

Tough Cookie Trail Run

September 12, 2009

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Loner	Rockford IL	27	5	8	35:24	8:51/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brian Rasmussen	Davis Junction IL	35	55	1	30:22	7:36/M

Tough Cookie Trail Run

Male 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Darren Seerup	Rockford IL	11	61	14	37:22	9:21/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Daniel Vidican	Rockford IL	23	59	7	34:29	8:37/M
2 *	David Wedwick	Rockford IL	24	19	33	43:05	10:46/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jennifer Paul	Rockford IL	26	86	25	41:21	10:20/M
2 *	Kristen Campbell	Rockton IL	29	26	58	52:07	13:02/M
3 *	Lynsey Wittenberg	Rochelle IL	29	20	72	1:00:08	15:02/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mark Kalousek	Rockford IL	29	10	27	42:13	10:33/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Leslie Stoll	Loves Park IL	33	75	32	42:54	10:44/M
2 *	Amanda Stienecker	Rockford IL	33	57	42	46:02	11:31/M
3 *	Nichole Sammon	Rockford IL	30	18	44	46:17	11:34/M
4	Carrie Young	Rockford IL	32	21	55	50:09	12:32/M
5	Beth Hild	Plano IL	34	42	62	53:01	13:15/M
6	Becky Gill	Belvidere IL	34	7	64	54:53	13:43/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Nicholas Foote	Belvidere IL	31	36	6	33:15	8:19/M
2 *	Jeff Sammon	Rockford IL	30	17	10	35:37	8:54/M
3 *	Tom Olson	Peoria IL	31	28	19	39:44	9:56/M
4	Ryan Berg	Cherry Valley IL	33	102	28	42:19	10:35/M
5	Bill Grall	Hanover Park IL	34	81	69	59:03	14:46/M

Tough Cookie Trail Run**Female 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Deb Hayes	Cherry Valley IL	39	79	23	40:49	10:12/M
2 *	Jodie Jones	Caledonia IL	39	45	40	45:17	11:19/M
3 *	Gina Pauley	Lanark IL	37	53	41	45:30	11:23/M
4	Dawn Soma	Poplar Grove IL	37	83	65	54:54	13:44/M
5	Kim Linden	Rockford IL	38	70	66	55:52	13:58/M
6	Lesly Couper	Rockford IL	36	1	68	56:33	14:08/M
7	Kim Kirkolis	Davis Junction IL	35	67	73	1:00:14	15:04/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jeremy Peterson	Rockford IL	37	16	13	37:18	9:20/M
2 *	Guy Pauley	Lanark IL	38	54	15	38:07	9:32/M
3 *	Robert Molyneaux	Crystal Lake IL	37	13	16	38:18	9:35/M
4	Mark Couper	Rockford IL	39	2	63	53:11	13:18/M
5	Jim Linden	Rockford IL	37	71	67	55:53	13:58/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Carol Bingley	Rockford IL	42	74	20	40:01	10:00/M
2 *	Tina Gonnerman	Ashton IL	40	39	24	41:06	10:17/M
3 *	Lisa Havener	Genoa IL	40	41	36	44:19	11:05/M
4	Julie Kryger	Elgin IL	44	11	37	44:22	11:06/M
5	Xan Milne	Loves Park IL	41	51	39	45:07	11:17/M
6	Lori Fry	Poplar Grove IL	42	37	51	49:33	12:23/M
7	Monica Wittman	Rockford IL	40	76	57	51:00	12:45/M
8	Amy Cunningham	Winnebago IL	40	24	60	52:49	13:12/M
9	Dawn Pfluger	Rockford IL	41	27	61	53:00	13:15/M
10	Jami Edmonds	Rockford IL	40	4	70	59:45	14:56/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Chris Bennett	MacHesney Park IL	42	73	11	35:50	8:58/M
2 *	Paul MacAluso	Belvidere IL	41	50	38	44:49	11:12/M
3 *	Robert Fisher	Byron IL	42	6	53	49:38	12:25/M
4	Chad Cunningham	Winnebago IL	42	25	54	49:56	12:29/M

Tough Cookie Trail Run

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Joyce Kortze	Rockford IL	49	47	21	40:35	10:09/M
2 *	Deborah Beazley	Sycamore IL	45	30	46	47:29	11:52/M
3 *	Sheri Nichols	Rockford IL	47	52	47	47:49	11:57/M
4	Evelyn Smith	Rockford IL	49	69	75	1:01:13	15:18/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jeff Winternheimer	Rockford IL	45	64	2	30:24	7:36/M
2 *	Tom Lichty	Monroe Center IL	46	48	3	31:13	7:48/M
3 *	Patrick Johnston	Rockford IL	47	44	5	33:13	8:18/M
4	Brian Sewell	Rockford IL	47	68	12	36:04	9:01/M
5	Phil Keating	Rockford IL	49	46	17	38:58	9:45/M
6	Todd Modrzejewski	Byron IL	48	82	30	42:35	10:39/M
7	Bill Nothof	Rockford IL	45	85	35	44:00	11:00/M
8	Michael Modrzejewski	Bartlett IL	49	80	43	46:10	11:33/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Barb Doubek	Rockford IL	52	23	29	42:24	10:36/M
2 *	Regina Bielkus	Rockford IL	53	31	34	43:38	10:55/M
3 *	Kathy Bartelt	Durand IL	53	84	45	47:13	11:48/M
4	Mary Nelson	Mount Morris IL	52	15	71	1:00:05	15:01/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mark Fry	Poplar Grove IL	51	38	4	31:42	7:56/M
2 *	Brian Harrison	Rockford IL	50	40	52	49:37	12:24/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Carol Wilson	Rockford IL	56	60	26	42:06	10:32/M
2 *	Ann Lunde	Plano IL	56	49	56	50:13	12:33/M

Tough Cookie Trail Run**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mike Mapes	Rockford IL	56	12	9	35:26	8:52/M
2 *	Jeff Wilmarth	Byron IL	57	77	22	40:39	10:10/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Ruth Larson	Rockford IL	63	72	31	42:52	10:43/M
2 *	Barb Joyner	Loves Park IL	64	9	76	1:01:30	15:23/M
3 *	Margie Deiter	Rockford IL	62	3	77	1:05:52	16:28/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Ed Clucas	Rockford IL	64	34	48	47:49	11:57/M
2 *	Steven Safford	Sycamore IL	62	56	49	47:56	11:59/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Susan Molyneaux	Rockford IL	69	14	74	1:00:48	15:12/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	George Tillett	Roscoe IL	66	58	18	39:12	9:48/M
2 *	Bob Godman	Byron IL	69	8	50	47:57	11:59/M

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Jim Dunkel	Rockford IL	72	35	59	52:20	13:05/M