

Seattle Athletic Club Runner's Results

March 2009

RACE	ATHLETE	COMMENTS
Mercer Island Half Marathon	Rob Lauren 1:38.58	<i>Congrats on your first half!</i>
	Chuck Cathey 1:41.51	<i>4th age group!!!</i>
	Darin Smith 1:54.59	<i>Great race, great training!!</i>
	Lisa Ohge 1:59.03	<i>Fantastic run!</i>
	Karissa Lackey 1:59.37	<i>Sub 2 hours and PR!!!!</i>
Mercer Island 10K	Teresa Nelson 44:18	<i>8th overall and PR</i>
	Betsey Zoladz 49:34	<i>6th age group and sub 8min miles</i>
	Natalie Swistak 49:57	<i>PR and 5th age group</i>
	Kirsten Wild 57:03	<i>PR and way to race!</i>