

**THE ROAD RUNNER 5K 2007**  
STANWOOD, IA

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OVERALL MALE - JOE GUINNESS - 16:07

OVERALL FEMALE - ASHLEY MILLER - 17:26

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**AGE GROUP MEDAL WINNERS**

19 and UNDER MALE

1. ZACH KIMBERLING - 16:21
2. DILLON RUARK - 18:12
3. MATT CLARKE - 19:07
4. CHRIS FORD - 19:09

20 - 29 MALE

1. CHRIS LITSCHER - 20:13
2. MIKE TELSROW - 21:58

30 - 39 MALE

1. ERIC WALSH - 17:29
2. LOUIS PELSANG - 17:41
3. SHANE KNOCHE - 17:48
4. CHAD KRUEGER - 17:55

40 - 49 MALE

1. MICHAEL NEWHOUSE - 17:18
2. JAMES PELSANG - 17:50
3. MURRY MENTE - 18:25
4. JERRY JOHNSON - 20:06

50 - 59 MALE

1. RICH FULLER - 16:26
2. JIM SHIMEK - 19:00
3. RUSS HART - 20:10
4. DAVID BRYON - 20:36

70 and OVER MALE

1. TOM NOVAK - 24:17

19 and UNDER FEMALE

1. JENNA SMITH - 22:20
2. NICOLE BOESENBERG - 23:16
3. CAROLYN NEWHOUSE - 23:18
4. SHELBY McCLEAN - 24:29

20 - 29 FEMALE

1. RHONDA BOESENBERG - 24:58
2. MIKKI HAMDORF - 24:02
3. RELISSA DLOUHY - 24:32
4. RACHELLE LEMBURG - 24:58

30 - 39 FEMALE

1. ANN MILLER - 25:25
2. MARLO PETERSON - 27:13
3. TANA STUDT - 30:54

40 - 49 FEMALE

1. SANDY BACHMAN - 26:24
2. SHERRI TELSROW - 29:37
3. LISA MILLER - 29:58
4. VICKI HAMDORF - 37:47

50 - 59 FEMALE

1. NANCY SHELL - 26:19
2. LINNEA MARTIN - 26:30

70 and OVER FEMALE

NO ENTRIES

## **OVERALL FINISHERS**

1. JOE GUINNESS - 16:07
2. ZACH KIMBERLING - 16:21
3. RICH FULLER - 16:26
4. MICHAEL NEWHOUSE - 17:18
5. ASHLEY MILLER - 17:26
6. ERIC WALSH - 17:29
7. LOUIS PELSANG - 17:41
8. SHANE KNOCHE - 17:48
9. JAMES PELSANG - 17:50
10. CHAD KRUEGER - 17:55
11. DILLON RUARK - 18:12
12. MURRY MENTE - 18:25
13. JIM SHIMEK - 19:00
14. MATT CALRKE - 19:07
15. CHRIS FORD - 19:09
16. CALE PRUESS - 19:14
17. JERRY JOHNSON - 20:06
18. RUSS HART - 20:10
19. CHRIS LITSCHER - 20:13
20. DAVID BRYAN - 20:36
21. WARREN FEERER - 21:27
22. BRUCE BACHMAN - 21:49
23. MIKE TELSROW - 21:58
24. JEFF KOCH - 22:11
25. JENNA SMITH - 22:20
26. GERALD RAMMELSBERG - 22:24
27. BRIAN LONG - 22:56
28. NICK MCDONALD - 22:57
29. NICOLE BOESENBERG - 23:16
30. CAROLYN NEWHOUSE - 23:18
31. RHONDA BOESENBERG - 23:21
32. JIM HALL - 23:40
33. DOUG HOFFMAN - 23:40
34. LARRY COHN - 23:49
35. DAVID SMITH - 23:51
36. TIM ISENBERG - 23:53
37. MIKKI HAMDORF - 24:02
38. TOM NOVAK - 24:17
39. SHELBY MCCLEAN - 24:29
40. RELISSA DLOUHY - 24:32
41. BRITTANY PERKINS - 24:58
42. RACHELLE LEMBURG - 24:58
43. STEVE DIRCKS - 25:10
44. ANN MILLER - 25:25
45. MIKE REGAN - 25:34
46. NANCY SHELL - 26:19
47. SANDY BACHMAN - 26:24
48. LINNEA MARTIN - 26:30
49. MICHELE STINE - 26:57
50. LAUREN HALL - 26:58
51. MELISSA PHILLIPS - 27:03
52. MARLO PETERSON - 27:13
53. MIKE SANDER - 28:36
54. ALEX STUDT - 29:31
55. SHERRI TELSROW - 29:37
56. DAVID ISENBERG - 29:45
57. LISA MILLER - 29:58
58. JEFF HOENIG - 30:46
59. TANA STUDT - 30:54
60. SHANNA SISSEL - 31:06
61. K.J. PILCHER - 31:26
62. VICKI HAMDORF - 37:47