

**Dr. John L. McDonald Just Go! 10K - Overall Results**

<u>Place</u>	<u>Div. Pl.</u>	<u>Bib#</u>	<u>Name</u>	<u>Division</u>	<u>Sex</u>	<u>Home Town</u>	<u>Time</u>	<u>Pace</u>
1	1	3	Gerald McCormick	20-29	M	Santa Rosa	35:39	5:44
2	2	103	Mitch Kothe	20-29	M	Petaluma	38:14	6:09
3	1	4	Jady Palko	30-39	M	Windsor	38:49	6:15
4	1	82	Art Tomaszewski	40-49	M	Windsor	39:27	6:21
5	1	56	Matthew Wells	14-19	M	Cloverdale	40:02	6:27
6	3	2	Nathan Koch	20-29	M	Santa Rosa	40:29	6:31
7	2	796	Julian Bauer	14-19	M	Sebastopol	41:56	6:45
8	1	174	Jeff Barker	50-59	M	Santa Rosa	42:05	6:47
9	2	185	Luis Cid	40-49	M	Healdsburg	42:35	6:51
10	2	105	Steve Cryer	50-59	M	Rohnert Park	42:53	6:54
11	3	798	Brian Bauer	40-49	M	Sebastopol	43:00	6:55
12	3	180	Tony Ramirez	50-59	M	Santa Rosa	43:37	7:01
13	1	93	Elizabeth Meza	40-49	F	Windsor	43:38	7:02
14	1	139	Jessamyn Sobecki-ingle	20-29	F	Arcata	43:47	7:03
15	1	73	Lora Obergfell	30-39	F	Rohnert Park	44:05	7:06
16	1	91	Debbie Beem	50-59	F	Santa Rosa	44:18	7:08
17	4	186	Rob Main	50-59	M	Santa Rosa	44:34	7:11
18	4	196	MARK GORDON	40-49	M	Healdsburg	44:53	7:14
19	5	102	Michael Quigley	50-59	M	Santa Rosa	45:17	7:18
20	1	60	Bradley Clark	13&Under	M	Windsor	45:19	7:18
21	2	117	Chris Fouts	30-39	M	Windsor	45:53	7:23
22	5	41	William Ortlinghaus	40-49	M	Santa Rosa	45:57	7:24
23	6	131	Troy Carrington	40-49	M	Santa Rosa	46:13	7:27
24	7	178	Jay Silverstein	40-49	M	Sebastopol	46:19	7:28
25	8	197	Dan Leetz	40-49	M	Petaluma	46:49	7:32
26	4	141	Ryan Terschuren	20-29	M	Santa Rosa	47:11	7:36
27	5	69	Adrian Lopez	20-29	M	Santa Rosa	47:26	7:38
28	1	142	Gabriel Mendoza	14-19	F	Santa Rosa	47:51	7:42
29	6	95	Greg Simson	20-29	M	Rohnert Park	47:53	7:43
30	7	193	Ross Morrison	20-29	M	San Francisco	47:54	7:43
31	2	108	Tina Baker	30-39	F	Santa Rosa	47:58	7:43
32	3	24	Kaisa Gonsalves	30-39	F	Santa Rosa	48:04	7:44
33	8	156	Isaac Dolido	20-29	M	Sebastopol	48:15	7:46
34	9	110	Tom Rennie	40-49	M	Windsor	48:37	7:50
35	1	181	Delaney White	13&Under	F	Santa Rosa	48:51	7:52
36	10	182	Terry White	40-49	M	Santa Rosa	48:51	7:52
37	3	43	Corey Phipps	30-39	M	Forestville	48:53	7:52
38	6	57	Rick Wells	50-59	M	Cloverdale	49:31	7:58
39	2	86	Bridget Alvarez	40-49	F	Windsor	49:38	8:00
40	11	129	Joe Robinson	40-49	M	Rohnert Park	50:00	8:03
41	4	137	Cecilia Santos	30-39	F	Forestville	50:10	8:05
42	1	191	LUKE CORRIEA		M	Williams	50:15	8:06
43	2	65	Brittany Finitz	20-29	F	Santa Rosa	50:33	8:08
44	1	190	FRED CORRIEA	60-69	M	Cotati	50:35	8:09
45	4	72	Gabor J Molnar	30-39	M	Belmont	50:42	8:10
46	2	77	Alyce Parks	50-59	F	Windsor	50:48	8:11
47	12	1005	Phil Melman	40-49	M	Occidental	50:56	8:12
48	3	123	Marie Muchow	40-49	F	Santa Rosa	51:23	8:16
49	13	75	Jeremy Olsan	40-49	M	Santa Rosa	51:45	8:20
50	3	36	Mindy McCullough	50-59	F	Fort Bragg	51:48	8:20

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51	9	187	James Reed	20-29	M	Santa Rosa	52:29	8:27
52	5	61	Tammey Clark	30-39	F	Windsor	52:34	8:28
53	6	126	Cara Tocchini	30-39	F	Windsor	52:35	8:28
54	10	136	Justin George	20-29	M	Santa Rosa	52:42	8:29
55	1	119	William Marshall	70&Over	M	Santa Rosa	52:44	8:30
56	3	40	Sarah Muchmore	20-29	F	Occidental	53:05	8:33
57	4	1008	Ivy Zenobi	20-29	F		53:13	8:34
58	7	124	Julie Robinson	30-39	F	Santa Rosa	53:16	8:35
59	5	184	Weston White	30-39	M	Santa Rosa	53:18	8:35
60	7	188	JAY REED	50-59	M	Santa Rosa	53:28	8:37
61	8	132	Eliza Carrington	30-39	F	Santa Rosa	53:37	8:38
62	14	25	Otis Henderson	40-49	M	Santa Rosa	53:41	8:39
63	9	199	Julie Frost	30-39	F	Windsor	53:59	8:42
64	4	112	Jennifer Cowens	40-49	F	Sebastopol	54:23	8:45
65	5	37	Hillary Miller	40-49	F	Santa Rosa	54:50	8:50
66	15	19	Ron Doble	40-49	M	Healdsburg	54:55	8:51
67	1	170	Nar				55:18	8:54
68	10	80	Tracey Shepos Cenami	30-39	F	Santa Rosa	55:40	8:58
69	5	15	Marta Carinena	20-29	F	Chico	55:47	8:59
70	11	1003	Kim Boyde	30-39	F	Windsor	56:09	9:03
71	6	32	Carrie Lewis	40-49	F	Santa Rosa	56:10	9:03
72	11	96	Jeff Leonard	20-29	M	Windsor	56:13	9:03
73	6	152	Sebastian Hernandez	30-39	M	Santa Rosa	56:22	9:05
74	7	1001	Josh Myers	30-39	M	Santa Rosa	56:23	9:05
75	8	89	Craig Wasserkrog	50-59	M	San Mateo	56:23	9:05
76	12	1002	KRISTI WARD	30-39	F	Santa Rosa	56:27	9:05
77	7	63	Ann DuBay	40-49	F	Santa Rosa	56:27	9:05
78	8	164	Steven Solari	30-39	M	Santa Rosa	56:48	9:09
79	13	1006	Malisa Evets	30-39	F	Santa Rosa	56:53	9:10
80	8	58	Janine Carpenter	40-49	F	Sebastopol	56:56	9:10
81	16	54	Paul Wade	40-49	M	Windsor	57:09	9:12
82	2	120	Sebastian Miller	13&Under	M	Santa Rosa	57:17	9:13
83	14	138	Summer Klinker	30-39	F	Santa Rosa	57:21	9:14
84	12	17	Dustin Consol	20-29	M	Guinda	57:27	9:15
85	6	14	Kristin Buhagiar	20-29	F	Orange	57:27	9:15
86	9	177	Javier Pena	50-59	M	Windsor	57:43	9:18
87	9	116	Ricci Erfe-mejia	30-39	M	Santa Rosa	58:04	9:21
88	17	71	Kevin McDonald	40-49	M	Novato	58:09	9:22
89	15	111	Amy Chapman	30-39	F	Santa Rosa	58:16	9:23
90	16	42	Danielle Oryn	30-39	F	Petaluma	58:17	9:23
91	13	125	Eric Shepard	20-29	M	Santa Rosa	58:18	9:23
92	7	183	Laryn Heytt	20-29	F	Santa Rosa	58:23	9:24
93	8	47	Carlee Russ	20-29	F	Santa Rosa	58:33	9:26
94	9	21	Gretchen Ehnes	40-49	F	Cotati	58:33	9:26
95	10	50	Jodee Smith	40-49	F	Healdsburg	58:52	9:29
96	9	44	Bonnie Puleo	20-29	F	Santa Rosa	59:03	9:31
97	14	23	Matt Gembrin	20-29	M	Santa Rosa	59:04	9:31
98	10	143	Erica Bosque	20-29	F	Santa Rosa	59:21	9:33
99	11	98	Linda Reynaga	40-49	F	Santa Rosa	59:27	9:34
100	4	165	Diana Teeter	50-59	F	Guerneville	59:29	9:35
101	17	121	Esther Molina	30-39	F	Santa Rosa	59:32	9:35
102	11	122	Jenna Mosiurchak	20-29	F	Windsor	59:43	9:37
103	12	114	Erin Curry	20-29	F	Windsor	59:43	9:37
104	18	11	Christine Ando	30-39	F	San Mateo	59:44	9:37
105	18	68	Rob Leavitt	40-49	M	Sebastopol	59:48	9:38

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106	3	797	Casey Bauer	13&Under	M	Sebastopol	59:55	9:39
107	19	55	Jeff Weber	40-49	M	Brentwood	1:00:00	9:40
108	5	34	Julie McCullough	50-59	F	Mcarthur	1:00:18	9:43
109	19	179	Alyssa Wilson	30-39	F	San Francisco	1:00:26	9:44
110	13	38	Jackie Mitchell	20-29	F	Santa Rosa	1:00:43	9:47
111	20	163	Stephanie Jones	30-39	F	Santa Rosa	1:00:53	9:48
112	21	147	Tina Williams	30-39	F	Santa Rosa	1:00:56	9:49
113	22	157	Amie Magstadt	30-39	F	Santa Rosa	1:00:57	9:49
114	23	140	Debbie Hegardt	30-39	F	Santa Rosa	1:00:59	9:49
115	24	100	Maria Perez	30-39	F	Santa Rosa	1:01:03	9:50
116	14	22	Elaine Gallagher	20-29	F	Santa Rosa	1:01:03	9:50
117	25	115	Shaline Echols	30-39	F	Santa Rosa	1:01:04	9:50
118	2	1007	Julius Schillinger	60-69	M	Sonoma	1:01:12	9:51
119	12	198	Lisa Cox	40-49	F	Santa Rosa	1:01:21	9:53
120	6	127	Amy Merritt-Smith	50-59	F	Santa Rosa	1:01:32	9:55
121	26	150	Gloria Juhasz	30-39	F	Rohnert Park	1:01:59	9:59
122	27	151	Katherine Lowry	30-39	F	Rohnert Park	1:02:00	9:59
123	7	133	Coleen Latosa	50-59	F	Santa Rosa	1:02:07	10:00
124	28	173	Shawnie Easton	30-39	F	Windsor	1:02:08	10:00
125	8	172	Julie Owens	50-59	F	Santa Rosa	1:02:16	10:02
126	29	74	Jennifer Obergfell	30-39	F	Rohnert Park	1:02:17	10:02
127	30	1004	Jen Melman	30-39	F	Occidental	1:02:28	10:04
128	9	690	Irene Morabito	50-59	F	Santa Rosa	1:02:43	10:06
129	20	146	Jason Gariss	40-49	M	Santa Rosa	1:02:49	10:07
130	10	62	Pamela Dale	50-59	F	Santa Rosa	1:03:05	10:10
131	11	158	Jani Krambs	50-59	F	Forestville	1:03:05	10:10
132	10	159	Sam Schiabach	50-59	M	Guerneville	1:03:05	10:10
133	11	97	Jim Winter	50-59	M	Santa Rosa	1:03:13	10:11
134	10	149	Alan Keith	30-39	M	Windsor	1:03:18	10:12
135	15	94	Esme Curiel	20-29	F	Santa Rosa	1:03:19	10:12
136	13	13	Amy Buegeleisen	40-49	F	Windsor	1:03:21	10:12
137	11	33	Joel Madsen	30-39	M	Rohnert Park	1:03:22	10:12
138	31	29	Amanda Keith	30-39	F	Windsor	1:03:26	10:13
139	21	49	Kenny Scott	40-49	M	Rohnert Park	1:03:41	10:15
140	32	154	Christina Provost	30-39	F	Santa Rosa	1:03:53	10:17
141	33	31	Karen Latiker	30-39	F	Santa Rosa	1:04:00	10:18
142	14	148	Cathy Scott	40-49	F	Santa Rosa	1:04:43	10:25
143	22	135	Michael Prescott	40-49	M	Windsor	1:04:59	10:28
144	15	45	Sarah Quider	40-49	F	Healdsburg	1:05:27	10:32
145	2	194	Colleer Ma Namee	14-19	F	Kenwood	1:05:53	10:37
146	34	153	Sullivan Lauren	30-39	F	Santa Rosa	1:06:07	10:39
147	12	66	Denise Finitz	50-59	F	Santa Rosa	1:06:23	10:41
148	13	88	Connie Van Riet	50-59	F	Sebastopol	1:06:43	10:45
149	14	92	Dianna Winter	50-59	F	Santa Rosa	1:07:26	10:52
150	35	51	Amanda Stephens	30-39	F	Santa Rosa	1:07:35	10:53
151	36	20	Kate Drewieske	30-39	F	Santa Rosa	1:07:52	10:56
152	16	84	Jenine Wilson	40-49	F	Santa Rosa	1:09:23	11:10
153	17	59	Laura Castelli	40-49	F	Santa Rosa	1:09:25	11:11
154	12	83	Ed Voge	50-59	M	Windsor	1:09:29	11:11
155	12	104	Nate Sussex	30-39	M	Fulton	1:09:55	11:16
156	13	90	David Vogel	30-39	M	Santa Rosa	1:09:56	11:16
157	37	162	Kari Tatum	30-39	F	Windsor	1:10:27	11:21
158	38	171	Sara Miley	30-39	F	Santa Rosa	1:10:31	11:21
159	39	46	Tricia Rhoades	30-39	F	Santa Rosa	1:10:58	11:26
160	15	53	Sherri Tantarelli	50-59	F	Snata Rosa	1:11:25	11:30

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161	1	18	Susan Dado	60-69	F	Petaluma	1:11:37	11:32
162	18	134	Joy Prescott	40-49	F	Windsor	1:11:37	11:32
163	40	144	Jennifer Benedelti	30-39	F	Santa Rosa	1:11:42	11:33
164	19	130	Cheryl Rauch	40-49	F	Penngrove	1:11:56	11:35
165	20	70	Ann Mansfield	40-49	F	Santa Rosa	1:12:00	11:36
166	3	78	Abigail Selya	14-19	F	Santa Rosa	1:12:17	11:38
167	41	48	Angela Sciortino	30-39	F	Santa Rosa	1:12:28	11:40
168	21	79	Elizabeth Selya	40-49	F	Santa Rosa	1:13:30	11:50
169	42	1009	Shoshona Smith-Vargas	30-39	F	Santa Rosa	1:13:32	11:50
170	16	106	Susan Bishop	50-59	F	Santa Rosa	1:13:51	11:54
171	17	52	Alisa Stratton	50-59	F	Santa Rosa	1:14:04	11:56
172	13	161	Dennis Carvalho	50-59	M	Santa Rosa	1:14:17	11:58
173	16	64	Esther Eder	20-29	F	Rohnert Park	1:14:31	12:00
174	14	145	Darrin Hocker	30-39	M	Rohnert Park	1:15:53	12:13
175	22	160	Robin Simpson	40-49	F	Willits	1:17:16	12:27
176	2	107	Susan Pack	60-69	F	Santa Rosa	1:23:29	13:27
177	18	192	Carolyn Daly	50-59	F	Sonoma	1:24:16	13:34
178	43	168	Silvia Langton	30-39	F	Sebastopol	1:24:31	13:37
179	15	169	Robin Langton	30-39	M	Sebastopol	1:24:31	13:37
180	19	87	Carol Kenyon	50-59	F	Rohnert Park	1:32:39	14:55
181	20	67	Delores Hayes	50-59	F	Santa Rosa	1:32:39	14:55
182	3	452	Peggy Goebel	60-69	F	Sebastopol	1:40:45	16:13
183	4	225	Beverly Hinkle	60-69	F	Santa Rosa	1:40:49	16:14
184	21	166	Debi Benedetti	50-59	F	Santa Rosa	1:43:41	16:42
185	3	167	Jim Simpson	60-69	M	Santa Rosa	1:43:42	16:42