

Missouri River Runner's
 SPRING THAW 2010

 ** 5K RUN/WALK **

Sioux City, IA April 3, 2010 10:00 A.M.

All finishers times listed at ALLSPORTCENTRAL.COM

MALE OVERALL Winner
 =====

Rickert, Christopher S 18 Sioux City IA 18:51

FEMALE OVERALL Winner
 =====

Houlihan, Shelby C 17 Sioux City IA 18:40

MALE Masters Winner
 =====

Andreasen, Steve 43 Sioux City IA 20:08

FEMALE Masters Winner
 =====

Ryan, Lisa 40 Sioux City IA 19:15

MALE Age Group: 1 - 14

1	Lilly, Carter	14 Sioux City	IA	19:42
2	Levine, Sheehan A	13 sioux city	IA	21:27
3	Wohlert, Jordan L	13 paullina	IA	23:54

FEMALE Age Group: 1 - 14

1	Slater, Nicole L	14 Rushmore	MN	21:53
2	Kopplow, Jordin N	14 Adrian	MN	21:53
3	Sauer, Morgan	12 Lismore	MN	24:35

MALE Age Group: 15 - 19

1	Pater, Jordan	18 Adrian	MN	19:04
2	Pater, Jase	16 Adrian	MN	20:22
3	Wetzberger, Dominic R	18 Sioux City	IA	20:29

FEMALE Age Group: 15 - 19

1	Jansen, Josee M	17	Sioux City	IA	21:08
2	Samuelson, Amy L	16	Sioux city	IA	21:41
3	Sauer, Megan	15	Lismore	MN	22:53

MALE Age Group: 20 - 24

1	Samuelson, Mark T	21	Sioux City	IA	19:34
2	Lawton, Blair I	24	Sioux City IA	IA	19:56
3	Kambach, Drew	20	Sioux City	IA	20:15

FEMALE Age Group: 20 - 24

1	Ten Napel, Samantha	22	Ireton	IA	21:47
2	Bisenius, Jill M	24	Sioux City	IA	22:15
3	Christensen, Tara	22	Hinton	IA	23:39

MALE Age Group: 25 - 29

1	Carlson, Adam M	28	Lawton	IA	20:21
2	Backes, Chad A.	29	Papillion	NE	21:04
3	lould, Andy	29	Sioux City	IA	22:27

FEMALE Age Group: 25 - 29

1	Johnston, Julie E	26	Cedar Rapids	IA	21:11
2	Christensen, Jennifer M	25	West Des Moines	IA	21:55
3	Carlson, Jennifer L	29	Lawton	IA	23:50

MALE Age Group: 30 - 34

1	Glass, George	31	Sioux City	IA	19:44
2	Wagner, Clint W	33	Sioux city	IA	20:21
3	Burbridge, Nathan H	32	Sioux City	IA	21:12

FEMALE Age Group: 30 - 34

1	Peters, Steph	33	Sioux City	IA	23:09
2	Baker, Anginette M	34	Sioux City	IA	23:21
3	Meyer, Kari	31	Omaha	NE	24:55

MALE Age Group: 35 - 39

1	Junck, Jeff C	37	Sioux City	IA	20:30
2	Nielsen, Jason	36	Battle Creek	IA	20:45
3	Meyer, Kevin D	35	Dakota Dunes	SD	21:14

FEMALE Age Group: 35 - 39

1	Lechtenberg, Karen	35	Norfolk	NE	24:44
2	Benson, Karen M	37	Dakota Dunes	SD	26:08

3	Ward, Cheryl	37	Fort Lupton	CO	26:49
MALE Age Group: 40 - 44					

1	Weltz, Michael	43	Sioux City	IA	20:30
2	Gruis, Marty R	43	Sioux City	IA	20:40
3	McAllister, Coleman J.	41	Orange City	IA	20:53
FEMALE Age Group: 40 - 44					

1	Senger, Jody	41	Sioux city	IA	27:04
2	Hiserote, Ginger M	43	Sergeant Bluff	IA	27:17
3	Weltz, Jo Dee	43	Sioux City	IA	28:48
MALE Age Group: 45 - 49					

1	Greve, Joel J	48	Allen	NE	21:35
2	Solomon, Edward J	48	Dakota Dunes	SD	21:35
3	Newton, William E	49	pender	NE	22:56
FEMALE Age Group: 45 - 49					

1	Nitzschke, Cindy L	45	North Sioux Cit	SD	25:36
2	Wetzberger, Frances R	45	Sioux City	IA	25:41
3	Stocking, Carol A	45	sioux city	IA	26:56
MALE Age Group: 50 - 54					

1	Mills, Alan R.	54	Sioux Rapids	IA	21:11
2	Weber, William F	53	Sioux City	IA	23:38
3	Ambrose, Steven J.	53	Sioux City	IA	23:54
FEMALE Age Group: 50 - 54					

1	Bosman, Cheri	51	Sheldon	IA	25:20
2	Smith, Carol D	50	Thurston	NE	25:38
3	Quandt, Sherri	52	Hinton	IA	27:53
MALE Age Group: 55 - 59					

1	Soukup, Lou	58	Plattsmouth	NE	20:23
2	Lohry, Dirk W	57	Dakota Dunes	SD	23:39
3	Ruden, Ronald J	56	Hinton	IA	26:07
FEMALE Age Group: 55 - 59					

1	Clark, Carol B	58	Sloan	IA	29:29
2	Gould, Roxanne L	57	Sergeant Bluff	IA	30:49
3	Krell, Susan	56	Dakota Dunes	SD	30:51
MALE Age Group: 60 - 64					

1	Wiggins, Mike J	61	Hawarden	IA	26:01

2	Wiegand, Lou R	62 Dyersville	IA	32:28
3	Christensen, Terry	63 hinton	IA	32:50

FEMALE Age Group: 60 - 64

1	Johnson, Lynn	62 Sioux City	IA	31:45
2	Boustead, Candy L	60 Sergeant Bluff	IA	38:31

MALE Age Group: 65 - 69

1	Vellinga, Rodney D	65 sioux city	IA	23:38
2	McArthur, Steven	65 Dakota Dunes	SD	36:33

FEMALE Age Group: 65 - 69

1	Gilg, Fran	68 Neligh	NE	28:52
2	McMinn, Martha M.	67 Sioux City	IA	44:04

MALE Age Group: 70+
(No Entrants)

FEMALE Age Group: 70+

1	Nielsen, Marge .	74 Spencer	IA	30:40
---	------------------	------------	----	-------

Missouri River Runner's
2010 SPRING THAW

** 10 Mile RUN **

Sioux City, IA April 3, 2010 10:00 A.M.

All finisher times listed on ALLSPORTCENTRAL.COM

MALE OVERALL Winner

Garrels, Stacy A	33 Indianola	IA 1:00:28
------------------	--------------	------------

FEMALE OVERALL Winner

Benzoni, Nicole	20 Sioux City	IA 1:04:24
-----------------	---------------	------------

MALE Masters Winner

Heaton, Timothy H 51 McCook Lake SD 1:06:11

FEMALE Masters Winner

Erickson Olsen, Roxi R 46 South Sioux Cit NE 1:07:28

MALE Age Group: 1 - 14

No entrants

FEMALE Age Group: 1 - 14

1 Scott, Grace E 13 Dakota Dunes SD 1:45:10

MALE Age Group: 15 - 19

1 Ascherl, Evan PA 19 sheldon IA 1:22:07

FEMALE Age Group: 15 - 19

1 Schmidt, Arielle 19 Brandon SD 1:27:36
2 Rehan, Brenna 17 Sioux City IA 1:34:08

MALE Age Group: 20 - 24

1 Roberts, Alex 24 Sioux City IA 1:12:47
2 Brouillette, Brenden J 23 Sloan IA 1:25:46
3 Baxter, Trevor M 21 Mondamin IA 1:29:47

FEMALE Age Group: 20 - 24

1 Shoemaker, Sarah J 20 Waverly IA 1:30:57
2 Snieder, Stacie B 24 Sheldon IA 1:32:09
3 Bressler, Lindsay R 24 Sturgis SD 1:33:37

MALE Age Group: 25 - 29

1 Seier, Nate C 26 Sioux Falls SD 1:04:53
2 Marrero, Abdier J 28 Sioux City IA 1:09:01
3 Ascherl, Jeremy H 29 Sheldon IA 1:24:07

FEMALE Age Group: 25 - 29

1 Keane, Patricia 25 Sioux City IA 1:10:29
2 Buchheit, Lindsey R. 27 Sergeant Bluff IA 1:14:00
3 Kimbell, Erin J 28 Sioux City IA 1:18:32

MALE Age Group: 30 - 34

 1 Jaerger, Jacob N 34 sioux city IA 1:05:03
 2 Erkonen, Sean R 32 Sioux Falls SD 1:07:48
 3 Clark Jr., Thomas R 33 Pipestone MN 1:08:21

FEMALE Age Group: 30 - 34

 1 Vande Vegte, Jennifer M 32 Sioux Center IA 1:08:56
 2 Ellis, Kimberly R 30 Sioux Center IA 1:14:27
 3 Kelly, Sonya N 34 Thurston NE 1:17:04

MALE Age Group: 35 - 39

 1 Karloff, Jerry D 36 west point NE 1:03:36
 2 Mathewson, Jay G 38 Sergeant Bluff IA 1:06:43
 3 Joyce, Steven P 39 Sioux City IA 1:07:04

FEMALE Age Group: 35 - 39

 1 Olsen, Angela J 36 Spirit Lake IA 1:18:44
 2 Den Herder, Barbara J 37 Sioux Center IA 1:18:54
 3 Schulz, Jennifer 39 Dakota Dunes SD 1:20:48

MALE Age Group: 40 - 44

 1 Peters, Anthony G 43 woonsocket SD 1:07:07
 2 Hinds, David 40 LeMars IA 1:13:26
 3 Tatsumi, Klint 44 sheldon IA 1:18:51

FEMALE Age Group: 40 - 44

 1 Moncur, Jill E. 42 Sioux Falls SD 1:11:02
 2 Christians, Lisa B 44 Sioux Center IA 1:17:24
 3 Nielsen, Andrea 40 Battle Creek IA 1:27:12

MALE Age Group: 45 - 49

 1 Patton, Gregory K 49 Sioux Falls SD 1:11:07
 2 Calvillo, Mike 49 Dakota Dunes SD 1:11:13
 3 Loucks, James 47 Sioux city IA 1:14:58

FEMALE Age Group: 45 - 49

 1 Gebers, Barb J 48 Holstein IA 1:22:18
 2 Schmidt, Tracey L 46 Battle Creek IA 1:28:37
 3 Saunders, Kendra 46 Ida Grove IA 1:32:37

MALE Age Group: 50 - 54

 1 Benzoni, Thomas 53 Sioux City IA 1:09:37
 2 Drenth, Jay 51 Rock Rapids IA 1:16:15
 3 Harvey, James W 52 sioux falls SD 1:16:57

FEMALE Age Group: 50 - 54

1	Sudo, Mia	51 Sioux City	IA 1:39:33
2	Baxter, Kandi J	51 Mondamin	IA 1:40:30
3	Narum, Lori A	50 SIOUX FALLS	SD 1:40:59

MALE Age Group: 55 - 59

1	Bakkene, Doug	56 WORTHINGTON	MN 1:09:03
2	Baker, Robin R	55 Sioux City	IA 1:14:39
3	Pyburn, Rick J	57 Sioux City	IA 1:20:32

FEMALE Age Group: 55 - 59
(No Entrants)

MALE Age Group: 60 - 64

1	Olsen, Ron A	63 South Sioux Cit	NE 1:22:35
2	Jerge, Larry D	62 Spirit Lake	IA 1:24:32
3	Weier, Ray	63 Hartington	NE 1:27:05

FEMALE Age Group: 60 - 64
(No Entrants)

MALE Age Group: 65 - 69

1	Lally, Pat	65 Denison	IA 1:26:57
2	Johnson, Noel	66 denison	IA 1:38:30
3	Reimer, Ken G	68 Elkader	IA 1:52:16

FEMALE Age Group: 65 - 69
(No Entrants)

MALE Age Group: 70+

1	Miller, Paul	70 Sioux City	IA 1:33:08
---	--------------	---------------	------------

FEMALE Age Group: 70+
(No Entrants)