24.0
4	43	821 Brad Richie	55 AK	36:58.8
5	81	32 Klas Winell	58	40:24.6
6	87	718 William Clark	56 AK	40:57.3
7	121	913 Jimbo Tilly	59 AK	43:44.9
8	124	750 John Adamson	55 AK	43:50.6
9	129	786 Ed Wilson	59 AK	44:07.6
10	170	818 Tom Swartz	56 AK	46:21.0
11	187	810 Richard Webb	58 AK	48:29.4
12	191	975 Patrick Shake	56 AK	48:35.2
13	202	789 Patrick Flanigin	55 AK	49:22.4
14	209	817 John Swartz	55 AK	49:57.1
15	211	744 Richard Mandsager	57 AK	50:04.6
16	223	778 Charles Delbridge	58 AK	51:17.5
17	243	732 Wayne Crayton	56 AK	54:45.8
18	246	728 Don Hopwood	58 AK	55:38.0
19	284	39 Michael O'Connor	56	1:06:59.3
20	305	879 Roy Crittenden	57 AK	1:32:32.0

FEMALE AGE GROUP: 55 - 59

1	23	980 Mary Barrett	55 AK	34:15.6
2	107	3 Pok Maley	58 AK	42:34.3
3	142	787 Jean Funatake	58 AK	44:54.2
4	151	856 Lois Watson	58 AK	45:18.1
5	171	788 Mary Flanigin	59 AK	46:32.1
6	173	986 Rose Van Hemert	59 AK	46:47.2
7	218	813 Denise Hanson	55 AK	50:46.8
8	234	793 Pat Doughty	55 NJ	53:08.7
9	275	11 Dora Williams	55 AK	1:03:11.4
10	303	867 Chris Jett	55 AK	1:24:00.9

MALE AGE GROUP: 60 - 64

1	47	859 Jim Leonard	63 AK	37:15.3
2	68	16 Roger Anderson	63	39:11.5
3	149	38 Jim Holen	60	45:14.3

4	155	858 Rodney Kleedeahn	62 AK	45:26.6
5	185	34 Lee Philo	62	48:18.2
6	255	870 Terrence Johnson	60 AK	57:46.5
7	301	906 Bruce Spittler	60 AK	1:22:25.3

FEMALE AGE GROUP: 60 - 64

1	79	742 Carol Shively	63 CO	39:57.3
2	189	808 Dawn Page	61 AK	48:34.6
3	264	791 Martha Nelson	60 AK	59:13.6
4	274	819 Louann Feldmann	63 AK	1:02:21.6
5	289	868 Peanuts Norwood	61 AK	1:10:11.8
6	306	880 Sandi Crittenden	63 AK	1:32:33.5

MALE AGE GROUP: 65 - 69

1	176	41 Ken Flynn	66	47:06.4
2	204	844 Wayne Rush	67 AK	49:30.3
3	206	917 Jerry Ware	67 AK	49:40.1
4	295	961 Florian Borowski	68 MI	1:15:58.9

FEMALE AGE GROUP: 65 - 69

1	221	881 Joan Clark	67 AK	51:08.1
2	263	960 Glenda Borowski	65 MI	59:04.3

MALE AGE GROUP: 70 - 74

1	298	714 Michael McDonagh	74 AK	1:16:38.1
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FEMALE AGE GROUP: 70 - 74

1	178	764 Mary Marsolais	72 AK	47:14.6
2	215	959 Millie Spezialy	71 AK	50:21.9

MALE AGE GROUP: 75 - 79

FEMALE AGE GROUP: 75 - 79

1	304	18 Sharon Kelly	76	1:27:59.8
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MALE AGE GROUP: 80 - 84

1	213	978 Corky Corthell	80 AK	50:14.8
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FEMALE AGE GROUP: 80 - 84

No ages Given

?	936	George Chang	99 AK	38:27.7
?	976	Dianne Alger	99 AK	53:37.5
?	943	Prishanya Pillai	99 AK	59:14.5
?	940	Trinidad Infante	99 AK	59:15.4
?	939	Catherine Yang	99 AK	59:36.5