

## 2010 Phil Widener Empire Open

August 28, 2010

Women's Open Race: 3.43 miles

Place	FirstName	LastName	Gender	Age	Time	Club
1	YiOu	Wang	F	25	20:03	Tamalpa Runners
2	Julie	Nacouzi	F	16	20:36	unattached
3	Nicole	Campbell	F	28	20:41	West Valley Track Club
4	Heather	MacFalls	F	31	20:46	unattached
5	Holly	Hagerman	F	42	21:10	Impala Racing Team
6	Megan	Daly	F	31	21:31	Impala Racing Team
7	Kearann	Smith	F	26	21:37	Impala Racing Team
8	Tanya	Fredricks	F	44	21:59	Tamalpa Runners
9	Tara	Navarro	F	31	22:09	Impala Racing Team
10	Nancy	Thomas	F	41	22:11	Impala Racing Team
11	Christine	Kennedy	F	55	22:18	Tamalpa Runners
12	Danielle	Bisho	F	27	22:22	Pamakids
13	Elisa	Pedersen	F	26	22:27	Empire Runners
14	Sarah	Tabbutt	F	51	22:31	Impala Racing Team
15	Angela	Broad	F	26	22:37	Impala Racing Team
16	Sarah	Dill	F	29	22:46	Impala Racing Team
17	Karen	Steele	F	52	22:48	Tamalpa Runners
18	Michele	Rowic	F	36	23:02	West Valley Track Club
19	Carrie	Peterson-Kirby	F	37	23:14	Empire Runners
20	Lisa	Renteria	F	32	23:21	Wolfpack International
21	Jessica	Mason	F	22	23:22	Pamakids
22	Elizabeth	Shortino	F	46	23:24	Tamalpa Runners
23	Eileen	Brennan-Erler	F	49	23:28	Impala Racing Team
24	Michele	Montgomery	F	52	23:32	Impala Racing Team
25	Anna	Kurtz	F	29	23:37	Pamakids
26	Amy	Shohet	F	39	23:37	West Valley Track Club
27	Jill	Baker	F	42	23:42	Impala Racing Team
28	Monica	Zhuang	F	36	23:48	Pamakids
29	Tiffany	Davis	F	32	23:50	Impala Racing Team
30	Beth	Freedman	F	42	23:52	Tamalpa Runners
31	Mimi	Willard	F	56	24:01	Tamalpa Runners
32	Mary	Vidovich	F	46	24:04	Tamalpa Runners
33	Karen	Frindell Teuscher	F	34	24:06	Empire Runners
34	Mo	Bartley	F	55	24:10	Impala Racing Team
35	Elizabeth	Meza	F	41	24:16	Empire Runners
36	Heather	Johnson	F	39	24:23	Pamakids
37	Liisa	Miller	F	44	24:28	Santa Cruz Track Club
38	Stella	Hall	F	25	24:50	Pamakids
39	Holly	Wick	F	52	24:54	Tamalpa Runners
40	Malinda	Walker	F	40	24:59	Pamakids
41	Nuvit	Foster	F	49	25:00	Empire Runners
42	Trudy	Mohr	F	46	25:07	River City Rebels
43	Lisa	Youmans	F	48	25:11	Empire Runners
44	Lee	D'Alessandro	F	41	25:12	New Balance Excelsior
45	Cath	Kemp	F	30	25:16	Golden Valley Harriers
46	Suzanne	Bryan	F	47	25:18	Impala Racing Team
47	Andrea	Guzman	F	29	25:20	Empire Runners
48	Fiona	Mccusker	F	46	25:23	Pamakids
49	Suzanne	Cordes	F	50	25:26	Impala Racing Team
50	Tori	Mereditth	F	53	25:28	Empire Runners
51	Anne	Mason	F	44	25:37	Pamakids
52	Shelagh	Sayers	F	46	25:46	Impala Racing Team
53	Tamara	Gonzalez	F	50	25:54	Tamalpa Runners
54	Marlene	Capra	F	51	26:12	Tamalpa Runners
55	Brooke	Barnum-Roberts	F	30	26:19	Lake Merritt Joggers and Striders
56	Kimberly	Carlton-Matthews	F	43	26:24	Santa Cruz Track Club
57	Karin	Kuffel	F	47	26:34	unattached
58	Patricia	Ross	F	43	26:35	Lake Merritt Joggers and Striders
59	Karen	Fishwild-Andrews	F	50	26:39	Lake Merritt Joggers and Striders
60	Odessa	Schexnaydre	F	37	26:42	Empire Runners
61	Jennifer	Ortlinghaus	F	40	26:49	Empire Runners
62	Joanne	Rowland	F	62	26:56	Impala Racing Team
63	Stephanie	Nacouzi	F	51	27:18	unattached
64	Maggie	Fillmore	F	60	27:24	Impala Racing Team
65	Kristin	Clark	F	28	27:39	West Valley Track Club
66	Marie	Appel	F	46	27:45	Impala Racing Team

67	Lisa	Titus-Isabeau	F	51	27:47	Empire Runners
68	Mary	Bryan	F	49	27:48	Impala Racing Team
69	Sharlet	Gilbert	F	59	27:49	unattached
70	Melanie	Michalak	F	26	27:56	Santa Cruz Track Club
71	Deb	Skinner	F	43	28:28	Empire Runners
72	Dianne	Anderson	F	64	28:42	Impala Racing Team
73	Melanie	Nacouzi	F	19	28:52	unattached
74	Amy	Sonstein	F	40	28:59	Tamalpa Runners
75	Dianne	Delucchi	F	50	29:01	Santa Cruz Track Club
76	Tanya	Narath	F	46	29:01	Empire Runners
77	Kathi	Berman	F	49	29:05	Impala Racing Team
78	Xiaoyin	Guo	F	27	29:12	Pamakids
79	Holly	Tyler	F	53	29:15	Santa Cruz Track Club
80	Shirley	Fee	F	69	29:43	Empire Runners
81	Mary	Massee	F	53	30:06	Impala Racing Team
82	Laury	Fisher	F	65	31:27	Lake Merritt Joggers and Striders
83	Jodi	Thirtyacre	F	46	32:14	Pamakids
84	Olga	Tsyvinsky	F	42	32:31	Pamakids
85	Maria	Marsilio	F	54	34:18	Santa Cruz Track Club
86	Elaine	Merrill	F	64	36:20	Lake Merritt Joggers and Striders
87	Edda	Stickle	F	68	36:50	Tamalpa Runners
88	Jeanne	Olson	F	62	36:59	Impala Racing Team
89	Katie	Martin	F	71	37:01	Tamalpa Runners
90	Kathy	Colleto	F	68	42:00	Tamalpa Runners

### August 28, 2010

#### Men's Masters Race: 3.43 miles

Place	FirstName	LastName	Gender	Age	Time	Club
1	Chris	Knorzer	M	41	19:09	West Valley Track Club
2	Iain	Mickle	M	49	19:14	New Balance Excelsior
3	Jeff	Mann	M	47	19:25	Strawberry Canyon TC
4	Tim	Wallen	M	46	19:29	Tamalpa Runners
5	Kenny	Brown	M	41	19:30	Empire Runners
6	Carlos	Castelo	M	41	19:34	Empire Runners
7	Jeff	Hongo	M	45	19:36	Asics Aggies Running Club
8	Don	Stewart	M	49	19:36	Empire Runners
9	Brad	O'Brien	M	48	19:37	Tamalpa Runners
10	Wayne	Best	M	42	19:38	Tamalpa Runners
11	Tim	O'Rourke	M	52	19:43	Tamalpa Runners
12	Scott	Bang	M	42	19:45	West Valley Joggers & Striders
13	Tim	Keenan	M	49	19:47	Strawberry Canyon TC
14	Dan	Mancini	M	46	19:58	New Balance Excelsior
15	Gregg	Jennings	M	40	20:14	Empire Runners
16	Danny	Aldridge	M	53	20:15	Empire Runners
17	JORN T.	JENSEN	M	41	20:19	West Valley Joggers & Striders
18	Michael	Matthews	M	44	20:21	West Valley Joggers & Striders
19	Ty	Strange	M	49	20:24	Empire Runners
20	Thom	Trimble	M	51	20:26	Strawberry Canyon TC
21	Alan	Reynolds	M	46	20:30	Tamalpa Runners
22	Dennis	Kurtis	M	56	20:36	West Valley Joggers & Striders
23	George	Dombroski	M	41	20:37	unattached
24	Chatham	Ross	M	51	20:49	Strawberry Canyon TC
25	Thomas	O'Connor	M	54	20:53	West Valley Joggers & Striders
26	Andy	Howard	M	49	20:58	Empire Runners
27	David	Bronstein	M	48	21:07	Tamalpa Runners
28	Greg	Nacco	M	50	21:09	Tamalpa Runners
29	Adam	Lucas	M	43	21:10	Pamakids
30	Denis	Glenn	M	40	21:11	Pamakids
31	Bradford	Bryon	M	52	21:13	Tamalpa Runners
32	Bruce	Benter	M	50	21:23	Tamalpa Runners
33	Jonathan	Hayden	M	53	21:29	Empire Runners
34	Eron	Flory	M	49	21:31	Tamalpa Runners
35	Kevan	Chu	M	42	21:32	Santa Cruz Track Club
36	David	Delucchi	M	48	21:56	Santa Cruz Track Club
37	Lawrence	Berg	M	52	21:57	Santa Cruz Track Club
38	John	Spriggs	M	49	22:00	Pamakids
39	Scott	Schneider	M	43	22:00	Tamalpa Runners
40	Bob	Rogers	M	53	22:08	Empire Runners
41	Roy	Clarke	M	54	22:11	Pamakids
42	Chris	Webb	M	42	22:17	Empire Runners

43	Paul	Berg	M	55	22:18	Empire Runners
44	Brian	Purcell	M	54	22:19	Tamalpa Runners
45	Paul	Zager	M	53	22:20	Pamakids
46	Ed	Corral	M	53	22:22	Tamalpa Runners
47	Bryan	Porter	M	48	22:27	Empire Runners
48	Galen	Carnicelli	M	42	22:33	Pamakids
49	Alec	Isabeau	M	48	22:40	Empire Runners
50	Mike	Kriege	M	50	22:41	West Valley Joggers & Striders
51	Erick	Studenicka	M	44	22:43	Empire Runners
52	Budd	Ring	M	52	22:44	River City Rebels
53	Brian	Conroy	M	54	22:44	West Valley Joggers & Striders
54	John	Yamagata	M	60	22:45	West Valley Joggers & Striders
55	Bradley	Zanetti	M	56	22:46	Empire Runners
56	David	Woodruff	M	52	22:47	West Valley Joggers & Striders
57	Arturo	Rodriguez	M	60	22:49	Santa Cruz Track Club
58	Jeffrey	Harding	M	48	22:53	Santa Cruz Track Club
59	Brian	McCurdy	M	54	22:58	Tamalpa Runners
60	Ken	Grebenstein	M	57	23:01	Tamalpa Runners
61	Bill	Neer	M	51	23:04	Tamalpa Runners
62	John	Harmon	M	54	23:13	Empire Runners
63	Don	Porteous	M	64	23:17	Tamalpa Runners
64	Todd	Hayes	M	60	23:19	West Valley Joggers & Striders
65	Larry	Meredith	M	53	23:21	Empire Runners
66	Peter	Kirk	M	46	23:27	Empire Runners
67	Neil	Gelblum	M	59	23:29	West Valley Joggers & Striders
68	Arthur	Marthinsen	M	51	23:51	Tamalpa Runners
69	Hans	Schmid	M	70	23:56	Tamalpa Runners
70	Vernon	Stafford	M	56	24:04	unattached
71	Ron	Souza	M	56	24:09	River City Rebels
72	Frank	Ruono	M	64	24:21	Tamalpa Runners
73	Carlos	Siqueiros	M	53	24:23	Asics Aggies Running Club
74	Lynn	Walker	M	53	24:34	Tamalpa Runners
75	Steve	Cryer	M	58	24:38	Empire Runners
76	Jim	Flanigan	M	61	25:05	Tamalpa Runners
77	William	Ortlinghaus	M	46	25:10	Empire Runners
78	Jim	Eckford	M	55	25:12	Lake Merritt Joggers and Striders
79	Glenn	Kishi	M	48	25:14	West Valley Joggers & Striders
80	Kent	Carlomangno	M	53	25:17	Tamalpa Runners
81	James	Wiley	M	40	25:49	unattached
82	Brendan	Hutchinson	M	67	25:58	Empire Runners
83	Christopher	Hamer	M	51	25:59	River City Rebels
84	Jim	Meyers	M	61	26:02	Tamalpa Runners
85	Dale	Peterson	M	52	26:03	Empire Runners
86	Robert	Seldner	M	70	26:20	unattached
87	Carl	Peterson	M	72	26:34	West Valley Joggers & Striders
88	Joseph	Johnson	M	61	26:39	West Valley Joggers & Striders
89	Joe	Hurtado	M	69	26:52	West Valley Joggers & Striders
90	Mark	Huffman	M	53	26:56	Pamakids
91	Robert	Knox	M	64	27:03	Tamalpa Runners
92	Robert	Brown	M	53	27:06	River City Rebels
93	David	Norlander	M	71	27:10	West Valley Joggers & Striders
94	Joel	Contreras	M	66	27:12	Buffalo Chips
95	Don	Koerberlein	M	63	27:13	River City Rebels
96	William	Rogers	M	49	27:20	unattached
97	Bill	Browne	M	60	27:43	Empire Runners
98	Russ	Kiernan	M	72	27:54	Tamalpa Runners
99	Art	Sanchez	M	57	28:09	Spartans
100	Nick	Butterfield	M	53	28:43	Spartans
101	Julios	Ratti	M	59	29:00	unattached
102	Salvador	Martinez	M	57	29:07	Spartans
103	Bernie	Hollander	M	74	30:00	Tamalpa Runners
104	Kevin	Teuscher	M	59	30:02	Empire Runners
105	Dennis	Scott	M	62	30:03	Buffalo Chips
106	Don	Sampson	M	63	30:05	Empire Runners
107	Paul	Hickey	M	44	30:08	Empire Runners
108	Darryl	Beardall	M	73	30:09	Tamalpa Runners
109	Gordon	Abbott	M	66	30:18	Asics Aggies Running Club
110	Mike	Shriver	M	50	31:00	River City Rebels
111	Dale	Trowbridge	M	70	31:24	Empire Runners
112	Elmo	Shropshire	M	73	32:51	Tamalpa Runners

113	Paul	Peck	M	49	33:22	unattached
114	John	McDougall	M	66	34:21	East Bay Joggers and Striders
115	Sam	Hirabayashi	M	83	34:45	Tamalpa Runners
116	Carl	Tuck	M	76	35:06	West Valley Joggers & Striders
117	Craig	Wasserkrug	M	50	35:36	Empire Runners
118	Phil	Phythian	M	76	35:53	Tamalpa Runners
119	Bob	Venditti	M	61	39:28	Buffalo Chips

### August 28, 2010

#### Men's Open Race: 3.43 miles

Place	FirstName	LastName	Gender	Age	Time	Club
1	Jonathan	Charlesworth	M	25	17:24	West Valley Track Club
2	Keith	Hankins	M	27	17:32	Asics Aggies Running Club
3	Jacob	Petralia	M	24	17:49	Asics Aggies Running Club
4	Kevin	Pierpoint	M	34	17:53	Asics Aggies Running Club
5	Gus	Gibbs	M	24	17:54	River City Rebels
6	Ben	Jerrett	M	30	17:59	West Valley Track Club
7	Grant	Johnson	M	27	18:07	New Balance Excelsior
8	John	Welsh	M	29	18:09	West Valley Track Club
9	Todd	Rose	M	37	18:11	West Valley Track Club
10	Gerald	McCormick	M	27	18:23	Empire Runners
11	Jin	Daikoku	M	27	18:27	New Balance Excelsior
12	Ken	Burgess	M	29	18:36	US Coast Guard
13	Chikara	Omine	M	28	18:37	New Balance Excelsior
14	Sean	Pont	M	25	18:40	Tamalpa Runners
15	John	Staroba	M	31	18:41	Empire Runners
16	Alex	Wolf-Root	M	23	18:48	Empire Runners
17	Christopher	Mocko	M	24	18:49	Asics Aggies Running Club
18	Evan	Sparling	M	23	18:49	New Balance Excelsior
19	Dan	Chebot	M	23	18:50	unattached
20	Tomas	Evangelista	M	20	19:02	River City Rebels
21	Nick	MacFalls	M	36	19:05	unattached
22	Justin	Mikecz	M	30	19:06	Pamakids
23	Jed	Soliz	M	28	19:10	River City Rebels
24	Jason	Lee	M	34	19:18	New Balance Excelsior
25	Anthony	Fagundes	M	20	19:34	River City Rebels
26	Steve	Holcombe	M	27	19:40	Pamakids
27	Erik	Mencarini	M	30	20:01	River City Rebels
28	Eric	Downing	M	39	20:08	Empire Runners
29	Charlie	Epperson	M	33	20:12	US Coast Guard
30	Jeff	Hongo**	M	45	20:18	Asics Aggies Running Club
31	Steve	Lloyd	M	29	20:21	Pamakids
32	Sid	Andreis	M	29	20:29	Empire Runners
33	Christopher	Wehan	M	28	20:35	unattached
34	Jose	Anguiano	M	37	20:46	Tamalpa Runners
35	Brandon	Crowell	M	35	20:48	Empire Runners
36	Nathan	Koch	M	29	20:48	Empire Runners
37	Kenley	Gaffke	M	32	20:49	Pamakids
38	Bjorn	Samson	M	32	20:56	River City Rebels
39	Simon	Novich	M	14	20:58	Pamakids
40	Ambrogino	Giusti	M	24	21:23	Pamakids
41	Jimi	Smith	M	34	22:05	Pamakids
42	Adam	Durgerian	M	15	22:06	unattached
43	Will	Clark	M	37	22:12	West Valley Track Club
44	Nathan	Menefee	M	30	22:24	US Coast Guard
45	David	Parrish	M	36	22:35	Pamakids
46	John	Gieng	M	31	22:36	Pamakids
47	Sina	Aboutalebi	M	29	22:49	New Balance Excelsior
48	Greg	Taleck	M	34	23:00	Pamakids
49	Anders	Ryerson	M	33	23:19	Pamakids
50	Todd	Schram	M	38	23:29	unattached
51	Thomas	Pequignot	M	32	24:33	US Coast Guard
52	Charlie	Reid	M	15	24:37	unattached
53	Jonathan	Potterton	M	28	26:11	US Coast Guard