



2007 Powell Spring 5K

Category Results

6/2/2007 8:30:00 AM

Top Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	7	Lyndsi	Benedict	1	26	16:53	05:26
2	8	Ann	Alyanak	2	28	17:21	05:35
3	12	Melissa	Converse	7	29	17:44	05:43

Top Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	1	Eric	Putnam	3	34	15:05	04:52
2	2	Josh	Ordway	4	26	15:07	04:52
3	3	Ben	Engelhardt	51	19	16:01	05:10

Age Group: <11 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	99	Taryn	Moske	125	10	24:09	07:47
2	204	lauren	Fertig	233	9	29:34	09:32
3	231	Claire	Wiles	185	10	30:47	09:55
4	273	Mallory	Wiles	187	10	34:03	10:59
5	280	Anna	Oliver	306	9	35:13	11:21
6	284	Sara	Garcia	304	8	35:25	11:25
7	299	Abby	Hales	68	8	38:49	12:31

Age Group: <11 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	105	Jacob	Teed	345	10	24:26	07:53
2	202	Tyler	Jones	93	10	29:30	09:31
3	212	Ryan	Jones	94	8	29:59	09:40
4	257	Stockton	Jenkins	367	8	32:58	10:38
5	260	Sam	Nelson	323	10	33:15	10:43
6	287	Alex	Hales	69	10	35:40	11:30
7	313	Spencer	Baumbach	19	7	42:34	13:44
8	314	Ellery	Chambers	270	9	43:01	13:52
9	318	Spencer	Hales	67	0	43:25	14:00



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Age Group: 11 to 14 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	72	Emily	Yax	269	13	22:48	07:21
2	103	Devon	Moske	126	13	24:23	07:52
3	151	Sarah	Haege	225	12	26:55	08:41
4	167	Sarah	Baumbach	21	13	27:42	08:56
5	222	Marissa	Smith-Selassie	164	14	30:17	09:46
6	224	Rachel	Nash	129	13	30:19	09:47
7	250	Anna-Jane	Jenkins	368	13	32:35	10:30
8	255	Sarah	Oliver	295	13	32:50	10:35
9	268	Allyssa	Riley	353	13	33:45	10:53
10	281	Gabriella	Perez	254	11	35:13	11:21
11	302	Jenna	Towslee	179	11	39:09	12:37

Age Group: 11 to 14 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	10	Steve	Swisher	169	14	17:33	05:39
2	21	Nathan	Moore	369	14	18:55	06:06
3	34	John	Buffington	351	14	20:05	06:28
4	41	Zachary	Teed	173	12	20:34	06:38
5	91	Nick	Damico	294	13	23:51	07:41
6	177	Patryk	Moeller	335	11	28:16	09:07
7	245	Joshua	Baumbach	20	11	32:03	10:20
8	286	Connor	Chambers	263	11	35:30	11:27
9	300	Alex	Landry	104	11	39:04	12:36

Age Group: 15 to 19 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	50	Sarah	Hutchinson	313	16	21:32	06:56
2	79	Abbie	Rubadue	290	15	23:18	07:31
3	90	Kerrie	Rubadue	289	15	23:48	07:40
4	130	Mallory	Mendrala	116	19	25:37	08:15
5	181	Ashley	Reida	247	16	28:32	09:12
6	182	Katie	Dunlap	246	15	28:32	09:12
7	184	Christine	Roszkowski	150	19	28:48	09:17
8	243	Paige	Goedde	272	15	31:40	10:13



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Age Group: 15 to 19 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	16	Ron	Burns	307	17	18:34	05:59
2	19	Patrick	McCormack	273	17	18:54	06:05
3	25	Tyler	Ross	333	15	19:07	06:10
4	28	David	Waybill	237	15	19:28	06:17
5	30	Nick	Story	346	16	19:49	06:23
6	48	Matt	Schmitthener	327	16	21:18	06:52
7	58	Zachary	Smith-Selassie	163	16	21:56	07:04
8	67	Michael	Cerutti	31	15	22:20	07:12
9	69	Jake	Magary	287	15	22:27	07:14
10	89	Robert	Bourdette	314	18	23:43	07:39
11	138	Rob	Kelly	357	17	26:08	08:25

Age Group: 20 to 24 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	42	Amanda	Kenyon	205	20	20:35	06:38
2	44	Jessica	Holder	82	22	20:49	06:43
3	60	Heather	Weis	218	21	22:02	07:06
4	88	Siobhan	Grant	317	23	23:41	07:38
5	97	Katie	Kelso	96	23	24:04	07:46
6	104	Taryn	Briggs	364	24	24:25	07:52
7	119	Michelle	Nelson	131	21	25:08	08:06
8	126	Kristy	McElligott	114	20	25:30	08:13
9	229	Jaclyn	Gilbert	60	23	30:41	09:53
10	244	Emily	Dees	43	23	32:01	10:19
11	253	Abigail	Browning	26	21	32:40	10:32
12	278	Sarah	Helpman	284	22	35:00	11:17

Age Group: 20 to 24 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	4	Nate	Ritz	6	24	16:12	05:13
2	9	Michael	Van Winkle	277	24	17:32	05:39
3	11	Andrew	Taylor	171	23	17:41	05:42
4	26	Dan	Shaw	258	21	19:08	06:10
5	73	Jon	Juravich	341	24	23:01	07:25
6	128	Andrew	Haley	71	23	25:33	08:14



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Age Group: 25 to 29 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	39	Mary	Dillhoff	350	27	20:24	06:34
2	46	Sarah	Moore	123	25	21:06	06:48
3	55	Melissa	Gottke	245	25	21:48	07:02
4	59	Celeste	Goodson	64	28	21:57	07:05
5	80	Mandi	Smith	262	25	23:19	07:31
6	113	Katherine	Graham	65	29	24:45	07:59
7	142	Allison	Turner	181	26	26:18	08:29
8	145	Elizabeth	Barry	16	29	26:26	08:31
9	170	Dana	Keller	268	28	27:49	08:58
10	210	Mayumi	Perry	252	27	29:57	09:39
11	248	Ming-Hao	Shiao	158	27	32:23	10:26
12	252	Megan	Browning	27	29	32:40	10:32
13	266	Angie	Startin	196	27	33:32	10:49
14	309	Kimberly	Schurman	234	26	40:16	12:59
15	322	Tara	Hafer	250	29	44:54	14:29

Age Group: 25 to 29 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	5	Matt	Deleon	5	26	16:23	05:17
2	6	David	Mars	109	28	16:39	05:22
3	14	Wayne	Brigee II	264	27	18:16	05:53
4	22	Ricky	Tippie	300	27	19:02	06:08
5	32	Theodore	Painter	257	28	19:59	06:27
6	61	Beau	Noonan	283	28	22:04	07:07
7	70	Aaron	Englert	366	29	22:31	07:16
8	74	James	Barry	17	27	23:03	07:26
9	86	Joseph	Haugen	219	25	23:39	07:37
10	95	Rob	Flowers	57	25	24:00	07:44
11	112	Nathan	Bloomfield	312	27	24:45	07:59
12	118	Joshua	Goodson	63	29	25:02	08:04
13	146	Chris	Menary	239	27	26:39	08:35
14	160	Andrew	Furguele	310	27	27:21	08:49
15	168	Matthew	Grimm	282	26	27:43	08:56
16	197	Stephen	Cheek	228	26	29:13	09:25
17	211	Frank	Ramos	251	26	29:57	09:39
18	235	Phil	Sanders	236	28	31:04	10:01
19	288	Matt	Merritt	117	29	36:09	11:39



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Age Group: 30 to 34 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	29	Krista	Siebert	230	34	19:32	06:18
2	49	Holly	Crichley	39	33	21:29	06:55
3	109	Katy	Jones	91	33	24:38	07:56
4	154	Anne	Will	188	30	27:04	08:43
5	172	Darci	Wagner	320	34	27:54	09:00
6	220	Lisa	Diamond	44	33	30:09	09:43
7	228	Stacy	Feeman	318	31	30:31	09:50
8	240	Michele	Whitt	356	30	31:18	10:05
9	249	Erin	Fisher	56	30	32:26	10:28
10	261	Joanna	Bewick	319	34	33:19	10:45
11	263	Denise	Pye	197	30	33:31	10:48
12	308	Melissa	Schroeder	217	31	40:06	12:56
13	320	Susan	Conley	37	31	43:38	14:04
14	321	Beth	Seymour	198	32	43:45	14:07

Age Group: 30 to 34 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	18	George	Edstrom	243	30	18:46	06:03
2	20	Damien	Brandon	25	30	18:55	06:06
3	43	Michael	Huizingh	85	34	20:42	06:40
4	54	Bradley	Butler	28	33	21:47	07:01
5	84	Adam	Kucia	214	31	23:31	07:35
6	85	Dale	Sanko	154	33	23:37	07:37
7	98	Aaron	Ockerman	135	33	24:08	07:47
8	102	David	Roe	249	30	24:19	07:50
9	122	Christopher	Stengel	166	32	25:22	08:11
10	140	Ulrik	Frii	266	34	26:10	08:26
11	141	Philip	Wood	191	32	26:17	08:28
12	185	Andrew	White	276	31	28:51	09:18
13	226	Michael	Ishmael	332	33	30:20	09:47
14	241	Patrick	Brangers	213	32	31:27	10:08



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Age Group: 35 to 39 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	13	Larisa	Mikhaylova	278	38	18:12	05:52
2	27	Leslie	Dorado	355	37	19:20	06:14
3	31	Sharon	Hathaway	231	37	19:54	06:25
4	76	Irina	Strickler	168	35	23:11	07:28
5	134	Tonya	Rahrig	145	38	26:02	08:23
6	136	Cheryl	Kuriger	100	38	26:05	08:24
7	137	Pam	Heminger	212	39	26:07	08:25
8	161	Susan	Geier	59	37	27:28	08:51
9	162	Jackie	Chirico	32	37	27:28	08:51
10	166	Amber	Howard	83	39	27:42	08:56
11	188	Summer	Przybyla	144	38	29:02	09:22
12	189	Angela	Windt	189	38	29:02	09:22
13	194	Stacia	Jordan	95	39	29:12	09:25
14	215	Joanna	Bambeck	14	38	30:07	09:42
15	218	Leslie	Newman	132	36	30:08	09:43
16	221	Lori	Denning	360	35	30:13	09:45
17	234	Monica	Oliverio	331	36	30:59	09:59
18	237	Kimberly	Kooser	292	35	31:09	10:03
19	242	Tammie	Goedde	62	38	31:40	10:13
20	264	Dana	Neely	130	38	33:31	10:49
21	304	Michelle	Cleveland	33	37	39:38	12:47



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Age Group: 35 to 39 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	15	Jason	Monsul	281	39	18:33	05:59
2	24	Matt	Hoersten	297	36	19:03	06:08
3	33	Mark	Marshalek	303	36	20:02	06:27
4	35	Ben	Adler	344	35	20:07	06:29
5	37	Eric	Batterton	18	36	20:13	06:31
6	38	Brian	Folwarezny	325	35	20:17	06:32
7	45	Ray	Thitoff	176	39	21:02	06:47
8	62	Scott	Kurzer	362	38	22:08	07:08
9	83	Tyrone	Dachenhaus	296	39	23:30	07:34
10	87	Jason	Stevens	261	37	23:39	07:37
11	93	James	Mandich	108	39	23:58	07:43
12	106	Mike	Bambeck	13	37	24:30	07:54
13	115	Robert	Hales	70	38	24:53	08:01
14	123	Kirk	Proconiar	142	36	25:23	08:11
15	131	Phil	Maclean	106	39	25:43	08:17
16	153	Chris	Nicastro	133	35	27:04	08:43
17	157	Michael	Smith	285	36	27:08	08:45
18	163	Brian	King	97	38	27:30	08:52
19	178	Paul	Feck	53	38	28:21	09:08
20	199	Alex	Freytag	215	37	29:17	09:26
21	209	Clinton	Matlack	112	36	29:48	09:36
22	230	Brian	Blackburn	22	35	30:42	09:54
23	238	David	Kooser	293	38	31:09	10:03
24	272	John	Willett	339	66	34:02	10:58
25	276	Randy	Landry	102	37	34:31	11:08



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Age Group: 40 to 44 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	68	Paula	Jones	92	41	22:21	07:12
2	78	Sheri	Scaglione	256	41	23:17	07:30
3	92	Ellen	Sauter	286	42	23:57	07:43
4	135	Kristen	Silk	288	40	26:04	08:24
5	144	Cindy	Krye	370	44	26:21	08:30
6	156	Joan	Landry	103	41	27:07	08:44
7	174	Nancy	Rinehart	148	41	27:57	09:01
8	180	Arlene	Feddersen	354	43	28:22	09:09
9	196	Susan	Massey	111	40	29:13	09:25
10	198	Elizabeth	Teed	172	40	29:14	09:25
11	205	Michele	Fertig	232	41	29:34	09:32
12	227	Shu-Hua	Wang	363	44	30:20	09:47
13	247	Melanie	Buchenroth	311	43	32:22	10:26
14	267	Kelley	Sieger	271	43	33:32	10:49
15	270	Laura	Anitori	12	40	33:56	10:56
16	279	Sandi	Colley	36	44	35:05	11:19
17	289	Lisa	Perez	255	44	36:15	11:41
18	290	Jolly	Janson	343	40	36:26	11:45

Age Group: 40 to 44 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	17	Matt	Marshall	110	42	18:41	06:01
2	51	Ronald	Thomas	267	40	21:33	06:57
3	52	Chris	Lucia	340	42	21:38	06:58
4	65	Steve	Wolf	235	43	22:19	07:12
5	77	Alemayehu	Telahun	175	40	23:13	07:29
6	107	Terry	Jones	90	42	24:32	07:55
7	110	Dan	Cleveland, Jr.	34	43	24:40	07:57
8	114	Glenn	Knaul	99	44	24:45	07:59
9	120	Simon	Moore	316	41	25:10	08:07
10	125	Jordan	Crowson	42	44	25:29	08:13
11	129	Ken	Cross	358	43	25:35	08:15
12	133	Gregory	France	328	41	25:53	08:21
13	147	Jeffrey	Miller	119	41	26:41	08:36
14	187	Moeller	Bob	334	40	29:02	09:21
15	193	Jeffrey	Scholes	280	42	29:11	09:25
16	206	Mark	Crosten	40	43	29:34	09:32
17	207	Slater	Nash	128	43	29:35	09:32
18	294	Shane	Monson	279	40	36:47	11:52
19	301	Jeff	Towslee	180	43	39:09	12:37



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Age Group: 45 to 49 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	108	Lynn	Glickman	61	47	24:38	07:56
2	127	Annette	Rentenberg	147	45	25:32	08:14
3	143	Teresa	VanDyne	183	46	26:21	08:30
4	149	Lisa	Whipps	224	45	26:46	08:38
5	175	Cindy	Hafner	66	48	27:57	09:01
6	183	Dana	Moeller	336	45	28:40	09:15
7	186	Laurie	Kenyon	204	45	28:57	09:20
8	191	Sandra	Briggs	365	47	29:03	09:22
9	285	Ronda	Garcia	275	45	35:29	11:26
10	315	Brigitte	Mills	121	48	43:05	13:53

Age Group: 45 to 49 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	23	Chip	Nilges	301	46	19:02	06:08
2	36	Dave	Rubadue	291	45	20:10	06:30
3	56	Jay	Wall	321	46	21:49	07:02
4	63	Thomas	Schmitthener	326	48	22:08	07:08
5	64	Curtis	Holbrook	81	48	22:10	07:09
6	82	Paul	McKay	208	49	23:29	07:34
7	111	Brian	Webb	184	49	24:44	07:58
8	116	Bob	Yazrombek	192	47	24:54	08:02
9	124	Patrick	Sanderson	153	48	25:28	08:12
10	165	Scott	Dawson	253	49	27:40	08:55
11	201	Douglas	Wiles	186	46	29:30	09:31
12	213	Mike	Jackson	87	49	30:02	09:41

Age Group: 50 to 54 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	132	Cheryl	Zupan	194	51	25:50	08:20
2	139	Patricia	Huddle	361	51	26:09	08:26
3	152	Debra	Sullivan	298	50	26:56	08:41
4	214	Brenda	Moore	330	51	30:04	09:42
5	219	Lori	Elwood	308	51	30:09	09:43
6	232	Susan	Parkinson	242	54	30:52	09:57
7	254	Susan	Tefft	174	52	32:45	10:33
8	262	Lynn	Tostado	178	52	33:27	10:47
9	316	Nancy	Palma	138	53	43:23	13:59



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Age Group: 50 to 54 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	57	Jon	Sullivan	299	50	21:54	07:04
2	71	Michael	Walsdorf	248	50	22:32	07:16
3	96	Jeffrey	Smalldon	229	53	24:01	07:45
4	100	Tom	Moske	124	50	24:12	07:48
5	150	Randy	Smith	160	51	26:49	08:39
6	223	Mike	Schumacher	206	50	30:18	09:46
7	225	Fujio	Hayashi	74	53	30:19	09:47
8	256	Gene	Oliver	305	52	32:51	10:35
9	305	David	Rowswell	152	53	39:40	12:48

Age Group: 55 to 59 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	208	Cynthia	Bowlin	265	57	29:36	09:32
2	258	Carolyn	Merry	118	56	33:02	10:39
3	306	Judi	Heston	80	57	39:41	12:48
4	319	Sharon	Conley	38	58	43:38	14:04

Age Group: 55 to 59 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	40	Mark	Wallenbrock	349	57	20:24	06:35
2	47	Joseph	Tostado	177	55	21:11	06:50
3	75	Gary	Spink	165	55	23:04	07:26
4	81	Tim	Earlenbaugh	49	57	23:28	07:34
5	94	Matthew	Vail	182	57	24:00	07:44
6	117	Bob	Redfield	146	57	24:57	08:03
7	155	Randy	Moore	329	55	27:06	08:44
8	158	Kerry	Stewart	226	57	27:12	08:46
9	164	John	Kerr	315	59	27:37	08:54
10	169	Maurice	Reimund	240	58	27:45	08:57
11	179	Nick	Hostettler	373	57	28:22	09:09
12	233	David	Bloome	24	55	30:56	09:58
13	251	Thomas	Podraza	141	57	32:38	10:31
14	274	Larry	Riley	352	55	34:06	11:00



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Age Group: 60 to 64 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	66	Phillip	Nunnally	134	61	22:20	07:12
2	101	Rick	Roy	348	61	24:15	07:49
3	121	Rich	Merkel	227	60	25:11	08:07
4	176	Doug	Baron	15	60	28:14	09:06
5	236	Frank	Eubanks	52	60	31:05	10:01

Age Group: 65 to 69 Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	275	Marya	Lewis	222	69	34:21	11:04
2	310	Sharon	Hebenstreit	75	65	41:37	13:25

Age Group: 65 to 69 Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	192	Mark	Henderson	77	68	29:05	09:23
2	195	Raymond	Meister	115	68	29:12	09:25
3	292	Roger	Jefferson	88	65	36:40	11:49

Age Group: 70+ Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	307	Lucinda	Kollmer	203	70	39:58	12:53

Age Group: 70+ Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	148	James	Gieseke	199	70	26:46	08:38
2	173	Carl	Lewis	221	72	27:56	09:00

Walkers Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	271	Karen	Edwards	50	42	34:00	10:58
2	282	Laura	Modisette	122	56	35:17	11:23
3	296	Beth	Huhn	84	41	37:34	12:07
4	297	Deb	Patrick	139	51	38:18	12:21
5	317	Patricia	Roam	149	58	43:23	13:59
6	323	Priscilla	Knaus	202	60	46:02	14:50
7	324	Heidi	Orahood	137	22	48:53	15:46
8	325	Peggy	Smith	161	49	48:57	15:47
9	326	Judy	Orahood	136	52	48:58	15:47
10	327	Sandra	Peters	140	39	53:51	17:22
11	328	Marilyn	Schwaigert	155	59	53:51	17:22
12	329	Katie	Rowswell	151	44	56:31	18:14



2007 Powell Spring 5K

Category Results

6/2/2007 8:30:00 AM

Walkers Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	246	Robert	Crouse	41	49	32:17	10:24
2	295	Steve	Hebenstreit	76	66	37:24	12:04
3	311	Jack	Shuter	159	77	41:40	13:26

Cruiser Women

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	159	Lari	Shaw	157	36	27:21	08:49
2	239	April	Salyer	372	38	31:16	10:05
3	259	Laurie	Simmons	347	32	33:04	10:40
4	265	Amy	Fischbach	55	35	33:32	10:49
5	269	Lori	Selassie	156	39	33:46	10:53
6	277	Michelle	Maitland	107	28	34:58	11:16
7	283	Jennifer	Smith	162	33	35:17	11:23
8	291	Jennifer	Flanagan	342	50	36:26	11:45
9	293	Michelle	Wolfe	223	28	36:43	11:50
10	303	Mary	Paster	207	29	39:13	12:39
11	312	Barbara	Neff	220	42	41:58	13:32

Cruiser Men

Category	Overall	First	Last	BIB #	Age	Time	Pace
1	53	Charles	Blankenbiller	23	27	21:40	06:59
2	171	Matthew	Ozvat	216	36	27:53	08:59
3	190	Steve	Valette	359	41	29:03	09:22
4	200	David	McCall	113	35	29:18	09:27
5	203	Greg	Miller	238	35	29:33	09:32
6	216	Timothy	Abney	11	32	30:07	09:43
7	217	Steve	Ishmael	86	37	30:07	09:43
8	298	Nick	Foor	58	23	38:26	12:23