



WONDERS of WALKING®

## 2010 Sisters Stride Into Autumn

Sunday, September 19, 2010

Sisters Athletic Club - Sisters, Oregon

### 15K (Actually 10.06M) All Participants

Place	Name	No.	Ag	S	Div/Tot	Div	City	Time	Pace
1	Jan Stennick	2	67	F	1/1	F6099	Oregon City	2:10:17	12:58
2	Ashley Hill	475	20	F	1/1	F0139	Redmond	2:18:30	13:47
3	Debbie Pierce	1	45	F	1/3	F4059	Warrenton	2:19:25	13:52
4	Laura Pavlat	479	48	F	2/3	F4059	Eugene	2:54:15	17:20
5	Karen Lewis	481	52	F	3/3	F4059	Eugene	2:54:16	17:20
6	Bruce Koch	490	72	M	1/1	M6099	Vida	3:32:17	21:07

### 15K (Actually 10.06M) Competitive Walk

Place	Name	No.	Ag	S	Div/Tot	Div	City	Time	Pace
1	Jan Stennick	2	67	F	1/1	F6099	Oregon City	2:10:17	12:58
2	Debbie Pierce	1	45	F	1/1	F4059	Warrenton	2:19:25	13:52

### 15K (Actually 10.06M) Non-Competitive Walk

Place	Name	No.	Ag	S	Div/Tot	Div	City	Time	Pace
1	Ashley Hill	475	20	F	1/1	F0139	Redmond	2:18:30	13:47
2	Laura Pavlat	479	48	F	1/2	F4059	Eugene	2:54:15	17:20
3	Karen Lewis	481	52	F	2/2	F4059	Eugene	2:54:16	17:20
4	Bruce Koch	490	72	M	1/1	M6099	Vida	3:32:17	21:07

### 10K (Actually 7.2M) All Participants

Place	Name	No.	Ag	S	Div/Tot	Div	City	Time	Pace
1	Stefan Lemke	577	16	M	1/4	M0139	Mulino	57:16	7:58
2	April Hodge	565	29	F	1/12	F0139	Eugene	58:22	8:07
3	Carson Alred	567	19	M	2/4	M0139	Redmond	1:04:37	8:59
4	Mary Phillips	566	34	F	2/12	F0139	Salt Lake City	1:13:29	10:13
5	Christopher Hamre	568	27	M	3/4	M0139	Redmond	1:13:56	10:17
6	Cassandra Lemke	178	24	F	3/12	F0139	Bend	1:16:15	10:36
7	Denny Robison	191	63	M	1/3	M6099	Eugene	1:17:21	10:45
8	Tamara Merriam	576	50	F	1/23	F4059	Battle Ground	1:21:30	11:20
9	Joan Kelsey	573	59	F	2/23	F4059	Tillamook	1:21:33	11:20
10	Al Fortier	495	56	M	1/3	M4059	Bend	1:21:39	11:21
11	Maureen Robison	185	61	F	1/5	F6099	Eugene	1:24:11	11:42
12	Leslie Johnson	470	54	F	3/23	F4059	Portland	1:24:59	11:49
13	Jane Dods	574	74	F	2/5	F6099	Springfield	1:31:27	12:42
14	Lynn Stimson	181	57	F	4/23	F4059	Albany	1:31:58	12:47
15	Cindy McGrath	571	54	F	5/23	F4059	Bend	1:33:48	13:02
16	Helenka Marcinek	572	58	F	6/23	F4059	Bend	1:33:48	13:02
17	Michael Ponichtera	471	61	M	2/3	M6099	Springfield	1:35:52	13:19
18	Sarah Harlos	189	27	F	4/12	F0139	Bend	1:46:47	14:50
19	Pam Fortier	494	55	F	7/23	F4059	Bend	1:46:48	14:50
20	Katie Martin	569	29	F	5/12	F0139	Eugene	1:47:47	14:59
21	Heather MacKinnon	570	33	F	6/12	F0139	Bend	1:47:48	14:59
22	David Karstens	179	45	M	2/3	M4059	Oregon City	1:49:05	15:09
23	Becky Forsythe	193	59	F	8/23	F4059	Battle Ground	1:51:48	15:32
24	Robert Forsythe	192	65	M	3/3	M6099	Battle Ground	1:51:49	15:32
25	Kenneth Nelson	180	52	M	3/3	M4059	Happy Valley	1:51:49	15:32
26	Veronica Kovack	476	41	F	9/23	F4059	Chiloquin	1:55:38	16:04
27	Marjorie Velick	480	50	F	10/23	F4059	Chiloquin	1:55:38	16:04
28	Carrie Cook	453	26	F	7/12	F0139	Eugene	1:57:37	16:21

29	Michelle Gunther	454	26	F	8/12	F0139	Eugene	1:57:37	16:21
30	Daniele Riehl	459	42	F	11/23	F4059	Oregon City	1:58:55	16:31
31	Dawn Lucinio	478	44	F	12/23	F4059	Newberg	1:58:55	16:31
32	Kim Addison	488	50	F	13/23	F4059	Black Butte	1:58:55	16:31
33	Clara Hughes	468	51	F	14/23	F4059	Sisters	2:00:20	16:43
34	Joan Sheldon	465	49	F	15/23	F4059	Sisters	2:00:20	16:43
35	Meryl Koester	493	62	F	3/5	F6099	Bend	2:00:22	16:44
36	Kerri Vansise	487	39	F	9/12	F0139	Bend	2:00:22	16:44
37	Jeremy Sackett	575	28	M	4/4	M0139	Bend	2:10:17	18:06
38	Kristin Young	455	30	F	10/12	F0139	Sherwood	2:15:00	18:45
39	Samantha Cook	467	51	F	16/23	F4059	Beaverton	2:15:00	18:45
40	Amy Havice-Brown	458	42	F	17/23	F4059	Central Point	2:15:00	18:45
41	Ali Mostue	491	29	F	11/12	F0139	Bend	2:15:00	18:45
42	Debbie Newberg	460	43	F	18/23	F4059	Bend	2:15:00	18:45
43	Donna Donnelly	472	62	F	4/5	F6099	Dayton	2:15:00	18:45
44	Carolyn Huwe	473	62	F	5/5	F6099	Dayton	2:15:00	18:45
45	Rachel Purcell	492	29	F	12/12	F0139	Bend	2:15:00	18:45
46	Sheril Karstens	176	43	F	19/23	F4059	Oregon City	2:18:15	19:13
47	Veronica Theriot	457	40	F	20/23	F4059	Bend	2:20:05	19:28
48	Heather Dawson	489	46	F	21/23	F4059	Portland	2:23:23	19:55
49	Elana Turk	462	45	F	22/23	F4059	Portland	2:23:24	19:55
50	Andrea Scott	464	47	F	23/23	F4059	Clackamas	2:23:24	19:55

### 10K (Actually 7.2M) Competitive Walk

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1	Denny Robison	191	63	M	1/2	M6099	Eugene	1:17:21	10:45
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4	Sarah Harlos	189	27	F	1/1	F0139	Bend	1:46:47	14:50
5	David Karstens	179	45	M	1/2	M4059	Oregon City	1:49:05	15:09
6	Becky Forsythe	193	59	F	2/3	F4059	Battle Ground	1:51:48	15:32
7	Robert Forsythe	192	65	M	2/2	M6099	Battle Ground	1:51:49	15:32
8	Kenneth Nelson	180	52	M	2/2	M4059	Happy Valley	1:51:49	15:32
9	Sheril Karstens	176	43	F	3/3	F4059	Oregon City	2:18:15	19:13

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3	Michael Ponichtera	471	61	M	1/1	M6099	Springfield	1:35:52	13:19
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26	Elana Turk	462	45	F	15/16	F4059	Portland	2:23:24	19:55
27	Andrea Scott	464	47	F	16/16	F4059	Clackamas	2:23:24	19:55

### 10K (Actually 7.2M) Run

Place	Name	No.	Ag	S	Div/Tot	Div	City	Time	Pace
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