



Linn-Mar Growl Prowl 5K

9/20/08

Awards Results Report

Male Overall Winner

1. Andy Hodge 16:55.05

Male [20-29]

1. Ermin Sabljakovic 17:07.53
2. Quentin Stark 21:15.09
3. Matt Drewelow 21:39.59

Male [40-49]

1. Jeff Nietert 17:54.71
2. Rick Colton 20:16.38
3. Luke Turner 20:41.90

Male [60-69]

1. Thomas Fogle 28:12.92

Female Overall Winner

1. Denise Langhoff 21:34.62

Female [20-29]

1. Kristin Becker 23:08.00
2. Kara Johnson 23:22.53
3. Kristin Vogel 24:43.89

Female [40-49]

1. Dawn Cooksley 21:46.67
2. Christie Zangerle 24:15.20
3. Laurie Slater 24:30.12

Female [60-69]

1. Melissa Fogle 29:46.37

Male [0-19]

1. Colton McQuillen 18:12.28
2. Joey Freeland 19:17.98
3. Brady Bisgard 19:19.75

Male [30-39]

1. Dustin Vasquez 17:57.21
2. Mike Lambert 18:50.25
3. Michael Wright 21:26.19

Male [50-59]

1. Bill Oliver 19:21.21
2. Bob Strickland 20:20.82
3. Jim Wilson 21:32.71

Male [70-100]

1. Harold Schulze 32:17.12
2. Dave Leven 50:42.88

Female [0-19]

1. Megan Sherwood 23:04.09
2. Olivia Miller 23:25.12
3. Annie Goodell 23:42.78

Female [30-39]

1. Barb Lynn 22:33.67
2. Gretchen Lawyer 24:39.96
3. Jen Eley 26:01.72

Female [50-59]

1. Jody Wohlers 34:38.57
2. Angela Sawyers 42:01.01
3. Joan Peterson 42:40.50

Female [70-100]



Linn-Mar Growl Prowl 5K

9/20/08

Overall Results Report

Place	Overall	Gender	Class	Finisher Name	Time	Pace	Bib#
1	1	1	M20	Andy Hodge, 22	16:55.05	5:27	213
2	2	1	M20	Ermin Sabljakovic, 22	17:07.53	5:31	226
3	3	1	M40	Jeff Nietert, 47	17:54.71	5:46	224
4	4	1	M30	Dustin Vasquez, 37	17:57.21	5:47	60
5	5	1	M19	Colton McQuillen, 16	18:12.28	5:52	250
6	6	2	M30	Mike Lambert, 37	18:50.25	6:04	251
7	7	2	M19	Joey Freeland, 14	19:17.98	6:13	238
8	8	3	M19	Brady Bisgard, 14	19:19.75	6:13	88
9	9	1	M50	Bill Oliver, 50	19:21.21	6:14	175
10	10	4	M19	Chase Grabau, 13	19:48.37	6:23	225
11	11	5	M19	Daniel Murphy, 12	19:56.74	6:25	63
12	12	6	M19	Kyle Read, 13	20:07.88	6:29	100
13	13	2	M40	Rick Colton, 48	20:16.38	6:32	253
14	14	2	M50	Bob Strickland, 58	20:20.82	6:33	236
15	15	3	M40	Luke Turner, 40	20:41.90	6:40	234
16	16	7	M19	Conor Schulz, 15	20:42.22	6:40	233
17	17	8	M19	Nick Sillman, 15	20:47.59	6:42	241
18	18	9	M19	Brandon Decker, 14	20:55.24	6:44	244
19	19	2	M20	Quentin Stark, 29	21:15.09	6:51	169
20	20	10	M19	Lee Dwyer, 16	21:17.12	6:51	72
21	21	11	M19	Keegan Cook, 13	21:18.41	6:52	240
22	22	12	M19	Tristan Bennett, 12	21:21.56	6:53	105
23	23	3	M30	Michael Wright, 35	21:26.19	6:54	184
24	24	13	M19	Tony Peterson, 14	21:31.81	6:56	6
25	25	3	M50	Jim Wilson, 51	21:32.71	6:56	32
26	1	1	F40	Denise Langhoff, 41	21:34.62	6:57	247
27	26	14	M19	Jordan Ulmer, 14	21:38.49	6:58	99
28	27	3	M20	Matt Drewelow, 23	21:39.59	6:59	203
29	28	15	M19	Kasey Moen, 17	21:46.06	7:01	215
30	2	1	F40	Dawn Cooksley, 40	21:46.67	7:01	30
31	29	16	M19	Arjay VanderVelden, 18	21:52.16	7:03	216
32	30	4	M30	Michael Hicks, 35	21:55.38	7:04	112

33	31	17	M19 Ammen Cadogan, 14	21:59.63	7:05	232
34	32	4	M20 Matthew Jensen, 29	22:04.87	7:07	19
35	33	18	M19 Reece Linder, 10	22:10.02	7:09	168
36	34	4	M40 Rick Bunney, 40	22:12.16	7:09	129
37	35	19	M19 Tyler Bunting, 14	22:18.86	7:11	212
38	36	20	M19 Ryan Anderson, 14	22:22.58	7:12	145
39	37	5	M30 Matt Walker, 31	22:26.17	7:14	143
40	3	1	F30 Barb Lynn, 33	22:33.67	7:16	8
41	38	21	M19 Duggan Trenary, 12	22:38.52	7:18	127
42	39	22	M19 Jason Gingrich, 13	22:39.70	7:18	217
43	40	23	M19 Spencer Wilhelm, 13	22:40.06	7:18	26
44	41	5	M20 Mason Akers, 27	22:47.91	7:20	181
45	42	24	M19 Andy Fogerty, 14	22:54.26	7:23	140
46	43	25	M19 Nick Gulick, 17	22:55.01	7:23	254
47	44	5	M40 Todd Slater, 45	23:01.22	7:25	108
48	4	1	F19 Megan Sherwood, 15	23:04.09	7:26	223
49	5	1	F20 Kristin Becker, 28	23:08.00	7:27	197
50	45	6	M30 Stephen Szewc, 36	23:17.43	7:30	67
51	46	6	M20 Phillip Porter, 25	23:18.94	7:30	230
52	47	26	M19 Kyle Brendes, 11	23:21.39	7:31	11
53	6	2	F20 Kara Johnson, 24	23:22.53	7:32	75
54	7	2	F19 Olivia Miller, 13	23:25.12	7:33	196
55	48	27	M19 Mitch Koepping, 14	23:35.43	7:36	246
56	49	6	M40 Brian Weldon, 41	23:37.52	7:37	147
57	8	3	F19 Annie Goodell, 13	23:42.78	7:38	205
58	50	4	M50 Eric Schultz, 50	23:48.99	7:40	228
59	9	4	F19 Kristin Koser, 15	24:01.00	7:44	200
60	51	7	M40 Jeff Linder, 40	24:05.97	7:46	166
61	10	2	F40 Christie Zangerle, 40	24:15.20	7:49	2
62	52	8	M40 Dan Brendes, 45	24:23.07	7:51	5
63	11	3	F40 Laurie Slater, 45	24:30.12	7:54	107
64	12	5	F19 Caitlin Novak, 13	24:37.10	7:56	211
65	53	9	M40 Jim Dwyer, 47	24:38.26	7:56	71
66	13	2	F30 Gretchen Lawyer, 35	24:39.96	7:57	239
67	54	7	M20 Nic Schultz, 29	24:41.37	7:57	229
68	14	3	F20 Kristin Vogel, 27	24:43.89	7:58	50
69	55	7	M30 Mike Penaluna, 35	24:45.96	7:59	173
70	15	4	F40 Gina Garman, 43	24:47.35	7:59	139
71	56	10	M40 Mike Suther, 40	25:18.92	8:09	115
72	16	4	F20 Amanda Felton, 29	25:20.27	8:10	192
73	17	5	F20 Kristy Bernhard, 28	25:22.93	8:10	214
74	57	11	M40 Todd Montgomery, 40	25:24.39	8:11	252
75	58	8	M30 Andy Eley, 31	25:31.85	8:13	151
76	59	9	M30 Noel Licht, 36	25:40.57	8:16	163
77	60	10	M30 Michael Johnson, 36	25:40.90	8:16	89
78	18	6	F19 Sarah Maikon, 12	25:42.72	8:17	210
79	19	7	F19 Kristin Gibbs, 16	25:46.27	8:18	219
80	20	8	F19 Melissa Phillips, 17	25:46.60	8:18	194

81	61	12	M40 Daniel Sonnen, 42	25:56.04	8:21	199
82	21	3	F30 Jen Eley, 31	26:01.72	8:23	150
83	62	13	M40 Dave Lorenz, 46	26:07.85	8:25	43
84	63	28	M19 Griffin Lorenz, 11	26:08.17	8:25	44
85	64	14	M40 Jon Bancks, 42	26:10.50	8:26	81
86	22	4	F30 Abbie Stolte, 31	26:10.73	8:26	185
87	23	5	F30 Tracie Clark, 33	26:11.02	8:26	79
88	24	6	F30 Tina Baltes, 32	26:11.31	8:26	202
89	65	15	M40 Minh An Ly, 40	26:24.81	8:30	33
90	66	29	M19 Marshall Creech, 10	26:27.53	8:31	9
91	67	16	M40 Jeff Smith, 42	26:28.72	8:32	3
92	68	30	M19 Trent Long, 8	26:34.72	8:34	237
93	25	5	F40 Betty Hopkins, 49	26:40.28	8:36	182
94	26	6	F20 Shanon Dechant, 24	26:47.20	8:38	97
95	27	6	F40 Kathy Murphy, 41	26:50.93	8:39	64
96	69	8	M20 Mike DeKock, 24	27:00.05	8:42	102
97	28	7	F20 Kallie Hopkins, 22	27:00.47	8:42	183
98	29	9	F19 Kennedy Japenga, 12	27:01.40	8:42	18
99	30	10	F19 Jennifer Frank, 12	27:04.32	8:43	245
100	31	8	F20 Beth Frangella, 28	27:14.68	8:47	80
101	32	7	F30 Karrie Velky, 30	27:15.19	8:47	53
102	70	11	M30 JP Graham, 33	27:18.23	8:48	91
103	33	7	F40 Cheryl Read, 43	27:22.16	8:49	101
104	34	8	F30 Beth Goldberg, 30	27:22.80	8:49	1
105	35	8	F40 Colleen Fritz, 46	27:24.43	8:50	188
106	71	12	M30 Greg Joseph, 37	27:30.47	8:52	90
107	72	13	M30 Ryan Slater, 37	27:32.27	8:52	106
108	73	31	M19 Jon Schlotterback, 13	27:36.35	8:54	96
109	36	11	F19 Brooke Almasi, 12	27:38.82	8:54	165
110	74	32	M19 Will Loftus, 11	27:45.17	8:57	156
111	75	17	M40 Ken Trenary, 46	27:47.17	8:57	126
112	76	18	M40 David Fogerty, 48	27:49.63	8:58	142
113	37	9	F40 Tami Smith, 40	28:10.07	9:05	138
114	38	9	F30 Jeanne Turner, 39	28:11.64	9:05	22
115	77	1	M60 Thomas Fogle, 62	28:12.92	9:05	69
116	39	9	F20 Melissa Allen, 27	28:17.24	9:07	122
117	40	10	F30 Carynn Smith, 33	28:21.12	9:08	193
118	41	11	F30 Michelle Scroggs, 39	28:25.42	9:10	54
119	42	12	F30 Christy Rafson, 39	28:28.68	9:10	120
120	43	13	F30 Alicia Jessen, 35	28:32.05	9:12	133
121	44	14	F30 Karissa Brincks, 31	28:34.93	9:12	170
122	78	14	M30 Tim Bennett, 33	28:37.68	9:13	104
123	79	33	M19 Sam Dwyer, 11	28:41.46	9:15	218
124	80	34	M19 Pete Bancks, 11	28:41.82	9:15	82
125	45	10	F20 Megan Smith, 24	28:46.86	9:16	231
126	81	19	M40 Mike O'Donnell, 44	28:48.02	9:17	116
127	46	10	F40 Sharon Fogerty, 46	29:26.33	9:29	141
128	47	11	F40 Brenda Sutlon, 45	29:33.65	9:31	137

129	48	15	F30 Laura Wood, 35	29:34.38	9:32	37
130	82	20	M40 Shannon Bisgard, 40	29:44.17	9:35	87
131	49	1	F60 Melissa Fogle, 62	29:46.37	9:36	70
132	50	12	F40 Janet Engle, 49	29:46.89	9:36	48
133	83	35	M19 Liam Weldon, 11	29:58.25	9:40	148
134	84	15	M30 Peter Bellows, 36	30:11.56	9:44	176
135	51	11	F20 Erin Gerber, 25	30:14.34	9:45	40
136	52	12	F19 Sarah Ryan, 17	30:26.26	9:49	221
137	53	12	F20 Danyel Kolek, 29	30:34.26	9:51	121
138	85	5	M50 Dan Miller, 57	30:51.89	9:57	86
139	54	13	F20 Kristi Colton, 28	30:55.64	9:58	190
140	55	16	F30 Stephanie Nuss, 31	30:55.95	9:58	206
141	56	14	F20 Nicole White, 25	31:08.19	10:02	186
142	57	15	F20 Holly Kinzenbaw, 29	31:08.79	10:02	52
143	86	9	M20 Ryan Parker, 27	31:09.00	10:02	93
144	58	17	F30 Sarah Hanson, 36	31:25.59	10:08	124
145	59	18	F30 Cindy Linder, 38	31:39.70	10:12	167
146	87	36	M19 Jacob Winter, 11	31:57.12	10:18	191
147	60	19	F30 Stephanie Penaluna, 33	32:00.24	10:19	172
148	88	16	M30 Todd Walker, 31	32:09.68	10:22	189
149	61	20	F30 Julie Grissel, 38	32:10.71	10:22	177
150	62	21	F30 Desiree Fernandez, 36	32:12.29	10:23	35
151	89	37	M19 Mitchell Brock, 11	32:12.59	10:23	16
152	90	21	M40 Tim Brock, 41	32:12.86	10:23	15
153	91	1	M70 Harold Schulze, 72	32:17.12	10:24	4
154	63	16	F20 Andrea Miller, 24	32:25.49	10:27	84
155	64	17	F20 Mandy Parker, 25	32:26.90	10:27	92
156	65	18	F20 Erin Watts, 28	33:08.51	10:41	78
157	66	13	F40 Rachel Fischer, 44	33:24.98	10:46	47
158	67	13	F19 Mary Claire Henricksen, 10	33:26.55	10:47	162
159	92	10	M20 Jake Miller, 26	33:29.47	10:48	41
160	68	14	F40 Tamara Szewc, 41	33:30.10	10:48	68
161	69	22	F30 Stephanie Shea, 35	33:33.39	10:49	65
162	70	19	F20 Disa Cornish, 28	33:33.80	10:49	66
163	93	17	M30 Zach Schultz, 33	33:43.06	10:52	28
164	71	23	F30 Kelly Novak, 33	33:54.09	10:56	187
165	72	24	F30 Susann Schlotterback, 38	33:56.15	10:56	95
166	73	25	F30 Jennifer Santana, 33	34:08.30	11:00	110
167	94	38	M19 Will Henricksen, 6	34:12.97	11:01	159
168	95	18	M30 Bill Henricksen, 39	34:16.69	11:03	161
169	74	15	F40 Dawn McArtor, 45	34:25.02	11:06	25
170	75	1	F50 Jody Wohlers, 51	34:38.57	11:10	98
171	96	39	M19 Kevin O'Donnell, 11	34:43.24	11:11	119
172	76	26	F30 Maggie Sellers-Casebolt, 32	34:54.37	11:15	128
173	77	20	F20 Jennifer Dechant, 25	35:10.07	11:20	85
174	78	16	F40 Debbie Ryan, 45	35:11.75	11:20	222
175	79	27	F30 Heather Dee, 38	35:20.33	11:23	220
176	80	17	F40 Debbie Bancks, 42	35:41.45	11:30	83

177	97	40	M19 Justin Ly, 14	36:07.58	11:39	34
178	81	21	F20 Holly O'Brine, 26	36:41.28	11:50	201
179	82	28	F30 Jenn Walker, 30	36:41.54	11:50	144
180	83	29	F30 Carina Shipley, 32	37:13.01	12:00	73
181	84	30	F30 Selita Jansen, 34	37:13.51	12:00	49
182	85	18	F40 Donna Putz, 44	37:54.34	12:13	62
183	86	19	F40 Ann O'Donnell, 43	38:03.85	12:16	117
184	87	14	F19 Madeline O'Donnell, 13	38:04.27	12:16	118
185	88	31	F30 Tina Martin, 37	38:12.90	12:19	113
186	89	32	F30 Katie Thedos, 33	38:13.23	12:19	114
187	90	33	F30 Bridget Heimer, 34	39:09.58	12:37	195
188	91	15	F19 Kate Brockschink, 13	39:10.43	12:38	23
189	92	16	F19 Amanda Lockwood, 11	39:11.53	12:38	235
190	93	20	F40 Leslie Lorenz, 46	39:55.19	12:52	42
191	98	41	M19 Carter Lorenz, 9	39:55.60	12:52	45
192	99	42	M19 Nolan Jessen, 9	40:16.12	12:59	134
193	94	21	F40 Connie Trautman, 45	40:42.66	13:07	55
194	95	22	F40 Nancy Almasi, 41	40:43.02	13:08	164
195	96	34	F30 Melissa Doyle, 37	40:43.54	13:08	36
196	100	43	M19 Joshua Hansen, 10	41:00.17	13:13	56
197	101	44	M19 Patrick Galgean, 10	41:19.07	13:19	57
198	102	22	M40 Robert Wilson, 43	41:54.14	13:30	74
199	103	45	M19 Dermot Weldon, 9	41:59.00	13:32	149
200	97	23	F40 Julie Frank, 44	42:01.01	13:33	249
201	98	24	F40 Linda Galgean, 47	42:40.50	13:45	58
202	99	25	F40 Janice Jedlicka, 43	43:05.41	13:53	227
203	100	2	F50 Angela Sawyers, 54	44:02.52	14:12	111
204	101	3	F50 Joan Peterson, 55	44:02.96	14:12	61
205	102	35	F30 Laura Gallo, 34	45:07.19	14:33	31
206	103	26	F40 Donna Goodell, 43	45:07.54	14:33	204
207	104	36	F30 Jodi Inman, 30	45:40.85	14:43	76
208	104	11	M20 Dave Inman, 28	45:41.37	14:44	77
209	105	17	F19 Miriam Maikon, 14	46:24.51	14:58	209
210	106	27	F40 Renee Maikon, 46	46:24.85	14:58	208
211	107	18	F19 Madison Kriegl, 10	46:43.36	15:04	10
212	108	37	F30 Nicole Krajnovich, 32	46:56.81	15:08	20
213	109	22	F20 Emy Kelly, 27	46:57.27	15:08	21
214	105	46	M19 Blake Eskes, 9	49:43.53	16:02	242
215	106	23	M40 Donna Esker, 45	49:53.04	16:05	243
216	107	47	M19 Nicholas Jessen, 7	50:00.68	16:07	132
217	110	19	F19 Sarah Lorenz, 9	50:01.12	16:08	46
218	111	23	F20 Emily Anderson, 25	50:35.00	16:19	152
219	108	48	M19 Jacob Robertson, 8	50:35.36	16:19	180
220	112	20	F19 Taylor Robertson, 12	50:35.79	16:19	179
221	113	38	F30 Laura Robertson, 38	50:36.25	16:19	178
222	114	28	F40 Debbie Stein, 43	50:42.88	16:21	146
223	115	39	F30 Katie Walter, 30	50:43.83	16:21	103
224	116	29	F40 Andrea Wagner, 46	50:45.03	16:22	39

225	109	2	M70 Dave Leven, 71	50:45.43	16:22	27
226	110	24	M40 Bob Randklev, 42	51:09.28	16:30	136
227	111	25	M40 Pat Loftus, 40	51:12.53	16:30	153
228	117	30	F40 Ann Loftus, 42	51:15.14	16:31	154
229	118	40	F30 Valrie Henry, 35	51:39.60	16:39	38
230	119	21	F19 Elizabeth Mally, 19	52:02.51	16:47	158
231	120	41	F30 Karen Sonnen, 36	52:32.24	16:56	198
232	121	42	F30 Jill Brockschink, 38	52:38.16	16:58	24
233	122	22	F19 Elizabeth Jessen, 5	52:46.38	17:01	131
234	112	26	M40 Terry Jessen, 40	52:46.82	17:01	130
235	123	31	F40 Jolene Mally, 48	53:11.11	17:09	157