

Lake Wobegon Trail Marathon

May 9, 2009

2009 Results

Men

Overall Winner Joe Buckentine

Masters Winner David Hartz

Age Group Winners

18-24 Eric Swanlund II

25-29 Ryan Hammerberg

30-34 Jason Bruggeman

35-39 Paul Danger

40-44 Pat Heller

45-49 Mark Kief

50-54 Monty Steffens

55-59 Rick Hlebain

60-64 Richard DeCample

65-69 Denny Wintheiser

70+ Dick Plaep

Women

Overall Winner Kalli Christen

Master Winner Karen Wander

Age Group Winners

18-24 Mary Claire Chao

25-29 Valerie Kelso

30-34 Traci Amundson

35-39 Eve Bjork

40-44 Beth van Gulijk

45-49 Cathy Olson

50-54 Barb Gregory

55-59

60+ Pamela Mund

First name	Last name	Gender	Age	Hometown	Finish time
Joe	Buckentine	M	46	St. Cloud, MN	2:50:19
Ryan	Hammerberg	M	25	St. Cloud, MN	2:52:23
Paul	Danger	M	38	Valparaiso, IL	2:55:13
David	Hartz	M	51	Cold Spring, MN	3:02:40
Jason	Bruggeman	M	34	Farmington, MN	3:04:56

Mark	Kief	M	47 Lakeville, MN	3:08:02
Pat	Heller	M	40 Grey Eagle, MN	3:08:40
Mark	Sundlov	M	33 Williston, ND	3:09:21
Keith	Thaxter	M	47 Whitehorse, Yukon,Canada	3:10:05
Matt	Binsfeld	M	33 Holdingford, MN	3:10:39
Monty	Steffens	M	50 Sartell, MN	3:12:16
George	Bienusa	M	43 Sartell, MN	3:12:17
Jay	Johnson	M	49 Sauk Rapids, MN	3:13:44
Craig	Isakson	M	26 Detroit Lakes, MN	3:15:04
David	Trettel	M	49 Rice, MN	3:15:46
Kalli	Christen	F	39 St. Cloud, MN	3:17:52
Joseph E.	Winegardner	M	53 Northfield, MN	3:18:44
Josh	Alessio	M	36 St. Cloud, MN	3:21:29
Rick	Hlebain	M	58 Sartell, MN	3:22:38
Jeff	Johnston	M	54 Deer Park, WI	3:23:25
Jim	Richards	M	36 Rexburg, ID	3:27:15
Russell S.	Blue	M	39 Clifton Park, NY	3:27:35
Traci S.	Amundson	F	34 Duluth, MN	3:28:24
Valerie	Kelso	F	29 Rice, MN	3:28:25
Stanley	Hup	M	54 Northfield, MN	3:28:37
John	Beshara	M	55 Burnsville, MN	3:30:00
Eric	Swanlund II	M	23 Edina, MN	3:30:34
Karen	Wander	F	44 Becker, MN	3:33:49
Kurt	Stunek	M	51 St. Cloud, MN	3:34:45
Michael	Stearn	M	49 Golden Valley, MN	3:36:11
Jeff	Janssen	M	44 St. Cloud, MN	3:36:31
Rebecca	Welle	F	27 Hopkins, MN	3:36:48
Randy	Zimmerman	M	47 Paynesville, MN	3:37:09
Greg	Couser	M	39 Rochester, MN	3:37:26
Alex	Voigt	M	24 Mankato, MN	3:38:32

Denny	Wintheiser	M	65 Sauk Rapids, MN	3:39:14
Karl	Anderson	M	40 Sauk Rapids, MN	3:39:21
Quinn	Montgomery	M	35 Maple Grove, MN	3:41:07
Jim	Stellon	M	46 Richfield, MN	3:42:26
Brian	Woods	M	44 St. Cloud, MN	3:42:34
Travis	Miller	M	29 Nisswa, MN	3:43:20
Beth	van Gulijk	F	43 New London, MN	3:43:27
Eric	Swanlund	M	54 Edina, MN	3:43:48
Victor Charles	Weiss	M	40 Avon, MN	3:45:32
Mark	Zwolenski	M	49 Dundas, MN	3:45:55
Dan	Brower	M	27 Bemidji, MN	3:46:39
Michael A.	Cloutier	M	50 Princeton, MN	3:46:55
Tom	Books	M	49 Oakdale, MN	3:46:56
Dan	Rassier	M	53 St. Joseph, MN	3:47:07
Dennis	Gregory	M	52 Richmond, MN	3:47:25
Leah	Popp	F	28 Sartell, MN	3:47:28
Dana	Novinskie	F	27 Glade Park, CO	3:47:56
Lyndon D.	Johnson	M	44 Sauk Rapids, MN	3:49:07
Renee	Bjork	F	43 Brooten, MN	3:49:25
Richard	DeCample	M	64 Renton, WA	3:49:55
Beth	Duyvejonck	F	34 Excelsior, MN	3:52:12
Andy	Thomson	M	59 Matteson, IL	3:52:45
Christie	Smiley	F	33 Lake Zurich, IL	3:53:03
Christine	Klimpel	F	41 Sartell, MN	3:53:08
Kevin	O'Connor	M	58 Edina, MN	3:54:48
Cathy	Olson	F	48 Wells, MN	3:55:04
Eve	Bjork	F	36 Osceola, WI	3:57:57
Debbie	Frank	F	36 St. Louis, MO	3:58:11
Doug	Chalker	M	44 St. Louis, MO	3:58:12
Doug	Carrell	M	49 Salt Lake City, UT	3:58:25

Lee	Thorson	F	49 Northfield, MN	3:59:18
Alex	Armato	M	52 Austin, TX	4:00:02
Bill	Olson	M	39 Rosemount, MN	4:00:50
Alan	Remele	M	62 Yucaipa, CA	4:00:57
Mark	Cumming	M	53 St. John's NL Canada	4:01:33
John J.	Schreifels	M	56 St. Cloud, MN	4:02:10
Julie	O'Neill	F	36 Monument, CO	4:04:30
Fabio	Rozo	M	44 Minneapolis, MN	4:05:56
Ryan W.	Peterson	M	19 Northfield, MN	4:06:33
Jim	Reynolds	M	40 St. Michael, MN	4:06:51
Richard	Daymont	M	61 Northfield, MN	4:06:58
Jeff	McCallum	M	47 St. Cloud, MN	4:07:44
Greg	Ohlsen	M	55 Maplewood, MN	4:07:50
Dave	Orr	M	34 Humboldt, IA	4:08:22
Kris	Rosenbush	F	38 Stewartville, MN	4:08:34
Mike	Wertz	M	55 Dubuque, IA	4:08:57
Steve	Hagedorn	M	50 Duluth, MN	4:09:39
Jake	Bauerly	M	55 Sauk Rapids, MN	4:10:00
Bill	Molitor	M	49 Cold Spring, MN	4:10:11
Julie	Dengerud	F	33 Grove City, MN	4:10:20
Mary Claire	Chao	F	21 Northfield, MN	4:11:50
Chris	Pahl	M	53 Foley, MN	4:13:14
Bret	Busse	M	40 Apple Valley, MN	4:15:17
Arvid	Fristad	M	51 Sartell, MN	4:16:40
Larry	McNichols	M	64 Elk River, MN	4:16:51
Eric	Weill	M	54 Hattiesburg, MS	4:18:32
Shayan	Izaddoost	M	35 Houston, TX	4:19:18
Walt	Prescott	M	53 Decatur, GA	4:21:34
Laura J.	Dawson	F	27 Rochester, MN	4:21:47
Shane	Johnson	M	36 Sartell, MN	4:23:03

Howie	Schomer	M	40 Pierz, MN	4:24:23
Carrie	McDunnell	F	48 Austin, TX	4:25:25
Sarah	Fowler	F	29 St. Paul, MN	4:27:27
Kent F.	Spellman	M	57 Albert Lea, MN	4:31:39
Amanda	Marquardt	F	31 Litchfield, MN	4:33:38
David	Garron	M	60 St. Paul, MN	4:34:04
Kevin	Ehle	M	45 Waconia, MN	4:34:30
Dick	Plaep	M	70 Minnetonka, MN	4:36:32
Jeff	Brower	M	47 Bemidji, MN	4:36:52
Wendy	Foley	F	42 Litchfield, MN	4:39:24
Raymond	Cyr	M	65 Willmar, MN	4:39:25
Terese	Vander Eyk	F	48 St. Cloud, MN	4:39:37
Amber	Kuklok	F	19 St. Cloud, MN	4:39:46
Celestine	Tung	F	32 Houston, TX	4:40:04
Bob	Hines	M	56 Willmar, MN	4:40:58
Thomas R.	Torkelson	M	40 Sauk Rapids, MN	4:45:07
David J.	Huberty	M	65 Minneapolis, MN	4:45:25
Diane	Palkert	F	44 Aitken, MN	4:45:30
Daron	Gersch	M	44 Albany, MN	4:47:06
Silas Joseph	Bell	M	61 Minneapolis, MN	4:48:15
Pamela	Mund	F	61 Maplewood, MN	4:48:32
Derek	Norkol	M	37 Superior, WI	4:48:56
Tom	Huberty	M	57 Minneapolis, MN	4:49:20
Curtis	Ghylin	M	70 Sauk Rapids, MN	4:50:10
Dawn	Lagergren	F	38 Litchfield, MN	4:50:57
Ronn	Johnson	M	46 Andover, MN	4:51:17
Bill	Schletzer	M	60 Plymouth, MN	4:52:16
Paul	DeLange	M	31 Ramsey, MN	4:52:25
Warren P.	Taylor	M	62 North Mankato, MN	4:55:56
Barb	Gregory	F	52 Richmond, MN	4:56:46

Kevin E.	Zimmer	M	56 Sauk Centre, MN	4:56:52
Ryan	Thomas	M	34 Burtrum, MN	4:57:48
Michael G.	Swanson	M	57 Plymouth, MN	4:57:53
Betsy	Holan	F	41 St. Joseph, MN	4:58:54
Lisa	Martone	F	39 St. Joseph, MN	4:59:05
Mk	V	M	50 Washington, DC	5:01:10
Pat	Gottschalk	F	61 New Ulm, MN	5:05:57
Brian	Wensmann	M	43 Bowlus, MN	5:06:54
Kenneth	Dehn	M	42 Sauk Rapids, MN	5:06:59
Kathy	Schmidt	F	64 St. Cloud, MN	5:12:25
Nancy	Stuparich	F	48 Miami Beach, FL	5:16:02
Mike	Simpson	M	25 St. Cloud, MN	5:16:16
Eric	Bailey	M	46 St. Cloud, MN	5:23:53
Kendel	Prescott	F	48 Decatur, GA	5:25:15
Judy	Remele	F	62 Yucaipa, CA	5:35:44
Frank D.	Bartocci	M	61 Rochester, MN	5:38:51
Jan	Shaver	F	53 St. Cloud, MN	5:42:24
Kim	Holt	F	49 Avon, MN	5:42:25
Peter	Graham	M	43 London, United Kingdom	5:45:07
Charles	Sayles	M	72 Glendale, CA	5:48:44