

Run, Bike or Hike

August 28, 2010

Lake Linville - Mt. Vernon KY

5K Run by the Lake

1. Justin Poynter	17.42
2. Josh Haynes	18.02
3. Brandan Simpson	19.11
4. Mark Hamm	19.13
5. David Hays	19.52
6. Robert Crawford	20.11
7. James Bullen	20.13
8. Justin Houk	20.46
9. Roger Moore	20.54
10. Scott Metcalf	21.03
11. Bobby Partin	21.19
12. Andrew Demrow	21.29
13. Ken Roark	21.34
14. Ron McGinnis	22.48
15. Melissa Ramsey	22.58
16. Rick Wicker	23.04
17. Jon Pryor	23.32
18. Debbie Biddle	23.48
19. Caleb Holbrook	23.59
20. Lori Wilson	24.05
21. Ken Catron	24.56
22. Julia Collins	25.04
23. John Louthan	25.1
24. Kelly Owens	25.11
25. Pam Kincaid	25.17
26. James Upchurch	25.34
27. Charles Bullen	25.42
28. Roger Proctor	25.52
29. Scott Mays	26.03
30. Josh Prewitt	26.04
31. Pearce Nesbitt	26.19
32. Cody Sutton	26.35
33. Kara Renfro	26.5
34. Jeff Snyder	27.31
35. Kim Wilburn	28.29
36. Mike Roark	28.47
37. Jeremy Gesser	29
38. Sabrina Spears	29.22
39. Felicia Rouse	29.42
40. Jerry Cox	29.42
41. Misty Blaylock	29.55

Rockcastle Duathlon

3.1 mile run, 16.7 mile ride

1. Lewis Jackson	1:10:06
2. Ryan New	1:10:06
3. Kevin Black	1:14:59
4. Austin Hicks	1:15:00
5. James Messer	1:15:01
6. Tim Bailey	1:16:00
7. Jarrod Wilder	1:17:06
8. Robby Taylor	1:18:47
9. Bruce Edelen	1:18:47
10. Andrew Nash	1:20:23
11. Patrick Reister	1:20:23
12. Joseph Bullen	1:22:43
13. Stephen Blair	1:23:16
14. Chris Schmidt	1:23:35
15. Mike Ginter	1:24:37
16. David Zwick	1:25:37
17. Chuck White	1:25:56
18. Rodney Hendrickson	1:26:01
19. Lisa Bowman	1:26:58
20. Willis Coffey	1:27:55
21. Randy Calico	1:28:12
22. Todd Shuey	1:28:22
23. Ronnie Sexton	1:28:40
24. Mike Saich	1:29:06
25. David Fleming	1:29:37
26. Josh Blaylock	1:30:50
27. Lee Cain	1:32:50
28. David Kelly	1:34:37
29. Tim Sweet	1:35:32
30. Tim Edwards	1:37:10
31. William Collier	1:37:37
32. Jackie Dennis	1:40:40
33. Chris Cockrell	1:42:43
34. Erica Davis	1:42:59
35. Scott Black	1:43:00
36. Julie Fuller	1:44:17
37. Jeremy Ellis	1:46:57
38. Tracy Croley	1:47:55
39. Nancy Gorley	

42. Barbara Kain	30.01
43. Lisa Blevins	30.04
44. Gina Wicker	30.54
45. Julie McGinnis	31.32
46. Holly Ham	31.41
47. Robin Adams	32.23
48. Melinda Osborne	32.53
49. Missy Jones	33.35
50. Duffy Sutton	33.37
51. Jacob Houk	33.38
52. Brandy Beam	34.08
53. Ginger Hicks	34.24
54. Jil Pillion	34.39
55. Veronica Rosingoli	34.52
56. Laura Weitkamp	35.04
57. Fonnies Blevins	35.38
58. Deanna Lee	35.58
59. Rick Shade	36.09
60. Lexi Jones	36.37
61. Di Clark	36.37
62. Mary Lou Henderlight	36.44
63. Julie Ham	36.49
64. Heidi Blevins	37.26
65. Kristen Harper	38.01
66. Joy Renfro	42.38
67. Christa Burton	46.39
68. Karen Woodall	46.4
69. Jori Johnson	46.41
70. Chris Burton	46.42
71. Tina Messer	49.47

40. Sherry Durso
41. Lynn Brown