

Spring 2007 Runner of the Season Standings

	fname	lname	sex	age	club	best 3 of 6	xc pct	5mi pct	10k pct	8k pct	5k pct	LP pct	xc time	5mi time	10k time	8k time	5k time	LP meters
<b>Women under 40</b>																		
1	Melissa	Henderso	F	32	ALRC	230.3%	0.0%	76.7%	76.6%	77.0%	0.0%	0.0%		0:31:32	0:39:37	0:31:17		
2	Debbie	Rudisill	F	37	BARC	229.5%	0.0%	0.0%	75.6%	75.8%	78.2%	0.0%			0:40:07	0:31:48	0:18:56	
3	Jennifer	Brown	F	30	TOR	228.3%	74.2%	74.0%	74.6%	0.0%	78.1%	75.7%	0:27:06	0:32:41	0:40:40		0:18:57	8,370.8
4	Stacy	Holden	F	30	ALRC	225.9%	0.0%	76.7%	67.6%	73.3%	0.0%	75.9%		0:31:34	0:44:53	0:32:51		8,400.4
5	Jenn	Mitchell-	F	34	HS	216.1%	72.7%	71.3%	72.1%	0.0%	70.7%	70.7%	0:27:40	0:33:57	0:42:04		0:20:56	7,838.6
6	Lou	Thrash	F	38	HS	185.0%	0.0%	61.3%	60.1%	0.0%	63.6%	0.0%		0:39:29	0:50:29		0:23:16	
7	Lisa	Foronda	F	37	ALRC	182.2%	61.0%	0.0%	55.6%	55.9%	61.2%	60.0%	0:33:00		0:54:36	0:43:05	0:24:11	6,688.1
8	Linda	Bailey	F	34	HS	172.3%	0.0%	59.9%	57.8%	54.6%	0.0%	0.0%		0:40:25	0:52:28	0:44:07		
9	Rashmi	Saikia	F	33	KW	154.3%	0.0%	53.0%	51.9%	49.3%	0.0%	0.0%		0:45:38	0:58:26	0:48:49		
10	Michelle	Friedman	F	23	TOR	148.6%	0.0%	74.5%	0.0%	0.0%	74.1%	0.0%		0:32:28			0:19:59	
11	Allison	Nadolski	F	29	BCRR	146.9%	73.2%	0.0%	0.0%	73.7%	0.0%	0.0%	0:27:29			0:32:40		
12	Anne	Ekern	F	38	HH	143.8%	0.0%	0.0%	0.0%	73.0%	0.0%	70.8%				0:32:59		7,844.4
13	Veronica	Hoge	F	37	BARC	140.0%	0.0%	44.1%	41.9%	0.0%	0.0%	53.9%		0:54:54	1:12:20			6,030.9
14	Sara	Collazos	F	17	HMSA	129.6%	62.2%	0.0%	67.4%	0.0%	0.0%	0.0%	0:32:21		0:45:01			
15	Katie	Senesac	F	38	BCRR	95.9%	0.0%	0.0%	46.4%	0.0%	0.0%	49.5%			1:05:22			5,548.3
16	Connie	Dieringer	F	36	RH	90.8%	0.0%	44.6%	46.2%	0.0%	0.0%	0.0%		0:54:15	1:05:40			
17	Peggy	Yetman	F	38		77.9%	0.0%	0.0%	77.9%	0.0%	0.0%	0.0%			0:38:57			
18	Alexandra	Gajewski	F	32	TOR	76.6%	76.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0:26:17					
19	Catherine	Kruppa	F	33		73.3%	0.0%	0.0%	73.3%	0.0%	0.0%	0.0%			0:41:23			
20	Erin	Foley	F	32	ALRC	71.5%	0.0%	0.0%	0.0%	0.0%	71.5%	0.0%					0:20:42	
21	Esme	Fantozzi	F	38	BCRR	70.6%	0.0%	0.0%	0.0%	0.0%	0.0%	70.6%						7,817.5
22	Jennifer	Sabin	F	36		68.0%	0.0%	0.0%	68.0%	0.0%	0.0%	0.0%			0:44:37			
23	Amanda	Britnell	F	24	HH	67.2%	0.0%	0.0%	67.2%	0.0%	0.0%	0.0%			0:45:07			
24	Heather	Thompson	F	31	HS	64.0%	0.0%	64.0%	0.0%	0.0%	0.0%	0.0%		0:37:48				
25	Jasmine	Alzate	F	14	HS	62.8%	0.0%	0.0%	62.8%	0.0%	0.0%	0.0%			0:48:18			
26	Kelly	Hooper	F	17	FBF	62.1%	0.0%	0.0%	0.0%	0.0%	62.1%	0.0%					0:23:51	
27	Jenny	Gruber	F	30		61.4%	0.0%	0.0%	61.4%	0.0%	0.0%	0.0%			0:49:23			
28	Kelly	Allen	F	26	BCRR	60.7%	0.0%	0.0%	60.7%	0.0%	0.0%	0.0%			0:50:01			
29	Amber	Spurlock	F	27	IFRC	60.3%	0.0%	0.0%	60.3%	0.0%	0.0%	0.0%			0:50:18			
30	Dora	Martinez	F	36	HS	58.0%	0.0%	0.0%	0.0%	58.0%	0.0%	0.0%				0:41:33		
31	Sydney	King	F	12	HS	57.3%	0.0%	0.0%	0.0%	0.0%	57.3%	0.0%					0:25:49	
32	Serina	Mcentire	F	30	BARC	56.9%	0.0%	56.9%	0.0%	0.0%	0.0%	0.0%		0:42:34				
33	Brenda	Blanco	F	34	BCRR	55.0%	0.0%	0.0%	0.0%	0.0%	0.0%	55.0%						6,150.7
34	Jennifer	Fowlkes	F	32	ALRC	55.0%	0.0%	0.0%	55.0%	0.0%	0.0%	0.0%			0:55:10			
35	Ashley	Flack	F	26	HS	54.4%	0.0%	54.4%	0.0%	0.0%	0.0%	0.0%		0:44:28				
36	Danielle	Mccraw	F	39	HS	53.9%	0.0%	0.0%	53.9%	0.0%	0.0%	0.0%			0:56:14			
37	Samantha	Schepps	F	11	ALRC	53.6%	0.0%	0.0%	0.0%	0.0%	53.6%	0.0%					0:27:36	
38	Carrie	Arnett	F	29	BCRR	53.4%	0.0%	0.0%	53.4%	0.0%	0.0%	0.0%			0:56:46			
39	Elizabeth	Wheatall	F	13		53.0%	53.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0:37:56					
40	Myrna	Vallejo	F	32	HS	52.8%	0.0%	0.0%	52.8%	0.0%	0.0%	0.0%			0:57:26			
41	Joy	Pasini	F	34		52.7%	52.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0:38:09					
42	Aimee	Fortier	F	32		52.2%	0.0%	0.0%	52.2%	0.0%	0.0%	0.0%			0:58:04			
43	Rachel	Skiles	F	36		52.2%	0.0%	0.0%	52.2%	0.0%	0.0%	0.0%			0:58:05			
44	Lara	Allen	F	38	BCRR	52.0%	0.0%	0.0%	0.0%	0.0%	0.0%	52.0%						5,820.8
45	Allison	Proch	F	27		51.8%	0.0%	0.0%	51.8%	0.0%	0.0%	0.0%			0:58:32			
46	Chris	Murphy	F	39	HS	50.9%	0.0%	0.0%	50.9%	0.0%	0.0%	0.0%			0:59:35			
47	Michelle	Ranum	F	38		50.6%	0.0%	50.6%	0.0%	0.0%	0.0%	0.0%		0:47:50				
48	Teran	Smith	F	31	BCRR	49.9%	0.0%	49.9%	0.0%	0.0%	0.0%	0.0%		0:48:29				
49	Sarah	Graybeal	F	28	HS	49.4%	0.0%	0.0%	0.0%	0.0%	0.0%	49.4%						5,542.2
50	Adrielle	Fry	F	21	HMSA	48.3%	0.0%	0.0%	0.0%	0.0%	0.0%	48.3%						5,416.3
51	Theresa	Bueno-	F	39	RH	46.6%	0.0%	0.0%	46.6%	0.0%	0.0%	0.0%			1:05:06			

52	Paula	Regan	F	24		46.4%	0.0%	0.0%	46.4%	0.0%	0.0%	0.0%			1:05:20		
53	Kim	Manley	F	33		46.3%	0.0%	0.0%	46.3%	0.0%	0.0%	0.0%			1:05:35		
54	Katie	Garner	F	24		46.1%	0.0%	0.0%	46.1%	0.0%	0.0%	0.0%			1:05:48		
55	Christine	Colwell	F	33		45.3%	0.0%	0.0%	45.3%	0.0%	0.0%	0.0%			1:06:58		
56	Natasha	Schepps	F	10	ALRC	44.4%	0.0%	0.0%	0.0%	0.0%	44.4%	0.0%				0:33:20	
57	Laura	Marin	F	25	HS	43.4%	0.0%	0.0%	43.4%	0.0%	0.0%	0.0%			1:09:52		
58	Lacy	Egbert	F	27		43.0%	0.0%	0.0%	43.0%	0.0%	0.0%	0.0%			1:10:32		
59	Stacy	Stepler	F	28	HS	42.5%	0.0%	0.0%	42.5%	0.0%	0.0%	0.0%			1:11:21		
60	Andrea	Rigsby	F	27	RH	42.0%	0.0%	0.0%	42.0%	0.0%	0.0%	0.0%			1:12:08		
61	Michelle	Meyer	F	32	BARC	41.9%	0.0%	0.0%	41.9%	0.0%	0.0%	0.0%			1:12:20		
62	Amber	Raley	F	27	HS	40.4%	0.0%	0.0%	0.0%	40.4%	0.0%	0.0%				0:59:33	
63	Veronica	Ordaz	F	27		39.1%	0.0%	39.1%	0.0%	0.0%	0.0%	0.0%		1:01:51			
64	Dena	Yanowski	F	16	TTC	38.0%	0.0%	0.0%	0.0%	0.0%	0.0%	38.0%					4,333.2
65	Laura	Eastep	F	29		34.0%	0.0%	0.0%	34.0%	0.0%	0.0%	0.0%			1:29:09		

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Women 40-49													xc	5mi	10k	8k	5k	LP
	fname	lname	sex	age	club	best 3 of 6	xc pct	5mi pct	10k pct	8k pct	5k pct	LP pct	xc time	5mi time	10k time	8k time	5k time	LP meters
1	Helen	Grant	F	44	HS	244.2%	81.7%	81.1%	78.9%	78.7%	81.4%	79.1%	0:26:05	0:31:37	0:41:04	0:32:44	0:19:26	8,196.1
2	Lisa	Tilton-	F	40	ALRC	234.6%	0.0%	79.6%	76.9%	78.1%	0.0%	76.1%		0:31:29	0:40:51	0:31:57		8,141.9
3	Heide	Mairs	F	46	TTC	234.0%	0.0%	77.3%	77.0%	77.1%	79.6%	76.9%		0:34:09	0:42:59	0:34:04	0:20:16	7,817.2
4	Jody	Berry	F	46	HS	229.5%	0.0%	76.1%	75.1%	0.0%	78.3%	71.7%		0:34:39	0:44:05		0:20:36	7,301.2
5	Melissa	Hurta	F	43	ALRC	225.6%	0.0%	75.2%	0.0%	73.6%	76.8%	0.0%		0:34:06		0:34:40	0:20:36	
6	Anna	Helm	F	41	BCRR	223.9%	0.0%	73.9%	71.2%	0.0%	75.7%	74.3%		0:34:10	0:44:27		0:20:23	7,891.6
7	Kathy	Roldan	F	41		209.3%	0.0%	70.4%	69.7%	69.3%	0.0%	0.0%		0:35:53	0:45:24	0:36:15		
8	Annie	Hadow	F	42	ALRC	207.7%	0.0%	70.8%	66.7%	0.0%	70.2%	0.0%		0:35:56	0:47:47		0:22:10	
9	Bonnie Jo	Barron	F	45	BCRR	205.2%	66.4%	68.4%	69.0%	67.8%	66.3%	0.0%	0:32:42	0:38:12	0:47:24	0:38:19	0:24:04	
10	Pony	Peterson	F	41	HS	184.6%	59.6%	62.7%	46.7%	60.9%	57.6%	61.0%	0:35:14	0:40:16	1:07:41	0:41:16	0:26:48	6,523.5
11	Nancy	Woods	F	49		179.5%	0.0%	0.0%	58.8%	59.6%	61.1%	0.0%			0:58:14	0:45:40	0:27:22	
12	Hillary	Gerhart	F	46	HS	173.3%	55.2%	0.0%	58.0%	0.0%	60.2%	0.0%	0:39:21		0:56:28		0:26:49	
13	Maria	Thompson	F	46	HS	167.6%	54.9%	56.5%	44.8%	53.8%	56.2%	54.7%	0:39:57	0:46:43	1:13:46	0:48:48	0:28:43	5,627.0
14	Rosemarie	Schmandt	F	45	BCRR	157.3%	0.0%	0.0%	45.7%	50.5%	55.2%	51.6%			1:04:40	0:51:24	0:28:57	5,371.2
15	Angelina	Felsing	F	42	TTC	141.2%	0.0%	71.2%	0.0%	70.0%	0.0%	0.0%		0:35:43		0:36:12		
16	Kathleen	Garrett	F	40	BCRR	140.3%	0.0%	0.0%	67.2%	0.0%	73.0%	0.0%			0:46:43		0:21:00	
17	Gigi	White	F	45	IFRC	140.2%	69.1%	0.0%	0.0%	0.0%	71.2%	0.0%	0:31:26				0:22:26	
18	Mary	Patterson	F	44	TTC	138.2%	0.0%	46.9%	42.7%	48.5%	0.0%	0.0%		0:55:07	1:15:50	0:53:03		
19	Carolyn	Kundiger	F	49		136.2%	0.0%	68.6%	67.6%	0.0%	0.0%	0.0%		0:39:52	0:50:40			
20	Marie	Hutchinson	F	48	ALRC	133.9%	0.0%	70.9%	63.1%	0.0%	0.0%	0.0%		0:38:06	0:53:39			
21	Tonya	Arnold	F	42	TTC	131.5%	0.0%	0.0%	0.0%	63.6%	67.9%	0.0%				0:39:47	0:22:55	
22	Jennie	Moroney	F	40		130.4%	0.0%	0.0%	65.6%	64.9%	0.0%	0.0%			0:47:55	0:38:28		
23	Audrey	Christiansen	F	45	FLS	128.2%	0.0%	0.0%	64.2%	63.9%	0.0%	0.0%			0:50:58	0:40:38		
24	Susan M.	Elias	F	42		125.3%	0.0%	0.0%	62.7%	62.7%	0.0%	0.0%			0:50:29	0:40:24		
25	Lana	Moody	F	41	BCRR	122.9%	0.0%	0.0%	58.9%	0.0%	0.0%	64.1%			0:53:44			6,836.0
26	Rene	Miles	F	43	ALRC	119.4%	0.0%	60.2%	59.2%	0.0%	0.0%	0.0%		0:42:33	0:54:18			
27	Catherine	Fulford	F	48	BARC	108.6%	0.0%	0.0%	46.8%	61.8%	0.0%	0.0%			1:12:20	0:42:57		
28	Caroline	Root	F	40	BARC	107.2%	0.0%	0.0%	53.3%	53.9%	0.0%	0.0%			0:58:58	0:46:15		
29	Judy	Chapa	F	46		106.8%	52.3%	0.0%	54.5%	0.0%	0.0%	0.0%	0:41:56		1:00:45			
30	Tracy	Fry	F	43	HS	105.3%	0.0%	0.0%	47.5%	0.0%	57.8%	0.0%			1:07:40		0:27:09	
31	June	Vidrine	F	43	HS	98.7%	0.0%	0.0%	0.0%	47.8%	50.9%	0.0%				0:53:24	0:30:19	
32	Lisa	Coley	F	44	RH	97.2%	0.0%	47.7%	49.5%	0.0%	0.0%	0.0%		0:54:14	1:05:33			
33	Andrea	Chan	F	42	HS	96.2%	0.0%	0.0%	41.5%	0.0%	54.8%	0.0%			1:16:19		0:28:24	
34	Karen	Nelson	F	45	TOR	75.1%	0.0%	0.0%	75.1%	0.0%	0.0%	0.0%			0:43:34			
35	Rose	Rhoton	F	43	ALRC	74.3%	0.0%	74.3%	0.0%	0.0%	0.0%	0.0%		0:34:30				
36	Sheila	Carmody	F	40		70.4%	70.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0:29:35					
37	Miriam	Terc	F	48	HS	69.9%	0.0%	0.0%	69.9%	0.0%	0.0%	0.0%			0:48:23			
38	Amy	Ruf	F	44	TTC	67.9%	0.0%	0.0%	0.0%	67.9%	0.0%	0.0%				0:37:55		
39	Caryn	Honig	F	41	ALRC	67.3%	0.0%	0.0%	0.0%	0.0%	67.3%	0.0%					0:22:55	
40	Paula	Hart	F	46	BARRA	66.4%	0.0%	0.0%	66.4%	0.0%	0.0%	0.0%			0:49:48			
41	Karen	Rosenfeld	F	44	HS	66.1%	0.0%	0.0%	66.1%	0.0%	0.0%	0.0%			0:49:03			
42	Samantha	Cayton	F	42	ALRC	64.7%	0.0%	0.0%	64.7%	0.0%	0.0%	0.0%			0:49:18			
43	Mary Beth	Miller	F	45	HF	63.6%	0.0%	0.0%	63.6%	0.0%	0.0%	0.0%			0:51:29			
44	Kimberly	Pilcher	F	43	BCRR	63.3%	0.0%	0.0%	0.0%	63.3%	0.0%	0.0%				0:40:18		
45	Mariela	Botella	F	41	HMSA	60.6%	0.0%	0.0%	0.0%	60.6%	0.0%	0.0%				0:41:28		
46	Rhonda	Emerson	F	49	BCRR	57.4%	0.0%	0.0%	57.4%	0.0%	0.0%	0.0%			0:59:41			
47	Susan	Leonard	F	48	BCRR	56.9%	0.0%	0.0%	0.0%	56.9%	0.0%	0.0%				0:47:11		
48	Rosa	Alzate	F	40	HS	56.7%	0.0%	0.0%	56.7%	0.0%	0.0%	0.0%			0:55:22			
49	Toisha	Parker	F	40		55.9%	0.0%	55.9%	0.0%	0.0%	0.0%	0.0%		0:44:49				
50	Cathy	Mcglahn	F	45	BCRR	53.2%	0.0%	0.0%	53.2%	0.0%	0.0%	0.0%			1:01:33			
51	Catherine	Elder	F	47	HS	53.2%	0.0%	0.0%	0.0%	0.0%	53.2%	0.0%					0:30:41	

52	Becky	Spaulding	F	44	BCRR	49.8%	0.0%	0.0%	49.8%	0.0%	0.0%	0.0%
53	Gwen	Clemings	F	48	GLWY	48.3%	0.0%	0.0%	48.3%	0.0%	0.0%	0.0%
54	Tandy	Mellard	F	46	BCRR	48.2%	0.0%	0.0%	48.2%	0.0%	0.0%	0.0%
55	Lori	Laxen-	F	40	BCRR	45.5%	0.0%	0.0%	45.5%	0.0%	0.0%	0.0%
56	Carole	Buckheit	F	49	HS	44.2%	0.0%	0.0%	44.2%	0.0%	0.0%	0.0%
57	Andrea	Galvan	F	46	HS	41.9%	0.0%	0.0%	41.9%	0.0%	0.0%	0.0%
58	Debbie	Rodriguez	F	44	HS	38.1%	0.0%	38.1%	0.0%	0.0%	0.0%	0.0%

	1:05:09	
	1:09:59	
	1:08:39	
	1:09:03	
	1:17:27	
	1:18:58	
1:07:17		


Spring 2007 Runner of the Season Standings

Women 50+							best	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP
fname	lname	sex	age	club	3 of 6	pct	pct	pct	pct	pct	pct	pct	time	time	time	time	time	meters	
1	Sabra	Harvey	F	58	HS	276.0%	90.5%	90.8%	0.0%	0.0%	94.7%	0.0%	0:27:50	0:33:24			0:19:51		
2	Karen	Bowler	F	57	HS	254.3%	82.2%	0.0%	83.9%	84.0%	86.3%	81.3%	0:30:40		0:45:17	0:35:54	0:21:28	7,213.7	
3	Ann	Ferguson	F	64	TTC	241.4%	0.0%	81.2%	80.9%	79.3%	0.0%	0.0%		0:40:05	0:51:54	0:42:05			
4	Billie Kay	Melanson	F	53	HH	240.6%	0.0%	79.5%	79.4%	78.4%	81.7%	0.0%		0:36:08	0:45:22	0:36:28	0:21:32		
5	Alice	Keelin	F	57	TTC	238.9%	78.8%	79.9%	80.2%	78.2%	0.0%	77.6%	0:31:59	0:37:58	0:47:22	0:38:36		6,897.6	
6	Julie	Rutledge	F	52	HS	230.7%	0.0%	75.7%	76.0%	0.0%	79.0%	75.6%		0:37:30	0:46:49		0:21:57	7,161.3	
7	Serai	Abraham	F	55	TTC	220.3%	70.4%	72.9%	70.3%	68.0%	73.5%	73.8%	0:35:18	0:40:27	0:52:39	0:43:11	0:24:33	6,656.3	
8	Yong	Collins	F	52	HS	215.1%	0.0%	74.3%	68.5%	0.0%	0.0%	72.4%		0:38:12	0:51:57			6,871.4	
9	Kathleen	Mahon	F	52	BCRR	201.7%	65.6%	66.6%	65.9%	65.8%	69.1%	65.9%	0:35:56	0:42:35	0:53:56	0:42:56	0:25:06	6,271.9	
10	Lynn	Trafton	F	58	ALRC	196.7%	0.0%	0.0%	65.1%	64.5%	67.2%	0.0%			0:58:24	0:47:27	0:27:59		
11	Donna	Whitney	F	52	BCRR	186.1%	62.4%	62.5%	61.2%	0.0%	0.0%	0.0%	0:37:50	0:45:22	0:58:06				
12	Janet	Sutton	F	51	BCRR	180.6%	58.5%	57.8%	60.5%	59.4%	59.7%	60.4%	0:39:51	0:48:29	0:58:03	0:46:55	0:28:42	5,841.9	
13	Vicki	Helm	F	56	ALRC	134.0%	0.0%	0.0%	0.0%	65.9%	68.1%	0.0%				0:45:09	0:26:51		
14	Betsy	Anderson	F	58	HS	133.5%	0.0%	65.8%	0.0%	0.0%	67.7%	0.0%		0:46:41			0:27:47		
15	Susan	Middleton	F	57	ALRC	133.0%	67.9%	0.0%	0.0%	0.0%	0.0%	65.1%	0:36:36					5,819.6	
16	Julie	Ward	F	51	KW	132.2%	0.0%	0.0%	66.4%	65.9%	0.0%	0.0%			0:52:54	0:42:20			
17	Deborah	Morris	F	56		130.2%	0.0%	0.0%	62.9%	0.0%	67.3%	0.0%			0:59:34		0:27:11		
18	Theresa	Drago	F	57	HS	125.2%	0.0%	63.0%	0.0%	62.2%	0.0%	0.0%		0:48:09		0:48:28			
19	Mary	Savino	F	59	BCRR	121.7%	0.0%	0.0%	57.9%	0.0%	63.8%	0.0%			1:07:30		0:29:52		
20	Cheryl	Verlander	F	57	BCRR	121.2%	0.0%	0.0%	0.0%	58.5%	0.0%	62.7%				0:51:34		5,611.7	
21	Lori	Batchelder	F	50	HF	117.1%	0.0%	0.0%	0.0%	57.0%	60.1%	0.0%				0:48:20	0:28:08		
22	Kathryn	Vidal	F	55	BCRR	116.7%	0.0%	59.4%	57.2%	0.0%	0.0%	0.0%		0:49:37	1:04:36				
23	Barbara	Shepard	F	52	HS	111.2%	58.7%	0.0%	52.6%	0.0%	0.0%	0.0%	0:40:13		1:07:40				
24	Sandy	Junn	F	56	BARC	110.6%	0.0%	0.0%	51.8%	0.0%	58.8%	0.0%			1:12:19		0:31:06		
25	Melanie	Abedelfatah	F	51	HS	105.7%	0.0%	0.0%	52.2%	53.5%	0.0%	0.0%			1:07:17	0:52:09			
26	Jan	Poscovsky	F	53	FBF	86.2%	0.0%	42.2%	44.0%	0.0%	0.0%	0.0%		1:08:01	1:21:56				
27	Donna	Sterns	F	54	HH	79.7%	79.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0:30:00						
28	Cindy	Sosa	F	52	HH	72.1%	0.0%	72.1%	0.0%	0.0%	0.0%	0.0%		0:39:20					
29	Nancy	Crane	F	64	HMSA	71.8%	0.0%	0.0%	71.8%	0.0%	0.0%	0.0%			0:58:29				
30	Karen	Lancer	F	55	ALRC	66.7%	0.0%	0.0%	66.7%	0.0%	0.0%	0.0%			0:55:27				
31	Cathy	Harris	F	57	TOR	64.1%	0.0%	0.0%	64.1%	0.0%	0.0%	0.0%			0:59:18				
32	Rosa	Herst	F	63	HMSA	62.6%	0.0%	0.0%	0.0%	62.6%	0.0%	0.0%				0:52:27			
33	Sadie	Greenman	F	76	ALRC	62.1%	0.0%	0.0%	0.0%	0.0%	0.0%	62.1%						4,166.9	
34	Nancy	Daniels	F	50	HS	62.0%	0.0%	0.0%	62.0%	0.0%	0.0%	0.0%			0:55:55				
35	Babette	McQueen	F	51		60.6%	0.0%	0.0%	0.0%	0.0%	0.0%	60.6%						5,860.7	
36	Mary	Ramirez	F	65	ALRC	60.4%	0.0%	0.0%	60.4%	0.0%	0.0%	0.0%			1:10:34				
37	Linnie	Reichle	F	51	BCRR	60.1%	0.0%	0.0%	0.0%	0.0%	0.0%	60.1%						5,815.0	
38	Eileen	Perlmutter	F	68	HMSA	60.1%	0.0%	0.0%	60.1%	0.0%	0.0%	0.0%			1:14:21				
39	Margaret	Montgomery	F	66	BARC	59.8%	0.0%	0.0%	59.8%	0.0%	0.0%	0.0%			1:12:25				
40	Lynn	Palmer	F	52	CLFC	59.5%	0.0%	0.0%	0.0%	0.0%	0.0%	59.5%						5,685.8	
41	Elaine	Mut	F	50		59.3%	0.0%	0.0%	0.0%	0.0%	59.3%	0.0%					0:28:32		
42	Irma	Conran	F	54	BCRR	58.0%	58.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0:41:46						
43	Sue Dean	Smith	F	53		56.5%	0.0%	0.0%	56.5%	0.0%	0.0%	0.0%			1:03:47				
44	K	Moriarty	F	53	HS	56.1%	0.0%	0.0%	56.1%	0.0%	0.0%	0.0%			1:04:15				
45	Bonnie	Egbert	F	55	RH	52.9%	0.0%	0.0%	52.9%	0.0%	0.0%	0.0%			1:08:58				
46	Judy	Loy	F	68	HS	52.1%	0.0%	0.0%	52.1%	0.0%	0.0%	0.0%			1:25:52				
47	Mary	Deason	F	62	HMSA	51.7%	0.0%	0.0%	51.7%	0.0%	0.0%	0.0%			1:18:50				
48	Gloria	Hinton	F	53	HMSA	51.7%	0.0%	0.0%	51.7%	0.0%	0.0%	0.0%			1:09:46				
49	Leeanne	Voorhees	F	54	BARC	50.5%	0.0%	0.0%	50.5%	0.0%	0.0%	0.0%			1:12:20				
50	Joanne	Einhorn	F	56	HS	46.0%	0.0%	0.0%	46.0%	0.0%	0.0%	0.0%			1:21:34				
51	Nancy	Holcomb	F	61	HS	42.0%	0.0%	0.0%	42.0%	0.0%	0.0%	0.0%			1:35:42				
52	Susan	Spurlock	F	58	IFRC	40.3%	0.0%	0.0%	40.3%	0.0%	0.0%	0.0%			1:35:37				
53	Paulette	Salanon	F	51	HS	39.6%	0.0%	0.0%	39.6%	0.0%	0.0%	0.0%			1:28:36				

Spring 2007 Runner of the Season Standings

Men under 40																		
fname	lname	sex	age	club	best 3 of 6	xc pct	5mi pct	10k pct	8k pct	5k pct	LP pct	xc time	5mi time	10k time	8k time	5k time	LP meters	
1	John	Hedengren	M	29	BARC	256.7%	85.8%	85.5%	85.5%	83.6%	84.3%	0.0%	0:20:34	0:24:57	0:31:25	0:25:21	0:15:18	
2	Rudy	Rocha	M	37	BARC	244.7%	0.0%	81.8%	82.1%	0.0%	0.0%	80.8%		0:26:04	0:32:42			10,030.7
3	Alan	Hedengren	M	28	BARC	239.2%	81.3%	80.5%	0.0%	77.4%	75.7%	0.0%	0:21:42	0:26:29		0:27:24	0:17:02	
4	Brett	Riley	M	35	HS	239.1%	0.0%	80.2%	79.2%	0.0%	79.7%	0.0%		0:26:36	0:33:54		0:16:11	
5	Ramiro	Alvarado	M	34	ALRC	235.6%	0.0%	0.0%	79.5%	76.3%	79.8%	0.0%			0:33:46	0:27:47	0:16:10	
6	John	Yoder	M	36	HS	231.1%	77.9%	77.4%	53.2%	75.4%	75.9%	74.3%	0:22:40	0:27:34	0:50:28	0:28:06	0:17:00	9,267.7
7	Thomas	King Jr	M	38	HS	227.9%	0.0%	75.1%	75.9%	0.0%	76.9%	0.0%		0:28:25	0:35:24		0:16:46	
8	Joe	Oviedo	M	31	TOR	225.4%	0.0%	0.0%	74.9%	74.1%	76.3%	0.0%			0:35:51	0:28:36	0:16:54	
9	Scott	Grischow	M	31		225.1%	0.0%	74.1%	75.1%	74.0%	75.9%	0.0%		0:28:47	0:35:46	0:28:39	0:17:00	
10	A.J.	Terrell	M	39	TTC	224.2%	0.0%	75.2%	74.8%	74.3%	0.0%	0.0%		0:28:23	0:35:55	0:28:33		
11	Andrew	Keller	M	31	HS	217.2%	0.0%	0.0%	72.4%	70.8%	74.0%	0.0%			0:37:06	0:29:56	0:17:26	
12	Simon	Brabo	M	31	BCRR	216.8%	73.4%	71.2%	71.5%	66.7%	71.8%	67.0%	0:24:02	0:29:59	0:37:32	0:31:47	0:17:58	8,403.4
13	David	Minken	M	28	HS	216.6%	0.0%	0.0%	0.0%	70.5%	74.2%	71.9%				0:30:05	0:17:23	8,984.2
14	Stephen	Milford	M	21	BARC	213.5%	70.4%	71.2%	0.0%	68.9%	71.9%	0.0%	0:25:03	0:29:59		0:30:45	0:17:56	
15	Leno	Rios	M	36	TOR	209.8%	0.0%	71.7%	67.5%	67.5%	70.5%	0.0%		0:29:44	0:39:46	0:31:23	0:18:18	
16	Eric	Stotzer	M	39	BCRR	201.9%	0.0%	0.0%	65.8%	65.7%	69.9%	66.1%			0:40:47	0:32:16	0:18:27	8,296.1
17	David	Magness	M	27		186.0%	66.1%	66.5%	53.4%	0.0%	0.0%	0.0%	0:26:41	0:32:06	0:50:18			
18	Ryan	DiMarco	M	16	HS	184.9%	0.0%	63.8%	43.4%	63.9%	0.0%	57.2%		0:33:27	1:01:50	0:33:11		7,231.1
19	Lent	Rhodes	M	38		183.5%	61.4%	0.0%	61.5%	60.6%	0.0%	0.0%	0:28:45		0:43:41	0:34:58		
20	Cornelio	Garibay;	M	38	ALRC	155.5%	78.4%	77.0%	0.0%	0.0%	0.0%	0.0%	0:22:30	0:27:42				
21	Christophe	Bittinger	M	39	BARC	149.2%	73.9%	0.0%	75.3%	0.0%	0.0%	0.0%	0:23:52		0:35:40			
22	Jason	Moreno	M	23	TOR	144.9%	0.0%	0.0%	0.0%	70.0%	74.9%	0.0%				0:30:17	0:17:13	
23	Jeff	Eisele	M	36	TOR	141.2%	71.8%	69.3%	0.0%	0.0%	0.0%	0.0%	0:24:34	0:30:46				
24	Michael	Tognarelli	M	35	HS	140.9%	0.0%	0.0%	69.6%	0.0%	71.3%	0.0%			0:38:33		0:18:06	
25	Douglas	Schroeder	M	39	HS	140.2%	0.0%	0.0%	69.0%	0.0%	71.3%	0.0%			0:38:56		0:18:06	
26	Omar	Leon	M	31	BCRR	140.0%	70.0%	0.0%	70.0%	0.0%	0.0%	0.0%	0:25:12		0:38:23			
27	Edward	Albrecht	M	39	BCRR	129.3%	64.6%	0.0%	64.7%	0.0%	0.0%	0.0%	0:27:18		0:41:31			
28	Ryan	Stepler	M	28	HS	113.6%	57.8%	0.0%	55.8%	0.0%	0.0%	0.0%	0:30:33		0:48:05			
29	Steve	Bezner	M	35	HS	107.0%	53.9%	0.0%	53.2%	0.0%	0.0%	0.0%	0:32:46		0:50:30			
30	William	Cox	M	33	HS	105.2%	52.7%	52.5%	0.0%	0.0%	0.0%	0.0%	0:33:28	0:40:38				
31	Keelan	Hamilton	M	34		103.6%	0.0%	0.0%	52.7%	51.0%	0.0%	0.0%			0:50:58	0:41:37		
32	Anthony	Lopez	M	12	TOR	103.0%	0.0%	0.0%	46.6%	0.0%	56.4%	0.0%			0:57:39		0:22:52	
33	Wesley	Ward	M	38	HF	84.2%	0.0%	0.0%	0.0%	41.8%	0.0%	42.3%				0:50:40		5,436.1
34	Luis	Armenteros	M	34	KW	83.6%	0.0%	0.0%	83.6%	0.0%	0.0%	0.0%			0:32:06			
35	Drew	Prisner	M	35	ALRC	81.7%	0.0%	0.0%	81.7%	0.0%	0.0%	0.0%			0:32:52			
36	Matthew	Mccurdy	M	29	ALRC	80.8%	0.0%	0.0%	80.8%	0.0%	0.0%	0.0%			0:33:15			
37	Jose	Lara	M	31	ALRC	80.2%	0.0%	0.0%	0.0%	0.0%	80.2%	0.0%					0:16:05	
38	Fred	Miller III	M	30	HS	78.1%	0.0%	0.0%	78.1%	0.0%	0.0%	0.0%			0:34:24			
39	Juancarlos	Vielma	M	34	TOR	77.0%	0.0%	0.0%	77.0%	0.0%	0.0%	0.0%			0:34:52			
40	Cody	Manuel	M	24	ALRC	76.4%	0.0%	76.4%	0.0%	0.0%	0.0%	0.0%		0:27:55				
41	Carlos	Rivas Jr	M	23	HS	75.5%	75.5%	0.0%	0.0%	0.0%	0.0%	0.0%	0:23:23					
42	Carlo	Deason	M	37	HMSA	70.8%	0.0%	0.0%	70.8%	0.0%	0.0%	0.0%			0:37:56			
43	Brian	Alvarado	M	14	ALRC	70.8%	0.0%	70.8%	0.0%	0.0%	0.0%	0.0%		0:30:09				
44	Raymond	Verm	M	17	BCRR	68.9%	0.0%	0.0%	0.0%	0.0%	68.9%	0.0%					0:18:44	
45	Carwyn	Sharp	M	33	BARC	66.5%	0.0%	0.0%	0.0%	0.0%	66.5%	0.0%					0:19:24	
46	Valentino	Ochoa	M	32	TOR	65.8%	0.0%	0.0%	0.0%	0.0%	65.8%	0.0%					0:19:37	
47	George	Alvarado	M	16	ALRC	65.0%	0.0%	65.0%	0.0%	0.0%	0.0%	0.0%		0:32:49				
48	John	Caffey	M	31	BCRR	64.9%	0.0%	64.9%	0.0%	0.0%	0.0%	0.0%		0:32:52				
49	Jeremy	Rowe	M	33	FLS	63.8%	0.0%	63.8%	0.0%	0.0%	0.0%	0.0%		0:33:26				
50	Jonathan	Hook	M	36	HF	60.5%	0.0%	0.0%	60.5%	0.0%	0.0%	0.0%			0:44:22			
51	Todd	Abbott	M	30	BCRR	59.3%	0.0%	0.0%	0.0%	59.3%	0.0%	0.0%				0:35:45		
52	Richard	Powell	M	18		59.1%	0.0%	0.0%	59.1%	0.0%	0.0%	0.0%			0:45:24			

53	David	Moncure	M	26		57.4%	0.0%	0.0%	0.0%	57.4%	0.0%	0.0%				0:36:57
54	Ron	Sostaric	M	29		55.5%	0.0%	0.0%	55.5%	0.0%	0.0%	0.0%				0:48:25
55	Shaghayegh	Farkooshi	M	26	HS	53.7%	0.0%	0.0%	53.7%	0.0%	0.0%	0.0%				0:56:27
56	Chris	Boylan	M	32	HS	53.2%	0.0%	0.0%	53.2%	0.0%	0.0%	0.0%				0:50:29
57	Aaron	Wheatall	M	14		52.7%	52.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0:33:29			
58	Francisco	Galvan	M	18	HS	52.3%	0.0%	0.0%	52.3%	0.0%	0.0%	0.0%				0:51:21
59	Joe	Craig	M	13	BCRR	51.6%	51.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0:34:10			
60	Benjamin	Wheatall	M	14		51.2%	51.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0:34:29			
61	Jhonier	Marin	M	35	HS	46.9%	0.0%	0.0%	46.9%	0.0%	0.0%	0.0%				0:57:12
62	Thomas	Hoge	M	36	BARC	46.3%	0.0%	0.0%	0.0%	0.0%	0.0%	46.3%				5,914.4
63	Jeffrey	Williams	M	30	HS	42.4%	0.0%	0.0%	42.4%	0.0%	0.0%	0.0%				1:03:16
64	Jason	Fowlkes	M	31	ALRC	40.5%	0.0%	0.0%	40.5%	0.0%	0.0%	0.0%				1:06:16
65	Ian	Whittlesey-	M	10	HS	29.2%	0.0%	0.0%	0.0%	0.0%	29.2%	0.0%				0:44:13

Spring 2007 Runner of the Season Standings

Men 40-49													xc	5mi	10k	8k	5k	LP	
	fname	lname	sex	age	club	best 3 of 6	xc pct	5mi pct	10k pct	8k pct	5k pct	LP pct	xc time	5mi time	10k time	8k time	5k time	LP meters	
1	Joe	Flores	M	47	HH	263.5%	0.0%	87.0%	88.2%	0.0%	88.3%	0.0%		0:27:23	0:33:59			0:16:18	
2	Richard	Fredrich	M	49	TTC	252.3%	82.3%	84.4%	83.7%	82.6%	83.9%	84.1%	0:24:19	0:28:41	0:36:24	0:29:07	0:17:27	9,245.1	
3	Gerardo	Mora	M	40	HMSA	246.8%	78.9%	82.2%	80.6%	79.9%	82.5%	82.1%	0:23:41	0:27:28	0:35:15	0:28:04	0:16:33	9,656.0	
4	Tuan	Nguyen	M	45	HMSA	246.1%	81.4%	81.9%	0.0%	0.0%	82.9%	0.0%	0:23:50	0:28:38			0:17:07		
5	Steven	King	M	43	HH	244.6%	0.0%	0.0%	0.0%	79.2%	81.8%	83.6%				0:28:59	0:17:04	9,606.9	
6	Francisco	Perez	M	42	TOR	243.1%	0.0%	0.0%	81.3%	80.6%	81.2%	0.0%			0:35:27	0:28:15	0:17:04		
7	Jack	Mcclintic	M	45	TOR	239.9%	81.3%	79.7%	0.0%	0.0%	0.0%	79.0%	0:23:52	0:29:25				8,972.6	
8	Kevin	Regis	M	47	TOR	237.9%	79.5%	78.1%	74.0%	76.4%	80.3%	74.6%	0:24:48	0:30:29	0:40:28	0:30:59	0:17:56	8,375.0	
9	Sim	Cuevas	M	47	TOR	233.5%	78.7%	76.2%	76.4%	75.1%	78.5%	0.0%	0:24:51	0:31:02	0:39:13	0:31:31	0:18:21		
10	Matthew	Nicol	M	44	BCRR	232.8%	73.6%	75.4%	75.7%	0.0%	79.6%	77.5%	0:25:57	0:30:51	0:38:42		0:17:40	8,877.5	
11	Mark	Conran	M	47	BCRR	231.4%	77.8%	78.4%	75.2%	74.7%	0.0%	0.0%	0:25:19	0:30:23	0:39:52	0:31:40			
12	Mike	Crowley	M	42	BCRR	228.6%	0.0%	0.0%	0.0%	75.0%	78.6%	75.0%				0:30:22	0:17:37	8,729.3	
13	Robert	Walters	M	46	BCRR	227.7%	0.0%	75.9%	75.8%	74.5%	75.4%	76.0%		0:31:07	0:39:13	0:31:32	0:18:57	8,588.2	
14	Scott	Wonderly	M	40	BCRR	224.5%	73.2%	74.1%	72.9%	73.3%	75.1%	75.3%	0:25:31	0:30:27	0:39:00	0:30:36	0:18:11	8,888.8	
15	Francisco	Garza	M	41	TOR	224.1%	73.5%	0.0%	74.7%	73.3%	75.9%	0.0%	0:25:36		0:38:20	0:30:50	0:18:07		
16	Robert	Brown	M	48	BCRR	222.4%	74.8%	73.8%	73.0%	69.1%	73.3%	73.8%	0:26:33	0:32:30	0:41:22	0:34:32	0:19:48	8,234.9	
17	Gerardo	Lopez	M	42	TOR	216.3%	0.0%	0.0%	71.7%	71.5%	73.2%	0.0%			0:40:12	0:31:52	0:18:56		
18	Steve	Schroeder	M	41	HS	215.5%	72.5%	0.0%	65.8%	67.0%	71.6%	71.4%	0:25:57		0:43:31	0:33:45	0:19:12	8,394.9	
19	Jamie	Johnson	M	40	ALRC	212.2%	0.0%	0.0%	71.5%	71.2%	0.0%	69.5%			0:39:46	0:31:29		8,244.0	
20	Joel	Chapa	M	45		196.2%	65.5%	67.6%	63.1%	0.0%	0.0%	0.0%	0:29:37	0:34:42	0:46:46				
21	Roger	Redding	M	48	BARC	181.5%	59.4%	61.3%	58.8%	59.0%	0.0%	60.8%	0:33:24	0:39:11	0:51:23	0:40:25		6,859.5	
22	Jeff	Sharp	M	48	HS	181.4%	62.2%	61.5%	0.0%	57.7%	0.0%	0.0%	0:31:55	0:39:01		0:41:19			
23	Christophe	Harris	M	48	BCRR	180.7%	59.7%	61.4%	59.7%	0.0%	0.0%	0.0%	0:33:16	0:39:07	0:50:39				
24	John	DiMarco	M	48	HS	177.4%	0.0%	60.8%	48.8%	57.5%	0.0%	59.0%		0:39:28	1:01:51	0:41:27		6,667.4	
25	Jon	Butler	M	44		174.6%	0.0%	0.0%	86.5%	0.0%	88.1%	0.0%			0:33:51		0:15:58		
26	Travis	Green	M	43		155.4%	53.8%	53.7%	0.0%	48.0%	0.0%	0.0%	0:35:30	0:43:01		0:47:49			
27	Kurt	Pepper	M	47	FLS	152.3%	0.0%	0.0%	76.1%	76.2%	0.0%	0.0%			0:39:24	0:31:03			
28	David	Priest	M	40	ALRC	150.5%	75.6%	74.9%	0.0%	0.0%	0.0%	0.0%	0:24:42	0:30:08					
29	Avi	Moss	M	44	BCRR	148.5%	0.0%	0.0%	73.8%	0.0%	0.0%	74.8%			0:39:42			8,585.1	
30	Predrag	Bojovic	M	44		142.0%	0.0%	0.0%	71.4%	70.7%	0.0%	0.0%			0:41:02	0:32:43			
31	John	Wiehe	M	43		138.9%	0.0%	0.0%	68.8%	0.0%	0.0%	70.2%			0:42:16			8,147.4	
32	Jacob	Tonge	M	44	BCRR	138.6%	0.0%	0.0%	67.1%	0.0%	71.5%	0.0%			0:43:39		0:19:40		
33	Terry	Johnson	M	47	LFS	136.3%	0.0%	0.0%	67.8%	68.5%	0.0%	0.0%			0:44:12	0:34:33			
34	Michael	Root	M	44	BARC	132.8%	0.0%	0.0%	67.5%	65.3%	0.0%	0.0%			0:43:23	0:35:25			
35	Yoichi	Morishima	M	48	HS	129.2%	0.0%	0.0%	59.9%	0.0%	69.3%	0.0%			0:50:29		0:20:56		
36	Eddie	Araguz	M	42	KF	129.1%	63.5%	65.6%	0.0%	0.0%	0.0%	0.0%	0:29:50	0:34:58					
37	Jeffery	Cook	M	43		124.9%	62.4%	62.5%	0.0%	0.0%	0.0%	0.0%	0:30:23	0:36:41					
38	Wilfredo	Martinez	M	49	TOR	124.4%	0.0%	63.1%	61.3%	0.0%	0.0%	0.0%		0:38:22	0:49:41				
39	Dunbar	Chambers	M	48		117.0%	0.0%	60.1%	56.9%	0.0%	0.0%	0.0%		0:39:55	0:53:05				
40	Robert	Kerr	M	46		116.3%	0.0%	0.0%	57.2%	0.0%	59.2%	0.0%			0:52:01		0:24:08		
41	Kevin	Cox	M	48	HS	107.6%	54.2%	53.4%	0.0%	0.0%	0.0%	0.0%	0:36:38	0:44:57					
42	Eddie	Rodriguez	M	46	BCRR	107.2%	0.0%	0.0%	0.0%	52.6%	0.0%	54.6%				0:44:39		6,283.6	
43	Victor	Kaiser	M	40	HS	92.2%	38.2%	0.0%	0.0%	0.0%	0.0%	54.0%	0:48:56					4,302.7	
44	Todd	Gilbreath	M	41	BCRR	83.1%	83.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0:22:38						
45	Michael	Wheatall	M	46		81.5%	81.5%	0.0%	0.0%	0.0%	0.0%	0.0%	0:23:48						
46	Richard	Peoples Jr.	M	47	ALRC	80.3%	0.0%	0.0%	80.3%	0.0%	0.0%	0.0%			0:37:19				
47	William	Henderson	M	44	BCRR	79.2%	0.0%	0.0%	0.0%	0.0%	79.2%	0.0%					0:17:46		
48	Agapito	Gaytan	M	46	TOR	79.1%	79.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0:24:43						
49	Jorge	Alvarado	M	42	ALRC	75.7%	0.0%	75.7%	0.0%	0.0%	0.0%	0.0%		0:30:16					
50	Mike	Marczak	M	47	BCRR	73.6%	0.0%	0.0%	73.6%	0.0%	0.0%	0.0%			0:40:44				
51	Daniel	George	M	40		72.1%	0.0%	0.0%	0.0%	0.0%	72.1%	0.0%					0:18:56		



52	John	Shepperd	M	46	TTC	71.4%	71.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0:27:22					
53	Jose	Reyes	M	40	TOR	71.3%	0.0%	0.0%	0.0%	0.0%	71.3%	0.0%					0:19:08	
54	Brett	Cole	M	40	FLS	71.2%	0.0%	0.0%	71.2%	0.0%	0.0%	0.0%		0:39:55				
55	Daniel	Hu	M	46	BARC	69.0%	0.0%	0.0%	0.0%	69.0%	0.0%	0.0%			0:34:02			
56	Jeffrey	Nachenberg	M	48		68.8%	0.0%	0.0%	68.8%	0.0%	0.0%	0.0%		0:43:55				
57	Paul	Danilewicz	M	43	BCRR	68.6%	0.0%	0.0%	68.6%	0.0%	0.0%	0.0%		0:42:22				
58	Matt	Wright	M	40	HS	67.7%	0.0%	0.0%	0.0%	0.0%	0.0%	67.7%						8,041.0
59	Carlos	Alzate	M	45	HS	66.2%	0.0%	0.0%	66.2%	0.0%	0.0%	0.0%		0:44:37				
60	Rick	Marzullo	M	44		65.8%	0.0%	0.0%	65.8%	0.0%	0.0%	0.0%		0:44:30				
61	Bill	Travis	M	41		64.5%	64.5%	0.0%	0.0%	0.0%	0.0%	0.0%	0:29:11					
62	Steven	Peppel	M	41		63.5%	0.0%	0.0%	63.5%	0.0%	0.0%	0.0%		0:45:05				
63	Michael	Moran	M	46	BCRR	61.9%	0.0%	0.0%	0.0%	61.9%	0.0%	0.0%				0:37:55		
64	Patrick	Flaherty	M	49	BCRR	61.7%	0.0%	0.0%	61.7%	0.0%	0.0%	0.0%		0:49:22				
65	Eric	Faria	M	48	BCRR	61.2%	0.0%	0.0%	0.0%	0.0%	61.2%	0.0%					0:23:43	
66	Alfonso	Torres	M	49	BARC	61.1%	0.0%	0.0%	61.1%	0.0%	0.0%	0.0%		0:49:52				
67	Tom	Chandler	M	47	BARC	60.9%	0.0%	60.9%	0.0%	0.0%	0.0%	0.0%		0:39:07				
68	Francisco	Galvan	M	44	HS	59.5%	0.0%	0.0%	59.5%	0.0%	0.0%	0.0%		0:49:15				
69	Robert	Clark	M	49	HS	59.1%	0.0%	59.1%	0.0%	0.0%	0.0%	0.0%		0:40:59				
70	Paul	Finken	M	45	HF	57.6%	0.0%	0.0%	57.6%	0.0%	0.0%	0.0%		0:51:17				
71	Tom	Helm	M	41	BCRR	57.3%	57.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0:32:50					
72	Alan	Svoboda	M	45	BCRR	56.8%	0.0%	0.0%	0.0%	56.8%	0.0%	0.0%				0:41:02		
73	Jeffrey	Tabourne	M	41	BCRR	53.9%	0.0%	0.0%	0.0%	0.0%	0.0%	53.9%						6,441.5
74	Brian	Kelly	M	49		53.1%	0.0%	0.0%	53.1%	0.0%	0.0%	0.0%		0:57:22				
75	Grady	Harrison	M	46		52.1%	0.0%	0.0%	52.1%	0.0%	0.0%	0.0%		0:57:07				
76	Mario	Rios	M	43	HS	52.0%	0.0%	0.0%	52.0%	0.0%	0.0%	0.0%		0:55:54				
77	Mark	Gonzales	M	42	HS	51.8%	0.0%	0.0%	51.8%	0.0%	0.0%	0.0%		0:55:41				
78	Robert	Spark	M	42	HS	51.7%	0.0%	51.7%	0.0%	0.0%	0.0%	0.0%		0:44:17				
79	Joe	Debruyne	M	41	HMSA	51.1%	0.0%	0.0%	51.1%	0.0%	0.0%	0.0%		0:56:02				
80	Tim	Martinez	M	45		49.0%	0.0%	0.0%	0.0%	49.0%	0.0%	0.0%				0:47:31		
81	Daniel	Kundiger	M	47		45.3%	0.0%	45.3%	0.0%	0.0%	0.0%	0.0%		0:52:33				
82	Doug	Spence	M	49		41.9%	0.0%	0.0%	41.9%	0.0%	0.0%	0.0%		1:12:45				
83	Lee	Baughman	M	44	HS	39.7%	0.0%	0.0%	39.7%	0.0%	0.0%	0.0%		1:13:47				

Spring 2007 Runner of the Season Standings

Men 50+													xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP
	fname	lname	sex	age	club	best 3 of 6	xc pct	5mi pct	10k pct	8k pct	5k pct	LP pct	time	time	time	time	time	meters						
1	Rich	Siemens	M	67	ALRC	252.43%	0.0%	0.0%	84.9%	0.0%	83.5%	83.9%			0:41:46		0:20:27	7,973.9						
2	Ramiro	Ramirez	M	54	TOR	252.40%	0.0%	0.0%	84.2%	0.0%	84.5%	83.8%			0:37:41		0:18:02	8,861.9						
3	Ben	Harvie	M	60	TTC	248.403%	0.0%	83.8%	81.9%	80.3%	82.6%	81.6%		0:31:38	0:40:45	0:32:48	0:19:24	8,235.4						
4	Joe	Melanson	M	51	HH	248.398%	0.0%	0.0%	80.7%	82.4%	85.3%	0.0%			0:38:21	0:29:39	0:17:26							
5	Larry	Tidwell	M	51	HMSA	245.8%	0.0%	81.7%	81.6%	80.6%	82.4%	0.0%		0:29:51	0:37:55	0:30:19	0:18:02							
6	Scott	Bounds	M	54	BCRR	244.7%	79.8%	80.7%	0.0%	80.2%	83.7%	77.7%	0:26:07	0:31:13		0:31:13	0:18:12	8,257.4						
7	Ty	Schmalz	M	59	ALRC	243.4%	82.0%	0.0%	79.8%	0.0%	80.6%	80.8%	0:26:31		0:41:29		0:19:44	8,231.7						
8	Roger	Boak	M	58	TTC	242.1%	81.5%	78.3%	0.0%	76.5%	81.2%	79.4%	0:26:26	0:33:18		0:33:52	0:19:25	8,158.3						
9	Edward	Fry	M	51	HMSA	237.5%	0.0%	0.0%	78.9%	77.8%	79.7%	78.9%			0:39:14	0:31:25	0:18:39	8,572.9						
10	Richard	Verm	M	53	BCRR	236.7%	78.6%	78.1%	0.0%	75.8%	79.9%	77.3%	0:26:17	0:32:00		0:32:46	0:18:55	8,277.8						
11	Richard	Vega	M	60	TTC	233.0%	0.0%	77.3%	77.6%	76.4%	78.1%	72.6%		0:34:18	0:43:00	0:34:28	0:20:32	7,378.3						
12	Jeff	Gilbert	M	59	BARC	227.7%	0.0%	74.6%	75.6%	74.0%	76.6%	75.5%		0:35:15	0:43:46	0:35:20	0:20:46	7,716.3						
13	Mark	Fraser	M	50	BCRR	226.5%	74.5%	73.9%	74.4%	72.4%	76.0%	76.0%	0:27:04	0:33:01	0:41:14	0:33:28	0:19:25	8,340.9						
14	Chris	Buchanan	M	69	BCRR	225.6%	0.0%	0.0%	72.6%	74.7%	76.0%	75.0%			0:49:56	0:38:21	0:22:57	7,033.6						
15	Robert	Ellis	M	76	TTC	224.7%	0.0%	72.5%	75.7%	74.3%	74.8%	0.0%		0:44:00	0:53:04	0:42:40	0:25:47							
16	Don	Brenner	M	67	BCRR	224.3%	73.7%	73.4%	60.8%	73.6%	77.1%	0.0%	0:31:44	0:38:29	0:58:32	0:38:10	0:22:10							
17	Victor	Aguirre	M	55	TOR	224.0%	0.0%	69.5%	73.0%	73.6%	77.5%	0.0%		0:36:34	0:43:50	0:34:20	0:19:50							
18	Jack	Lippincott	M	60	TTC	222.4%	0.0%	76.1%	72.4%	71.8%	0.0%	73.9%		0:34:51	0:46:08	0:36:43		7,502.7						
19	Ruben	Coryat	M	68	HS	221.3%	0.0%	72.1%	73.9%	0.0%	75.3%	0.0%		0:39:11	0:48:06		0:22:55							
20	Jay	Hendrickson	M	53	BCRR	220.8%	76.1%	0.0%	0.0%	0.0%	77.5%	67.1%	0:27:09				0:19:30	7,246.6						
21	Bruce A	Mansur	M	53	BCRR	216.7%	72.9%	72.2%	68.9%	67.2%	71.5%	64.9%	0:28:21	0:34:37	0:45:38	0:36:57	0:21:08	7,021.0						
22	Orville	Kremmer	M	74	ALRC	215.8%	0.0%	0.0%	71.1%	70.8%	73.9%	0.0%			0:54:33	0:43:14	0:25:13							
23	Gary	Wood	M	65	BCRR	213.2%	71.8%	0.0%	71.4%	70.0%	0.0%	0.0%	0:31:58		0:48:55	0:39:22								
24	Ronnie	Schreiber	M	57	BARC	211.2%	71.2%	71.1%	68.9%	66.1%	69.0%	0.0%	0:29:48	0:36:04	0:46:50	0:38:52	0:22:39							
25	Gabriel	Lara	M	64	ALRC	210.4%	0.0%	0.0%	69.8%	70.9%	0.0%	69.7%			0:49:32	0:38:54		6,803.5						
26	Barry	Chambers	M	62	HS	210.2%	0.0%	70.7%	49.2%	0.0%	69.2%	70.3%		0:38:12	1:09:04		0:23:35	7,037.5						
27	Stephen	Shepard	M	52	HS	201.1%	70.8%	0.0%	61.3%	0.0%	0.0%	69.0%	0:28:43		0:50:31			7,495.3						
28	Michael	Mangan	M	65	BCRR	199.5%	68.2%	0.0%	65.5%	65.8%	0.0%	64.8%	0:33:40		0:53:19	0:41:53		6,345.3						
29	Fred	Steves	M	65	BCRR	198.8%	68.5%	0.0%	65.6%	0.0%	0.0%	64.8%	0:33:30		0:53:15			6,345.3						
30	Santos G	Hernandez	M	51	HS	196.3%	66.6%	0.0%	61.3%	0.0%	68.4%	0.0%	0:30:17		0:50:29		0:21:44							
31	Robert	Hoekman	M	65	TTC	195.1%	65.8%	0.0%	63.3%	64.2%	65.1%	0.0%	0:34:52		0:55:11	0:42:55	0:25:46							
32	Joe	Carey	M	51	BARC	187.5%	65.5%	44.8%	42.8%	57.0%	64.9%	0.0%	0:31:02	0:54:54	1:12:21	0:42:51	0:22:54							
33	Tim	Bowler	M	58	HS	186.9%	59.2%	0.0%	60.4%	61.2%	65.3%	60.2%	0:36:23		0:54:20	0:42:19	0:24:08	6,278.6						
34	John	Phillips	M	57		185.6%	0.0%	0.0%	0.0%	59.3%	64.9%	61.4%				0:43:20	0:24:06	6,453.1						
35	Tom	Reed	M	50	BCRR	183.1%	60.1%	60.5%	59.8%	59.8%	62.5%	0.0%	0:33:34	0:40:18	0:51:22	0:40:33	0:23:35							
36	Ronald	Morgan	M	57	BCRR	180.3%	62.0%	0.0%	58.2%	58.3%	60.1%	0.0%	0:34:30		0:55:54	0:44:02	0:26:02							
37	George	Ralph	M	52	HS	169.3%	0.0%	0.0%	46.1%	60.4%	62.7%	0.0%			1:07:37	0:40:45	0:23:53							
38	Mike	Grimes	M	53	BCRR	168.8%	0.0%	57.0%	55.5%	0.0%	0.0%	56.4%		0:43:52	0:56:43			6,140.6						
39	Kenneth	Ruane	M	65		166.7%	0.0%	0.0%	82.5%	0.0%	84.1%	0.0%			0:42:18		0:19:56							
40	Johndavid	Hutsell	M	61	HS	164.0%	55.8%	53.7%	54.6%	53.0%	0.0%	0.0%	0:39:41	0:49:53	1:01:41	0:50:10								
41	Brian	Smyth	M	53	HH	157.8%	0.0%	78.9%	78.8%	0.0%	0.0%	0.0%		0:31:24	0:39:54									
42	Rich	Yanacek	M	50	TTC	154.6%	77.4%	0.0%	0.0%	0.0%	77.2%	0.0%	0:26:04				0:19:06							
43	Dale	Lee	M	51	TTC	152.2%	0.0%	0.0%	75.1%	0.0%	0.0%	77.1%			0:41:13			8,385.7						
44	Jose Luis	Martinez	M	55	TOR	151.4%	0.0%	75.0%	76.5%	0.0%	0.0%	0.0%		0:33:54	0:41:50									
45	Dusty	Cook	M	52	HS	149.5%	49.6%	0.0%	42.3%	47.0%	34.0%	52.9%	0:41:19		1:13:47	0:52:28	0:44:07	5,826.0						
46	Tosone	Harbin, Jr.	M	59	TTC	146.1%	0.0%	0.0%	72.9%	73.2%	0.0%	0.0%			0:45:24	0:35:42								
47	Doug	Earle	M	54	FLS	145.9%	0.0%	74.1%	71.8%	0.0%	0.0%	0.0%		0:34:00	0:44:11									
48	Dan	Allensworth	M	77	ALRC	144.4%	0.0%	0.0%	72.2%	0.0%	72.2%	0.0%			0:56:40		0:27:15							
49	Geoffrey	Pierce	M	54	BCRR	137.7%	69.3%	68.4%	0.0%	0.0%	0.0%	0.0%	0:30:05	0:36:51										
50	Kevin	Ward	M	54	KW	134.7%	0.0%	0.0%	66.5%	68.2%	0.0%	0.0%			0:47:43	0:36:44								
51	Hank	Kastner	M	55	BCRR	133.3%	0.0%	0.0%	0.0%	66.8%	0.0%	66.5%				0:37:47		7,068.0						
52	Christophe	Rampacek	M	55	PTI	130.4%	0.0%	0.0%	39.1%	39.1%	52.2%	0.0%			1:21:51	1:04:34	0:29:26							

53	James	Taylor	M	63		130.2%	0.0%	0.0%	66.2%	64.0%	0.0%	0.0%		0:51:45	0:42:18		
54	Lou	Wilson	M	70	TWRC	124.9%	0.0%	0.0%	60.5%	0.0%	0.0%	64.3%		1:00:36			6,009.1
55	Chuck	Bracht	M	59	BCRR	120.3%	0.0%	0.0%	0.0%	58.4%	0.0%	61.9%			0:44:44		6,397.2
56	Bernie	Rogers	M	75	ALRC	116.8%	0.0%	0.0%	57.1%	0.0%	59.7%	0.0%		1:09:04		0:31:45	
57	Manny	Valle	M	50	TOR	114.2%	0.0%	0.0%	59.6%	0.0%	0.0%	54.6%			0:51:30		6,093.4
58	Thomas	WoltzSr.	M	60	HS	113.6%	68.0%	0.0%	45.6%	0.0%	0.0%	0.0%	0:32:00		1:12:31		
59	Noah J	Matthews	M	67	HS	112.5%	0.0%	61.6%	50.9%	0.0%	0.0%	0.0%		0:45:51	1:09:53		
60	Larry	Jensen	M	68	BCRR	109.2%	0.0%	52.4%	0.0%	0.0%	0.0%	56.8%		0:54:24			5,452.9
61	Craig	Myers	M	54	BARC	106.5%	0.0%	58.5%	48.0%	0.0%	0.0%	0.0%		0:43:05	1:06:07		
62	Nicholas	Terry	M	52		105.8%	0.0%	0.0%	51.5%	54.3%	0.0%	0.0%			1:00:37	0:45:22	
63	John	Walsh	M	53		100.9%	0.0%	52.1%	48.8%	0.0%	0.0%	0.0%		0:48:00	1:04:23		
64	Ken	Startz	M	50	HS	97.0%	0.0%	0.0%	41.6%	55.4%	0.0%	0.0%			1:13:47	0:43:45	
65	Robert	Rucker	M	64		90.3%	0.0%	0.0%	0.0%	45.7%	44.6%	0.0%				0:59:47	0:37:14
66	Nathaniel	Collins	M	70		85.4%	0.0%	42.7%	0.0%	0.0%	42.7%	0.0%		1:08:18			0:41:15
67	Mark	Anderson	M	54	HMSA	79.6%	0.0%	79.6%	0.0%	0.0%	0.0%	0.0%		0:31:39			
68	Lee	Dudinsky	M	53		78.5%	0.0%	0.0%	0.0%	0.0%	78.5%	0.0%					0:19:15
69	Tommy	Elder	M	55	ALRC	77.6%	0.0%	0.0%	77.6%	0.0%	0.0%	0.0%			0:41:13		
70	Wayne	Cohen	M	50	HS	76.6%	0.0%	0.0%	76.6%	0.0%	0.0%	0.0%			0:40:06		
71	Ignacio	Ybarra Jr.	M	63	BARC	76.4%	0.0%	0.0%	0.0%	76.4%	0.0%	0.0%				0:35:26	
72	Dario	Varela	M	58	TOR	75.7%	0.0%	0.0%	0.0%	0.0%	0.0%	75.7%					7,804.1
73	Ken	Yanowski	M	51	TTC	75.5%	0.0%	0.0%	0.0%	0.0%	0.0%	75.5%					8,221.8
74	Darrell	Sterns	M	55	HH	74.7%	74.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0:28:08				
75	Mark	Girouard	M	51	TTC	73.8%	0.0%	0.0%	73.8%	0.0%	0.0%	0.0%			0:41:58		
76	Don	Padilla	M	57	BCCR	73.2%	0.0%	0.0%	73.2%	0.0%	0.0%	0.0%			0:44:28		
77	Rickard	Hart	M	54	BARRA	73.1%	0.0%	0.0%	73.1%	0.0%	0.0%	0.0%			0:49:57		
78	David	Holloway	M	54	HMSA	72.7%	0.0%	0.0%	72.7%	0.0%	0.0%	0.0%			0:43:37		
79	Kevin	Campbell	M	52	HS	72.6%	0.0%	0.0%	72.6%	0.0%	0.0%	0.0%			0:42:58		
80	Ernesto	Baca	M	51	HH	72.0%	0.0%	0.0%	0.0%	0.0%	72.0%	0.0%					0:20:48
81	Richard	Klick	M	55	HS	71.2%	0.0%	0.0%	71.2%	0.0%	0.0%	0.0%			0:44:56		
82	Gerard	Beaudoin	M	59		70.2%	70.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0:30:59				
83	Bill	Buffum	M	62	BARC	69.4%	0.0%	0.0%	69.4%	0.0%	0.0%	0.0%			0:48:57		
84	Dan	Dick	M	58	TTC	69.1%	0.0%	0.0%	0.0%	0.0%	69.1%	0.0%					0:22:49
85	Helge	Haldorsen	M	52	HH	68.1%	0.0%	0.0%	0.0%	0.0%	0.0%	68.1%					7,403.9
86	Craig	Fox	M	52		68.0%	0.0%	0.0%	68.0%	0.0%	0.0%	0.0%			0:45:30		
87	Jim	Peiffer	M	64	HS	67.9%	0.0%	0.0%	67.9%	0.0%	0.0%	0.0%			0:50:30		
88	David	Rushing	M	59		64.6%	0.0%	0.0%	0.0%	0.0%	64.6%	0.0%					0:24:37
89	Joe	Carey	M	51	BARC	63.4%	0.0%	0.0%	0.0%	0.0%	0.0%	63.4%					6,970.1
90	John	Shields	M	54	BCRR	63.1%	0.0%	0.0%	0.0%	63.1%	0.0%	0.0%				0:39:44	
91	Christophe	Mckeown	M	56	HS	62.9%	0.0%	62.9%	0.0%	0.0%	0.0%	0.0%		0:40:44			
92	Tom	Sutter	M	51	TTC	62.6%	0.0%	62.6%	0.0%	0.0%	0.0%	0.0%		0:39:16			
93	Dave	Scholes	M	61		62.4%	0.0%	0.0%	62.4%	0.0%	0.0%	0.0%			0:53:57		
94	Nelson	Harbison	M	67	BARC	61.6%	61.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0:37:58				
95	William	Blount	M	56	TWRC	61.1%	0.0%	0.0%	61.1%	0.0%	0.0%	0.0%			0:52:47		
96	Dennis	Dwulet	M	53	BCRR	60.9%	0.0%	0.0%	60.9%	0.0%	0.0%	0.0%			0:51:38		
97	Morgan	Lusby	M	57		60.2%	0.0%	0.0%	0.0%	60.2%	0.0%	0.0%				0:42:40	
98	Patrick	Crow	M	60	HS	60.0%	0.0%	0.0%	60.0%	0.0%	0.0%	0.0%			0:55:38		
99	Louis	Gonzales	M	63		57.4%	0.0%	0.0%	57.4%	0.0%	0.0%	0.0%			0:59:41		
100	William	Hayes	M	55	BCRR	55.9%	0.0%	0.0%	55.9%	0.0%	0.0%	0.0%			0:57:10		
101	Evan	Groutage	M	57	HMSA	55.7%	0.0%	0.0%	0.0%	0.0%	0.0%	55.7%					5,878.4
102	Foster	Spurlock	M	65	IFRC	55.5%	0.0%	0.0%	55.5%	0.0%	0.0%	0.0%			1:02:52		
103	Christophe	Yetman	M	51		54.3%	0.0%	0.0%	54.3%	0.0%	0.0%	0.0%			0:57:01		
104	Ken	Harris	M	56	BCRR	53.8%	0.0%	0.0%	0.0%	0.0%	53.8%	0.0%					0:28:48
105	Philip	Smith	M	71	BCRR	52.6%	0.0%	0.0%	0.0%	52.6%	0.0%	0.0%				0:55:45	
106	Ronald	Dunbar	M	56		51.2%	0.0%	0.0%	51.2%	0.0%	0.0%	0.0%			1:02:59		
107	Alan	Anderson	M	61	HS	51.1%	0.0%	51.1%	0.0%	0.0%	0.0%	0.0%		0:52:20			
108	Robert	Gulliver	M	62	HS	50.2%	0.0%	0.0%	50.2%	0.0%	0.0%	0.0%			1:07:38		

109	Dave	Stadnick	M	59	HS	48.9%	0.0%	0.0%	48.9%	0.0%	0.0%	0.0%		1:07:39	
110	Ron	Berglund	M	59	HS	46.2%	0.0%	0.0%	46.2%	0.0%	0.0%	0.0%		1:11:39	
111	Steve	Salanon	M	53	HS	42.6%	0.0%	0.0%	42.6%	0.0%	0.0%	0.0%		1:13:47	
112	Lee	Greb	M	53	HS	42.6%	0.0%	0.0%	42.6%	0.0%	0.0%	0.0%		1:13:47	
113	John	Roberts	M	67		41.4%	0.0%	0.0%	0.0%	0.0%	41.4%	0.0%			0:41:18
114	Daniel	Rider	M	51		39.8%	0.0%	0.0%	0.0%	0.0%	39.8%	0.0%			0:37:21
115	George	Moriarty	M	55	HS	37.5%	0.0%	0.0%	37.5%	0.0%	0.0%	0.0%		1:25:19	
116	Ken	Einhorn	M	61	HS	37.0%	0.0%	0.0%	37.0%	0.0%	0.0%	0.0%		1:31:08	