

GET YOUR REAR IN GEAR

September 21, 2013

Male Winner: Rick Pahl

16.33

Female Winner: Cindy Sparks

21.36

FEMALE 19 & under

Place	Name	Time
1	Taegan Christensen	24.30
2	Sydney Addink	26.42
3	Hope Reichert	35.04
4	Erin Elshoff	35.05
5	Rebekah Brunson	35.33
6	Kelly Beeding	41.59
7	Kazandra Alberhesly	42.00
8	Chloe Terpenning	43.34
9	Staci Eversmeyer	45.18
10	Lauren Kundel	47.13
11	Lily Poci	49.09
12	Casey Allbee	50.35
13	Monica Charles	51.10
14	Violet Poci	53.26
15	Alexis Taylor	54.00
16	Payton Addink	57.50
17	Calee Taylor	58.45
18	Emily King	59.10

FEMALE 20-29

1	Catie Clemens	25.31
2	Kylie Franklin	27.52
3	Faye Lindsey	28.41
4	Marcy Meyer	29.08
5	Casey Brennan	29.21
6	Hayli Scheffler	29.22
7	Catherine Mayes	29.35
8	Jordan Beeding	29.35
9	Jennifer Miller	29.39
10	Ofelia Leza	32.18
11	Kalli Levasseur	32.46
12	Kari Ramsey	35.39
13	Katie Golien	37.22
14	Kolbi Vice	37.58
15	Rachel Breitbart	44.09
16	Liz Panther	45.16
17	Kristin Alex	45.32
18	Jenna Fessler	45.51
19	America Bawden	45.57
20	Rachel Pohl	50.56
21	Talisha Irving	51.44
22	Kristie Miller	51.49
23	Kayla Mathson	52.35
24	Danielle Morse	54.20

25	Kalli Shelangoski	54.25
26	Kirstie Marshall	54.50
27	Jill Godby	56.15
28	Jennifer Miller	59.05
29	Danielle Schmidt	59.30
FEMALE 30-39		
1	Rachel Wester	25.12
2	Sarah King	25.41
3	Katie Sederstrom	26.50
4	Angie Kulland	29.06
5	Luci Goodnight	29.23
6	Lisa Kuhn	29.43
7	Sonya Ziegenhorn	30.49
8	Jessica Jones	30.55
9	Lori Munoz	37.30
10	Michelle Snyder	41.32
11	Ellen Carey	45.17
12	Shannon Lewis	52.29
13	Beth Poci	54.15
14	Melissa Coss	54.40
15	Heather Lamp	55.55
16	Tracey Summitt	56.24
17	Julie Gregory	57.00
FEMALE 40-49		
OVERALL	CINDY SPARKS	21.36
1	Karla Blaser	26.15
2	Linda Steele	26.30
3	Wendi Durham	29.36
4	Jacqueline Kilburn	30.41
5	Janice Smith	31.29
6	Ruth Evers	32.08
7	Paula Levasseur	32.45
8	Denise Greenhaw	33.22
9	Karla Boruff	35.21
10	Alma Brunson	35.34
11	Natalie Opper	35.44
12	Becky Wichers	37.16
13	Michelle McCullough	41.32
14	Holly Thomas-Koehler	43.58
15	Heather Carlson	44.44
16	Karra Wester	44.53
17	Shawn Larson-Walgren	45.15
18	Sandi Eversmeyer	45.18
19	Julie Emerick-Kundel	47.13
20	Mary Morgan	49.24
21	Lori Harvey	50.32
22	Beth Chalupa	50.44
23	Kathy Jones	50.46
24	Andrea Salmonson	51.40
25	Edy Tompkins	51.47
26	Sherryl Charles	52.25
27	Traci Harper	52.31

28	Gloria Snider	52.36
29	Traci Meling	52.38
30	Tracy Christensen	53.26
31	Mary Ohge	54.05
32	Karen Meyer	54.10
33	Kelli Sanders	55.00
34	Sherry Reno	55.10
35	Daphne Donald	55.40
36	Melissa Henderson	57.10
37	Teresa Carter	58.00
38	Kelly Addink	58.10
39	Michelle Lawrence	59.00
40	Karen Stern	59.25
FEMALE 50-59		
1	Sally Echelbarger	24.27
2	Terry Hartsock	29.32
3	Debra Conant	30.33
4	Mary Spratt	31.55
5	Patty Freese	31.57
6	Luann Garrett	33.03
7	Mary Lorentzen	33.41
8	Chris Platt	33.56
9	Julie Phelps	41.53
10	Karen Mills	41.59
11	Cathy Curry	43.55
12	Tricia Hackett	43.55
13	Debra Streger	45.27
14	Susan Krieger	45.32
15	Loretta Yoakam	45.35
16	Stacy Bawden	45.56
17	Colleen Umlandt	49.19
18	Charleen Humiston	49.20
19	Beth Elshoff	49.23
20	Nancy Reichert	49.24
21	Teresa Chavarria	49.26
22	Michelle Phelps	49.34
23	Jill Hopkins	50.32
24	Renee Allbee	50.35
25	Debbie Hohenadel	51.48
26	Betty Burch	52.36
27	Monika Boyer	52.39
28	Mary Kisner	53.25
29	Sandy Hill	53.38
30	Debbi Castle	53.39
31	Kathleen Siler	53.50
32	Marcy Gear	53.55
33	Antia Valenzuela	54.35
34	Paula Stover	55.25
35	Laurie Schroeder	55.30
36	Cheryl Anson	55.50
37	Kathy Kurriger	56.00
38	Cheryl Reed	57.05

39	Brenda Dobson	57.30
FEMALE 60 & OVER		
1	Nancy Shell	28.59
2	Sheila Allison	32.28
3	Gail Utley	47.16
4	Cheryl Morgan	49.25
5	Jamie Vitek	49.32
6	Cheryl Eichelberger	53.40
7	Jan Fear	53.45
8	Dana Bartlett	54.30
9	Connie Maw	54.45
10	Carol Ostrem	55.05
11	Sandi Street-Potter	55.10
12	Barb Miller	55.15
13	Judith Lokenvitz	55.20
14	Dolores Pulliam	55.35
15	Barbara Walker	55.45
16	Cathy Ruden	57.15
17	Ann Evans	57.20
18	Janet Fessler	57.25
19	Derry Mcguire	58.15
20	Janie Fahy	58.20
21	Mary Danner	59.20
MALE 19 & under		
Place	First Name	Time
1	Isaiah Gutierrez	22.00
2	Matthew Smith	25.09
3	Zack Sargent	27.14
4	Phillip Smith	27.21
5	Trey Terpenning	43.35
6	Eli Simmons	54.55
7	Connor Taylor	58.40
8	Owen King	59.15
MALE 20-29		
1	Christopher Karley	17.32
2	Nathan Randleman	21.37
3	Tonio Valenzuela	23.48
4	Seth Godby	24.24
5	Andrew Pulliam	24.37
6	Jared Fessler	24.57
7	David Alexander	26.56
8	Kyle Sustich	28.48
9	Chad Miller	29.40
10	Kyle Morton	35.41
11	Benjamin Pohl	50.55
12	Matt Osborne	58.50
13	Anthony Wright	58.55
MALE 30-39		
OVERALL	RICK PAHL	16.33
1	Louis Pelsang	19.02
2	Nathan Rickard	22.12

3	Troy Kulland	24.54
4	Jason Gregory	29.05
5	Brad Davis	29.41
6	Brandan Nasel	32.00
7	Jason Cox	44.09
MALE 40-49		
1	James Pelsang	20.44
2	Randy Petty	22.42
3	Jason Wester	23.22
4	Tom Trego	25.19
5	Curt Pieper	25.35
6	David Charles	42.53
7	Mike Eversmeyer	45.20
MALE 50-59		
1	Kevin Williams	19.41
2	Mark Lofgren	21.22
3	Kevin Zeimet	23.09
4	Doug Evers	26.55
5	Andy Smith	27.35
6	Jim Mott	29.18
7	Kevin Chard	31.05
8	Franklin Ancell	31.37
9	Mike Morgan	49.27
10	Dennis Schuur	49.29
11	Matthew Rivera	49.29
12	Mike Allbee	50.36
13	Mark Rauenbuehler	50.57
14	Bob Potter	56.05
15	Tom Summitt	56.20
16	Tom Carter	58.05
MALE 60 & OVER		
1	Charles Potter	27.24
2	Mick Durham	29.38
3	Mike Hoffman	30.20
4	Daniel Huss	36.10
5	Paul Mayes	38.09
6	John Parks II	46.03
7	Wes Walker	52.41