

## Appleton Freezer 2014 Results

The 32nd Appleton Freezer today splendid and enjoyed by 51 runners. The bright sun and calm air were delightful. The new custodian Lee Thompson was just as helpful and attentive as Fred and Nancy before, and the "new" building far more spacious and accommodating.

The spirit and demeanor of the group of 19 runners from Moab, formed to encourage running at an early age, was uplifting. It included 13 boys and girls from ages 7-15, who rewrote the age standards for youths in the Freezer (see "curious facts, following the race results). For those of us on the sunset side of the hill, it is heartening to see youngsters joining the ranks.

|                       |   |    |    |       |       |
|-----------------------|---|----|----|-------|-------|
| Wacker, Marty         | M | 42 | 1  | 22:24 | GJT   |
| Bisbee, Chuck         | M | 17 | 2  | 22:41 | GJT   |
| Younger, Dave         | M | 57 | 3  | 27:16 | GJT   |
| Baroffio, Bryan       | M | 55 | 4  | 27:19 | GJT   |
| Thome, Bob            | M | 59 | 5  | 27:31 | GJT   |
| Lewis, Ryan           | M | 13 | 6  | 27:41 | Moab  |
| Wakefield, Cameron    | M | 14 | 7  | 27:50 | Moab  |
| Parks, Craig          | M | 56 | 8  | 28:31 | Rifle |
| Langelier, Ernie      | M | 61 | 9  | 29:06 | GJT   |
| Lively-Rinaldi, Karah | F | 40 | 10 | 29:16 | GJT   |
| Winnefeld, Andy       | M | 42 | 11 | 29:34 | GJT   |
| Steel, Suzie          | F | 54 | 12 | 29:41 | GJT   |
| Miller, Keith         | M | 44 | 13 | 31:06 | GJT   |
| Drake, Sue            | F | 57 | 14 | 31:29 | GJT   |
| Stash, Herbert        | M | 37 | 15 | 31:36 | Moab  |
| Heywood, Emmy         | F | 12 | 16 | 31:46 | Moab  |
| Ellison, Issac        | M | 08 | 17 | 31:52 | Moab  |
| Wakefield, Gary       | M | 48 | 18 | 31:53 | Moab  |
| Steel, Marshall       | M | 53 | 19 | 33:06 | GJT   |
| Mattson, Chuck        | M | 58 | 20 | 33:26 | GJT   |
| Ellison, Evan         | F | 12 | 21 | 33:46 | Moab  |
| Frisbie, Paul         | M | 50 | 22 | 33:58 | GJT   |
| Heywood, Anna         | F | 15 | 23 | 34:23 | Moab  |
| Jensen, Ray           | M | 49 | 24 | 34:55 | GJT   |
| Hugentobler, Brooklin | F | 14 | 25 | 35:40 | Moab  |
| Norris, Liz           | F | 60 | 26 | 35:43 | GJT   |
| Asherman, Jamie       | F | 49 | 27 | 36:11 | GJT   |
| Larsen, Emma-Leigh    | F | 49 | 28 | 36:21 | GJT   |
| Hinman, Corey         | F | 38 | 29 | 36:30 | GJT   |
| Jones, Amber          | F | 38 | 30 | 37:24 | GJT   |
| Stenta, Dan           | M | 44 | 31 | 37:24 | Moab  |
| Coakley, Kristen      | F | 41 | 32 | 38:36 | GJT   |

|                    |   |    |    |       |          |
|--------------------|---|----|----|-------|----------|
| Johnson, Angela    | F | 39 | 33 | 38:36 | GJT      |
| Bisbee, Michele    | F | 47 | 34 | 38:49 | GJT      |
| Heywood, Matthew   | M | 07 | 35 | 40:15 | Moab     |
| Heywood, Joe       | M | 41 | 36 | 40:16 | Moab     |
| Stash, Tyler       | M | 08 | 37 | 40:40 | Moab     |
| Bettsuie, Charlene | F | 33 | 38 | 40:48 | Moab     |
| Smith, Tamarie     | F | 35 | 39 | 41:21 | Fruita   |
| Wagner, Jeff       | M | 56 | 40 | 41:23 | Fruita   |
| Stash, Tyrese      | M | 14 | 41 | 42:08 | Moab     |
| Douglas, Sheryl    | F | 62 | 42 | 42:41 | GJT      |
| Heywood, Brandi    | F | 36 | 43 | 43:48 | Moab     |
| Heywood, James     | M | 09 | 44 | 43:48 | Moab     |
| Sanders, Haven Lee | F | 03 | 45 | 44:00 | Palisade |
| Sanders, Laura     | F | 21 | 46 | 44:00 | Palisade |
| Sanders, James     | M | 35 | 47 | 44:00 | Palisade |
| Tenpas, Carl       | M | 79 | 48 | 45:36 | GJT      |
| Wakefield, Josie   | F | 11 | 49 | 46:02 | Moab     |
| Stash, Tyrell      | M | 07 | 50 | 58:59 | Moab     |
| Wubben, Paul       | M | 82 | 51 | 63:40 | GJT      |

Below are some curious facts from the 32-year history of the Appleton Freezer:

- Race winner Marty Wacker has won all four Appleton Freezers that he's entered, beginning in 2009. Robb Reece's won all three Freezers he contested from the initial running in 1983 to 1999, from age 18 to 34. Jay Valentine won five consecutive Freezers from 2001 through 2005 to accumulate the most victories. This year, Marty and Chuck provided a competitive show for the top spot, with Marty finally overtaking Chuck on the "back stretch" down 23 Rd.
- Karah Lively-Rinaldi led the parade of ladies, ahead of last year's overall winner, Suzie Steele. Similar to last year, nearly half of the competitors (43%) were of the fair sex, and they set 7 age records for ladies.
- Many regulars were there this year: Carl Tenpas and Keith Miller (10th Freezer), Sheryl Douglas (11th), Liz Norris (12th), Bryan Baroffio (13th), Jeff Wagner (15th), and Paul Wubben (17th). Paul is now in second position, and needs only 6 more Freezers to catch Larry Ingram.
- Last year's Freezer affirmed its name, with an official overnight low of -2 degrees F; only 1984 (-6) was colder. Like much of January 2014, temperatures this year were close to the 30 year average, with invigorating conditions of calm and bright sun that resulted in an extraordinary number of age standards and personal records (PRs).
- Many runners ran PRs for the Freezer, in order of improvement: Marty Wacker, Bob Thome, Jamie Asherman, Andy Winnefeld, Chuck Bisbee, Ernie Langelier, and Chuck Mattson, who has steadily improved by 15 minutes from his first Freezer 2 years ago. Chuck Bisbee improved 38 seconds over his prior effort in 2012, but the Fruita Monument standout was again outlegged as Marty exactly repeated his PR of 2012.

- Haven Lee Sanders, our most youthful participant at age 3, rode the stroller for her fourth Freezer, starting out on the run.
- Age standards (NOT age GROUP standards) were set for a span of 79 years, from Haven Lee Sanders (3) to Paul Wubben (82); both remain the youngest and oldest competitors in the 32-year history of the Appleton Freezer. Freezer 2014 produced an astounding 14 age records (27% of competitors), equally divided by gender, and including six for ages 12 and under, age 40, and seven for ages 54 to 82. A major factor in this explosion of previously unattained performances was a large group of 19 runners from Moab, which included 13 youths aged 7-15 years. The performances and demeanor of these youths demonstrates great success in their adult leadership. Mesa Monument Striders wishes this program continued success; may Haven Sanders and the young runners from Moab still be enjoying physical activity at Paul and Carl's ages.