

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

Men

Place	No.	Name	City	State	Time
1	956	Kirk Fisher	M Anchorage	AK	33: 25. 7
2	804	Robert Shem	M Anchorage	AK	42: 27. 0
3	750	John Adamson	M Anchorage	AK	43: 50. 6
4	914	William Ehel ebe	M anchorage	AK	44: 45. 1
5	7	Richard Ti eszen	M Anchorage	AK	45: 09. 5
6	810	Richard Webb	M Pal mer	AK	48: 29. 4
7	844	Wayne Rush	M Eagl e Ri ver	AK	49: 30. 3
8	917	Jerry Ware	M Anchorage	AK	49: 40. 1
9	778	Charles Del bri dge	M Anchorage	AK	51: 17. 5
10	735	T. Frank Box	M Anchorage	AK	54: 17. 5
11	732	Wayne Crayton	M Anchorage	AK	54: 45. 8

Women

Place	No.	Name	City	State	Time
1	980	Mary Barrett	F Pal mer	AK	34: 15. 6
2	19	Hei di Guseni us	F		44: 31. 8
3	787	Jean Funatake	F Anchorage	AK	44: 54. 2
4	856	Loi s Watson	F Anchorage	AK	45: 18. 1
5	788	Mary Fl ani gi n	F Anchorage	AK	46: 32. 1
6	764	Mary Marsol ai s	F Eagl e Ri ver	AK	47: 14. 6
7	711	Janetta Smi th	F Anchorage	AK	1: 04: 15. 4
8	868	Peanuts Norwood	F Gi rdwood	AK	1: 10: 11. 8