



## 2009 Lake Escape 10K & 5K

Saturday, August 29, 2009  
Richardson Park - Fern Ridge Reservoir  
Veneta, Oregon

### 5K Overall Results

Place	Name	Ag	S	Div/Tot	Div	City	St	Time	Pace	W
1	Ben Bruce	26	M	1/1	M2529	Eugene	OR	14:24	4:38	
2	Byrke Beller	41	M	1/3	M4044	Eugene	OR	18:22	5:55	
3	Bill Voorhees	46	M	1/5	M4549	Eugene	OR	19:40	6:20	
4	Ted Lampke	46	M	2/5	M4549	Eugene	OR	20:47	6:42	
5	Will Wyckoff	45	M	3/5	M4549	Eugene	OR	21:42	6:59	
6	Zachary Pew	14	M	1/3	M1114	Veneta	OR	22:46	7:20	
7	Marlo Thrall	39	F	1/4	F3539	Eugene	OR	22:55	7:23	
8	Charlene Chamberlain	47	F	1/3	F4549	Elmira	OR	23:14	7:29	
9	Darin French	13	M	2/3	M1114	Springfield	OR	23:33	7:35	
10	Derek French	44	M	2/3	M4044	Springfield	OR	23:35	7:36	
11	Derek York	17	M	1/3	M1519	Eugene	OR	24:10	7:47	
12	Heather Bullock	28	F	1/3	F2529	Eugene	OR	24:11	7:47	
13	Austin Smith	11	M	3/3	M1114	Veneta	OR	24:56	8:02	
14	Jennifer Lynch	33	F	1/10	F3034	Eugene	OR	24:58	8:02	
15	Melissa Vandamme	33	F	2/10	F3034	Veneta	OR	25:17	8:09	
16	Christopher Maher	31	M	1/2	M3034	Cottage Grove	OR	25:37	8:15	
17	Kathryn Goracke	30	F	3/10	F3034	Junction City	OR	25:55	8:21	
18	Andrea Braunger	30	F	4/10	F3034	Veneta	OR	26:02	8:23	
19	Drew York	16	M	2/3	M1519	Eugene	OR	26:38	8:35	
20	Kellen Smith	9	M	1/1	M0110	Veneta	OR	27:20	8:48	
21	Dave Lorenz	48	M	4/5	M4549	Veneta	OR	27:21	8:48	
22	Mike Atterberry	47	M	5/5	M4549	Veneta	OR	28:13	9:05	
23	Gabi Suth	43	F	1/4	F4044	Eugene	OR	28:21	9:08	
24	Steve Suth	61	M	1/1	M6064	Eugene	OR	28:21	9:08	
25	Kristy Cooper	55	F	1/3	F5559	Veneta	OR	28:41	9:14	
26	Beccy King	33	F	5/10	F3034	Eugene	OR	30:28	9:49	
27	Greg King	35	M	1/1	M3539	Eugene	OR	30:56	9:58	
28	Jane Dods	73	F	1/2	F7074	Springfield	OR	31:14	10:03	
29	Denise York	46	F	2/3	F4549	Eugene	OR	33:13	10:42	
30	Nicole Hooton	28	F	2/3	F2529	Eugene	OR	33:14	10:42	
31	Lauren Parker	25	F	3/3	F2529	Eugene	OR	33:28	10:46	
32	Eileen Brodkorb	48	F	3/3	F4549	Veneta	OR	37:14	11:59	
33	Rindy Van Vorst	54	F	1/3	F5054	Eugene	OR	38:05	12:16	
34	Miara Ren	9	F	1/2	F0110	Eugene	OR	39:46	12:48	
35	Kristy Ren	30	F	6/10	F3034	Eugene	OR	39:46	12:48	
36	Kyle Schauer	40	M	3/3	M4044	Veneta	OR	43:05	13:53	
37	Tricia Bonger	37	F	2/4	F3539	Veneta	OR	43:21	13:58	
38	Brian Issa	34	M	2/2	M3034	Veneta	OR	43:37	14:03	
39	Liz Whitechurch	33	F	7/10	F3034	Veneta	OR	43:38	14:03	
40	Charlie Brown	52	M	1/1	M5054	Veneta	OR	44:47	14:25	
41	Carol Petty	59	F	2/3	F5559	Elmira	OR	45:00	14:29	
42	Amber Taliaferro	32	F	8/10	F3034	Eugene	OR	45:48	14:45	
43	Erika McGuire	31	F	9/10	F3034	Eugene	OR	48:42	15:41	
44	Lisa Modee	51	F	2/3	F5054	Veneta	OR	48:42	15:41	

45	Angie Pebworth	33	F	10/10	F3034	Eugene	OR	48:43	15:41
46	Mindy Sandford	55	F	3/3	F5559	Elmira	OR	51:40	16:38
47	Bailey Frydendall	10	F	2/2	F0110	Veneta	OR	51:58	16:44
48	Ann Frydendall	40	F	2/4	F4044	Veneta	OR	52:04	16:46
49	Andrea Larson	43	F	3/4	F4044	Veneta	OR	52:22	16:52 W
50	Sandra Larson	70	F	2/2	F7074	Veneta	OR	52:22	16:52
51	Austin Lanham	15	M	3/3	M1519	Elmira	OR	54:32	17:34
52	Amy Humphrey	54	F	3/3	F5054	Elmira	OR	54:33	17:34
53	Bec Thoms	43	F	4/4	F4044	Veneta	OR	54:34	17:34
54	Laura Soper	39	F	3/4	F3539	Junction City	OR	54:51	17:40
55	Kibby Thoms	37	F	4/4	F3539	Elmira	OR	54:52	17:40

## 5K Awards

### \*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1	Marlo Thrall	39	Eugene	OR	22:55	7:23
2	Charlene Chamberlain	47	Elmira	OR	23:14	7:29
3	Heather Bullock	28	Eugene	OR	24:11	7:47

### \*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Ben Bruce	26	Eugene	OR	14:24	4:38
2	Byrke Beller	41	Eugene	OR	18:22	5:55
3	Bill Voorhees	46	Eugene	OR	19:40	6:20

#### MALE AGE GROUP: 1 - 10

1	173 Kellen Smith	5	9 Veneta	OR	27:20	8:48
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#### FEMALE AGE GROUP: 1 - 10

1	167 Miara Ren	5	9 Eugene	OR	39:46	12:48
2	138 Bailey Frydendall	5	10 Veneta	OR	51:58	16:44

#### MALE AGE GROUP: 11 - 14

1	197 Zachary Pew	5	14 Veneta	OR	22:46	7:20
2	203 Darin French	5	13 Springfield	OR	23:33	7:35
3	172 Austin Smith	5	11 Veneta	OR	24:56	8:02

#### MALE AGE GROUP: 15 - 19

1	190 Derek York	5	17 Eugene	OR	24:10	7:47
2	191 Drew York	5	16 Eugene	OR	26:38	8:35
3	148 Austin Lanham	5	15 Elmira	OR	54:32	17:34

#### MALE AGE GROUP: 25 - 29

1	195 Ben Bruce	5	26 Eugene	OR	14:24	4:38
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#### FEMALE AGE GROUP: 25 - 29

1	127 Heather Bullock	5	28 Eugene	OR	24:11	7:47
2	216 Nicole Hooton	5	28 Eugene	OR	33:14	10:42
3	161 Lauren Parker	5	25 Eugene	OR	33:28	10:46

#### MALE AGE GROUP: 30 - 34

1	153 Christopher Maher	5	31 Cottage Grove	OR	25:37	8:15
2	218 Brian Issa	5	34 Veneta	OR	43:37	14:03

#### FEMALE AGE GROUP: 30 - 34

1	152 Jennifer Lynch	5	33 Eugene	OR	24:58	8:02
2	184 Melissa Vandamme	5	33 Veneta	OR	25:17	8:09
3	139 Kathryn Goracke	5	30 Junction City	OR	25:55	8:21

#### MALE AGE GROUP: 35 - 39

1	147 Greg King	5	35 Eugene	OR	30:56	9:58
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#### FEMALE AGE GROUP: 35 - 39

1	205 Marlo Thrall	5	39 Eugene	OR	22:55	7:23
2	215 Tricia Bonger	5	37 Veneta	OR	43:21	13:58
3	174 Laura Soper	5	39 Junction City	OR	54:51	17:40

#### MALE AGE GROUP: 40 - 44

1	121 Byrke Beller	5	41 Eugene	OR	18:22	5:55
2	202 Derek French	5	44 Springfield	OR	23:35	7:36
3	214 Kyle Schauer	5	40 Veneta	OR	43:05	13:53

#### FEMALE AGE GROUP: 40 - 44

1	176 Gabi Suth	5	43 Eugene	OR	28:21	9:08
2	137 Ann Frydendall	5	40 Veneta	OR	52:04	16:46
3	209 Andrea Larson	5	43 Veneta	OR	52:22	16:52

#### MALE AGE GROUP: 45 - 49

1	185 Bill Voorhees	5	46 Eugene	OR	19:40	6:20
2	200 Ted Lampke	5	46 Eugene	OR	20:47	6:42
3	196 Will Wyckoff	5	45 Eugene	OR	21:42	6:59

#### FEMALE AGE GROUP: 45 - 49

1	129 Charlene Chamberlain	5	47 Elmira	OR	23:14	7:29
2	189 Denise York	5	46 Eugene	OR	33:13	10:42
3	125 Eileen Brodkorb	5	48 Veneta	OR	37:14	11:59

#### MALE AGE GROUP: 50 - 54

1	126 Charlie Brown	5 52 Veneta	OR	44:47 14:25
	FEMALE AGE GROUP: 50 - 54			
1	183 Rindy Van Vorst	5 54 Eugene	OR	38:05 12:16
2	157 Lisa Modee	5 51 Veneta	OR	48:42 15:41
3	142 Amy Humphrey	5 54 Elmira	OR	54:33 17:34
	FEMALE AGE GROUP: 55 - 59			
1	194 Kristy Cooper	5 55 Veneta	OR	28:41 9:14
2	163 Carol Petty	5 59 Elmira	OR	45:00 14:29
3	171 Mindy Sandford	5 55 Elmira	OR	51:40 16:38
	MALE AGE GROUP: 60 - 64			
1	177 Steve Suth	5 61 Eugene	OR	28:21 9:08
	FEMALE AGE GROUP: 70 - 74			
1	133 Jane Dods	5 73 Springfield	OR	31:14 10:03
2	208 Sandra Larson	5 70 Veneta	OR	52:22 16:52

### 10K Overall Results

Place	Name	Ag	S	Div/Tot	Div	City	St	Time	Pace	W
1	Leo Alapont	33	M	1/5	M3034	Eugene	OR	35:12	5:40	
2	Mark Robins	35	M	1/1	M3539	West Stayton	OR	35:50	5:46	
3	Seven Richmond	34	M	2/5	M3034	Albany	OR	36:02	5:48	
4	Peter Quint	45	M	1/2	M4549	Eugene	OR	38:08	6:09	
5	Charles Joye	21	M	1/2	M2024	Veneta	OR	38:50	6:15	
6	Rodney Cooper	54	M	1/2	M5054	Veneta	OR	40:42	6:33	
7	Keith Miller	32	M	3/5	M3034	Eugene	OR	40:53	6:35	
8	John Andriola	55	M	1/2	M5559	Eugene	OR	42:16	6:49	
9	Rolly Cooper	29	M	1/1	M2529	Tucson	AZ	45:23	7:19	
10	Stephanie Kercheski	24	F	1/3	F2024	Keizer	OR	45:39	7:21	
11	Sharon Rogers	48	F	1/3	F4549	Noti	OR	47:31	7:39	
12	Jeff Cook	42	M	1/3	M4044	Eugene	OR	48:24	7:48	
13	Joel Phair	30	M	4/5	M3034	Albany	OR	48:46	7:51	
14	Gary Carpenter Jr	40	M	2/3	M4044	Eugene	OR	49:12	7:55	
15	Nabi Malekzadeh	51	M	2/2	M5054	Eugene	OR	50:32	8:08	
16	Jason Green	32	M	5/5	M3034	Eugene	OR	50:56	8:12	
17	Elizabeth Vollmer-Buh	30	F	1/5	F3034	Veneta	OR	51:08	8:14	
18	Chris Rock	60	M	1/1	M6064	Eugene	OR	53:01	8:32	
19	Kari Westlund	47	F	2/3	F4549	Veneta	OR	54:15	8:44	
20	Michelle Cook	32	F	2/5	F3034	Noti	OR	55:04	8:52	
21	Doug Kartub	45	M	2/2	M4549	Eugene	OR	55:11	8:53	
22	Kathleen Malekzadeh	50	F	1/2	F5054	Eugene	OR	55:19	8:55	
23	Steven Modee	58	M	2/2	M5559	Veneta	OR	56:00	9:01	
24	Meaghan Barr	22	F	2/3	F2024	Corvallis	OR	56:29	9:06	
25	Garrick Dutenhoefer	13	M	1/4	M1114	Jasper	OR	1:01:38	9:56	
26	Zackary Rosensteil	13	M	2/4	M1114	Jasper	OR	1:01:44	9:57	
27	Kyle Wattles	12	M	3/4	M1114	Jasper	OR	1:02:08	10:00	
28	Tim Ellenberger	43	M	3/3	M4044	Jasper	OR	1:02:08	10:00	
29	Debbie Olson	37	F	1/1	F3539	Florence	OR	1:02:15	10:02	
30	Elizabeth Mozzetti	30	F	3/5	F3034	Veneta	OR	1:02:52	10:07	
31	Katy Lumbra	25	F	1/4	F2529	Veneta	OR	1:02:52	10:08	
32	Alicia Cook	24	F	3/3	F2024	Noti	OR	1:07:31	10:52	
33	Jennie Herbert	32	F	4/5	F3034	Veneta	OR	1:07:40	10:54	
34	Kristi Lay	46	F	3/3	F4549	Elmira	OR	1:07:55	10:56	
35	Josh Berg	17	M	1/1	M1519	Junction City	OR	1:09:13	11:09	
36	Brandi King	27	F	2/4	F2529	Springfield	OR	1:09:13	11:09	
37	Lisa Phair	27	F	3/4	F2529	Albany	OR	1:15:45	12:12	
38	Marian French	42	F	1/1	F4044	Springfield	OR	1:16:08	12:16	
39	Austin Hand	11	M	4/4	M1114	Jasper	OR	1:16:23	12:18	
40	April Ward	29	F	4/4	F2529	Albany	OR	1:16:32	12:19	
41	Karen McKenzie	52	F	2/2	F5054	Veneta	OR	1:16:33	12:20	
42	Suzanne Squires	31	F	5/5	F3034	Eugene	OR	1:20:15	12:55	
43	Trevor Badial	8	M	1/1	M0110	Jasper	OR	1:42:38	16:31	
44	Jacob Tolbert	23	M	2/2	M2024	Jasper	OR	1:42:39	16:32	

### 10K Awards

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1 Stephanie Kercheski 24 Keizer OR 45:39 7:21  
 2 Sharon Rogers 48 Noti OR 47:31 7:39  
 3 Elizabeth Vollmer-Buh 30 Veneta OR 51:08 8:14

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1 Leo Alapont 33 Eugene OR 35:12 5:40  
 2 Mark Robins 35 West Stayton OR 35:50 5:46  
 3 Seven Richmond 34 Albany OR 36:02 5:48

MALE AGE GROUP: 1 - 10

1 119 Trevor Badial 10 8 Jasper OR 1:42:38 16:31

MALE AGE GROUP: 11 - 14

1 134 Garrick Dutenhoefer 10 13 Jasper OR 1:01:38 9:56  
 2 170 Zackary Rosensteil 10 13 Jasper OR 1:01:44 9:57  
 3 187 Kyle Wattles 10 12 Jasper OR 1:02:08 10:00

MALE AGE GROUP: 15 - 19

1 122 Josh Berg 10 17 Junction City OR 1:09:13 11:09

MALE AGE GROUP: 20 - 24

1 143 Charles Joye 10 21 Veneta OR 38:50 6:15  
 2 181 Jacob Tolbert 10 23 Jasper OR 1:42:39 16:32

FEMALE AGE GROUP: 20 - 24

1 207 Stephanie Kercheski 10 24 Keizer OR 45:39 7:21  
 2 120 Meaghan Barr 10 22 Corvallis OR 56:29 9:06  
 3 130 Alicia Cook 10 24 Noti OR 1:07:31 10:52

MALE AGE GROUP: 25 - 29

1 192 Rolly Cooper 10 29 Tucson AZ 45:23 7:19

FEMALE AGE GROUP: 25 - 29

1 151 Katy Lumbra 10 25 Veneta OR 1:02:52 10:08  
 2 146 Brandi King 10 27 Springfield OR 1:09:13 11:09  
 3 165 Lisa Phair 10 27 Albany OR 1:15:45 12:12

MALE AGE GROUP: 30 - 34

1 117 Leo Alapont 10 33 Eugene OR 35:12 5:40  
 2 168 Seven Richmond 10 34 Albany OR 36:02 5:48  
 3 217 Keith Miller 10 32 Eugene OR 40:53 6:35

FEMALE AGE GROUP: 30 - 34

1 210 Elizabeth Vollmer-Buh 10 30 Veneta OR 51:08 8:14  
 2 132 Michelle Cook 10 32 Noti OR 55:04 8:52  
 3 159 Elizabeth Mozzetti 10 30 Veneta OR 1:02:52 10:07

MALE AGE GROUP: 35 - 39

1 206 Mark Robins 10 35 West Stayton OR 35:50 5:46

FEMALE AGE GROUP: 35 - 39

1 160 Debbie Olson 10 37 Florence OR 1:02:15 10:02

MALE AGE GROUP: 40 - 44

1 131 Jeff Cook 10 42 Eugene OR 48:24 7:48  
 2 128 Gary Carpenter Jr 10 40 Eugene OR 49:12 7:55  
 3 135 Tim Ellenberger 10 43 Jasper OR 1:02:08 10:00

FEMALE AGE GROUP: 40 - 44

1 204 Marian French 10 42 Springfield OR 1:16:08 12:16

MALE AGE GROUP: 45 - 49

1 199 Peter Quint 10 45 Eugene OR 38:08 6:09  
 2 144 Doug Kartub 10 45 Eugene OR 55:11 8:53

FEMALE AGE GROUP: 45 - 49

1 169 Sharon Rogers 10 48 Noti OR 47:31 7:39  
 2 188 Kari Westlund 10 47 Veneta OR 54:15 8:44  
 3 149 Kristi Lay 10 46 Elmira OR 1:07:55 10:56

MALE AGE GROUP: 50 - 54

1 193 Rodney Cooper 10 54 Veneta OR 40:42 6:33  
 2 155 Nabi Malekzadeh 10 51 Eugene OR 50:32 8:08

FEMALE AGE GROUP: 50 - 54

1 154 Kathleen Malekzadeh 10 50 Eugene OR 55:19 8:55  
 2 156 Karen McKenzie 10 52 Veneta OR 1:16:33 12:20

MALE AGE GROUP: 55 - 59

1 212 John Andriola 10 55 Eugene OR 42:16 6:49  
 2 158 Steven Modee 10 58 Veneta OR 56:00 9:01

MALE AGE GROUP: 60 - 64

1 201 Chris Rock 10 60 Eugene OR 53:01 8:32