

# 44<sup>th</sup> Foggy Bottom Milk Run

Directed by "Marlene Allen" <allens@humboldt1.com>

Hi everyone,

Yea, we're back! After almost 2 years of cancellations, the March 12, 2023 Foggy Bottom Milk Run is back and it went well - everyone was happy to be back in Ferndale for the **4 mile & 2 mile** events. Thank you all for attending – volunteers, runners, coaches, parents, and friends – welcome back!

Although it wasn't exactly sunny, the rain held off for the 4 milers and runners looked strong. The 2 milers got a little drizzle on their way back up Main St., but the chocolate milk at the finish line seemed to help their spirits. Really, the only ones who got wet were the clean-up volunteers!

The courses were new routes, the staging area was at a new location in downtown Ferndale, and we had a great new location for our aid station in the parking lot at the Humboldt County Fairgrounds. Our 3 volunteer groups worked hard and fast to put all the signage out, set up the aid station and staging area, and prepare fruit, water, chips, chocolate milk and Gatorade for runners – they did a fantastic job – **Thank you AHS Track & Field, MHS Track & Field, and EHS Cross Country athletes!**

We had so many helpful volunteers! I cannot say "thank you" enough to all these volunteers for HELPING! **Sherry, Laura (Best Announcer!), Margaret, Kelley, Gary, Cindy, Bill D, Bill E, Yoshi, Caroline, Berit, Karen, Sarah, Matthew, Jack, Yoon (all your photos!), Casey (all the school photos!), Bob, Terri (voted Best Course/Aid Station volunteer!), Mark, Randy, Portia, Dean, and Juan.**

Thank a sponsor next time you think of it - **RAMONE'S BAKERY & CAFÉ; COAST CENTRAL CREDIT UNION; UMPQUA BANK; THE VICTORIAN INN; HUMBOLDT CREAMERY; VALLEY GROCERY; FORTUNA SPORT & CYCLE; MIND'S EYE COFFEE; & THE OLDE STEEPLE.**

Thanks! – Marlene <allens@humboldt1.com>

**{from Buzzword Productions as of 10:00 pm, Tues., 3/14/23}**

**Please send any corrections to Buzz at <buzzwordproductions@gmail.com> soon.**

**10M -- 10M run was NOT held in 2023.**

**Noon, Mar. 12, 2023**

## 4M

OvP	Name	G/age	Time	Bib#
1	James Eggimann	M40	23:16	7900
2	Matthew Kidwell	M41	24:09	7840
3	Michael Price	M37	24:29	7764
4	Zephir Lenox	M26	25:00	7844
5	Dylan Fluet	M33	25:16	7925
6	Zachary Chapman	M41	25:24	7810
7	Robbie Shoemaker	M15	27:02	7775
8	Dave Ryan	M65	27:08	7870
9	Christopher Christianson	M46	27:44	7786
10	Parker Olk	M19	27:51	7912
11	Dolan Dillon	M28	28:24	7894
12	<b>Karen Kidwell</b>	<b>F38</b>	<b>28:41</b>	<b>7839</b>
13	Liam Doherty	M29	28:48	7916
14	Juan Ornelas	M13	28:55	7941
15	Sky McKinley	M46	29:02	7853
16	Joshua Rayburn	M39	29:13	7926
17	Joseph Bean	M34	29:15	7902
18	Jake Johnson	M47	29:23	7897
19	Paul Kinsey	M67	29:23	7841
20	Casey Ales	M40	29:24	7780
21	<b>Sarah Collins</b>	<b>F34</b>	<b>29:32</b>	<b>7893</b>
22	Todd Renner	M43	29:37	7869
23	<b>Lanore Bergenske</b>	<b>F65</b>	<b>29:41</b>	<b>7802</b>
24	Ocean Goodrich	M14	30:06	7927
25	Mark Chapman	M63	30:12	7752
26	<b>Vivian Adams</b>	<b>F13</b>	<b>30:14</b>	<b>7751</b>
27	Jason Frahm	M54	30:42	7911
28	Jose Ornelas	M35	30:47	7939
29	Jordan Gaskell	M17	31:29	7895
30	Jeremy Wright	M42	31:33	7890

31	Jenna Larson	F36	31:38	7842
32	Jennifer Foesig	F50	31:39	7821
33	Brittany Tonks	F33	31:52	7877
34	David Salladay	M58	32:26	7871
35	Tim Olson	M52	32:33	7863
36	Karl Ensminger	M52	32:47	7910
37	Jason Woodward	M48	32:48	7929
38	Matthew Prescott	M09	32:58	7779
39	Bill Prescott	M50	33:00	7778
40	Caroline Carson	F61	33:07	7808
41	Alan Grau	M65	33:09	7828
42	Stephanie Schlerf	F28	33:42	7899
43	Jonathan Schram	M41	33:47	7921
44	Anthony Fleming	M75	33:48	7820
45	Danny Morga	M30	33:49	7857
46	Ryan Isaacs	M24	34:15	7833
47	Lavonne Cookman	F61	35:53	7777
48	Stephanie Brown	F40	35:53	7776
49	Brida Lester	F14	35:59	7906
50	Diane Wilson	F62	36:06	7887
51	Kanoa Pollett	M15	36:08	7937
52	Brenda Garcia	F32	36:09	7904
53	Tanya Trowbridge	F31	36:11	7878
54	Hayden Dillon	M24	36:35	7814
55	John Aryanpur	M64	37:00	7798
56	Rebecca Harris	F46	37:07	7905
57	Jessica Reeve	F33	37:30	7868
58	Dana Webb	F31	37:40	7882
59	Russell Gaskell	M53	38:11	7896
60	Kira Rivera	F39	38:16	7785
61	Max Gunther	M14	38:18	7914
62	Current Wendt	M14	38:18	7884
63	Ava Gaskell	F14	38:30	6719
64	Nadia Lynn	F27	38:35	7847
65	Marina Miller	M11	38:37	7759
66	Angie Pearson	F46	38:48	7935
67	Tj Chapman	F60	38:58	7753
68	Danielle Briscoe	F49	38:58	7805
69	Heidi O'Hanan	F38	39:03	7862
70	Derek Cahoon	M40	39:14	7758
71	Kimberly Bryant	F48	39:17	7806
72	Ryan Lester	M42	39:22	7907
73	Breanna Cahoon	F40	39:34	7757
74	Chrystal Ales	F39	39:35	7781
75	Amanda Marshall	F27	39:38	7849
76	Lauri Sabin	F60	39:38	7794
77	Marija Bernota	F36	39:47	7803
78	Thomas Bernota	M63	39:49	7804
79	Jasper	M25	40:09	7892
80	Randy Emenaker	M72	40:23	7818
81	Michaele Whiteley	F63	40:29	7886
82	Mister Vega	M42	40:37	7880
83	Noah Elway	M12	40:44	7817
84	Philip Lescano	M68	40:46	7845
85	Alicia Lopez	F34	41:01	7908
86	Gabrielle Cohen	F60	41:31	7782
87	Kristina Darby	F53	41:47	7790
88	Debbie Stamper	F69	42:13	7918
89	Alejandra Gallegos	F33	42:26	7903
90	Holly Wendt	F42	43:00	7885
91	Trysta Hays	F39	43:03	7829
92	Kim Bergel	F56	43:09	7801
93	Jiah Barnett	F40	43:24	7799
94	Nathan Brinkhaus	M37	43:31	7928
95	Stacy Antoniadis	F69	44:30	7796
96	Marie Cappiello	F51	44:44	7919
97	Sarah Sullens	F42	44:48	7876
98	Mark Ellis	M68	44:52	7815
99	Lynn Marks	F64	44:59	7848
100	Bonnie Hrdina	F64	45:17	7831
101	Karli Patton	F34	45:20	7864
102	Laurel Condro	F53	45:32	7913
103	Mark Miller	M66	45:54	7855
104	Micaela Gunther	F50	46:31	7915
105	Madison Flynn	F37	46:32	7701

106	Caleb Rice	M12	46:40	7784
107	<b>Sara Starr</b>	<b>F66</b>	<b>46:54</b>	<b>7873</b>
108	<b>Malinda Damme</b>	<b>F37</b>	<b>46:58</b>	<b>7813</b>
109	<b>Alyse Nichols</b>	<b>F42</b>	<b>46:59</b>	<b>7792</b>
110	<b>Berit Meyer</b>	<b>F65</b>	<b>46:59</b>	<b>7854</b>
111	Ryan Kerker	M40	46:59	7837
112	Brian Ferguson	M69	47:05	7819
113	<b>Donna Wilson</b>	<b>F37</b>	<b>47:08</b>	<b>7888</b>
114	<b>Cathryn Andrews</b>	<b>F32</b>	<b>47:43</b>	<b>7795</b>
115	<b>Briley Penry</b>	<b>F20</b>	<b>48:43</b>	<b>7923</b>
116	Caleb Wilson	M07	48:46	7924
117	<b>Cindy Foley</b>	<b>F66</b>	<b>48:49</b>	<b>7822</b>
118	Jeffrey Giacomini	M37	48:51	7826
119	<b>Rachel Damme</b>	<b>F36</b>	<b>49:07</b>	<b>7934</b>
120	<b>Anne Rice</b>	<b>F41</b>	<b>49:51</b>	<b>7783</b>
121	Tom Noll	M68	50:45	7861
122	<b>Brandy Scripser</b>	<b>F44</b>	<b>50:54</b>	<b>7872</b>
123	<b>Amy Lenox</b>	<b>F57</b>	<b>51:32</b>	<b>7843</b>
124	<b>Robin Fraser</b>	<b>F43</b>	<b>51:38</b>	<b>7917</b>
125	<b>Cindi Kiehn-Mola</b>	<b>F50</b>	<b>51:41</b>	<b>7898</b>
126	<b>Michele Stover</b>	<b>F42</b>	<b>51:42</b>	<b>7875</b>
127	<b>Marcile Raney</b>	<b>F62</b>	<b>51:47</b>	<b>7866</b>
128	Juan Reyes	M41	52:19	7940
129	<b>Elaine Hogan</b>	<b>F36</b>	<b>53:07</b>	<b>7830</b>
130	J Wilson	M05	53:08	7920
131	Jeff Birge	M40	53:13	7933
132	<b>Sherry Myers</b>	<b>F67</b>	<b>53:18</b>	<b>7859</b>
133	<b>Heather Watkins</b>	<b>F33</b>	<b>53:22</b>	<b>7881</b>
134	<b>Jessica Jones (ayala)</b>	<b>F34</b>	<b>53:24</b>	<b>7835</b>
135	Jib Ray	M82	53:47	7867
136	<b>Leslie Keig</b>	<b>F60</b>	<b>54:01</b>	<b>7836</b>
137	<b>Dawn Watkins</b>	<b>F54</b>	<b>54:03</b>	<b>7901</b>
138	<b>Mona Giacomini</b>	<b>F35</b>	<b>54:09</b>	<b>7827</b>
139	<b>Kinsey Arellano</b>	<b>F39</b>	<b>58:43</b>	<b>7797</b>
140	Jurgen Giessel	M86	59:32	7909
141	<b>Portia Matheson</b>	<b>F75</b>	<b>1:01:48</b>	<b>7852</b>
142	Jerry Fowler	M84	1:01:59	7824
143	<b>Maria Hurtado</b>	<b>F31</b>	<b>1:02:17</b>	<b>7832</b>
144	Teng Xiong	M28	1:02:17	7891
145	<b>Becky Moyle</b>	<b>F66</b>	<b>1:02:26</b>	<b>7858</b>
146	<b>Virginia Lopez-Bacon</b>	<b>F65</b>	<b>1:03:27</b>	<b>7773</b>
147	<b>Pat Moranda</b>	<b>F75</b>	<b>1:03:45</b>	<b>7856</b>
148	Gerald Crnich	M77	1:04:00	7922
149	<b>Loretta Davidson</b>	<b>F78</b>	<b>1:05:57</b>	<b>7932</b>
150	<b>Christina Wilson</b>	<b>F42</b>	<b>1:05:58</b>	<b>7931</b>
151	<b>Alyza Elway</b>	<b>F36</b>	<b>1:05:59</b>	<b>7816</b>
152	<b>Colleen Sagaser</b>	<b>F62</b>	<b>1:07:17</b>	<b>7760</b>
153	<b>Karen Pulver</b>	<b>F41</b>	<b>1:07:19</b>	<b>7865</b>
154	<b>Pamella Garvin</b>	<b>F67</b>	<b>1:09:15</b>	<b>7825</b>
155	<b>Deb Meador</b>	<b>F68</b>	<b>1:09:16</b>	<b>7774</b>
156	<b>Cora Williams</b>	<b>F42</b>	<b>1:09:28</b>	<b>7767</b>
157	Charlie Williams	M09	1:09:28	7766
158	<b>Nancy Colbert</b>	<b>F73</b>	<b>1:09:34</b>	<b>7761</b>
159	Dean Matheson	M64	1:11:02	7851
160	<b>Arianna Porter</b>	<b>F12</b>	<b>1:12:02</b>	<b>7754</b>
161	Westley Porter	M08	1:12:03	7756
162	<b>Bonnie Mathes</b>	<b>F72</b>	<b>1:12:30</b>	<b>7850</b>
163	<b>Helen Etter</b>	<b>F74</b>	<b>1:12:35</b>	<b>7770</b>
164	<b>Crystal Porter</b>	<b>F38</b>	<b>1:12:42</b>	<b>7755</b>
165	Damien Johnson	M40	1:18:05	7771
166	Richard Upton	M38	1:22:11	7879
	<b>Nolla Carl</b>	<b>F10</b>	<b>7938</b>	

**2:00pm, Mar. 12, 2023**

## 2M

OvP	Name	G/age	Time	Bib#
1	Daniil Oxyuk	M19	11:31	6687
2	Garrett Shanahan	M14	11:54	6605
3	Owen Ingram	M12	12:48	6618
4	<b>Bella Decarli</b>	<b>F14</b>	<b>13:06</b>	<b>6752</b>
5	Robert Sirrine	M14	13:06	6607
6	Sebastian Amaro	M13	13:07	6541
7	John Corigliano	M13	13:10	6801
8	Noah Crosswhite	M15	13:56	6645
9	Noah MacKnicki	M14	13:58	6288

10	Isaac Ingram	M14	14:02	6617
11	Carl Rocket	M32	14:12	6759
12	<b>Audrey Hayes</b>	<b>F10</b>	<b>14:12</b>	<b>6581</b>
13	<b>Claire Renner</b>	<b>F13</b>	<b>14:16</b>	<b>6695</b>
14	Karson Warnow	M10	14:24	6322
15	<b>Vivienne Shanahan</b>	<b>F10</b>	<b>14:54</b>	<b>6795</b>
16	Jack Omev	M12	15:01	6686
17	Daniel Bobillot	M28	15:02	6640
18	<b>Rachel Collins</b>	<b>F34</b>	<b>15:04</b>	<b>6712</b>
19	Reed Hilton	M10	15:06	6459
20	Zachary Trumbo	M16	15:09	6746
21	Braydon Syvertson	M11	15:11	6383
22	<b>Andrea Lovio</b>	<b>F40</b>	<b>15:13</b>	<b>6676</b>
23	Thomas Decarli	M46	15:13	6753
24	Angel Torres	M11	15:25	6321
25	Ethan Blair	M08	15:25	6457
26	<b>Scarlett Zerlang</b>	<b>F13</b>	<b>15:25</b>	<b>6608</b>
27	Amrik Singh Sohal	M57	15:27	6375
28	Kaiden Coyne	M14	15:31	6611
29	Holden Rinehart	M11	15:52	6792
30	<b>Lucy Hayes</b>	<b>F06</b>	<b>15:56</b>	<b>6269</b>
31	Cedar Farrell	M10	15:58	6470
32	Bill Bastin	M65	15:59	6773
33	<b>Taz Demichiei</b>	<b>F12</b>	<b>16:03</b>	<b>6718</b>
34	Axel Rosenblatt	M09	16:05	6289
35	Colton Taylor	M12	16:06	6626
36	Logan Smith	M13	16:06	6454
37	Jules Davis	M08	16:12	6468
38	Jeremy Johnson	M10	16:20	6776
39	<b>Kaiah Cahoon</b>	<b>F09</b>	<b>16:30</b>	<b>6259</b>
40	Sean Molyneaux	M42	16:32	6731
41	Maddux Molyneaux	M09	16:36	6730
42	<b>Coral Ventuleth</b>	<b>F12</b>	<b>16:38</b>	<b>6578</b>
43	Fela Parage	M08	16:41	6735
44	<b>Irie Shoemaker</b>	<b>F13</b>	<b>16:42</b>	<b>6453</b>
45	<b>Eliana Sellars</b>	<b>F14</b>	<b>16:43</b>	<b>6368</b>
46	<b>Emma Cahoon</b>	<b>F11</b>	<b>16:45</b>	<b>6579</b>
47	Carson Rogers	M08	16:45	6281
48	<b>Emma Crotty</b>	<b>F11</b>	<b>16:51</b>	<b>6646</b>
49	<b>Ruby Mohrmann</b>	<b>F09</b>	<b>16:52</b>	<b>6680</b>
50	<b>Alice Barrett</b>	<b>F10</b>	<b>16:53</b>	<b>6633</b>
51	Pierce Crosswhite	M11	16:56	6580
52	<b>Shannon Smith</b>	<b>F11</b>	<b>16:57</b>	<b>6377</b>
53	<b>Sadie Barrett</b>	<b>F12</b>	<b>16:59</b>	<b>6636</b>
54	Liam Demant	M13	17:22	6651
55	Ethan Ghidinelli	M09	17:24	6742
56	<b>Elizabeth Stevens</b>	<b>F13</b>	<b>17:24</b>	<b>6455</b>
57	Arshpreet Heer	M11	17:29	6349
58	<b>Marina Howard</b>	<b>F11</b>	<b>17:36</b>	<b>6603</b>
59	<b>Johann Olson</b>	<b>F11</b>	<b>17:37</b>	<b>6621</b>
60	<b>Sylvie Hunter</b>	<b>F12</b>	<b>17:44</b>	<b>6616</b>
61	Carl Beija	M10	17:46	7936
62	<b>Sally Elway</b>	<b>F10</b>	<b>17:50</b>	<b>6656</b>
63	<b>Jade Pavloff</b>	<b>F12</b>	<b>17:51</b>	<b>6688</b>
64	Jhon Bonham	M37	17:52	6757
65	Jeff Sellars	M47	17:52	6371
66	Bret Rinehart	M43	17:52	6794
67	<b>Meztli Chinas</b>	<b>F13</b>	<b>17:53</b>	<b>6450</b>
68	Gavin Bonham	M07	17:53	6758
69	Ian MacKelvie	M33	18:01	6723
70	<b>Ginger Howard</b>	<b>F43</b>	<b>18:02</b>	<b>6602</b>
71	Avery Rinehart	M09	18:03	6790
72	James Crosswhite	M44	18:08	6644
73	<b>Kinley Johnson</b>	<b>F10</b>	<b>18:09</b>	<b>6486</b>
74	<b>Mia Cahoon</b>	<b>F13</b>	<b>18:13</b>	<b>6449</b>
75	Joseph Rivera	M07	18:13	6539
76	<b>Angie Pearson</b>	<b>F46</b>	<b>18:13</b>	<b>6785</b>
77	Daniel Sweeney	M52	18:14	6737
78	Andrew Kime	M27	18:17	6352
79	<b>Charlie Hill</b>	<b>F06</b>	<b>18:17</b>	<b>6350</b>
80	<b>Katie Hill</b>	<b>F34</b>	<b>18:18</b>	<b>6351</b>
81	<b>Martha Shanahan</b>	<b>F45</b>	<b>18:25</b>	<b>6807</b>
82	Oliver Jamison	M12	18:28	6619
83	<b>Layla Thomas-Heft</b>	<b>F10</b>	<b>18:30</b>	<b>6433</b>
84	Camden Molyneaux	M07	18:32	6729

85	Jiah Barnett	F40	18:33	6632
86	Sage Farrell	M06	18:33	6472
87	Tim Farrell	M43	18:34	6788
88	Jacky Cortez-Rosas	F13	18:38	6451
89	Corben Yaple	M09	18:45	6285
90	Everett Price	M09	18:45	6572
91	Cassie Peterson	F22	18:46	6311
92	Stacie Molyneaux	F39	18:47	6732
93	Jack Scown	M06	18:56	6430
94	Kathryn Rivera	F40	18:57	6540
95	Ella Price	F36	18:58	6362
96	Granite Price	M05	18:58	6363
97	Alexis Price	F08	18:58	6361
98	Esme Margell	F07	18:58	6420
99	Jessica Smith	F43	19:03	6376
100	Amy Taylor	F43	19:08	6623
101	Mason Town	M12	19:11	6456
102	Darion Walters	M08	19:15	6389
103	Ivan Reveles	M09	19:16	6314
104	Asha Pruyt	F10	19:17	6364
105	Charane Sirrine	F43	19:20	6606
106	Chloe Grunden	F14	19:20	6604
107	Aidan O'Connor	M08	19:22	6421
108	Daniel Inman	M08	19:22	6778
109	Michelle Hernandez	F49	19:29	6782
110	Unknown Partic. 7930	M??	19:39	7930
111	Heidi Tout	F08	19:42	6478
112	Daniel Tilles	M12	19:42	6545
113	Sylvia Tout	F07	19:49	6480
114	Barbara Lewis	F45	19:51	6461
115	Matthew Tout	M39	19:51	6479
116	Adelia Olson	F10	19:51	6462
117	Andrea Tout	F40	19:52	6477
118	Carl Maverick	M07	19:52	6760
119	Elyse Smith	F06	19:55	6283
120	Presley Lester	F07	19:56	6307
121	Reka Mar	F50	19:56	6590
122	Sarah Hapgood	F53	19:58	6589
123	David Clair	M52	19:58	6587
124	Cayden Free	M12	20:00	6300
125	Lucca Schroeder	M06	20:00	6592
126	Zaiden Waid	M07	20:02	6779
127	Cooper Hubbard	M12	20:05	6615
128	Brooke Bonham	F11	20:13	6756
129	Sylvie Davis	F06	20:14	6469
130	Clara Vidargas	F12	20:17	6546
131	Isla Kirkpatrick	F08	20:21	6720
132	Lena Manchester	F07	20:21	6724
133	Michael Manchester	M42	20:22	6725
134	Katie Rogers	F37	20:22	6282
135	Coby Martin	M07	20:27	6677
136	Haley Boynton	F45	20:30	6766
137	Taylia Boynton	F08	20:31	6767
138	Nadia Dervin	F07	20:39	6652
139	Alex Bateman	M32	20:47	6463
140	Alysha Evans	F25	20:47	6657
141	Aj Murphy	M25	20:47	6682
142	Shaina Bateman	F08	20:47	6465
143	Elizabeth Micks	F43	20:50	6475
144	Erika Benson	F44	20:51	6466
145	Elizabeth Trumbo	F14	20:52	6745
146	Nicholas Vidargas	M42	20:59	6482
147	Jude Vidargas	M08	20:59	6481
148	Storm Brite	M08	20:59	6585
149	Keira McNeil	F09	21:05	6803
150	Kristen Westfall	F40	21:10	6754
151	Scarlett Westfall	F07	21:12	6755
152	Sirius Francisco	M14	21:12	6777
153	Ethan Prescott	M13	21:18	6485
154	Giovanni Alcazar	M08	21:22	6255
155	Christy Prescott	F49	21:22	6484
156	Emilie Margell	F36	21:22	6419
157	Ruby Johnson	F09	21:22	6415
158	Doug Edgmon	M42	21:24	6747
159	Azzurri Orlandi	F10	21:41	6528

160	<b>Cristina Rodrigues</b>	<b>F10</b>	<b>21:41</b>	<b>6531</b>
161	Liam Morris	M09	21:42	6359
162	<b>Gabrielle Morris</b>	<b>F11</b>	<b>21:42</b>	<b>6358</b>
163	<b>Margot Bateman</b>	<b>F67</b>	<b>21:44</b>	<b>6464</b>
164	<b>Caitlin Taylor</b>	<b>F14</b>	<b>21:52</b>	<b>6625</b>
165	Unknown Partic. 6743	M??	22:03	6743
166	Sage Schroeder	M08	22:06	6593
167	Francis Corigliano	M07	22:06	6809
168	<b>Erica Cesario</b>	<b>F42</b>	<b>22:08</b>	<b>6586</b>
169	Michael Tyson	M37	22:09	6387
170	Jameson Tyson	M07	22:10	6386
171	<b>Allie Gonzales</b>	<b>F13</b>	<b>22:37</b>	<b>6452</b>
172	Coen Haynes	M07	22:38	6302
173	<b>Shelby Ornelas</b>	<b>F11</b>	<b>22:48</b>	<b>6762</b>
174	<b>Lucy Sauer</b>	<b>F11</b>	<b>22:54</b>	<b>6601</b>
175	<b>Rylee Tunzi</b>	<b>F12</b>	<b>22:54</b>	<b>6404</b>
176	<b>Carly Mauney</b>	<b>F10</b>	<b>23:04</b>	<b>6726</b>
177	<b>Annelise Vollmer</b>	<b>F26</b>	<b>23:05</b>	<b>6704</b>
178	<b>Grace Mauney</b>	<b>F08</b>	<b>23:10</b>	<b>6727</b>
179	<b>Sarah Mauney</b>	<b>F42</b>	<b>23:15</b>	<b>6728</b>
180	Lennox Stelly	M06	23:18	6549
181	<b>Kayda Stelly</b>	<b>F14</b>	<b>23:19</b>	<b>6702</b>
182	Isaac Stelly	M43	23:20	6701
183	<b>Amanda Brodt</b>	<b>F31</b>	<b>23:21</b>	<b>6750</b>
184	<b>Blakely Brodt</b>	<b>F06</b>	<b>23:21</b>	<b>6751</b>
185	Dexter Briscoe	M08	23:22	6642
186	<b>Morgan Heffington</b>	<b>F38</b>	<b>23:22</b>	<b>6670</b>
187	<b>Shannon Rinehart</b>	<b>F40</b>	<b>23:25</b>	<b>6793</b>
188	<b>Echo Rinehart</b>	<b>F07</b>	<b>23:26</b>	<b>6791</b>
189	Dylan Fierro	M49	23:39	6659
190	<b>Anika Terry</b>	<b>F09</b>	<b>23:42</b>	<b>6476</b>
191	<b>Lucia Aberson</b>	<b>F12</b>	<b>23:46</b>	<b>6609</b>
192	Johnny Mc Manus	M12	23:47	6772
193	Cameron Rogers	M10	23:52	6280
194	<b>Haylee Scotti</b>	<b>F12</b>	<b>23:53</b>	<b>6574</b>
195	<b>Kenzi Farrow</b>	<b>F09</b>	<b>23:56</b>	<b>6568</b>
196	<b>Payten Coyne</b>	<b>F12</b>	<b>23:56</b>	<b>6612</b>
197	Sean Farrow	M43	23:56	6570
198	Hudson Free	M09	24:05	6301
199	Draken St.germain	M09	24:05	6487
200	<b>Cassi Free</b>	<b>F34</b>	<b>24:07</b>	<b>6299</b>
201	<b>Camila Barrett</b>	<b>F43</b>	<b>24:10</b>	<b>6634</b>
202	<b>Delaney Barrett</b>	<b>F06</b>	<b>24:11</b>	<b>6635</b>
203	Silas Smith	M07	24:14	6761
204	<b>Blanca Ruiz</b>	<b>F29</b>	<b>24:30</b>	<b>6765</b>
205	David Frazier	M79	24:32	6774
206	Milo Garvey	M14	24:46	6576
207	<b>Jen Waites</b>	<b>F41</b>	<b>24:54</b>	<b>6551</b>
208	<b>Abigail Thrash</b>	<b>F10</b>	<b>24:55</b>	<b>6596</b>
209	<b>Amanda Steele</b>	<b>F32</b>	<b>24:59</b>	<b>6698</b>
210	<b>Brynlee Steele</b>	<b>F05</b>	<b>25:00</b>	<b>6432</b>
211	Timothy Steele	M35	25:01	6699
212	<b>Isela Benavidez</b>	<b>F52</b>	<b>25:04</b>	<b>6709</b>
213	<b>Andrea MacKelvie</b>	<b>F31</b>	<b>25:05</b>	<b>6722</b>
214	Donnie Patereau	M11	25:07	6310
215	Mateo Ameduri	M08	25:22	6630
216	<b>Sahar Steward</b>	<b>F12</b>	<b>25:25</b>	<b>6577</b>
217	<b>Paloma Aberson</b>	<b>F12</b>	<b>25:25</b>	<b>6610</b>
218	Dennis Taylor	M44	25:25	6624
219	<b>Carmen Zizza</b>	<b>F12</b>	<b>25:27</b>	<b>6392</b>
220	<b>Kate Burger</b>	<b>F11</b>	<b>25:30</b>	<b>6599</b>
221	Bruce Davidson	M54	25:31	6771
222	<b>Meg Gotcher</b>	<b>F47</b>	<b>25:31</b>	<b>6600</b>
223	Terry Cook	M49	25:33	6643
224	<b>Kylie Hufford</b>	<b>F12</b>	<b>25:36</b>	<b>6273</b>
225	<b>Katie Loomis</b>	<b>F42</b>	<b>25:39</b>	<b>6416</b>
226	<b>Keira McNeil</b>	<b>F09</b>	<b>25:50</b>	<b>6357</b>
227	Erik Demichiei	M35	25:50	6715
228	<b>Amira Ameduri</b>	<b>F13</b>	<b>25:51</b>	<b>6627</b>
229	Weston Davidson	M08	25:51	6770
230	<b>Charlotte Thrash</b>	<b>F08</b>	<b>25:52</b>	<b>6597</b>
231	<b>Nora Parage</b>	<b>F05</b>	<b>25:53</b>	<b>6736</b>
232	Steve Steward	M42	25:54	6806
233	<b>Sumra Steward</b>	<b>F09</b>	<b>25:54</b>	<b>6287</b>
234	<b>Lydia Thrash</b>	<b>F37</b>	<b>25:54</b>	<b>6598</b>

235	<b>Shazia Steward</b>	<b>F43</b>	<b>26:01</b>	<b>6805</b>
236	Ivan Beddow	M07	26:07	6335
237	Owen Hufford	M06	26:08	6274
238	Lucas Ameduri	M43	26:10	6629
239	Jordan O'Connor	M08	26:16	6422
240	<b>Quinn Demichiei</b>	<b>F07</b>	<b>26:17</b>	<b>6717</b>
241	<b>Amy O'Conner</b>	<b>F43</b>	<b>26:18</b>	<b>6786</b>
242	<b>Michelle Demichiei</b>	<b>F33</b>	<b>26:18</b>	<b>6716</b>
243	Colton Boyd	M09	26:23	6641
244	<b>Brook Holton</b>	<b>F42</b>	<b>26:24</b>	<b>6781</b>
245	Kody Syvertson	M34	26:24	6384
246	Flynn McArthur	M06	26:25	6396
247	<b>Amber Syvertson</b>	<b>F33</b>	<b>26:26</b>	<b>6382</b>
248	Ted McArthur	M48	26:26	6399
249	<b>Addie Holton</b>	<b>F11</b>	<b>26:27</b>	<b>6780</b>
250	Layne Syvertson	M08	26:28	6385
251	Tommy Ritter	M09	26:38	6402
252	Dean Zizza	M08	26:42	6393
253	<b>Jenna Miller</b>	<b>F34</b>	<b>26:44</b>	<b>6400</b>
254	<b>Chaney Ritter</b>	<b>F05</b>	<b>26:44</b>	<b>6401</b>
255	<b>Bryce Davey</b>	<b>M07</b>	<b>26:44</b>	<b>6556</b>
256	<b>Izabel Collins</b>	<b>F07</b>	<b>26:50</b>	<b>6341</b>
257	John Fletcher	M55	26:50	6662
258	Sheldon Hufford	M41	26:50	6275
259	<b>Hannah Hufford</b>	<b>F09</b>	<b>26:51</b>	<b>6272</b>
260	<b>Laura Goff</b>	<b>F41</b>	<b>26:51</b>	<b>6668</b>
261	Jeff Burns	M35	26:52	6395
262	<b>Allison Hufford</b>	<b>F37</b>	<b>26:52</b>	<b>6271</b>
263	Noah Sundberg	M05	26:53	6381
264	<b>Courtney Sundberg</b>	<b>F41</b>	<b>27:06</b>	<b>6380</b>
265	<b>Shayla Jaklitsch</b>	<b>F33</b>	<b>27:39</b>	<b>6564</b>
266	Brody Petty	M06	27:40	6565
267	<b>Parker Shumard</b>	<b>F11</b>	<b>27:47</b>	<b>6373</b>
268	<b>Estelle Stevens</b>	<b>F12</b>	<b>27:52</b>	<b>6379</b>
269	<b>Emilia Sellars</b>	<b>F11</b>	<b>27:53</b>	<b>6369</b>
270	Ruslan Elway	M04	28:03	6655
271	<b>Martha Boltzen</b>	<b>F12</b>	<b>28:06</b>	<b>6749</b>
272	<b>Robyn Freitas</b>	<b>F06</b>	<b>28:11</b>	<b>6663</b>
273	<b>Savanna Leary</b>	<b>F13</b>	<b>28:11</b>	<b>6620</b>
274	<b>Barbara Lahaie</b>	<b>F58</b>	<b>28:12</b>	<b>6673</b>
275	Skyler Tilles	M12	28:25	6595
276	Lincoln Price	M10	28:32	6548
277	<b>Carole Arrington</b>	<b>F59</b>	<b>28:34</b>	<b>6706</b>
278	<b>Rosemary Price</b>	<b>F38</b>	<b>28:34</b>	<b>6573</b>
279	<b>Aubree Wilson</b>	<b>F05</b>	<b>28:40</b>	<b>6435</b>
280	<b>Hannah Orsini</b>	<b>F32</b>	<b>28:40</b>	<b>6734</b>
281	<b>Allison Hannah</b>	<b>F32</b>	<b>28:45</b>	<b>6412</b>
282	Sylas Tunzi	M10	28:46	6405
283	<b>Katie Sutton</b>	<b>F34</b>	<b>28:53</b>	<b>6403</b>
284	<b>Eva Bess</b>	<b>F10</b>	<b>28:53</b>	<b>6292</b>
285	Troy Shumard	M58	29:01	6374
286	Wyatt Sanderson	M08	29:06	6318
287	Jose Ornelas	M08	29:25	6763
288	<b>Hollie Sellars</b>	<b>F47</b>	<b>29:40</b>	<b>6370</b>
289	<b>Courtney Otto</b>	<b>F43</b>	<b>29:49</b>	<b>6360</b>
290	<b>Kristen Hansen</b>	<b>F39</b>	<b>29:50</b>	<b>6348</b>
291	Cyrus Canter	M08	29:52	6339
292	<b>Meagan Canter</b>	<b>F43</b>	<b>29:56</b>	<b>6340</b>
293	<b>Kara Pettit</b>	<b>F32</b>	<b>30:05</b>	<b>6689</b>
294	<b>Tonja Pettit</b>	<b>F56</b>	<b>30:06</b>	<b>6690</b>
295	Daniel Gonzalez	M10	30:10	6267
296	Craig Hall	M63	30:21	6538
297	<b>Emerald Reveles</b>	<b>F12</b>	<b>30:22</b>	<b>6313</b>
298	<b>Alice Hall</b>	<b>F06</b>	<b>30:22</b>	<b>6537</b>
299	<b>Tabatha Scotti</b>	<b>F37</b>	<b>30:22</b>	<b>6575</b>
300	Avi Tilles	M08	30:25	6594
301	<b>Melody Duthie</b>	<b>F10</b>	<b>30:27</b>	<b>6775</b>
302	Ezra Berrey	M09	30:33	6336
303	Jason Berrey	M39	30:33	6337
304	<b>Emberly Elway</b>	<b>F05</b>	<b>30:37</b>	<b>6654</b>
305	Steve Helton	M61	30:38	6769
306	Bentley Weitzel	M08	31:09	6323
307	Teigan Weitzel	M06	31:10	6325
308	<b>Melissa Weitzel</b>	<b>F36</b>	<b>31:12</b>	<b>6324</b>
309	<b>Ava White</b>	<b>F08</b>	<b>31:13</b>	<b>6326</b>



310	Andy White	M41	31:16	6800
311	<b>Tasha Reveles</b>	<b>F36</b>	<b>31:16</b>	<b>6315</b>
312	<b>Sasha Essig</b>	<b>F32</b>	<b>31:19</b>	<b>6298</b>
313	<b>Becky Helton</b>	<b>F56</b>	<b>31:33</b>	<b>6768</b>
314	<b>Kylee Henrikson</b>	<b>F11</b>	<b>31:40</b>	<b>6304</b>
315	<b>Cora Haynes</b>	<b>F09</b>	<b>31:43</b>	<b>6303</b>
316	<b>Lynne Hasler</b>	<b>F67</b>	<b>31:58</b>	<b>6559</b>
317	Lathan Hampton	M11	31:59	6525
318	<b>Wendy Orlandi</b>	<b>F49</b>	<b>32:01</b>	<b>6529</b>
319	Alex Rodrigues	M06	32:02	6530
320	<b>Alisha Davey</b>	<b>F37</b>	<b>32:17</b>	<b>6555</b>
321	Jayce Davey	M04	32:19	6557
322	<b>Scarlett Fierro</b>	<b>F08</b>	<b>32:28</b>	<b>6660</b>
323	<b>Vonnie Fierro</b>	<b>F48</b>	<b>32:36</b>	<b>6661</b>
324	<b>Katie Allen</b>	<b>F37</b>	<b>32:53</b>	<b>6406</b>
325	River Johnson	M05	32:59	6414
326	<b>Jen Jacks</b>	<b>F42</b>	<b>33:10</b>	<b>6672</b>
327	<b>Jessica Hoyerdahl</b>	<b>F41</b>	<b>33:11</b>	<b>6671</b>
328	Javier Pantoja	M37	33:16	6276
329	<b>Josepha Vaile</b>	<b>F38</b>	<b>33:17</b>	<b>6789</b>
330	Beatrise Perez	M08	33:18	6278
331	<b>Naomi Powell</b>	<b>F46</b>	<b>33:47</b>	<b>6426</b>
332	Sequoia Dervin	M09	34:13	6653
333	Jack McArthur	M09	34:21	6397
334	<b>Caitlin Scown</b>	<b>F40</b>	<b>34:22</b>	<b>6428</b>
335	<b>Claire Scown</b>	<b>F05</b>	<b>34:22</b>	<b>6429</b>
336	<b>Jessica McArthur</b>	<b>F40</b>	<b>34:22</b>	<b>6398</b>
337	<b>Kaya Goff</b>	<b>F10</b>	<b>34:23</b>	<b>6667</b>
338	<b>Myra Jones</b>	<b>F04</b>	<b>34:28</b>	<b>6802</b>
339	<b>Jennifer Powers</b>	<b>F35</b>	<b>34:29</b>	<b>6693</b>
340	Daniel Dalshaug	M06	34:30	6647
341	<b>Romalyn Dalshaug</b>	<b>F30</b>	<b>34:30</b>	<b>6648</b>
342	Cody White	M08	34:31	6327
343	<b>Sarah Dunn</b>	<b>F35</b>	<b>34:31</b>	<b>6297</b>
344	Joseph Jacobs	M06	34:34	6473
345	Patrick Crowe	M41	34:36	6796
346	<b>Kira Walters</b>	<b>F11</b>	<b>34:42</b>	<b>6390</b>
347	Aron Walters	M45	34:49	6388
348	<b>Diana Baclagan</b>	<b>F44</b>	<b>34:50</b>	<b>6330</b>
349	Connor Braden	M08	34:50	6584
350	<b>Ronda Johnson</b>	<b>F60</b>	<b>34:59</b>	<b>6305</b>
351	<b>Aileen Ornelas</b>	<b>F04</b>	<b>35:35</b>	<b>6764</b>
352	<b>Jacklynn Johnson</b>	<b>F65</b>	<b>35:39</b>	<b>6527</b>
353	Nydo Rodrigues	M05	35:41	6532
354	<b>Mia Mulhern</b>	<b>F52</b>	<b>35:52</b>	<b>6733</b>
355	<b>Phoebe Smith</b>	<b>F54</b>	<b>35:56</b>	<b>6697</b>
356	Arnie Bragfladt	M70	36:18	6787
357	<b>Nicole Farrell</b>	<b>F41</b>	<b>36:20</b>	<b>6471</b>
358	Chris Blackmore	M32	36:39	6804
359	<b>Alessandra Alcazar</b>	<b>F05</b>	<b>36:42</b>	<b>6254</b>
360	Mike Blair	M36	36:57	6458
361	<b>Carli Zizza</b>	<b>F39</b>	<b>36:58</b>	<b>6391</b>
362	James Woolley	M33	37:05	6739
363	<b>Janessa Woolley</b>	<b>F27</b>	<b>37:10</b>	<b>6740</b>
364	<b>Skylar Crotty</b>	<b>F04</b>	<b>37:17</b>	<b>6783</b>
365	Felix Porter	M06	37:29	6251
366	Shawn Porter	M41	37:29	6252
367	<b>Genevieve Ameduri</b>	<b>F45</b>	<b>37:32</b>	<b>6628</b>
368	<b>Darlene Benham</b>	<b>F64</b>	<b>37:51</b>	<b>6638</b>
369	<b>Lindsey Jones Ziegler</b>	<b>F50</b>	<b>37:53</b>	<b>6286</b>
370	Mike Davey	M36	38:03	6558
371	Tom Hasler	M75	38:04	6560
372	<b>Roxanne Hartmann</b>	<b>F32</b>	<b>38:04</b>	<b>6526</b>
373	<b>Jessica Crotty</b>	<b>F47</b>	<b>38:14</b>	<b>6784</b>
374	<b>Zoey Farrow</b>	<b>F12</b>	<b>38:20</b>	<b>6571</b>
375	<b>Nicole Farrow</b>	<b>F41</b>	<b>38:22</b>	<b>6569</b>
376	<b>Melanie Pelosa</b>	<b>F06</b>	<b>38:36</b>	<b>6277</b>
377	<b>Nadya Ameduri</b>	<b>F09</b>	<b>38:43</b>	<b>6631</b>
378	<b>Amy Adams</b>	<b>F36</b>	<b>38:47</b>	<b>6253</b>
379	<b>Jenny Kobernik</b>	<b>F42</b>	<b>38:53</b>	<b>6353</b>
380	<b>Nanci Koven-Collins</b>	<b>F42</b>	<b>39:01</b>	<b>6354</b>
381	Cooper Conn	M08	39:01	6342
382	<b>Rebecca Boatman</b>	<b>F46</b>	<b>39:02</b>	<b>6748</b>
383	<b>Brooklynn Collins</b>	<b>F07</b>	<b>39:03</b>	<b>6554</b>
384	Jacob Pelosa	M12	39:26	6582



385	Roman Gonzalez	M32	40:10	6268
386	Arturo Gonzalez	M04	40:12	6266
387	<b>Meagan Deck</b>	<b>F33</b>	<b>41:11</b>	<b>6650</b>
388	<b>Lisa Nielsen</b>	<b>F34</b>	<b>41:11</b>	<b>6684</b>
389	Timothy Braden	M43	41:49	6799
390	<b>Leola Braden</b>	<b>F39</b>	<b>41:50</b>	<b>6797</b>
391	Finnigan Braden	M03	41:51	6798
392	Aaron Braden	M06	41:51	6583
393	Barrett Romo	M36	42:09	6366
394	<b>Ally Romo</b>	<b>F08</b>	<b>42:15</b>	<b>6365</b>
395	Oliver Romo	M05	42:15	6561
396	<b>Tasha Romo</b>	<b>F39</b>	<b>42:15</b>	<b>6367</b>
397	Jacob Hills Beede	M04	42:50	6708
398	Bob Beede	M70	42:52	6707
399	Bennett Deck	M04	43:50	6649
400	<b>Lynne Todoroff</b>	<b>F74</b>	<b>48:13</b>	<b>6460</b>
401	<b>Rosalie Watts</b>	<b>F76</b>	<b>48:16</b>	<b>6483</b>
402	<b>Nancy Frost</b>	<b>F77</b>	<b>48:17</b>	<b>6664</b>
403	<b>Maggie Stimson</b>	<b>F75</b>	<b>49:18</b>	<b>6703</b>
404	Verne Frost	M76	49:22	6665
405	<b>Donna Ryser</b>	<b>F62</b>	<b>50:07</b>	<b>6696</b>
406	<b>Colleen Sagaser</b>	<b>F62</b>	<b>50:12</b>	<b>6316</b>
	<b>Elizabeth Bunke</b>	<b>F06</b>		<b>6256</b>
	<b>Sarah Bunke</b>	<b>F34</b>		<b>6257</b>
	<b>Brenda Crawford</b>	<b>F36</b>		<b>6261</b>
	<b>Ceanna Crawford</b>	<b>F09</b>		<b>6262</b>
	<b>Kyah Crawford</b>	<b>F07</b>		<b>6263</b>
	<b>Brynn Beddow</b>	<b>F05</b>		<b>6334</b>
	Dave Stevens	M45		6378
	<b>Maia Loomis</b>	<b>F10</b>		<b>6418</b>

## 2M SCHOOL TEAMS

Youth group trophy went to : **Laurel Tree** boys & girls all age team. It's the 5<sup>th</sup> trophy.

### Girls 10 & Under

#### [1] Cutten/Ridgewood: {1:43:25}

Pl	Name	Time
1	Charlie Hill	18:17
2	Alexis Price	18:58
3	Asha Pruyin	19:17
4	Keira McNeil	21:05
5	Keira McNeil	25:50

#### [2] Garfield: {1:44:12}

Pl	Name	Time
1	Heidi Tout	19:42
2	Sylvia Tout	19:49
3	Sylvie Davis	20:14
4	Shaina Bateman	20:47
5	Anika Terry	23:42

#### [3] Fieldbrook: {1:52:28}

Pl	Name	Time
1	Layla Thomas-Heft	18:30
2	Esme Margell	18:58
3	Ruby Johnson	21:22
4	Brynlee Steele	25:00
5	Aubree Wilson	28:40

#### [4] Ambrosini: {1:55:52}

Pl	Name	Time
1	Lucy Hayes	15:56
2	Kaiah Cahoon	16:30
3	Elyse Smith	19:55
4	Hannah Hufford	26:51
5	Alessandra Alcazar	36:42

### Girls 11~14

#### [1] Fortuna Middle School: {1:28:48}

Pl	Name	Time
1	Irie Shoemaker	16:42
2	Elizabeth Stevens	17:24
3	Meztli Chinas	17:53
4	Mia Cahoon	18:15
5	Jacky Cortez-Rosas	18:38

#### [2] Sunnybrae: {1:31:47}

Pl Name	Time
1 Taz Demichiei	16:03
2 Coral Ventuleth	16:38
3 Johann Olson	17:37
4 Sylvie Hunter	17:44
5 Lucia Aberson	23:46

### [3] Cutten/Ridgewood: {1:48:34}

Pl Name	Time
1 Eliana Sellars	16:43
2 Shannon Smith	16:57
3 Gabrielle Morris	21:42
4 Carmen Zizza	25:27
5 Parker Shumard	27:47

## Boys 10 & Under

### [1] Garfield: {1:28:20}

Pl Name	Time
1 Cedar Farrell	15:58
2 Jules Davis	16:12
3 Fela Parage	16:41
4 Sage Farrell	18:33
5 Jude Vidargas	20:59

### [2] Ambrosini: {1:46:50}

Pl Name	Time
1 Carson Rogers	16:45
2 Corben Yaple	18:45
3 Giovanni Alcazar	21:22
4 Cameron Rogers	23:52
5 Owen Hufford	26:08

### [3] Cutten/Ridgewood: {1:48:10}

Pl Name	Time
1 Granite Price	18:58
2 Darion Walters	19:15
3 Liam Morris	21:42
4 Jameson Tyson	22:10
5 Ivan Beddow	26:07

### [4] Cuddeback: {1:49:27}

Pl Name	Time
1 Karson Warnow	14:24
2 Ivan Reveles	19:16
3 Coen Haynes	22:38
4 Hudson Free	24:05
5 Wyatt Sanderson	29:06

### [5] Ferndale: {1:54:31}

Pl Name	Time
1 Maddux Molyneaux	16:36
2 Camden Molyneaux	18:32
3 Colton Boyd	26:23
4 Flynn McArthur	26:25
5 Tommy Ritter	26:38

### [6] Fieldbrook: {1:59:37}

Pl Name	Time
1 Jack Scown	18:56
2 Aidan O'Connor	19:22
3 Francis Corigliano	22:06
4 Jordan O'Connor	26:16
5 River Johnson	32:59

### [7] Trillium Charter School: {2:08:19}

Pl Name	Time
1 Lucca Schroeder	20:00
2 Storm Brite	20:59
3 Sage Schroeder	22:06
4 Avi Tilles	30:25
5 Connor Braden	34:50

## Boys 11~14

### [1] Sunnybrae: {1:20:52}

Pl Name	Time
1 Owen Ingram	12:48
2 Isaac Ingram	14:02
3 Kaiden Coyne	15:31
4 Oliver Jamison	18:28
5 Cooper Hubbard	20:05