

**11th Annual Stay out of the Sun Run**  
**Rochester Lourdes High School, Rochester, MN May 20, 2016**  
**Results by: Josh Gerber of Wayzata Results, Inc.**  
**Results will be posted @ [www.wayzataresults.com](http://www.wayzataresults.com)**  
**10k Results**

Place	Div/Tot	Sex/Tot	Bib#	Name	Age	Sex	Div	Town	State	Chip Time	Pace	Gun Time
1	1/12	1/31	15693	Jim Onigkeit	49	M	M4049	Rochester	MN	37:12	6:00	37:12
2	2/12	2/31	15322	Dale Pfrimmer	49	M	M4049	Rochester	MN	40:25	6:31	40:25
3	1/7	3/31	15328	Cristobal Sanhuesa Condell	33	M	M3039	Santiago Chili		40:40	6:33	40:40
4	1/19	1/73	15661	unknown Chestolowski	45	F	F4049	Rochester	MN	40:47	6:34	40:47
5	3/12	4/31	15646	Dave Blissenbach	45	M	M4049	Zumbro Falls	MN	41:28	6:41	41:30
6	4/12	5/31	15281	Michael Grams	40	M	M4049	Rochester	MN	41:31	6:41	41:31
7	5/12	6/31	15311	Darin Napton	46	M	M4049	Rochester	MN	41:37	6:42	41:39
8	1/8	7/31	15657	Tom Soo	58	M	M5059	Rochester	MN	42:14	6:48	42:14
9	1/14	2/73	15350	Amber Uhlenhake	29	F	F1929	Stewartville	MN	42:30	6:51	42:30
10	6/12	8/31	15262	Matthew Block	42	M	M4049	Rochester	MN	43:09	6:57	43:10
11	2/8	9/31	15681	Dan Leach	54	M	M5059	Rochester	MN	43:31	7:01	43:34
12	2/7	10/31	15260	Jonathan Bernhardt	36	M	M3039	Stewartville	MN	44:37	7:11	44:39
13	2/14	3/73	15287	Janey Helland	28	F	F1929	Rochester	MN	45:52	7:23	45:54
14	1/31	4/73	15319	Kris Pearson	39	F	F3039	Wykoff	MN	46:57	7:34	47:03
15	3/14	5/73	15269	Emily Carr	29	F	F1929	Rochester	MN	47:15	7:37	47:17
16	2/19	6/73	15685	Therese Shumaker	48	F	F4049	Rochester	MN	47:37	7:40	47:38
17	3/7	11/31	15308	Christopher McMahon	35	M	M3039	Byron	MN	47:59	7:44	48:02
18	3/8	12/31	15667	Hirohito Kita	59	M	M5059	Rochester	MN	48:00	7:44	48:03
19	1/3	13/31	15329	Paul Schaefer	63	M	M6069	Rochester	MN	49:03	7:54	49:09
20	2/3	14/31	15690	Joseph Grande	60	M	M6069	Rochester	MN	49:24	7:57	49:31
21	4/8	15/31	15642	Douglas Guenther	50	M	M5059	Rochester	MN	49:41	8:00	49:45
22	3/19	7/73	15339	Kristie Stolzenberg	41	F	F4049	Lake City	MN	50:05	8:04	50:07
23	7/12	16/31	15340	Neil Stolzenberg	43	M	M4049	Lake City	MN	50:05	8:04	50:07
24	5/8	17/31	15276	Rick Fishbune	58	M	M5059	Rochester	MN	50:10	8:05	50:17

25	6/8	18/31	15335	Mike Smith	51	M	M5059	Oronoco	MN	51:03	8:13	51:10
26	2/31	8/73	15299	Katie King	34	F	F3039	Rochester	MN	51:08	8:14	51:12
27	7/8	19/31	15272	Jeff Dahle	54	M	M5059	Morristown	MN	51:52	8:21	51:59
28	4/7	20/31	15275	Mark Fellows	39	M	M3039	Saint Paul Park	MN	51:54	8:22	51:57
29	5/7	21/31	15294	Nick Johnson	31	M	M3039	Stewartville	MN	51:56	8:22	51:59
30	8/12	22/31	15303	Ray Laning	43	M	M4049	Kasson	MN	52:50	8:31	52:56
31	3/31	9/73	15346	Abby Tricker	31	F	F3039	Rochester	MN	53:05	8:33	53:14
32	1/7	10/73	15295	Maureen Jones	51	F	F5059	Rochester	MN	53:24	8:36	53:26
33	1/1	23/31	15255	Cole Beetcher	15	M	M1318	Eyota	MN	53:28	8:37	53:31
34	9/12	24/31	15348	Randall Tullis	41	M	M4049	Rochester	MN	53:55	8:41	54:07
35	2/7	11/73	15286	Lorelei Hanson	57	F	F5059	Oronoco	MN	54:07	8:43	54:13
36	4/31	12/73	15334	Alison Smarzyk	32	F	F3039	Lake City	MN	54:20	8:45	54:20
37	4/14	13/73	15325	Elizabeth Rhodes	28	F	F1929	Rochester	MN	54:27	8:46	54:34
38	5/31	14/73	15324	Malia Ray	37	F	F3039	Rochester	MN	54:53	8:50	54:59
39	6/31	15/73	15304	Mallory Lentz	33	F	F3039	Zumbrota	MN	54:53	8:50	54:59
40	10/12	25/31	15266	Jerry Brewer	43	M	M4049	Rochester	MN	54:54	8:51	55:07
41	4/19	16/73	15256	Erika Beetcher	42	F	F4049	Eyota	MN	55:04	8:52	55:07
42	7/31	17/73	15257	Emily Benike	35	F	F3039	Rochester	MN	55:07	8:53	55:12
43	8/31	18/73	15264	Kasandra Boucher-Zawaira	37	F	F3039	Rochester	MN	55:07	8:53	55:11
44	1/2	19/73	15259	Sarah Bernards	18	F	F1318	Kasson	MN	55:07	8:53	55:11
45	9/31	20/73	15280	Keri Gernand	34	F	F3039	Rochester	MN	55:14	8:54	55:26
46	11/12	26/31	15279	Jaime Gaug	43	M	M4049	Oronoco	MN	55:50	8:59	56:01
47	10/31	21/73	15645	Keri Asp	33	F	F3039	Red Wing	MN	55:56	9:01	56:06
48	3/3	27/31	15252	David Asp	69	M	M6069	Red Wing	MN	55:57	9:01	56:06
49	5/14	22/73	15317	Kaitlin Paradise	23	F	F1929	Rochester	MN	56:35	9:07	56:43
50	11/31	23/73	15351	Chantel Waller	30	F	F3039	Elgin	MN	56:39	9:07	56:47
51	5/19	24/73	15313	Kelly Ness	44	F	F4049	Rochester	MN	56:39	9:07	56:45
52	12/31	25/73	15288	Noelle Henning	32	F	F3039	Rochester	MN	57:10	9:12	57:18
53	6/19	26/73	15309	Jennifer Meyer	49	F	F4049	Rochester	MN	57:16	9:13	57:23
54	2/2	27/73	15263	Braxten Blood	18	F	F1318	Owatonna	MN	57:31	9:16	57:40
55	13/31	28/73	15258	Katie Bernard	34	F	F3039	Chatfield	MN	58:24	9:24	58:33
56	14/31	29/73	15332	Jessica Schoh	34	F	F3039	Rochester	MN	58:25	9:24	58:34
57	7/19	30/73	15327	Julie Rotter	41	F	F4049	Rochester	MN	58:28	9:25	58:40

58	3/7	31/73	15316	Linda Pagenkopf	57	F	F5059	Rochester	MN	58:29	9:25	58:38
59	6/14	32/73	15320	Danielle Peterson	26	F	F1929	Sleepy Eye	MN	58:30	9:25	58:41
60	15/31	33/73	15330	Lisa Schild	37	F	F3039	Stewartville	MN	59:20	9:33	59:28
61	8/19	34/73	15298	Wendy Kapustik	46	F	F4049	Rochester	MN	59:42	9:37	59:55
62	6/7	28/31	15293	Jason Howes	38	M	M3039	Stewartville	MN	1:00:07	9:41	1:00:19
63	9/19	35/73	15353	Tracy Webster	45	F	F4049	Kasson	MN	1:00:14	9:42	1:00:25
64	10/19	36/73	15302	Andy Laning	40	F	F4049	Kasson	MN	1:00:14	9:42	1:00:25
65	11/19	37/73	15314	Wendy Nevala	49	F	F4049	Rochester	MN	1:00:17	9:42	1:00:26
66	4/7	38/73	15666	Masami Kita	57	F	F5059	Rochester	MN	1:00:24	9:44	1:00:30
67	16/31	39/73	15278	Kristi Franta	31	F	F3039	Rochester	MN	1:00:33	9:45	1:00:40
68	12/19	40/73	15354	Lori White	41	F	F4049	Rochester	MN	1:00:50	9:48	1:00:58
69	13/19	41/73	15289	Dawn Hensel	45	F	F4049	Rochester	MN	1:00:51	9:48	1:00:59
70	14/19	42/73	15312	Maureen Neises	46	F	F4049	Lake Elmo	MN	1:01:29	9:54	1:01:32
71	15/19	43/73	15345	Angie Timm	45	F	F4049	Glenwood City	WI	1:01:38	9:56	1:01:42
72	17/31	44/73	15296	Sara Jones	33	F	F3039	Rochester	MN	1:02:03	10:00	1:02:10
73	18/31	45/73	15268	Jaclyn Burton	34	F	F3039	Rochester	MN	1:02:46	10:06	1:02:51
74	7/14	46/73	15336	Courtney Sonquist	23	F	F1929	Rochester	MN	1:03:11	10:10	1:03:12
75	8/14	47/73	15282	Alexandra Greenberg	29	F	F1929	Rochester	MN	1:03:13	10:11	1:03:25
76	19/31	48/73	15315	Kimberly Olson	34	F	F3039	Rochester	MN	1:03:13	10:11	1:03:24
77	9/14	49/73	15284	Lindzey Groth	22	F	F1929	Wanamingo	MN	1:03:15	10:11	1:03:17
78	10/14	50/73	15306	Christina Mangan	25	F	F1929	Rochester	MN	1:03:17	10:11	1:03:24
79	16/19	51/73	15297	Becca Kack	43	F	F4049	Chaska	MN	1:03:17	10:12	1:03:25
80	20/31	52/73	15254	Jennifer Barnett	35	F	F3039	Rochester	MN	1:03:25	10:13	1:03:31
81	5/7	53/73	15355	Pam Zimbeck	50	F	F5059	Eyota	MN	1:03:32	10:14	1:03:36
82	21/31	54/73	15274	Jennifer Dundore	34	F	F3039	Chatfield	MN	1:03:36	10:15	1:03:46
83	11/14	55/73	15352	Kailey Webster	19	F	F1929	Kasson	MN	1:03:41	10:15	1:03:52
84	22/31	56/73	15270	Jenna Compton	30	F	F3039	Owatonna	MN	1:03:44	10:16	1:03:52
85	17/19	57/73	15310	Beth Napton	46	F	F4049	Rochester	MN	1:04:27	10:23	1:04:36
86	7/7	29/31	15347	Adam Tricker	33	M	M3039	Rochester	MN	1:04:34	10:24	1:04:46
87	6/7	58/73	15669	Gina Sundsmo	55	F	F5059	Rochester	MN	1:05:38	10:34	1:05:44
88	8/8	30/31	15668	Ron Sunosmio	59	M	M5059	Rochester	MN	1:05:38	10:34	1:05:44
89	23/31	59/73	15251	Shannon Amundson	37	F	F3039	Chatfield	MN	1:07:23	10:51	1:07:33

90	12/12	31/31	15649	Nathan Petrich	40	M	M4049	Stewartville	MN	1:07:34	10:53	1:07:45
91	24/31	60/73	15321	Charlotte Petrich	36	F	F3039	Stewartville	MN	1:07:36	10:53	1:07:46
92	12/14	61/73	15644	Laura Dohlman	27	F	F1929	Stewartville	MN	1:07:38	10:53	1:07:47
93	18/19	62/73	15261	Hilary Blair	43	F	F4049	Mantorville	MN	1:07:39	10:54	1:07:43
94	13/14	63/73	15326	Mary Rother	29	F	F1929			1:08:07	10:58	1:08:19
95	25/31	64/73	15277	Suzanne Flies	31	F	F3039	Plainview	MN	1:08:07	10:58	1:08:19
96	7/7	65/73	15267	Lori Brundige	54	F	F5059	Byron	MN	1:09:26	11:11	1:09:26
97	26/31	66/73	15301	Angela Lamphere	36	F	F3039			1:09:48	11:14	1:10:00
98	14/14	67/73	15271	Cassie Dahl	28	F	F1929			1:09:49	11:15	1:10:02
99	27/31	68/73	15337	Jami Starling	34	F	F3039	Rochester	MN	1:11:22	11:30	1:11:35
100	19/19	69/73	15283	Elizabeth Grell	46	F	F4049	St.Charles	MN	1:12:03	11:36	1:12:06
101	28/31	70/73	15273	Katie Drury	36	F	F3039	West Salem	WI	1:21:09	13:04	1:21:16
102	29/31	71/73	15307	Lesley McCoy	34	F	F3039	Lake City	MN	1:21:13	13:05	1:21:20
103	30/31	72/73	15291	Tiffany Hill	36	F	F3039	Caledonia	MN	1:21:13	13:05	1:21:20
104	31/31	73/73	15349	Robyn Tullis	35	F	F3039	Rochester	MN	1:21:18	13:05	1:21:29