

Empire Runners Summer Challenge #1 - August 2020

<u>Last Name</u>	<u>First Name</u>	<u>Division</u>	<u>Distance</u>	<u>Time</u>
Al-Ghanim	Margie	F 60-69	1 Mile	Finished
Barnum	Larry	M 70-79	100 M	14.4
Drechsler	Krista	F 30-39	1 Mile	6:28
			3.15 Miles	21:06
Forrey	Gretchen	F 30-39	5000 M	24:08
Gardina	Chris	M 30-39	1 Mile	5:46
Gardina	Jacueline	F 30-39	3 x 1 Mile	29:15
Guzman	Andrea	F 30-39	2x200, 400, 2x200, 400	5:33 Set 1 5:33 Set 2
Hanlon	Kerry	F 40-49	5000 M	23:44
Harmon	John	M 60-69	800 M	2:58
Hermstad	Jon	M 70-79	5000 M	Finished
Isabeau	Lisa	F 60-69	5000 M	Finished
Keys	Sara	F 40-49	1 Mile	8:17
Kissick	Karen	F 60-69	2 x 5000	29:00 29:00
Main	Rob	M 60-69	2.5 Miles	18:08
Main	Shelly	F 50-59	10 Miles	1:43
Moore	Marianne	F 60-69	5000 M	Finished

Empire Runners Summer Challenge #1 - August 2020 (continued)

Last Name	First Name	Division	Distance	Time
Noel	Kristen	F 40-49	24 Miles	Finished
Park	Adelle	F Under 13	1 Mile	9:47
Park	David	M 30-39	5000 M	21:29
Park	Lucy	F Under 13	1 Mile	12:47
Park	Trista	F 30-39	1 Mile	7:20
Penna	Phil	M 70-79	1 Mile	11:52
Peterson	Dale	M 60-69	1600,100,800,200,400,5000 5.03 Miles Total	38:26
Rogers	Bob	M 60-69	1 Mile	6:40
Salz	Nuvit	F 50-59	1 Mile	8:01
Torbert	Glen	M 40-49	10,000 M	55:09
Wiley	Lon	M 70-79	1 Mile	6:29

Empire Runners Summer Challenge #2 – August 2020

Last Name	First Name	Division	Distance	Time
Al-Ghanim	Margie	F 60-69	2 Mile	Finished
Barnum	Larry	M 70-79	200 M	30.1
Drechsler	Krista	F 30-39	5000 M	20:30
Forrey	Gretchen	F 30-39	5000 M	23:48
Gardina	Chris	M 30-39	800 M	2:50
Guzman	Andrea	F 30-39	1x600, 5x200	5:35
			2x600, 2x200	5:54
			5000 M	21:44
Hanlon	Kerry	F 40-49	5000 M	21:53
Hermstad	Jon	M 70-79	5000 M	Finished
Keys	Sara	F 40-49	200 M	42.0
			800 M	3:29
Kissick	Karen	F 60-69	2 x 5000 M	29:00
				29:00
Main	Rob	M 60-69	5000 M	25:18
Main	Shelly	F 50-59	2 Mile M	Finished
Meredith	Larry	M 60-69	3000 M	13:17
Meredith	Tori	F 60-69	2 Mile	16:28
Moore	Marianne	F 60-69	5000 M	Finished

Empire Runners Summer Challenge #2 - August 2020 (continued)

Last Name	First Name	Division	Distance	Time
Narath	Tanya	F 50-59	5000 M	33:11
Park	Adelle	F Under 13	1 Mile	10:01
Park	David	M 30-39	5000 M	22:19
Park	Lucy	F Under 13	1 Mile	12:32
Park	Trista	F 30-39	1 Mile	8:36
Penna	Phil	M 70-79	1 Mile	11:22
Peterson	Dale	M 60-69	2 x 400	87.0 85.9
Rogers	Bob	M 60-69	800 M	3:09
Salz	Nuvit	F 50-59	5000 M	26:14
Titus-Isabeau	Lisa	F 60-69	1 Mile	Finished
Torbert	Glen	M 40-49	10,000 M	57:46
Van Raaphorst	Anna	F 70-79	4K	45:00
Van Raaphorst	Dick	M 70-79	4K	45:00
Wiley	Lon	M 70-79	800 M 5000 M	3:03 22:15

Empire Runners Summer Challenge #3 - September 2020

Last Name	First Name	Division	Distance	Time
Al-Ghanim	Margie	F 60-69	5000 M	27:12
Barnum	Larry	M 70-79	300 M	50.1
Drechsler	Krista	F 30-39	1 Mile	6:40
Forrey	Gretchen	F 30-39	5000 M	24:31
Gardina	Chris	M 30-39	800 M	2:37
Hanlon	Kerry	F 40-49	4 x 6 Mins / 3.47 Miles	24:03
Hermstad	Jon	M 70-79	5000 M	Finished
Johnson	Dick	M 70-79	5000 M	56:20
Main	Rob	M 60-69	2.5 Miles	18:25
Moore	Marianne	F 60-69	5000 M	Finished
Park	Adelle	F Under 13	1 Mile	9:09
Park	David	M 30-39	1 Mile	7:39
Park	Lucy	F Under 13	1 Mile	11:40
Park	Trista	F 30-39	1 Mile	8:34
Penna	Phil	M 70-79	1 Hour Run	Finished
Peterson	Dale	M 60-69	800 M	3:09
Salz	Nuvit	F 50-59	5000 M	25:43
Titus-Isabeau	Lisa	F 60-69	400 M	2:05
			800 M	4:43

Empire Runners Summer Challenge #3 - September 2020 (continued)

Last Name	First Name	Division	Distance	Time
Torbert	Glen	M 40-49	10,000 M	57:59
Van Raaphorst	Anna	F 70-79	5000 M	56:20