

# 2009 RoadRunner Race Results

First Name	Last Name	Time	Place	Record	Distance	Race Name	City	Date
Bob	Acke	6:18	3rd A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Bob	Acke	4:44:53	4:45 Pacer		Marathon	Bank of America	Chicago, IL	12-Oct-09
Laura	Acke	34:23.0			5K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Laura	Acke*	32:32.5			5K	HBFC	Crystal Lake, IL	17-May-09
Gena	Albanese	23:48.2			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Gena	Albanese	21:30.5	2nd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Gena	Albanese	20:49.0	2nd A/G		3 Mile	River Run	McHenry, IL	14-Jul-09
John	Albanese	20:58.8	1st A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
John	Albanese	20:00.8	1st A/G		5K	HBFC	Crystal Lake, IL	17-May-09
John	Albanese	43:44.0	1st A/G		10K	Ridge Run	Chicago, IL	25-May-09
John	Albanese	19:39.0	1st A/G		3 Mile	River Run	McHenry, IL	14-Jul-09
John	Albanese	44:24.8	2nd A/G		10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
John	Albanese	19:50.5	2nd A/G		5K	Charity Classic	Park Ridge, IL	26-Sep-09
John	Albanese	20:34.8	1st A/G		5K	Pumpkin Stampede	Crystal Lake, IL	18-Oct-09
John	Albanese	41:48.0	1st A/G		10K	Frank Lloyd Wright Run	Oak Park, IL	25-Oct-09
John	Albanese	5:52.7	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
John	Albanese	43:08.3	2nd A/G		10K	DeKalb Corn Fest	DeKalb, IL	22-Aug-09
Amando	Alejos	1:35:28		RR Record	Half Marathon	Chicago Half	Chicago, IL	13-Sep-09
Armando	Alejos	1:19:36			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Armando	Alejos	3:51:14	BQ		Marathon	Bank of America	Chicago, IL	12-Oct-09
Rob	Allare	25:18.6			5K	Run for the Roses	Roselle, IL	7-Jun-09
Armando	Allejos	43:35.8	3rd A/G	RR Record	10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Lauralee	Altendorf	54:49.4			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Lauralee	Altendorf	2:09:38			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Lauralee	Altendorf	4:46:48			Marathon	Monumental Marathon	Indianapolis, IN	7-Nov-09
Pam	Andrews	5:10:01			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Pam	Andrews	7:09:34			50K	Ice Age Trail	La Grange, WI	10-May-09
Pam	Andrews	2:26:06			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Stephen	Arnold	30:11.7			5K	Run for Hungry Kids	Woodstock, IL	16-May-09
Stephen	Arnold	1:06:50			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Stephen	Arnold*	29:10.1			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Stephen	Arnold*	28:11.1			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Jacqui	Aubert*	1:28:17		RR Record	Half Marathon	March Madness	Gary, IL	15-Mar-09
Jacqui	Aubert*	1:25:48		RR Record	Half Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Eric	Bakey	2:27:10			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Eric	Bakey	6:23:26			Marathon	Bank of America	Chicago, IL	12-Oct-09
Tammy	Bennett	4:47:12			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Brian	Berndt	21:56.6	1st A/G		5K	Fox Chase	Fox River Grove, IL	25-Oct-09

Lauri	Brotan	56:43.0			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Lauri	Brotan*	1:51:53		RR Record	Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Dee	Budelier	4:36:37			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Rock	Burman*	31:42.5	2nd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Carrie	Bush	1:29:22			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Carrie	Bush	1:52:46			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Carrie	Bush	4:04:18		RR Record	Marathon	Detroit Free Press	Detroit, MI.	18-Oct-09
Danny	Bush	21:09.0			3 Mile	River Run	McHenry, IL	14-Jul-09
Phil	Bush	20:18.2	1st A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Phil	Bush	19:40.7	2nd A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Phil	Bush	1:15:58			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Phil	Bush	19:14.5	3rd A/G	RR Record	5K	Run for the Roses	Roselle, IL	7-Jun-09
Phil	Bush	19:09.0	3rd A/G	RR Record	5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Phil	Bush	47:56.0	2nd A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Phil	Bush	19:38.5			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Phil	Bush	1:31:38		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Phil	Bush	3:33:38	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Phil	Bush	40:40.0			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Rachel	Bush	25:43.0			5K	Elgin Fox Trot	Elgin, IL	25-May-09
Rachel	Bush	22:27.0	<b>1st Female</b>		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Ryan	Bush	23:48.0	3rd A/G		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Ryan	Bush	23:49.0			3 Mile	River Run	McHenry, IL	14-Jul-09
Pat	Bye*	3:50:47			Marathon	Whistlestop	Ashland, WI.	10-Oct-09
Walt	Calder	3:59:33	with Son		Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Walt	Calder	5:47:39			50K	Ice Age Trail	La Grange, WI	10-May-09
Walt	Calder	4:29:52	4:30 Pacer		Marathon	Bank of America	Chicago, IL	12-Oct-09
Linda	Carone	1:38:17			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Linda	Carone	2:05:41		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Linda	Carone	4:39:57			Marathon	Bank of America	Chicago, IL	12-Oct-09
Kristin	Castricone	1:44:25		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Rick	Ceh	3:34:25	PR by 5 mins	RR Record	Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Dan	Clemen	20:27.9	2nd A/G		5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Dan	Clemen	19:59.8	1st A/G		5K	Run Thru the Hills	LITH, IL	5-Apr-09
Dan	Clemen	19:11.9			5K	Run Thur the Sun	Huntley, IL	31-May-09
Dan	Clemen	19:10.0			5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Dan	Clemen	19:47.4	3rd A/G		5K	Wacondafest 5K	Waconda, IL	28-Jun-09
Dan	Clemen	5:30	2nd A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Dan	Clemen	23:15.0			5K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Kate	Clemen	31:46.0			5K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Ande	Croll	46:29.9			10K	Veterun	Westchester. ILL	9-Nov-08
Ande	Croll	1:19:14			10 Miles	Fleet Feet	Chicago, IL	23-May-09
Ande	Croll	1:56:17			Half Marathon	Chicago Half	Chicago, IL	13-Sep-09
Ande	Croll	23:17.3		RR Record	5K	Charity Classic	Park Ridge, IL	26-Sep-09

Ande	Croll	4:13:16			Marathon	Bank of America	Chicago, IL	12-Oct-09
Susan	Croll	58:59.1			10K	Veterun	Westchester. ILL	9-Nov-08
Susan	Croll	2:18:46			10 Miles	Fleet Feet	Chicago, IL	23-May-09
Susan	Croll	38:18.8			5K	Charity Classic	Park Ridge, IL	26-Sep-09
Jim	Cutler	1:20:37	<b>6th O/A</b>		Half Marathon	March Madness	Cary, IL	15-Mar-09
Jim	Cutler*	2:52:04	BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Angela	Dampier	32:48.4	2nd A/G		5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Angela	Dampier	1:34:11	3rd A/G	RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Angela	Dampier	45:14.9	1st O/A	RR Record	10K	Run Thru the Hills	LITH, IL	5-Apr-09
Angela	Dampier	3:42:00		RR Record	Marathon	Boston	Boston, MA	20-Apr-09
Angela	Dampier	20:20.0	1st A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Angela	Dampier	21:40.2	1st A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Angela	Dampier	3:17:29	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Angela	Dampier	1:07:33			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Laurie	Dayon	52:15.7			5K	Founder's Day	Algonquin, IL	25-Jul-09
Sue	Devine	2:14:15			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Sue	Devine	1:07:00			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Jay	Drum*	19:58.5	3rd A/G	RR Record	5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Jill	Eggert	32:49.4			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Jill	Eggert	2:05:19			Half Marathon	March Madness	Cary, IL	15-Mar-09
Jill	Eggert	43:56.4			5K	HBFC	Crystal Lake, IL	17-May-09
Jill	Eggert	2:13:26			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Jill	Eggert	1:36:46			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Jenny	Ellis	1:27:59	1st A/G 4th female	RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Jenny	Ellis	19:09.4	<b>1st O/A</b>	RR Record	5K	Run for Hungry Kids	Hoffman Estates, IL	16-May-09
Jenny	Ellis	1:22:41	<b>1st Female</b>	RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Jenny	Ellis	2:58:11	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Melody	Emricson	1:52:37			Half Marathon	March Madness	Cary, IL	15-Mar-09
Melody	Emricson	2:28:21			Half Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Melody	Emricson	25:14.7	3rd A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Melody	Emricson	41:31.6	1st A/G		8K	Kicking the Trails	Crystal Lake, IL	9-May-09
Melody	Emricson	23:41.3	2nd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Melody	Emricson	1:27:09			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Melody	Emricson	24:07.0	2nd A/G		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Melody	Emricson	58:31.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Melody	Emricson	1:59:34			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Melody	Emricson	1:54:37			Half Marathon	Madison Mini Marathon	Madison, WI	22-Aug-09
Steve	Emricson	1:30:39		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Steve	Emricson	1:28:35	2nd A/G	RR Record	Half Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Steve	Emricson	19:11.6	1st A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Steve	Emricson	32:19.5	<b>1st A/G 3rd O/A</b>		8K	Kicking the Trails	Crystal Lake, IL	9-May-09
Steve	Emricson	18:44.1	1st A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Steve	Emricson	1:06:26	2nd A/G		10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09

Steve	Emricson	39:08.8	1st A/G 4th O/A	RR Record	10K	Harvard Milk Run	Harvard, IL	6-Jun-09
Steve	Emricson	44:32.0	1st A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Steve	Emricson	1:28:11		RR Record	Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Steve	Emricson	1:25:00	1st A/G	RR Record	Half Marathon	Madison Mini Marathon	Madison, WI	22-Aug-09
Steve	Emricson	18:46.7	1st A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Gerely	Fejer*	27:28.9			5K	HBFC	Crystal Lake, IL	17-May-09
Lelani	Fetrow	29:32.2			5K	Run for Hungry Kids	Woodstock, IL	16-May-09
Lelani	Fetrow	2:23:31			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Lelani	Fetrow	29:07.0			5K	Run for Hope	Woodstock, IL	23-Oct-09
Lelani	Fetrow	29:57.0			5K	Care for Breast Cancer	Crystal Lake, IL	25-Oct-09
Cale	Fick	18:01.9	2nd A/G 4th O/A	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Catherine	Foerster	1:28:38			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Dave	Foerster	1:28:38			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Don	Francis	21:58.5	2nd A/G		5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Don	Francis	24:35.0			5K	Woodstock Challenge	Woodstock, IL	20-Jun-09
Don	Francis	21:25.0	2nd A/G		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Don	Francis	4:46:31		RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Donna	Francis	2:00:15			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Mark	Francis	1:23:32			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Jamie	Frazier	1:17:47			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Christine	Gale	5:49.64	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Eddie	Gaul	46:51.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Eddie	Gaul	1:34:31		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Eddie	Gaul	44:21.1		RR Record	10K	Run for the Bear	Algonquin, IL	27-Sep-09
Edward	Gaul	20:33.2	3rd A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Jorge	Gomez	26:00.3			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Jorge	Gomez	40:16.5			8K	Kicking the Trails	Crystal Lake, IL	9-May-09
Jorge	Gomez	22:10.5	3rd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Jorge	Gomez	23:14.8	3rd A/G		5K	Run Thur the Sun	Huntley, IL	31-May-09
Jorge	Gomez	49:14.1			10K	Harvard Milk Run	Harvard, IL	6-Jun-09
Jorge	Gomez	20:35.0	2nd A/G	RR Record	5K	Firecracker	Santa Cruz, CA	4-Jul-09
Jorge	Gomez	20:25.1	3rd A/G		3 Mile	River Run	McHenry, IL	14-Jul-09
Jorge	Gomez	45:24.9	2nd A/G	RR Record	10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Magaly	Gomez	28:01.3	2nd A/G		5K	Peemies	Crystal Lake, IL	26-Apr-09
Magaly	Gomez	26:34.4			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Magaly	Gomez	43:38.3	2nd A/G		8K	Kicking the Trails	Crystal Lake, IL	9-May-09
Magaly	Gomez	24:56.0	2nd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Magaly	Gomez	50:05.3		RR Record	10K	Harvard Milk Run	Harvard, IL	6-Jun-09
Magaly	Gomez	52:08.0			10K	Woodstock Challenge	Woodstock, IL	20-Jun-09
Magaly	Gomez	22:54.0	1st A/G	RR Record	5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Magaly	Gomez	54:08.0	2nd A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Magaly	Gomez	1:43:29		RR Record	Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Magaly	Gomez	2:18:54			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09

Magaly	Gomez	3:53:54	1st Marathon	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
John	Green	1:55:41			Half Marathon	March Madness	Cary, IL	15-Mar-09
John	Green	1:01:08			10K	Run Thru the Hills	LITH, IL	5-Apr-09
John	Green	2:00:16			Half Marathon	Lake Geneva	Lake Geneva, IL	9-May-09
John	Green	1:57:19			Half Marathon	Magellan Development	Chicago, IL	17-May-09
John	Green	1:25:48			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
John	Green	52:38.1			10K	Harvard Milk Run	Harvard, Il	6-Jun-09
John	Green	1:53:53			Half Marathon	North Shore Half	Hignland Park, IL	14-Jun-09
John	Green	52:10.0			10K	Woodstock Challenge	Woodstock, IL	20-Jun-09
John	Green	51:01.0			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
John	Green	1:21:22			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Pat	Harris	1:08:17			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Pat	Harris	1:24:42	3rd A/G	RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Pat	Harris	3:08:42	PR - BQ 9th A/G	RR Record	Marathon	Detroit Free Press	Detroit, MI.	18-Oct-09
Michele	Hartwig	18:05:26			100K	Javelin Jundred	Fountain Hills, AZ	15-Nov-08
Michele	Hartwig	5:48:51			Marathon	Tecumseh Trail	Bloomington, IN	6-Dec-08
Michele	Hartwig	5:37:01			Marathon	Fat Ass 50K	McNabb, IL	9-Jan-09
Michele	Hartwig	50:50.6	3rd A/G		10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Royal	Hartwig	41:23.3			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Anne	Haseman	3:52:31	BQ		Marathon	Bank of America	Chicago, IL	12-Oct-09
Michaela	Havemann	1:54:07			Half Marathon	March Madness	Cary, IL	15-Mar-09
Michaela	Havemann	52:06.6	2nd A/G		10K	Run Thru the Hills	LITH, IL	5-Apr-09
Michaela	Havemann	23:27.7	1st A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Michaela	Havemann	22:41.8	1st A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Michaela	Havemann	22:52.0	1st A/G		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Michaela	Havemann	53:25.0	3rd A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Michaela	Havemann	6:24	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Michaela	Havemann	4:17:23			Marathon	Des Moines	Des Moines, IA.	18-Oct-09
Tim	Heisler*	20:20.2	1st A/G	RR Record	5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Mark	Hemstreet	1:55:00		<b>PR</b>	Half Marathon	Rockford	Rockford, IL	17-May-09
Mark	Hemstreet	1:49:50			Half Marathon	Kimberly-Clark Half	Menasha, WI.	20-Sep-09
Mark	Hemstreet	1:15:09			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Michele	Hemstreet	2:16:48			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Misty	Hoika	25:35.1	3rd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Misty	Hoika	57:38.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Misty	Hoika	1:59:43			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Misty	Hoika	2:01:03			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Misty	Hoika	26:31.2			5K	Pumpkin Stampede	Crystal Lake, IL	18-Oct-09
Jamie	Hursey	56:42.7		RR Record	10K	Run Thru the Hills	LITH, IL	5-Apr-09
Jamie	Hursey	26:18.8			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Michele	Idstein	3:31:48	<b>BQ 4th O/A 3rd A/G</b>	RR Record	Marathon	Breakers Marathon	Newport, RI.	18-Oct-09
Ron	Idstein	4:30:16			Marathon	Breakers Marathon	Newport, RI.	18-Oct-09
Kleo	Jendo	18:22.0			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09

Bill	Jensen	1:18:38	2nd A/G		Half Marathon	March Madness	Cary, IL	15-Mar-09
Bill	Jensen	39:05.6	1st A/G		10K	Run Thru the Hills	LITH, IL	5-Apr-09
Bill	Jensen	2:52:17	<b>3rd O/A</b>		Marathon	Rockford	Rockford, IL	17-May-09
Bill	Jensen	23:16.1	1st A/G		4 miles	Dash to Cure Diabetes	Barrington, IL	24-May-09
Bill	Jensen	1:00:38	11th O/A		10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Bill	Jensen	17:34.4	2nd A/G		5K	Run for the Roses	Roselle, IL	7-Jun-09
Bill	Jensen	4:59.62	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Bill	Jensen	18:03.6	2nd A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Bill	Jensen	1:22:29			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Bill	Jensen	2:52:12	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Leann	Johnson	28:03.2	3rd A/G		5K	Wacondafest 5K	Waconda, IL	28-Jun-09
Katie	Johnson*	1:57:39		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Kevin	Kaufman	18:14.4	<b>1st A/G 4th O/A</b>	RR Record	5K	Run Thru the Hills	LITH, IL	5-Apr-09
Kevin	Kaufman	17:48.3	1st A/G	RR Record	5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Kevin	Kaufman	18:37.2	2nd A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Kevin	Kaufman	36:44.0		RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Sherri	Knupp	1:49:01			Half Marathon	March Madness	Cary, IL	15-Mar-09
Sherri	Knupp	3:59:09			Marathon	Boston	Boston, MA	20-Apr-09
Sherri	Knupp	22:47.0	1st A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Sherri	Knupp	49:26.0	1st A/G		10K	Woodstock Challenge	Woodstock, IL	20-Jun-09
Sherri	Knupp	3:37:06	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Barb	Kreutzman	1:43:15			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Vik	Krishnan	4:01:09			Marathon	Detroit Free Press	Detroit, MI.	18-Oct-09
Larry	Kuhn	10:28:16			50 Miles	Ice Age Trail	La Grange, WI	10-May-09
Christine	Levey	30:12.4			5K	Run Thru the Hills	LITH, IL	5-Apr-09
Christine	Levey	29:11.0		RR Record	5K	Peemies	Crystal Lake, IL	26-Apr-09
Christine	Levey	2:23:21			Half Marathon	Lake Geneva	Lake Geneva, IL	9-May-09
Christine	Levey	4:55:53	1st Marathon		Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Theresa	Lewandowski	2:04:57			Half Marathon	March Madness	Cary, IL	15-Mar-09
Theresa	Lewandowski	2:07:15			Half Marathon	Lake Zurich	Lake Zurich, IL	20-Sep-09
Lisa	Link	1:52:17		RR Record	Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Lisa	Link	49:06.0		RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Lisa	Link	1:19:19			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Chuck	Litts	2:08:56		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Chuck	Litts	58:40.1		RR Record	10K	Run Thru the Hills	LITH, IL	5-Apr-09
Chuck	Litts	1:31:37			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Chuck	Litts	57:35.0		RR Record	10K	Woodstock Challenge	Woodstock, IL	20-Jun-09
Chuck	Litts	54:52.0		RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Ashley	Mackay*	31:47.6			5K	HBFC	Crystal Lake, IL	17-May-09
Joson	Martinez	30:24.5			5K	Run Thru the Hills	LITH, IL	5-Apr-09
Joson	Martinez	28:49.6			5K	HBFC	Crystal Lake, IL	17-May-09
Charles	Mathison	1:05:09			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Charles	Mathison	17:31.0	1st A/G	RR Record	5K	Roadkill 5000	Johnsburg, IL	21-Jun-09

Charles	Mathison	41:40.0	2nd A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Charles	Mathison	1:25:38		RR Record	Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Charles	Mathison	4:53	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Charles	Mathison	17:28.7	1st A/G	RR Record	5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Charles	Mathison	17:36.1	<b>2 O/A 1st A/G</b>		5K	On the Run for Kids	Round Lake, IL	13-Sep-09
Charles	Mathison	36:28.0		RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Pete	McMahon	1:49:39		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Laura	Middaugh	33:44.6			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Carlos	Morales	1:40:28			Half Marathon	March Madness	Cary, IL	15-Mar-09
Carlos	Morales	5:22:17			50K	Ice Age Trail	La Grange, WI	10-May-09
Carlos	Morales	1:34:34		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Carlos	Morales	3:42:33		RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Carlos	Moralos	1:17:05			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Laura	Mostaert	2:27:36			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Jeff	Musiellak	1:37:35			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Charlene	Myers	4:09:48		RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Carrie	Naber	46:57.8			10K	DeKalb Corn Fest	DeKalb, IL	22-Aug-09
Carrie	Naber*	45:31.0		RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Brenda	Napholz	44:03.9	2nd A/G		10K	Veterun	Westchester. ILL	9-Nov-08
Brenda	Napholz	19:18.3	<b>1st O/A</b>	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Brenda	Napholz	1:10:59	1st A/G		10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Brenda	Napholz	19:11.2	<b>1st Female</b>		5K	Run for the Roses	Roselle, IL	7-Jun-09
Brenda	Napholz	1:32:05	1st A/G	RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Brenda	Napholz	3:34:57	BQ	RR Record	Marathon	Detroit Free Press	Detroit, MI.	18-Oct-09
Cheryl	Naughton	38:02.3	2nd A/G		8K	Kicking the Trails	Crystal Lake, IL	9-May-09
Cheryl	Naughton	1:18:34			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Al	Neil	33:28.2			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Al	Neil	21:10.4	1st A/G	RR Record	5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Al	Neil	41:37.0	1st A/G	RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Diana	Nelson	54:59.1			10K	DeKalb Corn Fest	DeKalb, IL	22-Aug-09
Diana	Nelson*	1:00:56	2nd A/G	RR Record	10K	Run Thru the Hills	LITH, IL	5-Apr-09
Diana	Nelson*	2:02:44		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Terri	Nietzel	22:24.4	1st A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Terri	Nietzel	2:12:14			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Pat	Nofzinger	4:47:06	5th A/G	RR Record	Marathon	Des Moines	Des Moines, IA.	18-Oct-09
Nancy	O'Connor*	5:04:31			Marathon	Whistlestop	Ashland, WI.	10-Oct-09
Amy	Ogle	30:22.6			5K	HBFC	Crystal Lake, IL	17-May-09
Amy	Ogle	28:05.8			5K	Run Thur the Sun	Huntley, IL	31-May-09
Lateef	Ogunjobi	1:33:44			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Lateef	Ogunjobi	1:30:20		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Lateef	Ogunjobi	3:30:34	PR		Marathon	Bank of America	Chicago, IL	12-Oct-09
Dorn	Peddy	18:05:27			100K	Javelin Jundred	Fountain Hills, AZ	15-Nov-08
Dorn	Peddy	5:48:20			Marathon	Tecumseh Trail	Bloomington, IN	6-Dec-08

Dorn	Peddy	5:47:51	<b>His 50th Marathon or Ultra</b>		Marathon	Fat Ass 50K	McNabb, IL	9-Jan-09
Dorn	Peddy	3:49:27			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Dorn	Peddy	9:12:22			50 Miles	Ice Age Trail	La Grange, WI	10-May-09
Dorn	Peddy	43:31.0			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Mark	Pfeifer	18:31.8	2nd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Mark	Pfeifer	1:30:12		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Mark	Pfeifer	3:21:06	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Bonnie	Platek	25:51.9			5K	HBFC	Crystal Lake, IL	17-May-09
Karen	Pump*	1:53:13		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Julie	Remke	21:00.0	<b>1st Female</b>		5K	G.F. Walleye 5K	Middle Bass Is, OH	1-Aug-09
Monica	Rice	22:32.8	1st A/G		5K	Run Thru the Hills	LITH, IL	5-Apr-09
Monica	Rice*	1:49:50		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Angela	Ritter	38:04.6			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Angela	Ritter	2:03:35			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Craig	Robertson	2:00:09			Half Marathon	March Madness	Cary, IL	15-Mar-09
Craig	Robertson	1:53:57			Half Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Michele	Robinson	32:32.9			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Chris	Robinson*	27:24.6			5K	HBFC	Crystal Lake, IL	17-May-09
Donna	Robnett	2:25:19			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Bob	Rohlwing	27:31.9			5K	Pumpkin Stampede	Crystal Lake, IL	18-Oct-09
Bob	Rohlwing*	28:00.6			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Bob	Rohlwing*	26:40.6	3rd A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Dan	Rooney	1:59:03			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Dan	Rooney	4:09:21			Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Mark	Rotundo	1:19:14	5th A/G	RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Mark	Rotundo	1:00:31	Ran shadow race in Afghanistan		10 Miles	Fleet Feet	Chicago, IL	23-May-09
Mark	Rotundo	2:58:18	PR by 11 mins-BQ	RR Record	Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Stuart	Rutledge	1:57:11			Half Marathon	March Madness	Cary, IL	15-Mar-09
Stuart	Rutledge	24:18.7		RR Record	5K	Peemies	Crystal Lake, IL	26-Apr-09
Stuart	Rutledge	23:33.3			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Stuart	Rutledge	22:29.7	2nd A/G	RR Record	5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Stuart	Rutledge	1:45:07		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Stuart	Rutledge	4:03:26			Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Susan	Santor*	24:38.0			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Susan	Santor*	1:54:58		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Susan	Santor*	4:27:15			Marathon	Bank of America	Chicago, IL	12-Oct-09
Mike	Schmidt	4:06:34	PR		Marathon	Bank of America	Chicago, IL	12-Oct-09
Shannon	Schroeder	1:12:22	2nd A/G		10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Kristy	Searles	37:53.3			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Cari	Setzler	41:34.7	3rd A/G		10K	Veterun	Westchester. ILL	9-Nov-08
Cari	Setzler	1:25:17	<b>1st O/A 1st A/G</b>	RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Cari	Setzler	18:49.7	1st O/A	RR Record	5K	Run Thru the Hills	LITH, IL	5-Apr-09
Cari	Setzler	18:06.7	1st A/G 3rd O/A	RR Record	5K	Race That's Good for Life	Oak Park, IL	19-Apr-09

Cari	Setzler	38:56.0		RR Record	10K	Heritage Run	Rockford, IL	26-Apr-09
Cari	Setzler	18:41.2	1st female	RR Record	5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Cari	Setzler	1:10:59	1st A/G	Pacer	10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Cari	Setzler	39:57.0	<b>1st Female</b>	RR Record	10K	Wacondafest 10K	Waconda, IL	28-Jun-09
Cari	Setzler	46:28.0	1st A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Cari	Setzler	44:44.0	5th A/G		7 Miles	Bix7	Quad Cities	25-Jul-09
Cari	Setzler	1:28:19			Half Marathon	Chicago Half	Chicago, IL	13-Sep-09
Cari	Setzler	41:36.0	<b>1st O/A</b>	Pacer	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Chris	Setzler	33:45.0	1st A/G		10K	Veterun	Westchester. ILL	9-Nov-08
Chris	Setzler	16:38.0	<b>1st A/G 4th O/A</b>		5K	Run for Freedom	Antioch, IL	4-Jul-09
Chris	Setzler	1:14:55	<b>1st O/A</b>		Half Marathon	Lake Zurich	Lake Zurich, IL	20-Sep-09
Chris	Setzler	32:50.0	<b>1st O/A</b>	RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Peter	Sexton	1:30:48		RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Peter	Sexton	3:18:31		RR Record	Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Peter	Sexton	19:37.3	1st A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Peter	Sexton	19:20.6		RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Peter	Sexton	1:09:38			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Peter	Sexton	20:06.0			5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Peter	Sexton	42:22.8	PR	RR Record	10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Peter	Sexton	44:20.0			10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Jessica	Shearer	1:36:09			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Karen	Shearer	28:33.0		Pacer	5K	Elgin Fox Trot	Elgin, IL	25-May-09
Rob	Shearer	1:45:04			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Judy	Short	41:44.0	1st A/G		5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Judy	Short	39:12.0	2nd A/G		3 Mile	River Run	McHenry, IL	14-Jul-09
Judy	Short*	41:13.3	1st A/G		5K	HBFC	Crystal Lake, IL	17-May-09
Bob	Simpson	1:23:51			10 Miles	Fleet Feet	Chicago, IL	23-May-09
Robert	Simpson	1:55:27			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Robert	Simpson	4:19:58			Marathon	Bank of America	Chicago, IL	12-Oct-09
Erin	Smith	1:17:29			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Erin	Smith	1:47:47			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Erin	Smith	45:30.0	3rd A/G	RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Erin	Smith	1:19:17			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Lisa	Smith	2:01:02			Half Marathon	March Madness	Cary, IL	15-Mar-09
Lisa	Smith	4:34:09			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Kristy	Smith*	28:05.5			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Tom	Spajosevich*	24:31.9	1st A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Mike	Splitt*	22:38.0	2nd A/G	RR Record	5K	Run Thru the Hills	LITH, IL	5-Apr-09
Mike	Splitt*	22:10.0	1st A/G	RR Record	5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Jeanne	Stark	2:12:30			Half Marathon	March Madness	Cary, IL	15-Mar-09
Colleen	Steward	4:39:08			Marathon	Bank of America	Chicago, IL	12-Oct-09
Hal	Stinspring	6:10:04			Marathon	Bank of America	Chicago, IL	12-Oct-09
Jerry	Sullivan	1:44:07			Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09

Jerry	Sullivan	3:43:30	BQ	RR Record	Marathon	Detroit Free Press	Detroit, MI.	18-Oct-09
Sarah	Sullivan	26:29.0	1st A/G		5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Shawn	Tegtmeier	5:09:59			Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Shawn	Tegtmeier	7:09:34			50K	Ice Age Trail	La Grange, WI	10-May-09
Shawn	Tegtmeier	44:30.8			5K	HBFC	Crystal Lake, IL	17-May-09
Laurie	Teper	21:32.8	1st A/G		5K	Run Thru the Hills	LITH, IL	5-Apr-09
Laurie	Teper	1:15:32	2nd A/G		10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Rich	Teper	23:35.0			5K	Elgin Fox Trot	Elgin, IL	25-May-09
Rich	Teper	53:07.0	2nd A/G		6.8 Miles	River Run	McHenry, IL	14-Jul-09
Rich	Teper	48:24.6			10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Lois	Tweeten	23:45.3	2nd A/G	RR Record	5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Lois	Tweeten	23:52.8	3rd A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Lois	Tweeten	1:27:14			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09
Lois	Tweeten	47:47.9	<b>1st Female</b>	RR Record	10K	Run Thur the Sun	Huntley, IL	31-May-09
Lois	Tweeten	48:18.5	1st A/G		10K	Coon Creek Classic	Hampshire, IL	2-Aug-09
Lois	Tweeten	23:15.0	1st A/G	RR Record	5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Lois	Tweeten	1:44:20	2nd A/G	RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Lois	Tweeten	3:46:21	1st Marathon - BQ	RR Record	Marathon	Quad Cities Marathon	Moline, IL	27-Sep-09
Lois	Tweeten	23:53.3	2nd A/G	RR Record	5K	Pumpkin Stampede	Crystal Lake, IL	18-Oct-09
Lois	Tweeten	48:31.0	3rd A/G	RR Record	10K	Pumpkin Run	Sycamore, IL	25-Oct-09
Lois	Tweeten	1:14:50			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Steve	VanHorn	22:02.8	1st A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Steve	VanHorn	47:22.6			10K	Run for the Bear	Algonquin,IL	27-Sep-09
Deb	VanHouten	33:16.4			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Deb	VanHouten	33:00.0			5K	Roadkill 5000	Johnsburg, IL	21-Jun-09
Deb	Vanhouten	29:53.7			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Mike	VanHouten	19:25.0	2nd A/G		5K	Run Thru the Hills	LITH, IL	5-Apr-09
Mike	VanHouten	18:57.0	2nd A/G		5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Mike	VanHouten	18:36.3		RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Mike	VanHouten	40:40.3	3rd A/G	RR Record	10K	Salute Run	Arlington Hts, IL	23-May-09
Mike	VanHouten	41:40.5	3rd A/G		10K	Wacondafest 10K	Waconda, IL	28-Jun-09
Mike	VanHouten	46:27.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Alex	Wagner	39:57.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Lauren	Wagner	23:51.3	2nd A/G	RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Lauren	Wagner	56:12.0			6.8 Miles	River Run	McHenry, IL	14-Jul-09
Lauren	Wagner	1:57:05		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Lauren	Wagner	4:03:51	PR - BQ	RR Record	Marathon	Bank of America	Chicago, IL	12-Oct-09
Heather	Walker	1:01:23			10K	Run Thru the Hills	LITH, IL	5-Apr-09
Heather	Walker	23:50.3	1st A/G		5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Heather	Walker	1:46:08		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Heather	Walker	4:01:26	PR by 36 mins	RR Record	Marathon	Lakefront	Milwaukee,WI	4-Oct-09
Martha	Walker	5:08:05	3rd A/G		50K	Chicago Lakefront	Chicago, IL	4-Apr-09
Martha	Walker	1:24:38			10 Miles	Elgin Fox Trot	Elgin, IL	25-May-09

Pauline	Walker	38:35.6			5K	Panting for Paws	Crystal Lake, ILL	9-Nov-08
Martha	Walker*	3:55:34		RR Record	Marathon	Boston	Boston, MA	20-Apr-09
Molly	Walsh	42:46.1			5K	Run Thur the Sun	Huntley, IL	31-May-09
Laura	Waringo	2:52:44			Half Marathon	March Madness	Cary, IL	15-Mar-09
Laura	Waringo	2:40:19			Half Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Laura	Waringo	2:36:24			Half Marathon	Magellan Development	Chicago, IL	17-May-09
Laura	Waringo	2:59:04			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Bill	Whitfield	5:18.9	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Tyler	Whitfield	04:52.5	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Jennifer	Wickersty	4:02:47		RR Record	Marathon	Quad Cities Marathon	Moline, IL	27-Sep-09
Amy	Wlodek	2:03:35			Half Marathon	March Madness	Cary, IL	15-Mar-09
Amy	Wlodek	26:04.5			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Amy	Wlodek	25:20.3		RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Amy	Wlodek	1:33:06	2nd A/G		Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
Amy	Wlodek	26:24.0			5K	Summer Sunset	Lake in the Hills, IL	4-Sep-09
Karen	Wood*	1:31:07	1st A/G	RR Record	Half Marathon	March Madness	Cary, IL	15-Mar-09
Karen	Wood*	3:16:52	<b>1st A/G 11th O/A</b>	RR Record	Marathon	Illinois Marathon	Champaign, IL	11-Apr-09
Deb	Worley	2:49:04			Half Marathon	Rock and Roll Half	Chicgao, IL	2-Aug-09
John	Worley	22:43.4			5K	Stampede Run	Buffalo Grove, IL	6-Sep-09
Deb	Worley*	57:58.8		RR Record	10K	Salute Run	Arlington Hts, IL	23-May-09
John	Worley*	44:01.5	3rd A/G	RR Record	10K	Salute Run	Arlington Hts, IL	23-May-09
John	Worley*	1:43:26		RR Record	Half Marathon	Crystal Lake Half	Crystal Lake, IL	13-Sep-09
Mia	Yankaw	7:08	1st A/G		Mile	RoadRunner Mile	Crystal Lake, IL	13-Aug-09
Mia	Yankow	26:09.6			5K	Bob Blazier Run	Crystal Lake, IL	3-May-09
Mia	Yankow	25:27.4		RR Record	5K	HBFC	Crystal Lake, IL	17-May-09
Peggy	York*	28:13.1			5K	HBFC	Crystal Lake, IL	17-May-09
Anita	Zeken	2:14:53			10 Miles	Fleet Feet	Chicago, IL	23-May-09
Steve	Zoellick	1:13:10			15K	Hot Chocolate Run	Chicago, IL	1-Nov-09
Mark	Zulas	57:26.0			10K	Run Thru the Hills	LITH, IL	5-Apr-09
Mark	Zulas	4:24:32			Marathon	Bank of America	Chicago, IL	12-Oct-09