

GET YOUR REAR IN GEAR

September 19, 2015

Male Winner: Rick Pahl 16.35

Female Winner: Nancy Foxen 20.21

FEMALE 19 & under

Place	Name		Time
1	Sarah	Pfeiffer	22.39
2	Taegan	Christensen	28.40
3	Ava	Acker	29.39
4	Raen	Acker	29.53
5	Anna	Rauenbuehler	30.09
6	Rebekah	Brunson	30.56
7	Isabella	Guy	31.47
8	Bayley	Hawkins	40.37
9	Rose	Brown	46.09
10	Bailey	Petersen	50.20
11	Athena	Strong	50.21
12	Savannah	Weeks	50.40
13	Addie	Littleton	52.03
14	Emily	King	55.06
15	Kayla	Thoma	57.58

FEMALE 20-29

1	Stephanie	Bashore	24.34
2	Demi	Sides	25.03
3	Alexandra	Houseman	25.30
4	Marcy	Duffe	26.28
5	Faye	Lindsey	31.30
6	Carley	Johnston	31.46
7	Kristin	Ales	32.32
8	Heather	Meyer	42.39
9	Kayla	Galoso	47.38
10	Katie	Golien	47.39
11	Shawna	Binder	52.45
12	Sara	Johnson	55.14
13	Amy	Hagens	56.51
14	Cari	Piatt	57.55

FEMALE 30-39

OVERALL Nancy Foxen 20.21

1	Jessica	Atkinson	26.22
2	Amy	Lammers	29.10
3	Heidi	Summitt	30.15
4	Megan	Onken	31.29
5	heidi	lensing	31.58
6	Annie	Truebe	32.12
7	Kristy	Cox	32.51
8	Lisa	Paul	36.03
9	Sonia	Baars	38.22
10	Natalie	Glynn	39.37
11	Karey	Hawkins	40.37
12	Jessica	Jones	40.57
13	Ann	Edkin	44.05

14	Katie	Brown	46.09
15	Pesey	Davis	46.16
16	Anna	Garrison	50.40
17	Katie	Green	50.44
18	Tacia	Justus	51.50
19	Jenny	Hill	51.58
20	Angie	Koppe	52.31
21	Melissa	Coss	54.00
22	Karen	Gilmore	54.22
23	Courtney	Prinsen	54.41
24	Korene	Schwalin	54.51
25	Erin	McLeod	56.44
26	Molly	Nietzel	56.46
27	Rachel	Carlton	57.55
28	Jen	Keltner	58.53
29	Melissa	Ramsey	62.46
FEMALE 40-49			
1	Amy	Shelangoski	23.44
2	Darcy	Petersen	25.38
3	Sara	Swanson	27.57
4	Sarah	King	28.15
5	Kathy	Kuhl	29.53
6	Janice	Smith	30.40
7	Alma	Brunson	31.01
8	Brenda	Erber	33.16
9	Donna	Cecchini	39.39
10	Michelle	Hampton	40.57
11	Lori	Snyder	44.37
12	Holly	Thomas-Koehler	45.12
13	Sandi	Eversmeyer	47.29
14	Pam	Joslyn	47.38
15	Misty	Rinnert	51.52
16	Suzanne	Gillette	51.53
17	Kelly	Hickles	54.21
18	Tracey	Summitt	55.58
19	Kris	Batchelor	56.24
20	Cheryl	Thoma	57.57
FEMALE 50-59			
1	Daphne	Donald	23.48
2	Muriel	Naumann	28.31
3	Lisa	Longtin	29.02
4	Paula	Levasseur	29.30
5	Jean	Pfeiffer	30.23
6	Debra	Conant	30.27
7	Colette	Hostetler	30.45
8	Andrea	Wilford	33.31
9	Jean	Bermel	33.44
10	Tibe	Vander Linden	39.34
11	Christine	Platt	40.01
12	Mary	Lorentzen	47.40
13	Mary	Morgan	49.05
14	Annette	Hovland	49.12
15	Cathy	Curry	50.06

16	Elaine	Zellmer	50.06
17	Mary	Kirchner	51.59
18	Cindy	Edgmond	52.00
19	Paula	Lofgren	52.01
20	Mary	Zeimet	52.10
21	Linda	Clarkson	52.25
22	Jayne	Hullinger	52.42
23	Kathleen	Siler	54.17
24	Donna	Stewart	55.15
25	Paulette	Mcgreer	56.00
26	Karen	Martin	56.47
27	Diane	Winegard	56.48
28	Annette	Doonan	57.54
FEMALE 60 & OVER			
1	Jolene	Sackfield	32.30
2	Joanne	Jensen	38.32
3	Paula	Durham	43.51
4	Kristine	Weis	43.51
5	Pam	Houseman	44.16
6	Margaret	Stych	50.02
7	Joni	Axel	50.17
8	Ann	Evans	50.18
9	Sandi	Potter	52.12
10	Nancy	Tietge	54.15
11	Bev	Knoernschild	54.16
12	Cheryl	Eichelberger	54.18
13	Mary	Danner	55.05
14	Marilyn	Ryan	55.53
15	Connie	Foster	55.57
16	Jan	Fear	58.35
17	Kathy	Qualkinbush	63.55
MALE 19 & under			
Place	First Name	Time	
1	Thomas	Holliday	19.35
2	Davis	Hunt	20.06
3	Aaron	Hagens	20.35
4	Ryan	Lukkarinen	22.38
5	Hayden	Curtis	26.19
6	Phillip	Smith	27.39
7	Cedric	Castillo	29.57
8	Rayce	Miller	30.10
9	Jackson	Guy	31.47
10	Jack	Littleton	40.59
11	Clifton	Brown	46.23
12	Owen	King	53.43
13	Cooper	McLeod	54.38
14	Gavin	McLeod	54.42
15	Ethan	Taylor	62.49
MALE 20-29			
1	Antonio	Valenzuela	24.11
2	J.R.	Hendricks	25.42
3	Craig	Ramsey	50.35
4	Cody	Thoma	55.54

5	Tyler	Baars	56.25
MALE 30-39			
OVERALL	Rick	Pahl	16.35
1	Jason	Gregory	22.40
2	Andrew	Pulliam	23.42
3	Ray	Curtis	24.27
4	Ben	Houseman	28.05
5	John	Krieger	28.26
6	Brad	Davis	29.09
7	Brandon	Guy	31.53
8	Wade	McLeod	36.15
9	Kurt	Braun	37.50
10	Nathan	Koppe	52.31
11	Matt	Coss	54.01
12	Garrett	Johnson	55.16
13	Gregory	Slonka	56.51
14	Andrew	Leclere	58.36
15	Kasey	Keltner	58.54
MALE 40-49			
1	Ray	Lukkarinen	20.48
2	Lee	Juehring	22.47
3	Jason	Wester	22.58
4	Mike	Janes	23.08
5	chris	Lensing	28.21
6	Tony	Snyder	29.18
7	Mike	Eversmeyer	47.30
8	Rich	Batchelor	56.23
MALE 50-59			
1	Mark	Lofgren	21.36
2	Kevin	Zeimet	25.01
3	David	Dunston	26.09
4	Rich	Dwyer	26.55
5	Tim	Harding	27.03
6	James	Hickles	27.30
7	Kevin	Chard	31.03
8	Bret	McGreer	33.34
9	Bob	Potter	41.04
10	Kent	Heckman	48.24
11	Mike	Morgan	49.06
12	Jack	Hovland	49.11
13	Jim	Edgmond	50.29
14	Tom	Carter	50.47
15	Michael	McGrory	55.08
16	Tom	Summitt	55.59
MALE 60 & OVER			
1	Lonnie	Cook	24.24
2	Michael	Last	27.34
3	Charles	Potter	31.27
4	Bruce	LeVasseur	34.30
5	Roger	Roskens	36.29
6	Dan	Huss	37.37
7	John	Parks	50.03