

## OVERALL 5K RESULTS

2010 Heart and Sole 5K  
Pilot Mountain, NC 05-8-2010 8:30am Sunnv. 56 degrees.

Directed by: Marie Needham

Sponsored by: Pilot Mountain Woman's Club

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
1.	53		Joey Slate	MOUNT AIRY	NC	44	M	19:40	6:20
2.	66		Hugo Salas	PINNACLE	NC	25	M	20:18	6:33
3.	67		Ruben Salas	PINNACLE	NC	50	M	21:59	7:05
4.	68		Kevin Badaett	LOWGAP	NC	37	M	22:15	7:10
5.	4		Mark Adams	PILOT MOUNTAIN	NC	47	M	22:59	7:24
6.	25		Austin Beck	PILOT MOUNTAIN	NC	21	M	24:15	7:49
7.	36		Randy Handy	MOUNT AIRY	NC	47	M	25:02	8:04
8.	16		Katie Keith	PILOT MOUNTAIN	NC	27	F	25:11	8:07
9.	20		John McKenzie	PILOT MOUNTAIN	NC	63	M	25:15	8:08
10.	6		Lynette Smith	MOUNT AIRY	NC	53	F	26:08	8:25
11.	27		Crystal Upchurch	PILOT MOUNTAIN	NC	38	F	27:05	8:43
12.	74		Joe Duncan	WESTFIELD	NC	45	M	27:30	8:51
13.	49		Shannon Badaett	LOWGAP	NC	36	F	28:17	9:07
14.	28		Ron Moorefield	PILOT MOUNTAIN	NC	66	M	29:00	9:21
15.	37		Alex Handy	MOUNT AIRY	NC	11	M	29:28	9:29
16.	13		Paula Stanley	PILOT MOUNTAIN	NC	56	F	29:55	9:38
17.	23		Jackson Wilson	PILOT MOUNTAIN	NC	17	M	29:55	9:38
18.	50		Sandy Bowman	MOUNT AIRY	NC	42	F	30:00	9:40
19.	9		Adriane Burton	CHARLOTTE	NC	32	F	30:10	9:43
20.	88		Frank Goulas	PILOT MOUNTAIN	NC	30	M	30:13	9:44
21.	71		Jason Kent	WINSTON SALEM	NC	35	M	30:24	9:48
22.	58		Mandy Fleming	MOUNT AIRY	NC	29	F	30:27	9:48
23.	39		Amy Knopf	PILOT MOUNTAIN	NC	36	F	30:38	9:52
24.	35		Leah Handy	MOUNT AIRY	NC	33	F	31:01	9:59
25.	69		Martha Arrington	ARARAT	NC	24	F	31:15	10:04
26.	79		Amv Willard	PINNACLE	NC	33	F	31:56	10:17
27.	62		Landon Smith	PILOT MOUNTAIN	NC	7	M	32:18	10:24
28.	18		Brian Keith	PILOT MOUNTAIN	NC	16	M	32:19	10:24
29.	19		Thomas Keith	PILOT MOUNTAIN	NC	19	M	32:19	10:25
30.	12		Kara Kane	PILOT MOUNTAIN	NC	30	F	32:20	10:25
31.	11		Renee Kiser	PILOT MOUNTAIN	NC	36	F	32:24	10:26
32.	77		Rachelle Duffv	WINSTON SALEM	NC	41	F	32:41	10:32
33.	73		Cody Bvrant	PILOT MOUNTAIN	NC	16	M	32:53	10:35
34.	44		Beth Issacs			17	F	33:01	10:38
35.	17		David Keith	PILOT MOUNTAIN	NC	23	M	33:03	10:38
36.	5		Christine Kidd	MOUNT AIRY	NC	32	F	34:16	11:02
37.	86		Jodi Knox	GREENSBORO	NC	29	F	34:33	11:08
38.	47		Pam Morqan	PILOT MOUNTAIN	NC	45	F	34:39	11:09
39.	63		Sarah Maloney	LEWISVILLE	NC	47	F	34:58	11:16
40.	34		Randy Kiser	WALNUT COVE	NC	42	M	35:08	11:19
41.	87		Gvsbv Roberts	PINNACLE	NC	33	F	36:48	11:51
42.	70		Wanda Mitchell	PINNACLE	NC	56	F	37:03	11:56
43.	8		Bennie Burton	PILOT MOUNTAIN	NC	62	F	37:13	11:59
44.	78		Christine Mvelo	WESTFIELD	NC	45	F	37:13	11:59
45.	29		Joanne Kiser	WALNUT COVE	NC	42	F	37:28	12:04
46.	82		Devin Joyce	MOUNT AIRY	NC	6	M	37:43	12:09
47.	83		Sunday Joyce	PINNACLE	NC	34	F	39:08	12:36
48.	76		Carmen Eldridge	MOUNT AIRY	NC	52	F	39:09	12:36
49.	42		Jessica Barker			15	F	39:11	12:37
50.	43		Christian Smith			17	F	39:12	12:37
51.	60		Cooper Motsinaer	PILOT MOUNTAIN	NC	5	M	39:12	12:37
52.	59		Kelly Motsinaer	PILOT MOUNTAIN	NC	33	F	39:13	12:38
53.	15		Ginger Keith	PILOT MOUNTAIN	NC	54	F	39:14	12:38
54.	14		Randy Keith	PILOT MOUNTAIN	NC	54	M	40:47	13:08
55.	81		Kylie Bruner	MOUNT AIRY	NC	6	F	40:48	13:08
56.	80		Misty Bruner	MOUNT AIRY	NC	34	F	41:44	13:26
57.	31		Misty Duqains	PILOT MOUNTAIN	NC	32	F	41:47	13:27
58.	33		Debbie Collins	TOBACCOVILLE	NC	59	F	42:37	13:43
59.	7		Robyn Cromer	KING	NC	51	F	42:38	13:44
60.	38		Carolyn Horn	PILOT MOUNTAIN	NC	46	F	42:39	13:44
61.	40		Garv Hoosier	PILOT MOUNTAIN	NC	47	M	42:39	13:44
62.	41		Teresa Hoosier	PILOT MOUNTAIN	NC	44	F	43:41	14:04
63.	22		Monica Wilson	PILOT MOUNTAIN	NC	41	F	43:41	14:04
64.	32		Robin Gillev	PILOT MOUNTAIN	NC	41	F	43:46	14:05
65.	52		Sebrina Mabe	PILOT MOUNTAIN	NC	43	F	43:52	14:07

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 Pilot Mountain, NC 05-8-2010 8:30am Sunny, 56 degrees.  
 Directed by: Marie Needham  
 Sponsored by: Pilot Mountain Woman's Club

Place	No.	C	NAME	City	St	Aq	S	FIVEK	Pace
66.	1		Whitney Wooten	PILOT MOUNTAIN	NC	28	F	43:54	14:08
67.	61		Melissa Smith	PILOT MOUNTAIN	NC	42	F	43:55	14:08
68.	51		Lisa Horton	RURAL HALL	NC	35	F	44:04	14:11
69.	85		Colby Havnes	SILOAM	NC	19	F	44:18	14:16
70.	30		Karla Kiser	PILOT MOUNTAIN	NC	41	F	44:26	14:19
71.	84		Carolyn Havnes	SILOAM	NC	47	F	44:30	14:20
72.	55		Vicky Doby	DOBSON	NC	55	F	45:39	14:42
73.	54		Robin Richardson-Gwyn	MOUNT AIRY	NC	33	F	45:40	14:42
74.	75		Grace Snow	SILOAM	NC	15	F	45:40	14:42
75.	24		Kelsey Wilson	PILOT MOUNTAIN	NC	15	F	45:43	14:43
76.	65		Sherry Wall	PILOT MOUNTAIN	NC	38	F	46:00	14:49
77.	64		Marty Wall	PILOT MOUNTAIN	NC	35	M	46:25	14:57
78.	3		Donald Ross	PILOT MOUNTAIN	NC	82	M	46:44	15:03
79.	48		Charlene Johnson	WINSTON SALEM	NC	46	F	46:47	15:04
80.	57		David Attaway	CARY	NC	38	M	47:11	15:12
81.	56		Misty Shelton	CARY	NC	35	F	47:12	15:12
82.	46		Ronda Johnson	KING	NC	36	F	51:47	16:40
83.	45		Ronye Blackburn	KING	NC	66	F	51:48	16:41
84.	26		Sarabeth Beck	PILOT MOUNTAIN	NC	19	F	52:07	16:47
85.	21		Duane Wilson	PILOT MOUNTAIN	NC	39	M	53:06	17:06

May-08-2010 3:54:21pm

85 records processed.