The Woodlands Running Club
Sunday Night 5K Series

Results – 2009 & 2010

TWRC Sunday Night 5K #26
December 5, 2010
Randy Smith - 23:26, Leah Koester - 25:55, Bob Lenertz - 32:46
Volunteers: Bill Dwyer, Jon Walk, Randy Bradley

TWRC Sunday Night 5K #25
November 7, 2010
Leah Koester - 26:38, Bree Welter - 31:03, Russell Whitmin - 31:03, Christian Bailey - 31:23,
TWRC Sunday Night 5K #24
October 3, 2010

Vince Attanucci 22:42  
Alan Jones 26:52  
Curtis Barton 23:50  
Ken Johnson 32:50  
Mike Kelly 24:22  
Jennifer Perkins 33:27  
Jon Yarborough 26:43  

Volunteers: Bill Dwyer, Jon Walk

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TWRC Sunday Night 5K #23
September 5, 2010

Randy Smith 23:08  
Bill Crews 23:52  
Heidi Hall 23:58  
Randy Bradley 23:59  
Vince Attanucci 24:57  
Edgerdo Colon 25:27  
Paul Cain 26:32  
John Cook 31:14  
Stephen Griffin 31:34  
Hans Jaeger 33:53  
Ken Johnson 33:56  
Dana-Sue Crews 34:28  
Carol Steele 34:28  
Don Steele 34:28  

Volunteers: Bill Dwyer, Jon Walk
TWRC Sunday Night 5K #22
August 1, 2010

Tanner Maloney 21:18
John Maloney 21:18
Vince Attanucci 23:25
Randy Smith 23:31
Liam Bauer 30:42
Jim Bauer 31:38
Hans Jaeger 34:30
Ken Johnson 34:33
Alicia Yarborough 37:57
Jon Yarborough 37:57

Volunteers: Jon Walk, Bill Dwyer, Randy Bradley
TWRC Sunday Night 5K #21
July 4, 2010

John Maloney    19:37
Mike Attanucci  20:50
Shon Moynihan   21:35
Matt Attanucci  21:50
Vince Attanucci 23:35
Steve Bickford  24:51
Curtis Barton   25:04
Daniel Cantu    26:23
Courtney West   26:57
Zachary Cantu   28:39
Ken Johnson     34:49
Zachary Smith   35:59
Randy Smith     36:03

Volunteers: Bill Dwyer
Jon Walk

John Maloney
Daniel Cantu
Zachary Cantu
Ken Johnson
Mike Attanucci
Matt Attanucci
TWRC Sunday Night 5K #20
June 6, 2010

Randy Smith 23:39
Mike Attanucci 23:56
Vince Attanucci 23:56
Mary Turner 35:01
Ken Johnson 35:01

Volunteer: Bill Dwyer

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TWRC Sunday Night 5K #19
May 2, 2010

Adrienne Langelier 19:56
Randy Smith 21:07
Vince Attanucci 23:36
Randy Bradley 24:05
Matt Attanucci 24:16
Mike Mendeck 26:19

Volunteers: Bill Dwyer, Waverly Walk, Jon Walk

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March/April 2010: The TWRC Sunday Night 5K race series date format was changed so it will not ever fall on the same weekend as the Luke’s Locker Run The Woodlands 5K Series. TWRC Sunday Night was moved from the last Sunday of each month to the first Sunday of each month. With the last Sunday in March also being the club’s general membership meeting and board of directors elections the race was cancelled. The following Sunday was Easter Sunday so the new format began on May 2.
TWRC Sunday Night 5K Series #18
February 28, 2010

Vince Attanucci  24:24
Jon Yarborough  24:39
Susie Schreiber  25:17
Lisa Schulze  26:06
Scott Cigich  26:22
Kathleen Eaton  32:06
Jennifer Perkins  32:06

Volunteer: Bill Dwyer

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TWRC Sunday Night 5K Series #17
January 31, 2010

Jon Yarborough  25:58
Vince Attanucci  25:58

Volunteer: Bill Dwyer

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TWRC Sunday Night 5K #16
December 27, 2009

Fernando Gonzalez  19:20
John Maloney  19:24
Tanner Maloney  19:50
J.C. Guzman  19:52
Randy Smith  22:25
Vince Attanucci  22:53
Michael Attanucci  24:28
Zachary Cantu  30:20
Daniel Cantu  30:20
Ken Johnson  32:44

Volunteers: Bill Dwyer, Jon Walk
### TWRC Sunday Night 5K #15
November 29, 2009

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Randy Smith</td>
<td>20:45</td>
</tr>
<tr>
<td>Zach Henthorn</td>
<td>22:42</td>
</tr>
<tr>
<td>Vince Attanucci</td>
<td>22:51</td>
</tr>
<tr>
<td>Tyler Henthorn</td>
<td>23:38</td>
</tr>
<tr>
<td>Curtis Barton</td>
<td>24:11</td>
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<td>Randy Bradley</td>
<td>27:11</td>
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<tr>
<td>Jon Yarborough</td>
<td>27:59</td>
</tr>
<tr>
<td>Lori Gomez</td>
<td>28:15</td>
</tr>
</tbody>
</table>

Volunteers: Adrienne Langelier, Jon Walk, Micah McGee, Bill Dwyer, John Laskowski, Waverly Walk

### TWRC Sunday Night 5K Series #14
October 25, 2009

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Randy Smith</td>
<td>21:00</td>
</tr>
<tr>
<td>Jason Wallace</td>
<td>21:01</td>
</tr>
<tr>
<td>Vince Attanucci</td>
<td>22:20</td>
</tr>
<tr>
<td>Mike Mendeck</td>
<td>26:18</td>
</tr>
<tr>
<td>Jon Yarborough</td>
<td>28:02</td>
</tr>
<tr>
<td>Lara McCain</td>
<td>31:05</td>
</tr>
<tr>
<td>Ken Johnson</td>
<td>31:36</td>
</tr>
<tr>
<td>J.C. Morrell</td>
<td>35:50</td>
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Volunteers: Adrienne Langelier, Micah McGee

### TWRC Sunday Night 5K Series #13
September 27, 2009

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Vince Attanucci</td>
<td>22:28</td>
</tr>
<tr>
<td>Kelley Davis</td>
<td>26:49</td>
</tr>
<tr>
<td>Leanne Rosser</td>
<td>27:13</td>
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<tr>
<td>Jon Yarborough</td>
<td>28:09</td>
</tr>
<tr>
<td>Jennifer Perkins</td>
<td>35:05</td>
</tr>
</tbody>
</table>

Volunteers: Bill Dwyer, Jon Walk, Waverly Walk, Ali Yarborough, Randy Bradley

*The TWRC Sunday Night 5K race series was originally intended to be a summer series of races, every Sunday, from the beginning of June through the end of August. Many of the regular participants expressed that they would like to see it continue on a regular basis year round. Beginning in September 2009 the event moved to the last Sunday of every month as monthly event.*
TWRC Summer Sunday Night 5K Series #12  
August 30, 2009

5K Results  
Clint Sherrouse  17:57  
Randy Smith  21:27  
Mike Csikos  21:54  
Vince Attanucci  22:06  
John Laskowski  23:22  
Bill Crews  23:23  
Randy Bradley  24:14  
Jim Braden  27:00  
Kelley Davis  27:27  
Jimmy Davis  27:32  
Leanne Rosser  27:33  
Ellen Kurtz-Hammond  27:42  
Jon Yarborough  29:00  
Scott Mayer  29:00  
Lou Wilson  34:47  
Marsha Cook  35:38  
Jennifer Laningham  35:38

Kids Results  4/10 mile  
Michaela Csikos (8) - 3:53

Volunteers - Adrienne Langelier, Bill Dwyer

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TWRC Summer Sunday Night 5K Series #11  
August 23, 2009

5K Results  
Randy Smith  21:34  
Christopher Hill  21:46  
Vincent Attanucci  23:00  
Edson Jones  23:13  
Matt Attanucci  23:42  
John Laskowski  25:22  
Jon Yarborough  26:28  
Kelley Davis  26:28  
Mike Csikos  27:46  
Jennifer Laningham  32:00  
Kathleen Eaton  32:03  
Nick Kaitschuck  33:07  
Jennifer Perkins  35:03  
Jon Walk  35:45  
JC Morrell  37:35  
Mike Kaitschuck  38:08

Kids Results  4/10 mile  
Hayley Hammond (11) 3:13

Volunteers - Bill Crews, Melissa Keith, Waverly Walk, Bill Dwyer
TWRC Summer Sunday Night 5K Series #10
August 16, 2009

5K Results
*Clint Sherouse  22:01
Vince Attanucci  22:27
Randy Smith  22:38
Randy Bradley  24:25
Jon Yarborough  27:54
Kelley Davis  27:54
Kathleen Eaton  32:32
Ken Johnson  33:10
Jennifer Perkins  34:36
Ed Thompson  35:32
Trudy Regnier  36:36
JC Morrell  38:13
Leanne Rosser  39:03
Jennifer Laningham  39:03
Marsha Cook  39:03
Colin Jones  46:45

*Clint Sherouse ran 3.8 miles

Kids Results  4/10 mile
Dylan Crews (9)  2:48
Morgan Crews (11)  2:49
Hayley Hammond (11)  2:58
Allen Jones (7)  3:00

Volunteers: Bill Crews, Dana-Sue Crews, Bill Dwyer, Jon Walk, Waverly Walk

TWRC Summer Sunday Night 5K Series #9
August 9, 2010

5K Results
Randy Smith  22:00
Phillip DePrang  22:19
Chris Hill  22:22
Randy Bradley  22:42
Mike Attanucci  23:22
Vince Attanucci  23:22
Meghann Hemberger  25:13
Judith Clark  25:20
John Laskowski  25:44
Jon Yarborough  26:04
Kelley Davis  26:04
Richard Zainfield  28:02
Ellen Kurtz-Hammond  28:56
Edson Jones  29:18
Leah DePrang  30:07
Ken Johnson  33:45
Jennifer Perkins  35:17
Colin Jones  46:53

Kids Results  2/10 mile
Brooklyn Clark (2)  3:14

Kids Results  4/10 mile
Michaela Csikos (8)  2:45
Hayley Hammond (11)  2:51
Alan Jones (7)  3:15
Brennan Clark (5)  3:22

Volunteers: Mike Csikos, Bill Dwyer, Jon Walk, Waverly Walk
TWRC Summer Sunday Night 5K Series #8
August 2, 2009

5K Results
Brian Zemlicka 20:23
Casey Lee 22:06
Randy Smith 22:27
Mike Attanucci 22:33
Vincent Attanucci 22:39
Chris Zemlicka 22:42
Randy Bradley 24:02
John Laskowski 25:13
Mike Mendek 26:37
*Trudy Regnier 26:38
*Judith Clark 26:44
*Susie Schreiber 27:17
Ellen Kurtz-Hammond 28:04
John Yarbough 28:20
Lou Wilson 32:23
Ed Thompson 33:08
Ken Johnson 33:08
**Monica Lee 40:12
Tom Williams 54:41
Barbara Ward 54:41
(* ran 3.3 miles  ** ran 4 miles)

Kids Results 2/10 mile
Brooklyn Clark (2) 3:02

Kids Results 4/10 mile
Morgan Crews (10) 2:37
Dylan Crews (8) 2:44
Michaela Csikos (8) 2:51
Hayley Hammond (11) 3:02
Chloe Manchester (9) 3:04
Zachary Smith (8) 3:06
Brennan Clark (5) 3:21
Olivia Smith (6) 4:15

Volunteers: Mike Csikos, Bill Dwyer, Jon Walk, Bill Crews, Dana-Sue Crews, Adrienne Langelier
TWRC Summer Sunday Night 5K Series #7
July 26, 2009

5K Results
Casey Clark 21:05
Phillip DePrang 22:11
Randy Smith 22:52
Vincent Attanucci 23:27
Mike Attanucci 23:27
Randy Bradley 25:02
Edson Jones 25:02
Jon Yarborough 27:51
Ellen Kurtz-Hammond 28:31
Mike Kelly 28:42
Tammy Manchester 29:01
Ken Johnson 33:18
Ed Thompson 33:18
Rodrigo Collada 35:26
Santiago Navarro 35:28

Kids Results 4/10 mile
Michaela Csikos (8) 2:45
Elijah Kelly (8) 2:46
Hayley Hammond (11) 2:50
Chloe Manchester (9) 3:17
Noah Kelly (6) 3:26
Jojo Kelly (5) 3:28
Becca Kelly (5) 4:59
Abby Kelly (5) 5:01

Volunteers: Mike Csikos, Waverly Walk, Bill Dwyer, Jon Walk
### TWRC Summer Sunday Night 5K Series #6
July 19, 2009

<table>
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<tbody>
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<td>John Maloney</td>
<td>18:56</td>
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<tr>
<td>Randy Smith</td>
<td>22:33</td>
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<td>Edson Jones</td>
<td>23:40</td>
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<tr>
<td>John Laskowski</td>
<td>25:30</td>
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<tr>
<td>Trudy Regnier</td>
<td>25:43</td>
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<td>Mike Mendek</td>
<td>26:32</td>
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<td>Jon Yarborough</td>
<td>27:56</td>
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<td>George Stark</td>
<td>29:51</td>
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<tr>
<td>Ed Thompson</td>
<td>35:08</td>
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Volunteers - Bill Crews, Robert Nelson

### TWRC Summer Sunday Night 5K Series #5
July 12, 2009

<table>
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<th>Name</th>
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<td>Randy Smith</td>
<td>22:40</td>
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<tr>
<td>Edson Jones</td>
<td>24:16</td>
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<td>Mike Kelly</td>
<td>26:17</td>
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<td>Jon Yarborough</td>
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<td>John Laskowski</td>
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<td>Mike Mendek</td>
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<td>Gwen Jones</td>
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<td>Nora Wilson</td>
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<td>George Stark</td>
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<td>Ed Thompson</td>
<td>34:42</td>
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<td>Ken Johnson</td>
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<td>Juan Suarez</td>
<td>35:41</td>
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<td>Lou Wilson</td>
<td>35:45</td>
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<tr>
<td>Robin Laskowski</td>
<td>36:11</td>
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<tr>
<td>JC Morrell</td>
<td>38:12</td>
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<td>Lynette Pebernat</td>
<td>38:51</td>
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<tr>
<td>Colin Jones</td>
<td>40:47</td>
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Volunteers: Jon Walk, Bill Dwyer, Bill Crews, Melissa Keith, Waverly Walk, Kevin Stark

### TWRC Summer Sunday Night 5K Series #4
July 5, 2009

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<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Skip Moschell</td>
<td>20:05</td>
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<tr>
<td>Melissa Keith</td>
<td>21:33</td>
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<tr>
<td>Mike Attanucci</td>
<td>23:02</td>
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<tr>
<td>Vincent Attanucci</td>
<td>23:06</td>
</tr>
<tr>
<td>Randy Smith</td>
<td>23:15</td>
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<tr>
<td>Edson Jones</td>
<td>24:08</td>
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<tr>
<td>Randy Bradley</td>
<td>25:29</td>
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<tr>
<td>Jon Yarborough</td>
<td>27:03</td>
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<tr>
<td>John Laskowski</td>
<td>28:24</td>
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<td>Gwen Jones</td>
<td>29:10</td>
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<td>Ed Thompson</td>
<td>36:33</td>
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<td>Lou Wilson</td>
<td>36:59</td>
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<tr>
<td>Zach Cantu</td>
<td>42:33</td>
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<tr>
<td>Daniel Cantu</td>
<td>42:34</td>
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<tr>
<td>Colin Jones</td>
<td>51:15</td>
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Volunteers: Jon Walk, Bill Dwyer, Bill Crews, Dana-Sue Crews
TWRC Summer Sunday Night 5K Series #3
June 28, 2009

Bill Crews 21:49
Randy Smith 22:33
Randy Bradley 25:33
Benjamin Smart 27:24
Dave Smart 27:24
Jon Yarborough 27:59
Nora Wilson 29:17
Ken Johnson 35:41
Lou Wilson 38:35
JC Morrell 39:20

Volunteers: Bill Dwyer, Morgan Crews, Dylan Crews

TWRC Summer Sunday Night 5K Series #2
June 21, 2009

John Maloney 19:20
Tanner Maloney 21:38
Randy Smith 22:09
Robert Nelson 24:54
Jon Yarborough 28:06
Nora Wilson 29:51
Gwen Jones 30:12
Edson Jones 30:14
Lou Wilson 34:31
Mary Sweeten 34:33
J.C. Morrell 45:39

Volunteers: Bill Dwyer, Jon Walk, Mike Csikos

TWRC Summer Sunday Night 5K Series #1
June 14, 2009

John Maloney 19:03
Randy Smith 23:36
Edson Jones 24:40
Jon Yarborough 27:28
Ken Johnson 34:41
Dylan Crews 41:05
Morgan Crews 41:12

Volunteers: Bill Dwyer, Jon Walk, Waverly Walk, Bill Crews