

Run/Bike for Health

Women's 1 mile

1 st	Elle Flake	7:55	
2 nd	Krystal Orton	12:32	
3 rd	(Tie) Helee Jaramillo and Macie soderquist	13.51	

Men's 1 Mile

1 st	Noah Roylance	9:50	
2 nd	Riley Sipes	18.03	

Women's 5K

1 st	Michelle Jaramille	20:23	
2 nd	Alisha Flake	22:29	
3 rd	Paula Flake	23:14	

Men's 5K

1 st	Eric Brannick	19:09	
2 nd	Jeff Brown	21:30	
3 rd	Russel Sipes	21:39	

Women's 10K

1 st	Amy Schimmel	51.45	
2 nd	Emily Finch	54:51	
3 rd	Diane Fritz	55:33	

Men's 10K

1 st	Shannon Penrod	43:16	
2 nd	Robert Barraza	51:32	
3 rd	Joe Chavez	54:08	

Open Duathlon Relay

1 st	Penrod/Coalter/Trout	1:15:20	
2 nd	Jaramillo/Smith/Soderquist	1:19:26	
3 rd	Ray/Coalter/Ray	1:31:55	

Family Duathlon Repay

1 st	Fritz	1:12:39	
2 nd	Penrod	1:16:57	
3 rd	Hunt	1:48:05	

Men's Duathlon

1 st	Justin Roylance	1:09:38	
2 nd	Sherod Penrod	1:16:27	
3 rd	(Tie) Michael Johnson/Brian Gardner	1:33:17	