

## 2009 PUMP N RUN 5K RESULTS

| Place | Last Name  | First Name | Gender | Age Group | Weight Lifted | # of Reps | 5K    | Pump n Run Time |
|-------|------------|------------|--------|-----------|---------------|-----------|-------|-----------------|
| 1     | KERSTEN    | SUE        | F      | 50-54     | 60            | 84        | 22:46 | -61:14          |
| 2     | RADAKOVICH | STEVE      | M      | 60-69     | 135           | 36        | 27:03 | -8:57           |
| 3     | BAKER      | DOUG       | M      | 40-44     | 145           | 27        | 18:13 | -8:47           |
| 4     | SUNSERI    | KEN        | M      | 40-44     | 195           | 30        | 23:05 | -6:55           |
| 5     | GARCIA     | BOB        | M      | 50-54     | 130           | 24        | 17:49 | -6:11           |
| 6     | LUKASKO    | JOHN       | M      | 45-49     | 150           | 32        | 25:56 | -6:04           |
| 7     | MOHNING    | BEN        | M      | 25-29     | 185           | 32        | 26:27 | -5:33           |
| 8     | MCCLUNG    | MATT       | M      | 30-34     | 175           | 24        | 18:42 | -5:18           |
| 9     | GARBISO    | LORENZO    | M      | 30-34     | 180           | 25        | 19:58 | -5:02           |
| 10    | FRENCH     | CLINTON    | M      | 25-29     | 180           | 24        | 19:09 | -4:51           |
| 11    | STEINHOFF  | JOSH       | M      | 20-24     | 160           | 24        | 19:16 | -4:44           |
| 12    | WYANT      | MIKE       | M      | 45-49     | 140           | 29        | 24:18 | -4:32           |
| 13    | FLETCHER   | JAN        | M      | 25-29     | 150           | 27        | 22:39 | -4:21           |
| 14    | KELLY      | AMY        | F      | 45-49     | 65            | 27        | 22:41 | -4:19           |
| 15    | ENGLE      | JAKE       | M      | 30-34     | 185           | 24        | 19:54 | -4:06           |
| 16    | NEWTON     | BRAD       | M      | 35-39     | 190           | 25        | 21:27 | -3:33           |
| 17    | JONES      | ERIC       | M      | 40-44     | 175           | 26        | 22:38 | -3:22           |
| 18    | DELEON     | NOEL       | M      | 35-39     | 205           | 26        | 23:07 | -2:53           |
| 19    | STOCKING   | CARL       | F      | 45-49     | 65            | 27        | 24:56 | -2:04           |
| 20    | EDWARDS    | BRYAN      | M      | 45-49     | 170           | 23        | 21:26 | -1:34           |
| 21    | ENGBRETSON | AL         | M      | 50-54     | 145           | 22        | 20:32 | -1:28           |
| 22    | HUGHES     | BOB        | M      | 50-54     | 145           | 25        | 24:00 | -1:00           |
| 23    | BECKER     | JILL       | F      | 20-24     | 85            | 21        | 20:53 | -0:07           |
| 24    | SWANSON    | DANIEL     | M      | 40-44     | 140           | 20        | 19:57 | -0:03           |
| 25    | BRITTON    | ANDREW     | M      | 20-24     | 150           | 20        | 20:06 | 0:06            |
| 26    | MARCHAND   | PHIL       | M      | 25-29     | 190           | 22        | 22:26 | 0:26            |
| 27    | HAUGAN     | DOUGLAS    | M      | 50-54     | 145           | 19        | 19:53 | 0:53            |
| 28    | FOLCHERT   | MATT       | M      | 20-24     | 170           | 20        | 21:23 | 1:23            |
| 29    | JOHNSON    | PAUL       | M      | 35-39     | 180           | 24        | 22:24 | 1:36            |
| 30    | JOYCE      | STEVEN     | M      | 35-39     | 175           | 17        | 19:03 | 2:03            |
| 31    | HOEFS      | JEREMY     | M      | 25-29     | 175           | 15        | 17:19 | 2:19            |
| 32    | SCHRUNK    | STACY      | F      | 40-44     | 65            | 24        | 28:17 | 4:17            |
| 33    | QUANDT     | SHERRI     | F      | 50-54     | 65            | 23        | 27:55 | 4:55            |
| 34    | WALSH      | MARTY      | M      | 40-44     | 170           | 18        | 22:56 | 4:56            |
| 35    | GORVER     | TIM        | M      | 25-29     | 180           | 19        | 22:09 | 5:09            |
| 36    | WARD       | KARIN      | F      | 40-44     | 70            | 28        | 33:32 | 5:32            |
| 37    | KERSTEN    | JIM        | M      | 55-59     | 125           | 19        | 24:43 | 5:43            |
| 38    | CHESTERMAN | JAKE       | M      | 15-19     | 160           | 18        | 23:59 | 5:59            |
| 39    | HUNHOFF    | BRIAN      | M      | 45-49     | 195           | 26        | 32:07 | 6:07            |
| 40    | GEBERS     | BARB       | F      | 45-49     | 60            | 18        | 24:21 | 6:21            |

|    |              |         |   |       |     |    |       |       |
|----|--------------|---------|---|-------|-----|----|-------|-------|
| 41 | JAMINET      | CODY    | M | 20-24 | 165 | 17 | 23:31 | 6:31  |
| 42 | RICHOU       | DIRK    | M | 35-39 | 230 | 19 | 25:48 | 6:48  |
| 43 | PICK         | ALEX    | M | 15-19 | 175 | 17 | 24:00 | 7:00  |
| 44 | DOWNS        | RYAN    | M | 25-29 | 140 | 14 | 23:38 | 9:38  |
| 45 | KOBLISKA     | PHIL    | M | 30-34 | 185 | 16 | 25:44 | 9:44  |
| 46 | SCHULTE      | TROY    | M | 30-34 | 160 | 8  | 17:47 | 9:47  |
| 47 | JOCHUM       | TOM     | M | 35-39 | 185 | 14 | 23:57 | 9:57  |
| 48 | SCHERMERHORN | MILES   | M | 20-24 | 205 | 10 | 20:14 | 10:14 |
| 49 | LINDBLOM     | CARL    | M | 20-24 | 195 | 14 | 24:19 | 10:19 |
| 50 | KELLY        | SONJA   | F | 30-34 | 80  | 12 | 22:38 | 10:38 |
| 51 | WYANT        | TOM     | M | 50-54 | 155 | 21 | 31:42 | 10:42 |
| 52 | LUTT         | AMBER   | F | 20-24 | 80  | 19 | 29:46 | 10:46 |
| 53 | WALKER       | MELISA  | F | 25-29 | 90  | 20 | 33:32 | 13:32 |
| 54 | KELLY        | JESS    | F | 15-19 | 80  | 10 | 23:47 | 13:47 |
| 55 | RICHOU       | SHELLY  | F | 25-29 | 80  | 7  | 20:47 | 13:47 |
| 56 | POLLOW       | TAYLOR  | M | 15-19 | 205 | 8  | 22:06 | 14:06 |
| 57 | BARKER       | RORY    | M | 50-54 | 200 | 17 | 31:35 | 14:35 |
| 58 | HEATON       | JULIA   | F | 45-49 | 55  | 12 | 27:08 | 15:08 |
| 59 | CONSIDINE    | PATTY   | F | 40-44 | 90  | 17 | 32:47 | 15:47 |
| 60 | EARLY        | STEPH   | F | 35-39 | 80  | 10 | 25:49 | 15:49 |
| 61 | LILLY        | JANE    | F | 40-44 | 60  | 10 | 26:17 | 16:17 |
| 62 | MUELLER      | CHRIS   | M | 30-34 | 175 | 5  | 21:44 | 16:44 |
| 63 | PAULSON      | JEFF    | M | 45-49 | 170 | 5  | 21:46 | 16:46 |
| 64 | LIVERMORE    | K.C.    | M | 20-24 | 175 | 10 | 26:48 | 16:48 |
| 65 | EMMELKAMP    | KELLI   | F | 25-29 | 70  | 9  | 26:51 | 17:51 |
| 66 | DAVIS        | COREY   | M | 30-34 | 230 | 12 | 29:57 | 17:57 |
| 67 | WARD         | JORY    | M | 40-44 | 190 | 10 | 28:54 | 18:54 |
| 68 | MEYER        | KEVIN   | M | 30-34 | 160 | 4  | 23:02 | 19:02 |
| 69 | WHITE        | THOMAS  | M | 25-29 | 195 | 3  | 22:14 | 19:14 |
| 70 | JONES        | ROGER   | M | 50-54 | 130 | 8  | 27:46 | 19:46 |
| 71 | COFFMAN      | BEN     | M | 30-34 | 190 | 5  | 25:01 | 20:01 |
| 72 | OINES        | PAM     | F | 35-39 | 80  | 3  | 23:06 | 20:06 |
| 73 | HENRY        | JEFF    | M | 40-44 | 200 | 4  | 24:58 | 20:58 |
| 74 | ATCHISON     | ANDREW  | M | 15-19 | 125 | 0  | 21:24 | 21:24 |
| 75 | WRIGHT       | TINA    | F | 40-44 | 85  | 10 | 32:58 | 22:58 |
| 76 | WRIGHT       | MARK    | M | 50-54 | 150 | 10 | 32:58 | 22:58 |
| 77 | KELLY        | ANDREA  | F | 15-19 | 70  | 3  | 26:16 | 23:16 |
| 78 | MOHNING      | PATTY   | F | 25-29 | 90  | 3  | 28:20 | 25:20 |
| 79 | GUTHMILLER   | KRISTIN | F | 20-24 | 80  | 3  | 28:36 | 25:36 |
| 80 | KLUD         | SHARON  | F | 50-54 | 75  | 3  | 28:53 | 25:53 |
| 81 | KELLY        | JEFF    | M | 45-49 | 175 | 7  | 32:56 | 25:56 |
| 82 | VOGT         | ASHLY   | F | 20-24 | 80  | 2  | 29:02 | 27:04 |
| 83 | SCHRUNK      | TYLER   | M | 14 &< | 85  | 0  | 27:05 | 27:05 |

|    |          |           |   |        |     |    |       |       |
|----|----------|-----------|---|--------|-----|----|-------|-------|
| 84 | DAVIS    | MISTY     | F | 25-29  | 85  | 5  | 32:47 | 27:47 |
| 85 | KELLY    | JACLYN    | F | 30-34  | 105 | 1  | 28:50 | 27:50 |
| 86 | MORGAN   | PAUL      | M | 45-49  | 185 | 10 | 37:58 | 27:58 |
| 87 | HEATON   | CHRISTY   | F | 25-29  | 80  | 0  | 28:41 | 28:41 |
| 88 | KLUG     | DOUG      | M | 45-49  | 200 | 0  | 29:15 | 29:15 |
| 89 | HIX      | PATRICK   | M | 20-24  | 215 | 4  | 33:27 | 29:27 |
| 90 | KELLY    | JAYME     | F | 14 & < | 70  | 3  | 32:53 | 29:53 |
| 91 | GRIMSLEY | CATHY     | F | 25-29  |     | 0  | 31:18 | 31:18 |
| 92 | SCHULTE  | CHRISTINE | F | 25-29  | 105 | 0  | 32:09 | 32:09 |

## 2009 PUMP N RUN 5K OPEN RESULTS

| Place | Last Name    | First Name | Gender | Age Group  | 5K    |
|-------|--------------|------------|--------|------------|-------|
| 1     | NASH         | DAVID      | M      | 40-44      | 16:41 |
| 2     | LUNDGREN     | JOSHUA     | M      | 15-19      | 17:14 |
| 3     | HUFF         | PETER      | M      | 35-39      | 17:33 |
| 4     | MAHANEY      | MIKE       | M      | 45-49      | 18:33 |
| 5     | NELSON       | SARAH      | F      | 20-24      | 18:52 |
| 6     | HENRY        | ROLAND     | M      | 15-19      | 19:09 |
| 7     | GREENE       | LEAF       | M      | 25-29      | 19:10 |
| 8     | KREJCI       | JEFF       | M      | 45-49      | 19:28 |
| 9     | HEATON       | TIMOTHY    | M      | 50-54      | 19:32 |
| 10    | HUFF         | KATHLEEN   | F      | 35-39      | 19:35 |
| 11    | GLASS        | GEORGE     | M      | 30-34      | 19:50 |
| 12    | JAWBSERS     | JEREMY     | M      | 30-34      | 19:51 |
| 13    | LEMPKA       | RYAN       | M      | 20-24      | 19:52 |
| 14    | PETERS       | GARY       | M      | 55-59      | 19:54 |
| 15    | JUNCK        | JEFF       | M      | 35-39      | 19:55 |
| 16    | SCHIFF       | DEVON      | F      | 25-29      | 20:15 |
| 17    | MULLER       | JON        | M      | 14 & Under | 20:16 |
| 18    | LILLY        | CARTER     | M      | 14 & Under | 20:18 |
| 19    | JAERGER      | EMILY      | F      | 30-34      | 20:44 |
| 20    | DOUGHERTY    | ELLEN      | F      | 15-19      | 20:46 |
| 21    | LILLY        | JAKE       | M      | 14 & Under | 20:58 |
| 22    | LILLY        | KEVIN      | M      | 40-44      | 21:11 |
| 23    | NELSON       | SCOTT      | M      | 45-49      | 21:31 |
| 24    | BAUER        | CHRIS      | M      | 45-49      | 21:34 |
| 25    | JOHNSON      | DANIEL     | M      | 50-54      | 21:35 |
| 26    | SCHMECKPEPER | ALAN       | M      | 20-24      | 21:47 |
| 27    | SCHULTZ      | JENNIFER   | F      | 35-39      | 21:52 |
| 28    | SCHAEFER     | JAMES      | M      | 40-44      | 22:29 |
| 29    | VLAHOULIS    | SPERO      | M      | 40-44      | 22:33 |
| 30    | MULLER       | DAVID      | M      | 45-49      | 22:37 |
| 31    | BROWN        | OLIVIA     | F      | 14 & Under | 22:40 |
| 32    | FREEMAN      | LON        | M      | 30-34      | 22:51 |
| 33    | MULLER       | CARLA      | F      | 40-44      | 22:53 |
| 34    | AMBROSE      | STEVE      | M      | 50-54      | 22:55 |
| 35    | PYBURN       | RICK       | M      | 55-59      | 23:06 |
| 36    | NEWTON       | WILLIAM    | M      | 45-49      | 23:07 |
| 37    | NASH         | DANNIKA    | F      | 15-19      | 23:08 |

|    |              |          |   |            |       |
|----|--------------|----------|---|------------|-------|
| 38 | MEYER        | KARI     | F | 30-34      | 23:10 |
| 39 | PRINCE       | BOB      | M | 50-54      | 23:12 |
| 40 | ENGSTROM     | DAVID    | M | 40-44      | 23:16 |
| 41 | LEVINE       | SHEEHAN  | M | 14 & Under | 23:19 |
| 42 | BROWN        | KIM      | F | 30-34      | 23:24 |
| 43 | HANSON       | DANIEL   | M | 14 & Under | 23:29 |
| 44 | NASH         | ALYSSA   | F | 14 & Under | 23:37 |
| 45 | KERSTEN      | SETH     | M | 14 & Under | 23:42 |
| 46 | BAHNEY       | TODD     | M | 35-39      | 23:43 |
| 47 | NARUM        | APRYL    | F | 14 & Under | 23:52 |
| 48 | MORGAN       | KYLE     | M | ?          | 23:56 |
| 49 | HIVELEY      | LIZ      | F | 30-34      | 23:57 |
| 50 | BOBENSTEINER | KEVIN    | M | 45-49      | 24:09 |
| 51 | PICK         | ALICIA   | F | 15-19      | 24:11 |
| 52 | BIGGERS      | EARL     | M | 50-54      | 24:16 |
| 53 | LARSEN       | NICK     | M | 20-24      | 24:21 |
| 54 | MCCASLAND    | SARAH    | F | 25-29      | 24:26 |
| 55 | CARDAMON     | JOEY     | M | 14 & Under | 24:27 |
| 56 | WEBER        | BILL     | M | 50-54      | 24:35 |
| 57 | SCHULTZ      | MARISA   | F | 14 & Under | 24:36 |
| 58 | OLESEN       | JANNELLE | F | 30-34      | 24:38 |
| 59 | PAULING      | KARL     | M | 25-29      | 24:40 |
| 60 | CHEEVER      | BOB      | M | 30-34      | 24:45 |
| 61 | CLEMENTS     | SADIE    | F | 15-19      | 24:46 |
| 62 | GIESELMAN    | GRANT    | M | 50-54      | 24:49 |
| 63 | BEAM         | TROY     | M | 35-39      | 24:50 |
| 64 | KENNEDY      | JOLYN    | F | 30-34      | 24:51 |
| 65 | HURLBURT     | MIKE     | M | 35-39      | 24:52 |
| 66 | LAMOREUX     | JOSEPH   | M | 35-39      | 24:53 |
| 67 | SWANSON      | ROXANNE  | F | 35-39      | 25:00 |
| 68 | HANSEN       | DOUG     | M | 60-69      | 25:14 |
| 69 | LOECKER      | SHEILA   | F | 45-49      | 25:19 |
| 70 | LOECKER      | DAVID    | M | 45-49      | 25:20 |
| 71 | OLIVER       | JESSICA  | F | 15-19      | 25:21 |
| 72 | GIESELMAN    | JENNIFER | F | 15-19      | 25:21 |
| 73 | DEARBORN     | CHARLIE  | M | 45-49      | 25:23 |
| 74 | LONG         | STEVE    | M | 40-44      | 25:25 |
| 75 | BOUTWELL     | ABBI     | F | 20-24      | 25:30 |
| 76 | HUELKER      | JOHN     | M | 35-39      | 25:50 |
| 77 | RUNDQUIST    | REX      | M | 55-59      | 25:51 |
| 78 | RASMUSSEN    | KIM      | F | 30-34      | 25:57 |
| 79 | SWANSON      | DAN      | M | 60-64      | 26:01 |
| 80 | BERGLIN      | CARMEL   | F | 40-44      | 26:07 |
| 81 | REUTER       | SUE      | F | 40-44      | 26:15 |
| 82 | REEDER       | JULIE    | F | 45-49      | 26:39 |
| 83 | POLLOW       | JACKIE   | F | 40-44      | 26:43 |
| 84 | SANDMAN      | KRISTY   | F | 30-34      | 26:45 |
| 85 | NARUM        | LORI     | F | 45-49      | 26:46 |
| 86 | GLASS        | KARA     | F | 30-34      | 26:50 |
| 87 | NASH         | SHELLY   | F | 40-44      | 26:53 |
| 88 | NELSON       | LISA     | F | 35-39      | 27:03 |
| 89 | HEINZ        | TOM      | M | 55-59      | 27:06 |
| 90 | LAMOREUX     | JIM      | M | 40-44      | 27:09 |

|     |              |          |   |            |       |
|-----|--------------|----------|---|------------|-------|
| 91  | BOUCHAL      | JENNIFER | F | 35-39      | 27:17 |
| 92  | VICK         | BEN      | M | 14 & Under | 27:20 |
| 93  | VICK         | JAMES    | M | 40-44      | 27:21 |
| 94  | CLARKE       | JACY     | F | 30-34      | 27:48 |
| 95  | SHUMANSKY    | Tara     | F | 30-34      | 27:50 |
| 96  | ALBENESIUS   | PATTY    | F | 35-39      | 27:55 |
| 97  | ADDISON      | JEFF     | M | 40-44      | 27:59 |
| 98  | ADDISON      | KELLY    | F | 40-44      | 28:02 |
| 99  | VANDE NOORD  | TODD     | M | 30-34      | 28:19 |
| 100 | JOHNSON      | LAURA    | F | 20-24      | 28:22 |
| 101 | JOHNSON      | LESIE    | F | 20-24      | 28:24 |
| 102 | MRLA         | CARI     | F | 15-19      | 28:28 |
| 103 | DOUGHERTY    | MARY     | F | 40-44      | 28:29 |
| 104 | SEVERE       | JASON    | M | 30-34      | 28:39 |
| 105 | BREWSTER     | THERESA  | F | 14 & Under | 28:47 |
| 106 | MEIS         | HOLLY    | F | 45-49      | 28:56 |
| 107 | MEIS         | ROBERT   | M | 50-59      | 28:57 |
| 108 | SEVERE       | JOHN     | M | 55-59      | 29:05 |
| 109 | CONLEY       | SUNSHINE | F | 30-34      | 29:22 |
| 110 | ALBENESIUS   | ANNA     | F | 14 & Under | 29:46 |
| 111 | KNEPPER      | MONTE    | M | 60-69      | 29:53 |
| 112 | FLYNN        | JILL     | F | 45-49      | 29:56 |
| 113 | GRIEVE       | SOREN    | F | 35-39      | 30:06 |
| 114 | SCOTT        | JESSE    | M | 30-34      | 30:13 |
| 115 | GRIMBERG     | JULIE    | F | 20-24      | 30:17 |
| 116 | GRIMBERG     | NATALIE  | F | 20-24      | 30:18 |
| 117 | JOHNSON      | LYNN     | F | 60-69      | 30:34 |
| 118 | SCHULTZ      | COLE     | M | 14 & Under | 30:35 |
| 119 | PARKS        | HOLLY    | F | 30-34      | 30:50 |
| 120 | SCHULTZ      | NOEL     | M | 35-39      | 31:17 |
| 121 | WERMERS      | JAMI     | F | 45-49      | 31:19 |
| 122 | WALKER       | MARK     | M | 45-49      | 31:27 |
| 123 | DESCHEPPES   | AMANDA   | F | 25-29      | 31:39 |
| 124 | ANDREASEN    | MISTY    | F | 40-44      | 31:48 |
| 125 | ARNOLD       | TAMMY    | F | 45-49      | 32:00 |
| 126 | JOHNSON      | WENDY    | F | 30-34      | 32:11 |
| 127 | DEURLOO      | LINDSEY  | F | 30-34      | 32:29 |
| 128 | WEILAND      | CHRISTA  | F | 30-34      | 33:22 |
| 129 | OEDEKOVEN    | MOLLY    | F | 25-29      | 33:22 |
| 130 | SCOTT        | TERRI    | F | 40-44      | 33:27 |
| 131 | UHL          | JENNIFER | F | 35-39      | 33:42 |
| 132 | CHESTERMAN   | BENNETT  | M | 14 & Under | 33:43 |
| 133 | CHESTERMAN   | DANA     | F | 40-44      | 33:51 |
| 134 | STERK        | MARY     | F | 35-39      | 34:08 |
| 135 | LOUTSCH      | ANGELA   | F | 25-29      | 34:09 |
| 136 | DESCHEPPES   | MATT     | M | 25-29      | 35:27 |
| 137 | MEMANIGAL    | RYLIE    | F | 14 & Under | 36:01 |
| 138 | SCHMECKPEPER | ELISHA   | F | 20-24      | 36:29 |
| 139 | PEREZ        | MICHAEL  | M | 20-24      | 37:58 |
| 140 | GRIJALVA     | JULIE    | F | 45-49      | 37:59 |
| 141 | JENSEN       | CARLA    | F | 50-54      | 38:29 |
| 142 | HENRY        | MARCIA   | F | 40-44      | 39:12 |
| 143 | FURLONG      | DAVE     | M | 40-44      | 39:27 |

|     |          |        |   |       |       |
|-----|----------|--------|---|-------|-------|
| 144 | BREAMAN  | DEBBIE | F | 35-39 | 40:33 |
| 145 | CONLEY   | KELLY  | M | 50-54 | 40:39 |
| 146 | MCCARTHY | MARY   | F | 55-59 | 45:10 |
| 147 | WYANT    | KELLEY | F | 25-29 | 45:11 |