

### All Comers Grand Prix Mile Records

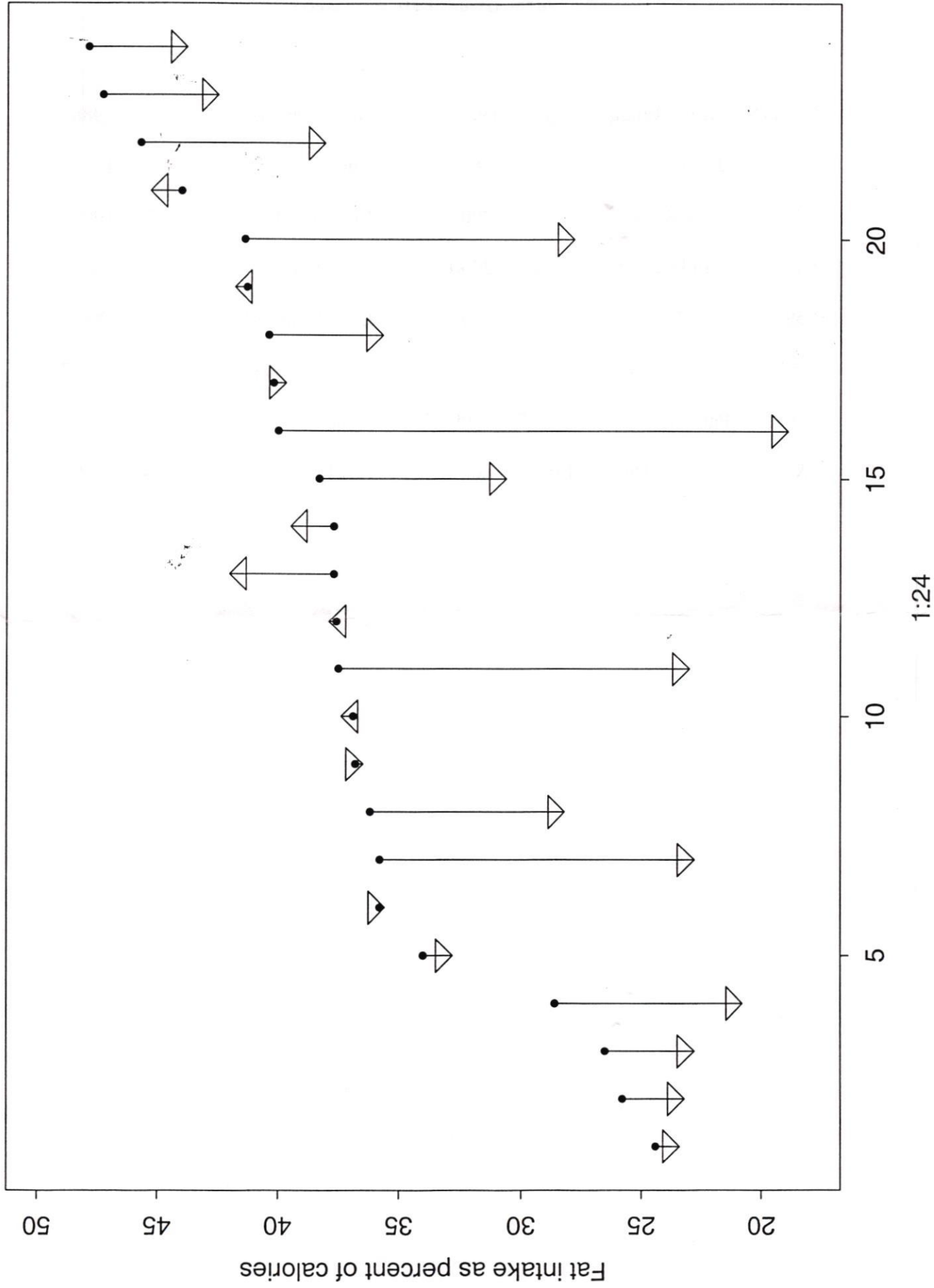
#### MEN

19 & under	Kraig Rundquist	4:33	1986
20-29	Jim Gathje	4:11	1986
30-39	Joey Keillor	4:29.65	2007
40-49	Jim Hannon	4:44	2000
50-59	Tom Woo	5:21.3	2009
60 -69	John Brown	6:18.11	2007
70-79	Pat Brown	9:20.7	2009
80 & over	Wendell DeBoer	14:16.0	2009

#### WOMEN

Gwen Sibbers	5:34	1988
Chris Frederick	5:28	1990
Linda Gentling	5:57	1990
Carmel Vrael	6:04	1989
Deb Thomford	6:27.8	2009
Rosemary Harnly	7:57.05	2007
None		
Ethel Furne	13:54	1997

# Change in Percentage of Caloric Intake Attributed to Fat Men



## 1999 All-Comer's Mile Results

PLACE	PARTICIPANT	AGE	TIME
1	AD Gerhard	22	4.52.61
2	Jim Hannon	40	4.54.29
3	Tony Poirier	33	5.01.97
4	Gerry Werven	37	5.19.81
5	Paul Sutton	29	5.28.26
6	Dave Meek	46	5.31.82
7	Steve De Boer	44	5.32.87
8	Kevin Short	30	5.38.06
9	Denny Rehm	49	5.38.65
10	Mark Orłowski	41	5.39.93
11	K.C.Reed	44	6.16.64
12	Martin Luhmann	57	6.32.74
13	Matt Dinusson	14	6.37.95
14	Dan Edwards	39	6.40.80
15	Sabrena Resman	(no age listed)	6.56.98
16	Rich Heil	44	7.00.52
17	Lin Gentling	47	7.26.08
18	John Dinusson	55	7.42.46
19	Rosemary Harnly	52	8.09.24
20	Suzanne Dinusson	51	11.26.37

### JUNE 19, 2001 All-Owner's Mile Results

PLACE	PARTICIPANT	AGE	TIME
1	Dan Simmons	25	4 41.98
2	Jim Hannon	42	4 53.58
3	John Hibshman	37	4 55.56
4	Gerry Werven	39	4 57.09
5	Jeff Allen	35	5 01.72
6	Daniel Garvens	15	5 10.42
7	Brendan Sherman	14	5 17.65
8	Mike Torchia	13	5 20.90
9	Steve Blatti	32	5 22.57
10	Dave Meek	48	5 35.25
11	Denny Rehm	51	5 36.26
12	Steve DeBoer	46	5.38.07
13	Mark Orlowski	43	5.39.15
14	Brad Kautz	43	5.47.23
15	Deb Thomford	43	6.01.30
16	Jason Garvens	12	6.07.05
17	Bridget Sitzer	15	6.21.58
18	Renee Saxman	40	6.25.45
19	Roger Heil	50	6.41.68
20	Josh Crowley	12	6.46.61
21	Matt O'Connell	13	6.47.17
22	Mike Resman	11	6.47.73
23	Julie Yost	41	6.49.43
24	Patrick Sitzer	12	6.55.67
25	Kelsey Torchia	10	7.06.80
26	Francine LePage	52	7.17.87
27	Susan Powers	50	7.19.79
28	Lin Gentling	49	7.34.44
29	Tish Torchia	39	7.54.47
30	Rosemary Harnly	54	8.03.55

June 11, 2002  
All-Corner's Mile Results

Place	Participant	Age	Time
1	Scott Fikedal	19	4.37.76
2	AD Gerhard	25	4.56.05
3	Steve Blatti	33	4.56.57
4	Daniel Garvens	16	5.02.13
5	Mike Torchia	14	5.02.84
6	Keith Koser	17	5.13.64
7	Brendan Sherman	15	5.15.56
8	Jason Garvens	13	5.28.97
9	David Meek	49	5.35.90
10	Denny Rehm	52	5.39.50
11	Steve DeBoer	47	5.42.83
12	Sarah Kureshi	23	5.45.90
13	Matt Martin	14	6.04.02
14	Brian Purrington	51	6.04.72
15	Jim Clennon	50	6.10.24
16	LaRee Etten	34	6.12.18
17	Roger Heil	51	6.28.74
18	Ben Koser	19	6.35.97
19	Julie Yost	42	6.36.33
20	Philip Salvo	18	6.45.89
21	Liza Nirelli	23	6.56.81
22	Katy Torchia	12	7.08.00
23	Kelsey Torchia	11	7.08.25
24	Lin Gentling	50	7.20.29
25	Sarah Torchia	10	7.35.84
26	Rosemary Harnly	55	7.57.40
27	Courtney Marcoux	11	8.17.09
28	Ian Torchia	6	8.21.77
29	Karen Connelly	62	8.22.09
30	Tish Torchia	40	8.23.60
31	Chan Floyd	33	8.36.48
32	Sue Christensen	52	9.20.92

## 2003 All-Comer's Mile Results

PLACE	PARTICIPANT	AGE	TIME
1	Scott Fiksdal	20	4.39.41
2	Ben Puhl	17	4.48.23
3	Mike Torchia	14	5.02.94
4	Jim Hannon	44	5.09.34
5	Eric Saxman	16	5.14.68
6	Jason Garvens	14	5.16.17
7	Rob Shearer	29	5.27.61
8	Steve Blatti	34	5.34.09
9	David Hillman	37	5.36.52
10	Keith Koser	18	5.41.17
11	David Meek	50	5.45.48
12	Kevin Kallmes	11	5.46.56
13	Steve DeBoer	48	5.46.96
14	Matt Martin	15	5.59.00
15	John Brown	59	6.00.62
16	Tom Michal	36	6.02.57
17	Matt Schrader	26	6.07.83
18	Brian Purrington	52	6.11.31
19	Mark Mueller	40	6.12.34
20	Nolan Rice	24	6.15.32
21	K.C. Reed	48	6.21.65
22	Jim Clennon	51	6.23.15
23	LaRee Etter	35	6.28.09
24	Carlo Biondolillo	47	6.54.69
25	Keith Kallmes	8	7.14.71
26	Deb Braun	34	7.15.42
27	Larry Pederson	60	7.31.26
28	Ian Torchia	7	7.41.41
29	Lin Gentling	51	7.41.83
30	Dawn Beck	38	7.42.12
31	Fred Woolman	61	7.46.61
32	Pat Brown	66	7.59.61
33	Kelsey Torchia	12	8.14.69
34	Dawn Johnson	26	8.39.77