

2010 Trail Run

MEN

5 K

Overall Winner: Jason Meyer (30-39) 17:39

19 and Under

1. Chris Francis	21:18
2. Nathan Betts	24:22
3. Connor Gudenkauf	24:56

20-29

1. Aaron O'Brien	20:39
2. Adam Hinders	20:57
3. Brad McGrath	21:35

30-39

1. Paul Kilgore	18:24
2. Greg Hermiston	19:18
3. Eric Amberg	21:46

40-49

1. Jerry Weitz	20:07
2. Eric Foy	20:39
3. Dennis George	20:49

50-59

1. Jamie Brown	19:44
2. Bill Copper	23:23
3. Chad Cox	23:48

60-69

1. John Lux	29:37
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70+

1. Rodger Goodwin	26:34
2. Joe Ihm	50:53

WOMEN

5 K

Overall Winner: Ely Hinders (20-29) 20:45

19 and Under

1. Hanna Meyer	24:42
2. Mary Kate Buchheit	27:04
3. Taylor Manders	27:45

20-29

1. Katy Wait	21:38
2. Carin Lowe	22:39
3. Molly McDonald	22:40

30-39

1. Heidi Sutter	21:22
2. Tammy Kallback	21:54
3. Kelly King	24:47

40-49

1. Tracy McDermott	22:45
2. Dawn Manders	23:37
3. Wendy Lyons	24:50

50-59

1. Nancy Adams	29:48
2. Carleen Rehmke	30:14
3. Cheryl Valentine	30:42

60-69

1. Jeanette Raynett	28:16
2. Nancy Ehrlich	33:38
3. Ruth Franzen	37:05

70+

1. Jean Marie Hall	50:49
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MEN

10K

Overall Winner: Matt Jasper (20-29) 35:42

19 and Under

1. Dallas Clasen	45:03
2. Alex King	47:38
3. Ben McAuliffe	50:29

20-29

1. Mike Rohner	35:46
2. Bradley Williams	40:059
3. Matt Hoogterp	43:54

30-39

1. Will Hoyer	37:41
2. Eric Walsh	38:02
3. Luke Sheppard	41:45

40-49

1. Hillard Salas	39:11
2. Rick Till	39:29
3. Tom Gantz	41:02

50-59

1. Tom Goodman	42:23
2. Scott Wallace	43:35
3. Dan Rohner	44:17

60-69

1. Tom Kirkwood (Age Group Record)	47:11
2. Alan Crandall	51:34
3. Ron Bussan	52:21

70+ NO ENTRIES

WOMEN

10K

Overall Winner: Jessica Hruska (30-39) 40:08
(Course and Age Group Record)

19 and Under:

1. Kayla Wiegman	50:27
2. Jaclyn Sahn	59:02
3. Sarah Benko	1:03:33

20-29

1. Lindsey Jasper	42:44
2. Erin Donovan	43:38
3. Jessica Wuellner	44:56

30-39

1. Julie Binneboese	46:58
2. Jennie Loney	47:29
3. Megan Stull	49:05

40-49

1. Elizabeth Riffel	43:08
2. Jeann Digman	51:50
3. Sharon Klein	51:57

50-59

1. Sandy Andrews	50:42
2. Diane Lahr	53:58
3. Mary Geisler	58:37

60-69

1. Rhea Lindahl	58:09
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70+ NO ENTRIES

2010 TRAIL RUN OVERALL FINISHERS ~5K

5K

1. Jason Meyer	17:39	67. Chad Mead	26:21	137. Ann Schroeder	29:52
2. Paul Kilgore	18:24	68. Chris Maiers	26:26	138. Jennifer Eubanks	29:54
3. Greg Hermiston	19:18	69. Myles Wernimont	26:30	139. Michel Theisen	29:55
4. Jamie Brown	19:44	70. Rodger Goodwin	26:34	140. Joey Ravenscroft	29:57
5. Jerry Weitz	20:07	71. Jennifer Even	26:41	141. Alex Nowaki	30:01
6. Aaron O'Brien	20:17	72. Bryan VanderLee	26:46	142. Kelly Eigenberger	30:02
7. Erik Foy	20:39	73. Jennifer Schinstock	26:52	143. Renae Gabrielson	30:33
8. Elly Hinders	20:45	74. Michael Floor	26:56	144. Emily Ostwinkle	30:04
9. Dennis George	20:49	75. Mary Kate Buchheit	27:04	145. Dan Fens	30:05
10. Adam Hinders	20:57	76. Kerl Lawson	27:08	146. Dominic Smith	30:12
11. Chris Francis	21:18	77. Joan Kies	27:15	147. Carleen Rehmke	30:14
12. Heidi Sutter	21:22	78. Tracey Burds	27:20	148. Natalie Frasher	30:15
13. Brad McGrath	21:35	79. Robert Harbin	27:23	149. Rachel Splinter	30:16
14. Kathy Wait	21:38	80. Taylor Manders	27:25	150. Catherine Van Paemel	30:16
15. Eric Amberg	21:46	81. Steve Berlage	27:26	151. Brooke Gassman	30:20
16. Tammy Kallback	21:54	82. Troy Brehm	27:36	152. Pam Stierman	31:21
17. John Perry	22:03	83. Carlie Loesel	27:38	153. Jodi Fens	31:23
18. Kevin Weideman	22:10	84. Ken Cummings	27:39	154. Laura Oberfoell	31:31
19. John Moore	22:14	85. Dana Harrold	27:47	155. Carmen Hefel	30:34
20. Francois Stander	22:17	86. Jenica Kester	27:48	156. Max Gourley	30:36
21. Craig McClenahan	22:21	87. Jacob Roth	27:50	157. Cheryl Valentine	30:42
22. Rob Murray	22:26	88. Julie Harris	27:51	158. Mari Hammel	30:46
23. Carin Lowe	22:37	89. Pat Noonan	27:53	159. Sheri Hosek	30:50
24. Molly McDonald	22:40	90. John Meyer	27:57	160. Anne Noonan	30:58
25. Todd Kaiser	22:43	91. Kari Pace	28:01	161. Michelle Kilgore	31:09
26. Tracy McDermott	22:45	92. Mitchel Splinter	28:02	162. Tracy Bechen	31:10
27. Tony Dalsing	22:49	93. Tracy Dolphin	28:02	163. Brittany Ries	31:21
28. Justin Hahn	22:50	94. Tara Smith	28:04:76	164. MaryEllen Connolly	31:25
29. Jim Kuennen	22:51	95. Alicia Sprank	28:07	165. Mary Buchheit	31:32
30. Allison George	22:56	96. Trevor Tharp	28:09	166. Kimberly Schmidt	31:37
31. Michelle Keppler	22:57	97. Jeanne Raynett	28:16	167. Sheila Schultz	31:38
32. Bill Copper	23:23	98. Sherry Kelchen	28:22	168. Maria Smith	31:41
33. Luke Hoffmann	23:24	99. Tammy Walsh	28:24:01	169. Emily Buchheit	31:45
34. Amanda Scherrman	23:35	100. Dawn Cummer	28:27	170. Laura Schieltz	31:46
35. Dawn Manders	23:37	101. Sarah Glaser	28:28	171. Lisa Frasher	31:48
36. Chad Cox	23:48	102. Michael Hemming	28:29	172. Vincent Smith	31:49
37. Jamie Weiner	23:50	103. Nicole Manning	28:30	173. Will Peterson	31:55
38. Steven Green	23:52	104. Kevin Wernimont	28:31	174. Denis Buchheit	31:56
39. Jon Roraff	24:02	105. Carolyn Tompkins	28:33	175. Tammie Harbin	32:04
40. Scott Breitbart	24:14	106. Jenny Spahn	28:38	176. Kyle Guldenpfennig	32:07
41. David Kennedy	24:16	107. Brendan Kemp	28:40	177. Jessica Healy	32:11
42. Peter Shearer	24:19	108. Joan Hoemer	28:43	178. Joe Picray	32:12
43. Marty Maiers	24:21	109. Logan Manders	28:46	179. Nicole Neuhaus	32:13
44. Nathan Betts	24:22	110. Jack Hinderman	28:50	180. Amy Gilligan	32:19
45. Kristina Castaneda	24:24	111. Nicole Mead	28:52	181. Katie Thomas	32:21
46. Matthew Hull	24:36	112. Sarah Delaney	28:56	182. Andrew Thomas	32:22
47. Hanna Meyer	24:41	113. Cassie Amberg	28:58	183. Betsy Smith	32:35
48. Kelly King	24:47	114. Lugene Berning	28:59	184. Jeff Manders	32:38
49. Jackie Bettcher	24:48	115. Chaz Schmitt	29:03	185. Erin Schroeder	32:41
50. Wendy Lyons	24:50	116. Amanda Delaney	29:04	186. Diane Tauke	32:43
51. Conner Guedekauf	24:56	117. Ben Hartman	29:06	187. Kylie Kelchen	32:48
52. Travis Garcia	25:04	118. Angie Recher	29:07	188. DeDe McDermott	32:50
53. William Hinton	25:07	119. ? McDermott	29:13	189. Linda Cabalka	32:56
54. Staci Hahn	25:08	120. Eric Munshower	29:14	190. Donna Neumann	32:58
55. Michael Till	25:11	121. Kevin Brehm	29:17	191. Rebecca Studtmann	33:02
56. Steve Coohy	25:14	122. Donna Lamphere	29:18	192. Lori Pfeiler	33:03
57. Kari Bellman	25:24	123. Ashley Klein	29:20	193. Jeremy Woolf	33:05
58. Rhonda Frieburger	25:26	124. Daniel Schmitt	29:21	194. Debra McGinnis	33:06
59. Martha McDonald	25:32	125. Sarah Zenner	29:22	195. Kaitly Blaine	33:13
60. Jim Klein	25:35	126. Mitchell Wernimont	29:25	196. Jeffrey Peterson	33:14
61. Christopher Herber	25:44	127. Nancy Sullivan	29:26	197. Florence Siefker	33:22
62. Mark Conrad	25:50	128. Jinty-Anne Montocchio	29:27	198. Nancy Dillahay	33:24
63. Melissa Digmann	25:51	129. Peggy Stockel	29:35	199. Casey Ronahay	33:25
64. Cari Tharp	25:55	130. John Lux	29:37	200. Katie Hefel	33:31
65. Brian Bockelman	26:01	131. Trudy Ostwinkle	29:39	201. Barb Coohy	33:37
66. Jenni Walters	26:05	132. Janie Larsen	29:43	202. Nancy Ehrlich	33:38
		133. Bruce Rehmke	29:44	203. Matt Barton	33:40
		134. Lacey Stevens	29:47	204. Barb Meyers	33:41
		135. Nancy Adams	29:48	205. Brenda Becker	33:42
		136. Abby Simon	29:50	206. Tiffany Feldmann	33:43

207. Kelly Ludwig	33:45	273. Melaine Fenner	45:37
208. Tammy McClain	33:51	274. Tina Brehm	47:23
209. Kathy Hoffmann	33:54	275. NO TAG	48:26
210. Jill Boge	33:56	276. Rachel Peterson	50:45
211. Penny Splinter	34:09	277. Jean Marie Hall	50:49
212. Julie Hoffmann	34:41	278. Joe Ihm	50:53
213. Amy Naumann	34:41		
214. Tracy Meuller	34:42		
215. Tom Barton	34:43		
216. NO TAG	34:54		
217. Amanda Jones	35:20		
218. MaryEllen Clark	35:24		
219. Amy Schauer	35:26		
220. Heather Picray	35:30		
221. Rebekah Bartsch	35:38		
222. Jodee Dietzenbach	35:39		
223. Aaron Ebling	35:52		
224. Susan Ebling	35:54		
225. Kathy Lahey	35:55		
226. Alice Ostwinkle	36:00		
227. Jill Petsche	36:35		
228. Courtney Till	36:37		
229. Karla Waldbillig	36:38		
230. Stacey Bakey	36:45		
231. Jim Schauer	36:47		
232. Donna Loewen	36:50		
233. Traci Berlage	36:51		
234. Molly Schraeder	36:53		
235. Ruth Fransen	37:05		
236. Hank Peterson	37:31		
237. Ty Ebling	37:32		
238. Lisa Gasper	37:35		
239. Kimberly Feltes	37:36		
240. Tanner Nauman	37:37		
241. Jackie Wuepker	37:39		
242. Sara Perry	38:02		
243. Kathy Nauman	38:08		
244. Amanda Benson	38:09		
245. Leah Eichorn	38:38		
246. Khi Shireman	39:13		
247. Angella Link	39:21		
248. Robin Lelleskov	39:28		
249. Emily Faust	39:22		
250. Debra Faust	39:42		
251. Nicole Hefel	39:44:18		
252. Christina Hayes	39:44:54		
253. Megan Chemin	39:45		
254. Rachel Foster	39:46		
255. Rati Chandra	39:50		
256. Sue Garrity	39:56		
257. Michela Dalsing	40:00		
258. Julie Spahn	40:21		
259. Molly Sundstedt	40:22		
260. Jan McCarthy	40:24		
261. Ben McCarthy	40:25		
262. Roxanne Tharp	40:43		
263. Angela Warnke	41:11		
264. Sarah Spires	42:16		
265. David Roth	42:18		
266. Alisha Brehm	42:35		
267. Laura Herman	42:41		
268. Stacey Dudgeon	42:44		
269. Lindsey Brehm	43:17		
270. Jennifer Schauer	44:07		
271. Julie Bradley	44:09		
272. Julie Jochum	45:35		

2010 TRAIL RUN OVERALL FINISHERS~ 10K

10K								
1.	Matt Jasper	35:42	67.	Jeanne Ulrichs	51:26	134.	Rachel McDermott	1:03:06
2.	Mike Rohner	35:46	68.	Eric Larsen	52:48	135.	Marlene Pfeiler	1:03:06
3.	Will Hoyer	37:41	69.	Ben Roling	52:59	136.	Shawndee Winandy	1:03:08
4.	Eric Walsh	38:02	70.	Michael Maiers	53:05	137.	Sarah Benko	1:03:33
5.	Hillard Salas	39:11	71.	Gary McGraw	53:10	138.	Mike Maloney	1:03:42
6.	Rick Till	39:29	72.	Ron Nowacki	53:18	139.	Sally Edwards	1:04:17:19
7.	Jessica Hruska	40:08	73.	Adam Feyen	53:19:03	140.	Matthew Kunau	1:04:17:45
8.	Bradley Williams	40:59	74.	Ashley Buss	53:19:27	141.	Julie Harbaugh	1:04:29
9.	Tom Gantz	41:02	75.	Rebecca Timmerman	53:29:10	142.	Jennifer Eichman	1:05:27
10.	Jay Brestrup	41:13	76.	Scott Clarke	53:29:77	143.	Erin Melloy	1:05:29
11.	Luke Sheppard	41:45	77.	Patti Sterns	53:31	144.	Nicole Baumgartner	1:05:30:10
12.	Rod Warnke	42:11	78.	Tim Schneider	53:33	145.	Maureen Quan	1:05:30:90
13.	Tom Goodman	42:23	79.	Eric Mueller	53:49	146.	Kimberly Lammers	1:05:53
14.	Lindsey Jasper	42:44	80.	Brendan Quan	53:55	147.	Jen Broders	1:06:06
15.	Seth Dudgeon	42:55	81.	Diane Lahr	53:58	148.	Jeannie Adams	1:06:52
16.	Elizabeth Riffel	43:08	82.	Sara Leibfried	54:06	149.	Sarah Anderson	1:07:05
17.	Dennis Welu	43:28	83.	Amy Conrad	54:17	150.	Renee Pilarinos	1:08:34
18.	Scott Wallace	43:35	84.	Tony Aitchison	54:18	151.	Jessie Walker	1:10:17
19.	Erin Donovan	43:38	85.	Paul Schomberg	54:32	152.	Prassana Kumar	1:10:27
20.	Andrew Benko	43:42	86.	Michele Bussan	54:36	153.	Rajkumar Thottikalai	1:10:28
21.	Matt Hoogterp	43:54	87.	Dave Kapler	54:46	154.	Kranthi Nelluri	1:10:30
22.	Dan Rohner	44:17	88.	Taylor Lewis	54:48	155.	Renae Wuertzer	1:11:46
23.	Cory Clasen	44:46	89.	Calista Smith	54:53	156.	Brandy Baumhover	1:13:47
24.	Jessica Wuellner	44:56	90.	Rebecca Tekippe	55:06:01	157.	Daniel King	1:13:55
25.	Dallas Clasen	45:03	91.	Andrea Ries	55:06:42	158.	Mike Jensen	1:13:56
26.	Brett Wheelan	45:42	92.	Tina Becker	55:24:02	159.	Laure Lewis	1:15:35
27.	Lukas Slater	46:16	93.	Samantha Brown	55:24:62	160.	Ryan Spires	1:21:58
28.	Chad Oberdoester	46:24	94.	Scott Ravenscroft	55:26			
29.	Chuck Soat	46:33	95.	Laura King	55:37:07			
30.	Holly Flood	46:42	96.	Carrie Welbes	55:37:60			
31.	A. J. Cogan	46:53	97.	Jim Becker	55:41:43			
32.	Julie Binneboese	46:58	98.	Karen Breitbach	55:41:44			
33.	Tom Kirkwood	47:11	99.	Krista LeBeck	55:52			
34.	Jennie Loney	47:29	100.	Melissa Ernzen	56:12			
35.	Alex King	47:38	101.	Anne Breitbach	56:31			
36.	James Cassidy	47:58	102.	Sandy Bemis	56:36			
37.	Nick Heltz	48:07	103.	Reunee Montz	57:04			
38.	Mark Roling	48:11	104.	Jennifer Smith	57:06			
39.	Kevin Deeny	49:05:21	105.	Mike Breitbach	57:12			
40.	Megan Stull	49:05:95	106.	Kurt Davis	57:18			
41.	Mike Yeries	49:08	107.	Janet Weigand	57:29:68			
42.	Steve Grobstick	49:16	108.	Adam Snoozy	57:29:91			
43.	Brian Unsen	49:20	109.	Kathy Vaughn	58:02			
44.	Julie Schultz	49:24	110.	Corin Metz	58:07			
45.	Brian Nelson	49:44	111.	Sarah Clasen	58:08			
46.	Jolene Darter	49:54:52	112.	Rhea Lindahl	58:09			
47.	Carl Gudenkauf	49:54:76	113.	Lynn Davis	58:35			
48.	Liz Pregler	49:57	114.	Mary Geisler	58:31			
49.	David Yonda	50:01	115.	Sara Roling	58:38			
50.	Tiffany Wuertzer	50:04	116.	Christos Pilarinos	59:17			
51.	Randy Cogan	50:04	117.	Lindsay Weinscher	59:19			
52.	Kayla Wiegman	50:27	118.	Jaclyn Sahn	59:20			
53.	Ben McAuliffe	50:29	119.	Todd Stevenson	59:21:47			
54.	Cletus Brehm	50:37	120.	Tamara Meuhring	59:21:47			
55.	Clay Harrold	50:39	121.	Michelle Zeal	59:25			
56.	Sandy Andrews	50:42	122.	NO TAG				
57.	Greg Schuetz	50:45	123.	Dennis Erickson	59:47:79			
58.	Curt Schultz	50:46	124.	Meg Mitchell	59:49			
59.	Lee Leeser	50:48	125.	Lori Harms	1:00:42			
60.	Serena Lynch	50:57	126.	Kevin Mueller	1:01:11			
61.	Dean Skinner	51:24	127.	Daniel Lynn	1:01:13			
62.	G. Alan Crandall	51:34	128.	Mike Noel	1:01:14			
63.	Jeann Digman	51:50	129.	Carrie Soppe	1:01:18			
64.	Gary Klostermann	51:53	130.	Fontaine Walker	1:01:33			
65.	Sharon Klein	51:57	131.	Sara Post	1:02:39			
66.	Ron Bussan	52:21	132.	Wendy Davis	1:02:54			
			133.	Tanya Pfeiler-Galstad	1:03:02			