



Frisco Run The Rockies Trail Race

10K 1/2 Marathon

8.13.16

10K Top Females Overall

Position	Bib #	Name	Total	City
1	440	Kate Davis	48:37.63	Boulder
2	872	Sage Melley	49:55.89	Broomfield
3	868	Lindsay Duddy	51:20.25	Vail

10K Age Group Results for Women 19 & Under

Position	Bib #	Name	Total	City
1	427	Andi Bierbaum	1:08:02.63	Dillon

10K Age Group Results for Women 20-29

Position	Bib #	Name	Total	City
1	43	Deanna Maurer	53:30.96	Denver
2	473	Jordan Huegli	56:41.46	Denver
3	2254	Rayne Fisher	1:00:00.31	denver
4	176	Kat Murphy	1:00:10.15	Golden
5	482	Annette Kueser	1:02:14.58	Frisco
6	425	Whitney Benton	1:02:27.43	Boulder
7	2355	Blaire Strietelmeier	1:04:31.95	Frisco
8	902	Lacy Rogers	1:04:49.42	Centennial
9	628	Jessica Overby	1:07:23.37	Denver
10	463	Brittany Guidetti	1:08:20.16	Lafayette
11	602	Cassie Oren	1:09:43.97	Denver
12	468	Jade Hardy	1:14:17.02	Highlands Ranch
13	982	Jenni Sparks	1:16:41.56	Denver
14	648	Sara Pierce	1:16:54.75	Wichita
15	486	Kenna Little	1:17:11.94	Denver
16	426	Felicia Bergman	1:26:46.73	
17	475	Danielle Iskierka	1:29:21.15	Denver
18	989	Jennie Till	1:39:42.66	Ponca City
19	2231	Kate Casaubon	1:40:14.15	Nashville
20	2242	Janet Deras	1:40:14.64	Denver



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10K Age Group Results for Women 30-39

Position	Bib #	Name	Total	City
1	866	Karen Olsen	54:13.85	Dillon
2	452	Jamie Fisher	55:40.04	Silverthorne
3	933	Tracie Rupert	56:24.35	Lafayette
4	479	stacey knox	56:45.45	denver
5	439	Abby Crew	59:38.79	Silverthorne
6	883	Uysula Gala	1:00:24.91	Silverthorne
7	438	Carrie Costello	1:01:45.29	Breckenridge
8	871	Whitney Rogers	1:03:30.96	Denver
9	441	Sonja Demuth	1:06:02.39	Denver
10	429	Rachel Brody	1:06:03.92	Seattle
11	446	Erica Escalante	1:07:17.38	Denver
12	420	Lindsey Adams	1:07:18.97	Minturn
13	434	Maggie Chapman	1:07:43.61	Denver
14	994	Karen Santric	1:09:01.14	Denver
15	591	Erin Oliver	1:09:04.82	Denver
16	583	Jenn Ochse	1:09:12.45	Arvada
17	186	Sarah Nelson	1:10:30.09	Breckenridge
18	453	Brandi Flannery	1:12:33.47	Arvada
19	480	Katarina Kostic	1:13:37.86	Englewood
20	642	Valerie Pease	1:15:03.80	Denver
21	149	Shannon McElhone	1:21:02.48	Westminster
22	984	Heather Stanford	1:27:38.05	Saint Cloud
23	477	Courtney Johnson	1:28:18.99	Erie
24	694	Erin Rodrian	1:29:29.16	Littleton
25	476	Jayne Jenkins	1:47:00.22	Castle Rock
26	792	Brittany Sandage	2:08:59.83	Highlands Ranch

10K Age Group Results for Women 40-49

Position	Bib #	Name	Total	City
1	424	Kim Benedict	53:02.12	Frisco
2	930	Beth Ross	53:21.13	Greenwood Village



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3	992	Krista Voytilla	1:00:18.51	Dillon
4	876	Cathy Steines	1:03:57.59	Mt Vernon
5	617	Laurel O'Sullivan	1:14:25.86	Evanston
6	422	Deninne Arnold	1:15:03.71	Denver
7	32	Cheri Macarthur	1:18:09.82	Highlands Ranch
8	882	Danica Camann	1:18:28.27	Clarksboro
9	460	janine glaeser	1:20:04.30	golden
10	862	Krystyna Rickauer	1:23:39.47	Marquette
11	983	Linda Spencer	1:23:43.82	Erie
12	164	Laura Miller	1:25:14.98	Littleton
13	114	Ericka McDaniel	1:25:15.06	Littleton
14	419	Heather Achtziger	1:25:41.91	Erie
15	466	Megan Haggstrom	1:32:27.37	Erie
16	449	Mandy Fernandes	1:41:25.78	Erie
17	474	Patty Ingalls	1:41:48.54	Erie
18	878	Heather Stanton	1:46:47.30	Lakewood

10K Age Group Results for Women 50-59

Position	Bib #	Name	Total	City
1	863	Julie Cox	54:19.31	Frisco
2	445	Jennifer Ellis	1:01:36.14	Denver
3	484	Susan LeClair	1:10:48.27	Dillon
4	161	Sandy Mercurio	1:14:05.87	Boulder
5	431	Kay Calloway	1:17:10.20	Aurora
6	408	Leslie Wright	1:17:39.62	Denver
7	987	Denai Thornton	1:25:30.24	Loveland
8	464	Debora Guidetti	1:26:22.44	Lafayette
9	423	Lori Badley	1:38:54.22	Ponca City

10K Age Group Results for Women 60-69

Position	Bib #	Name	Total	City
1	2288	Susan Ketchum	1:18:51.37	Centennial
2	2385	Kristi Wolley	1:25:30.02	Fort Collins



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3	470	Rebecca Hardy	1:47:00.12	Castle Rock
4	976	Denise Sandage	2:15:31.25	Highlands Ranch

10K Age Group Results for Women 70+

Position	Bib #	Name	Total	City
1	87	Bonnie McCoy	2:00:39.77	Breckenridge

10K Top Males Overall

Position	Bib #	Name	Total	City
1	471	Brian Harper	42:40.50	Boulder
2	875	Paul Brett	44:29.45	Frisco
3	870	Gavin Hornung	47:13.12	Monument

10K Age Group Results for Men 19 & Under

Position	Bib #	Name	Total	City
1	458	John Gearig	48:49.25	Troy
2	880	Bode Camann	1:01:36.32	Breckenridge
3	879	Fox Camann	1:13:16.38	Breckenridge

10K Age Group Results for Men 20-29

Position	Bib #	Name	Total	City
1	469	Paul Hardy	50:28.56	Highlands Ranch
2	447	Andrew Evans	54:12.04	Denver
3	457	Bradley Gale	56:04.57	Denver
4	467	Kevin Hamera	1:01:40.74	Kansas City
5	654	Drew Porter	1:06:46.53	Frisco
6	644	Collin Pierce	1:16:54.66	Wichita
7	981	Zachary Smith	1:27:38.47	Saint Cloud
8	93	Jeffrey McCoy	1:29:45.18	Golden
9	975	Clayton Sandage	2:08:55.71	Highlands Ranch



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10K Age Group Results for Men 30-39

Position	Bib #	Name	Total	City
1	865	Yatika Fields	48:56.39	Stillwater
2	904	Zach Rogers	50:19.48	Denver
3	978	Matt Schultz	50:38.94	Westminster
4	437	Justin Compton	52:26.28	Lafayette
5	430	Brett Bunnell	53:12.68	Denver
6	483	Craig Langenfeld	55:44.66	Denver
7	662	Dave Rodrian	55:54.40	Littleton
8	454	Kevin Flannery	57:17.53	Arvada
9	985	Bryan Stephenson	58:32.31	Hayden
10	864	Jeff DiMaio	59:09.32	Superior
11	873	Kelsey Andersen	59:52.64	Lakewood
12	461	Justin Goodland	1:07:13.54	Dacono
13	451	Rick Fields	1:08:28.20	Denver
14	485	Dzanh Le-Si	1:16:06.73	Alexandria
15	444	J Evan Edinger	1:16:07.92	Newark
16	448	John Fernandes	1:16:07.94	Denver

10K Age Group Results for Men 40-49

Position	Bib #	Name	Total	City
1	861	Andrew Rickauer	51:28.50	Marquette
2	881	Len Kneller	1:01:40.38	Breckenridge
3	462	David Goodman	1:10:30.03	Breckenridge
4	73	Tim McCauley	1:17:00.00	Evanston
5	536	Robert Nichols	1:20:05.88	Boulder
6	432	Brian Chamberlin	1:51:57.43	Lafayette

10K Age Group Results for Men 50-59

Position	Bib #	Name	Total	City
1	869	Clark Fox	47:56.91	Denver
2	867	Eric Weidman	49:41.19	colorado springs
3	537	Gary Norlin	57:53.35	Aurora



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4	615 K C Oren	58:38.49	Frisco
5	877 Steve Piche	1:01:49.09	Austin
6	988 Perry Thornton	1:34:26.64	Loveland

10K Age Group Results for Men 60-69

Position	Bib #	Name	Total	City
1	113	Lowell McCoy	1:04:53.52	Breckenridge
2	433	Eric Chapman	1:06:19.53	Denver
3	435	louis christensen	1:20:21.65	colorado springs
4	977	Don Sarkesian	1:29:58.06	Canton
5	58	Dean McCoy	1:32:04.82	Woodland Park
6	935	Bobby Sandage	2:15:33.55	Highlands Ranch

10K Age Group Results for Men 70+

Position	Bib #	Name	Total	City
1	443	Tom Dudley	56:57.76	Golden
2	874	Bruce Brandt	1:20:50.99	Palm Beach Gardens
3	980	Marlin Smickley	1:27:02.76	Edwards
4	465	Richard Haas	1:30:03.88	Sanger

HALF MARATHON Top Females Overall

Position	Bib #	Name	Total	City
1	2419	Sophia Gallener	1:43:45.66	Denver
2	2264	Emily Gonzales	1:53:48.87	Centennial
3	2396	Francesca Conte	1:56:30.43	Charlottesville

HALF MARATHON Age Group Results for Women 19 & Under

Position	Bib #	Name	Total	City
1	2318	Alice Oveson	2:00:35.51	Louisville
2	2377	Sarah Weidman	2:08:32.36	Colorado Springs
3	2409	All Takkuhen	2:23:28.22	Hudson
4	2376	Rachel Weeks	2:28:54.43	Morrison
5	2335	Annika Reuter	2:54:17.85	Littleton



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6	2300	Hannah McDaniel	2:54:17.94	Littleton
7	2337	Evan Roark	2:57:32.18	Arvada

HALF MARATHON Age Group Results for Women 20-29

Position	Bib #	Name	Total	City
1	2333	carlee reava	2:22:06.92	littleton
2	2359	Marie Taylor	2:22:12.51	Boulder
3	2287	Erin Kennedy	2:24:54.38	Denver
4	2364	Natalie Unger	2:25:21.57	Denver
5	2294	Alison Lynch	2:28:28.30	Boulder
6	2404	Marla Bernstein	2:29:01.23	New Orleans
7	2342	Rachel Schrepel	2:29:58.74	Evergreen
8	2256	Alison Fuller	2:32:33.10	Colorado Springs
9	2314	Kyla Neuhalfen	2:32:48.03	Loveland
10	2295	Brittany Mackrell	2:33:04.00	Colorado Springs
11	2227	Ingrid Carlson	2:35:40.66	Frisco
12	2391	Kaitlin Zdechlik	2:41:34.43	Frisco
13	2379	Elizabeth Wigand	2:42:53.73	Denver
14	2223	Allison Buffum	2:44:29.18	Dillon
15	2246	Caroline Dodds	2:45:08.44	Philidelphia
16	2352	Alexandra Stoicof	2:46:01.84	Centennial
17	2291	Anna Klochak	2:46:27.76	Berthoud
18	2224	Mallory Byron	2:47:11.57	Grand Junction
19	2369	Jamie Vraspir	2:48:01.82	Lincoln
20	2234	Shanti Clawson	2:49:14.47	Fort Collins
21	2290	Chantal Kirkhoff	2:54:34.17	Breckenridge
22	2358	AMy Sumsion	2:55:05.51	Provo
23	2233	Becca Childs	2:55:30.13	Colorado Springs
24	2257	Mariel Galgas	3:00:06.57	Denver
25	2312	Lindsay Nelson	3:00:53.58	Colorado Springs
26	2360	Nicole Tesch	3:03:10.13	Blaine
27	2267	Caroline Hamera	3:17:55.08	Kansas City
28	2329	Chelsea Quillinf	3:18:37.11	Denver



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29	2212	Nicole Bechamps	3:42:54.60	Lake Worth
30	2209	Morgan Barry	3:43:04.36	Breckenridge
31	2367	Brianna Verbeck	4:10:43.31	Englewood

HALF MARATHON Age Group Results for Women 30-39

Position	Bib #	Name	Total	City
1	2350	Jill Sorensen	1:57:47.90	
2	2261	Jamie Gibbs	1:59:10.49	Arvada
3	2340	Marissa Sarkesian	2:02:58.64	Denver
4	2258	Avery Galleher	2:03:33.40	Denver
5	2416	Jennifer Engle	2:11:32.18	Vicenza
6	2305	Ashley Mertz	2:12:03.59	Greeley
7	2235	Tricia Cole	2:12:57.32	Breckenridge
8	2245	Gretchen Dill	2:18:18.37	Colorado Springs
9	2357	Holly Stuart	2:25:31.93	Denver
10	2251	Ashley Ellis	2:28:30.09	Avon
11	2356	Sarah Strong	2:33:40.22	Golden
12	2378	Alyson Wiedenheft	2:40:22.36	Boulder
13	2327	Kat Pisano	2:40:38.76	Westminster
14	2255	Janette Fowler	2:42:02.94	Aurora
15	2388	Stacy Yarnell	2:48:32.59	Eagle
16	2259	Lieschen Gargano	2:49:04.49	Boulder
17	2250	Kelsey Eichlin	2:49:31.80	Denver
18	2222	Shannon Brosious	2:49:31.89	Broomfield
19	2338	Mandy Rubin	2:54:23.85	Denver
20	2313	Melissa Nelson	2:54:24.41	Strasburg
21	2386	AMANDA WOODALL	2:54:37.97	COLORADO SPRINGS
22	2216	Kristilen Blackard	2:54:42.48	Denver
23	2296	amanda mayhew	2:59:38.14	eagle
24	2275	BRIANNA HIRSCH	3:00:29.56	EDWARDS
25	2281	Julie Jewett	3:02:28.55	Castle Rock
26	2315	Heather Nichols	3:02:28.56	Boulder
27	2374	Rebecca Walker	3:03:09.39	Westminster



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28	2252	Geneva Engelhart	3:03:15.78	Casper
29	2298	Maura McCoy	3:03:56.59	Washington
30	2308	Madeline Mishkind	3:06:36.32	Highlands Ranch
31	2230	Noel Carron	3:07:43.72	Edgewater

HALF MARATHON Age Group Results for Women 40-49

Position	Bib #	Name	Total	City
1	2365	Joy Van Oss	2:11:09.20	Frisco
2	2405	Courtney Stiles	2:21:22.21	Black Mountain
3	2319	Patricia Oveson	2:25:58.21	Louisville
4	2408	Nathalie Smith	2:26:29.42	Boulder
5	2213	Rene Beck	2:30:35.18	Lakewood
6	2414	Christina McGrath	2:34:16.55	Breckenridge
7	2346	Elizabeth Shick	2:35:20.47	Denver
8	2373	Jacquie Waldrip	2:37:58.60	Louisville
9	2390	Marni Zapin	2:40:07.62	Boulder
10	2380	Narisa Wild	2:40:07.68	Boulder
11	2205	Stephanie Bachman	2:40:07.96	Boulder
12	2301	jennifer mchose	2:41:22.59	littleton
13	2331	Bobby Radakovich	3:07:42.70	Littleton
14	2375	Donna Way	3:08:23.29	Castle Rock
15	2220	Heather Brewster	3:24:24.72	Denver
16	2239	Ann Craig	3:31:38.38	Golden

HALF MARATHON Age Group Results for Women 50-59

Position	Bib #	Name	Total	City
1	2332	Leslie Ramsay	2:20:56.66	Dillon
2	2277	Amory Host	2:26:42.58	Boulder
3	2363	Barb Tilka	2:32:55.97	Frisco
4	2307	Ramon Milian	2:33:28.98	Centennial
5	2326	Diane Pisano	2:40:39.23	Colorado Springs
6	2402	Bernadette Albanese	2:45:47.75	Denver
7	2353	Georgeta Stoicof	2:46:01.38	Centennial



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8	2282	Lynette Johnson	3:02:34.99	Fort Collins
9	2270	Cynthia Hearing	3:02:39.56	New York
10	2349	Shelia Sloan	3:10:12.74	Denver
11	2279	Bernadette Janelle	3:13:51.50	Englewood
12	2330	Jennifer Quilling	3:18:36.72	Niwot
13	2203	Tana Arther	3:32:00.31	Fort Collins

HALF MARATHON Age Group Results for Women 60-69

Position	Bib #	Name	Total	City
1	2266	Pam Gundlach	2:34:58.68	Eagle
2	2398	Jerri White-Haskins	2:54:17.21	Jenison

HALF MARATHON Top Males Overall

Position	Bib #	Name	Total	City
1	2221	Eric Broecker	1:29:39.30	Frisco
2	2217	john borthwick	1:40:40.33	clinton
3	2412	Dan Nielsen	1:43:58.91	Eagle

HALF MARATHON Age Group Results for Men 19 & Under

Position	Bib #	Name	Total	City
1	2406	Vance Stiles	1:52:49.93	Black Mountain

HALF MARATHON Age Group Results for Men 20-29

Position	Bib #	Name	Total	City
1	2389	Bryce Zaffarano	1:53:37.45	Denver
2	2310	Jamie Mothersbaugh	1:59:26.54	Boulder
3	2413	Sam Hodges	2:02:36.30	denver
4	2284	Drew Kaneps	2:08:31.48	Denver
5	2387	Matthew Worthington	2:09:11.87	Denver
6	2345	James Sheehan	2:10:08.03	Breckenridge
7	2249	jeremy dziedzina	2:11:47.89	denver
8	2273	Zack Henaman	2:20:48.07	Denver
9	2253	michael fisher	2:21:20.54	denver



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10	2283	James Jolly	2:22:38.38	Longmont
11	2204	Sean Babbs	2:22:46.57	Boulder
12	2278	Joel Hutzler-Perowsky	2:29:01.17	Boulder
13	2265	Riley Grassmeyer	2:40:00.29	Thornton
14	2228	Michael Carlton	2:40:07.30	Avon
15	2236	Danny Collins	2:44:02.72	Ft Collins
16	2262	Jake Gilliland	2:46:24.04	Fort Collins
17	2415	Matt Kaelin	2:49:31.62	denver
18	2400	Christopher Norgaard	3:03:12.01	Spring Lake Park

HALF MARATHON Age Group Results for Men 30-39

Position	Bib #	Name	Total	City
1	2306	Ryan Mertz	1:48:08.16	Greeley
2	2399	Ole Christian Lien	1:48:16.06	Oslo
3	2395	Danny Schiff	1:59:01.55	Lugano
4	2263	Josh Gipper	2:06:21.33	Denver
5	2269	Nathan Hawk	2:07:39.60	Snowmass
6	2394	Zdenek Labsky	2:08:26.54	Atlanta
7	2317	Mark Oldytowski	2:11:21.69	Golden
8	2244	Adam Dill	2:18:18.20	Colorado Springs
9	2268	Christopher Harris	2:19:49.89	Fort Collins
10	2311	Steve Neis	2:20:25.17	Indian Hills
11	2368	devin visciano	2:21:21.35	wheat ridge
12	2371	Greg Bianchi	2:23:19.45	
13	2229	Colton Carroll	2:24:27.03	Strasburg
14	2280	Chad Jewett	2:24:48.24	Castle Rock
15	2417	Christopher Monaco	2:31:25.39	Cleveland
16	2303	Michael Mecomber	2:39:56.68	Thornton
17	2325	Josh Pierce	2:53:41.56	Franktown
18	2289	Bill Kirkhoff	2:54:33.91	Breckenridge
19	2297	Matthew McCoy	3:03:56.29	Washington

HALF MARATHON Age Group Results for Men 40-49

Results provided by www.MavSports.com



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Position	Bib #	Name	Total	City
1	2410	Steve Spencer	1:59:33.50	Parker
2	2407	Ned Harding	2:01:07.85	Boulder
3	2260	Bradley Gassman	2:15:52.01	Centennial
4	2210	Weston Baur	2:16:17.00	Broomfield
5	2302	Shawn McQuerry	2:23:07.47	Boulder
6	2381	Scott Williams	2:24:41.40	Parker
7	2339	Jason Rush	2:27:18.72	Breckenridge
8	2320	Travis Palm	2:33:25.75	Austin
9	2343	Brian Schroder	2:35:54.27	Denver
10	2372	Dan Waldrip	2:38:33.34	Louisville
11	2299	Eric McDaniel	2:54:18.98	Littleton
12	2201	Michael Abbott	2:56:53.38	Littleton
13	2418	Bruno Antonelli	3:00:21.77	Cleveland
14	2226	Wesley Cameron	3:06:57.34	Stilwell
15	2366	Brian Verbeck	4:10:38.62	Englewood

HALF MARATHON Age Group Results for Men 50-59

Position	Bib #	Name	Total	City
1	2271	Mark Heminghous	2:11:30.72	Dillon
2	2334	Chip Reava	2:14:19.85	Littleton
3	2361	Michael Thacker	2:17:03.02	Highlands Ranch
4	2401	Matthew McArthur	2:25:43.73	Sydney
5	2276	Michael Horne	2:29:14.95	Denver
6	2403	Ed Frank	2:31:53.45	Lone Tree
7	2351	Brad Stine	2:32:23.20	Nashville
8	2225	Randy Caley	2:41:43.19	Dever
9	2247	Jack Dodds	2:44:02.24	Malvern
10	2243	Clay Dial	2:49:34.51	Tupelo
11	2324	Ira Perez	2:49:50.30	Aurora
12	2211	Allyn Becar	2:51:16.01	Colorado Springs
13	2238	Tom Corby	2:57:33.61	Fort Collins
14	2272	Keith Henaman	3:04:27.43	West Des Moines



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Position	Bib #	Name	Total	City
1	2214	Greg Birk	2:04:54.11	Breckenridge
2	2207	Gilbert Barker	2:13:16.75	Littleton
3	2232	guy chavez	2:26:46.36	parker
4	2397	Scott Haskins	2:33:10.38	Jenison
5	2348	John Slate	2:34:54.98	Leadville
6	2411	Nino Monaco	2:41:07.01	Mayfield Hts