

**February Fitness Challenge
2010
Results Booklet**



**Hosted
by
The Tualatin Hills Barracudas**



Message from your February Fitness Coordinator



Another February has come and gone. This was a very special February for me. I spent 23 of the days in Australia. I swam with the Perth City Masters Squad. They know how to really put in the yards (actually meters). With their challenging workouts I was able to make my goal of 100,000 yards. I was also able to swim in two Ocean races. I think I did a first for the FFC. I always notice in your notes talking about not being able to swim because of a snow day closure, a mechanical failure and this year we had a note about vandalism closing a pool. Here is my first for the FFC. On our way to Australia we flew over the International Dateline. We left Portland on the 3rd of February and arrived in Perth on the 5th. There was no fourth of February for me this year. After February we headed to New Zealand for 2 weeks. My team mate, Michelle Macy, became the first person in 2010 to swim the Cook Strait. That was great! Because of the starting and finishing locations, I was not able to be there but I was there before and afterwards to give her a well deserved hug. So that is my story. Now lets look at what you were able to accomplish during February.

261 swimmers swam a grand total of 17,747,534 yards during February and it took 4,668 days to accomplish that impressive number. 42 swimmers swam every day during February and another 10 got in 27 days. Three new records were set this year. Congratulations to Jaymi MacKenzie, Women 19-24, 200,000 yards; Kathleen Brunner, Women 55-59, 433,800 yards; and Ian Redpath Men, 85-89, 104,552 yards.

A look ahead to 2011. The Barracudas are adopting Club Assistant to manage their business and we expect that the February Fitness Challenge will be accessible online next year. Club Assistant is the organization that USMS uses for online business, including credit card processing, and is being used for USMS postal swims. We hope this will add options and convenience, and make your participation in the FFC easier. We will continue to handle entries by mail as well, and hope to provide you with the best of both worlds.

We want your help as we look to next year. What are some of your ideas for the FFC? The 100,000 pin was a great idea from a BAM swimmer several years ago. What are some other new ideas for us. Our numbers have fallen off and we want to see more Fitness Frogs next year. Please send me ideas and suggestions.

To our very "Loyal Frogs" who have been with us for years, we send a big thank you. You have truly made this a very fun and worthwhile undertaking for the Barracudas. We believe it is one of the greatest Fitness Challenges for swimmers and we want to get more swimmers involved. You can help!

Remember send any feedback or ideas to me.

Thanks, *Dave*

dave@theradcliffs.com

Dave Radcliff

5832 SE Woll Pond Way

Special Thanks

Since I was away, BIG TIME THANKS to Jon Schieltz, our Data Pro, who had to do all of the initial processing and posting of the entries. His wife Jane helped with the proofing of your entries. Jon and Jane, the Barracudas and all of the February Fitness participants are deeply indebted to you for your unselfish work and help. Thank you so much.

Our web master - Erika Whyte for making the FFC so easy to find on our web site and all the web postings and email work. Congratulations to Erika and her husband on the birth of their new daughter.

Jon Clark, our head coach, and the other Barracuda coaches who motivated us during the month of February.

JD Pence, our new swimming cap supplier.

Printing Solutions, our printers, who are the greatest ladies to work with. They give us help and do a really quick turn around on all of our printing needs, this enables us to get the results to you much faster.

Katy at Elements-Graphics for the great logo and then a super quick turn around on the T shirts.

Every swimmer who entered the 2010 FFC. You are the reason we do it and we are grateful for your participation and look forward to seeing all of you in 2011.

2010 Fitness Feedback

As we have done the FFC over the years, we have come to know so many of you "Fitness Frogs" by name. We look forward each year to seeing how you are doing and hearing your comments. So here is our 2010 feedback.

Vivian Reinikainen, who in 2009 sent us the slogan which we used as part of our logo this year. "Another year - I hope you did it. It's such a challenge. I really feel connected to the people that do this - we're fit. Great - and also using my saying, that's so nice."

Coach John Sfire of the Rochester ORCAS, whose team successfully defended their 2009 Team Championship. "After the 2009 Challenge we really felt we took ourselves to the limit so I don't know what came over me when I decided to challenge my team to set this year's goal at 3 million yards. After the first week, I began to think of ways to 'back out' of the challenge I asked them to undertake.

We lost over 300,000 yards from 2009 swimmers who were no longer with our program, so we had quite a bit to make up. Others stepped up, new swimmers became excited, and we just kept swimming. I tried not to get too excited but with every day, we just got better and better. I do not understand how we swam our total. I just know that February Fitness brings us together like no other activity. In the dead of Minnesota winters, it's just what we need to get going. We have had over 90 days of sub-freezing weather but 28 of those days my swim club was hot as hell!

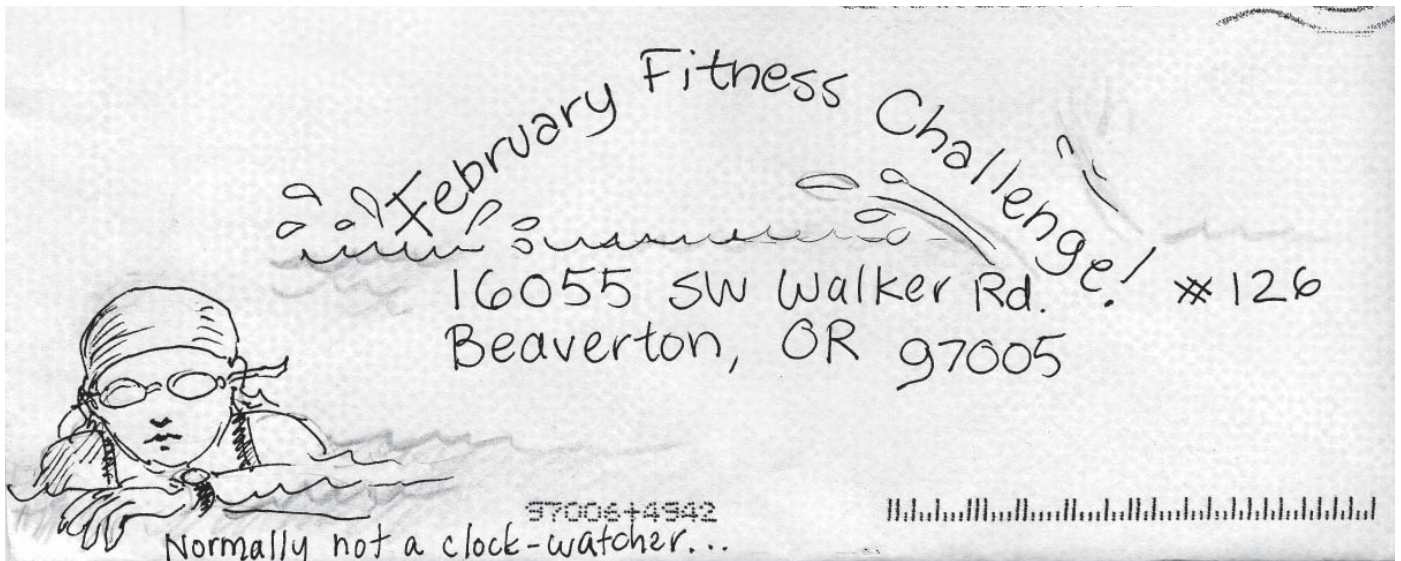
I'm just proud of our team - examples of some amazing performances include Babs Larson's (62) average of 11,150 yards a day, Bryan Bachman swam his English Channel qualifying swim on the 27th - 30,000 yards, and Mark Hagen increased his '09 total by over 350 %.

Thanks to Dave and his group for hosting this event! We so appreciate you! We are already thinking about next year! See everyone in Atlanta!"

Eugenie Gruender writes - "Hi: I've participated for years so I hope you keep it going. It's terrific to set goals."

Barracudas agree with you Eugenie, our Goal is to keep hosting the FFC. We will see you in 2011.

Lynn Kubasek continues her great and unique envelopes and inside was this great note.

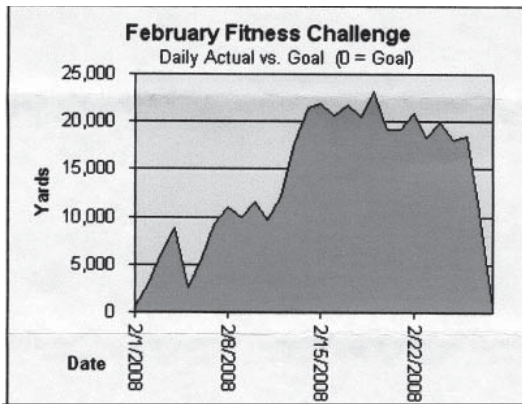


Dear FFC-ers,

This is the third time I have done the FFC and although my total wasn't even half of last year's it seemed many times more difficult. Last year I lost my job the day before February (bad news-limited income, good news-lots of time to swim). This year I set a simple goal of 10,000 yards a day. That is pretty easy with an open schedule.

But the strangest thing happened at the beginning of February! I got a job interview! And another! And another! Those interviews interfered with my swimming time! To make matters worse I got a pretty good offer from one small firm (part time to start). Then in the middle of my first week my former employer asked if I could come back part time on a consulting basis! (good news-more income, bad news-no time to do the things I want to do).

I was feeling pretty weary and almost on the verge of letting it go, but a few cheering emails from other FFC-ers, Jim and Michelle McConica helped me hold my average. My tracking chart ended up looking like a scary mountain range.



I am amazed at how the internal landscape of this event changes from year to year. I passed my goal average on February 27th and gave myself a day off from swimming on the 28th...just to catch up with chores (ugh)

Thank you again for the challenge!

Happy Swimming!!!

Barracudas have the perfect answer for you Lynn, for the next time you have too many job offers. Our president has this sticker on the bumper of her car - "I can't, I have swim practice".

Congratulations on obtaining a JOB and another great FFC effort.

Andrea Harris, from Hawaii, had a challenging month. *"Aloha! You might enjoy this month's story from Maui. Had a shaky start with our outdoor pool closure on day 1! Requiring phone calls and trips to other towns to find an open pool. Day 2 provided very cold wind and heavy rain discouraging a 2nd session in the outdoor pool. Routine settled in with twice a day swims in sunshine and time went by. Swimming with a long sleeve surf shirt and cap on the cold, windy days. At my mid-month yardage check, YIKES, I was behind my goal. I upped my yardage a bit and things were going along swimmingly, pun intended. With the end truly in sight we were all denied our "penultimate" swim. All pools were closed and the ocean was not an option. No snow for us, but a Tsunami threat! So a sunny rest day set us up for a cold, dark, rainy, and very windy last swim. Driving down the mountain for warmer temps and a warm pool for the last 3 and half hours. I put in my 100 x 100's and it was over."*



The FFC now has another first with a Tsunami closure of a pool.

Dr. John Shrum writes - *"Thanks so much for running the February Fitness Challenge. I feel like I did as well as expected considering the snow, sloth and gluttony."*

My February Fitness Challenge 2010 narrative from Kathleen Brunner who set a new FFC Record in the 55-59 Women's age group.

Having undergone training for the 2009 February Fitness Challenge, only to find myself unable to participate due to illness, I decided to continue training at an even stronger pace in preparation for the 2010 Challenge. I was right on schedule when on June 8th, on the way to my morning swim; I tripped and broke my right shoulder. That incident kept me out of the pool for eight weeks; thereafter, I was allowed to swim but both my stroke and leg strength had deteriorated considerably. I saw a physical therapist once a month for four months and exercised daily with free weights at home. In addition, I did the Masters workout with my WAC Masters Swim Coach, Jennifer Messler, on a four-day a week schedule, swimming on my own the other three days. I was a dedicated seven-day a week swimmer. Jennifer helped me improve my dietary intake and my swim technique. I knew that I had endurance genes (having done ballet and toe dancing for years and obtained a Ph.D.) so that was not the issue, the problem was building back my strength and decreasing the number of strokes to get to the other side of the pool. I had continuous encouragement from Jennifer, my Mom & Dad, sisters Patti and Bobbie, brother-in-law, Bob, friends, Michael and Janet, my cats--Chester and Nietzsche, my office colleagues, Joanne, Cleo, Michele, Jo Ann, Lisa, Silvia, Curtis, Marcus, and Kevin, numerous swim buddies, Patty, Marianne, Paula, Kathleen, Gingy (who had introduced new February Fitness two years ago), and Kate, to name but a few, WAC lifeguards Sabrina, Sidney, Emily, Max, and Todd, and the WAC Aquatic Director, Chris.

February arrived and my work schedule at Wilson Sonsini Goodrich & Rosati was adjusted to accommodate my swimming, thanks to my two attorneys Aaron Hendelman and Nathan Ferguson who both offered much encouragement along the way. I only missed being in the pool four days and swam very hard to attain each length and lap. I swam laps before and after work, did the Master workout Monday through Thursday, and more laps after Masters. During the end of the second week, I finally reached the magical stage of swimming on a plane seemingly just above the water – I was so excited I wanted to pinch myself and see if I was dreaming but knew I had to keep swimming. To think that after all these years, I was truly "in the zone" as they say – a remarkable feat! I thank heaven that I never lost swimming in the zone during the rest of the competition – I loved it! On February 28th, I achieved a personal best -- swimming 16 miles in a single day (my prior record set on the last day of the Contest two years ago was 15 miles). The last hour of the competi-

tion, I enjoyed a private pool with The Doors playing loudly in the background – the guard had selected the radio station -- (I was seemingly in a time warp – taking me back to my high school days); L.A. Woman came on during the last half mile and was a fitting way to bring the contest to a close for a Seattle swimmer with L.A. roots.

Reflecting back on the contest, I must admit that at 56, I already knew the importance and value of family and friends. Finding a great coach, Jennifer, who would be there for me, was exceptional and the daily calls to my Mom and Dad so very encouraging. Over 28 days of February, I re-validated the need for an endurance swimmer to: listen to his or her body; eat a lot of solid protein for lunch and post-swim dinner; have a minimum six hours sleep; take vitamins and minerals along with fish, primrose, and flaxseed oils; keep hydrated with water; munch discretely on Clif bars pool side for extra carbohydrates, potassium, and protein; perfect each stroke for maximum distance yet not lose sight of the beauty and serenity of swimming; and retain a sense of humor.

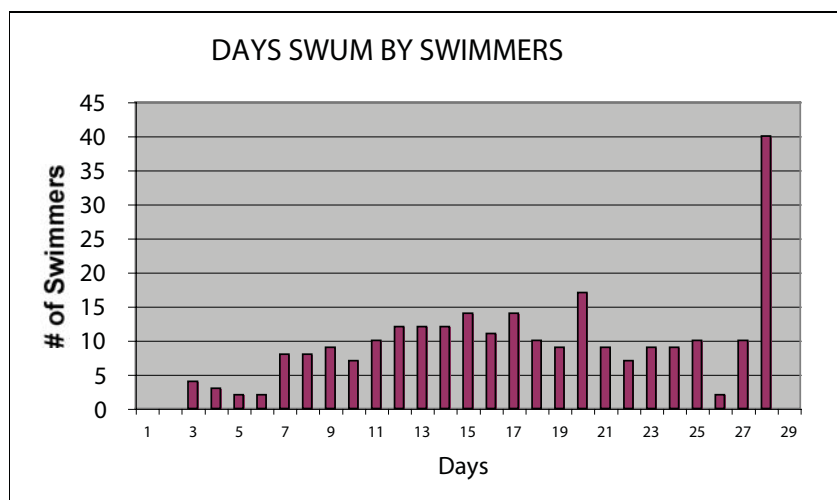
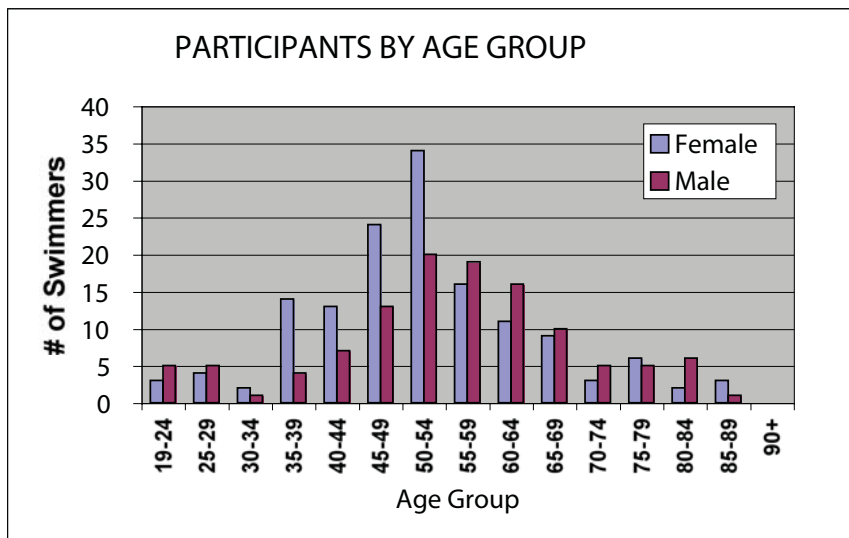
Thank you Tualatin Barracudas for hosting the February Fitness Challenge. Also, special thanks to my family, friends and colleagues who have celebrated in my achievement of swimming 433,800 yards / 246.4772 miles during the 2010 competition. Collectively, we await the final results filled with anticipation and hope that I am able to set a new record for my bracket (female 55-59).

Respectfully, Kathleen Brunner, Ph.D.

Ian Redpath, our record holder from Australia writes.

....We are very lucky because your February Fitness Challenge occurs during our summer season and looking at the news, a lot of the USA was under snow and ice. It takes a lot of courage to get up and go to your swimming club to do your laps.

The Barracudas agree with you Ian. The 2010 Fitness Frogs faced a lot of challenges in getting to or finding a pool. Now on to all of the Results and Statistics.





2010 February Fitness Challenge Women First Place Totals Through the Years



Age Grp	1993	1994	1995	1996*	1997	1998	1999	2000*	2001	2002	2003	2004*	2005	2006	2007	2008*	2009	2010
19-24	170,240	193,435	100,300	160,800	79,300	148,400	100,000	133,200	154,000	48,050	119,000	45,200	52,200	62,400	90,350	105,450	87,910	200,000
25-29	149,000	218,100	132,200	159,855	93,500	192,365	200,000	139,450	101,115	139,940	83,850	140,960	193,080	238,500	158,698	103,750	83,500	102,200
30-34	162,000	220,082	210,000	210,000	258,000	245,000	218,000	203,100	214,775	181,700	65,150	81,200	103,875	85,400	112,000	123,456	101,100	46,100
35-39	187,600	310,700	311,000	272,825	242,550	235,350	250,000	263,700	418,400	242,000	182,000	194,600	224,000	114,000	67,050	65,600	101,498	125,641
40-44	419,565	286,000	278,245	466,533	229,100	285,225	355,520	250,200	301,800	207,400	213,500	486,800	132,000	176,100	169,400	235,000	385,000	102,600
45-49	189,200	229,700	279,000	316,650	283,000	272,916	268,775	273,900	250,500	280,000	281,600	352,000	280,000	231,900	233,500	422,577	253,000	140,800
50-54	111,970	174,680	278,080	461,120	403,920	305,000	301,000	325,000	304,000	305,000	264,880	294,803	305,800	290,400	308,600	345,600	633,600	281,600
55-59	83,850	115,695	202,470	266,400	359,480	406,560	117,700	239,360	80,620	110,600	315,000	308,000	202,150	272,305	259,105	248,164	210,065	433,800
60-64	98,560	140,800	154,300	262,600	300,300	320,750	248,000	276,276	246,400	338,360	390,720	106,350	111,100	182,900	127,500	152,675	173,150	312,150
65-69	75,100	116,175	105,760	143,650	359,200	426,100	473,700	515,800	465,000	64,350	59,065	81,650	82,600	116,140	89,500	236,800	261,600	250,000
70-74	60,635	73,410	84,150	109,400	106,795	100,100	69,900	76,256	146,500	526,500	331,700	529,900	601,650	501,700	50,856	60,950	68,700	41,500
75-79	33,650	55,000	75,350	61,435	83,130	117,920	89,300	107,360	31,250	88,150	55,500	92,400	99,575	70,200	358,000	364,000	291,550	309,900
80-84	17,050	64,000	64,800	67,500	68,500	75,575	75,800	106,825	30,600	61,600	50,400	20,450	31,680	27,225	55,970	26,400	28,700	62,600
85-89				6,350	6,800	53,550	26,100	46,700	59,800	53,550	48,520	45,950	23,875	58,900	123,300	13,400	15,000	22,000
E90+											3,900							

* Leap Year

Record



2010 February Fitness Challenge Men First Place Totals Through the Years

Age Grp	1993	1994	1995	1996*	1997	1998	1999	2000*	2001	2002	2003	2004*	2005	2006	2007	2008*	2009	2010
19-24	53,100	93,025	140,800	203,500	10,000	0	75,000	90,900	189,880	0	142,560	0	38,060	22,600	64,500	120,800	121,100	60,750
25-29	165,025	154,000	600,533	725,533	260,000	135,000	57,200	129,000	230,800	81,800	27,725	100,500	203,000	165,070	113,050	116,090	116,270	101,800
30-34	183,700	203,555	303,333	166,000	303,401	220,050	305,000	258,025	254,062	353,000	300,000	55,750	136,500	42,900	71,700	130,500	153,300	22,900
35-39	252,220	276,650	261,400	261,200	251,300	272,400	377,000	541,000	176,000	254,600	301,157	263,000	250,500	101,600	175,680	134,970	100,920	150,258
40-44	131,100	393,700	169,500	381,200	420,000	271,040	249,600	159,800	406,300	380,050	456,700	177,800	140,275	201,200	103,700	200,006	169,500	128,300
45-49	241,716	425,040	451,850	277,150	630,100	365,700	339,680	761,000	220,000	221,320	366,000	215,510	467,000	201,815	311,520	234,156	138,300	161,000
50-54	178,650	227,700	215,100	352,960	320,250	182,000	227,500	250,850	134,025	264,000	440,000	528,000	616,000	152,400	190,000	179,465	616,000	148,978
55-59	213,200	575,000	261,400	180,000	228,990	255,600	243,900	202,400	219,395	231,660	144,300	202,400	141,100	167,200	275,500	209,000	239,829	251,000
60-64	227,700	376,750	246,400	268,451	330,000	259,926	214,515	120,340	143,200	154,900	421,605	103,000	427,725	204,955	200,860	443,920	300,300	212,080
65-69	70,600	107,100	67,600	152,000	164,000	176,575	148,215	202,565	207,556	352,820	185,850	202,500	172,317	130,800	545,600	262,421	282,000	180,148
70-74	64,350	96,000	125,525	297,000	110,950	77,800	81,250	89,675	133,045	144,300	72,600	159,800	202,600	222,750	113,100	183,425	150,375	215,110
75-79	56,550	140,400	295,025	396,000	104,050	239,500	125,400	136,100	154,000	180,400	215,600	207,350	65,670	60,145	63,345	89,917	35,650	105,200
80-84	50,805	46,340	59,030	69,600	96,000	108,350	181,000	27,000	28,545	93,950	113,200	38,350	181,000	157,300	154,000	116,000	123,200	73,928
85-89		53,100	48,225	0	27,920	25,736	67,700	79,500	82,650	26,000	34,900	24,550						104,552
M90+												37,700	41,250		28,000			

* Leap Year

Record

2010 FFC Swim Stats

Total Yards	Total Mileage	Average Yards	Average Mileage	Total Days	Avg. Days
17,747,534	13,185.72	88,921.09	50.52	4,668	19.73



Top Teams



Teams	No. of Swimmer	Total Yards	Yards Per Swimmer	Miles Per Swimmer	Total Days	Avg Days Per Swimmer
Rochester ORCA Masters Team	49	3,191,117	65,125	37.00	811	16.55
BAM	33	2,057,150	62,338	35.42	495	15.00
Wildcat Masters	32	1,658,280	51,821	29.44	481	15.03
Tualatin Hills Barracudas	19	983,505	51,763	29.41	329	17.32
Oregon Reign Masters	9	712,402	79,156	44.97	218	24.22
DAHLC	6	378,500	63,083	35.84	158	26.33
McHenry YMCA	5	116,300	23,260	13.22	65	13.00
Indy Swim Fit	4	219,075	54,769	31.12	81	20.25
ABC Swimming	3	556,900	185,633	105.47	61	20.33
Maine Masters	3	125,275	41,758	23.73	60	20.00
RIO Mesa Masters Club	3	138,600	46,200	26.25	52	17.33
300 Club Masters	2	101,350	50,675	28.79	36	18.00
Berkeley Aquatic Club Masters	2	93,482	46,741	26.56	26	13.00
Lincoln City Masters	2	67,872	33,936	19.28	36	18.00
Masters of Brazos	2	55,400	27,700	15.74	21	10.50
Oregon Cascades Orienteering Klubb	2	132,208	66,104	37.56	56	28.00
Rocklin Aquatic Masters	2	52,450	26,225	14.90	18	9.00
Upcountry Pool Maui	2	274,470	137,235	77.97	51	25.50
Ventura County Masters	2	357,210	178,605	101.48	53	26.50
Virginia Masters Swim Team	2	462,378	231,189	131.36	42	21.00
Bear Valley YMCA	1	40,000	40,000	22.73	20	20.00
Brisbane Southside Masters	1	104,552	104,552	59.40	28	28.00
Central Oregon Masters Aquatics	1	162,930	162,930	92.57	28	28.00
Goshen College Masters	1	52,000	52,000	29.55	15	15.00
Hampshire Hills Swim Fit	1	14,408	14,408	8.19	10	10.00
Hydropowers Masters Swimming	1	126,924	126,924	72.12	27	27.00
Master Gators	1	110,200	110,200	62.61	26	26.00
New Mexico Masters	1	250,000	250,000	142.05	28	28.00
Skyview	1	47,500	47,500	26.99	17	17.00
South Hills YMCA	1	27,700	27,700	15.74	9	9.00
Southern Oregon Masters	1	52,500	52,500	29.83	27	27.00
Space Coast Masters	1	58,100	58,100	33.01	17	17.00
Washington Athletic Club Masters	1	433,800	433,800	246.48	24	24.00
West End 24 Hr Fitness	1	88,000	88,000	50.00	25	25.00
Wilkes Barre Family YMCA	1	38,150	38,150	21.68	15	15.00
No Team Listed	62	4,406,846	71,078	40.39	1,202	19.39



Age Group Results Women



Congratulations to Jaymi - New February Fitness Record

Women 19-24

200,000 yards, Jaymi MacKenzie, 23, Lexington, KY USA 2/10

PI	Name	Age	City/State/Country	Yards	Miles
1	Jaymi MacKenzie	23F	Lexington, KY USA	200,000	113.64
2	Christine Somera	24F	Gresham, OR USA	94,208	53.53
3	Linda Meyer	20F	Bainbridge Island, WA USA	48,100	27.33

Women 25-29

238,500 yards, Kathleen Davison, 27, Reston, VA 2/06

PI	Name	Age	City/State/Country	Yards	Miles
1	Danielle Aanenson	27F	Portland, OR USA	102,200	58.07
2	Cali Salley	25F	Rochester, MN USA	48,200	27.39
3	Kate Thompson	25F	Rochester, MN USA	7,100	4.03
4	Beth Youngers	25F	Rochester, MN USA	3,200	1.82

Women 30-34

258,000 yards, Trisha Commons, 32, Thousand Oakes CA 2/97

PI	Name	Age	City/State/Country	Yards	Miles
1	Julie Soltys	31F	North Plainfield, NJ USA	46,100	26.19
2	Jenifer George	32F	Sheridan, OR USA	39,150	22.24

Women 35-39

418,400 yards, Dawn Bergeson, 39, Cottonwood MN 2/01

PI	Name	Age	City/State/Country	Yards	Miles
1	Megan Lassen	39F	Portland, OR USA	125,641	71.39
2	Joscelyn Martin	38F	Zumbro Falls, MN USA	106,600	60.57
3	Karen Gernert	39F	Fishers, IN USA	106,275	60.38
4	Elizabeth Harrison	35F	Portland, OR USA	101,400	57.61
5	Alison Moore	39F	Gainesville, VA USA	54,600	31.02
6	Neva Winter	36F	Hillsboro, OR USA	43,105	24.49
7	Alanna Woods	35F	Beaverton, OR USA	42,100	23.92
8	Tracy Spigelman	35F	Lexington, KY USA	41,000	23.30
9	Cynthia Bennett	37F	Lexington, KY USA	30,600	17.39
10	Tamara Tulou	35F	Bainbridge Island, WA USA	29,200	16.59
11	Francesca Genovese-Finch	35F	Portland, OR USA	25,950	14.74
12	Stephanie Fee	38F	Rochester, MN USA	20,750	11.79
13	Gretchen Gende	39F	Bainbridge Island, WA USA	20,500	11.65
14	Bridget Zaro	38F	Bainbridge Island, WA USA	18,000	10.23

Women 40-44

486,800 yards, Dawn Bergeson, 42, Cottonwood MN 2/04

PI	Name	Age	City/State/Country	Yards	Miles
1	Marisa Frieder	40F	Portland, OR USA	102,600	58.30
2	Kate Carr	43F	Bainbridge Island, WA USA	75,000	42.61
3	Meg Misenti	44F	Bainbridge Island, WA USA	72,800	41.36

4	Susie Young	40F	Portland, OR USA	43,050	24.46
5	Loralie Langman	43F	Rochester, MN USA	43,025	24.45
6	Nancy Pieroni	42F	Crystal Lake, IL USA	42,050	23.89
7	Lisa Wittmer	42F	Edina, MN USA	39,600	22.50
8	Diane Farley	44F	Lexington, KY USA	24,800	14.09
9	Jocelyn Waite	41F	Bainbridge Island, WA USA	18,450	10.48
10	Sara Joswiak	42F	Cystal Lake, IL USA	16,100	9.15
11	Shelley Reimer	40F	Bainbridge Island, WA USA	15,000	8.52
12	Rochelle Arviso	43F	Rochester, MN USA	6,000	3.41
13	Meg Mayer	42F	Rochester, MN USA	Entered Days	0.00

Women 45-49

422,577 yards, Lynn Kubasek, 49, Laguna Beach CA 2/08

PI	Name	Age	City/State/Country	Yards	Miles
1	Julie Andrade	48F	Beaverton, OR USA	140,800	80.00
2	Heather Burger	48F	Bainbridge Island, WA USA	126,500	71.88
3	Pam Kimmel	45F	Versailles, KY USA	125,000	71.02
4	Gayle Orner	47F	Corvallis, OR USA	100,550	57.13
5	Becky Britton	49F	Rochester, MN USA	100,300	56.99
6	Kelly French	47F	Rochester, MN USA	80,445	45.71
7	Graciela Porraz Capetillo	48F	Rochester, MN USA	70,000	39.77
8	Sallie Perkins	49F	Rochester, MN USA	66,000	37.50
9	Dana Haugli	47F	Lexington, KY USA	65,580	37.26
10	Lisa Claesson-Gordon	47F	Bainbridge Island, WA USA	60,000	34.09
11	Marcy Ross	49F	Reno, NV USA	58,800	33.41
12	Arlene Delmage	47F	Vancouver, WA USA	53,800	30.57
13	Elizabeth Tronoski	48F	Winchester, KY USA	45,500	25.85
14	Jamie Whitney	45F	Seabeck, WA USA	40,050	22.76
15	Marci Casey	45F	Lexington, KY USA	39,900	22.67
16	Kathy Williams	47F	Rochester, MN USA	37,200	21.14
17	Maureen Lue	46F	Bartlett, IL USA	36,500	20.74
18	Hilal Kremers	45F	Rochester, MN USA	30,550	17.36
19	Anne Schmidt	45F	Portland, OR USA	24,750	14.06
20	Amy Anderson	45F	Rochester, MN USA	23,950	13.61
21	Cindy Ruggiero	46F	Bainbridge Island, WA USA	19,450	11.05
22	Tammy Watson	45F	Rochester, MN USA	18,000	10.23
23	Laurie Ramsey	45F	Beaverton, OR USA	Entered Days	0.00
24	Jeanne Welter	46F	Portland, OR USA	Entered Days	0.00

Women 50-54

633,600 yards, Lynn Kubasek, 50, Laguna Beach CA 2/09

PI	Name	Age	City/State/Country	Yards	Miles
1	Maureen Rohrs	54F	Severna Park, MD USA	281,600	160.00
2	Lynn Kubasek	51F	Laguna Beach, CA USA	280,524	159.39
3	Barb Hewitt	50F	Lakewood, CO USA	128,000	72.73
4	Ellen Youngers	52F	Oronoco, MN USA	120,250	68.32
5	Michelle McConica	53F	Ventura, CA USA	106,210	60.35
6	Pat Pallotta	53F	Crofton, MD USA	105,300	59.83
7	Alison Craig	52F	Bainbridge Island, WA USA	102,200	58.07
8	Nancy Harris	53F	Rochester, MN USA	100,320	57.00
9	Tricia Calvert	52F	Lexington, KY USA	88,600	50.34
10	Valerie Anderson	53F	Woodburn, OR USA	85,300	48.47

11	Mary Gray	52F	Mantorville, MN USA	71,225	40.47
12	Nancy Kryka	54F	Rochester, MN USA	70,338	39.96
13	Janice Kregor	53F	Lexington, KY USA	62,000	35.23
14	Irene Meyer	53F	Rochester, MN USA	61,700	35.06
15	Gail Kimberling	54F	Otis, OR USA	60,764	34.53
16	Mary Ann Getty	51F	Lexington, KY USA	59,400	33.75
17	Virginia Golden	51F	Roseville, CA USA	52,450	29.80
18	Lorrie Bennett	52F	Rochester, MN USA	50,000	28.41
19	Susan Albright	54F	Portland, OR USA	48,250	27.41
20	Lisa Kromka	51F	Camarillo, CA USA	43,500	24.72
21	Linda Warren	52F	Bainbridge Island, WA USA	41,000	23.30
22	Jan Jeddeloh	54F	Portland, OR USA	40,700	23.13
23	Gretel Compton	53F	Camarillo, CA USA	40,000	22.73
24	Pam Ogden	53F	Eau Claire, WI USA	38,900	22.10
25	Martha McMahan	53F	Woolford, MD USA	32,500	18.47
26	Paula Whipple	51F	Philomath, OR USA	32,044	18.21
27	Paula Pavelco	51F	Slatington, PA USA	31,708	18.02
28	Mimi Ward	51F	Shelbyville, KY USA	27,950	15.88
29	Mary Thompson	50F	Union, ME USA	27,025	15.36
30	Meg Smath	53F	Nicholasville, KY USA	15,800	8.98
31	Charity Floen	51F	Rochester, MN USA	14,100	8.01
32	Carol Karnes	50F	Rochester, MN USA	8,400	4.77
33	Rebecca Schultz	53F	McHenry, IL USA	8,000	4.55
34	Beth Foland	54F	Carmel, IN USA	Entered Days	0.00

Congratulations to Kathleen - New February Fitness Record

Women 55-59

433,800 yards, Kathleen Brunner, 56, Seattle, WA USA 2/10

PI	Name	Age	City/State/Country	Yards	Miles
1	Kathleen Brunner	56F	Seattle, WA USA	433,800	246.48
2	Heather Adkins-Narte	55F	Bainbridge Island, WA USA	300,000	170.45
3	Shirley Loftus-Charley	58F	Afton, VA USA	152,478	86.64
4	Rita Belserene	58F	Bainbridge Island, WA USA	115,100	65.40
5	Margaret Sandner	59F	Morrison, CO USA	108,075	61.41
6	Debra Johnson	56F	Allentown, PA USA	88,000	50.00
7	Cassie Mallen	59F	Pukalani, HI USA	74,120	42.11
8	Anne Voegtlen	59F	Bainbridge Island, WA USA	43,100	24.49
9	Kim Williams	57F	Bainbridge Island, WA USA	36,000	20.45
10	Colleen Farnham	57F	Walla Walla, WA USA	31,983	18.17
11	Sheri Somers	57F	Bainbridge Island, WA USA	31,000	17.61
12	Kathy Holter	58F	South Park, PA USA	27,700	15.74
13	Linda Wainio	56F	Maplewood, MN USA	20,000	11.36
14	Fran Justinger	58F	West Bend, WI USA	19,083	10.84
15	Maren Breitwieser	55F	Indianapolis, IN USA	12,250	6.96
16	Jo Ann Casselberry	55F	Corvallis, OR USA	10,300	5.85

Women 60-64

390,720 yards, Carlita 'Lee' Durand, 64, San Diego CA 2/03

PI	Name	Age	City/State/Country	Yards	Miles
1	Babs Larsen	62F	Rochester, MN USA	312,150	177.36
2	Andrea Harris	60F	Pukalani, HI USA	200,350	113.84
3	Sally Marshall	61F	Larkspur, CA USA	116,270	66.06

4	Kate Reynolds	60F	Cedar Grove, NJ USA	70,600	40.11
5	Meegan Wilson	61F	Gainesville, FL USA	70,200	39.89
6	Kristi Panayotoff	61F	Lincolnton, ME USA	51,650	29.35
7	Kate Carruthers	61F	Bainbridge Island, WA USA	39,400	22.39
8	Sandy Bratz	62F	Bainbridge Island, WA USA	31,650	17.98
9	Helena Robinson	62F	Arundel, West Sussex England	11,511	6.54
10	Jane Cobos	64F	Bryan, TX USA	11,000	6.25
11	Carol Stark	61F	Mulino, OR USA	Entered Days	0.00

Women 65-69

515,800 yards, Jewell Grigsby-Martin, 68, Stafford VA 2/00

PI	Name	Age	City/State/Country	Yards	Miles
1	Vivian Reinikainen	67F	Santa Fe, NM USA	250,000	142.05
2	Katalin Morden	67F	Gladstone, QLD Australia	65,305	37.11
3	Malinda Case	68F	Sun City, AZ USA	49,100	27.90
4	Amy Johnson	68F	Buffalo, NY USA	46,050	26.16
5	Judy Wagner	65F	College Station, TX USA	44,400	25.23
6	Cindy Todd	67F	Lexington, KY USA	32,500	18.47
7	Linda Dillon	69F	Lakewood, CO USA	28,100	15.97
8	Lillie Thompson	68F	Austin, TX USA	8,421	4.78
9	Karen Frieder	68F	Wheatfield, NY USA	Entered Days	0.00

Women 70-74

601,650 yards, Jewell Grigsby-Martin, 73, Stafford VA 2/05

PI	Name	Age	City/State/Country	Yards	Miles
1	Susan Cox	72F	Lexington, KY USA	41,500	23.58
2	Marge Carhart	73F	Island Lake, IL USA	26,050	14.80

Women 75-79

364,000 yards, Jewell Grigsby-Martin, 76, Stafford VA 2/08

PI	Name	Age	City/State/Country	Yards	Miles
1	Jewell Grigsby-Martin	78F	Stafford, VA USA	309,900	176.08
2	Dolly Slater	76F	Owls Head, ME USA	46,600	26.48
3	Geraldine Kawabata	75F	Beaverton, OR USA	45,150	25.65
4	Betty Harris	75F	Soldotna, AK USA	29,300	16.65
5	Lois Madsen	77F	Lakewood, IL USA	24,100	13.69
6	Beverly Underwood	75F	Ottawa, IL USA	22,000	12.50

Women 80-84

106,825 yards, Bessie Neff, 84, Sunbury PA 2/00

PI	Name	Age	City/State/Country	Yards	Miles
1	D. J. Murray	80F	Hilton Head Island, SC USA	62,600	35.57
2	Eugenie Gruender	81F	Topeka, KS USA	27,000	15.34

Women 85-89

123,300 yards, Judy Melcher, 86, Beaverton OR 2/07

PI	Name	Age	City/State/Country	Yards	Miles
1	Nancy Lawrence	87F	Sequim, WA USA	22,000	12.50
2	Marie Brown	85F	Nashua, NH USA	14,408	8.19
3	Elfie Stevenin	88F	Salem, OR USA	5,600	3.18



Age Group Result Men



Men 19-24

Brad Boekes, 21, Fargo ND 2/96

Age	City/State/Country	Yards	Miles
1	Matt Youngers	21M	Oronoco, MN USA
2	Jake Athanas	22M	Lexington, KY USA
3	Jason Aylsworth	21M	Chatfield, MN USA
4	Wyatt Byrne	22M	Rochester, MN USA
5	Alex Borngen	24M	Rochester, MN USA

203,500 yards,

PI Name

60,750	34.52
57,500	32.67
40,450	22.98
13,250	7.53
7,711	4.38

Men 25-29

725,533 yards, Tom McCrae, 28, Menlo Park CA 2/96

PI	Name	Age	City/State/Country	Yards	Miles
1	Tony White	25M	Lexington, KY USA	101,800	57.84
2	Jason Troutman	29M	Alburtis, PA USA	101,261	57.53
3	Jason Murphy	28M	Lexington, KY USA	78,800	44.77
4	Alex Hooke	26M	Rochester, MN USA	53,700	30.51
5	Ben Allen	25M	Lexington, KY USA	20,000	11.36

Men 30-34

353,000 yards, Mike Hall, Terre Haute IN 2/02

PI	Name	Age	City/State/Country	Yards	Miles
1	Ryan Roche	32M	Lexington, KY USA	22,900	13.01

Men 35-39

541,000 yards, Chris Shoup, 38, Conyers GA 2/00

PI	Name	Age	City/State/Country	Yards	Miles
1	Brian Bachman	35M	Rochester, MN USA	150,258	85.37
2	Jason Lassen	37M	Portland, OR USA	120,045	68.21
3	Brendan Kelly	36M	Charlottesville, VA USA	110,200	62.61
4	Matt Browning	37M	Portland, OR USA	48,150	27.36

Men 40-44

456,700 yards, James Begly, 42, Goshen IN 2/03

PI	Name	Age	City/State/Country	Yards	Miles
1	Robert Albright	44M	Rochester, MN USA	128,300	72.90
2	Matthew Bronson	44M	Spokane, WA USA	126,924	72.12
3	David Rice	43M	Vancouver, WA USA	106,808	60.69
4	Brian Pittner	44M	Rochester, MN USA	104,390	59.31
5	Jon Schultz	42M	Rochester, MN USA	45,200	25.68
6	Brian Young	42M	Portland, OR USA	43,650	24.80
7	C Renato Moreira	42M	Lexington, KY USA	30,700	17.44

Men 45-49

761,000 yards, Jim Fitzpatrick, 45, Laguna Niguel CA 2/00

PI	Name	Age	City/State/Country	Yards	Miles
1	Jim Kofler	46M	Rochester, MN USA	161,000	91.48
2	Utley Noble	46M	Arrington, TN USA	126,505	71.88
3	Lyle Grosbach	49M	Rochester, MN USA	123,400	70.11

4	David Hathaway	49M	Portland, OR USA	101,700	57.78
5	Richard Knowles	48M	Temperance, MI USA	100,800	57.27
6	Jeff Watson	46M	Philomath, OR USA	100,164	56.91
7	Gordon Doblal	49M	Rochester, MN USA	72,300	41.08
8	Tim Kirby	48M	McMinnville, OR USA	58,600	33.30
9	Art Simuro	47M	Plainview, NY USA	56,700	32.22
10	Mark Naperkowski	49M	Ashley, PA USA	38,150	21.68
11	Kiaran McGee	45M	Rochester, MN USA	37,500	21.31
12	Kyle Kersey	45M	Gresham, OR USA	24,205	13.75
13	Bill Krauss	48M	Rochester, MN USA	17,050	9.69

Men 50-54

616,000 yards, Jim McConica, 54, Ventura CA 2/05 and Jim Fitzpatrick, 54, Laguna Niguel, CA 2/09

PI	Name	Age	City/State/Country	Yards	Miles
1	Ray Muench	51M	St. Louis, MO USA	148,978	84.65
2	Jim Stewart	53M	Rochester, MN USA	146,750	83.38
3	Tom Tanner	54M	Troutdale, OR USA	110,200	62.61
4	Mark Hagen	52M	Rochester, MN USA	80,550	45.77
5	Wilk West	54M	Collierville, TN USA	76,400	43.41
6	Jay Stemmler	52M	Indianola, WA USA	74,650	42.41
7	Ken Calvert	53M	Lexington, KY USA	70,450	40.03
8	Pete Turner	50M	Palm Bay, FL USA	58,100	33.01
9	Lon Hays	52M	Lexington, KY USA	51,000	28.98
10	David Feldman	51M	Scotch Plains, NJ USA	47,382	26.92
11	Brian Russell	52M	Bainbridge Island, WA USA	46,400	26.36
12	Tom Jaeger	51M	Rochester, MN USA	45,300	25.74
13	Mike Joyner	51M	Rochester, MN USA	44,137	25.08
14	George Van Meter	54M	Lexington, KY USA	40,450	22.98
15	Dave Knodel	54M	Maple Grove, MN USA	39,400	22.39
16	Chris Cleary	52M	Gainesville, FL USA	31,150	17.70
17	Ben Davis	51M	Lexington, KY USA	24,000	13.64
18	Greg Anshus	53M	Chattfield, MN USA	23,000	13.07
19	Kimo Harris	54M	Pukalani, HI USA	20,350	11.56
20	Kevin Lue	50M	Bartlett, IL USA	16,600	9.43

Men 55-59

575,000 yards, Kent Price, 56, Palo Alto CA 2/94

PI	Name	Age	City/State/Country	Yards	Miles
1	Jim McConica	59M	Ventura, CA USA	251,000	142.61
2	Curtis Barteau	57M	Seldon, NY USA	195,434	111.04
3	John Walkky	56M	Portland, OR USA	130,600	74.20
4	Dallas Figley	57M	Woodburn, OR USA	122,600	69.66
5	Kennard Goodman	56M	Bainbridge Island, WA USA	111,400	63.30
6	Perry Heath	59M	Indianapolis, IN USA	100,550	57.13
7	James Brent	55M	Oak Ridge, TN USA	74,913	42.56
8	Kermit Yensen	56M	Lake Oswego, OR USA	61,600	35.00
9	Amin Chisti	59M	Beaverton, OR USA	61,200	34.77
10	Edward Borella	59M	Aquebogue, NY USA	56,250	31.96
11	Steve Erickson	55M	Ojai, CA USA	55,100	31.31
12	Bryan Johnson	55M	Indianapolis, IN USA	55,000	31.25
13	Pete Brooks	55M	Rochester, MN USA	52,675	29.93
14	Orlando Boleda	55M	Bainbridge Island, WA USA	52,200	29.66
15	Joseph Persico	59M	Shavertown, PA USA	35,000	19.89

16	Bart Berg	59M	Bainbridge Island, WA USA	21,700	12.33
17	John Sfire	55M	Rochester, MN USA	4,950	2.81
18	Mark Becker	55M	Portland, OR USA	Entered Days	0.00
19	Ron Marino	59M	Babylon, NY USA	Entered Days	0.00

Men 60-64

443,920 yards, Michael Nasta, 61, East Meadow NY 2/08

PI	Name	Age	City/State/Country	Yards	Miles
1	Michael Nasta	63M	East Meadow, NY USA	212,080	120.50
2	Andrew Grannell	62M	Annapolis, MD USA	170,000	96.59
3	Michael Carew	60M	Bend, OR USA	162,930	92.57
4	Steve Benson	63M	Rochester, MN USA	152,860	86.85
5	George Nelson	64M	Kirkwood, MO USA	143,263	81.40
6	Pete Saloutos	62M	Bainbridge Island, WA USA	120,000	68.18
7	Allan Thorpe	60M	Bainbridge Island, WA USA	110,000	62.50
8	John Shrum	61M	Charlottesville, VA USA	109,100	61.99
9	Jim Teisher	60M	Beaverton, OR USA	104,300	59.26
10	Mike Bridges	62M	Ventura, CA USA	70,500	40.06
11	R. Barney Voegtlen	61M	Bainbridge Island, WA USA	62,300	35.40
12	John Voss	60M	Lexington, KY USA	60,150	34.18
13	William Malone	61M	Goshen, IN USA	52,000	29.55
14	Rick Stafford	62M	Bainbridge Island, WA USA	47,350	26.90
15	Thomas Hinds	62M	Solana Beach, CA USA	12,000	6.82
16	Allen Stark	61M	Mulino, OR USA	Entered Days	0.00

Men 65-69

545,600 yards, Kent Price, 68, San Carlos CA 2/07

PI	Name	Age	City/State/Country	Yards	Miles
1	Dave Arlander	69M	Rochester, MN USA	180,148	102.36
2	Grayson Marshall	67M	Larkspur, CA USA	111,675	63.45
3	Vince Herring	67M	Rochester, MN USA	103,205	58.64
4	Ron Johannsen	67M	Rochester, MN USA	69,600	39.55
5	Edward Price	65M	Cold Spring Harbor, NY USA	55,000	31.25
6	James Kroll	65M	Rochester, MN USA	49,280	28.00
7	David Burgio	66M	Lexington, KY USA	40,750	23.15
8	Dennis Sawyer	66M	Seabeck, WA USA	30,900	17.56
9	Bill Sturm	66M	Lexington, KY USA	30,800	17.50
10	John Taylor	65M	Lexington, KY USA	10,700	6.08

Men 70-74

297,000 yards, Virgil Young, 71, Hannibal MO 2/96

PI	Name	Age	City/State/Country	Yards	Miles
1	Kent Price	71M	San Carlos, CA USA	215,110	122.22
2	Jon Schieltz	71M	Beaverton, OR USA	71,900	40.85
3	James Bowditch	72M	Bainbridge Island, WA USA	52,000	29.55
4	Tom Dwinnell	74M	Soldotna, AK USA	47,500	26.99
5	Jose Gonzalez-Jauregui	70M	Houston, TX USA	26,400	15.00

Men 75-79

396,000 yards, Richard Taylor, 78, Levittown PA 2/96

PI	Name	Age	City/State/Country	Yards	Miles
1	Will Moser	75M	Racine, WI USA	105,200	59.77
2	David Radcliff	75M	Hillsboro, OR USA	100,400	57.05

3	Michael Harris	76M	Soldotna, AK USA	55,800	31.70
4	Roger Brockenbrough	75M	Pittsburgh, PA USA	22,200	12.61
5	Joe Wilson	75M	Lexington, KY USA	19,550	11.11

Men 80-84

181,000 yards, Brothers Harry 2/99 and Ian Redpath 2/05, 80, Brisbane, QLD, Australia

PI	Name	Age	City/State/Country	Yards	Miles
1	John Murphy	81M	Massapequa Pk, NY USA	73,928	42.00
2	Raymond Allen	83M	Central Point, OR USA	52,500	29.83
3	George Roudebush	84M	Bainbridge Island, WA USA	45,750	25.99
4	Chuck Harbaugh	81M	Lakewood, CO USA	40,000	22.73
5	George Carney	82M	Waynesboro, VA USA	38,494	21.87
6	Sheridan Jones	82M	Lincoln City, OR USA	7,108	4.04

Congratulations to Ian - New February Fitness Record

Men 85-89

104,552 yards, Ian Redpath, 85, Runaway Bay, QLD, Australia 2/10

PI	Name	Age	City/State/Country	Yards	Miles
1	Ian Redpath	85M	Runaway Bay, QLD Australia	104,552	59.40



Overall Results Yardage



PI	Name	Age	City/State/Country	Yardage	Miles	Gender Age Group	
						Place	Place
1	Kathleen Brunner	56F	Seattle, WA USA	433,800	246.48	1	1
2	Babs Larsen	62F	Rochester, MN USA	312,150	177.36	2	1
3	Jewell Grigsby-Martin	78F	Stafford, VA USA	309,900	176.08	3	1
4	Heather Adkins-Narte	55F	Bainbridge Island, WA USA	300,000	170.45	4	2
5	Maureen Rohrs	54F	Severna Park, MD USA	281,600	160.00	5	1
6	Lynn Kubasek	51F	Laguna Beach, CA USA	280,524	159.39	6	2
7	Jim McConica	59M	Ventura, CA USA	251,000	142.61	1	1
8	Vivian Reinikainen	67F	Santa Fe, NM USA	250,000	142.05	7	1
9	Kent Price	71M	San Carlos, CA USA	215,110	122.22	2	1
10	Michael Nasta	63M	East Meadow, NY USA	212,080	120.50	3	1
11	Andrea Harris	60F	Pukalani, HI USA	200,350	113.84	8	2
12	Jaymi MacKenzie	23F	Lexington, KY USA	200,000	113.64	9	1
13	Curtis Barteau	57M	Seldon, NY USA	195,434	111.04	4	2
14	Dave Arlander	69M	Rochester, MN USA	180,148	102.36	5	1
15	Andrew Grannell	62M	Annapolis, MD USA	170,000	96.59	6	2
16	Michael Carew	60M	Bend, OR USA	162,930	92.57	7	3
17	Jim Kofler	46M	Rochester, MN USA	161,000	91.48	8	1
18	Steve Benson	63M	Rochester, MN USA	152,860	86.85	9	4
19	Shirley Loftus-Charley	58F	Afton, VA USA	152,478	86.64	10	3
20	Brian Bachman	35M	Rochester, MN USA	150,258	85.37	10	1
21	Ray Muench	51M	St. Louis, MO USA	148,978	84.65	11	1
22	Jim Stewart	53M	Rochester, MN USA	146,750	83.38	12	2
23	George Nelson	64M	Kirkwood, MO USA	143,263	81.40	13	5
24	Julie Andrade	48F	Beaverton, OR USA	140,800	80.00	11	1
25	John Walkky	56M	Portland, OR USA	130,600	74.20	14	3

PI	Name	Age	City/State/Country	Yardage	Miles	Gen. PL	A.G. PL
26	Robert Albright	44M	Rochester, MN USA	128,300	72.90	15	1
27	Barb Hewitt	50F	Lakewood, CO USA	128,000	72.73	12	3
28	Matthew Bronson	44M	Spokane, WA USA	126,924	72.12	16	2
29	Utley Noble	46M	Arrington, TN USA	126,505	71.88	17	2
30	Heather Burger	48F	Bainbridge Island, WA USA	126,500	71.88	13	2
31	Megan Lassen	39F	Portland, OR USA	125,641	71.39	14	1
32	Pam Kimmel	45F	Versailles, KY USA	125,000	71.02	15	3
33	Lyle Grosbach	49M	Rochester, MN USA	123,400	70.11	18	3
34	Dallas Figley	57M	Woodburn, OR USA	122,600	69.66	19	4
35	Ellen Youngers	52F	Oronoco, MN USA	120,250	68.32	16	4
36	Jason Lassen	37M	Portland, OR USA	120,045	68.21	20	2
37	Pete Saloutos	62M	Bainbridge Island, WA USA	120,000	68.18	21	6
38	Sally Marshall	61F	Larkspur, CA USA	116,270	66.06	17	3
39	Rita Belserene	58F	Bainbridge Island, WA USA	115,100	65.40	18	4
40	Grayson Marshall	67M	Larkspur, CA USA	111,675	63.45	22	2
41	Kennard Goodman	56M	Bainbridge Island, WA USA	111,400	63.30	23	5
42	Brendan Kelly	36M	Charlottesville, VA USA	110,200	62.61	24	3
42	Tom Tanner	54M	Troutdale, OR USA	110,200	62.61	24	3
44	Allan Thorpe	60M	Bainbridge Island, WA USA	110,000	62.50	26	7
45	John Shrum	61M	Charlottesville, VA USA	109,100	61.99	27	8
46	Margaret Sandner	59F	Morrison, CO USA	108,075	61.41	19	5
47	David Rice	43M	Vancouver, WA USA	106,808	60.69	28	3
48	Joscelyn Martin	38F	Zumbro Falls, MN USA	106,600	60.57	20	2
49	Karen Gernert	39F	Fishers, IN USA	106,275	60.38	21	3
50	Michelle McConica	53F	Ventura, CA USA	106,210	60.35	22	5
51	Pat Pallotta	53F	Crofton, MD USA	105,300	59.83	23	6
52	Will Moser	75M	Racine, WI USA	105,200	59.77	29	1
53	Ian Redpath	85M	Runaway Bay, QLD Australia	104,552	59.40	30	1
54	Brian Pittner	44M	Rochester, MN USA	104,390	59.31	31	4
55	Jim Teisher	60M	Beaverton, OR USA	104,300	59.26	32	9
56	Vince Herring	67M	Rochester, MN USA	103,205	58.64	33	3
57	Marisa Frieder	40F	Portland, OR USA	102,600	58.30	24	1
58	Danielle Aanenson	27F	Portland, OR USA	102,200	58.07	25	1
58	Alison Craig	52F	Bainbridge Island, WA USA	102,200	58.07	25	7
60	Tony White	25M	Lexington, KY USA	101,800	57.84	34	1
61	David Hathaway	49M	Portland, OR USA	101,700	57.78	35	4
62	Elizabeth Harrison	35F	Portland, OR USA	101,400	57.61	27	4
63	Jason Troutman	29M	Alburtis, PA USA	101,261	57.53	36	2
64	Richard Knowles	48M	Temperance, MI USA	100,800	57.27	37	5
65	Perry Heath	59M	Indianapolis, IN USA	100,550	57.13	38	6
65	Gayle Orner	47F	Corvallis, OR USA	100,550	57.13	28	4
67	David Radcliff	75M	Hillsboro, OR USA	100,400	57.05	39	2
68	Nancy Harris	53F	Rochester, MN USA	100,320	57.00	29	8
69	Becky Britton	49F	Rochester, MN USA	100,300	56.99	30	5
70	Jeff Watson	46M	Philomath, OR USA	100,164	56.91	40	6
71	Christine Somera	24F	Gresham, OR USA	94,208	53.53	31	2
72	Tricia Calvert	52F	Lexington, KY USA	88,600	50.34	32	9
73	Debra Johnson	56F	Allentown, PA USA	88,000	50.00	33	6
74	Valerie Anderson	53F	Woodburn, OR USA	85,300	48.47	34	10
75	Mark Hagen	52M	Rochester, MN USA	80,550	45.77	41	4
76	Kelly French	47F	Rochester, MN USA	80,445	45.71	35	6
77	Jason Murphy	28M	Lexington, KY USA	78,800	44.77	42	3
78	Wilk West	54M	Collierville, TN USA	76,400	43.41	43	5
79	Kate Carr	43F	Bainbridge Island, WA USA	75,000	42.61	36	2
80	James Brent	55M	Oak Ridge, TN USA	74,913	42.56	44	7
81	Jay Stemmler	52M	Indianola, WA USA	74,650	42.41	45	6
82	Cassie Mallen	59F	Pukalani, HI USA	74,120	42.11	37	7
83	John Murphy	81M	Massapequa Pk, NY USA	73,928	42.00	46	1
84	Meg Misenti	44F	Bainbridge Island, WA USA	72,800	41.36	38	3

PI	Name	Age	City/State/Country	Yardage	Miles	Gen. PL	A.G. PL
85	Gordon Doblak	49M	Rochester, MN USA	72,300	41.08	47	7
86	Jon Schieltz	71M	Beaverton, OR USA	71,900	40.85	48	2
87	Mary Gray	52F	Mantorville, MN USA	71,225	40.47	39	11
88	Kate Reynolds	60F	Cedar Grove, NJ USA	70,600	40.11	40	4
89	Mike Bridges	62M	Ventura, CA USA	70,500	40.06	49	10
90	Ken Calvert	53M	Lexington, KY USA	70,450	40.03	50	7
91	Nancy Kryka	54F	Rochester, MN USA	70,338	39.96	41	12
92	Meegan Wilson	61F	Gainesville, FL USA	70,200	39.89	42	5
93	Graciela Porraz Capetillo	48F	Rochester, MN USA	70,000	39.77	43	7
94	Ron Johannsen	67M	Rochester, MN USA	69,600	39.55	51	4
95	Sallie Perkins	49F	Rochester, MN USA	66,000	37.50	44	8
96	Dana Haugli	47F	Lexington, KY USA	65,580	37.26	45	9
97	Katalin Morden	67F	Gladstone, QLD Australia	65,305	37.11	46	2
98	D. J. Murray	80F	Hilton Head Island, SC USA	62,600	35.57	47	1
99	R. Barney Voegtlen	61M	Bainbridge Island, WA USA	62,300	35.40	52	11
100	Janice Kregor	53F	Lexington, KY USA	62,000	35.23	48	13
101	Irene Meyer	53F	Rochester, MN USA	61,700	35.06	49	14
102	Kermit Yensen	56M	Lake Oswego, OR USA	61,600	35.00	53	8
103	Amin Chisti	59M	Beaverton, OR USA	61,200	34.77	54	9
104	Gail Kimberling	54F	Otis, OR USA	60,764	34.53	50	15
105	Matt Youngers	21M	Oronoco, MN USA	60,750	34.52	55	1
106	John Voss	60M	Lexington, KY USA	60,150	34.18	56	12
107	Lisa Claesson-Gordon	47F	Bainbridge Island, WA USA	60,000	34.09	51	10
108	Mary Ann Getty	51F	Lexington, KY USA	59,400	33.75	52	16
109	Marcy Ross	49F	Reno, NV USA	58,800	33.41	53	11
110	Tim Kirby	48M	McMinnville, OR USA	58,600	33.30	57	8
111	Pete Turner	50M	Palm Bay, FL USA	58,100	33.01	58	8
112	Jake Athanas	22M	Lexington, KY USA	57,500	32.67	59	2
113	Art Simuro	47M	Plainview, NY USA	56,700	32.22	60	9
114	Edward Borella	59M	Aquebogue, NY USA	56,250	31.96	61	10
115	Michael Harris	76M	Soldotna, AK USA	55,800	31.70	62	3
116	Steve Erickson	55M	Ojai, CA USA	55,100	31.31	63	11
117	Bryan Johnson	55M	Indianapolis, IN USA	55,000	31.25	64	12
117	Edward Price	65M	Cold Spring Harbor, NY USA	55,000	31.25	64	5
119	Alison Moore	39F	Gainesville, VA USA	54,600	31.02	54	5
120	Arlene Delmage	47F	Vancouver, WA USA	53,800	30.57	55	12
121	Alex Hooke	26M	Rochester, MN USA	53,700	30.51	66	4
122	Pete Brooks	55M	Rochester, MN USA	52,675	29.93	67	13
123	Raymond Allen	83M	Central Point, OR USA	52,500	29.83	68	2
124	Virginia Golden	51F	Roseville, CA USA	52,450	29.80	56	17
125	Orlando Boleda	55M	Bainbridge Island, WA USA	52,200	29.66	69	14
126	James Bowditch	72M	Bainbridge Island, WA USA	52,000	29.55	70	3
126	William Malone	61M	Goshen, IN USA	52,000	29.55	70	13
128	Kristi Panayotoff	61F	Lincolnton, ME USA	51,650	29.35	57	6
129	Lon Hays	52M	Lexington, KY USA	51,000	28.98	72	9
130	Lorrie Bennett	52F	Rochester, MN USA	50,000	28.41	58	18
131	James Kroll	65M	Rochester, MN USA	49,280	28.00	73	6
132	Malinda Case	68F	Sun City, AZ USA	49,100	27.90	59	3
133	Susan Albright	54F	Portland, OR USA	48,250	27.41	60	19
134	Cali Salley	25F	Rochester, MN USA	48,200	27.39	61	2
135	Matt Browning	37M	Portland, OR USA	48,150	27.36	74	4
136	Linda Meyer	20F	Bainbridge Island, WA USA	48,100	27.33	62	3
137	Tom Dwinnell	74M	Soldotna, AK USA	47,500	26.99	75	4
138	David Feldman	51M	Scotch Plains, NJ USA	47,382	26.92	76	10
139	Rick Stafford	62M	Bainbridge Island, WA USA	47,350	26.90	77	14
140	Dolly Slater	76F	Owls Head, ME USA	46,600	26.48	63	2
141	Brian Russell	52M	Bainbridge Island, WA USA	46,400	26.36	78	11
142	Julie Soltys	31F	North Plainfield, NJ USA	46,100	26.19	64	1
143	Amy Johnson	68F	Buffalo, NY USA	46,050	26.16	65	4

PI	Name	Age	City/State/Country	Yardage	Miles	Gen. PL	A.G. PL
144	George Roudebush	84M	Bainbridge Island, WA USA	45,750	25.99	79	3
145	Elizabeth Tronoski	48F	Winchester, KY USA	45,500	25.85	66	13
146	Tom Jaeger	51M	Rochester, MN USA	45,300	25.74	80	12
147	Jon Schultz	42M	Rochester, MN USA	45,200	25.68	81	5
148	Geraldine Kawabata	75F	Beaverton, OR USA	45,150	25.65	67	3
149	Judy Wagner	65F	College Station, TX USA	44,400	25.23	68	5
150	Mike Joyner	51M	Rochester, MN USA	44,137	25.08	82	13
151	Brian Young	42M	Portland, OR USA	43,650	24.80	83	6
152	Lisa Kromka	51F	Camarillo, CA USA	43,500	24.72	69	20
153	Neva Winter	36F	Hillsboro, OR USA	43,105	24.49	70	6
154	Anne Voegtlen	59F	Bainbridge Island, WA USA	43,100	24.49	71	8
155	Susie Young	40F	Portland, OR USA	43,050	24.46	72	4
156	Loralie Langman	43F	Rochester, MN USA	43,025	24.45	73	5
157	Alanna Woods	35F	Beaverton, OR USA	42,100	23.92	74	7
158	Nancy Pieroni	42F	Crystal Lake, IL USA	42,050	23.89	75	6
159	Susan Cox	72F	Lexington, KY USA	41,500	23.58	76	1
160	Tracy Spigelman	35F	Lexington, KY USA	41,000	23.30	77	8
160	Linda Warren	52F	Bainbridge Island, WA USA	41,000	23.30	77	21
162	David Burgio	66M	Lexington, KY USA	40,750	23.15	84	7
163	Jan Jeddelloh	54F	Portland, OR USA	40,700	23.13	79	22
164	Jason Aylsworth	21M	Chatfield, MN USA	40,450	22.98	85	3
164	George Van Meter	54M	Lexington, KY USA	40,450	22.98	85	14
166	Jamie Whitney	45F	Seabeck, WA USA	40,050	22.76	80	14
167	Gretel Compton	53F	Camarillo, CA USA	40,000	22.73	81	23
167	Chuck Harbaugh	81M	Lakewood, CO USA	40,000	22.73	87	4
169	Marci Casey	45F	Lexington, KY USA	39,900	22.67	82	15
170	Lisa Wittmer	42F	Edina, MN USA	39,600	22.50	83	7
171	Kate Carruthers	61F	Bainbridge Island, WA USA	39,400	22.39	84	7
171	Dave Knodel	54M	Maple Grove, MN USA	39,400	22.39	88	15
173	Jenifer George	32F	Sheridan, OR USA	39,150	22.24	85	2
174	Pam Ogden	53F	Eau Claire, WI USA	38,900	22.10	86	24
175	George Carney	82M	Waynesboro, VA USA	38,494	21.87	89	5
176	Mark Naperkowski	49M	Ashley, PA USA	38,150	21.68	90	10
177	Kiaran McGee	45M	Rochester, MN USA	37,500	21.31	91	11
178	Kathy Williams	47F	Rochester, MN USA	37,200	21.14	87	16
179	Maureen Lue	46F	Bartlett, IL USA	36,500	20.74	88	17
180	Kim Williams	57F	Bainbridge Island, WA USA	36,000	20.45	89	9
181	Joseph Persico	59M	Shavertown, PA USA	35,000	19.89	92	15
182	Martha McMahan	53F	Woolford, MD USA	32,500	18.47	90	25
182	Cindy Todd	67F	Lexington, KY USA	32,500	18.47	90	6
184	Paula Whipple	51F	Philomath, OR USA	32,044	18.21	92	26
185	Colleen Farnham	57F	Walla Walla, WA USA	31,983	18.17	93	10
186	Paula Pavelco	51F	Slatington, PA USA	31,708	18.02	94	27
187	Sandy Bratz	62F	Bainbridge Island, WA USA	31,650	17.98	95	8
188	Chris Cleary	52M	Gainesville, FL USA	31,150	17.70	93	16
189	Sheri Somers	57F	Bainbridge Island, WA USA	31,000	17.61	96	11
190	Dennis Sawyer	66M	Seabeck, WA USA	30,900	17.56	94	8
191	Bill Sturm	66M	Lexington, KY USA	30,800	17.50	95	9
192	C Renato Moreira	42M	Lexington, KY USA	30,700	17.44	96	7
193	Cynthia Bennett	37F	Lexington, KY USA	30,600	17.39	97	9
194	Hilal Kremers	45F	Rochester, MN USA	30,550	17.36	98	18
195	Betty Harris	75F	Soldotna, AK USA	29,300	16.65	99	4
196	Tamara Tulou	35F	Bainbridge Island, WA USA	29,200	16.59	100	10
197	Linda Dillon	69F	Lakewood, CO USA	28,100	15.97	101	7
198	Mimi Ward	51F	Shelbyville, KY USA	27,950	15.88	102	28
199	Kathy Holter	58F	South Park, PA USA	27,700	15.74	103	12
200	Mary Thompson	50F	Union, ME USA	27,025	15.36	104	29
201	Eugenie Gruender	81F	Topeka, KS USA	27,000	15.34	105	2
202	Jose Gonzalez-Jauregui	70M	Houston, TX USA	26,400	15.00	97	5

PI	Name	Age	City/State/Country	Yardage	Miles	Gen. PL	A.G. PL
203	Marge Carhart	73F	Island Lake, IL USA	26,050	14.80	106	2
204	Francesca Genovese-Finch	35F	Portland, OR USA	25,950	14.74	107	11
205	Diane Farley	44F	Lexington, KY USA	24,800	14.09	108	8
206	Anne Schmidt	45F	Portland, OR USA	24,750	14.06	109	19
207	Kyle Kersey	45M	Gresham, OR USA	24,205	13.75	98	12
208	Lois Madsen	77F	Lakewood, IL USA	24,100	13.69	110	5
209	Ben Davis	51M	Lexington, KY USA	24,000	13.64	99	17
210	Amy Anderson	45F	Rochester, MN USA	23,950	13.61	111	20
211	Greg Anshus	53M	Chattfield, MN USA	23,000	13.07	100	18
212	Ryan Roche	32M	Lexington, KY USA	22,900	13.01	101	1
213	Roger Brockenbrough	75M	Pittsburgh, PA USA	22,200	12.61	102	4
214	Nancy Lawrence	87F	Sequim, WA USA	22,000	12.50	112	1
214	Beverly Underwood	75F	Ottawa, IL USA	22,000	12.50	112	6
216	Bart Berg	59M	Bainbridge Island, WA USA	21,700	12.33	103	16
217	Stephanie Fee	38F	Rochester, MN USA	20,750	11.79	114	12
218	Gretchen Gende	39F	Bainbridge Island, WA USA	20,500	11.65	115	13
219	Kimo Harris	54M	Pukalani, HI USA	20,350	11.56	104	19
220	Ben Allen	25M	Lexington, KY USA	20,000	11.36	105	5
220	Linda Wainio	56F	Maplewood, MN USA	20,000	11.36	116	13
222	Joe Wilson	75M	Lexington, KY USA	19,550	11.11	106	5
223	Cindy Ruggiero	46F	Bainbridge Island, WA USA	19,450	11.05	117	21
224	Fran Justinger	58F	West Bend, WI USA	19,083	10.84	118	14
225	Jocelyn Waite	41F	Bainbridge Island, WA USA	18,450	10.48	119	9
226	Tammy Watson	45F	Rochester, MN USA	18,000	10.23	120	22
226	Bridget Zaro	38F	Bainbridge Island, WA USA	18,000	10.23	120	14
228	Bill Krauss	48M	Rochester, MN USA	17,050	9.69	107	13
229	Kevin Lue	50M	Bartlett, IL USA	16,600	9.43	108	20
230	Sara Joswiak	42F	Cystal Lake, IL USA	16,100	9.15	122	10
231	Meg Smath	53F	Nicholasville, KY USA	15,800	8.98	123	30
232	Shelley Reimer	40F	Bainbridge Island, WA USA	15,000	8.52	124	11
233	Marie Brown	85F	Nashua, NH USA	14,408	8.19	125	2
234	Charity Floen	51F	Rochester, MN USA	14,100	8.01	126	31
235	Wyatt Byrne	22M	Rochester, MN USA	13,250	7.53	109	4
236	Maren Breitwieser	55F	Indianapolis, IN USA	12,250	6.96	127	15
237	Thomas Hinds	62M	Solana Beach, CA USA	12,000	6.82	110	15
238	Helena Robinson	62F	Arundel, West Sussex England	11,511	6.54	128	9
239	Jane Cobos	64F	Bryan, TX USA	11,000	6.25	129	10
240	John Taylor	65M	Lexington, KY USA	10,700	6.08	111	10
241	Jo Ann Casselberry	55F	Corvallis, OR USA	10,300	5.85	130	16
242	Lillie Thompson	68F	Austin, TX USA	8,421	4.78	131	8
243	Carol Karnes	50F	Rochester, MN USA	8,400	4.77	132	32
244	Rebecca Schultz	53F	McHenry, IL USA	8,000	4.55	133	33
245	Alex Borgen	24M	Rochester, MN USA	7,711	4.38	112	5
246	Sheridan Jones	82M	Lincoln City, OR USA	7,108	4.04	113	6
247	Kate Thompson	25F	Rochester, MN USA	7,100	4.03	134	3
248	Rochelle Arviso	43F	Rochester, MN USA	6,000	3.41	135	12
249	Elfie Stevenin	88F	Salem, OR USA	5,600	3.18	136	3
250	John Sfire	55M	Rochester, MN USA	4,950	2.81	114	17
251	Beth Youngers	25F	Rochester, MN USA	3,200	1.82	137	4
252	Karen Frieder	68F	Wheatfield, NY USA	Entered Days			
253	Mark Becker	55M	Portland, OR USA	Entered Days			
254	Beth Foland	54F	Carmel, IN USA	Entered Days			
255	Ron Marino	59M	Babylon, NY USA	Entered Days			
256	Meg Mayer	42F	Rochester, MN USA	Entered Days			
257	Laurie Ramsey	45F	Beaverton, OR USA	Entered Days			
258	Carol Stark	61F	Mulino, OR USA	Entered Days			
259	Allen Stark	61M	Mulino, OR USA	Entered Days			
260	Jeanne Welter	46F	Portland, OR USA	Entered Days			

2010 FEBRUARY FITNESS CHALLENGE



Overall Results: Number of Days

2010 FEBRUARY FITNESS CHALLENGE



Name	Age/ Gender	City/State/Country	Days	Name	Age/ Gender	City/State/Country	Days
Danielle Aanenson	27F	Portland, OR USA	28	Debra Johnson	56F	Allentown, PA USA	25
Heather Adkins-Narte	55F	Bainbridge Island, WA USA	28	Amy Johnson	68F	Buffalo, NY USA	25
Robert Albright	44M	Rochester, MN USA	28	Pam Kimmel	45F	Versailles, KY USA	25
Dave Arlander	69M	Rochester, MN USA	28	Jim McConica	59M	Ventura, CA USA	25
Curtis Barteau	57M	Seldon, NY USA	28	Will Moser	75M	Racine, WI USA	25
Steve Benson	63M	Rochester, MN USA	28	Graciela Porraz Capetillo	48F	Rochester, MN USA	25
James Brent	55M	Oak Ridge, TN USA	28	Edward Price	65M	Cold Spring Harbor, NY USA	25
Becky Britton	49F	Rochester, MN USA	28	Kate Reynolds	60F	Cedar Grove, NJ USA	25
Michael Carew	60M	Bend, OR USA	28	Jon Schieltz	71M	Beaverton, OR USA	25
Amin Chisti	59M	Beaverton, OR USA	28	Kathleen Brunner	56F	Seattle, WA USA	24
Dallas Figley	57M	Woodburn, OR USA	28	Jewell Grigsby-Martin	78F	Stafford, VA USA	24
Nancy Harris	53F	Rochester, MN USA	28	Elizabeth Harrison	35F	Portland, OR USA	24
Perry Heath	59M	Indianapolis, IN USA	28	Cassie Mallen	59F	Pukalani, HI USA	24
Gail Kimberling	54F	Otis, OR USA	28	Meg Mayer	42F	Rochester, MN USA	24
Richard Knowles	48M	Temperance, MI USA	28	Brian Pittner	44M	Rochester, MN USA	24
Jim Kofler	46M	Rochester, MN USA	28	David Radcliff	75M	Hillsboro, OR USA	24
James Kroll	65M	Rochester, MN USA	28	Pete Saloutos	62M	Bainbridge Island, WA USA	24
Babs Larsen	62F	Rochester, MN USA	28	Tom Tanner	54M	Troutdale, OR USA	24
Megan Lassen	39F	Portland, OR USA	28	Lorrie Bennett	52F	Rochester, MN USA	23
Jason Lassen	37M	Portland, OR USA	28	David Hathaway	49M	Portland, OR USA	23
Sally Marshall	61F	Larkspur, CA USA	28	Ron Johannsen	67M	Rochester, MN USA	23
Grayson Marshall	67M	Larkspur, CA USA	28	Mike Joyner	51M	Rochester, MN USA	23
Joscelyn Martin	38F	Zumbro Falls, MN USA	28	D. J. Murray	80F	Hilton Head Island, SC USA	23
Michelle McConica	53F	Ventura, CA USA	28	Maureen Rohrs	54F	Severna Park, MD USA	23
Ray Muench	51M	St. Louis, MO USA	28	Dolly Slater	76F	Owls Head, ME USA	23
Michael Nasta	63M	East Meadow, NY USA	28	Jim Teisher	60M	Beaverton, OR USA	23
George Nelson	64M	Kirkwood, MO USA	28	Kathy Williams	47F	Rochester, MN USA	23
Utile Noble	46M	Arrington, TN USA	28	Rita Belserene	58F	Bainbridge Island, WA USA	22
Gayle Orner	47F	Corvallis, OR USA	28	Heather Burger	48F	Bainbridge Island, WA USA	22
Kent Price	71M	San Carlos, CA USA	28	Tricia Calvert	52F	Lexington, KY USA	22
Ian Redpath	85M	Runaway Bay, QLD Australia	28	Kelly French	47F	Rochester, MN USA	22
Vivian Reinikainen	67F	Santa Fe, NM USA	28	Mark Hagen	52M	Rochester, MN USA	22
David Rice	43M	Vancouver, WA USA	28	Christine Somera	24F	Gresham, OR USA	22
Margaret Sandner	59F	Morrison, CO USA	28	John Walkky	56M	Portland, OR USA	22
Carol Stark	61F	Mulino, OR USA	28	Valerie Anderson	53F	Woodburn, OR USA	21
Jason Troutman	29M	Alburtis, PA USA	28	Malinda Case	68F	Sun City, AZ USA	21
Jeff Watson	46M	Philomath, OR USA	28	Kennard Goodman	56M	Bainbridge Island, WA USA	21
Wilk West	54M	Collierville, TN USA	28	Andrew Grannell	62M	Annapolis, MD USA	21
Paula Whipple	51F	Philomath, OR USA	28	Lon Hays	52M	Lexington, KY USA	21
Ellen Youngers	52F	Oronoco, MN USA	28	Vince Herring	67M	Rochester, MN USA	21
Raymond Allen	83M	Central Point, OR USA	27	Marcy Ross	49F	Reno, NV USA	21
Julie Andrade	48F	Beaverton, OR USA	27	Allen Stark	61M	Mulino, OR USA	21
Matthew Bronson	44M	Spokane, WA USA	27	John Voss	60M	Lexington, KY USA	21
Gordon Doblal	49M	Rochester, MN USA	27	Mike Bridges	62M	Ventura, CA USA	20
Lyle Grosbach	49M	Rochester, MN USA	27	Pete Brooks	55M	Rochester, MN USA	20
Eugenie Gruender	81F	Topeka, KS USA	27	Marge Carhart	73F	Island Lake, IL USA	20
Andrea Harris	60F	Pukalani, HI USA	27	Kate Carr	43F	Bainbridge Island, WA USA	20
Lynn Kubasek	51F	Laguna Beach, CA USA	27	Gretel Compton	53F	Camarillo, CA USA	20
Jaymi MacKenzie	23F	Lexington, KY USA	27	Marisa Frieder	40F	Portland, OR USA	20
Kristi Panayotoff	61F	Lincolnton, ME USA	27	Chuck Harbaugh	81M	Lakewood, CO USA	20
Karen Gernert	39F	Fishers, IN USA	26	Dana Haugli	47F	Lexington, KY USA	20
Brendan Kelly	36M	Charlottesville, VA USA	26	Nancy Lawrence	87F	Sequim, WA USA	20
Brian Bachman	35M	Rochester, MN USA	25	Meg Misenti	44F	Bainbridge Island, WA USA	20

Name	Age/ Gender	City/State/Country	Days	Name	Age/ Gender	City/State/Country	Days
Jason Murphy	28M	Lexington, KY USA	20	Art Simuro	47M	Plainview, NY USA	15
John Murphy	81M	Massapequa Pk, NY USA	20	R. Barney Voegtlen	61M	Bainbridge Island, WA USA	15
Anne Schmidt	45F	Portland, OR USA	20	Judy Wagner	65F	College Station, TX USA	15
Jim Stewart	53M	Rochester, MN USA	20	Lisa Wittmer	42F	Edina, MN USA	15
Allan Thorpe	60M	Bainbridge Island, WA USA	20	Mary Ann Getty	51F	Lexington, KY USA	14
Meegan Wilson	61F	Gainesville, FL USA	20	Betty Harris	75F	Soldotna, AK USA	14
Alanna Woods	35F	Beaverton, OR USA	20	Barb Hewitt	50F	Lakewood, CO USA	14
James Bowditch	72M	Bainbridge Island, WA USA	19	Lisa Kromka	51F	Camarillo, CA USA	14
Alison Craig	52F	Bainbridge Island, WA USA	19	Loralie Langman	43F	Rochester, MN USA	14
Beth Foland	54F	Carmel, IN USA	19	Lois Madsen	77F	Lakewood, IL USA	14
Michael Harris	76M	Soldotna, AK USA	19	Linda Meyer	20F	Bainbridge Island, WA USA	14
Nancy Kryka	54F	Rochester, MN USA	19	Alison Moore	39F	Gainesville, VA USA	14
Maureen Lue	46F	Bartlett, IL USA	19	Pam Ogden	53F	Eau Claire, WI USA	14
Cali Salley	25F	Rochester, MN USA	19	Bill Sturm	66M	Lexington, KY USA	14
John Shrum	61M	Charlottesville, VA USA	19	Neva Winter	36F	Hillsboro, OR USA	14
Jay Stemmler	52M	Indianola, WA USA	19	Brian Young	42M	Portland, OR USA	14
Edward Borella	59M	Aquebogue, NY USA	18	Susan Albright	54F	Portland, OR USA	13
David Burgio	66M	Lexington, KY USA	18	Jake Athanas	22M	Lexington, KY USA	13
Ken Calvert	53M	Lexington, KY USA	18	George Carney	82M	Waynesboro, VA USA	13
Steve Erickson	55M	Ojai, CA USA	18	Kimo Harris	54M	Pukalani, HI USA	13
Karen Frieder	68F	Wheatfield, NY USA	18	Fran Justinger	58F	West Bend, WI USA	13
Virginia Golden	51F	Roseville, CA USA	18	Dave Knodel	54M	Maple Grove, MN USA	13
Mary Gray	52F	Mantorville, MN USA	18	Kiaran McGee	45M	Rochester, MN USA	13
Shirley Loftus-Charley	58F	Afton, VA USA	18	Paula Pavelco	51F	Slatington, PA USA	13
Katalin Morden	67F	Gladstone, QLD Australia	18	Jon Schultz	42M	Rochester, MN USA	13
Linda Wainio	56F	Maplewood, MN USA	18	Jeanne Welter	46F	Portland, OR USA	13
Mark Becker	55M	Portland, OR USA	17	Jamie Whitney	45F	Seabeck, WA USA	13
Matt Browning	37M	Portland, OR USA	17	Susie Young	40F	Portland, OR USA	13
Lisa Claesson-Gordon	47F	Bainbridge Island, WA USA	17	Ben Allen	25M	Lexington, KY USA	12
Tom Dwinell	74M	Soldotna, AK USA	17	Sandy Bratz	62F	Bainbridge Island, WA USA	12
Tim Kirby	48M	McMinnville, OR USA	17	Susan Cox	72F	Lexington, KY USA	12
Irene Meyer	53F	Rochester, MN USA	17	Ben Davis	51M	Lexington, KY USA	12
Pat Pallotta	53F	Crofton, MD USA	17	Colleen Farnham	57F	Walla Walla, WA USA	12
George Roudebush	84M	Bainbridge Island, WA USA	17	Alex Hooke	26M	Rochester, MN USA	12
Rick Stafford	62M	Bainbridge Island, WA USA	17	Helena Robinson	62F	Arundel, West Sussex England	12
Pete Turner	50M	Palm Bay, FL USA	17	John Sfire	55M	Rochester, MN USA	12
Linda Warren	52F	Bainbridge Island, WA USA	17	Tracy Spigelman	35F	Lexington, KY USA	12
Tony White	25M	Lexington, KY USA	17	Cindy Todd	67F	Lexington, KY USA	12
Kermit Yensen	56M	Lake Oswego, OR USA	17	Elizabeth Tronoski	48F	Winchester, KY USA	12
Matt Youngers	21M	Oronoco, MN USA	17	Beverly Underwood	75F	Ottawa, IL USA	12
Chris Cleary	52M	Gainesville, FL USA	16	Cynthia Bennett	37F	Lexington, KY USA	11
Arlene Delmage	47F	Vancouver, WA USA	16	Kate Carruthers	61F	Bainbridge Island, WA USA	11
Diane Farley	44F	Lexington, KY USA	16	Marci Casey	45F	Lexington, KY USA	11
Jose Gonzalez-Jauregui	70M	Houston, TX USA	16	Sara Joswiak	42F	Cystal Lake, IL USA	11
Tom Jaeger	51M	Rochester, MN USA	16	Hilal Kremers	45F	Rochester, MN USA	11
Bryan Johnson	55M	Indianapolis, IN USA	16	Dennis Sawyer	66M	Seabeck, WA USA	11
Geraldine Kawabata	75F	Beaverton, OR USA	16	Meg Smath	53F	Nicholasville, KY USA	11
Sallie Perkins	49F	Rochester, MN USA	16	Julie Soltys	31F	North Plainfield, NJ USA	11
Nancy Pieroni	42F	Crystal Lake, IL USA	16	Tamara Tulou	35F	Bainbridge Island, WA USA	11
George Van Meter	54M	Lexington, KY USA	16	Anne Voegtlen	59F	Bainbridge Island, WA USA	11
Beth Youngers	25F	Rochester, MN USA	16	Roger Brockenbrough	75M	Pittsburgh, PA USA	10
Orlando Boleda	55M	Bainbridge Island, WA USA	15	Marie Brown	85F	Nashua, NH USA	10
David Feldman	51M	Scotch Plains, NJ USA	15	Kyle Kersey	45M	Gresham, OR USA	10
Jenifer George	32F	Sheridan, OR USA	15	Martha McMahan	53F	Woolford, MD USA	10
Jan Jeddelloh	54F	Portland, OR USA	15	Mary Thompson	50F	Union, ME USA	10
Janice Kregor	53F	Lexington, KY USA	15	Kim Williams	57F	Bainbridge Island, WA USA	10
William Malone	61M	Goshen, IN USA	15	Joe Wilson	75M	Lexington, KY USA	10
Ron Marino	59M	Babylon, NY USA	15	Jason Aylsworth	21M	Chatfield, MN USA	9
Mark Naperkowski	49M	Ashley, PA USA	15	Stephanie Fee	38F	Rochester, MN USA	9
Joseph Persico	59M	Shavertown, PA USA	15	Gretchen Gende	39F	Bainbridge Island, WA USA	9
Brian Russell	52M	Bainbridge Island, WA USA	15	Kathy Holter	58F	South Park, PA USA	9

Name	Age/ Gender	City/State/Country	Days	Name	Age/ Gender	City/State/Country	Days
Kevin Lue	50M	Bartlett, IL USA	9	Linda Dillon	69F	Lakewood, CO USA	7
C Renato Moreira	42M	Lexington, KY USA	9	Charity Floen	51F	Rochester, MN USA	7
Cindy Ruggiero	46F	Bainbridge Island, WA USA	9	Ryan Roche	32M	Lexington, KY USA	7
Sheri Somers	57F	Bainbridge Island, WA USA	9	John Taylor	65M	Lexington, KY USA	7
Tammy Watson	45F	Rochester, MN USA	9	Bridget Zaro	38F	Bainbridge Island, WA USA	7
Bart Berg	59M	Bainbridge Island, WA USA	8	Jane Cobos	64F	Bryan, TX USA	6
Maren Breitwieser	55F	Indianapolis, IN USA	8	Bill Krauss	48M	Rochester, MN USA	6
Francesca Genovese-Finch	35F	Portland, OR USA	8	Thomas Hinds	62M	Solana Beach, CA USA	5
Sheridan Jones	82M	Lincoln City, OR USA	8	Shelley Reimer	40F	Bainbridge Island, WA USA	5
Laurie Ramsey	45F	Beaverton, OR USA	8	Alex Borgen	24M	Rochester, MN USA	4
Elfie Stevenin	88F	Salem, OR USA	8	Carol Karnes	50F	Rochester, MN USA	4
Jocelyn Waite	41F	Bainbridge Island, WA USA	8	Rebecca Schultz	53F	McHenry, IL USA	4
Mimi Ward	51F	Shelbyville, KY USA	8	Rochelle Arviso	43F	Rochester, MN USA	3
Amy Anderson	45F	Rochester, MN USA	7	Wyatt Byrne	22M	Rochester, MN USA	3
Greg Anshus	53M	Chattfield, MN USA	7	Lillie Thompson	68F	Austin, TX USA	3
Jo Ann Casselberry	55F	Corvallis, OR USA	7	Kate Thompson	25F	Rochester, MN USA	3



Improvement: 2009 to 2010

This chart tracks the improvement of those who swam in 2009 and 2010. We have only included the positive results. Way to go!



Name	2010 Distance	2009 Distance	Percent Change	Name	2010 Distance	2009 Distance	Percent Change	Name	2010 Distance	2009 Distance	Percent Change
Mark Hagen	80,550	17,800	352.53%	Linda Dillon	28,100	18,200	54.40%	Pete Brooks	52,675	45,350	16.15%
Wyatt Byrne	13,250	3,750	253.33%	Robert Albright	128,300	83,300	54.02%	Wilk West	76,400	66,000	15.76%
Brian Pittner	104,390	30,700	240.03%	Pam Kimmel	125,000	81,300	53.75%	Steve Benson	152,860	133,125	14.82%
Dave Arlander	180,148	63,300	184.59%	Ron Johannsen	69,600	46,100	50.98%	Ellen Youngers	120,250	105,300	14.20%
Jim McConica	251,000	100,000	151.00%	Irene Meyer	61,700	41,200	49.76%	Mike Joyner	44,137	39,000	13.17%
H. Adkins-Narte	300,000	136,275	120.14%	R. Barney Voegtlen	62,300	41,700	49.40%	Jim Stewart	146,750	129,925	12.95%
G. Porraz Capetillo	70,000	32,200	117.39%	Grayson Marshall	111,675	77,200	44.66%	Brian Young	43,650	38,650	12.94%
Tricia Calvert	88,600	41,150	115.31%	Margaret Sandner	108,075	75,300	43.53%	Janice Kregor	62,000	55,000	12.73%
Kent Price	215,110	100,320	114.42%	Tom Dwinell	47,500	33,450	42.00%	Steve Erickson	55,100	50,150	9.87%
Marcy Ross	58,800	28,600	105.59%	George Roudebush	45,750	33,200	37.80%	Brendan Kelly	110,200	100,920	9.20%
Marge Carhart	26,050	13,058	99.49%	Jim Kofler	161,000	120,000	34.17%	George Nelson	143,263	131,233	9.17%
Anne Voegtlen	43,100	21,650	99.08%	Elizabeth Harrison	101,400	76,000	33.42%	Lois Madsen	24,100	22,300	8.07%
Andrea Harris	200,350	101,350	97.68%	Gayle Orner	100,550	76,325	31.74%	Michael Carew	162,930	151,160	7.79%
Babs Larsen	312,150	162,025	92.66%	Tim Kirby	58,600	46,050	27.25%	Dennis Sawyer	30,900	28,675	7.76%
Kate Carr	75,000	39,650	89.16%	Lisa Wittmer	39,600	31,200	26.92%	Lisa Kromka	43,500	40,400	7.67%
Sandy Bratz	31,650	17,650	79.32%	Ben Davis	24,000	19,000	26.32%	Christine Somera	94,208	87,910	7.16%
Arlene Delmage	53,800	31,150	72.71%	David Hathaway	101,700	82,100	23.87%	Jewell Grigsby-Martin	309,900	291,550	6.29%
Mike Bridges	70,500	40,900	72.37%	Megan Lassen	125,641	101,498	23.79%	Colleen Farnham	31,983	30,238	5.77%
L. Claesson-Gordon	60,000	35,100	70.94%	Jon Schultz	45,200	37,000	22.16%	James Brent	74,913	71,580	4.66%
Alison Craig	102,200	60,200	69.77%	James Bowditch	52,000	42,600	22.07%	Pete Turner	58,100	55,750	4.22%
Lyle Grosbach	123,400	74,200	66.31%	Becky Britton	100,300	82,350	21.80%	Allan Thorpe	110,000	105,600	4.17%
Dallas Figley	122,600	74,900	63.68%	Maren Breitwieser	12,250	10,300	18.93%	Amy Johnson	46,050	44,700	3.02%
Alex Hooke	53,700	33,700	59.35%	Geraldine Kawabata	45,150	38,200	18.19%	Linda Warren	41,000	40,000	2.50%
Maureen Rohrs	281,600	178,200	58.02%	Will Moser	105,200	89,550	17.48%	Mary Thompson	27,025	26,550	1.79%
Julie Soltys	46,100	29,500	56.27%	Gretel Compton	40,000	34,050	17.47%	Sallie Perkins	66,000	64,875	1.73%
Paula Pavelco	31,708	20,400	55.43%	Meegan Wilson	70,200	60,150	16.71%	Mary Gray	71,225	70,600	0.89%
								Richard Knowles	100,800	100,800	0.00%

**The Tualatin Hills Barracudas Thank You
For a Great February Fitness Challenge
You certainly did well in 2010**

We leave with these thoughts for next year

“7 days of no swimming makes 1 WEAK”

(The Barracudas know that you are not weak because you did not go 7 days without swimming. Keep it up and we will see you next year for another Challenge)

“In a very simplistic way, swimming is counting tiles”

(The Barracudas want to know how many tiles did you count?)

***“To Err is Human
To Swim Divine”***

**(If the Barracudas made an error on your results, please remember we are human,
but your swimming was Divine)**



Hey all you Fitness Frogs out there in Fitness Land, I'm your 2010 Frog and I want you to know that I plan to keep on swimming all year and I am looking forward to seeing you next year. Stay fit and one of my good frog buddies will be your official mascot next year. But I won't forget you and I'll be swimming each lap beside you. Till 2011, take care and be fit!