

# 5K Run/Walk 4 Recovery & Wellness

Saturday, September 29, 2018

Timing provided by Miller Race Management [www.race-mrm.com](http://www.race-mrm.com)

## RUN Age Group Results for Female 14 and Under based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	660	CHLOE AVILES	25:31.729	8:14	12	F
2	559	REECE METCALFE	33:44.058	10:53	13	F

## RUN Age Group Results for Male 15-24 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	232	JORDON MARTINUS	19:53.252	6:25	19	M
2	447	MICHAEL VLASSIS	19:57.092	6:26	23	M
3	254	JOSHUA SIMMS	21:30.704	6:56	21	M
4	176	AARON COLLINS	21:39.936	6:59	18	M
5	264	CHAZ WOODS	21:46.577	7:01	18	M
6	256	JACKERUS SMITH	21:54.207	7:04	18	M
7	171	DASHAN BLAYLOCK	23:25.866	7:33	18	M
8	168	EVAN ANDERSON	23:26.346	7:34	19	M
9	238	PEYTON MILLER	24:26.770	7:53	20	M
10	173	BRENDON BRACHETT	24:48.774	8:00	21	M
11	579	JONATHON DAMZYN	25:30.503	8:14	18	M
12	580	TORCINDIS MACK	25:44.818	8:18	22	M
13	183	JUSTIN FOX	26:13.754	8:27	18	M
14	255	ARNEET SINGH	27:13.910	8:47	19	M
15	449	CHRISTOPHER WESOLOWSKI	27:37.345	8:55	22	M
16	250	BRENDON SCHLINK	29:24.839	9:29	19	M
17	265	GOLIATH MITCHELL	29:41.037	9:35	18	M
18	260	JUSTIN STRBENAR	32:48.525	10:35	20	M
19	181	JAIVON FELTON	33:40.937	10:52	18	M
20	562	CAMERON MURRE	33:49.684	10:55	20	M
21	166	DEVONTE ALLEN	36:28.395	11:46	22	M
22	423	KRIS BOGE	36:33.314	11:47	15	M
23	189	JEFFREY GROSS	42:16.002	13:38	18	M
24	261	SCOTT SURA	48:44.254	15:43	18	M
25	198	SPENCER KLOC	52:53.542	17:04	20	M

## RUN Age Group Results for Female 15-24 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	193	CARLEE HUTCHISON	24:38.465	7:57	20	F
2	188	JENNIFER GRINWIS	25:13.099	8:08	18	F
3	178	KELSIE DILTS	25:19.233	8:10	18	F
4	180	KATELYN ENGELHARDT	25:30.380	8:14	18	F
5	240	MARISA MORTON	26:01.950	8:24	19	F
6	233	KENNEDI MAURER	26:16.153	8:28	18	F
7	172	OLIVIA BOUCKAERT	26:18.266	8:29	17	F

8	190	DESTINY HARRISON	26:20.142	8:30	19	F
9	412	EMMA MULHOLLAND	26:40.814	8:36	23	F
10	245	JACINDA REZLER	29:56.032	9:39	19	F
11	187	DEBREANNE GREENE-MONRI	30:01.465	9:41	18	F
12	174	HALEY BRETKA	30:21.336	9:47	19	F
13	231	TAYLER MALASKILL	32:17.513	10:25	19	F
14	195	ALYSSA JONES	32:35.773	10:31	19	F
15	241	ALYSSA MUDD	32:38.133	10:32	18	F
16	197	LORRAINA KELLY	33:27.904	10:47	17	F
17	516	CHANTEL POQUETTE	33:49.778	10:55	20	F
18	506	AMBER DEMERS	34:13.907	11:02	20	F
19	252	KAYLIE SCOTT	34:36.831	11:10	20	F
20	566	CADI PALMREUTER	38:26.155	12:24	22	F
21	415	LAUREN PETERMAN	40:04.051	12:55	22	F
22	670	TELLI BURKE	51:31.594	16:37	20	F
23	199	ELLISE LEE	59:33.561	19:13	23	F
24	243	SARA RECTOR	59:41.888	19:15	18	F

RUN Age Group Results for Male 25-34 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	445	DUSTIN VANDERVEER	25:11.818	8:07	27	M
2	599	JOSHUA HALES	25:59.691	8:23	34	M
3	440	PATRICK REYNOLDS	26:19.507	8:29	27	M
4	561	ADAM VANDERPOOL	28:03.238	9:03	33	M
5	441	CONNOR SEMBACH	29:03.957	9:22	26	M
6	422	CHRISTIAN ALLEMANG	29:43.280	9:35	29	M
7	249	XAVIER SANDERS	32:18.032	10:25	30	M
8	430	KYLE HANSHAW	1:07:23.590	21:44	25	M

RUN Age Group Results for Female 25-34 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	230	SHONDA LONG	32:43.212	10:33	29	F
2	517	SARAH ANDRESKE	34:17.633	11:04	28	F
3	439	BRITTANY PLOEP	40:22.443	13:01	25	F

RUN Age Group Results for Male 35-44 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	576	KEN SPRUNGER	21:48.838	7:02	42	M
2	584	CHRISTOPHER SZESZULSKI	21:54.769	7:04	42	M
3	531	DAMON OVERHOLSTEK	37:04.913	11:57	41	M
4	588	CRAIG WILSON	41:35.558	13:25	35	M
5	437	CARLOS OROSCO	48:45.925	15:44	41	M

RUN Age Group Results for Female 35-44 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	421	ANGELC ZANDER	29:24.230	9:29	40	F
2	434	MELISSA MAILLETTE	30:38.488	9:53	40	F

3	428	COURTNEY FAUST	33:20.897	10:45	41	F
4	436	CARRIE MULLER	34:04.213	10:59	40	F
5	444	ANGELA THIEL	37:56.032	12:14	42	F

RUN Age Group Results for Male 45-54 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	242	ANDREW ORNELAS	27:28.049	8:52	49	M
2	424	MARK CAISTER	28:28.448	9:11	47	M
3	448	JON WAGAR	31:50.648	10:16	52	M

RUN Age Group Results for Female 45-54 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	446	JANIS VITEK	55:32.542	17:55	46	F

RUN Age Group Results for Male 55-64 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	546	JEFF UNDERHILL	22:35.401	7:17	59	M
2	435	PATRICK MANNING	26:58.878	8:42	63	M

RUN Age Group Results for Female 55-64 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	521	TERESA MARTIN	25:53.348	8:21	59	F
2	443	CINDY TEWS	27:05.477	8:44	60	F
3	575	LORIE SHANE	32:26.511	10:28	60	F

RUN Age Group Results for Male 65 and Over based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	572	TIM FLUES	23:20.003	7:32	69	M
2	505	GARY SCOTT	25:05.327	8:05	70	M
3	519	FRANK JOHNSON	28:53.099	9:19	66	M
4	513	TED DAVENPORT	29:13.440	9:25	65	M
5	514	LEONARD BLOCK	33:44.078	10:53	76	M

RUN Age Group Results for Female 65 and Over based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	556	DONNA JEZOWSKI	33:05.145	10:40	75	F
2	525	SARAH CLAVEZ	34:24.435	11:06	72	F

WALK Age Group Results for Overall Male based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	512	DAVID WEDDING	28:32.714	9:12	46	M
2	509	STARRI BASSE	28:35.218	9:13	17	M
3	549	JEFF FRANCE	41:43.900	13:27	53	M
4	651	TODD CHAMBERLAIN	41:48.321	13:29	52	M
5	432	DONALD JACKSON	41:56.782	13:32	53	M
6	573	CRAIG FORD	41:59.354	13:33	70	M
7	564	RON MORLEY	42:00.081	13:33	68	M

8	191 BRYCE HOWARD	42:15.912	13:38	18	M
9	526 JAMES MEYERHEFF	43:38.985	14:05	35	M
10	511 KENNETH KROULIK	43:51.342	14:09	65	M
11	530 ZAC MARTINELLI	44:11.289	14:15	20	M
12	661 GABRIEL AVILES	45:50.130	14:47	11	M
13	658 VICTOR AVILES	45:54.318	14:48	57	M
14	582 MICHAEL KAMKE	46:05.425	14:52	38	M
15	492 BOB METCAFLE	46:35.703	15:02	40	M
16	479 GARY KAUFMAN	46:52.085	15:07	59	M
17	515 RAMI BATES	48:45.929	15:44	35	M
18	478 AARON JONES	49:42.006	16:02	47	M
19	488 DARREN MCALLISTER	49:53.619	16:05	54	M
20	538 SAFWAN DADOUH	52:11.876	16:50	35	M
21	999 DAVID WEDDING	52:33.724	16:57	16	M
22	229 ZACHARY LOESEL	52:53.564	17:04	19	M
23	652 JAMES RHODEN	54:07.659	17:27	35	M
24	504 ETHAN MCALLISTER	54:38.861	17:37	17	M
25	484 RON MACK	55:04.559	17:46	67	M
26	997 JASON VITEK	55:32.706	17:55	47	M
27	676 BOB ENGER	57:00.585	18:23	65	M
28	467 JACOB GUETTLER	57:32.599	18:34	27	M
29	568 PETER CARLSON	57:35.967	18:35	52	M
30	552 QUENTIN ROBERETS	57:46.869	18:38	12	M
31	540 NICHOLAS OLCZAK	57:48.217	18:39	39	M
32	590 CLINT DUSTEN	57:49.671	18:39	35	M
33	409 TYLER METIVA	58:15.654	18:47	23	M
34	978 ROLAND PRICE	58:32.149	18:53	48	M
35	236 LEELAND MCMARTIN	58:35.102	18:54	20	M
36	464 CRAIG DRYZGA	59:11.450	19:05	62	M
37	475 SCOTT HUPFER	59:15.669	19:07	56	M
38	300 TAD HUPFER	59:17.539	19:07	26	M
39	675 HUNTER WIKTOROWSKI	1:01:04.355	19:42	14	M
40	501 AE ALEXANDER	1:01:33.482	19:51	20	M
41	574 KIM MEAD	1:02:02.421	20:01	61	M
42	597 RYAN MAZE	1:03:23.729	20:27	23	M
43	578 AUSTIN MCKEE	1:03:27.500	20:28	16	M
44	535 CHANNING SLACHTA	1:03:27.646	20:28	23	M
45	655 KEVIN DELYAL	1:03:49.833	20:35	44	M
46	523 DARRYL NEPH	1:03:52.637	20:36	28	M
47	586 REX DAMSKI	1:03:57.151	20:38	42	M
48	657 DAVID STICKLES	1:03:57.612	20:38	65	M
49	656 BRENT THEISEN	1:04:03.285	20:40	46	M
50	536 JONATHAN JEWETT	1:04:30.765	20:48	23	M
51	600 STEPHEN EREG	1:04:30.983	20:48	38	M
52	290 DOMINIC CASTELLO	1:04:38.831	20:51	13	M
53	452 JOHN ALLEN	1:04:55.428	20:56	30	M
54	553 BARRY LEGG	1:04:57.686	20:57	56	M

55	654	JAY TIBBLE	1:05:41.649	21:11	38	M
56	518	BRANDON DAVIS	1:07:27.669	21:45	34	M
57	472	CARL HENSON	1:07:28.648	21:46	40	M
58	527	MATTHEW WESHLEK	1:08:53.616	22:13	20	M
59	541	DONALD FROLLIA	1:08:54.656	22:14	37	M
60	537	NATHAN COTE	1:08:54.954	22:14	25	M
61	558	JACOB GORSKI	1:10:01.812	22:35	24	M
62	533	BILLIE DAVIS	1:12:30.900	23:23	36	M
63	404	HENRY KOLLMAN	1:16:20.903	24:37	47	M

WALK Age Group Results for Ovderall Female based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	453	HEATHER AVILES	36:58.746	11:55	48	F
2	996	HALEIGH VERBOWSKI	38:13.677	12:20	25	F
3	500	LYNETTE PLOWDREY	38:13.688	12:20	51	F
4	563	PAT MORLEY	41:59.686	13:33	67	F
5	663	SAMONE GALLAGHER	46:00.612	14:50	30	F
6	662	SHERIDAN SEAMSTER	46:00.707	14:50	30	F
7	979	LINDSAY REYNOLDS	46:52.123	15:07	30	F
8	1000	LAURA YOCKEY	47:31.612	15:20	57	F
9	413	SHELBY MYERS	48:08.236	15:32	22	F
10	585	RANDI MYERS	48:08.254	15:32	55	F
11	483	SUE LYON	48:20.354	15:35	64	F
12	494	LAURIE MILES	48:20.850	15:35	64	F
13	406	CELESTE KRUSZKA	48:28.034	15:38	16	F
14	659	SOFIA AVILES	48:58.560	15:48	15	F
15	989	AMANDA SKRIBA	49:41.830	16:02	31	F
16	455	RWAIDA BATES	49:47.325	16:04	48	F
17	987	JENNIFER SEQUIN	51:23.959	16:35	39	F
18	985	JODI SCHMITZ	51:26.172	16:35	46	F
19	986	JANELLE SEQUIN	51:26.438	16:35	34	F
20	485	VERA MACK	51:33.559	16:38	67	F
21	507	DEBRA RYCZEK	51:46.263	16:42	56	F
22	528	LISA LEMKE	51:53.583	16:44	54	F
23	529	AMY TERRY	51:53.770	16:44	49	F
24	557	JILLIAAN TOMILENKO	52:49.212	17:02	24	F
25	510	JEAN WEDDING	52:54.066	17:04	46	F
26	653	KATRINA RHODEN	54:00.761	17:25	40	F
27	548	KELLY HUTCHINSON	54:01.774	17:25	30	F
28	405	KATHERINE KOLLMAN	55:18.845	17:50	39	F
29	983	ANGELA ROUPE	55:19.920	17:51	37	F
30	418	MARIA ROMO	55:46.735	17:59	17	F
31	982	MARIA ROMO	55:46.901	17:59	39	F
32	602	CATHLEEN VEVERKA	57:24.241	18:31	30	F
33	601	KATIE BELTRAN	57:24.556	18:31	30	F
34	459	REBECCA CARLSON	57:33.089	18:34	53	F
35	551	IZABELLA GALE	57:33.249	18:34	10	F

36	550 RACHEL ROBERTS	57:46.876	18:38	37	F
37	544 KELLY KEIL	57:51.749	18:40	25	F
38	593 LUANNE ZUEHLKE	57:53.387	18:40	35	F
39	664 KIM WHEELER	58:13.104	18:47	47	F
40	285 KATIE BOVEE	58:14.414	18:47	22	F
41	403 LEANDRA JAHR	58:14.670	18:47	24	F
42	471 ASHLEE HANSINGER	58:32.030	18:53	28	F
43	465 GAIL DRYZGA	59:11.461	19:05	62	F
44	489 RAINEY MCCARTHY	59:13.924	19:06	26	F
45	480 ASHLY KOLODISA	59:13.935	19:06	31	F
46	196 AMANDA JORDAN	59:34.326	19:13	26	F
47	666 DESTINEY KELLER	1:00:14.458	19:26	20	F
48	466 TAYLOR FOOR	1:00:18.257	19:27	29	F
49	993 DANAEA TROMBLEY	1:00:19.293	19:27	27	F
50	587 MERCEDE LACAJ	1:00:52.038	19:38	35	F
51	522 MAKAYLA WHETSTONE	1:00:52.188	19:38	19	F
52	667 BRIANNA KERNSTOCK	1:00:53.401	19:38	20	F
53	565 LINDA VENCES	1:00:56.881	19:39	46	F
54	665 ALVERA WILSON	1:01:01.803	19:41	20	F
55	673 TERA PETERS	1:01:04.435	19:42	15	F
56	532 JACQUELINE FETTES	1:01:04.640	19:42	38	F
57	674 REBECCA PETERS	1:01:04.777	19:42	12	F
58	668 VICTORIA GRUNDAS	1:01:04.794	19:42	20	F
59	672 PAULA PETERS	1:01:05.069	19:42	40	F
60	991 LISA TREIBER	1:01:11.520	19:44	58	F
61	591 LORI BRISSETTE	1:01:31.698	19:51	55	F
62	592 LISA FOY	1:01:32.490	19:51	53	F
63	498 AMY OUILLETTE	1:01:32.746	19:51	53	F
64	502 KYLA EVERETT	1:01:35.791	19:52	21	F
65	476 SHEILA ISLES-TRUAX	1:02:19.800	20:06	52	F
66	995 PAT TURNER	1:02:22.066	20:07	71	F
67	503 JANIS DUKE	1:02:37.092	20:12	67	F
68	461 ROSEMARY COCHRAN	1:02:37.184	20:12	66	F
69	577 ERIN MCCLELLAND	1:03:28.550	20:28	35	F
70	594 TERRA STOUT	1:04:16.531	20:44	35	F
71	598 CHARLENE TREVINO	1:04:38.336	20:51	61	F
72	283 LISA BARNES	1:04:40.932	20:52	36	F
73	417 JESSICA ROBERTS	1:04:40.988	20:52	26	F
74	482 CAROL LEGG	1:04:50.504	20:55	50	F
75	451 AMBER ALLEN	1:04:50.548	20:55	30	F
76	469 DONICE HANNEGAN	1:04:54.106	20:56	57	F
77	470 LISA HANNEGAN	1:04:55.041	20:56	51	F
78	454 AUTUMN AYALA	1:06:41.566	21:31	27	F
79	297 JACKIE GULDI	1:06:41.904	21:31	28	F
80	571 MICHELLE MOORE	1:07:23.151	21:44	46	F
81	583 KAYLIN PHILLIPS	1:07:24.330	21:45	22	F
82	581 MCKENZIE MORTON	1:07:27.364	21:45	20	F

83	267 BROOKLYN SUTTER	1:11:39.236	23:07	11	F
84	266 ADDISON SUTTER	1:11:39.794	23:07	5	F
85	270 VICKI SUTTER	1:12:06.763	23:15	66	F
86	269 KRISTIN SUTTER	1:12:07.333	23:16	34	F
87	589 KWALAVET HAMPTON	1:12:26.302	23:22	35	F
88	456 SHANELL BOOS	1:12:53.045	23:31	34	F