

Laredo Life Center  
10k Run & 5k Walk  
January 30, 2010  
Laredo, TX

Men's results

Overall Men's Winner

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Luis Escamilla (29)	35:50.1	Zapata

14 and Under

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Esayas Paulson (14)	43:45.4	Laredo
2.	Zach Smith (14)	73:11.5	Laredo

15 thru 20

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	N/A	0:00.0	
2.	N/A	0:00.0	
3.	N/A	0:00.0	

21 thru 30

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Luis Escamilla (29)	35:50.1	Zapata
2.	Jose Ferdin (28)	43:52.3	Laredo
3.	Raul Rico (25)	46:29.8	Laredo
4.	Jose Nava (24)	59:43.8	Laredo
5.	Jacob Palombo (25)	N/F	Laredo
6.	Jose Cadena (29)	N/F	Laredo

31 thru 40

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Agapito Esparza (35)	40:42.5	Laredo
2.	Carlos Ruiz (31)	44:22.0	Laredo
3.	Alex Blanco (40)	46:02.3	Laredo
4.	Art Martinez (38)	47:12.0	Laredo
5.	Sierra Salome (32)	48:20.0	Laredo
6.	Rudy Flores (39)	57:14.6	Laredo

7.	Mike Farias (37)	60:24.4	Laredo
8.	Darrell Pina (40)	N/F	Laredo

#### 41 thru 50

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	John Praska (43)	47:16.3	Laredo
2.	Gilbert Sanchez (48)	54:24.1	Laredo
3.	Erasmio Jasso (45)	56:42.5	Laredo
4.	Joe Alvarado (44)	65:41.8	Laredo
5.	Raul Garza (42)	N/F	Laredo

#### 51 and Over

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Jesus Rangel (57)	51:03.2	Laredo
2.	William Jenkins (53)	64:42.0	Laredo
3.	Rolando Garcia (56)	N/F	Premont

### Women's Results

#### Overall Women's Winner

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Julie Cantu (26)	43:51.95	Laredo

#### 14 and Under

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Gabriela Gutierrez (13)	63:12.8	Laredo
2.	N/A		
3.	N/A		

#### 15 thru 20

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Belinda Cook (16)	60:32.1	Laredo
2.	Celina E. Castillo (20)	N/F	Laredo
3.	N/A		

### 21 thru 30

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Julie Cantu (26)	43:51.95	Laredo
2.	Grace Sanchez (30)	51:17.5	Laredo
3.	Celita Ramirez (28)	55:52.5	Zapata
4.	Sarah Sanchez (30)	56:22.9	Laredo

### 31 thru 40

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Judi Sepulveda (37)	54:54.4	Laredo
2.	Janie Gonzalez (40)	59:33.8	Laredo
3.	Isabel Stellema (35)	63:12.5	Laredo
4.	Sonia Flores (34)	70:47.1	Laredo
5.	Sandy Nava (31)	91:22.0	Laredo
6.	Lily Farias (37)	94:25.0	Laredo
7.	Alma Canales (31)	N/F	Laredo
8.	Delilah Martinez (36)	N/F	Laredo
9.	Carole St. Clair (39)	N/F	Laredo
10.	Elizabeth Dominguez (31)	N/F	Laredo

### 41 thru 50

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Jennifer Wong (44)	56:43.3	Laredo
2.	Laura Reyes (41)	69:05.3	Laredo
3.	Imelda Aguirre (45)	70:48.3	Laredo
4.	Ana Gutierrez (41)	N/F	Laredo
5.	Susie Resendez (46)	N/F	Laredo

### 51 and Over

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	N/A	0:00.0	
2.	N/A	0:00.0	
3.	N/A	0:00.0	

## Walkers

<u>Fin.</u>	<u>Name</u>	<u>Results</u>	<u>City</u>
1.	Melissa Cranor (29)	47:07.6	Laredo
2.	Madison Smith (16)	47:17.3	Laredo
3.	Ron Eichorst (43)	50:06.3	Laredo
4.	Elias Mendiola (68)	54:53.9	Laredo
5.	Haley Broom (33)	54:56.0	Laredo
6.	Nicole Golubickas (?)	55:08.8	Laredo
7.	Victoria Cruz-Heard (30)	55:10.8	Laredo
8.	Beth Hicks (8)	56:58.1	Laredo
9.	Rolando Hicks (43)	57:12.8	Laredo
10.	Westley Hicks (12)	58:04.1	Laredo
11.	Doria Hicks (39)	59:32.8	Laredo
12.	Dino Smith (42)	63:08.1	Laredo
13.	Kenzie Smith (?)	66:34.8	Laredo
14.	Margarita Hernandez (41)	69:20.7	Laredo
15.	Julie Garza (36)	N/F	
16.	Carol Pina (35)	N/F	
17.	Shanon Lopez (34)	N/F	
18.	Irene Ayale (?)	N/F	
19.	Kim Shrum (29)	N/F	
20.	Sandra Whitten (25)	N/F	
21.	Dora Benavides (61)	N/F	
22.	Alicia Nava (63)	N/F	
23.	Juan Lopez (39)	N/F	
24.	Laurin Hines (62)	N/F	
25.	Abel Garza (37)	N/F	
26.	Ron Scott (50)	N/F	
27.	Pam Scott (47)	N/F	
28.	Lisly Esparza (16)	N/F	
29.	Nathaniel Smith (14)	N/F	
30.	Thomas Schmidt (43)	N/F	
31.	Holly Schmidt (43)	N/F	
32.	Cynthia Cantu (39)	N/F	

*Results by: Zapata Roadrunners*