

Santa Rosa, CA  
4/30/2010  
Distance: 6.21 miles

Posted at 8:29:20 PM

### Dr. John L. McDonald Just Go! 10K - By Division Results

<u>Div. Pl.</u>	<u>Place</u>	<u>Bib#</u>	<u>Name</u>	<u>Division</u>	<u>Sex</u>	<u>Home Town</u>	<u>Time</u>	<u>Pace</u>
1	20	60	Bradley Clark	13&Under	M	Windsor	45:19	7:18
2	82	120	Sebastian Miller	13&Under	M	Santa Rosa	57:17	9:13
3	106	797	Casey Bauer	13&Under	M	Sebastopol	59:55	9:39

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1	35	181	Delaney White	13&Under	F	Santa Rosa	48:51	7:52

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1	5	56	Matthew Wells	14-19	M	Cloverdale	40:02	6:27
2	7	796	Julian Bauer	14-19	M	Sebastopol	41:56	6:45

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1	28	142	Gabriel Mendoza	14-19	F	Santa Rosa	47:51	7:42
2	145	194	Colleer Ma Namee	14-19	F	Kenwood	1:05:53	10:37
3	166	78	Abigail Selya	14-19	F	Santa Rosa	1:12:17	11:38

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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	6	2	Nathan Koch	20-29	M	Santa Rosa	40:29	6:31
4	26	141	Ryan Terschuren	20-29	M	Santa Rosa	47:11	7:36
5	27	69	Adrian Lopez	20-29	M	Santa Rosa	47:26	7:38
6	29	95	Greg Simson	20-29	M	Rohnert Park	47:53	7:43
7	30	193	Ross Morrison	20-29	M	San Francisco	47:54	7:43
8	33	156	Isaac Dolido	20-29	M	Sebastopol	48:15	7:46
9	51	187	James Reed	20-29	M	Santa Rosa	52:29	8:27
10	54	136	Justin George	20-29	M	Santa Rosa	52:42	8:29
11	72	96	Jeff Leonard	20-29	M	Windsor	56:13	9:03
12	84	17	Dustin Consol	20-29	M	Guinda	57:27	9:15
13	91	125	Eric Shepard	20-29	M	Santa Rosa	58:18	9:23
14	97	23	Matt Gembrin	20-29	M	Santa Rosa	59:04	9:31

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1	14	139	Jessamyn Sobecki-engle	20-29	F	Arcata	43:47	7:03
2	43	65	Brittany Finitz	20-29	F	Santa Rosa	50:33	8:08
3	56	40	Sarah Muchmore	20-29	F	Occidental	53:05	8:33
4	57	1008	Ivy Zenobi	20-29	F		53:13	8:34
5	69	15	Marta Carinena	20-29	F	Chico	55:47	8:59
6	85	14	Kristin Buhagiar	20-29	F	Orange	57:27	9:15
7	92	183	Laryn Heytt	20-29	F	Santa Rosa	58:23	9:24
8	93	47	Carlee Russ	20-29	F	Santa Rosa	58:33	9:26
9	96	44	Bonnie Puleo	20-29	F	Santa Rosa	59:03	9:31
10	98	143	Erica Bosque	20-29	F	Santa Rosa	59:21	9:33
11	102	122	Jenna Mosiurchak	20-29	F	Windsor	59:43	9:37
12	103	114	Erin Curry	20-29	F	Windsor	59:43	9:37
13	110	38	Jackie Mitchell	20-29	F	Santa Rosa	1:00:43	9:47
14	116	22	Elaine Gallagher	20-29	F	Santa Rosa	1:01:03	9:50
15	135	94	Esme Curiel	20-29	F	Santa Rosa	1:03:19	10:12

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16	173	64	Esther Eder	20-29	F	Rohnert Park	1:14:31	12:00

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1	3	4	Jady Palko	30-39	M	Windsor	38:49	6:15
2	21	117	Chris Fouts	30-39	M	Windsor	45:53	7:23
3	37	43	Corey Phipps	30-39	M	Forestville	48:53	7:52
4	45	72	Gabor J Molnar	30-39	M	Belmont	50:42	8:10
5	59	184	Weston White	30-39	M	Santa Rosa	53:18	8:35
6	73	152	Sebastian Hernandez	30-39	M	Santa Rosa	56:22	9:05
7	74	1001	Josh Myers	30-39	M	Santa Rosa	56:23	9:05
8	78	164	Steven Solari	30-39	M	Santa Rosa	56:48	9:09
9	87	116	Ricci Erfe-mejia	30-39	M	Santa Rosa	58:04	9:21
10	134	149	Alan Keith	30-39	M	Windsor	1:03:18	10:12
11	137	33	Joel Madsen	30-39	M	Rohnert Park	1:03:22	10:12
12	155	104	Nate Sussex	30-39	M	Fulton	1:09:55	11:16
13	156	90	David Vogel	30-39	M	Santa Rosa	1:09:56	11:16
14	174	145	Darrin Hocker	30-39	M	Rohnert Park	1:15:53	12:13
15	179	169	Robin Langton	30-39	M	Sebastopol	1:24:31	13:37

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1	15	73	Lora Obergfell	30-39	F	Rohnert Park	44:05	7:06
2	31	108	Tina Baker	30-39	F	Santa Rosa	47:58	7:43
3	32	24	Kaisa Gonsalves	30-39	F	Santa Rosa	48:04	7:44
4	41	137	Cecilia Santos	30-39	F	Forestville	50:10	8:05
5	52	61	Tammey Clark	30-39	F	Windsor	52:34	8:28
6	53	126	Cara Tocchini	30-39	F	Windsor	52:35	8:28
7	58	124	Julie Robinson	30-39	F	Santa Rosa	53:16	8:35
8	61	132	Eliza Carrington	30-39	F	Santa Rosa	53:37	8:38
9	63	199	Julie Frost	30-39	F	Windsor	53:59	8:42
10	68	80	Tracey Shepos Cenami	30-39	F	Santa Rosa	55:40	8:58
11	70	1003	Kim Boyde	30-39	F	Windsor	56:09	9:03
12	76	1002	KRISTI WARD	30-39	F	Santa Rosa	56:27	9:05
13	79	1006	Malisa Evets	30-39	F	Santa Rosa	56:53	9:10
14	83	138	Summer Klinker	30-39	F	Santa Rosa	57:21	9:14
15	89	111	Amy Chapman	30-39	F	Santa Rosa	58:16	9:23
16	90	42	Danielle Oryn	30-39	F	Petaluma	58:17	9:23
17	101	121	Esther Molina	30-39	F	Santa Rosa	59:32	9:35
18	104	11	Christine Ando	30-39	F	San Mateo	59:44	9:37
19	109	179	Alyssa Wilson	30-39	F	San Francisco	1:00:26	9:44
20	111	163	Stephanie Jones	30-39	F	Santa Rosa	1:00:53	9:48
21	112	147	Tina Williams	30-39	F	Santa Rosa	1:00:56	9:49
22	113	157	Amie Magstadt	30-39	F	Santa Rosa	1:00:57	9:49
23	114	140	Debbie Hegardt	30-39	F	Santa Rosa	1:00:59	9:49
24	115	100	Maria Perez	30-39	F	Santa Rosa	1:01:03	9:50
25	117	115	Shaline Echols	30-39	F	Santa Rosa	1:01:04	9:50
26	121	150	Gloria Juhasz	30-39	F	Rohnert Park	1:01:59	9:59
27	122	151	Katherine Lowry	30-39	F	Rohnert Park	1:02:00	9:59
28	124	173	Shawnie Easton	30-39	F	Windsor	1:02:08	10:00
29	126	74	Jennifer Obergfell	30-39	F	Rohnert Park	1:02:17	10:02
30	127	1004	Jen Melman	30-39	F	Occidental	1:02:28	10:04
31	138	29	Amanda Keith	30-39	F	Windsor	1:03:26	10:13
32	140	154	Christina Provost	30-39	F	Santa Rosa	1:03:53	10:17
33	141	31	Karen Latiker	30-39	F	Santa Rosa	1:04:00	10:18

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34	146	153	Sullivan Lauren	30-39	F	Santa Rosa	1:06:07	10:39
35	150	51	Amanda Stephens	30-39	F	Santa Rosa	1:07:35	10:53
36	151	20	Kate Drewieske	30-39	F	Santa Rosa	1:07:52	10:56
37	157	162	Kari Tatum	30-39	F	Windsor	1:10:27	11:21
38	158	171	Sara Miley	30-39	F	Santa Rosa	1:10:31	11:21
39	159	46	Tricia Rhoades	30-39	F	Santa Rosa	1:10:58	11:26
40	163	144	Jennifer Benedelti	30-39	F	Santa Rosa	1:11:42	11:33
41	167	48	Angela Sciortino	30-39	F	Santa Rosa	1:12:28	11:40
42	169	1009	Shoshona Smith-Vargas	30-39	F	Santa Rosa	1:13:32	11:50
43	178	168	Silvia Langton	30-39	F	Sebastopol	1:24:31	13:37

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1	4	82	Art Tomaszewski	40-49	M	Windsor	39:27	6:21
2	9	185	Luis Cid	40-49	M	Healdsburg	42:35	6:51
3	11	798	Brian Bauer	40-49	M	Sebastopol	43:00	6:55
4	18	196	MARK GORDON	40-49	M	Healdsburg	44:53	7:14
5	22	41	William Ortlinghaus	40-49	M	Santa Rosa	45:57	7:24
6	23	131	Troy Carrington	40-49	M	Santa Rosa	46:13	7:27
7	24	178	Jay Silverstein	40-49	M	Sebastopol	46:19	7:28
8	25	197	Dan Leetz	40-49	M	Petaluma	46:49	7:32
9	34	110	Tom Rennie	40-49	M	Windsor	48:37	7:50
10	36	182	Terry White	40-49	M	Santa Rosa	48:51	7:52
11	40	129	Joe Robinson	40-49	M	Rohnert Park	50:00	8:03
12	47	1005	Phil Melman	40-49	M	Occidental	50:56	8:12
13	49	75	Jeremy Olsan	40-49	M	Santa Rosa	51:45	8:20
14	62	25	Otis Henderson	40-49	M	Santa Rosa	53:41	8:39
15	66	19	Ron Doble	40-49	M	Healdsburg	54:55	8:51
16	81	54	Paul Wade	40-49	M	Windsor	57:09	9:12
17	88	71	Kevin McDonald	40-49	M	Novato	58:09	9:22
18	105	68	Rob Leavitt	40-49	M	Sebastopol	59:48	9:38
19	107	55	Jeff Weber	40-49	M	Brentwood	1:00:00	9:40
20	129	146	Jason Gariss	40-49	M	Santa Rosa	1:02:49	10:07
21	139	49	Kenny Scott	40-49	M	Rohnert Park	1:03:41	10:15
22	143	135	Michael Prescott	40-49	M	Windsor	1:04:59	10:28

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1	13	93	Elizabeth Meza	40-49	F	Windsor	43:38	7:02
2	39	86	Bridget Alvarez	40-49	F	Windsor	49:38	8:00
3	48	123	Marie Muchow	40-49	F	Santa Rosa	51:23	8:16
4	64	112	Jennifer Cowens	40-49	F	Sebastopol	54:23	8:45
5	65	37	Hillary Miller	40-49	F	Santa Rosa	54:50	8:50
6	71	32	Carrie Lewis	40-49	F	Santa Rosa	56:10	9:03
7	77	63	Ann DuBay	40-49	F	Santa Rosa	56:27	9:05
8	80	58	Janine Carpenter	40-49	F	Sebastopol	56:56	9:10
9	94	21	Gretchen Ehnes	40-49	F	Cotati	58:33	9:26
10	95	50	Jodee Smith	40-49	F	Healdsburg	58:52	9:29
11	99	98	Linda Reynaga	40-49	F	Santa Rosa	59:27	9:34
12	119	198	Lisa Cox	40-49	F	Santa Rosa	1:01:21	9:53
13	136	13	Amy Buegeleisen	40-49	F	Windsor	1:03:21	10:12
14	142	148	Cathy Scott	40-49	F	Santa Rosa	1:04:43	10:25
15	144	45	Sarah Quider	40-49	F	Healdsburg	1:05:27	10:32
16	152	84	Jenine Wilson	40-49	F	Santa Rosa	1:09:23	11:10
17	153	59	Laura Castelli	40-49	F	Santa Rosa	1:09:25	11:11

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18	162	134	Joy Prescott	40-49	F	Windsor	1:11:37	11:32
19	164	130	Cheryl Rauch	40-49	F	Penngrove	1:11:56	11:35
20	165	70	Ann Mansfield	40-49	F	Santa Rosa	1:12:00	11:36
21	168	79	Elizabeth Selya	40-49	F	Santa Rosa	1:13:30	11:50
22	175	160	Robin Simpson	40-49	F	Willits	1:17:16	12:27

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1	8	174	Jeff Barker	50-59	M	Santa Rosa	42:05	6:47
2	10	105	Steve Cryer	50-59	M	Rohnert Park	42:53	6:54
3	12	180	Tony Ramirez	50-59	M	Santa Rosa	43:37	7:01
4	17	186	Rob Main	50-59	M	Santa Rosa	44:34	7:11
5	19	102	Michael Quigley	50-59	M	Santa Rosa	45:17	7:18
6	38	57	Rick Wells	50-59	M	Cloverdale	49:31	7:58
7	60	188	JAY REED	50-59	M	Santa Rosa	53:28	8:37
8	75	89	Craig Wasserkrog	50-59	M	San Mateo	56:23	9:05
9	86	177	Javier Pena	50-59	M	Windsor	57:43	9:18
10	132	159	Sam Schiabach	50-59	M	Guerneville	1:03:05	10:10
11	133	97	Jim Winter	50-59	M	Santa Rosa	1:03:13	10:11
12	154	83	Ed Voge	50-59	M	Windsor	1:09:29	11:11
13	172	161	Dennis Carvalho	50-59	M	Santa Rosa	1:14:17	11:58

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1	16	91	Debbie Beem	50-59	F	Santa Rosa	44:18	7:08
2	46	77	Alyce Parks	50-59	F	Windsor	50:48	8:11
3	50	36	Mindy McCullough	50-59	F	Fort Bragg	51:48	8:20
4	100	165	Diana Teeter	50-59	F	Guerneville	59:29	9:35
5	108	34	Julie McCullough	50-59	F	Mcarthur	1:00:18	9:43
6	120	127	Amy Merritt-Smith	50-59	F	Santa Rosa	1:01:32	9:55
7	123	133	Coleen Latosa	50-59	F	Santa Rosa	1:02:07	10:00
8	125	172	Julie Owens	50-59	F	Santa Rosa	1:02:16	10:02
9	128	690	Irene Morabito	50-59	F	Santa Rosa	1:02:43	10:06
10	130	62	Pamela Dale	50-59	F	Santa Rosa	1:03:05	10:10
11	131	158	Jani Krambs	50-59	F	Forestville	1:03:05	10:10
12	147	66	Denise Finitz	50-59	F	Santa Rosa	1:06:23	10:41
13	148	88	Connie Van Riet	50-59	F	Sebastopol	1:06:43	10:45
14	149	92	Dianna Winter	50-59	F	Santa Rosa	1:07:26	10:52
15	160	53	Sherri Tantarelli	50-59	F	Snata Rosa	1:11:25	11:30
16	170	106	Susan Bishop	50-59	F	Santa Rosa	1:13:51	11:54
17	171	52	Alisa Stratton	50-59	F	Santa Rosa	1:14:04	11:56
18	177	192	Carolyn Daly	50-59	F	Sonoma	1:24:16	13:34
19	180	87	Carol Kenyon	50-59	F	Rohnert Park	1:32:39	14:55
20	181	67	Delores Hayes	50-59	F	Santa Rosa	1:32:39	14:55
21	184	166	Debi Benedetti	50-59	F	Santa Rosa	1:43:41	16:42

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1	44	190	FRED CORRIEA	60-69	M	Cotati	50:35	8:09
2	118	1007	Julius Schillinger	60-69	M	Sonoma	1:01:12	9:51
3	185	167	Jim Simpson	60-69	M	Santa Rosa	1:43:42	16:42

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1	161	18	Susan Dado	60-69	F	Petaluma	1:11:37	11:32
2	176	107	Susan Pack	60-69	F	Santa Rosa	1:23:29	13:27
3	182	452	Peggy Goebel	60-69	F	Sebastopol	1:40:45	16:13

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4	183	225	Beverly Hinkle	60-69	F	Santa Rosa	1:40:49	16:14

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1	55	119	William Marshall	70&Over	M	Santa Rosa	52:44	8:30