



## 2009 Linn-Mar Growl Prowl 5k

**Overall Men's Winner:** Ermin Sabljakovic 16:16.7 \*New Growl Prowl record  
**Overall Women's Winner:** Megan Murray 20:52.7 \*New Growl Prowl record

### Men's 14 and Under

1. Josh Wick 18:04.6
2. Kyle Read 18:05.9
3. Keegan Cook 18:34.1

### Men's 15-19

1. Dalton Friedhoff 18:00.2
2. Reid Frana 18:49.9
3. Jason McVay 18:54.8

### Men's 20-29

1. Jordan Koser 16:23.6
2. Derek Chaplin 20:36.7
3. Greg Sabers 23:52.7

### Men's 30-39

1. Nick Wagner 19:04.7
2. Steve Mallicoat 20:19.3
3. Chris Horak 20:40.7

### Men's 40-49

1. Mike Newhouse 17:32.8
2. Jeff Nietert 17:58.3
3. Rick Colton 20:12.5

### Men's 50-59

1. Mark Zimmer 22:55.2
2. Steve Stenersen 26:40.9
3. Dean Slyter 28:33.3

### Men's 60-69

1. Don Utsinger 22:01.5
2. Dick Schillig 41:08.5

### Women's 14 and Under

1. Morgan Uridil 21:14.4
2. Annie Goodell 22:42.9
3. Kelsey Brandt 22:43.1

### Women's 15-19

1. Catherine Hecht 25:22.8
2. Madeline Stenersen 28:53.1
- 3.

### Women's 20-29

1. Holly O'Brine 21:46.2
2. Laura Stradt 23:41.7
3. Becca Little 25:51.7

### Women's 30-39

1. Carey Schillig 23:08.8
2. Molly Dotson 26:36.6
3. Stephanie Nuss 26:50.8

### Women's 40-49

1. Lana Stone 22:18.9
2. Laura Decker 23:54.5
3. Linda Zimmerman 24:01.0

### Women's 50-59

1. Betty Hopkins 25:44.1
2. Janet Engle 27:46.0
3. Karen Dabroski 45:49.4

### Women's 60-69

1. Juanita Schillig 49:30.9