

Run Fred Run Trail Race, Thursday July 29th, 6:30pm

Stony Creek Metropark West Branch Area

Terrain: very hilly, gravel and hard packed trail

Weather: 75 and sunny

Men's 2.5 Mile Race

1.	Brian Harville, 41	16:22
2.	Cameron Hock, 11	17:57
3.	Ken DuBois, 44	19:11
4.	James Pritchard, 15	20:03
5.	Alex Maki, 14	20:13
6.	Dick Keller, 67	23:11
7.	Gary Hanatee, 55	23:20
8.	Myron Sedman, 60	24:58
9.	Paul Terry, 50	25:13
10.	Matt Skonecki, 12	25:48
11.	Daryl Smith, 37	26:05
12.	Jim Hock, 54	26:40
13.	Fredrick Bart, 53	27:39
14.	Shane Skelcy, 11	30:52
15.	Jason Frandle, 34	31:14
16.	Don Bolieau, 49	32:45
17.	Greg Maki, 11	34:20

Women's 2.5 Mile Race

1.	Debbie Nawrocki, 41	21:54
2.	Ellen Podeszwa, 46	22:06
3.	Anne Drake, 15	23:32
4.	Sara Chmielewski, 15	24:38
5.	Shauna Barge, 31	28:15
6.	Kristi Black, 33	28:16
7.	Barbara Penzien, 39	29:20
8.	Karli Pegher, 37	30:23
9.	Kristi Logghe, 39	30:24
10.	Lauren Bennett, 21	30:31
11.	Tammy Hudolin, 41	30:53
12.	Brandy Frandle, 35	31:08
13.	Crystal Silorey, 35	31:21
14.	Jennifer Taylor, 37	35:55
15.	Rene Maki, 39	36:23
16.	Karen Kersten, 45	41:21

Men's 5 Mile Race

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| 1. Shane Logan, 33 | 29:25 |
| 2. Christian Hauser, 37 | 36:45 |
| 3. Paul Sibley, 30 | 40:53 |
| 4. Tom Henderson, 62 | 45:39 |
| 5. Steven Novicki, 39 | 46:32 |
| 6. Rich McCarter, 52 | 48:33 |
| 7. Chris Kreger, 34 | 49:01 |
| 8. Len Constantile, 57 | 49:16 |

Women's 5 Mile Race

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| 1. Pam Jar, 41 | 34:03 |
| 2. Lauren White, 27 | 41:22 |
| 3. Amy Threlkeld, 33 | 47:55 |
| 4. Malin Devins, 38 | 48:46 |
| 5. Julie Lively, 40 | 51:56 |
| 6. Katie Pazdro, 28 | 51:57 |
| 7. D Paradis, 36 | 54:42 |
| 8. Karen Roszczewski, 35 | 55:45 |