

**Pink Up the Pace 5K Overall Results Saturday, October 3, 2009
Downtown Jefferson City**

Place	Name	Time	Place	Name	Time
1.	John McNay	19:32	47.	Misty Leonard	29:37
2.	John Steinmeyer	19:43	48.	Donise Seneker	30:00
3.	George Hagedorn	21:52	49.	Kendra Kimbirauskas	30:19
4.	Andrew Parkins	22:03	50.	Lindsey Holliday	30:25
5.	Karen Wisch	22:07	51.	Dustin Kroll	30:28
6.	Jim Wiseman	23:17	52.	Dana Baker	30:40
7.	Chad Smith	23:23	53.	Tom Baker	30:40
8.	Denise Coots	24:02	54.	Sarah Pierle	30:41
9.	Kathleen Frese	24:05	55.	Christopher Lindsey	30:44
10.	Ryan Sherry	24:10	56.	Bess Stock	30:45
11.	Regina Kuster	24:26	57.	Emma DeClue	30:50
12.	Nicholas Ruff	24:32	58.	Lori Pierle	30:51
13.	Todd Grosvenor	24:44	59.	Kara Weis	31:04
14.	David Sill	25:10	60.	Stacy Steffen	31:16
15.	Rachel Blomquist	25:34	61.	Caleb Steffen	31:16
16.	Kristi Gratz	25:37	62.	Kevin Schwarzer	31:19
17.	Richard Nistendirk	25:44	63.	Shanna Schwarzer	31:28
18.	Barbara Huddleston	25:53	64.	Samantha Suthoff	31:33
19.	Amber Pringer	26:15	65.	Mikayla Bessey	31:39
20.	Terry Stock	26:48	66.	Eric Bessey	31:39
21.	Nicole Hood	27:10	67.	Dottie Ruettgers	32:46
22.	Rachel Verslues	27:12	68.	Wendy Glascock	31:57
23.	Melissa Renfro	27:29	69.	Erin Hargis	31:57
24.	Nathan Patterson	27:30	70.	Jessica Gray	31:57
25.	Anne Flaker	27:37	71.	Julie Branch	32:18
26.	Julie Nilges	27:36	72.	Karen Cornell	32:21
27.	Kate Caughlan	27:39	73.	Jordyn Nappier	32:25
28.	Jennifer Battson	27:44	74.	Kellie Gove	32:26
29.	Savannah Patterson	27:57	75.	Debbie Jungmeyer	32:30
30.	Kim Kline	27:58	76.	Rachel Nolessokia	32:32
31.	Aubrie Cornell	27:58	77.	Stacey Weis	33:30
32.	Elaine Foster	28:06	78.	Erika Trail	33:35
33.	Angie Clark	28:07	79.	Jennifer Vanderlict	33:37
34.	Leslie Lueckenhoff	28:17	80.	Michelle Sherry	33:45
35.	Mike Parkins	28:18	81.	Valerie Jungmeyer	33:46
36.	Hunter Ortis	28:25	82.	Shay Shoemaker	33:57
37.	Greg Markway	28:30	83.	Shannon Barnard	34:06
38.	Allison Muenks	28:39	84.	Genie Marberry	34:21
39.	Lori Radmacher	29:01	85.	Kelly Trigg	36:56
40.	Tiffany Patterson	29:02	86.	Debbie Seaver	37:57
41.	Nathalie Tungesvik	29:03	87.	Christina Morian	39:25
42.	Leigh Patterson	29:05	88.	Alex Stichnote	39:33
43.	Amy Groene	29:08	89.	Denise Boyce	39:45
44.	DeDe Eggen	29:15	90.	Danielle Houchins	40:20
45.	Katie Whitener	29:16	91.	Theresa Christensen	40:20
46.	Venny Groene	29:28	92.	Heidi Vollet	40:26



Place	Name	Time	Place	Name	Time
93.	Pam Salmon	40:52	138.	Linda Bolin	49:45
94.	Kellie Villani	40:53	139.	Matthew Hoskins	49:57
95.	Gale Bailey	41:50	140.	Emily Johnson	50:16
96.	Carrie Wilde	42:52	141.	Sarah Abbott	50:39
97.	Joyce Huhn	43:17	142.	Kim Abbott	50:40
98.	Sondra Binkley	44:08	143.	Jennifer Johnson	50:40
99.	Amanda Brandt	44:10	144.	Lindsey Pitts	51:00
100.	Pam Victor	44:10	145.	LaVerne Brondel	51:00
101.	Dorothy Caudle	44:15	146.	Corrine Beakley	51:14
102.	Lori Nappier	44:33	147.	Grace Abbott	51:14
103.	Theresa McDonald	44:47	148.	Erin Svoboda	51:17
104.	Rick McDonald	44:47	149.	Amanda Cook	51:17
105.	Kevin Stock	44:52	150.	Heidi Mendez	51:28
106.	Abby Kemna	45:00	151.	Margo Mendez	51:48
107.	Marisa Long	45:00	152.	Sherry Smith	51:49
108.	Jane Doerhoff	45:01	153.	Lois Gilmore	52:29
109.	Brenda Jones	45:51	154.	Kim Stichnote	52:30
110.	Donna Elliott	45:54	155.	Roberta Basinger	52:56
111.	Andrea Niekamp	46:17	156.	Judy Hudson	52:58
112.	Sharon Henry	46:18	157.	Mariann Atwell	53:29
113.	Carol Schell	46:19	158.	Barbara Riggs	53:37
114.	Royce Hudson	46:28	159.	Heather Brown	53:37
115.	Tami Holliday	46:42	160.	Ashley Halford	53:56
116.	Laura Lindsey	47:00	161.	Tammy Lawrence	54:37
117.	Lisa Orf	47:03	162.	Kathy Hicks	54:37
118.	Pamela Dolson	47:22	163.	Samantha Hicks	54:51
119.	Deborah Nutt	47:22	164.	Roberta Broeker	54:51
120.	Kyle Heislen	47:28	165.	Brenda Morris	55:02
121.	Chris Lindsey	47:29	166.	Helen Lock	55:02
122.	Cindy Heislen	47:31	167.	Jeanne Zagorac	55:13
123.	Peggy Eads	47:58	168.	Linsey Bray	55:13
124.	Amanda Holtgrewe	48:03	169.	Lori Keith	55:22
125.	Felicia Kliethermes	48:04	170.	Megan Halford	55:22
126.	Stephanie Stokes	48:04	171.	Niki Sublett	55:22
127.	Angela Muenks	48:42	172.	Cathy Bauer	55:39
128.	Erica Goeller	49:14	173.	Racheal Petty	1:01:17
129.	Virgina Holtmeyer	49:16	174.	Sara Davidson	1:01:17
130.	Lori Libbert	49:17	175.	Jacki Johnson	1:01:17
131.	Tracy Sill	49:34	176.	Amy Verslues	1:01:23
132.	Alice Barnes	49:35	177.	Sara Carwile	1:03:11
133.	Sharon Dolson	49:41	178.	Elise Shoemaker	1:03:16
134.	Jeanette Goeller	49:42	179.	Lee Bobbitt	1:05:50
135.	Angela Stegeman	49:42	180.	Cindy Alieksaites	1:05:50
136.	Jill Wilson	49:43	181.	Miranda Eidson	1:05:51
137.	Rachel Hardy	49:43			



Pink Up the Pace 5K Age Group Results

Female Runners		Male Runners		
Karen Wisch	22:07	1st Overall	John McNay	19:32
Aubrie Carney	27:58	16 & Under	Nicholas Ruff	24:32
Allison Muenks	28:39		Dustin Kroll	30:28
Sarah Pierle	30:41		Christopher Lindsey	30:44
Denise Corts	24:02	17-29	Andrew Parkins	22:03
Kristi Gratz	25:37		Chad Smith	23:23
Amber Pringer	26:15		Caleb Steffen	31:16
Regina Kuster	24:26	30-39	Ryan Sherry	24:10
Rachel Blomquist	25:34		David Sill	25:10
Nicole Hood	27:10		Nathan Patterson	27:30
Kathleen Frese	24:05	40-49	John Steinmeyer	19:43
Kim Kline	27:58		Jim Wiseman	23:17
Nathalie Tungesvik	29:03		Tom Baker	30:40
Barbara Huddleston	25:53	50-59	George Hagedorn	21:52
Elaine Foster	28:06		Terry Stock	26:48
Leigh Patterson	29:05		Mike Parkins	28:18
		60 & Over	Richard Nistendirk	25:44

Female Walkers		Male Walkers		
Emily Johnson	50:16	16 & Under	Matthew Hoskins	49:57
Sarah Abbott	50:39			
Elise Shoemaker	1:03:16			
Abby Kemna	45:00	17-29		
Marisa Long	45:00			
Pamela Dolson	47:22			
Heidi Vollet	40:26	30-39	Kyle Heislen	47:28
Carrie Wilde	42:52		Chris Lindsey	47:29
Amanda Brandt	44:10		Lee Bobbitt	1:05:50
Pam Salmon	40:52	40-49		
Gale Bailey	41:50			
Joyce Huhn	43:17			
Dorothy Caudle	44:15	50-59		
Jane Doerhoff	45:01			
Brenda Jones	45:51			
Virginia Holtmeyer	49:16	60 & Over	Royce Hudson	46:28
Sherry Smith	51:49			
Lois Gilmore	52:29			