HEALTHY NATIONS WELLNESS CENTER
RUNNING IS MY HIGH
5K RUN/WALK
LAKE MERRITT, OAKLAND, CA
MARCH 14, 2009
Lodge Team Results

1. FSH = 2:53:46

23:09 AARON ALBERT, M 27

28:16 LOLA JAMES, F 41

29:42 WILLIAM FEATHER, M 28

30:11 SELENE FRANCISCO

31:13 JEANNE * VANDIGRIFF, F 61

31:15 JORDAN WILSON, M 20

2. TR = 6:28:14

1:01:31 WALTER HANSON, M 48

1:01:32 DERRICK HUNTER, M 28

1:03:14 GRAY HOLDEN, M 57

1:03:51 ANTHONY HUNTER, M 31

1:03:52 RUBEN BARRIOS JR., M 32

1:14:14 JESSE MONTIJ, M 52