

Women's 5k Results:

Sara Kahn: 33.30

Katie Johanson: 33:56

Nancy Pfiefer: 36:00

Ayla Beough: 37.15

Men's 5k Results:

Nathan Andrews: 26.09

Women's 10k Results:

Marsha Martin: 1.15.53

Shannon Radke: muscled it up to mile 4.5, Saying "next time I'll finish!"

Men's 10k Results:

Kyle Stone: 59.02

Blaine Radke: 1.05.09