

# 2019 Get Fit Get Healthy 5K Run

Race Date  
July 13, 2019

## Age Group Results

### 5K Run

#### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Dibley		17	4517	7	20:13.6	6:32/M

#### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Fg Garcia		37	4542	1	16:54.6	5:27/M

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Age Group Results**5K Run**

## Female 18 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sophia Yordy		15	4423	39	25:33.3	8:15/M
2	Aniya Smith		15	4708	60	28:40.2	9:15/M
3	Hailey Bowser		9	4409	114	40:45.9	13:09/M
4	Mary-Jane Andersen		7	4454	121	41:37.7	13:26/M
5	Brooklyn Michels		11	4424	127	43:52.1	14:09/M
6	McKenzie Carlson		10	4485	128	43:54.1	14:10/M
7	Sadie Maust		3	4609	130	44:46.8	14:27/M
8	Mackenzie Maust		1	4610	132	44:47.6	14:27/M
9	Annaleah Freeze		16	4535	171	52:52.9	17:04/M
10	Sophia Benarides		4	4405	178	53:22.7	17:13/M
11	Lindsey Benarides		5	4404	182	53:25.8	17:14/M
12	Peyton Lint		7	4593	186	53:55.5	17:24/M
13	Lauren Foster		15	4779	190	54:23.6	17:33/M
14	Ziry Salinas		11	4443	205	56:59.6	18:23/M
15	Juliana Villafuerte		11	4726	213	57:28.4	18:32/M
16	Natalia Gohlke		4	4548	231	59:12.7	19:06/M
17	MaKaya Gohlke		5	4547	233	59:15.2	19:07/M
18	Rosalie Culp		1	4504	237	59:17.8	19:08/M
19	ADDALYNN ONG		9	4655	252	1:03:21.5	20:26/M

## Male 18 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tommy Claxton		14	4490	2	17:28.5	5:38/M
2	Andrew Cupp		16	4507	6	19:54.9	6:25/M
3	Matthew Godzisz		14	4545	12	21:29.2	6:56/M
4	Byran Ramirez		15	4445	34	25:18.5	8:10/M
5	Alex Garcia		18	4544	35	25:19.1	8:10/M
6	Samuel Garcia		9	4543	37	25:28.4	8:13/M
7	Tim Blough		13	4468	40	25:42.4	8:18/M
8	Jace Michels		4	4619	53	27:54.3	9:00/M
9	Joshua Creek		12	4501	68	29:55.2	9:39/M
10	Fernando Marquez		10	4420	103	38:51.2	12:32/M
11	Jaime Rivas		14	4675	117	41:03.7	13:15/M
12	Silas Hoogenboom		9	4574	119	41:29.9	13:23/M
13	Ashton Lake		2	4586	138	46:01.5	14:51/M
14	Oliver Mueller		3	4635	160	51:27.8	16:36/M
15	Owen Hoogenboom		12	4575	162	51:36.9	16:39/M
16	Braxton Freeze		12	4537	172	52:53.3	17:04/M
17	Chavez Calbert		8	4407	174	53:10.6	17:09/M
18	Hector Flores		12	4528	185	53:50.1	17:22/M

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
19	Reid Miller		5	4625	195	55:07.3	17:47/M
20	Caiden Bishop		4	4466	196	55:11.4	17:48/M
21	Juan Salinas		6	4444	203	56:59.3	18:23/M
22	Diego Flores		8	4529	215	57:32.1	18:34/M
23	Kandre Barnes		6	4431	221	58:17.7	18:48/M
24	Gabriel Horvath		10	4780	234	59:16.8	19:07/M
25	AIDAN ONG		7	4653	247	1:01:16.1	19:46/M
26	Hudson Bowser		6	4411	250	1:01:53.1	19:58/M
27	Kayden Barnes		7	4435	253	1:03:53.9	20:37/M
28	Nicholas Kintigh		12	4438	261	1:09:16.7	22:21/M

## Female 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stacy Dibley		20	4516	10	21:21.1	6:53/M
2	Abigail Garcia		19	4541	38	25:33.3	8:15/M
3	Emily Williams		29	4439	66	29:34.3	9:32/M
4	Jill Rogers		25	4683	78	32:27.8	10:28/M
5	Lindsey Denton		28	4513	84	33:32.4	10:49/M
6	Jena Forester		29	4532	90	34:56.1	11:16/M
7	Haley Anderson		25	4455	93	36:22.5	11:44/M
8	Ashika Rachel Thanju		26	4720	96	37:48.6	12:12/M
9	Nikki Warstler		22	4731	108	39:18.3	12:41/M
10	Krystal Keagle		29	4583	110	39:49.6	12:51/M
11	Rebecca Neilson		29	4639	125	42:23.3	13:40/M
12	Jasmine Wilson		23	4429	134	45:44.4	14:45/M
13	Tiffany Williams		28	4736	135	45:45.7	14:46/M
14	Ilyssa Sims- Rodriguez		28	4705	139	46:01.9	14:51/M
15	Emma Osowski		23	4418	140	46:02.1	14:51/M
16	Samantha Hunter		27	4579	147	48:38.3	15:41/M
17	Erin Schwartz		26	4696	155	51:08.5	16:30/M
18	Linda Zuninga		25	4749	176	53:19.5	17:12/M
19	Jessica Walter		28	4728	179	53:23.6	17:13/M
20	Brooke Houser		27	4577	187	53:56.3	17:24/M
21	Shelby Moody		21	4415	189	54:18.1	17:31/M
22	Alexis Williams		23	4735	209	57:23.6	18:31/M
23	Brooke miller		26	4623	211	57:24.6	18:31/M
24	Leanne Martin		24	4427	225	58:23.2	18:50/M
25	Shai Fields		28	4525	240	59:33.3	19:13/M
26	Lily Culp		23	4506	241	59:34.3	19:13/M
27	Tricia De La Virgen		27	4511	242	59:34.7	19:13/M

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## Female 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
28	Bailey Huffman		22	4578	248	1:01:19.1	19:47/M
29	Erica Seifert		27	4700	254	1:05:39.8	21:11/M
30	Mackenzie Shireman		27	4702	255	1:05:40.1	21:11/M

## Male 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alejandro Rodriguez		27	4682	3	17:35.4	5:40/M
2	Luis Mejia		25	4616	8	20:35.1	6:38/M
3	Ronit Goswami		19	4553	36	25:21.6	8:11/M
4	Aritha W		24	4776	46	26:32.1	8:34/M
5	Kyle Coffman		27	4491	76	31:43.4	10:14/M
6	Logan Holdeman		21	4572	80	32:43.7	10:33/M
7	Steve Freeman		29	4534	82	33:13.8	10:43/M
8	Tyler Warman		27	4730	92	35:25.2	11:26/M
9	German Diaz		21	4514	100	38:41.7	12:29/M
10	Jacob Smith		28	4709	148	48:43.4	15:43/M
11	Nick Schwartz		26	4697	156	51:10.8	16:31/M
12	Elyse Macauley		20	4597	210	57:24.1	18:31/M
13	Neil Culp		28	4505	236	59:17.8	19:08/M

## Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Samantha Wassel		30	4732	9	20:59.5	6:46/M
2	Kallie Schuetz		33	4694	15	21:55.6	7:04/M
3	Heidi Castetter		35	4487	28	23:51.6	7:42/M
4	Sarah Grooms		31	4414	30	23:55.8	7:43/M
5	Jessica Molina		36	4633	41	25:47.3	8:19/M
6	Kaylin Harkins		31	4563	43	25:59.2	8:23/M
7	Melody Michels		33	4621	47	27:04.8	8:44/M
8	Jennifer Knisley		37	4421	48	27:05.1	8:44/M
9	Lucy Gomez		35	4447	55	28:10.3	9:05/M
10	Kate Shultz		33	4703	62	29:00.9	9:22/M
11	Stephanie Albert		37	4451	65	29:09.5	9:24/M
12	Kasie Klopfenstein		31	4585	70	30:13.5	9:45/M
13	Michelle Davis		35	4509	73	31:05.4	10:02/M
14	America Lesi		37	4591	77	31:57.6	10:19/M
15	Cortney Fuller		33	4540	87	34:10.6	11:02/M
16	Ashley McMillen		31	4614	91	34:56.2	11:16/M

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17	Janice Seaman		30	4699	106	39:03.7	12:36/M
18	Nohemi Martinez		32	4783	112	40:23.1	13:02/M
19	Nicole Maust		31	4608	133	44:47.8	14:27/M
20	Carmen Martinez		33	4782	137	45:56.4	14:49/M
21	Sarah Niswonger		32	4643	144	48:12.7	15:33/M
22	Amy Taylor		32	4718	157	51:15.8	16:32/M
23	Angela Cox		33	4498	158	51:16.6	16:32/M
24	Dawn Horvath		39	4576	183	53:33.3	17:17/M
25	Amanda Qualls		31	4668	184	53:34.1	17:17/M
26	Brandy Freeze		38	4538	193	54:30.4	17:35/M
27	Tyann Miller		35	4632	197	55:11.8	17:48/M
28	Rosalee Flores		38	4526	199	55:41.9	17:58/M
29	Angelica Salinas		33	4687	206	57:02.3	18:24/M
30	April Hall		38	4558	212	57:25.7	18:32/M
31	Casandra Thornton		36	4434	226	58:23.8	18:50/M
32	Jennifer Ong		38	4428	228	58:57.7	19:01/M
33	Heather Boley		39	4471	235	59:16.8	19:07/M
34	Cone Steinke		33	4436	246	1:00:48.4	19:37/M
35	Cressida Bowser		37	4476	249	1:01:23.7	19:48/M
36	KESHIA ONG		31	4652	251	1:03:10.3	20:23/M

## Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Elmer Schlabach		30	4691	4	18:59.2	6:08/M
2	Jose Lopez		30	4595	5	19:43.1	6:22/M
3	Ricardo Benavides		33	4465	13	21:39.7	6:59/M
4	Andrew Murto		33	4637	14	21:44.2	7:01/M
5	Geoffrey Schuetz		35	4693	16	21:56.6	7:05/M
6	Jose Marquez-Rangel		39	4419	18	22:18.6	7:12/M
7	Alfredo Ramirez		36	4446	20	22:20.6	7:12/M
8	Julio Hernandez		34	4566	22	22:21.4	7:13/M
9	Octavio Perez		31	4408	23	22:22.5	7:13/M
10	Mitchell Grooms		30	4557	25	23:12.8	7:29/M
11	Jeff Norment		37	4645	42	25:53.6	8:21/M
12	Lee Bowen		32	4475	50	27:32.5	8:53/M
13	Curt Lambdin		36	4587	57	28:21.9	9:09/M
14	Mark Neilson		30	4638	63	29:02.6	9:22/M
15	Melecio Serrano Minor		36	4701	67	29:34.8	9:33/M
16	Jonathan Rivera		32	4677	71	30:31.9	9:51/M
17	Seth Hartman		34	4565	79	32:37.6	10:32/M

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
18	Emilio Zapata		38	4746	88	34:16.7	11:03/M
19	Kevin Paulus		39	4660	89	34:41.3	11:11/M
20	Aaron Bowser		30	4410	113	40:45.5	13:09/M
21	Cory Maust		30	4611	131	44:47.6	14:27/M
22	Michael O'Louuli		37	4432	151	50:23.4	16:15/M
23	Luis Espinosa		37	4521	154	50:47.6	16:23/M
24	Luke Cox		38	4499	159	51:24.3	16:35/M
25	Greg Mueller		36	4636	161	51:28.2	16:36/M
26	Courtney Collins		36	4493	177	53:21.1	17:13/M
27	Victor Flores		35	4527	214	57:31.4	18:33/M
28	Corey Bishop		34	4430	216	57:35.6	18:35/M

## Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Bertha Luna		46	4450	32	24:34.1	7:56/M
2	Kelly Thornton		47	4721	44	26:09.6	8:26/M
3	Julie Hoogenboom		41	4573	54	28:07.8	9:04/M
4	Lois Tamayo		48	4717	81	32:58.3	10:38/M
5	Angela Blough		45	4469	85	34:01.5	10:59/M
6	Bruny Santiago		44	4689	86	34:08.4	11:01/M
7	Patricia Juarez		40	4581	97	37:49.5	12:12/M
8	Elzane de Beer		45	4510	102	38:49.9	12:32/M
9	Lizbeth Pantoja		45	4416	104	38:51.3	12:32/M
10	Deb Brenneman		48	4433	107	39:17.9	12:41/M
11	Heather Pollard		40	4664	115	40:50.2	13:10/M
12	Desiree Emeigh		40	4520	116	40:50.2	13:10/M
13	Ofelia Portillo		46	4666	120	41:37.2	13:26/M
14	Cori Newcomer		42	4640	122	41:37.8	13:26/M
15	Carla Barkman		40	4458	123	41:39.2	13:26/M
16	Renee Schulte		46	4695	142	48:03.9	15:30/M
17	Christina Karaszewski		47	4582	150	50:21.6	16:15/M
18	Tina Campanello		46	4482	153	50:47.4	16:23/M
19	Emily Bell		41	4463	163	51:36.9	16:39/M
20	Patricia Ayers		48	4456	164	51:41.4	16:40/M
21	Crystal Benavides		40	4464	181	53:25.3	17:14/M
22	Donita Moody		46	4634	188	54:15.1	17:30/M
23	Tricia Foster		47	4533	192	54:27.1	17:34/M
24	Diana Niswanger		45	4641	217	57:37.3	18:35/M
25	Shanan Webb		41	4733	229	59:12.1	19:06/M
26	Julie Alleshouse		45	4453	244	59:40.6	19:15/M

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## Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
27	Lydia Billings		46	4412	260	1:09:09.3	22:18/M
28	Angie Espinas		42	4437	262	1:09:17.8	22:21/M
29	Veronica Quiroz		46	4669	263	1:09:24.2	22:23/M
30	Lynda Ferguson		48	4524	267	1:13:55.6	23:51/M

## Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Harlan Miller		44	4622	19	22:20.1	7:12/M
2	Shane Hernley		45	4569	26	23:14.8	7:30/M
3	Jorge Castellanos		46	4425	29	23:51.7	7:42/M
4	Aric Rutkowski		47	4686	31	24:20.4	7:51/M
5	Jay Jessen		46	4580	45	26:19.3	8:29/M
6	Eugenio Pequeno		40	4662	59	28:36.3	9:14/M
7	Jason Miller		41	4630	61	28:49.3	9:18/M
8	Troy Niswanger		46	4642	64	29:07.4	9:24/M
9	Joel Creek		45	4502	69	29:58.6	9:40/M
10	Daron Cupp		41	4508	74	31:13.9	10:05/M
11	Steven Briske		46	4477	146	48:21.9	15:36/M
12	Todd Campanello		49	4483	152	50:46.3	16:23/M
13	Samuel Freeze		42	4536	194	54:30.6	17:35/M
14	Tony Rivas		42	4676	201	55:56.1	18:03/M
15	Charles Alleshouse		44	4452	243	59:40.3	19:15/M

## Female 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Terry Hanlon		58	4561	56	28:13.6	9:06/M
2	Kathleen Wilmot		50	4738	72	31:00.9	10:00/M
3	Andrea Rutkowski		55	4685	75	31:20.8	10:07/M
4	Hilda Hanley		66	4560	95	36:39.9	11:50/M
5	Sheri Miller		52	4631	98	38:03.3	12:17/M
6	Juaua Garay		57	4441	99	38:37.1	12:27/M
7	Luz Maldonado		52	4598	105	38:53.9	12:33/M
8	Linda Bontrager		55	4473	109	39:46.7	12:50/M
9	Kathy Cook		53	4495	111	40:21.7	13:01/M
10	Vivian Schwartz		60	4698	129	44:29.5	14:21/M
11	Deanna King		53	4584	136	45:53.5	14:48/M
12	Shawnita Steffen		53	4448	141	47:20.4	15:16/M
13	Cassi Crane		50	4500	143	48:04.4	15:30/M

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
14	Jackie Coffman		54	4492	149	49:56.9	16:07/M
15	Lorenza Zapata		59	4747	170	52:30.1	16:56/M
16	Darcie Hartman		56	4402	173	53:03.9	17:07/M
17	Darla Hildreth		61	4570	175	53:19.1	17:12/M
18	Marti Walter		57	4729	180	53:23.6	17:13/M
19	Norvela Cormican		59	4496	198	55:13.7	17:49/M
20	Margarita Esqueda		53	4781	200	55:46.7	18:00/M
21	Maria Villa		52	4724	202	56:15.6	18:09/M
22	vanessa miller		57	4626	207	57:18.6	18:29/M
23	nina campbell		52	4484	208	57:19.4	18:29/M
24	Karmin Yonts		56	4742	219	57:46.7	18:38/M
25	Christina Meyerink		56	4618	220	57:47.2	18:38/M
26	Judie Jones		59	4442	223	58:21.4	18:49/M
27	Miriam Nowak		60	4646	224	58:21.4	18:49/M
28	Teri Rink		57	4674	230	59:12.5	19:06/M
29	Shelia Ezeji		51	4522	232	59:13.5	19:06/M
30	Sherry Grimm		51	4555	239	59:22.9	19:09/M
31	Julie Roose		57	4684	245	1:00:28.6	19:31/M
32	Patty Mast		59	4607	256	1:07:23.1	21:44/M
33	Carla Bell		51	4461	259	1:08:47.2	22:11/M
34	Sheryl Boggs		57	4470	264	1:12:03.7	23:15/M
35	Kim Singleton		51	4706	265	1:12:04.7	23:15/M

## Male 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	* Craig Miller		56	4624	11	21:29.1	6:56/M
2	Scott Moffitt		54	4417	17	22:17.1	7:11/M
3	Abel Orue		51	4422	21	22:21.3	7:13/M
4	Michael Schrock		60	4692	24	22:46.1	7:21/M
5	Phil Sullivan		62	4716	27	23:40.2	7:38/M
6	Mike Stark		58	4710	33	25:10.3	8:07/M
7	Pedro Tomayo		50	4406	49	27:18.9	8:49/M
8	Lavern Wingard		56	4739	51	27:46.1	8:57/M
9	Mark Riege		59	4673	52	27:53.5	9:00/M
10	Daniel Blake		61	4467	58	28:22.3	9:09/M
11	Jose Pantoja		56	4658	83	33:15.7	10:44/M
12	Greg Baumgartner		65	4460	94	36:37.1	11:49/M
13	Randy Stouder		62	4714	101	38:48.6	12:31/M
14	Chet Zawalich		65	4748	118	41:19.2	13:20/M
15	Jesus Perez		55	4663	124	41:39.4	13:26/M



## 2019 Get Fit Get Healthy 5K Run

Race Date  
July 13, 2019

Age Group Results**5K Run**

## Male 50 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
16	Frank Herkenroder		59	4413	126	43:39.2	14:05/M
17	Ronald Orange		56	4657	145	48:13.7	15:33/M
18	Jackie Medford		72	4615	165	51:42.2	16:41/M
19	Leon Ayers		56	4457	166	51:42.8	16:41/M
20	Ivan Friesen		58	4539	167	51:52.4	16:44/M
21	John Michels		57	4620	168	51:53.4	16:44/M
22	Ted Buchanan		68	4478	169	51:56.6	16:45/M
23	John Foster		51	4778	191	54:25.1	17:33/M
24	Juan Salina		51	4440	204	56:59.6	18:23/M
25	Joe Williams		57	4737	218	57:45.6	18:38/M
26	Tom Nowak		61	4647	222	58:21.1	18:49/M
27	Ronald Atkins		68	4426	227	58:49.8	18:59/M
28	Kevin Grimm		50	4556	238	59:22.9	19:09/M
29	George Mast		60	4606	257	1:07:23.3	21:44/M
30	Steve Bell		52	4462	258	1:08:46.4	22:11/M
31	Brad Miller		57	4449	266	1:13:54.6	23:51/M