

# 2016 Kal's Knoya Ridge Run - Full Monty Course

## Age Group Results

### Girls 17 & under

|   |          |         |         |
|---|----------|---------|---------|
| 1 | Magdalen | York    | 1:27'38 |
| 2 | Alyson   | Kopsack | 1:38'39 |
| 3 | Tatjana  | Spaic   | 1:39'38 |

### Women 18-29

|    |          |            |         |
|----|----------|------------|---------|
| 1  | Jessica  | Yeaton     | 1:11'44 |
| 2  | Rosie    | Frankowski | 1:13'21 |
| 3  | Becca    | Rorabaugh  | 1:14'12 |
| 4  | Penelope | Spencer    | 1:15'01 |
| 5  | Chelsea  | Holmes     | 1:17'19 |
| 6  | Denali   | Strabel    | 1:20'03 |
| 7  | Allison  | Barnwell   | 1:21'10 |
| 8  | Kate     | Fitzgerald | 1:23'17 |
| 9  | Sarah    | Glaser     | 1:25'57 |
| 10 | Annie    | Connelly   | 1:29'39 |
| 11 | Melissa  | Hartford   | 1:41'43 |
| 12 | Jocelyn  | Kopsack    | 1:50'21 |

### Women 30-39

|    |          |               |         |
|----|----------|---------------|---------|
| 1  | Christy  | Marvin        | 1:07'52 |
| 2  | Najeeby  | Quinn         | 1:08'18 |
| 3  | Darcy    | Dugan         | 1:18'25 |
| 4  | Laura    | Fox           | 1:19'39 |
| 5  | Shawn    | McTaggart     | 1:24'25 |
| 6  | Paige    | Brady         | 1:32'38 |
| 7  | Tamra    | Kornfield     | 1:36'56 |
| 8  | Amy      | de Schweinitz | 1:41'46 |
| 9  | Kari     | Konrath-Bera  | 1:42'13 |
| 10 | Crystal  | Reilly        | 1:49'17 |
| 11 | Jennifer | Loofbourrow   | 1:50'41 |

### Women 40-49

|   |          |           |         |
|---|----------|-----------|---------|
| 1 | Christie | Hauptert  | 1:23'58 |
| 2 | Amber    | McDonough | 1:31'23 |
| 3 | Kimberly | Riggs     | 1:33'35 |

### Women 50-59

|   |        |      |         |
|---|--------|------|---------|
| 1 | Sheryl | Loan | 1:17'25 |
|---|--------|------|---------|

### Women 60-69

|   |       |       |         |
|---|-------|-------|---------|
| 1 | Ellyn | Brown | 1:36'18 |
|---|-------|-------|---------|

### Boys 17 & under

|   |         |            |         |
|---|---------|------------|---------|
| 1 | Hamish  | Wolfe      | 1:06'35 |
| 2 | Sam     | York       | 1:18'17 |
| 3 | Michael | Connelly   | 1:27'25 |
| 4 | Wilson  | Hoogendorn | 1:29'57 |
| 5 | Roman   | Gross      | 1:33'00 |
| 6 | Bodhi   | Gross      | 1:40'29 |
| 7 | Ali     | Papillon   | 1:40'50 |

### Men 18-29

|    |             |                    |          |
|----|-------------|--------------------|----------|
| 1  | Scott       | Patterson          | 00:57'32 |
| 2  | David       | Norris             | 00:58'20 |
| 3  | Alexander   | Eckert             | 1:00'21  |
| 4  | Kenneth     | Brewer             | 1:01'26  |
| 5  | Matt        | Shryock            | 1:03'35  |
| 6  | Jack        | Novak              | 1:04'00  |
| 7  | Lyon        | Kopsack            | 1:05'53  |
| 8  | Edwin       | Kangogo            | 1:08'30  |
| 9  | Derek       | Gibson             | 1:08'41  |
| 10 | Tyler       | Kornfield          | 1:10'21  |
| 11 | Cody        | Priest             | 1:11'36  |
| 12 | David       | Apperson           | 1:11'52  |
| 13 | Christopher | Kirk               | 1:12'24  |
| 14 | Philip      | Messina            | 1:14'06  |
| 15 | Conor       | Deal               | 1:18'03  |
| 16 | Andrew      | Dougherty          | 1:19'07  |
| 17 | Gilleen     | Szweda-Mittelstadt | 1:22'01  |
| 18 | Jeff        | Levin              | 1:23'07  |
| 19 | Noah        | Kina               | 1:23'13  |
| 20 | Joseph      | Nyholm             | 1:26'06  |
| 21 | Andrew      | Ochoa              | 1:26'30  |
| 22 | Conner      | Truskowski         | 1:27'11  |
| 23 | Tom         | Callahan           | 1:28'50  |
| 24 | Travis      | Harrington         | 1:32'00  |
| 25 | Keegan      | Crow               | 1:39'34  |
| 26 | Patrick     | McAnally           | 2:00'07  |

**Men 50-59**

|    |         |             |         |
|----|---------|-------------|---------|
| 1  | Barney  | Griffith    | 1:12'13 |
| 2  | Tom     | Bronga      | 1:14'14 |
| 3  | Patrick | Wolfe       | 1:18'36 |
| 4  | Dan     | Brokaw      | 1:21'32 |
| 5  | Pete    | McEnaney    | 1:22'22 |
| 6  | Lance   | Kopsack     | 1:22'46 |
| 7  | Steve   | Gilles      | 1:24'57 |
| 8  | Dan     | Virgin      | 1:26'01 |
| 9  | Rich    | Stromberg   | 1:36'48 |
| 10 | Evan    | Steinhauser | 2:06'19 |

**Men 60-69**

|   |       |           |         |
|---|-------|-----------|---------|
| 1 | David | Rebischke | 1:40'37 |
|---|-------|-----------|---------|

**Men 30-39**

|    |           |                |          |
|----|-----------|----------------|----------|
| 1  | Chad      | Trammell       | 00:59'39 |
| 2  | Eric      | Strabel        | 1:01'08  |
| 3  | Adam      | Jensen         | 1:02'37  |
| 4  | Ben       | Marvin         | 1:02'57  |
| 5  | Erik      | Johnson        | 1:05'14  |
| 6  | Willie    | Stoll          | 1:09'50  |
| 7  | Patrick   | Conway         | 1:10'17  |
| 8  | Tor       | Christopherson | 1:10'41  |
| 9  | Chris     | Clark          | 1:12'22  |
| 10 | Craig     | Taylor         | 1:12'32  |
| 11 | Mark      | Brady          | 1:13'08  |
| 12 | Justin    | Libby          | 1:14'38  |
| 13 | Jacob     | Bera           | 1:20'18  |
| 14 | Jay       | Mullen         | 1:21'24  |
| 15 | Malcom    | Hebstand       | 1:22'48  |
| 16 | Wes       | Hoskins        | 1:23'55  |
| 17 | Jonny     | Hughes         | 1:24'07  |
| 18 | Dorian    | Gross          | 1:24'32  |
| 19 | Mike      | DiFilippo      | 1:25'25  |
| 20 | Michael   | Quimby         | 1:26'10  |
| 21 | Tully     | LaBelle-Hamer  | 1:27'18  |
| 22 | Mark      | Elfstrom       | 1:31'40  |
| 23 | James     | Miller         | 1:37'36  |
| 24 | Nathaniel | Grabman        | 1:41'31  |

**Men 40-49**

|    |         |            |         |
|----|---------|------------|---------|
| 1  | Matt    | Novakovich | 1:00'21 |
| 2  | Matias  | Saari      | 1:02'12 |
| 3  | Mike    | Monterusso | 1:07'59 |
| 4  | Jerome  | Ross       | 1:08'38 |
| 5  | Trond   | Flagstad   | 1:08'46 |
| 6  | Isaac   | Bertschi   | 1:10'10 |
| 7  | Alex    | Alonso     | 1:10'53 |
| 8  | Tom     | Richie     | 1:14'10 |
| 9  | Brad    | Benter     | 1:15'16 |
| 10 | Brandon | Rinner     | 1:16'18 |
| 11 | Matt    | Bonney     | 1:26'16 |
| 12 | Paul    | Ferucci    | 1:26'19 |
| 13 | Frank   | Witmer     | 1:27'35 |
| 14 | Todd    | Lowery     | 1:27'49 |
| 15 | Marek   | Kolendo    | 1:28'27 |
| 16 | Scott   | Gage       | 1:30'16 |
| 17 | Daniel  | William    | 1:43'25 |
| 18 | Stephen | Mayer      | 1:45'00 |

# 2016 Kal's Knoya Ridge Run - Full Monty Course

## Overall Results

| Women |          |               |         | Men |             |                |          |
|-------|----------|---------------|---------|-----|-------------|----------------|----------|
|       |          |               | Time    |     |             |                | Time     |
| 1     | Christy  | Marvin        | 1:07'52 | 1   | Scott       | Patterson      | 00:57'32 |
| 2     | Najeeby  | Quinn         | 1:08'18 | 2   | David       | Norris         | 00:58'20 |
| 3     | Jessica  | Yeaton        | 1:11'44 | 3   | Chad        | Trammell       | 00:59'39 |
| 4     | Rosie    | Frankowski    | 1:13'21 | 4   | Alexander   | Eckert         | 1:00'21  |
| 5     | Becca    | Rorabaugh     | 1:14'12 | 5   | Matt        | Novakovich     | 1:00'21  |
| 6     | Penelope | Spencer       | 1:15'01 | 6   | Eric        | Strabel        | 1:01'08  |
| 7     | Chelsea  | Holmes        | 1:17'19 | 7   | Kenneth     | Brewer         | 1:01'26  |
| 8     | Sheryl   | Loan          | 1:17'25 | 8   | Matias      | Saari          | 1:02'12  |
| 9     | Darcy    | Dugan         | 1:18'25 | 9   | Adam        | Jensen         | 1:02'37  |
| 10    | Laura    | Fox           | 1:19'39 | 10  | Ben         | Marvin         | 1:02'57  |
| 11    | Denali   | Strabel       | 1:20'03 | 11  | Matt        | Shryock        | 1:03'35  |
| 12    | Allison  | Barnwell      | 1:21'10 | 12  | Jack        | Novak          | 1:04'00  |
| 13    | Kate     | Fitzgerald    | 1:23'17 | 13  | Erik        | Johnson        | 1:05'14  |
| 14    | Christie | Hauptert      | 1:23'58 | 14  | Lyon        | Kopsack        | 1:05'53  |
| 15    | Shawn    | McTaggart     | 1:24'25 | 15  | Hamish      | Wolfe          | 1:06'35  |
| 16    | Sarah    | Glaser        | 1:25'57 | 16  | Mike        | Monterusso     | 1:07'59  |
| 17    | Magdalen | York          | 1:27'38 | 17  | Edwin       | Kangogo        | 1:08'30  |
| 18    | Annie    | Connelly      | 1:29'39 | 18  | Jerome      | Ross           | 1:08'38  |
| 19    | Amber    | McDonough     | 1:31'23 | 19  | Derek       | Gibson         | 1:08'41  |
| 20    | Paige    | Brady         | 1:32'38 | 20  | Trond       | Flagstad       | 1:08'46  |
| 21    | Kimberly | Riggs         | 1:33'35 | 21  | Willie      | Stoll          | 1:09'50  |
| 22    | Ellyn    | Brown         | 1:36'18 | 22  | Isaac       | Bertschi       | 1:10'10  |
| 23    | Tamra    | Kornfield     | 1:36'56 | 23  | Patrick     | Conway         | 1:10'17  |
| 24    | Alyson   | Kopsack       | 1:38'39 | 24  | Tyler       | Kornfield      | 1:10'21  |
| 25    | Tatjana  | Spaic         | 1:39'38 | 25  | Tor         | Christopherson | 1:10'41  |
| 26    | Melissa  | Hartford      | 1:41'43 | 26  | Alex        | Alonso         | 1:10'53  |
| 27    | Amy      | de Schweinitz | 1:41'46 | 27  | Cody        | Priest         | 1:11'36  |
| 28    | Kari     | Konrath-Bera  | 1:42'13 | 28  | David       | Apperson       | 1:11'52  |
| 29    | Crystal  | Reilly        | 1:49'17 | 29  | Barney      | Griffith       | 1:12'13  |
| 30    | Jocelyn  | Kopsack       | 1:50'21 | 30  | Chris       | Clark          | 1:12'22  |
| 31    | Jennifer | Loofbourrow   | 1:50'41 | 31  | Christopher | Kirk           | 1:12'24  |
|       |          |               |         | 32  | Craig       | Taylor         | 1:12'32  |
|       |          |               |         | 33  | Mark        | Brady          | 1:13'08  |
|       |          |               |         | 34  | Philip      | Messina        | 1:14'06  |
|       |          |               |         | 35  | Tom         | Richie         | 1:14'10  |
|       |          |               |         | 36  | Tom         | Bronga         | 1:14'14  |
|       |          |               |         | 37  | Justin      | Libby          | 1:14'38  |
|       |          |               |         | 38  | Brad        | Benter         | 1:15'16  |
|       |          |               |         | 39  | Brandon     | Rinner         | 1:16'18  |
|       |          |               |         | 40  | Conor       | Deal           | 1:18'03  |
|       |          |               |         | 41  | Sam         | York           | 1:18'17  |
|       |          |               |         | 42  | Patrick     | Wolfe          | 1:18'36  |

|    |           |                    |         |
|----|-----------|--------------------|---------|
| 43 | Andrew    | Dougherty          | 1:19'07 |
| 44 | Jacob     | Bera               | 1:20'18 |
| 45 | Jay       | Mullen             | 1:21'24 |
| 46 | Dan       | Brokaw             | 1:21'32 |
| 47 | Gilleen   | Szweda-Mittelstadt | 1:22'01 |
| 48 | Pete      | McEnaney           | 1:22'22 |
| 49 | Lance     | Kopsack            | 1:22'46 |
| 50 | Malcom    | Hebstand           | 1:22'48 |
| 51 | Jeff      | Levin              | 1:23'07 |
| 52 | Noah      | Kina               | 1:23'13 |
| 53 | Wes       | Hoskins            | 1:23'55 |
| 54 | Jonny     | Hughes             | 1:24'07 |
| 55 | Dorian    | Gross              | 1:24'32 |
| 56 | Steve     | Gilles             | 1:24'57 |
| 57 | Mike      | DiFilippo          | 1:25'25 |
| 58 | Dan       | Virgin             | 1:26'01 |
| 59 | Joseph    | Nyholm             | 1:26'06 |
| 60 | Michael   | Quimby             | 1:26'10 |
| 61 | Matt      | Bonney             | 1:26'16 |
| 62 | Paul      | Ferucci            | 1:26'19 |
| 63 | Andrew    | Ochoa              | 1:26'30 |
| 64 | Conner    | Truskowski         | 1:27'11 |
| 65 | Tully     | LaBelle-Hamer      | 1:27'18 |
| 66 | Michael   | Connelly           | 1:27'25 |
| 67 | Frank     | Witmer             | 1:27'35 |
| 68 | Todd      | Lowery             | 1:27'49 |
| 69 | Marek     | Kolendo            | 1:28'27 |
| 70 | Tom       | Callahan           | 1:28'50 |
| 71 | Wilson    | Hoogendorn         | 1:29'57 |
| 72 | Scott     | Gage               | 1:30'16 |
| 73 | Mark      | Elfstrom           | 1:31'40 |
| 74 | Travis    | Harrington         | 1:32'00 |
| 75 | Roman     | Gross              | 1:33'00 |
| 76 | Rich      | Stromberg          | 1:36'48 |
| 77 | James     | Miller             | 1:37'36 |
| 78 | Keegan    | Crow               | 1:39'34 |
| 79 | Bodhi     | Gross              | 1:40'29 |
| 80 | David     | Rebischke          | 1:40'37 |
| 81 | Ali       | Papillon           | 1:40'50 |
| 82 | Nathaniel | Grabman            | 1:41'31 |
| 83 | Daniel    | William            | 1:43'25 |
| 84 | Stephen   | Mayer              | 1:45'00 |
| 85 | Patrick   | McAnally           | 2:00'07 |
| 86 | Evan      | Steinhauser        | 2:06'19 |

## 2016 Kal's Knoya Happy Trail

### Male

|    |                  |          |         |
|----|------------------|----------|---------|
| 1  | Michael Earnhart | 00:12'25 | 12 - 14 |
| 2  | Tucker Lien      | 00:12'26 | 12 - 14 |
| 3  | Coby Marvin      | 00:15'32 | 6 - 11  |
| 4  | Jeb Marvin       | 00:16'19 | 6 - 11  |
| 5  | Eli Robinson     | 00:17'12 | 12 - 14 |
| 6  | Kael Westbrook   | 00:17'21 | 6 - 11  |
| 7  | Braun Precosky   | 00:18'10 | 6 - 11  |
| 8  | Alex Slivca      | 00:18'20 | 50s     |
| 9  | Chace Hardy      | 00:18'27 | 6 - 11  |
| 10 | Creed Cvancara   | 00:20'20 | 6 - 11  |
| 11 | Kai Finch        | 00:20'26 | 6 - 11  |
| 12 | Jose Gross       | 00:22'49 | 6 - 11  |
| 13 | Jubal Bryant     | 00:23'08 | 50s     |
| 14 | Isaac Marvin     | 00:24'31 | 1 - 5   |
| 15 | Eric Somerville  | 00:27'29 | 30s     |

### Female

|    |                   |          |         |
|----|-------------------|----------|---------|
| 1  | Hannah Brown      | 00:15'23 | 15 - 17 |
| 2  | Lily Slatonbarker | 00:15'59 | 12 - 14 |
| 3  | Sadie Benter      | 00:16'05 | 6 - 11  |
| 4  | Ziyi Rao          | 00:16'35 | 12 - 14 |
| 5  | Morgan Coniglio   | 00:16'41 | 12 - 14 |
| 6  | Lisa Earnhart     | 00:17'55 | 40s     |
| 7  | Sammy Legate      | 00:18'25 | 6 - 11  |
| 8  | Haley Finch       | 00:20'26 | 6 - 11  |
| 9  | Trinity Biddle    | 00:20'35 | 12 - 14 |
| 10 | Dawn Morse        | 00:21'40 | 50s     |
| 11 | Sarah Warnke      | 00:23'14 | 15 - 17 |
| 12 | Jocelyn Hardy     | 00:24'18 | 6 - 11  |
| 13 | Jaley McMillen    | 00:24'19 | 6 - 11  |
| 14 | Bonnie Moore      | 00:27'29 | 30s     |
| 15 | Caroline Knight   | 00:28'41 | 6 - 11  |

# 2016 Kal's Knoya Ridge Run Results

## Original Course -- age groups

### Men

#### 6-11

|   |                 |          |
|---|-----------------|----------|
| 1 | Paul Cvancara   | 01:11'42 |
| 2 | Henrik Keskula  | 01:19'04 |
| 3 | Kylar Westbrook | 01:22'50 |

#### 12-14

|    |                |          |
|----|----------------|----------|
| 1  | Everett Cason  | 00:47'11 |
| 2  | Mittelstadt    | 00:48'02 |
| 3  | Peter Hinds    | 00:53'15 |
| 4  | Nick Jablonski | 00:53'19 |
| 5  | Dylan Kearns   | 00:53'41 |
| 6  | Sean Clapp     | 00:58'41 |
| 7  | Matthew Rieger | 00:58'55 |
| 8  | Rowan Morse    | 01:01'36 |
| 9  | Tri Morse      | 01:12'05 |
| 10 | Isaak Keskula  | 01:16'41 |

#### 15-17

|    |                  |          |
|----|------------------|----------|
| 1  | Luke Jager       | 00:42'25 |
| 2  | Hunter Wonders   | 00:44'23 |
| 3  | Tristan Wiese    | 00:46'54 |
| 4  | Ryan Bickford    | 00:47'07 |
| 5  | David Spencer    | 00:48'08 |
| 6  | Kai Meyers       | 00:51'04 |
| 7  | Zanden McMullen  | 00:51'21 |
| 8  | Jack Consenstein | 00:53'28 |
| 9  | Kelemen Legate   | 00:54'22 |
| 10 | Jack Bent        | 00:57'22 |
| 11 | Jason Wright     | 01:15'14 |
| 12 | Brandon Milne    | 01:24'50 |

#### 18-29

|    |                 |          |
|----|-----------------|----------|
| 1  | Thomas O'Harra  | 00:42'30 |
| 2  | Forrest Mahlen  | 00:45'29 |
| 3  | Nat Herz        | 00:47'06 |
| 4  | Paul Kovacs     | 00:49'21 |
| 5  | Luke Cvancara   | 00:49'38 |
| 6  | Franklin Dekker | 00:51'24 |
| 7  | Thomas Nenahlo  | 00:57'19 |
| 8  | Rhyss Vivian    | 01:02'27 |
| 9  | Austin Dabbs    | 01:25'27 |
| 10 | Zach Austin     | 01:27'39 |

### Women

#### 6-11

|   |              |          |
|---|--------------|----------|
| 1 | Sadie Benter | 01:11'04 |
|---|--------------|----------|

#### 15-17

|   |                |          |
|---|----------------|----------|
| 1 | Elizabeth Mans | 01:07'32 |
| 2 | Brynn Morse    | 01:09'18 |
| 3 | Mimi Allen     | 01:14'54 |
| 4 | Sydney Gill    | 01:30'05 |
| 5 | Emory Banker   | 01:30'08 |

#### 18-29

|    |                    |          |
|----|--------------------|----------|
| 1  | Annie Liotta       | 00:53'20 |
| 2  | Emily Evans        | 00:58'49 |
| 3  | Lauren Hess        | 01:01'40 |
| 4  | Holly Payne        | 01:02'06 |
| 5  | Annie Brownlee     | 01:02'56 |
| 6  | Annika Flynn       | 01:03'35 |
| 7  | Rachel Zafren      | 01:04'15 |
| 8  | Kay Sind           | 01:05'08 |
| 9  | Noelle Coniglio    | 01:07'16 |
| 10 | Rachel Kidwell     | 01:09'38 |
| 11 | Lauren Tsao-wu     | 01:10'04 |
| 12 | Erika Nunlist      | 01:10'47 |
| 13 | Emily Veenstra     | 01:13'13 |
| 14 | Milca Widmer       | 01:14'57 |
| 15 | Elizabeth Saunders | 01:18'13 |
| 16 | Louise Gutch       | 01:18'32 |
| 17 | Emmanuelah Chelino | 01:23'49 |

#### 30-39

|    |                    |          |
|----|--------------------|----------|
| 1  | April McAnly       | 00:56'21 |
| 2  | Paula Westbrook    | 00:58'17 |
| 3  | Andrea Hattan      | 00:58'32 |
| 4  | Rachel Samuelson   | 01:00'29 |
| 5  | Katie Conway       | 01:00'49 |
| 6  | Auri Jirak         | 01:02'12 |
| 7  | Carri Jones        | 01:03'03 |
| 8  | Yvonne Lamoureux   | 01:07'13 |
| 9  | Lauran Ballesteros | 01:07'45 |
| 10 | Megan Kemp         | 01:10'45 |
| 11 | Linda Rao          | 01:16'39 |
| 12 | Jessica Heinrich   | 01:17'35 |

|              |                      |          |
|--------------|----------------------|----------|
| <b>30-39</b> |                      |          |
| <b>1</b>     | Nate Normandin       | 00:47'31 |
| <b>2</b>     | Ryan Cox             | 00:53'06 |
| <b>3</b>     | Bill Pearson         | 00:53'53 |
| <b>4</b>     | Michael Bourdukofsky | 00:54'49 |
| <b>5</b>     | Westley Dahlgren     | 00:56'15 |
| <b>6</b>     | Andy Varner          | 00:56'33 |
| <b>7</b>     | Cameron Rentmeier    | 00:56'41 |
| <b>8</b>     | Dan Jirak            | 00:59'36 |
| <b>9</b>     | Marty Byrne          | 01:00'09 |
| <b>10</b>    | Ari Gardner          | 01:00'26 |
| <b>11</b>    | Jeremy Jaminet       | 01:04'24 |

|              |                    |          |
|--------------|--------------------|----------|
| <b>40-49</b> |                    |          |
| <b>1</b>     | Jeremy Weaver      | 00:56'59 |
| <b>2</b>     | Rick Hansen        | 00:57'15 |
| <b>3</b>     | Ron Cheshire       | 00:59'41 |
| <b>4</b>     | Bryan Templeman    | 01:00'37 |
| <b>5</b>     | Neil McMullen      | 01:03'10 |
| <b>6</b>     | Mike Branitt       | 01:07'54 |
| <b>7</b>     | Greg Atkin         | 01:10'40 |
| <b>8</b>     | Jared Kern         | 01:13'08 |
| <b>9</b>     | Erik Keskula       | 01:17'12 |
| <b>10</b>    | Christopher Wright | 01:21'57 |
| <b>11</b>    | Marcus Knight      | 01:25'12 |
| <b>12</b>    | Matt Kenney        | 01:40'26 |

|              |                  |          |
|--------------|------------------|----------|
| <b>50-59</b> |                  |          |
| <b>1</b>     | Barry Benko      | 00:58'04 |
| <b>2</b>     | Tony Covarrubias | 01:03'08 |
| <b>3</b>     | John Helie       | 01:13'04 |
| <b>4</b>     | Chris Dabbs      | 01:17'36 |
| <b>5</b>     | George Tsao-wu   | 01:26'25 |

|              |               |          |
|--------------|---------------|----------|
| <b>60-69</b> |               |          |
| <b>1</b>     | Ernest Stolen | 01:24'23 |
| <b>2</b>     | Martin Hansen | 01:28'23 |
| <b>3</b>     | Bill Spencer  | 01:57'39 |

|              |              |          |
|--------------|--------------|----------|
| <b>70-79</b> |              |          |
| <b>1</b>     | Norm Johnson | 01:18'30 |
| <b>2</b>     | Gary Wright  | 01:58'16 |
| <b>80-89</b> |              |          |
| <b>1</b>     | Chad Resari  | 01:47'36 |

|           |                    |          |
|-----------|--------------------|----------|
| <b>13</b> | Cynthia Oistad     | 01:18'04 |
| <b>14</b> | Dallas Baldwin     | 01:21'30 |
| <b>15</b> | Carrie Varnell     | 01:22'49 |
| <b>16</b> | Shawna Boquist     | 01:23'16 |
| <b>17</b> | Callie Jones       | 01:23'21 |
| <b>18</b> | Trina Resari-Salao | 01:23'44 |
| <b>19</b> | Alesya Dleynik     | 01:35'02 |
| <b>20</b> | Megan Mckay        | 01:54'09 |

|              |                     |          |
|--------------|---------------------|----------|
| <b>40-49</b> |                     |          |
| <b>1</b>     | Wendy Sailors       | 00:56'16 |
| <b>2</b>     | Karol Fink          | 00:56'28 |
| <b>3</b>     | Susan Casey         | 01:00'00 |
| <b>4</b>     | Leigh Anne Bonney   | 01:03'46 |
| <b>5</b>     | Lena Palmer         | 01:04'04 |
| <b>6</b>     | Charlotte Edmondson | 01:08'07 |
| <b>7</b>     | Kristen Hansen      | 01:11'54 |
| <b>8</b>     | Carol Holley        | 01:15'34 |
| <b>9</b>     | Michelle Dickson    | 01:17'50 |
| <b>10</b>    | Pam Keskula         | 01:19'43 |
| <b>11</b>    | Rachel Andrews      | 01:21'36 |
| <b>12</b>    | Heidi Isernhagen    | 01:24'55 |
| <b>13</b>    | Lori Branin         | 01:25'00 |
| <b>14</b>    | Sue Wilkens         | 01:43'36 |
| <b>15</b>    | Kaiya Carlson       | 01:53'45 |

|              |               |          |
|--------------|---------------|----------|
| <b>50-59</b> |               |          |
| <b>1</b>     | Beth Virgin   | 01:02'42 |
| <b>2</b>     | Karen Kirk    | 01:10'14 |
| <b>3</b>     | Karen Hopp    | 01:13'57 |
| <b>4</b>     | Angie Whiting | 01:24'14 |
| <b>5</b>     | Mona Brennand | 01:28'21 |

|              |              |          |
|--------------|--------------|----------|
| <b>60-69</b> |              |          |
| <b>1</b>     | Gloria Reyes | 01:14'02 |

# 2016 Kal's Knoya Ridge Run Results

## Original course -- overall

### Men

|    |                              |          |
|----|------------------------------|----------|
| 1  | Luke Jager                   | 00:42'25 |
| 2  | Thomas O'Harra               | 00:42'30 |
| 3  | Hunter Wonders               | 00:44'23 |
| 4  | Forrest Mahlen               | 00:45'29 |
| 5  | Tristan Wiese                | 00:46'54 |
| 6  | Nat Herz                     | 00:47'06 |
| 7  | Ryan Bickford                | 00:47'07 |
| 8  | Everett Cason                | 00:47'11 |
| 9  | Nate Normandin               | 00:47'31 |
| 10 | Sebastian Szweda-Mittelstadt | 00:48'02 |
| 11 | David Spencer                | 00:48'08 |
| 12 | Paul Kovacs                  | 00:49'21 |
| 13 | Luke Cvancara                | 00:49'38 |
| 14 | Kai Meyers                   | 00:51'04 |
| 15 | Zanden McMullen              | 00:51'21 |
| 16 | Franklin Dekker              | 00:51'24 |
| 17 | Ryan Cox                     | 00:53'06 |
| 18 | Peter Hinds                  | 00:53'15 |
| 19 | Nick Jablonski               | 00:53'19 |
| 20 | Jack Consenstein             | 00:53'28 |
| 21 | Dylan Kearns                 | 00:53'41 |
| 22 | Bill Pearson                 | 00:53'53 |
| 23 | Kelemen Legate               | 00:54'22 |
| 24 | Michael Bourdukofsky         | 00:54'49 |
| 25 | Westley Dahlgren             | 00:56'15 |
| 26 | Andy Varner                  | 00:56'33 |
| 27 | Cameron Rentmeier            | 00:56'41 |
| 28 | Jeremy Weaver                | 00:56'59 |
| 29 | Rick Hansen                  | 00:57'15 |
| 30 | Thomas Nenahlo               | 00:57'19 |
| 31 | Jack Bent                    | 00:57'22 |
| 32 | Barry Benko                  | 00:58'04 |
| 33 | Sean Clapp                   | 00:58'41 |
| 34 | Matthew Rieger               | 00:58'55 |
| 35 | Dan Jirak                    | 00:59'36 |
| 36 | Ron Cheshire                 | 00:59'41 |
| 37 | Marty Byrne                  | 01:00'09 |
| 38 | Ari Gardner                  | 01:00'26 |
| 39 | Bryan Templeman              | 01:00'37 |
| 40 | Rowan Morse                  | 01:01'36 |
| 41 | Rhyss Vivian                 | 01:02'27 |
| 42 | Tony Covarrubias             | 01:03'08 |
| 43 | Neil McMullen                | 01:03'10 |

### Women

|    |                     |          |
|----|---------------------|----------|
| 1  | Annie Liotta        | 00:53'20 |
| 2  | Wendy Sailors       | 00:56'16 |
| 3  | April McAnly        | 00:56'21 |
| 4  | Karol Fink          | 00:56'28 |
| 5  | Paula Westbrook     | 00:58'17 |
| 6  | Andrea Hattan       | 00:58'32 |
| 7  | Emily Evans         | 00:58'49 |
| 8  | Susan Casey         | 01:00'00 |
| 9  | Rachel Samuelson    | 01:00'29 |
| 10 | Katie Conway        | 01:00'49 |
| 11 | Lauren Hess         | 01:01'40 |
| 12 | Holly Payne         | 01:02'06 |
| 13 | Auri Jirak          | 01:02'12 |
| 14 | Beth Virgin         | 01:02'42 |
| 15 | Annie Brownlee      | 01:02'56 |
| 16 | Carri Jones         | 01:03'03 |
| 17 | Annika Flynn        | 01:03'35 |
| 18 | Leigh Anne Bonney   | 01:03'46 |
| 19 | Lena Palmer         | 01:04'04 |
| 20 | Rachel Zafren       | 01:04'15 |
| 21 | Kay Sind            | 01:05'08 |
| 22 | Yvonne Lamoureux    | 01:07'13 |
| 23 | Noelle Coniglio     | 01:07'16 |
| 24 | Elizabeth Mans      | 01:07'32 |
| 25 | Lauran Ballesteros  | 01:07'45 |
| 26 | Charlotte Edmondson | 01:08'07 |
| 27 | Brynn Morse         | 01:09'18 |
| 28 | Rachel Kidwell      | 01:09'38 |
| 29 | Lauren Tsao-wu      | 01:10'04 |
| 30 | Karen Kirk          | 01:10'14 |
| 31 | Megan Kemp          | 01:10'45 |
| 32 | Erika Nunlist       | 01:10'47 |
| 33 | Sadie Benter        | 01:11'04 |
| 34 | Kristen Hansen      | 01:11'54 |
| 35 | Emily Veenstra      | 01:13'13 |
| 36 | Karen Hopp          | 01:13'57 |
| 37 | Gloria Reyes        | 01:14'02 |
| 38 | Mimi Allen          | 01:14'54 |
| 39 | Milca Widmer        | 01:14'57 |
| 40 | Carol Holley        | 01:15'34 |
| 41 | Linda Rao           | 01:16'39 |
| 42 | Jessica Heinrich    | 01:17'35 |
| 43 | Michelle Dickson    | 01:17'50 |

|    |                    |          |
|----|--------------------|----------|
| 44 | Jeremy Jaminet     | 01:04'24 |
| 45 | Mike Branitt       | 01:07'54 |
| 46 | Greg Atkin         | 01:10'40 |
| 47 | Paul Cvancara      | 01:11'42 |
| 48 | Tri Morse          | 01:12'05 |
| 49 | John Helie         | 01:13'04 |
| 50 | Jared Kern         | 01:13'08 |
| 51 | Jason Wright       | 01:15'14 |
| 52 | Isaak Keskula      | 01:16'41 |
| 53 | Erik Keskula       | 01:17'12 |
| 54 | Chris Dabbs        | 01:17'36 |
| 55 | Norm Johnson       | 01:18'30 |
| 56 | Henrik Keskula     | 01:19'04 |
| 57 | Christopher Wright | 01:21'57 |
| 58 | Kylar Westbrook    | 01:22'50 |
| 59 | Ernest Stolen      | 01:24'23 |
| 60 | Brandon Milne      | 01:24'50 |
| 61 | Marcus Knight      | 01:25'12 |
| 62 | Austin Dabbs       | 01:25'27 |
| 63 | George Tsao-wu     | 01:26'25 |
| 64 | Zach Austin        | 01:27'39 |
| 65 | Martin Hansen      | 01:28'23 |
| 66 | Matt Kenney        | 01:40'26 |
| 67 | Chad Resari        | 01:47'36 |
| 68 | Bill Spencer       | 01:57'39 |
| 69 | Gary Wright        | 01:58'16 |

|    |                    |          |
|----|--------------------|----------|
| 44 | Cynthia Oistad     | 01:18'04 |
| 45 | Elizabeth Saunders | 01:18'13 |
| 46 | Louise Gutch       | 01:18'32 |
| 47 | Pam Keskula        | 01:19'43 |
| 48 | Dallas Baldwin     | 01:21'30 |
| 49 | Rachel Andrews     | 01:21'36 |
| 50 | Carrie Varnell     | 01:22'49 |
| 51 | Shawna Boquist     | 01:23'16 |
| 52 | Callie Jones       | 01:23'21 |
| 53 | Trina Resari-Salao | 01:23'44 |
| 54 | Emmanuelah Chelino | 01:23'49 |
| 55 | Angie Whiting      | 01:24'14 |
| 56 | Heidi Isernhagen   | 01:24'55 |
| 57 | Lori Branin        | 01:25'00 |
| 58 | Mona Brennand      | 01:28'21 |
| 59 | Sydney Gill        | 01:30'05 |
| 60 | Emory Banker       | 01:30'08 |
| 61 | Alesya Dleynik     | 01:35'02 |
| 62 | Sue Wilkens        | 01:43'36 |
| 63 | Kaiya Carlson      | 01:53'45 |
| 64 | Megan Mckay        | 01:54'09 |