

# 2004 Spirit Run Results

The Spirit Run experienced strong support from Rochester's running community again this year. On October 30, dozens of young children ran an untimed 1k with smile abounding. This was followed by 187 runners from ages 8 to 72 finishing the 5k or 10k races. Bobby Chokdee took advantage of the mild temperatures and occasional light mist to post a blazing 35:05 10k time. Tamara Berg-Beniak outpaced the women's 10k runners by almost 2 minutes at 43:34. The overall 5k winner was 14 year old Travis Beniak. The fastest woman overall was Melissa Roehm at 20:34 with the fastest 19 and under woman was Jenny Johnson, 23:27.

## Spirit Run 2004

### 5k Results

10/30/04

Name	Age	Gender	Time
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1. Travis Beniak 14 M 17:59
2. Dan Dobson 26 M 18:25
3. Nathan Grant 17 M 18:34
4. John Hagen 30 M 18:38
5. Tom Woo 45 M 18:48
6. John Rafferty 30 M 19:51
7. Matt Grant 15 M 19:55
8. Mario Minelli 33 M 20:30
9. Melissa Roehm 25 F 20:34
10. Timothy Jennings 28 M 20:45
11. Kevin Lenz 44 M 21:09
12. John Schlegelmilch 57 M 21:11
13. Randy Regimbal 47 M 21:16
14. Dave Grant 41 M 21:36
15. Andy Abrams 40 M 22:13
16. Kerry Rosane 24 F 22:25
17. Kevin Wells 15 M 22:29
18. Ken White 48 M 22:34

## Spirit Run 2004

### 10k Results

10/30/04

Name	Age	Gender	Time
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1. Bobby Chokdee 32 M 35:05
2. Wayne Dickie 40 M 37:13
3. Jason Garvens 16 M 38:11
4. Michael Haddock 42 M 40:20
5. Daniel Garvens 19 M 40:34
6. Steve DeBoer 49 M 41:33
7. Matthew Schrader 28 M 41:42
8. Michael Wilcox 30 M 42:19
9. Jim Parry 34 M 42:28
10. Tamara Berg-Beniak 36 F 43:34
11. Jim Mason 44 M 43:52
12. Joe Ryan 32 M 44:24
13. Scott Helt 36 M 44:33
14. Jim Clennon 53 M 44:49
15. Ruben Mesa 35 M 44:55
16. Michael Mellon 45 M 45:14
17. Marisa Vaughn 25 F 45:32
18. John Brown 61 M 46:07

19. James Rosane 27 M 22:46  
20. Michelle Allen 26 F 23:03  
21. Patton Prunty 28 M 23:05  
22. Stephen Saliba 44 M 23:07  
23. Melanie Crum 32 F 23:17  
24. Brandon Lenz 15 M 23:26  
25. Jenny Johnson 19 F 23:27  
26. Megan Lockie 23 F 23:34  
27. Brandon Smith 24 M 23:46  
28. Charron Mcleod 36 F 23:49  
29. Kyle Farrell 13 M 24:09  
30. Hirohito Kita 46 M 24:44  
31. Michaeleen Burroughs 39 F 24:49  
32. Jim Sorum 35 M 24:50  
33. Lisa Brost 17 F 24:57  
34. Lindsay Jensen 18 F 24:58  
35. Mindy Burg 26 F 25:04  
36. Ian Torchia 8 M 25:05  
37. Charlie Farrell 48 M 25:14  
38. Johnny Lawson 8 M 25:21  
39. Sarah Jensen 22 F 25:34  
40. David Campeau 9 M 25:37  
41. Samantha Levering 15 F 25:48  
42. Jodi Bell 34 F 26:13  
43. Doug Zars 35 M 26:35  
44. Elizabeth Mellon 13 F 26:39  
45. Masami Kita 44 F 26:40  
46. Yvonne Hubmayr 53 F 26:44  
47. Sarah Torchia 12 F 26:52  
48. Melissa Halleland 30 F 26:53  
49. Jenna Mason 12 F 26:55  
50. Ray Frick 42 M 27:01  
51. Kay Frick 49 F 27:09

19. Dan Valentine 45 M 46:28  
20. James Funk 49 M 46:47  
21. Andi Fyffe 29 F 46:54  
22. KC Reed 50 M 47:07  
23. Gerald Volcheck 41 M 47:14  
24. Francine Lepage 56 F 47:15  
25. Roger Heil 54 M 47:50  
26. Mark Mueller 41 M 48:04  
27. Mark Wernstrom 44 M 48:37  
28. Wally Arnold 45 M 49:01  
29. Karla Behringer 46 F 49:07  
30. Bill Kass 40 M 49:12  
31. E.M. Sitruk 33 M 49:19  
32. Peter Tebben 32 M 49:34  
33. Bob Solon 36 M 50:26  
34. Dennis Riese 57 M 50:35  
35. Mark Schreiter 47 M 50:45  
36. Katie Schneider 22 F 50:52  
37. Margo Fitzgerald 40 F 51:02  
38. John Mann 54 M 51:31  
39. Joe Gilbert 48 M 52:08  
40. Laura Bruzek 26 F 52:24  
41. Lana Heiraas 26 F 52:25  
42. Nina Bren 47 F 52:48  
43. Sara Ryan 32 F 52:51  
44. Ryo Kita 17 M 53:04  
45. Jacqueline Stevermer-Bakken 39F 53:12  
46. John Dinusson 60 M 53:41  
47. Chris Hughes 34 F 53:50  
48. Sonja Kranz 42 F 54:31  
49. Duane Price 47 M 54:51  
50. Rosemary Harnly 58 F 55:32  
51. Pat Brown 68 M 55:38

52. Jenny Helt 22 F 27:11  
53. Dick Olson 72 M 27:12  
54. Jarika Tuohimaa 9 F 27:15  
55. Michael Brandt 9 M 27:33  
56. Lukas Shelerud 8 M 27:35  
57. Dan Lacine 53 M 27:54  
58. Julie Thelen 10 F 28:08  
59. Jeff Thelen 43 M 28:09  
60. Jeff Verkerke 38 M 28:17  
61. Steve Norton 47 M 28:28  
62. Lisa Verkerke 37 F 28:35  
63. Jacob Hanson 9 M 28:55  
64. Nate Wells 10 M 29:00  
65. Tony Wells 46 M 29:01  
66. Dana Dravis 33 F 29:29  
67. Maureen Lawson 38 F 29:34  
68. Susan Hanson 44 F 29:37  
69. Kristin Thelen 12 F 29:51  
70. Laura Grant 11 F 29:58  
71. Nicholas Steichen 10 M 30:15  
72. Alan Steichen 37 M 30:40  
73. Roger Haugen 62 M 30:41  
74. Angie Allers 35 F 30:48  
75. Jerry Reynolds 70 M 31:06  
76. Craig Bren 50 M 31:52  
77. LeeAnn Tebben 33 F 31:57  
78. Ryan Inwards 11 M 32:13  
79. David Inwards 46 M 32:24  
80. Sam Prosser 10 M 32:24  
81. Ed Prosser 42 M 32:33  
82. Lisa Puhl 44 F 32:34  
83. Lora Smith 24 F 32:45  
84. Don Schmitz 61 M 33:07

52. Sandra Dalquist 64 F 55:41  
53. Mary Rolfs 37 F 55:58  
54. Karla Folkerts 38 F 56:52  
55. Linda Gentling 53 F 57:00  
56. Diane Mann 52 F 57:32  
57. Gina Sundsmo 42 F 58:02  
58. Jan Case 50 F 60:06  
59. Jeff Bell 42 M 60:08  
60. Piper Nichols 31 F 60:37  
61. Robert Sieracki 64 M 60:38  
62. Peggy Anderson 54 F 61:17  
63. Bonnie Striegel 47 F 61:37  
64. Suzanne LaPalm 43 F 61:47  
65. Judy Weller 45 F 62:09  
66. Dan Simula 45 M 63:29  
67. Justin Murray 66 M 64:47  
68. Milissa Branson 40 F 70:06  
69. Jan Borgmeier 34 F 70:26  
70. Sarah Tuohimaa 29 F 70:27  
71. Charles Lacy 44 M 70:32  
72. Janelle Smith 35 F 70:33  
73. Amy Swancutt 29 F 71:04  
74. Jim Pringnitz 33 M 71:09

85. Peg Arnold 45 F 33:25  
86. Jennifer Diggins 34 F 34:15  
87. Troy Thicke 35 M 34:22  
88. Phillip Sermon 40 M 34:31  
89. Jessica Swetz 24 F 34:33  
90. Greg Opdahl 34 M 34:49  
91. Mikaela Thelen 8 F 35:14  
92. Lizzy Shelerud 10 F 35:25  
93. Randy Shelerud 43 M 35:27  
94. Dottie Thelen 43 F 35:29  
95. Dawn Johnson 27 F 35:30  
96. Kaye Case 59 F 35:31  
97. Janet Murray 62 F 35:49  
98. Jimmy Branson 12 M 36:12  
99. Scott Nigbur 39 M 36:17  
100. Mike Nigbur 39 M 36:31  
101. Carrie Inwards 46 F 36:32  
102. Sarah Inwards 13 F 36:33  
103. Brian Sonnier 34 M 36:46  
104. Andrea Sonnier 32 F 36:46  
105. Susan Benysh 35 F 37:06  
106. Deb Erickson 31 F 37:12  
107. Samuel Steichen 11 M 37:55  
108. Mario Cazzanti 63 M 39:55  
109. Jane Reimers 40 F 42:06  
110. Margie Kuisle 55 F 45:52  
111. Thomas O'Shaughnessy 61 M 47:08  
112. David Hallehan 59 M 55:29  
113. Pamela Hallehan 62 F 55:29