

Mountain Marathon & Hillbilly Half - 3/5/2011

Capitol Forest. Olympia, WA

Presented by: Guerilla Running

Supported by: Ontherunevents.com, South Sound Running, Friends of Capitol Forest, Penrose & Associates Physical Therapy, Integrated Sports Medicine, Hello Cupcake, Olympia Orthopedic Associates, 510 Interiors, Greenlayer, NUUN, Nathan Sports, Washington State Department of Natural Resources & Guerilla Running Racing Club

USATF Sanctioned Event

Course Description: Starting point at 500 ft elevation. High point 1800 ft. Elevation Gain/Loss- Marathon (26.3): Approx.3950 ft. 1/2 Marathon (13.11): Approx. 1,975 ft. Course altered due to unseasonably deep snow at elevations above 700 ft. on miles 1-8 & miles 13-21. Trail/road conditions ranged from wet dirt, ice, crusty deep snow, to frigid slush.

211 finishers in the two events.

Results

Marathon Overall

Place	Bib#	Name	Age	Hometown	Time
1	770	Jesse Stevick	M29	Olympia, WA	3:59:50.33
2	798	Matt Campbell	M27	Redmond, WA	4:19:55.37
3	772	Korey Konga	M23	Olympia, WA	4:26:02.38
4	781	Steven Vymola	M40	Portland, OR	4:40:50.48
5	38	Ian Morgan	M32	Cashmere, WA	4:47:06.01
6	49	Joshua Shrader	M30	Roy, WA	4:49:17.27
7	24	Scott Jatzczak	M35	Oak Harbor, WA	4:54:28.28
8	779	Ki Shin	M44	Montesano, WA	4:54:34.01
9	777	Robert Bondurant	M38	Chimacum, WA	4:54:34.40
10	31	Nicolette Laurie	W38	Portland, OR	5:01:46.24
11	28	jennie Lange	W39	DuPont, WA	5:07:53.44
12	773	Dan Saul	M55	Olympia, WA	5:07:53.60
13	26	Daniel Kuhlmann	M27	tacoma, WA	5:10:32.74
14	36	Shawn McKee	M29	Seattle, WA	5:11:00.58
15	545	Michael Bloom	M31	Puyallup, WA	5:11:21.48
16	46	Hector Rueda	M27	Fort Lewis, WA	5:13:06.11
17	537	Ricky Curry	M26	Ft. Lewis, WA	5:18:24.33
18	547	Josh Owen	M32	Beaverton, OR	5:19:20.44
19	42	Heidi Perry	W39	Lacey, WA	5:19:29.63
20	57	Christopher Rice	M36	Dupont, WA	5:23:40.26
21	30	Kurt Lauer	M49	Seattle, WA	5:29:53.69
22	51	Sarah Strattan	W22	Tacoma, WA	5:30:16.57
23	43	Sheila Petrunich	W34	Jackson, WY	5:33:38.68
24	780	Ryan Ordway	M23	Seatac, WA	5:35:02.21
25	25	Ashley Kuhlmann	W24	Lakewood, WA	5:36:51.01
26	17	Curtis Crothers	M51	Portland, OR	5:40:34.16
27	11	John Andrews	M30	Jblm, WA	5:43:37.05
28	53	Jeffery Webb	M40	Seattle, WA	5:44:56.72
29	18	Jennifer Edwards	W35	Olympia, WA	5:45:51.94
30	20	Lorie Alexander	W51	Coldstream, BC	5:49:11.32
31	21	Barry Hopkins	M57	Coldstream, BC	5:52:52.95
32	44	Don Pierce	M37	tacoma, WA	5:55:24.74
33	12	Jennifer Appel	W37	Puyallup, WA	6:02:11.25
34	56	Richard Cockrell	M46	Sumner, WA	6:02:20.95
35	22	Gary Holloway	M48	Boise, ID	6:04:31.76

36	774	Andy Fritz	M44	Olympia, WA	6:19:11.01
37	16	L Chang	M27	Dupont, WA	6:21:24.78
38	776	Dawn Lauti	W35	Bountiful, UT	6:27:07.87
39	50	Timothy Stephens	M26	Kent, WA	6:35:49.11
40	37	Randall Moran	M27	Lacey, WA	6:56:37.01
41	45	John Rood	M37	Olympia, WA	6:56:37.98
42	39	Jacob Morrison	M30	Port Angeles, WA	7:26:25.38

DNF

#52 Brandon Sullivan
 #33 Vincent Lucero
 #15 Benjamin Chan
 #13 Keven Babbitt

Marathon Age Groups

Place	Bib Name	Age	Hometown	Avg Mile	Finish Time
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20-24 Results - Women

1	#51 Sarah Strattan	W22	Tacoma, WA	12:39.4	5:30:16.57
2	#25 Ashley Kuhlmann	W24	Lakewood, WA	12:54.5	5:36:51.01

30-34 Results - Women

1	#43 Sheila Petrunich	W34	Jackson, WY	12:47.1	5:33:38.68
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35-39 Results - Women

1	#31 Nicolette Laurie	W38	Portland, OR	11:33.8	5:01:46.24
2	#28 jennie Lange	W39	DuPont, WA	11:47.9	5:07:53.44
3	#42 Heidi Perry	W39	Lacey, WA	12:14.6	5:19:29.63
4	#18 Jennifer Edwards	W35	Olympia, WA	13:15.2	5:45:51.94
5	#12 Jennifer Appel	W37	Puyallup, WA	13:52.7	6:02:11.25
6	#776 Dawn Lauti	W35	Bountiful, UT	14:50.1	6:27:07.87

50-54 Results - Women

1	#20 Lorie Alexander	W51	Coldstream, BC	13:22.8	5:49:11.32
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20-24 Results - Men

1	#772 Korey Konga	M23	Olympia, WA	10:11.7	4:26:02.38
2	#780 Ryan Ordway	M23	Seatac, WA	12:50.3	5:35:02.21

25-29 Results - Men

1	#770 Jesse Stevick	M29	Olympia, WA	9:11.4	3:59:50.33
2	#798 Matt Campbell	M27	Redmond, WA	9:57.6	4:19:55.37
3	#26 Daniel Kuhlmann	M27	tacoma, WA	11:54.0	5:10:32.74
4	#36 Shawn McKee	M29	Seattle, WA	11:55.1	5:11:00.58
5	#46 Hector Rueda	M27	Fort Lewis, WA	11:59.9	5:13:06.11
6	#537 Ricky Curry	M26	Ft. Lewis, WA	12:12.1	5:18:24.33
7	#16 L Chang	M27	Dupont, WA	14:36.9	6:21:24.78
8	#50 Timothy Stephens	M26	Kent, WA	15:10.1	6:35:49.11
9	#37 Randall Moran	M27	Lacey, WA	15:57.9	6:56:37.01

30-34 Results - Men

1	#38 Ian Morgan	M32 Cashmere, WA	11:00.1	4:47:06.01
2	#49 Joshua Shrader	M30 Roy, WA	11:05.1	4:49:17.27
3	#545 Michael Bloom	M31 Puyallup, WA	11:55.9	5:11:21.48
4	#547 Josh Owen	M32 Beaverton, OR	12:14.2	5:19:20.44
5	#11 John Andrews	M30 Jblm, WA	13:10.0	5:43:37.05
6	#39 Jacob Morrison	M30 Port Angeles, WA	17:06.4	7:26:25.38

35-39 Results - Men

1	#24 Scott Jatczak	M35 Oak Harbor, WA	11:17.0	4:54:28.28
2	#777 Robert Bondurant	M38 Chimacum, WA	11:17.3	4:54:34.40
3	#57 Christopher Rice	M36 Dupont, WA	12:24.2	5:23:40.26
4	#44 Don Pierce	M37 tacoma, WA	13:37.2	5:55:24.74
5	#45 John Rood	M37 Olympia, WA	15:57.9	6:56:37.98

40-44 Results - Men

1	#781 Steven Vymola	M40 Portland, OR	10:45.7	4:40:50.48
2	#779 Ki Shin	M44 Montesano, WA	11:17.3	4:54:34.01
3	#53 Jeffery Webb	M40 Seattle, WA	13:13.1	5:44:56.72
4	#774 Andy Fritz	M44 Olympia, WA	14:31.8	6:19:11.01

45-49 Results - Men

1	#30 Kurt Lauer	M49 Seattle, WA	12:38.5	5:29:53.69
2	#56 Richard Cockrell	M46 Sumner, WA	13:53.1	6:02:20.95
3	#22 Gary Holloway	M48 Boise, ID	13:58.1	6:04:31.76

50-54 Results - Men

1	#17 Curtis Crothers	M51 Portland, OR	13:03.0	5:40:34.16
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55-59 Results - Men

1	#773 Dan Saul	M55 Olympia, WA	11:47.9	5:07:53.60
2	#21 Barry Hopkins	M57 Coldstream, BC	13:31.3	5:52:52.95

Half Marathon Overall

Place	Comp#	Name	Age	Hometown	Time
1	538	Bryce Hill	M24	Ronald, WA	1:38:46.09
2	474	Josiah Price	M29	Olympia, WA	1:38:52.01
3	518	Ron Wooding	M51	Battle Ground, WA	1:48:38.17
4	530	Matthew Wolpert	M34	Portland, OR	1:49:33.91
5	404	Dave Florence	M43	Canby, OR	1:55:19.16
6	514	Don Wesley	M40	Redmond, WA	1:57:12.51
7	419	John Johnson	M42	Shelton, WA	1:57:24.04
8	522	Rui Zhu	M34	Salem, OR	1:58:18.21
9	396	Pete Erickson	M32	Kennewick, WA	1:58:22.81
10	433	Jeremy Luscher	M30	Seattle, WA	1:58:27.76
11	384	Richard Crabtree	M35	Vancouver, WA	2:01:21.75
12	497	laura springer	W28	Bainbridge Island, WA	2:02:27.32
13	391	Zach Denton	M35	Issaquah, WA	2:07:28.17
14	466	mark piccone	M41	dupont, WA	2:07:33.71
15	548	Katie Mulholland	W27	Seattle, WA	2:08:52.04
16	392	Ed Diaz	M39	Dupont, WA	2:09:04.58
17	389	Robert Dengel	M30	Olympia, WA	2:09:36.91

18	513	Jason Weekes	M36	Fife, WA	2:10:06.38
19	543	Paul Maness	M27	Tacoma, WA	2:10:26.19
20	541	Austin Pederson	M27	Portland, OR	2:11:36.91
21	440	Lori Mathews-Moriarity	W45	Port Orchard, WA	2:13:22.72
22	432	Monica Lloyd	W35	Olympia, WA	2:14:27.88
23	411	Cory Hench	M32	Rochester, WA	2:14:47.43
24	421	Larry Keltner	M44	Shelton, WA	2:14:57.36
25	546	Andrew Byers	M35	Olympia, WA	2:15:19.03
26	13	Keven Babbitt	M35	Renton, WA	2:15:29.43
27	443	Stephen Miller	M49	Olympia, WA	2:16:26.79
28	520	Joe Yela	M33	Vancouver, WA	2:18:04.77
29	379	Jason Clarke	M34	Gig Harbor, WA	2:18:18.06
30	453	Chris Newman	M50	Seattle, WA	2:19:46.55
31	473	Belle Price	W27	Olympia, WA	2:21:09.61
32	408	Jesse Grimm	M25	Lacey, WA	2:21:13.64
33	353	Terry Anderson	M42	Olympia, WA	2:22:04.73
34	461	Mark Partridge	M27	Seattle, WA	2:22:32.17
35	470	John Pontarolo	M58	Auburn, WA	2:22:48.17
36	387	Ben Dahl	M22	Oak Harbor, WA	2:24:37.63
37	366	Richard Bogart	M36	Seattle, WA	2:26:33.48
38	551	Carlos Romero	M45	Canby, OR	2:26:49.04
39	414	Patrick Holm	M26	Olympia, WA	2:27:38.82
40	371	Mark Buck	M42	Shelton, WA	2:28:07.12
41	544	Shawn Lewis	M42	Olympia, WA	2:28:09.28
42	542	Rick Bushnell	M48	Olympia, WA	2:29:41.65
43	375	Amy Chance	W46	Olympia, WA	2:30:06.37
44	429	Christopher Lemke	M62	Port Orchard, WA	2:30:35.88
45	533	Boram Kim	W24	Seattle, WA	2:30:45.99
46	372	David Burling	M48	Olympia, WA	2:31:31.86
47	367	Steve Bolingbroke	M49	Seattle, WA	2:32:03.57
48	467	Susan Pierson	W42	Lakewood, WA	2:33:36.01
49	512	Jeremy Wasson	M33	Lacey, WA	2:33:50.21
50	386	annie craig	W43	Orting, WA	2:34:22.07
51	374	William Carpenter	M34	Lacey, WA	2:34:45.46
52	423	Erica Kinsel	W32	Olympia, WA	2:34:51.59
53	469	Karli Plughoff	W37	Olympia, WA	2:35:13.05
54	510	Bree Warjone	W32	Olympia, WA	2:35:14.15
55	436	Joel Manning	M50	Olympia, WA	2:36:45.09
56	540	Justin Kohrs	M34	Seattle, WA	2:36:55.75
57	460	Leialani Olson	W30	quinault, WA	2:37:07.31
58	526	jay grubb	M50	seattle, WA	2:37:27.75
59	550	Kathleen Egan	W38	Seattle, WA	2:37:46.53
60	549	Dan Sears	100	Bellevue, WA	2:39:21.63
61	403	Brennan Fitzgerald	M31	Lacey, WA	2:39:21.85
62	454	wendy newman	W52	seattle, WA	2:39:59.81
63	424	Sarah Kjorstad	W35	Tacoma, WA	2:41:17.73
64	516	Burton Williams	M33	Portland, OR	2:41:18.07
65	426	Alyssa Leary	W22	Tacoma, WA	2:41:19.48
66	458	Breezie O'Neill	W24	Tumwater, WA	2:41:40.46
67	517	Robyn Winters	W30	Seattle, WA	2:42:33.83
68	536	william behan	100	Unattached	2:42:34.76
69	41	michelle olson	W38	portland, OR	2:42:40.76
70	486	Melinda Scharff	W44	Olympia, WA	2:42:41.20
71	521	Nancy Zamierowski	W32	Seattle, WA	2:42:46.83
72	485	Gregory Routt	M60	Seattle, WA	2:43:03.18
73	410	Kurt Harsh	M42	Tacoma, WA	2:44:35.61
74	528	joel howitt	M38	kent, WA	2:46:15.22
75	352	hamish anderson	M55	kirkalnd, WA	2:46:19.42
76	407	Whitney Golob	W25	Olympia, WA	2:46:37.63
77	492	Aaron Smith	M39	Olympia, WA	2:47:12.35

78	405	Jackie Frederick	W49	Olympia, WA	2:47:32.07
79	519	Jesse Yandell	M32	Lacey, WA	2:47:58.14
80	501	Misty Strong	W35	Lake Tapps, WA	2:48:19.33
81	393	Tim Dines	M31	Clarksville, TN	2:48:48.93
82	438	Sherri Marks	W36	port orchard, WA	2:48:49.22
83	381	Fran Cove	W48	Tacoma, WA	2:49:08.08
84	412	Kris Hoban	W53	Tacoma, WA	2:49:22.22
85	507	Karl Vonbargen	M47	Chehalis, WA	2:49:26.20
86	446	caitlin murray	W29	Seattle, WA	2:50:22.82
87	502	Sara Sweetser	W38	Enumclaw, WA	2:51:00.02
88	370	Melissa Bressler	W24	Federal Way, WA	2:51:25.01
89	398	Elaine Farr	W37	Shelton, WA	2:51:49.27
90	439	Rob Mason	M38	Port Angeles, WA	2:52:01.14
91	420	Sean Johnson	M38	Sequim, WA	2:52:57.72
92	373	James Cantrell	M36	silverlake, WA	2:52:57.99
93	488	Jennifer Seward	W37	Olympia, WA	2:53:28.41
94	351	Benjamin Anderson	M29	Seattle, WA	2:54:26.60
95	499	Phyllis Stanley-Bowe	W36	Montesano, WA	2:54:59.38
96	482	Dave Risvold	M49	Olympia, WA	2:55:43.37
97	358	Dania Bandas	W34	Lacey, WA	2:57:43.42
98	380	Brian Conner	M47	Snohomish, WA	2:58:04.66
99	489	Jason Shaw	M32	Seattle, WA	2:58:46.05
100	476	Dorothy Rajcich	W46	Aberdeen, WA	2:58:47.76
101	524	Nancy Mansell	W31	University Place, WA	2:59:03.91
102	525	Ryan Mansell	M28	University Place, WA	3:00:29.51
103	477	Betty Ramirez	W20	Olympia, WA	3:00:29.81
104	428	Allison LeBaron	W28	Puyallup, WA	3:00:42.98
105	484	Betsy Rogers	W47	Seattle, WA	3:00:44.91
106	483	Rachel Roberts	W34	Lacey, WA	3:02:02.03
107	354	Jason Angeles	M29	Yelm, WA	3:02:55.76
108	457	Julie O'Hara	W37	Olympia, WA	3:02:57.36
109	498	Shiva Standifur	W40	Olympia, WA	3:03:13.92
110	385	Margaret Crager	W51	Seattle, WA	3:03:14.29
111	490	Liz Shine	W37	Olympia, WA	3:04:43.73
112	434	Chad Machiela	M41	Rainier, WA	3:04:45.06
113	355	Don Archer	M41	Gig Harbor, WA	3:06:20.25
114	448	Bonnie Nelson	W24	Bothell, WA	3:06:20.53
115	399	Rachel Feldman	W42	Lynnwood, WA	3:07:17.16
116	456	george nix	M56	tacoma, WA	3:07:47.78
117	441	April Meissner	W39	Aberdeen, WA	3:08:15.11
118	506	Kristin Tuttle-Tomaschke	W25	Seattle, WA	3:08:18.96
119	377	Laura Chartoff	W39	Olympia, WA	3:09:01.47
120	383	Janna Cox	W47	Olympia, WA	3:09:31.43
121	515	Brandon Williams	M29	Eatonville, WA	3:09:57.70
122	388	DiAnne Dahl	W17	Oak Harbor, WA	3:10:19.30
123	356	Susan Aschenbrenner	W45	Yelm, WA	3:10:34.41
124	444	Dinah Millikin	W37	Kenmore, WA	3:11:28.03
125	445	John Millikin	M38	Kenmore, WA	3:12:00.34
126	534	Audrey Kirkwood	W51	Tacoma, WA	3:12:01.14
127	416	tom horan	M34	Enumclaw, WA	3:14:16.45
128	495	Michael Smith	M39	Tacoma, WA	3:14:48.81
129	359	Stefan Bandas	M38	Lacey, WA	3:14:49.12
130	418	Shelby Hultman	W39	Olympia, WA	3:15:05.68
131	475	Sonja Purtteman	W38	Olympia, WA	3:16:49.68
132	368	Alayna Brantner	W22	Olympia, WA	3:16:49.95
133	378	Royson Chow	M29	Seattle, WA	3:17:19.17
134	360	Greg Bargmann	M62	Olympia, WA	3:17:31.81
135	390	Tara Dent	W34	Puyallup, WA	3:17:45.47
136	413	Gina Hofmann	W35	Jblm, WA	3:18:11.31
137	508	Allen Walker	M49	Shelton, WA	3:19:29.88

138	532	Yvonne Gillette	W35	Black Diamond, WA	3:19:35.10
139	450	Fidencio Neri	M36	Auburn, WA	3:20:41.96
140	504	John Thompson	M47	Renton, WA	3:20:52.24
141	397	Lisa Faker	W38	tacoma, WA	3:22:50.98
142	437	H. Margolis	M44	Olympia, WA	3:24:05.11
143	503	Megan Terrell	W24	Ellensburg, WA	3:24:05.97
144	363	andrea bickle	W42	olympia, WA	3:24:24.26
145	505	Katrina Thompson	W41	Unattached	3:29:16.97
146	464	Clea Peterson	W34	Tacoma, WA	3:30:15.50
147	463	Brian Peterson	M35	Tacoma, WA	3:30:21.47
148	394	Rob Duran	M39	Olympia, WA	3:30:21.97
149	523	Jenny Jacobs	W34	Tacoma, WA	3:31:16.31
150	479	Amy Rayl	W37	renton, WA	3:33:03.77
151	494	Erica smith	W39	Olympia, WA	3:35:23.69
152	442	Leslie Merchant	W41	Olympia, WA	3:35:29.70
153	487	Bethany Scott	W31	Fairchild Afb, WA	3:35:30.01
154	40	Jeff O'Hare	M44	Mill creek, WA	3:35:51.18
155	496	Ruhama Sosnow	W54	Olympia, WA	3:35:51.78
156	430	Sam Leslie	M36	Unit B, Eve	3:37:05.27
157	472	William Poston	M28	Lacey, WA	3:43:18.07
158	47	Jill Satran	W50	Olympia, WA	3:43:51.04
159	471	Catherine Poston	W25	Lacey, WA	3:43:51.36
160	527	ivana halvorsen	W38	kent, WA	3:44:34.01
161	539	Cat Schwartz	W51	Puyallup, WA	3:45:13.96
162	35	Chelsey McHone	W26	Port Angeles, WA	3:46:00.01
163	462	Dean Pavletich	M49	Shelton, WA	3:47:31.72
164	376	Brett Taylor	M42	Olympia, WA	3:47:32.29
165	535	Fatima Wells	W28	Quinault, WA	3:56:14.81
166	459	Alicia Olson	W28	Humtulsips, WA	3:56:15.12
167	478	Mary Rasmussen	W33	Yelm, WA	4:08:34.46
168	491	Nancy Shinkle	W27	Lakewood, WA	4:12:31.33
169	775	Marilou Russell	W49	Olympia, WA	4:16:00.0

DNF

#400 Erik Fermstad
 #401 Randy Fermstad
 #451 Melissa Newbury

Half Marathon Age Group

Place	Bib#	Name	Age	Hometown	Avg Mile	Final Time
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15-19 Results - Women

1	#388	DiAnne Dahl	W17	Oak Harbor, WA	14:35.2	3:10:19.30
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20-24 Results - Women

1	#533	Boram Kim	W24	Seattle, WA	11:33.3	2:30:45.99
2	#426	Alyssa Leary	W22	Tacoma, WA	12:21.8	2:41:19.48
3	#458	Breezie O'Neill	W24	Tumwater, WA	12:23.4	2:41:40.46
4	#370	Melissa Bressler	W24	Federal Way, WA	13:08.2	2:51:25.01
5	#477	Betty Ramirez	W20	Olympia, WA	13:50.0	3:00:29.81
6	#448	Bonnie Nelson	W24	Bothell, WA	14:16.9	3:06:20.53
7	#368	Alayna Brantner	W22	Olympia, WA	15:05.1	3:16:49.95
8	#503	Megan Terrell	W24	Ellensburg, WA	15:38.5	3:24:05.97

25-29 Results - Women

1	#497	laura springer	W28	Unattached	9:23.1	2:02:27.32
2	#548	Katie Mulholland	W27	Seattle, WA	9:52.6	2:08:52.04
3	#473	Belle Price	W27	Olympia, WA	10:49.1	2:21:09.61
4	#407	Whitney Golob	W25	Olympia, WA	12:46.2	2:46:37.63
5	#446	caitlin murray	W29	Seattle, WA	13:03.5	2:50:22.82
6	#428	Allison LeBaron	W28	Puyallup, WA	13:51.0	3:00:42.98
7	#506	Kristin Tuttle-Toma	W25	Seattle, WA	14:25.9	3:08:18.96
8	#471	Catherine Poston	W25	Lacey, WA	17:09.4	3:43:51.36
9	#35	Chelsey McHone	W26	Port Angeles, WA	17:19.2	3:46:00.01
10	#535	Fatima Wells	W28	Quinalt, WA	18:06.3	3:56:14.81
11	#459	Alicia Olson	W28	Humptulips, WA	18:06.4	3:56:15.12
12	#491	Nancy Shinkle	W27	Lakewood, WA	19:21.2	4:12:31.33

30-34 Results - Women

1	#423	Erica Kinsel	W32	Olympia, WA	11:52.1	2:34:51.59
2	#510	Bree Warjone	W32	Olympia, WA	11:53.8	2:35:14.15
3	#460	Leialani Olson	W30	quinault, WA	12:02.5	2:37:07.31
4	#517	Robyn Winters	W30	Seattle, WA	12:27.5	2:42:33.83
5	#521	Nancy Zamierowski	W32	Seattle, Sea	12:28.5	2:42:46.83
6	#358	Dania Bandas	W34	Lacey, WA	13:37.2	2:57:43.42
7	#524	Nancy Mansell	W31	Unattached	13:43.4	2:59:03.91
8	#483	Rachel Roberts	W34	Lacey, WA	13:57.1	3:02:02.03
9	#390	Tara Dent	W34	Puyallup, WA	15:09.4	3:17:45.47
10	#464	Clea Peterson	W34	Tacoma, WA	16:06.8	3:30:15.50
11	#523	Jenny Jacobs	W34	Tacoma, WA	16:11.5	3:31:16.31
12	#487	Bethany Scott	W31	Fairchild Afb, WA	16:30.9	3:35:30.01
13	#478	Mary Rasmussen	W33	Yelm, WA	19:03.0	4:08:34.46

35-39 Results - Women

1	#432	Monica Lloyd	W35	Olympia, WA	10:18.3	2:14:27.88
2	#469	Karli Plughoff	W37	Olympia, WA	11:53.7	2:35:13.05
3	#550	Kathleen Egan	W38	Seattle, WA	12:05.5	2:37:46.53
4	#424	Sarah Kjorstad	W35	Tacoma, WA	12:21.7	2:41:17.73
5	#41	michelle olson	W38	portland, OR	12:28.1	2:42:40.76
6	#501	Misty Strong	W35	Lake Tapps, WA	12:54.0	2:48:19.33
7	#438	Sherri Marks	W36	port orchard, WA	12:56.3	2:48:49.22
8	#502	Sara Sweetser	W38	Enumclaw, WA	13:06.3	2:51:00.02
9	#398	Elaine Farr	W37	Shelton, WA	13:10.1	2:51:49.27
10	#488	Jennifer Seward	W37	Olympia, WA	13:17.7	2:53:28.41
11	#499	Phyllis Stanley-Bow	W36	Montesano, WA	13:24.7	2:54:59.38
12	#457	Julie O'Hara	W37	Olympia, WA	14:01.3	3:02:57.36
13	#490	Liz Shine	W37	Olympia, WA	14:09.4	3:04:43.73
14	#441	April Meissner	W39	Aberdeen, WA	14:25.6	3:08:15.11
15	#377	Laura Chartoff	W39	Olympia, WA	14:29.2	3:09:01.47
16	#444	Dinah Millikin	W37	Kenmore, WA	14:40.4	3:11:28.03
17	#418	Shelby Hultman	W39	Olympia, WA	14:57.1	3:15:05.68
18	#475	Sonja Purtteman	W38	Olympia, WA	15:05.1	3:16:49.68
19	#413	Gina Hofmann	W35	Jblm, WA	15:11.3	3:18:11.31
20	#532	Yvonne Gillette	W35	Black Diamond, WA	15:17.8	3:19:35.10
21	#397	Lisa Faker	W38	tacoma, WA	15:32.8	3:22:50.98
22	#479	Amy Rayl	W37	renton, WA	16:19.7	3:33:03.77
23	#494	Erica smith	W39	Olympia, WA	16:30.5	3:35:23.69
24	#527	Ivana Halvorsen	W38	kent, WA	17:12.6	3:44:34.01

40-44 Results - Women

1	#467	Susan Pierson	W42	Lakewood, WA	11:46.3	2:33:36.01
2	#386	annie craig	W43	Orting, WA	11:49.8	2:34:22.07

3	#486	Melinda Scharff	W44	Olympia, WA	12:28.1	2:42:41.20
4	#498	Shiva Standifur	W40	Olympia, WA	14:02.6	3:03:13.92
5	#399	Rachel Feldman	W42	Lynnwood, WA	14:21.2	3:07:17.16
6	#363	andrea bickle	W42	olympia, WA	15:39.9	3:24:24.26
7	#505	Katrina Thompson	W41	Unattached	16:02.3	3:29:16.97
8	#442	Leslie Merchant	W41	Olympia, WA	16:30.9	3:35:29.70

45-49 Results - Women

1	#440	Lori Mathews-Moriar	W45	Port Orchard, WA	10:13.3	2:13:22.72
2	#375	Amy Chance	W46	Olympia, WA	11:30.2	2:30:06.37
3	#405	Jackie Frederick	W49	Olympia, WA	12:50.4	2:47:32.07
4	#381	Fran Cove	W48	Tacoma, WA	12:57.7	2:49:08.08
5	#476	Dorothy Rajcich	W46	Aberdeen, WA	13:42.2	2:58:47.76
6	#484	Betsy Rogers	W47	Seattle, WA	13:51.1	3:00:44.91
7	#383	Janna Cox	W47	Olympia, WA	14:31.5	3:09:31.43
8	#356	Susan Aschenbrenner	W45	Yelm, WA	14:36.3	3:10:34.41
9	#775	Marilou Russell	W49	Olympia, WA	19:37	4:16:00.0

50-54 Results - Women

1	#454	Wendy Newman	W52	seattle, WA	12:15.7	2:39:59.81
2	#412	Kris Hoban	W53	Tacoma, WA	12:58.8	2:49:22.22
3	#385	Margaret Crager	W51	Seattle, WA	14:02.6	3:03:14.29
4	#534	Audrey Kirkwood	W51	Tacoma, WA	14:43.0	3:12:01.14
5	#496	Ruhama Sosnow	W54	Olympia, WA	16:32.6	3:35:51.78
6	#47	Jill Satran	W50	Olympia, WA	17:09.3	3:43:51.04
7	#539	Cat Schwartz	W51	Puyallup, WA	17:15.7	3:45:13.96

20-24 Results - Men

1	#538	Bryce Hill	M24	Ronald, WA	7:34.2	1:38:46.09
2	#387	Ben Dahl	M22	Oak Harbor, WA	11:05.1	2:24:37.63

25-29 Results - Men

1	#474	Josiah Price	M29	Olympia, WA	7:34.6	1:38:52.01
2	#543	Paul Maness	M27	Tacoma, WA	9:59.8	2:10:26.19
3	#541	Austin Pederson	M27	Portland, OR	10:05.2	2:11:36.91
4	#408	Jesse Grimm	M25	Lacey, WA	10:49.4	2:21:13.64
5	#461	Mark Partridge	M27	Seattle, WA	10:55.4	2:22:32.17
6	#414	Patrick Holm	M26	Olympia, WA	11:18.9	2:27:38.82
7	#351	Benjamin Anderson	M29	Seattle, WA	13:22.2	2:54:26.60
8	#525	Ryan Mansell	M28	Unattached	13:50.0	3:00:29.51
9	#354	Jason Angeles	M29	Yelm, WA	14:01.2	3:02:55.76
10	#515	Brandon Williams	M29	Eatonville, WA	14:33.5	3:09:57.70
11	#378	Royson Chow	M29	Seattle, WA	15:07.3	3:17:19.17
12	#472	William Poston	M28	Lacey, WA	17:06.8	3:43:18.07

30-34 Results - Men

1	#530	Matthew Wolpert	M34	Portland, OR	8:23.8	1:49:33.91
2	#522	Rui Zhu	M34	Salem, OR	9:04.0	1:58:18.21
3	#396	Pete Erickson	M32	Kennewick, WA	9:04.4	1:58:22.81
4	#433	Jeremy Luscher	M30	Seattle, WA	9:04.7	1:58:27.76
5	#389	Robert Dengel	M30	Olympia, WA	9:56.0	2:09:36.91
6	#411	Cory Hench	M32	Rochester, WA	10:19.8	2:14:47.43
7	#520	Joe Yela	M33	Vancouver, WA	10:34.9	2:18:04.77
8	#379	Jason Clarke	M34	Gig Harbor, WA	10:36.0	2:18:18.06
9	#512	Jeremy Wasson	M33	Lacey, WA	11:47.4	2:33:50.21

10	#374	William Carpenter	M34	Lacey, WA	11:51.6	2:34:45.46
11	#540	Justin Kohrs	M34	Seattle, WA	12:01.6	2:36:55.75
12	#403	Brennan Fitzgerald	M31	Lacey, WA	12:12.8	2:39:21.85
13	#516	Burton Williams	M33	Portland, OR	12:21.7	2:41:18.07
14	#519	Jesse Yandell	M32	Lacey, WA	12:52.4	2:47:58.14
15	#393	Tim Dines	M31	Clarksville, TN	12:56.3	2:48:48.93
16	#489	Jason Shaw	M32	Seattle, WA	13:42.0	2:58:46.05
17	#416	tom horan	M34	Enumclaw, WA	14:53.3	3:14:16.45

35-39 Results - Men

1	#384	Richard Crabtree	M35	Vancouver, WA	9:18.1	2:01:21.75
2	#391	Zach Denton	M35	Issaquah, WA	9:46.2	2:07:28.17
3	#392	Ed Diaz	M39	Dupont, WA	9:53.5	2:09:04.58
4	#513	Jason Weekes	M36	Fife, WA	9:58.3	2:10:06.38
5	#546	Andrew Byers	M35	Olympia, WA	10:22.2	2:15:19.03
6	#13	Keven Babbitt	M35	Renton, WA	10:23.0	2:15:29.43
7	#366	Richard Bogart	M36	Seattle, WA	11:13.9	2:26:33.48
8	#528	joel howitt	M38	kent, WA	12:44.5	2:46:15.22
9	#492	Aaron Smith	M39	Olympia, WA	12:48.9	2:47:12.35
10	#439	Rob Mason	M38	Port Angeles, WA	13:11.0	2:52:01.14
11	#420	Sean Johnson	M38	Sequim, WA	13:15.3	2:52:57.72
12	#373	James Cantrell	M36	silverlake, WA	13:15.4	2:52:57.99
13	#445	John Millikin	M38	Kenmore, WA	14:42.9	3:12:00.34
14	#495	Michael Smith	M39	Tacoma, WA	14:55.8	3:14:48.81
15	#359	Stefan Bandas	M38	Lacey, WA	14:55.8	3:14:49.12
16	#450	Fidencio Neri	M36	Auburn, WA	15:22.9	3:20:41.96
17	#463	Brian Peterson	M35	Tacoma, WA	16:07.3	3:30:21.47
18	#394	Rob Duran	M39	Olympia, WA	16:07.3	3:30:21.97
19	#430	Sam Leslie	M36	Unit B, Eve	16:38.2	3:37:05.27

40-44 Results - Men

1	#404	Dave Florence	M43	Canby, OR	8:50.3	1:55:19.16
2	#514	Don Wesley	M40	Redmond, WA	8:59.0	1:57:12.51
3	#419	John Johnson	M42	Shelton, WA	8:59.9	1:57:24.04
4	#466	mark piccone	M41	dupont, WA	9:46.6	2:07:33.71
5	#421	Larry Keltner	M44	Shelton, WA	10:20.6	2:14:57.36
6	#353	Terry Anderson	M42	Olympia, WA	10:53.3	2:22:04.73
7	#371	Mark Buck	M42	Shelton, WA	11:21.1	2:28:07.12
8	#544	Shawn Lewis	M42	Olympia, WA	11:21.3	2:28:09.28
9	#549	Dan Sears	M100	Bellevue, WA	12:12.8	2:39:21.63
10	#410	Kurt Harsh	M42	Tacoma, WA	12:36.9	2:44:35.61
11	#434	Chad Machiela	M41	Rainier, WA	14:09.5	3:04:45.06
12	#355	Don Archer	M41	Gig Harbor, WA	14:16.8	3:06:20.25
13	#437	H. Margolis	M44	Olympia, WA	15:38.4	3:24:05.11
14	#40	Jeff O'Hare	M44	Mill creek, WA	16:32.6	3:35:51.18
15	#376	Brett Taylor	M42	Olympia, WA	17:26.3	3:47:32.29

45-49 Results - Men

1	#443	Stephen Miller	M49	Olympia, WA	10:27.4	2:16:26.79
2	#551	Carlos Romero	M45	Canby, OR	11:15.1	2:26:49.04
3	#542	Rick Bushnell	M48	Olympia, WA	11:28.4	2:29:41.65
4	#372	David Burling	M48	Olympia, WA	11:36.8	2:31:31.86
5	#367	Steve Bolingbroke	M49	Seattle, WA	11:39.2	2:32:03.57
6	#507	Karl Vonbargen	M47	Chehalis, WA	12:59.1	2:49:26.20
7	#482	Dave Risvold	M49	Olympia, WA	13:28.0	2:55:43.37
8	#380	Brian Conner	M47	Snohomish, WA	13:38.9	2:58:04.66
9	#508	Allen Walker	M49	Shelton, WA	15:17.4	3:19:29.88

10 #504 John Thompson	M47 Renton, WA	15:23.7	3:20:52.24
11 #462 Dean Pavletich	M49 Shelton, WA	17:26.2	3:47:31.72

50-54 Results - Men

1 #518 Ron Wooding	M51 Battle Ground, WA	8:19.6	1:48:38.17
2 #453 Chris Newman	M50 Seattle, WA	10:42.7	2:19:46.55
3 #436 Joel Manning	M50 Olympia, WA	12:00.8	2:36:45.09
4 #526 jay grubb	M50 seattle, WA	12:04.1	2:37:27.75

55-59 Results - Men

1 #470 John Pontarolo	M58 Auburn, WA	10:56.7	2:22:48.17
2 #352 hamish anderson	M55 kirkalnd, WA	12:44.8	2:46:19.42
3 #456 george nix	M56 tacoma, WA	14:23.6	3:07:47.78

60-64 Results - Men

1 #429 Christopher Lemke	M62 Port Orchard, WA	11:32.5	2:30:35.88
2 #485 Gregory Routt	M60 Seattle, WA	12:29.8	2:43:03.18
3 #360 Greg Bargmann	M62 Olympia, WA	15:08.3	3:17:31.81

Age Unknown

#536 William Behan	?	12:27.6	2:42:34.76
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