

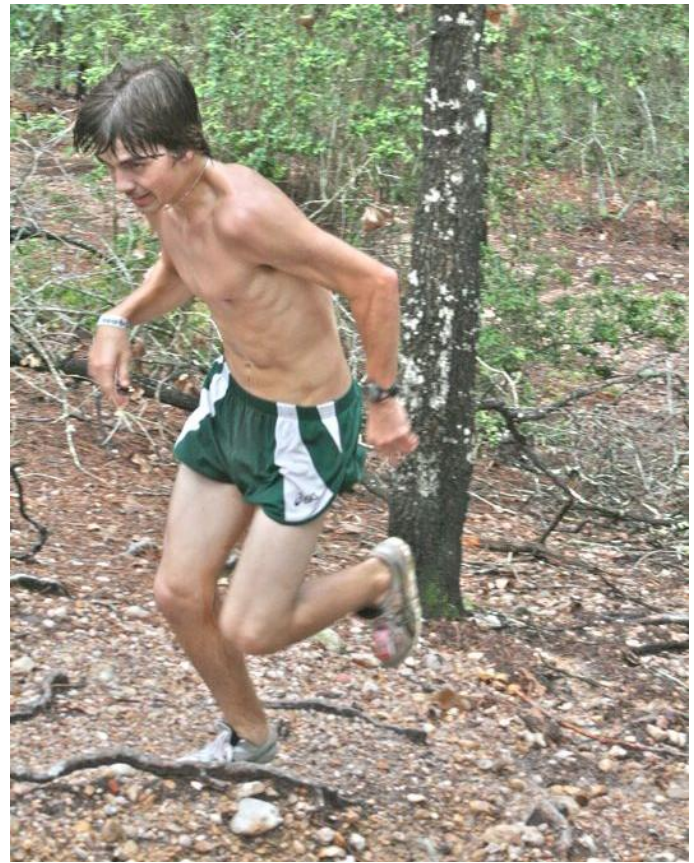
# The Paavo Pen

Texas Regional  
Day 3  
Wednesday  
June 9, 2010

## LOST PINES



1. A Runathon Competitive Run
2. An opportunity to run faster and longer.
3. A test of your training levels and system.
4. The run will test your character.
5. A Challenge
6. There is nothing wrong with running faster.
7. This is a PAAVO TRADITION!
8. This is a special event that will test your training.



### TOP 10 RECORDS BOYS

1.	PRICE	BO	ATLANTA	0:25:44	2001
2.	MORROW	ROB	GRAPEVINE	0:26:21	2001
3.	RATHKE	CHASE	SEVEN LAKES	0:26:34	2008
4.	MCCUNE	COLBY	BOERNE CHAMPION	0:26:37	2009
5.	<b>TEEL</b>	<b>RYAN</b>	<b>FRIENDSWOOD</b>	<b>0:26:43</b>	<b>2010</b>
6.	GUZMAN	DAVID	LULING	0:26:46	1999
7.	MORROW	ROB	GRAPEVINE	0:26:49	2000
8.	MCCUNE	COLBY	BOERNE CHAMPION	0:26:52	2008
9.	RATHKE	CHASE	SEVEN LAKES	0:27:10	2007
10.	WELIN	JIMMY	SEVEN LAKES	0:27:11	2007
	CHRISTIANSO	NATHAN	BOERNE CHAMPION	0:27:11	2009

### TOP 10 RECORDS GIRLS

1.	STEWARDSO	LANDRA	DETROIT	0:31:58	2001
2.	STEWARDSO	LANDRA	DETROIT	0:32:44	2000
3.	STEWART	STACEY	LR ACADEMY	0:33:23	2001
4.	STEWART	STACEY	LR ACADEMY	0:33:36	2000
5.	PRINGLE	MEREDITH	NAVARRO	0:33:42	1999
	PRINGLE	MEREDITH	NAVARRO	0:33:42	2000
7.	FLEMING-WO	BRETTE	MANSFIELD	0:33:51	2006
8.	MELTON	RACHEL	MAGNOLIA WEST	0:34:27	2009
9.	HANSON	CHRISTINA	KATY	0:34:39	2008
10.	LEIFESTE	LACEY	LLANO	0:34:53	2000

**Dinner:** Sellers Stroganoff

**Dessert:** Blueberry Funk

#### Quote of the day:

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. **John Wooden**