

2019 Appleton Freezer – 36th Edition

Runners of the 36th Annual Appleton Freezer 4 Mile were treated to perfect winter running weather; low 30s, clear and sunny. This year's start was staged at the far east edge of the elementary school's drop-off loop with the finish located at the far west end of the loop. This was due to the bridge at the intersection of I and 24 Rd being under construction and the need to utilize a short dirt construction spur in lieu. While some runners complained of lingering effects of the previous night's boisterous escapades the contingent of Central High School runners were focused on the task at hand and took the race out hard. Max Robinson and James Roche led a valiant pursuit of the top prize of \$50 but were relegated to 3rd and 4th respectively behind youngsters Jordan Leblow and Tyman Smart. Not wanting to jeopardize Tyman's future standing with the all-powerful NCAA his \$50 winnings were donated to the Central High School running club, and Tyman and Jordan both took home home-made apple pies. Not so for Kristin Lillie who took home the \$50 top spot on the women's side of the competition chased by Kat Robinson who's second place earned her the final apple pie. While no course records fell this year perhaps the 37th edition with completed 24 Rd bridge will offer up speedier times. A big thank you goes out to Larry for course marking, Ernie for directing traffic at the aforementioned bridge, Jay for timing and Katie for reconciling runner names, placings and times. Special thanks also go to Bestslope Coffee in Fruita for keeping the runners and volunteers caffeinated as well as Grand Mesa Ultras, Loki and Desert Rats Trail Running Festival for providing excellent swag for raffle prizes.

Name	Age	Time		Name	Age	Time
MEN				WOMEN		
1. Tyman Smart	17	22:08.31		Kristin Lillie	28	27:39.99
2. Jordan Leblow	14	22:19.60		Kat Robinson	24	28:05.64
3. Max Robinson	25	22:49.36		Elizabeth Jones	17	28:56.15
4. James Roche	31	23:54.42		Stephanie Evangelisti	32	30:54.02
5. Ted Leblow	50	24:01.24		Alexis Calabrese		31:06.53
6. Jeff Friedman	35	24:45.63		Kristin Martin	46	38:34.70
7. Jeffrey Fiantaca	16	27:27.85		Jenna Oleson		40:54.72
8. Cameron Cox	18	28:18.60		Liz Norris	65	43:28.26
9. Nick Bietz	26	28:27.46		Sheryl Douglas	67	47:28.17
10. Jake Harrison	13	28:32.35		Haley Ammons	10	47:52.18
11. Bryan Baroffio	60	28:35.66		Pauline Oleson		49:14.13
12. John Ferguson	63	29:17.80		Mary Young	75	50:34.05
13. Andy Winnefeld	47	34:57.29				
14. Sean Smart	41	36:32.51				
15. Ziachery Nunngla	38	38:00.66				
16. Tim Davis	44	38:35.19				
17. Tom Ela	66	41:32.19				
18. Jacob Baer	14	42:13.58				

19. Nick Ammons		47:53.26
20. Dennis Young	75	50:33.73