

Run, Bike or Hike

August 27, 2011

Lake Linville - Mt. Vernon KY

5K Run by the Lake

1.	David Powell	19.48
2.	Christopher Miller	20.08
3.	James Bullen	20.38
4.	Michael Roark	21.04
5.	Emily Valentine	21.18
6.	Scott Metcalf	21.39
7.	Allen Isaacs	21.56
8.	Melissa Ramsey	22.31
9.	Charles Bullen	22.50
10.	Richard Wicker	23.12
11.	John Sanders	23.53
12.	David Anderson	24.12
13.	Roger Proctor	24.36
14.	Jordan Stratton	26.06
15.	Bobbie Perkins	26.25
16.	Erin Presley	26.37
17.	Twila Burdette	26.38
18.	David Baker	26.46
19.	Anthony Mazurek	26.46
20.	Sarah Hill	26.55
21.	Amanda Hale	27.06
22.	Mike Lee	27.11
23.	Bobby Cassady	27.20
24.	Tara Kaprowy	28.11
25.	Regina Blevins	28.38
26.	Lexi Jones	28.46
27.	Cheryl Mullins	28.51
28.	Jennifer Peavie	28.57
29.	Miranda Davidson	28.59
30.	Charon Burton	29.11
31.	Fonnie Blevins	29.39
32.	Jerry Cox	29.49
33.	Lori Sullivan	30.04
34.	Stephen Jenkins	30.20
35.	Charlene Dodson	30.24
36.	Rebekah Baker	30.29
37.	Felicia Rouse	32.19
38.	Anna Leigh Homa	32.23
39.	Rhonda Anderson	33.10
40.	Deanna Lee	33.11
41.	Gina Wicker	33.27

Rockcastle Duathlon

3.1 mile run, 16.7 mile ride, 2.2 mile run

1.	Ryan New	1.19.41
2.	Rodney Wesley	1.21.37
3.	Kevin Black	1.26.48
4.	Tim Bailey	1.27.20
5.	Richard Hempel	1.28.58
6.	Frederick Jones	1.29.25
7.	Kyle Erhardt	1.30.11
8.	Jeff Parmelee	1.30.44
9.	Robby Taylor	1.31.38
10.	Gary Minter	1.32.52
11.	James Messer	1.34.24
12.	Russell Melton	1.36.29
13.	Madison Mills	1.40.28
14.	Andrew Nash	1.40.29
15.	Patrick Reister	1.43.11
16.	Daniel Eubank	1.45.14
17.	Michael Saich	1.45.26
18.	John Cox	1.48.01
19.	David Sellards	1.48.14
20.	Willis Coffey	1.49.08
21.	Steve Eberly	1.49.37
22.	Steve Tonkel	1.50.32
23.	Tim Sweet	1.50.32
24.	Samuel Pruett	1.51.05
25.	David Zwick	1.51.11
26.	Lee Cain	1.57.22
27.	Preston Clay	1.51.30
28.	William Baker	1.52.13
29.	James Ford	1.53.28
30.	Jack Vance	1.54.19
31.	Shannon Burton	1.54.40
32.	Jeffery Hammond	1.55.27
33.	Gina Smith	1.56.10
34.	Sarah Hempel	1.59.16
35.	AnnMarie Stuber	1.59.40
36.	Shannon Crisp	2.03.31
37.	Kevin Fairchild	2.05.58
38.	David Fleming	2.11.02
39.	Louisa Summers	2.17.46

42. Mary Lou Henderlight	33.28
43. Patrick Stroderd	33.47
44. Carly Asher	35.32
45. Lindsay Gabbard	35.33
46. Teresa Blair	35.43
47. Carrie Mullins	35.47
48. Matthew Pettus	36.12
49. Lauren Goode	36.12
50. Stephanie Lugo	36.35
51. Di Clark	37.06
52. Lynn Hisle	37.15
53. James Lamb	38.25
54. Derek Marlow	38.27
55. Jeanie Hogg	38.49
56. Rhonda Marin	39.28
57. Leo McMillen	42.13
58. Aden Amburgey	43.03

AGE GROUP WINNERS

FEMALES

Overall

Emily Valentine 21.18

12-Under

1. Aden Amburgey 43.03

13-17

1. Carly Asher 35.32

18-24

1. Sarah Hill 26.58
2. Lauren Goode 36.12

25-29

1. Amanda Hale 27.06
2. Jennifer Peavie 28.57
3. Miranda Bullock-Davidson 28.59

30-34

1. Erin Presley 26.37
2. Tara Kaprowy 28.11
3. Lexi Jones 28.40

35-39

1. Bobbie Perkins 26.25

40. Vicki Spurlock	2.18.20
41. James Simpson	2.20.59
42. Ken Shackelford	2.28.55
43. Jake Patrick	2.31.31

AGE GROUP WINNERS

Female Division

Overall Winner

1. Madison Mills 1.40.28

31-45

1. Gina Smith 1.56.10
2. Louisa Summers 2.17.46
3. Vicki Spurlock 2.18.20

46+

1. Sarah Hempel 1.29.16
2. AnnMarie Stuber 1.59.40

Male Division

Overall Winner

1. Ryan New 1.19.41

30 & under

1. Andrew Nash 1.40.29
2. Daniel Eubank 1.45.14
3. Preston Clay 1.51.30

31-45

1. Rodney Wesley 1.21.37
2. Kevin Black 1.26.48
3. Frederick Jones 1.29.25

46+

1. Tim Bailey 1.27.20
2. Richard Hempel 1.28.58
3. Kevin Barnes 1.37.00

2. Twila Burdette 26.38
3. Charon Burton 29.11

40-44

1. Melissa Ramsey 22.31
2. Cheryl Mullins 28.51
3. Deanna Lee 33.11

45-49

1. Lori Sullivan 30.04
2. Felecia Rouse 32.19
3. Rhonda Anderson 33.10

50-54

1. Regina Blevins 28.38
2. Fonnies Blevins 29.39
3. Charlene Dodson 30.24

55-59

1. Mary Lou Henderlight 33.28
2. Jeanie Hogg 38.49

60-64

1. Di Clark 37.06

MALES

Overall

David Powell 19.48

18-24

1. Christopher Miller 20.08
2. Bobby Cassady 27.20
3. Stephen Jenkins 30.20

25-29

1. Allen Isaacs 21.56
2. Jordan Stratton 26.06
3. James Lamb 38.25

30-34

1. Patrick Strodered 33.47
2. Matthew Pettus 36.12

35-39

1. David Baker 26.46

40-44

1. Charles Bullen 22.50
2. Mike Lee 27.11

45-49

1. James Bullen 20.38
2. Michael Roark 21.04
3. David Anderson 24.12

50-54

1. Richard Wicker 23.12
2. John Sanders 23.53
3. Roger Proctor 24.36

55-59

1. Scott Metcalf 21.39

65-69

1. Jerry Cox 29.49

70+

1. Leo McMillen 42.13