

Friendship Run 10k and 5k
 Benefit for Westside Cooperative Preschool
 Olympia, WA 3/13/2016

RESULTS

10k - Overall

Place	Comp#	Name	Gender / Age	Division	Time
1	9	Jason Pidgeon		M35	41:36.23
2	110	Chris Fuess		M48	42:30.82
3	136	Scott Beckwith		M46	49:23.06
4	127	Ben Johnson		M53	51:14.75
5	37	Nicole Castellani		W36	52:18.30
6	11	Ashley Paintner		W31	53:51.15
7	43	Robert Buzzo		M63	57:12.46
8	138	Cheryl Beckwith		W48	57:30.79
9	118	Erika Anderson		W26	58:22.66
10	29	Sarah Lankford		W37	58:51.58
11	77	Griffin Dixon		M11	59:52.46
12	20	Lis Cordner		W27	1:00:53.59
13	21	Megan McCormick		W32	1:00:55.18
14	119	Tina Moody		W43	1:01:21.30
15	76	Robert Dixon		M45	1:02:39.10
16	18	Sylviann Baldwin		W64	1:10:30.60
17	71	Bill Thomas		M60	Silver Striders 1:11:37.78
18	44	Neal Buzzo		M32	1:14:26.43
19	19	Micah Frankus		M38	1:27:56.54

10k - Age Group

Women

Place	Name	Age	Division	Avg. Mile	Time
25-29 Results - Women 10000 Run					
1	Erika Anderson		W26	9:23.7	58:22.66
2	Lis Cordner		W27	9:48.0	1:00:53.59
30-34 Results - Women 10000 Run					
1	Ashley Paintner		W31	8:40.0	53:51.15
2	Megan McCormick		W32	9:48.3	1:00:55.18
35-39 Results - Women 10000 Run					
1	Nicole Castellani		W36	8:25.1	52:18.30
2	Sarah Lankford		W37	9:28.4	58:51.58
40-44 Results - Women 10000 Run					
1	Tina Moody		W43	9:52.5	1:01:21.30
45-49 Results - Women 10000 Run					

1 Cheryl Beckwith W48 9:15.4 57:30.79

60-64 Results - Women 10000 Run

1 Sylviann Baldwin W64 11:20.9 1:10:30.60

Men

Place Name Age Division Avg. Mile Time

19 & Under Results - Men 10000 Run

1 Griffin Dixon M11 9:38.2 59:52.46

30-34 Results - Men 10000 Run

1 Neal Buzzo M32 11:58.8 1:14:26.43

35-39 Results - Men 10000 Run

1 Jason Pidgeon M35 6:41.8 41:36.23
2 Micah Frankus M38 14:09.2 1:27:56.54

45-49 Results - Men 10000 Run

1 Chris Fuess M48 6:50.6 42:30.82
2 Scott Beckwith M46 7:56.9 49:23.06
3 Robert Dixon M45 10:05.0 1:02:39.10

50-54 Results - Men 10000 Run

1 Ben Johnson M53 8:14.9 51:14.75

60-64 Results - Men 10000 Run

1 Robert Buzzo M63 9:12.4 57:12.46
2 Bill Thomas M60 Silver Striders 11:31.7 1:11:37.78

5k - Overall

Place Comp# Name Gender / Age Division Time

1	40	David Sherman	M61	Silver Striders	21:29.08
2	49	George Gonzales	M56	Silver Striders	22:17.17
3	60	Steve Husko	M62	Silver Striders	22:57.57
4	58	Martinho Ribeiro	M68	Silver Striders	23:33.84
5	65	Brian Enslow	M40		24:28.50
6	93	Callie Carpenter	W28		26:11.06
7	91	Ann Cross	W54		26:43.49
8	87	Susan Hall	W58	Silver Striders	27:03.88
9	55	Bethany Cox	W28		27:21.37
10	99	Brandon Barnes	M32		27:40.34
11	126	Nick Bailey	M67	Silver Striders	28:25.05
12	103	Caitlin Mason	W39		28:48.60
13	125	Tiare Bailey	W59		29:09.38
14	84	Robert Keesler	M35		29:09.89
15	98	Aiden Waite	M5		29:11.83

16	46	David Anderson	M69	Silver Striders	29:12.15
17	123	Chris Merritt	M42		29:13.93
18	7	karen lichtenstein	W69	Silver Striders	29:18.72
19	70	Nicole Glenn	W25		30:24.90
20	116	Jennifer Olson	W43		30:30.13
21	1	Charlotte McLaughlin	W29		30:32.27
22	129	Shana Weber	W40		30:47.18
23	132	Lael Bach	W35		31:19.79
24	17	Hunter Brown	W14		32:36.81
25	16	Sara Brown	W37		32:40.32
26	27	Bonnie Bunning	W65	Silver Striders	32:45.53
27	74	Gretchen Ramsdell	W73	Silver Striders	33:39.94
28	30	Louise Mihay	W75	Silver Striders	34:09.13
29	23	Ayanna Eagan	W31		34:20.17
30	22	Diane Johnson	W72	Silver Striders	34:43.31
31	59	Wendi Kirk	W46		34:44.10
32	128	Steven Ramsdell	M75	Silver Striders	35:30.37
33	69	Andy Glenn	M51		35:44.75
34	68	Lynne Glenn	W48		35:47.83
35	14	Peter Despot	M79	Silver Striders	35:51.79
36	50	Terri Oberg	W46		35:51.98
37	81	Amy Koepp	W43		36:14.41
38	62	Marsha Murray	W63	Silver Striders	37:50.35
39	121	Bobbi Reaves	W60	Silver Striders	38:36.09
40	24	Kat Alves	W31	Stro	39:04.45
41	28	Julie C. Sandberg	W61	Silver Striders	39:14.77
42	48	Michelle Hegewald	W8		39:14.99
43	47	Max Hegewald	W41		40:03.70
44	140	Jim Dollar	M76		40:51.44
45	61	Debra Christopherson	W51	Silver Striders	41:05.31
46	101	Luis Galeana	M38		41:05.54
47	100	Terri Yackle	W45	Stroller Div	41:20.24
48	38	Heidi Helsley	W46	Stroller Div	41:22.35
49	112	Jane Chavey	W69	Silver Striders	41:28.65
50	89	Trish KelsoWright	W44		41:54.19
51	32	Dusti Trickle	W34		41:59.77
52	111	Tiffany Eaton	W31		42:25.54
53	82	Heather Keesler	W35		42:25.99
54	83	Kylee Keesler	W9		43:44.49
55	78	Chris Hatten	W35		43:45.48
56	79	Chris Massoth	W63	Silver Striders	44:23.94
57	33	Huong Delabar	W64	Silver Striders	44:26.84
58	97	Patricia Husko	W62	Silver Striders	45:01.26
59	31	Linda Masteller	W63	Silver Striders	45:03.62
60	25	Jason Alves	M32		46:39.19
61	137	Marilyn Vazquez	W17		47:07.46
62	6	Diana Sheets	W56		47:58.35
63	105	Laney Noble	W7		48:20.94
64	15	Brenda Vincent	W62	Silver Striders	48:43.72
65	95	Christy Woodruff	W32	Stroller Div	48:44.05
66	80	Melissa Kahal	W32	Stroller Div	51:56.37
67	39	Edythe Hulet	W78	Silver Striders	52:07.61
68	104	Jennifer Harris	W38		52:10.66
69	85	Sylvia Lewis	W38		52:16.42
70	35	Darlene Peterson	W69		52:16.77
71	130	Kathleen Moore	W39		52:34.78
72	86	Dale Hall	M78	Silver Striders	52:50.75
73	106	Steven Olsen	M37	Stroller Div	52:51.28
74	107	Audree Olsen	W32	Stroller Div	53:14.79
75	102	Susan Koss	W66	Silver Striders	53:15.37

76	2	Cynthia Strong	W61		53:33.94
77	13	Patty Osier	W62	Silver Striders	53:34.64
78	5	Beckie Weatherford	W57		54:01.25
79	75	Angela Campos	W38		54:01.79
80	139	Michelle Denny	W38		54:35.58
81	51	Carolyn Simmonds	W51	Silver Striders	54:35.95
82	52	Jennie Kroncke	W53	Silver Striders	54:52.30
83	120	Amber Pecolatto	W31	Stroller Div	55:05.11
84	124	Cheryl Piliaris	W61		55:05.36
85	45	Annette Murrin Piliaris	W34		55:19.17
86	34	Anna Kolowinski	W41		55:47.80
87	134	Marion Massaro	W58		55:48.06
88	133	Meikin Clark	W37		56:58.48
89	8	Kaye V Ladd	W74	Silver Striders	57:04.23
90	3	Jenelle Stinson	W35		58:09.66
91	115	Lori Gardner	W43		58:10.87
92	113	Imbenia Kline	W37		58:26.22
93	36	John Peterson	M69		58:30.35
94	114	Carla Eveleth	W49		1:00:53.39
95	109	Syl Wiles-Bernier	W55	Silver Striders	1:00:53.88
96	56	Robert Neal	M66		1:01:33.57
97	67	Elizabeth Angileri	W51		1:01:34.72
98	66	Kathleen White	W56		1:01:35.52
99	64	Meredith Hitesman	W36		1:02:24.73
100	26	Tessa Collins	W35		1:02:26.29
101	63	Mary Neal	W68		1:02:26.78

5k - Age Group

Women

Place Name Age Division Avg. Mile Time

19 & Under Results - Women 5000 Run

1	Hunter Brown	W14	10:29.9	32:36.81
2	Michelle Hegewald	W8	12:38.0	39:14.99
3	Kylee Keesler	W9	14:04.8	43:44.49
4	Marilyn Vazquez	W17	15:10.1	47:07.46
5	Laney Noble	W7	15:33.8	48:20.94

25-29 Results - Women 5000 Run

1	Callie Carpenter	W28	8:25.7	26:11.06
2	Bethany Cox	W28	8:48.3	27:21.37
3	Nicole Glenn	W25	9:47.4	30:24.90
4	Charlotte McLaughlin	W29	9:49.8	30:32.27

30-34 Results - Women 5000 Run

1	Ayanna Eagan	W31	11:03.1	34:20.17	
2	Kat Alves	W31	12:34.6	39:04.45	
3	Dusti Trickle	W34	13:31.1	41:59.77	
4	Tiffany Eaton	W31	13:39.4	42:25.54	
5	Christy Woodruff	W32	15:41.2	48:44.05	1
6	Melissa Kahal	W32	16:43.1	51:56.37	2
7	Audree Olsen	W32	17:08.3	53:14.79	3
8	Amber Pecolatto	W31	17:43.9	55:05.11	
9	Annette Murrin Piliaris	W34	17:48.4	55:19.17	

35-39 Results - Women 5000 Run

1	Caitlin Mason	W39	9:16.4	28:48.60	
2	Lael Bach	W35	10:05.1	31:19.79	
3	Sara Brown	W37	10:31.0	32:40.32	
4	Heather Keesler	W35	13:39.5	42:25.99	
5	Chris Hatten	W35	14:05.1	43:45.48	
6	Jennifer Harris	W38	16:47.7	52:10.66	
7	Sylvia Lewis	W38	16:49.6	52:16.42	
8	Kathleen Moore	W39	16:55.5	52:34.78	
9	Angela Campos	W38	17:23.5	54:01.79	
10	Michelle Denny	W38	17:34.3	54:35.58	
11	Meikin Clark	W37	18:20.3	56:58.48	
12	Jenelle Stinson	W35	18:43.3	58:09.66	
13	Imbenia Kline	W37	18:48.6	58:26.22	
14	Meredith Hitesman	W36	20:05.4	1:02:24.73	
15	Tessa Collins	W35	20:05.9	1:02:26.29	

40-44 Results - Women 5000 Run

1	Jennifer Olson	W43	9:49.1	30:30.13	
2	Shana Weber	W40	9:54.6	30:47.18	
3	Amy Koepp	W43	11:39.9	36:14.41	
4	Max Hegewald	W41	12:53.7	40:03.70	
5	Trish KelsoWright	W44	13:29.3	41:54.19	
6	Anna Kolowinski	W41	17:57.6	55:47.80	
7	Lori Gardner	W43	18:43.6	58:10.87	

45-49 Results - Women 5000 Run

1	Wendi Kirk	W46	11:10.8	34:44.10	
2	Lynne Glenn	W48	11:31.4	35:47.83	
3	Terri Oberg	W46	11:32.7	35:51.98	
4	Terri Yackle	W45 Stroller Div	13:18.4	41:20.24	
5	Heidi Helsley	W46 Stroller Div	13:19.0	41:22.35	
6	Carla Eveleth	W49	19:36.0	1:00:53.39	

50-54 Results - Women 5000 Run

1	Ann Cross	W54	8:36.2	26:43.49	
2	Debra Christopherson	W51 Silver Striders	13:13.5	41:05.31	1
3	Carolyn Simmonds	W51 Silver Striders	17:34.5	54:35.95	2
4	Jennie Kroncke	W53 Silver Striders	17:39.7	54:52.30	3
5	Elizabeth Angileri	W51	19:49.3	1:01:34.72	

55-59 Results - Women 5000 Run

1	Susan Hall	W58 Silver Striders	8:42.7	27:03.88	
2	Tiare Bailey	W59	9:23.1	29:09.38	
3	Diana Sheets	W56	15:26.5	47:58.35	
4	Beckie Weatherford	W57	17:23.3	54:01.25	
5	Marion Massaro	W58	17:57.7	55:48.06	
6	Syl Wiles-Bernier	W55 Silver Striders	19:36.1	1:00:53.88	
7	Kathleen White	W56	19:49.5	1:01:35.52	

60-64 Results - Women 5000 Run

1	Marsha Murray	W63 Silver Striders	12:10.8	37:50.35	1
2	Bobbi Reaves	W60 Silver Striders	12:25.5	38:36.09	2

3	Julie C. Sandberg	W61	Silver Striders	12:38.0	39:14.77	3
4	Chris Massoth	W63	Silver Striders	14:17.5	44:23.94	
5	Huong Delabar	W64	Silver Striders	14:18.4	44:26.84	
6	Patricia Husko	W62	Silver Striders	14:29.5	45:01.26	
7	Linda Masteller	W63	Silver Striders	14:30.3	45:03.62	
8	Brenda Vincent	W62	Silver Striders	15:41.1	48:43.72	
9	Cynthia Strong	W61		17:14.5	53:33.94	
10	Patty Osier	W62	Silver Striders	17:14.7	53:34.64	
11	Cheryl Piliaris	W61		17:43.9	55:05.36	

65-69 Results - Women 5000 Run

1	karen lichtenstein	W69	Silver Striders	9:26.1	29:18.72	1
2	Bonnie Bunning	W65	Silver Striders	10:32.7	32:45.53	2
3	Jane Chavey	W69	Silver Striders	13:21.1	41:28.65	3
4	Darlene Peterson	W69		16:49.7	52:16.77	
5	Susan Koss	W66	Silver Striders	17:08.5	53:15.37	
6	Mary Neal	W68		20:06.0	1:02:26.78	

70-74 Results - Women 5000 Run

1	Gretchen Ramsdell	W73	Silver Striders	10:50.2	33:39.94	1
2	Diane Johnson	W72	Silver Striders	11:10.6	34:43.31	2
3	Kaye V Ladd	W74	Silver Striders	18:22.2	57:04.23	3

75-79 Results - Women 5000 Run

1	Louise Mihay	W75	Silver Striders	10:59.6	34:09.13	
2	Edythe Hulet	W78	Silver Striders	16:46.7	52:07.61	

Men

Place Name Age Division Avg. Mile Time

19 & Under Results - Men 5000 Run

1	Aiden Waite	M5		9:23.9	29:11.83	
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30-34 Results - Men 5000 Run

1	Brandon Barnes	M32		8:54.5	27:40.34	
2	Jason Alves	M32		15:01.0	46:39.19	

35-39 Results - Men 5000 Run

1	Robert Keesler	M35		9:23.3	29:09.89	
2	Luis Galeana	M38		13:13.6	41:05.54	
3	Steven Olsen	M37	Stroller Div	17:00.8	52:51.28	

40-44 Results - Men 5000 Run

1	Brian Enslow	M40		7:52.7	24:28.50	
2	Chris Merritt	M42		9:24.6	29:13.93	

50-54 Results - Men 5000 Run

1	Andy Glenn	M51		11:30.4	35:44.75	
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55-59 Results - Men 5000 Run

1	George Gonzales	M56 Silver Striders	7:10.4	22:17.17	
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60-64 Results - Men 5000 Run

1	David Sherman	M61 Silver Striders	6:55.0	21:29.08	
2	Steve Husko	M62 Silver Striders	7:23.4	22:57.57	

65-69 Results - Men 5000 Run

1	Martinho Ribeiro	M68 Silver Striders	7:35.1	23:33.84	1
2	Nick Bailey	M67 Silver Striders	9:08.8	28:25.05	2
3	David Anderson	M69 Silver Striders	9:24.0	29:12.15	3
4	John Peterson	M69	18:49.9	58:30.35	
5	Robert Neal	M66	19:48.9	1:01:33.57	

75-79 Results - Men 5000 Run

1	Steven Ramsdell	M75 Silver Striders	11:25.7	35:30.37	1
2	Peter Despot	M79 Silver Striders	11:32.6	35:51.79	2
3	Jim Dollar	M76	13:09.1	40:51.44	
4	Dale Hall	M78 Silver Striders	17:00.6	52:50.75	3

Results provided by: Guerilla Running Racing Club