

SPORTS

BRONCO 5K

► continued from B1

“It was a little easier this time since I wasn’t pregnant,” Erholtz said.

Erholtz, formerly Griffith, a 1995 FHS graduate who ran cross country and track in high school and later moved to Colorado, had been 22 weeks pregnant when she set the women’s course record in 2013 and was also the overall top finisher.

“For me, I just like to support the Falls Broncos, being one myself,” Erholtz said. “I’m still coming back to getting in shape from having my child.”

Erholtz, who has been involved in mountain trail running since moving to Colorado as well as being a member of the U.S. Mountain Running Team, said she will be doing some mountain races later this summer.

“This (year’s Bronco 5K) is a good speed training workout for me,” she said.

Erholtz said she was able to work on her speed by following LaBlanc to the finish.

“He was great to push me,” she said. “He passed decisively and then I just kept his orange (running shirt) in sight the rest of the race. I thought, ‘Maybe he’ll die,’ but he didn’t.”

Bronco 5K Run/Walk organizer Jen Erickson said the start time for this year’s annual Independence Day race in the Falls had been moved up an hour earlier to 8 a.m. because of the heat and warm temperatures the event has experienced the past few years.

Erholtz said he prefers cooler running conditions.

“To me, this was good,” she said. “Another hour (later), it might have been hot.”

Last year’s overall runner-up, John Sobczynski, 21, a 2011 FHS graduate who was a distance runner in high school, placed third this year in 19:08.43.

Lexi Erickson, 15, a state qualifier in track and cross country at FHS, placed fourth in 19:20.84 and set a new course record for females 15-18.

Rounding out the top five was John Cowman, 14, an FHS distance runner who finished in 19:34.43 and also set a new course record for boys 11-14.

The only other runner or walker with a time under 20 minutes among the 240 to finish the eighth annual 5-kilometer race was Bret Johnson, 24, who placed sixth in 19:54.84.

Norma Glisczynski, 5, was the youngest to finish the run/walk with Leonard Olson, 76, being the oldest.

This year’s Bronco 5K, which was held as a fundraiser for the FHS track and field teams, used the same route for the fourth year in a row by starting at the entrance to the track, be



STAFF PHOTOS BY KEVIN BONESKE

Brandy Erholtz (208) approaches the finish line Friday to set the women’s course record in the Bronco 5K Run/Walk in just over 18 minutes.



Kristina Arch (161) raises her arms in the air as she reaches the finish line in Friday’s Bronco 5K Run/Walk.

fore going along 11th Street to Kerry Park and looping back to Falls High School, ending with a lap on the track.

Grady Anderson of Grand Rapids set the overall and men’s course record of 16:28.02 in 2011.

TWO MORE AGE GROUP RECORDS

Two other age group records also fell Friday. Linda Belanger, 46, placed 13th overall in a time of 21:40.71 to break the record she set last year for females 40-49 by about 50 seconds. Andie Williams, 10, placed 43rd overall in a time of 24:28.24 to set a new record for girls 10 and under.

Medals were awarded to the top three males and females in nine age categories.

Following the Bronco 5K, a free Kids Fun Run was held with two 400-meter heats and one 800-meter run around the track with all the participants receiving a ribbon.

2014 Bronco 5K results

| Place | Name | Age | Time |
|----------------------------|--------------------|-----|----------|
| Boys 10 & Under | | | |
| 1 | Sivonen, Parker | 10 | 26:46.11 |
| 2 | Joslyn, Cody | 9 | 27:37.93 |
| 3 | Anderson, Brady | 9 | 27:43.71 |
| 4 | Maish, Julius | 9 | 27:50.46 |
| 5 | Schultz, Cohlton | 10 | 31:33.34 |
| 6 | Glisczynski, Jack | 8 | 32:09.90 |
| 7 | Erickson, Mitchell | 8 | 35:02.99 |
| 8 | Pollard, Brighton | 6 | 41:30.14 |
| 9 | Pruitt, Reid | 9 | 44:30.27 |
| 10 | Olson, Kenyan | 8 | 45:51.18 |

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| Girls 10 & Under | | | |
| 1 | Williams, Andie | 10 | 24:28.24 |
| 2 | Arch, Gracyn | 10 | 29:08.78 |
| 3 | Bissonette, Graci | 9 | 44:36.71 |
| 4 | Glisczynski, Norma | 5 | 53:05.14 |

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| Boys 11-14 | | | |
| 1 | Cowman, John | 14 | 19:34.43 |
| 2 | Milford, Tyler | 14 | 22:59.34 |
| 3 | Germain, Jaxon | 12 | 23:19.55 |
| 4 | Erickson, Jake | 13 | 23:20.43 |
| 5 | Wilson, Taylor | 13 | 23:26.24 |
| 6 | Holm, Andrew | 13 | 23:34.90 |
| 7 | Gonzales, Kian | 12 | 24:13.65 |
| 8 | Skoglund, Noah | 11 | 27:03.30 |
| 9 | Skoglund, Griffin | 14 | 28:19.30 |
| 10 | Erickson, Dale | 11 | 28:40.27 |
| 11 | Arch, Wyatt | 13 | 34:43.55 |
| 12 | Larsen, Matthew | 11 | 38:54.81 |

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| Girls 11-14 | | | |
| 1 | Sivonen, Avery | 13 | 25:10.84 |
| 2 | Edwards, Lexi | 14 | 25:17.37 |
| 3 | Gorden, Marissa | 11 | 28:46.05 |
| 4 | Larsen, Lily | 13 | 29:36.52 |
| 5 | Erickson, Emma | 11 | 31:55.37 |
| 6 | Sullivan, Chloe | 11 | 31:55.90 |
| 7 | Holm, Genna | 12 | 34:33.93 |
| 8 | Gorden, Hannah | 13 | 34:40.84 |
| 9 | Madsen, Rebecca | 13 | 36:16.37 |
| 10 | Larsen, Grace | 11 | 42:42.08 |
| 11 | Kjellgren, Annika | 11 | 49:33.02 |

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| Boys 15-18 | | | |
| 1 | Hunter, Jared | 15 | 22:00.71 |
| 2 | Nemec, Riley | 15 | 22:44.71 |
| 3 | Harala, Gary | 18 | 22:49.90 |
| 4 | Johnson, Micah | 18 | 23:10.14 |
| 5 | Lindvall, Brett | 15 | 25:24.43 |
| 6 | Holm, Christopher | 15 | 25:45.52 |
| 7 | Harris, Greg | 16 | 27:04.99 |
| 8 | Johnson, Cristian | 15 | 32:28.24 |
| 9 | Blome, Steven | 15 | 33:28.55 |

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| Girls 15-18 | | | |
| 1 | Erickson, Lexi | | 19:20.84 |
| 2 | Anderson, Jenna | 17 | 23:51.08 |
| 3 | Stone, Carolann | 15 | 25:09.84 |
| 4 | Anderson, Tayler | 16 | 25:19.87 |
| 5 | Saari, Emily | 15 | 27:08.02 |
| 6 | Graves, Alexis | 15 | 29:41.52 |
| 7 | Auran, Abby | 16 | 31:04.21 |
| 8 | Chase, Ryleigh | 16 | 33:04.37 |
| 9 | Madsen, Sarah | 15 | 33:14.87 |
| 10 | Auran, Hailey | 15 | 33:32.68 |
| 11 | Holm, Maria | 17 | 35:46.24 |
| 12 | Hale, Sierra | 17 | 44:55.21 |
| 13 | Kjellgren, Abbey | 16 | 50:52.58 |

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| Men 19-29 | | | |
| 1 | LaBlanc, Josh | 26 | 17:10.84 |
| 2 | Sobczynski, John | 21 | 19:08.43 |
| 3 | Johnson, Bret | 24 | 19:54.84 |
| 4 | Kilbride, Ryan | 19 | 22:22.65 |
| 5 | Pumper, Jason | 19 | 23:50.30 |
| 6 | Aguilar, Carlos | 25 | 24:11.21 |
| 7 | Winkel, John | 27 | 26:54.84 |
| 8 | Kazadi, Frederic | 26 | 27:53.02 |
| 9 | Perard, Fred | 21 | 28:09.99 |
| 10 | Olson, Andy | 28 | 28:31.96 |
| 11 | Taggart, Kendall | 28 | 55:20.78 |

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| Women 19-29 | | | |
| 1 | Friend, Nicole | 29 | 21:06.08 |
| 2 | Silvers, Hailey | 26 | 22:02.21 |
| 3 | Hummel, Becky | 23 | 22:54.46 |
| 4 | Summers, Kit | 23 | 24:54.30 |
| 5 | Cooke, Olivia | 19 | 25:15.55 |
| 6 | Bernard, Bailey | 20 | 26:55.78 |

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| 7 | Adams, Rachel | 20 | 27:25.74 |
| 8 | Spangler, Emily | 22 | 28:09.24 |
| 9 | Knoll, Molly | 22 | 28:20.24 |
| 10 | Mazzoth, Jasmine | 22 | 28:47.93 |
| 11 | Olson, Katie | 26 | 28:50.99 |
| 12 | Simmons, Haley | 19 | 33:13.58 |
| 13 | Freshley, Meredith | 23 | 33:14.14 |
| 14 | Anderson, Kate | 23 | 33:51.40 |
| 15 | Frederickson, Kate | 28 | 34:45.84 |
| 16 | Bjorkquist, Alanna | 19 | 41:16.87 |
| 17 | Bjorkquist, Jadelle | 21 | 41:17.37 |
| 18 | Winkel, Katie | 23 | 42:20.55 |
| 19 | Arch, Autumn | 24 | 43:23.93 |
| 20 | Sweeney, Maria | 21 | 50:16.14 |
| 21 | Ecker, Rosie | 19 | 50:16.74 |
| 22 | Hamers, Katie | 27 | 53:12.74 |
| 23 | Black, Breana | 22 | 55:20.14 |

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| Men 30-39 | | | |
| 1 | McCafferty, Scott | 34 | 20:37.30 |
| 2 | Hayes, Andrew | 39 | 20:48.90 |
| 3 | Johnson, Ryan | 34 | 22:16.68 |
| 4 | Wolter, Eli | 36 | 24:03.49 |
| 5 | Dunbar, William | 32 | 24:36.14 |
| 6 | McCloskey, Patrick | 35 | 26:23.55 |
| 7 | Youso, Allen | 39 | 27:40.08 |
| 8 | Listrani, Vincent | 37 | 28:18.81 |
| 9 | Jarratt, Brian | 31 | 30:13.96 |
| 10 | Schultz, Steve | 37 | 31:33.90 |
| 11 | Keyes, Andrew | 31 | 37:33.93 |
| 12 | Brown, David | 34 | 44:08.62 |

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| Women 30-39 | | | |
| 1 | Erholtz, Brandy | 36 | 18:00.93 |
| 2 | Agar, Kelly | 34 | 22:58.08 |
| 3 | Harris, Stacy | 34 | 22:59.99 |
| 4 | Maxa, Dexi & Scarlett | 30 | 24:11.99 |
| 5 | Keyes, Michelle | 31 | 25:16.55 |
| 6 | Deziel, Anna | 30 | 25:21.14 |
| 7 | Olson, Nicole | 30 | 25:57.96 |
| 8 | Graves, Jeri Ann | 36 | 25:59.52 |
| 9 | Gorden, Jena | 36 | 26:14.71 |
| 10 | Aili, Danni | 32 | 26:36.34 |
| 11 | Brokaw, Betsy | 31 | 26:44.81 |
| 12 | Pullar, Georgene | 37 | 27:33.11 |
| 13 | Youso, Tricia | 37 | 27:40.96 |
| 14 | Winkel, Lynn | 30 | 27:46.71 |
| 15 | Mostad-Jensen, Liv | 31 | 27:53.74 |
| 16 | Romosz, Sylvia | 31 | 28:14.71 |
| 17 | Aili, Daise | 33 | 28:18.21 |
| 18 | Keyes, Kate | 31 | 28:27.99 |
| 19 | Powell, Jami | 39 | 28:32.78 |
| 20 | Eide, Essa | 34 | 28:56.52 |
| 21 | Erickson, Donna | 39 | 28:59.58 |
| 22 | Bokovoy, Angie | 31 | 29:01.93 |
| 23 | Zub, Kerry | 38 | 29:09.84 |
| 24 | Jarratt, Celia | 30 | 30:14.46 |
| 25 | Monahan, Sarah | 37 | 30:15.05 |
| 26 | Rudolph, Emily | 30 | 30:27.93 |
| 27 | Ballan, Michelle | 33 | 30:41.08 |
| 28 | McCloskey, Beth | 37 | 31:11.96 |
| 29 | Hanson, Bobbi Jo | 32 | 33:03.27 |
| 30 | Walls, Missy | 33 | 33:31.84 |
| 31 | Magel, Donna | 35 | 33:32.68 |
| 32 | Hovis, Jackie | 32 | 33:50.84 |
| 33 | Zika, Laura | 32 | 33:51.87 |
| 34 | Sivonen, Bobbi | 39 | 35:38.99 |
| 35 | Chase, Aleisha | 33 | 37:22.52 |
| 36 | LaVigne, Terri-Lee | 32 | 39:30.30 |
| 37 | Stone, Rachel | 36 | 39:31.55 |
| 38 | Chezick, Katie | 31 | 39:34.84 |
| 39 | Ross, Stepheny | 30 | 42:31.68 |
| 40 | Marmet, Sarah | 32 | 44:16.81 |
| 41 | Krasaway, Danielle | 30 | 44:18.24 |
| 42 | Brown, Joella | 34 | 44:40.43 |
| 43 | Pruitt, Machell | 33 | 44:44.84 |
| 44 | Glisczynski, Amy | 36 | 44:45.43 |
| 45 | Randall, Darcy | 32 | 44:55.71 |
| 46 | McCloskey, Katie | 31 | 49:59.08 |
| 47 | Blome, Tanya | 37 | 51:03.62 |
| 48 | Hamers, Jenny | 30 | 53:12.11 |
| 49 | Glisczynski, Joe | 36 | 53:37.18 |

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| Men 40-49 | | | |
| 1 | Larsen, Scott | 44 | 21:01.74 |
| 2 | Brenengen, Matt | 46 | 21:05.43 |
| 3 | Bacon, Corey | 43 | 21:37.68 |
| 4 | Aili, Kirk | 45 | 22:27.81 |
| 5 | Booth, Justin | 41 | 23:17.11 |
| 6 | Johnson, Darrick | 40 | 23:28.43 |
| 7 | Keyes, Eric | 41 | 23:56.93 |

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| 8 | Belanger, Chad | 41 | 24:06.65 |
| 9 | Dodd, Paul | 45 | 26:58.81 |
| 10 | Kelly, Shawn | 49 | 27:21.34 |
| 11 | Powell, Joseph | 43 | 28:33.58 |
| 12 | Cowman, Dean | 43 | 29:44.52 |
| 13 | Holm, Gary | 47 | 32:11.55 |
| 14 | Christie, Mike | 44 | 33:15.74 |
| 15 | Brokaw, Ted | 42 | 34:56.40 |
| 16 | Gilbert, Shawn | 43 | 38:43.37 |
| 17 | Berlin, Doug | 43 | 38:44.11 |
| 18 | Dwyer, Daniel | 41 | 56:00.58 |

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| Women 40-49 | | | |
| 1 | Belanger, Linda | 46 | 21:40.71 |
| 2 | Milne, Ilka | 49 | 23:33.46 |
| 3 | Mason, Terry | 40 | 24:50.55 |
| 4 | Anderson, Erika | 41 | 25:34.14 |
| 5 | Gorden, Tina | 42 | 26:46.99 |
| 6 | Roy, Barbara | 46 | 26:53.55 |
| 7 | Auran, Karen | 49 | 27:28.68 |
| 8 | Nixon, Zira | 40 | 27:41.84 |
| 9 | Holm, Dawn | 44 | 27:44.55 |
| 10 | Gunnerson, Tracy | 45 | 28:58.24 |
| 11 | Arch, Kristina | 45 | 30:43.52 |
| 12 | Skoglund, Deb | 42 | 30:48.14 |
| 13 | Schneider, Wendy | 44 | 32:10.81 |
| 14 | Hell, Leslie | 47 | 34:38.21 |
| 15 | Bacon, Cathy | 40 | 35:05.78 |
| 16 | Madsen, Jackie | 47 | 35:58.74 |
| 17 | Owen-Boerger, Barb | 45 | 37:39.24 |
| 18 | McNitt, Mary | 40 | 37:39.78 |
| 19 | Ringhofer, Nita | 43 | 40:46.18 |
| 20 | Larsen, Scotta | 43 | 41:21.21 |
| 21 | Arch, Sarah | 48 | 43:02.11 |
| 22 | Black, Amie | 42 | 44:17.71 |
| 23 | Keyes, Kristi | 41 | 44:58.58 |
| 24 | Garcia, Kristi | 41 | 45:08.14 |
| 25 | Kjellgren, Anna | 44 | 50:51.55 |
| 26 | Jurek, Nell | 40 | 53:13.52 |

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| Men 50-59 | | | |
| 1 | Larson, Bruce | 59 | 22:07.08 |
| 2 | Hummel, Jim | 58 | 24:56.49 |
| 3 | Kalar, Pete | 52 | 26:50.43 |
| 4 | Garcia, Lou | 51 | 30:25.40 |
| 5 | Arch, Rob | 51 | 42:44.46 |
| 6 | Arch, Howard | 52 | 43:24.49 |
| 7 | Olson, Tim | 57 | 45:01.30 |
| 8 | Kantor, Jeff | 59 | 45:58.90 |
| 9 | Wilson, Leroy | 53 | 50:26.99 |

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| Women 50-59 | | | |
| 1 | Lyman, Lori | 57 | 25:58.87 |
| 2 | Ehrman, Julie | 59 | 27:17.55 |
| 3 | Palm, Susan | 55 | 27:31.55 |
| 4 | Sjoblom, Tammy | 52 | 29:14.71 |
| 5 | Lundin, Lois | 50 | 29:15.27 |
| 6 | Vollmer, Peggy | 59 | 30:35.62 |
| 7 | Taylor, Deb | 57 | 33:21.27 |
| 8 | McMahon, Jackie | 50 | 34:14.99 |
| 9 | Story, Cindy | 59 | 39:02.34 |
| 10 | Hjelle, Brenda | 51 | 44:59.21 |
| 11 | Pumper, DeNell | 50 | 47:29.99 |
| 12 | Hamers, Renie | 50 | 53:14.24 |
| 13 | Pelowski, Mary | 50 | 56:01.93 |

| Men 60-69 | | | |
|-----------|--------------------|----|----------|
| 1 | Oveson, Tony | 67 | 24:21.71 |
| 2 | Johnson, Rick | 65 | 25:07.05 |
| 3 | Johnson, Willard | 64 | 30:08.24 |
| 4 | Winkel, LeRoy | 66 | 34:05.11 |
| 5 | Johnson, Thomas | 67 | 37:08.27 |
| 6 | McCloskey, Michael | 65 | 51:33.27 |