

**Frigid 5K Run & Plunge  
Age Group Results**

<b>Female 0-25</b>				
<b>Name</b>	<b>Age Group Place</b>	<b>Gender</b>	<b>Age</b>	<b>Gun Time</b>
Shannon Kay	1	F	18	22:00.5
Rachel Terrio	2	F	17	22:56.1
Kailee Erwin	3	F	12	23:12.6
Alexis Knox	4	F	16	23:53.8
Melissa Diamond	5	F	21	24:00.0
Heidi Nygaard	6	F	24	24:37.7
Whitney Benfield	7	F	25	25:09.2
Caroline Law	8	F	17	26:21.4
Kelly McMurtrie	9	F	23	26:55.1
Macy Shelton	10	F	14	26:59.5
Amy DeCillis	11	F	15	27:11.1
Emma Ellis	12	F	11	28:14.8
Zoe Newell	13	F	11	28:25.5
Linda Cho	14	F	25	28:26.3
Christianna Bambini	15	F	15	29:00.0
Mychal Feeny	16	F	25	29:14.4
Kristi Conklin	17	F	22	29:22.5
stephanie champlin	18	F	23	29:22.9
Rand Williams	19	F	22	29:24.5
Jennifer Ramsey	20	F	13	29:40.0
Andraya Vantrease	21	F	24	29:48.8
Mila Pena	22	F	25	30:59.6
Angeline Diamond	23	F	24	31:08.0
Katie McIntosh	24	F	12	31:22.8
Alli McClure	25	F	13	31:25.3
Christina LuDack	26	F	24	31:26.4
Tiffany Wang	27	F	25	31:28.1
Caroline Combs	28	F	24	32:30.7
Randi Burroughs	29	F	25	33:03.3
Hilary Tebeleff	30	F	23	33:31.2
Lauren Cole	31	F	23	33:54.9
Katherine Hackworth	32	F	23	34:49.4
Felicia Ambler	33	F	16	35:06.8
Jessica Robinson	34	F	19	36:48.6
Cassie Dixon	35	F	25	36:57.7
Taylor Ferguson	NA	F	16	Unread
Jetta Hendrix	NA	F	25	Unread
Kristi Conklin	NA	F	22	Unread
Laura Whittaker	NA	F	23	Unread
leah karim	NA	F	21	Unread
Shannon Kay	NA	F	18	Unread
Rachel Terrio	NA	F	17	Unread
Evelyn Zhang	NA	F	25	Unread
Samantha Woolery	NA	F	25	Unread
Paula Solano	NA	F	25	Unread
Josee Farmer	NA	F	20	Unread

<b>Male 0-25</b>				
<b>Name</b>	<b>Age Group Place</b>	<b>Gender</b>	<b>Age</b>	<b>Gun Time</b>
Zack Capets	1	M	22	17:17.7

Matthew Bedinghaus	2	M	25	19:28.3
Maxwell Franks	3	M	19	20:40.5
Alex Fisher	4	M	20	20:48.9
Jake Gasparre	5	M	22	21:35.7
Daniel Melo	6	M	24	21:46.8
Austin Gillis	7	M	16	21:58.0
Andrew Carlin	8	M	19	22:00.5
Joseph Luciano	9	M	20	22:40.9
Matt Austin	10	M	20	23:15.7
Erik Norberg	11	M	25	23:52.1
Alec Fairbaugh	12	M	17	24:19.5
Albert Oh	13	M	24	24:30.7
Russell LaBarge	14	M	25	24:32.9
Ryan Pellicone	15	M	24	25:07.3
Evan Landrum	16	M	24	25:09.2
Wilson Fullagar	17	M	16	25:18.8
Justin Ruszkowski	18	M	25	25:30.5
Logan Stephens	19	M	23	25:37.4
Stephen LaFleur	20	M	25	25:43.4
Ryan Hess	21	M	21	26:08.8
Peyton Wallace	22	M	11	26:42.7
Matthew Mahan	23	M	25	26:52.0
Andrew Santos	24	M	13	27:17.4
cameron nielsen	25	M	12	27:54.4
Jack Fullagar	26	M	17	28:19.7
James Pittman	27	M	25	28:29.7
Matt Virgil	28	M	25	29:05.2
Zachary Whiteman	29	M	19	29:07.8
Tim Boyer	30	M	23	31:14.2
Scott Wheeler	31	M	23	31:49.5
Brandon Denney	32	M	25	32:00.5
Parker Wallace	33	M	14	32:39.7
John Duncan	34	M	24	32:55.7
Alex Ramsey	35	M	20	35:59.4
Eric Fellner	36	M	20	36:03.8
Kyle Larson	37	M	19	36:51.4
Ryan Feltman	NA	M	23	Unread
Iman Donahee	NA	M	13	Unread
Andrew Branca	NA	M	14	Unread
Daryan Rahimzadeh	NA	M	22	Unread
Paarth Mehta	NA	M	23	Unread

### Female 26-30

Name	Age Group Place	Gender	Age	Gun Time
Chelsea Burfeind	1	F	26	20:02.0
chassity keoprasedth	2	F	27	21:33.4
amanda iannello	3	F	27	23:44.6
Anna Lampley	4	F	26	24:29.9
Stephanie Wilson	5	F	26	24:40.2
Desiree Lackey	6	F	30	25:02.2
Danielle Selby	7	F	27	25:48.3
Lara Mikoleit	8	F	26	28:09.7
Jill Newcomb	9	F	27	28:19.2
Beth Homyak	10	F	30	28:52.9
Jacqueline Willis	11	F	29	29:09.3
Tiffany Greene	12	F	26	29:37.4

Jenny Mann	13	F	30	30:26.7
Stephanie Bush	14	F	29	30:29.7
Rachel Daschler	15	F	29	31:15.6
Tiffany Stebbins	16	F	30	32:07.2
Danelle Smith	17	F	27	32:07.7
Tamekia Foster	18	F	28	32:18.9
Jamie Duncan	19	F	26	32:55.7
Emily Rast	20	F	26	33:02.9
Amber Wittmer	21	F	26	33:05.3
Catherine Woltz	22	F	26	33:10.7
Callie Cook	23	F	27	33:11.1
Roxana Popa	24	F	27	33:13.0
Kimberly Baur	25	F	26	34:08.5
stephanie tarnowicz	26	F	28	34:44.1
Becky Bridges	27	F	29	36:07.8
Liz Ratliff	28	F	30	36:08.9
Jeni McDermott	29	F	26	36:22.8
SONDRA MCKINNEY	30	F	30	37:32.2
Elaine Feeny	31	F	27	37:44.3
Whittney Welborn	32	F	27	41:22.8
Jennifer Cathcart	33	F	30	42:11.3
DIANA RODRIGUEZ	34	F	26	43:43.4
Stephanie Fridley	35	F	28	43:56.9
Sarah Briggs	NA	F	27	45:00.0
Ashley Patterson	NA	F	26	45:00.0
Kaiti Courts	NA	F	26	45:00.0
Lauren Heinauer	NA	F	28	Unread
Lauren Johnson	NA	F	27	Unread
Erika Moser	NA	F	27	Unread
Whitney Quinlan	NA	F	26	Unread
Sara Charavell	NA	F	28	Unread
Olivia Campbell	NA	F	27	Unread
Christina Dunn	NA	F	29	Unread
Jesse Halstead	NA	F	30	Unread

### Male 26-30

Name	Age Group Place	Gender	Age	Gun Time
Colin Cronin	1	M	29	19:21.1
Adam Gray	2	M	28	20:25.7
Jim DeMay	3	M	30	20:28.5
Shaun Atkinson	4	M	30	21:08.1
Tim Slaughter	5	M	29	21:30.4
Chris Mertz	6	M	27	21:39.9
Gregory Wilson	7	M	30	22:08.8
Greg Reece	8	M	28	23:08.5
Ryan Link	9	M	27	23:19.2
Joshua Greene	10	M	28	23:32.3
Benjamin Schottenfels	11	M	29	23:40.6
Edwin Terrell	12	M	28	23:56.6
Carl Zimmerman	13	M	28	24:08.7
Matt Herr	14	M	27	24:37.0
William Chan	15	M	27	24:59.1
Steven Eagan	16	M	27	25:48.7
Ryan Bowerize	17	M	29	26:27.2
Derek Pagani	18	M	28	27:44.4
Samuel Walker	19	M	26	28:03.4

Frank Pagel	20	M	27	28:04.6
David ONeal	21	M	30	28:58.1
Charles Saxon	22	M	30	29:23.3
Jordan Ledford	23	M	28	29:24.8
Jason Stallings	24	M	28	29:41.7
Kris Norberg	25	M	28	29:44.9
Brad Lipsey	26	M	27	30:04.6
brian eggers	27	M	26	30:05.1
Philip Bridges	28	M	30	30:12.8
Clark Leonard	29	M	26	35:48.2
Brian Matthews	30	M	30	38:02.2
Jon Hindman	NA	M	30	45:00.0
Jordan Bertke	NA	M	30	Unread
James Grenier	NA	M	28	Unread
Gregory Wilson	NA	M	30	Unread
Chris Wright	NA	M	27	Unread
Christopher Long	NA	M	30	Unread
Michael Bifulco	NA	M	26	Unread
Adam Houston	NA	M	29	Unread
Nathan McDonald	NA	M	26	Unread
Derek Morrell	NA	M	26	Unread

### Female 31-35

Name	Age Group Place	Gender	Age	Gun Time
Melissa Orr	1	F	33	21:09.1
Lindsey McCabe	2	F	32	22:57.4
Jesica Bazela	3	F	32	24:44.2
Bethany Popov	4	F	34	26:36.7
Elizabeth Shockey	5	F	31	27:39.8
Katerina Ehrlich Bonnevaux	6	F	33	27:58.4
Jennifer Schexnayder	7	F	34	29:23.5
Sandra Peter	8	F	35	29:58.9
Carolyn Newell	9	F	34	30:54.2
Miranda Yountz	10	F	33	31:34.4
kelly Grathwohl	11	F	34	31:39.7
Angela Parker	12	F	32	34:02.4
elena massimini	13	F	31	35:41.2
Jodie Whittington	14	F	35	36:38.0
lacy camp	15	F	35	36:38.4
Amber Earle	16	F	32	37:24.8
kelli robinson	17	F	35	38:39.7
Alice Farmer	18	F	35	38:50.7
LATASHA DOUGLAS	19	F	31	40:39.3
Bonnie Playko	20	F	31	41:33.8
Anne Goodson	NA	F	32	Unread
Nicole Creech	NA	F	33	Unread
Christin Harrison	NA	F	32	Unread
Maggie Grace	NA	F	32	Unread

### Male 31-35

Name	Age Group Place	Gender	Age	Gun Time
Matthew Longworth	1	M	32	17:04.0
JC Clark	2	M	34	21:02.5
Wesley Bishop	3	M	31	21:55.8
Eric Enders	4	M	32	21:58.9

Adam Markiewicz	5	M	31	22:14.9
kevin Bartlett	6	M	32	22:56.7
Brian Solomon	7	M	32	23:49.8
Rick Orlofsky	8	M	32	23:55.8
Edward Peugh	9	M	32	24:12.0
Ian Hennessy	10	M	31	24:12.4
JP Calicdan	11	M	32	24:19.7
john Buter	12	M	32	24:28.0
Daniel Popov	13	M	34	24:56.9
Mayer Marc	14	M	35	26:08.2
James Contratto	15	M	32	26:10.2
Seth Utt	16	M	34	27:35.8
Phillip Gardner	17	M	34	27:47.6
Ian Backes	18	M	31	27:58.1
Scott McElyea	19	M	31	28:00.5
Tommy Crosby	20	M	33	30:14.0
JASON DOUGLAS	21	M	35	30:43.1
Chris Yountz	22	M	33	31:34.5
Jason Boschan	23	M	34	31:36.9
jeremy novey	24	M	34	33:15.1
Joe Chiazza	25	M	31	33:27.1
Nick Playko	26	M	31	41:33.9
Joseph Cathcart	27	M	32	43:00.0
Marc Mayer	28	M	35	43:15.6
Henry Earle	NA	M	35	45:00.0
Jeremy Hall	NA	M	35	Unread
Mark Weidert	NA	M	32	Unread
Sean Whittaker	NA	M	31	Unread
Derek Howell	NA	M	33	Unread
Brian Zapata	NA	M	32	Unread

### Female 36-40

Name	Age Group Place	Gender	Age	Gun Time
Shelley Suter	1	F	39	24:12.9
Elizabeth Northrup	2	F	38	27:15.4
Arricka Brouwer	3	F	39	27:20.6
Beth Mincher	4	F	36	27:35.9
Amy Hunter	5	F	40	28:24.0
Holly Horton	6	F	40	28:52.4
Kristin Eagan	7	F	38	33:14.2
Tonje Olsen	8	F	40	34:51.9
Cathy Howell	9	F	40	35:11.9
April Nichols	10	F	39	40:12.4
Kathleen Langerman	11	F	37	41:03.8
Jennifer Collins	NA	F	37	Unread
Tifini Isom	NA	F	37	Unread

### Male 36-40

Name	Age Group Place	Gender	Age	Gun Time
Greg Schieve	1	M	36	20:44.2
Aaron Chan	2	M	37	21:14.2
RONALD KMIECIK	3	M	38	22:45.1
Leigh Northrup	4	M	38	23:55.3
Robert Drury	5	M	36	24:04.7
Skip Notte	6	M	37	24:13.3

Kerry Ormond	7	M	40	24:21.8
Jason Kausch	8	M	40	24:34.7
Mark Johnson	9	M	40	25:15.1
Jason Adams	10	M	36	25:26.7
Dale mccormick	11	M	38	25:44.9
Corey Mendat	12	M	37	26:04.8
tom egan	13	M	38	26:39.7
Brian Gross	14	M	38	27:35.7
Christophor Sheridan	15	M	38	29:22.3
jaymes rae	16	M	39	29:23.3
Shannon Hubert	17	M	36	29:58.8
Michael Deep	18	M	36	30:10.8
Jeffrey Dunkel	19	M	37	30:19.8
Jay Allen	20	M	37	30:22.4
Brian Wallace	21	M	38	32:53.4
Michael Luce	22	M	36	39:52.0
Craig Ashley	NA	M	39	Unread
Chris Ehrenfeld	NA	M	36	Unread
Jason Dell	NA	M	37	Unread
Aaron Chan	NA	M	37	Unread
John Gardner	NA	M	36	Unread
Greg Gelting	NA	M	40	Unread
Bobby Collins	NA	M	38	Unread

### Female 41-45

Name	Age Group Place	Gender	Age	Gun Time
Heather Ruckterstuhl	1	F	43	23:57.7
Michelle Ferguson	2	F	43	24:20.1
Cami Bredeson	3	F	43	25:23.9
Diane McClure	4	F	42	26:42.3
Windy Fullagar	5	F	42	28:18.0
Carrie Buckman	6	F	42	30:10.0
Jennifer Burgos	7	F	41	30:34.6
Kellie Blankenship	8	F	43	31:21.6
Jennifer Tafoya	9	F	44	33:29.6
Cindy Anderson	10	F	43	33:40.3
Myra Pachter	11	F	42	33:58.7
Stephanie Graham	12	F	45	33:59.3
Charlene Lee	13	F	41	34:40.5
Rebecca Ortiz	14	F	43	37:38.7
Julie Curlee	15	F	42	41:24.3
Toni Rabb	NA	F	45	45:00.0

### Male 41-45

Name	Age Group Place	Gender	Age	Gun Time
Craig Busch	1	M	44	22:23.9
Casey Ellis	2	M	43	23:42.4
Steven Shober	3	M	44	24:23.4
Mark Doctor	4	M	43	26:13.3
Diego Santos	5	M	43	27:18.4
sean green	6	M	42	27:49.7
NEERAJ ASHRI	7	M	41	27:59.7
David Griffin	8	M	44	28:15.1
Brian Thee	9	M	42	29:52.2
Carlo Martini	10	M	42	31:02.2

Matthew Anderson	11	M	43	31:04.7
Michael Branca	12	M	44	32:04.4
Alex Pachter	13	M	42	32:19.8
Joe Herring	14	M	44	34:17.1
Name Unknown	15	M	44	34:45.3
John DeLaGarza	16	M	45	35:05.4
James Duke	17	M	41	39:09.1
Joel Olsen	18	M	43	43:30.4
Kevin Schultz	NA	M	45	45:00.0
John Cole	NA	M	45	45:00.0
kurt nielsen	NA	M	43	Unread

### Female 46 and better

Name	Age Group Place	Gender	Age	Gun Time
kathy Cross	1	F	47	25:21.6
Sarah Terrio	2	F	53	27:31.1
Jenifer Kay	3	F	47	28:12.4
Lynn Ramsey	4	F	52	29:39.5
Michelle McLellan	5	F	46	31:45.8
lisa karim	6	F	49	33:15.8
Denise Long	7	F	54	33:56.1
Jean Eagan	8	F	62	34:11.1
Sonda Frattini	9	F	47	34:42.3
Daphne Friday	10	F	57	37:52.6
Sue Elchak	11	F	52	38:59.9
Debra Windley	12	F	56	42:04.3
Tina Patterson	NA	F	55	45:00.0
Barbara Courts	NA	F	53	45:00.0
carol ball	NA	F	58	Unread
darlene janning	NA	F	58	Unread

### Male 46 and better

Name	Age Group Place	Gender	Age	Gun Time
Richard Ayers	1	M	50	23:47.4
Lee Schenck	2	M	56	24:51.8
Robert Campbell	3	M	52	25:28.6
Bruce Holliday	4	M	56	26:05.2
gary rautenstrauch	5	M	59	26:18.1
Jeff Shelton	6	M	49	26:59.8
Larry Blankenship	7	M	51	28:02.0
Daniel Johnson	8	M	49	30:12.7
Glenn Nickerson	9	M	60	34:27.1
John Slaughter	10	M	58	34:36.6
james janning	11	M	65	34:54.1
Nathan Gibby	12	M	46	36:41.6
Rob Boyer	13	M	56	37:10.5
David Weaver	14	M	46	37:18.4
Dusty Bredeson	15	M	49	38:15.4
Frank Harrison	16	M	59	42:03.1
Rick Miller	NA	M	49	Unread
Hal Keener	NA	M	48	Unread
Dean Perna	NA	M	49	Unread

<b>Overall Place</b>	<b>Bib No</b>
24	389
30	542
34	316
44	397
49	291
67	462
76	228
96	407
103	439
104	587
106	287
129	313
135	451
136	269
141	223
145	320
147	275
148	263
152	561
156	494
159	605
177	479
180	292
184	436
185	429
186	420
187	553
200	274
206	248
216	539
218	603
232	604
236	213
248	502
250	293
NA	324
NA	363
NA	275
NA	560
NA	387
NA	389
NA	542
NA	575
NA	568
NA	530
NA	319

<b>Overall Place</b>	<b>Bib No</b>
2	258



4	227
8	328
10	326
17	338
19	441
21	343
23	259
28	419
35	219
43	598
56	317
63	463
64	399
74	478
75	403
78	334
83	507
84	534
85	401
92	368
101	552
102	421
108	509
119	456
133	333
137	483
142	546
143	558
181	237
193	557
194	290
201	551
204	300
240	495
241	583
249	405
NA	322
NA	593
NA	597
NA	492
NA	440

<b>Overall Place</b>	<b>Bib No</b>
5	246
16	392
40	377
62	402
68	564
73	400
87	520
127	444
132	581
139	371
144	562
154	354

172	422
173	250
182	285
196	533
197	585
198	327
203	299
205	496
207	566
208	567
209	277
210	486
223	599
230	538
242	240
243	497
244	432
254	437
256	321
268	556
274	261
278	505
279	586
Time	242
Time	475
Time	279
NA	362
NA	384
NA	450
NA	489
NA	266
NA	257
NA	302
NA	358

Overall Place	Bib No
3	281
6	349
7	289
12	218
15	528
18	443
25	563
33	499
36	411
37	353
38	514
47	540
51	576
66	366
72	264
88	304
97	235
116	473
125	549

126	474
140	466
150	510
153	408
157	532
158	457
163	413
164	309
168	241
239	409
258	426
Time	369
NA	229
NA	355
NA	563
NA	570
NA	415
NA	230
NA	373
NA	433
NA	449

Overall Place	Bib No
13	469
32	428
69	226
98	488
115	525
121	311
151	512
162	481
176	452
188	572
191	348
222	600
238	425
245	582
246	255
253	307
260	504
261	318
266	294
270	485
NA	345
NA	280
NA	359
NA	346

Overall Place	Bib No
1	602
11	270
20	231
22	315

26	423
31	225
42	531
46	467
52	482
53	364
57	254
61	251
71	487
91	601
93	276
113	545
117	337
120	221
123	434
169	282
175	295
189	571
190	580
212	461
214	268
271	484
275	262
276	427
Time	306
NA	590
NA	555
NA	559
NA	374
NA	574

Overall Place	Bib No
54	535
107	459
110	243
114	447
134	376
138	372
211	305
233	465
237	375
265	453
267	404
NA	272
NA	378

Overall Place	Bib No
9	513
14	265
29	396
45	458
50	296
55	460

59	468
65	388
77	382
81	211
86	431
89	578
99	308
112	357
146	592
149	491
161	579
166	584
170	301
171	212
202	550
264	418
NA	216
NA	310
NA	288
NA	265
NA	336
NA	339
NA	273

Overall Place	Bib No
48	506
58	323
80	238
100	430
131	332
165	244
174	247
183	232
215	537
217	215
220	471
221	347
228	591
255	470
269	284
Time	490

Overall Place	Bib No
27	249
39	314
60	524
94	596
109	508
118	352
122	217
130	356
160	543
178	424

179	214
195	595
199	472
225	367
231	594
235	589
263	298
277	464
Time	515
Time	271
NA	455

Overall Place	Bib No
79	283
111	541
128	390
155	493
192	438
213	386
219	416
224	303
229	330
257	331
262	312
273	565
Time	476
Time	278
NA	222
NA	380

Overall Place	Bib No
41	220
70	511
82	256
90	370
95	498
105	588
124	233
167	383
226	454
227	529
234	379
247	342
251	236
252	554
259	239
272	360
NA	445
NA	391
NA	480