



THE COURIER presents the
TIGMC 5K RUN FOR EXCELLENCE
 & **CAJUN FOOD FEST**
 Saturday, May 8, 2010
www.tfae.org
 Co-Sponsored by:  



RRCA
 ROAD RUNNERS CLUB OF AMERICA
CHAMPIONSHIP RACE

STATE CHAMPIONS

		MEN		WOMEN	
AWARD		NAME	TIME	NAME	TIME
Open		Cory Bourg	17:19	Heidi Austin	20:01
Masters		Alan Gerstle	18:39	Lauren Clark	22:30
Grandmasters		Juan Perez	20:38	Wanda Whitney	26:28