

**Red Flannel 5K**  
**(team results follow age group results)**  
**Cedar Springs**  
**9/27/2008**

**Overall male**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	1	1	111	Achrim Tillbrooke	16	18:15.33	5:53.33

**Overall female**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	20	1	118	Katie Wolfe	28	23:54.10	7:42.61

**Women 14 and Under**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	79	45	13	Ashli Middlebrook	13	52:15.26	16:51.37

**Men 15 - 19**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	3	3	110	Alex Feravich	18	18:44.97	6:02.89
2	8	8	76	Dustin Helsel	19	21:03.60	6:47.61
3	10	10	8	Colby Conklin	15	21:16.27	6:51.70
4	14	14	102	Kyle Biddlecome	16	23:00.51	7:25.33
5	18	18	4	Alec Hamner	15	23:46.36	7:40.12
6	19	19	15	Justin Herp	15	23:46.70	7:40.23

**Women 15 - 19**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	45	16	35	Taylor McIntyre	15	29:17.44	9:26.92

**Men 20 - 24**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	5	5	113	Aaron Kenemer	23	19:54.97	6:25.47
2	21	20	126	Matthew Black	20	23:59.64	7:44.40

**Women 20 - 24**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	71	37	120	Rachel Maurer	24	41:43.01	13:27.42

2	80	46	52	Lisa Scheerhorn	21	53:31.11	17:15.84
3	82	48	45	Becky Bosserd	24	53:31.59	17:16.00
4	84	49	48	Sara Scheerhorn	24	53:36.83	17:17.69

**Men 25 - 30**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	4	4	123	Ryan Watson	30	18:53.34	6:05.59
2	7	7	101	Craig Potter	26	20:36.12	6:38.75
3	9	9	114	Alan Lugo	25	21:13.32	6:50.75
4	12	12	104	Jason Foust	29	22:09.33	7:08.82
5	15	15	28	Eric Vincke	28	23:17.89	7:30.93
6	43	29	57	Scott Christie	29	28:49.70	9:17.97
7	54	32	124	James Sumner	25	30:36.53	9:52.43
8	83	35	51	Russ DeVries	27	53:36.63	17:17.62

**Women 25 - 30**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	25	2	108	Mary Fournier	30	24:57.82	8:03.17
2	28	3	116	Jen Kahler	29	25:19.29	8:10.09
3	29	4	20	Marie Henry	30	25:20.38	8:10.45
4	34	9	112	Heather Harmon	30	27:36.37	8:54.31
5	41	13	122	Kari Cain	27	28:39.89	9:14.80
6	47	17	65	Dora Marsman	30	29:20.78	9:27.99
7	49	19	11	Erin Cairy	29	29:28.14	9:30.37
8	50	20	75	Dana Olmsted	25	29:52.65	9:38.27
9	51	21	40	Tracy Salsbury	30	30:08.47	9:43.38
10	58	25	107	Colleen Rahhal	26	31:34.44	10:11.11
11	59	26	19	Lisa Skoczen	30	31:34.97	10:11.28
12	62	29	54	Rachel Proctor	25	33:51.50	10:55.32
13	66	32	23	Nikki Andreson	28	36:48.81	11:52.52
14	70	36	2	Abby Briggs	29	41:42.83	13:27.36
15	72	38	26	Sarah Herblet	29	44:18.14	14:17.46
16	76	42	44	Kimberly Warren	27	51:19.51	16:33.39
17	88	53	5	Andrea Yeifer	28	57:58.46	18:42.08
18	92	56	32	Stephanie Doxtater	25	59:29.78	19:11.54

**Men 31 - 39**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	2	2	58	Jay Bowers	38	18:37.18	6:00.38
2	23	22	63	Todd Watson	38	24:01.21	7:44.91
3	26	24	12	Jake Aho	31	25:12.72	8:07.97
4	36	26	38	Scot Middlebrook	36	27:43.57	8:56.64
5	37	27	43	Gavin Cribbs	38	27:50.03	8:58.72
6	40	28	9	Dave Cairy	35	28:35.71	9:13.45
7	52	31	29	Scott Anderson	36	30:20.98	9:47.41
8	89	36	37	Terry Marlette	32	59:26.41	19:10.45

**Women 31 - 39**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	32	7	56	Jennifer Overvoorde	32	25:56.12	8:21.97
2	33	8	14	Jenny Haywood	35	26:57.49	8:41.77
3	42	14	6	Brook Nichols	34	28:44.65	9:16.34
4	44	15	22	Michelle May	36	28:59.42	9:21.10
5	55	23	62	Erika Lake	32	30:39.85	9:53.50
6	56	24	18	Linda Lehman	39	30:40.06	9:53.57
7	64	30	31	Sondra McIntyre	39	36:03.30	11:37.84
8	67	33	106	Rhonda Bellamy	39	37:22.49	12:03.38
9	73	39	34	Tammy Quillan	36	44:18.34	14:17.53
10	77	43	49	Wendy Bender	39	51:20.04	16:33.56
11	78	44	46	Elaine Urrutia	37	51:41.53	16:40.49
12	81	47	50	Erica Bernard	33	53:31.26	17:15.89
13	85	50	16	Kimberly Simbro	37	53:39.23	17:18.46

**Men 40 - 54**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	6	6	121	Mike Batn	40	20:13.34	6:31.40
2	11	11	119	Kevin Holmes	52	21:39.86	6:59.31
3	17	17	30	Scott Hamner	40	23:45.67	7:39.89
4	24	23	61	Martin Gamsey	47	24:01.77	7:45.09
5	46	30	24	Ron McIntyre	41	29:19.34	9:27.53
6	63	34	42	Greg Ryan	41	34:52.73	11:15.07

**Women 40 - 54**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
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1	30	5	25	Ruthann Bonney	51	25:32.27	8:14.28
2	31	6	7	Chris Mabie	45	25:50.30	8:20.10
3	35	10	53	Laura Andrea	46	27:40.06	8:55.50
4	38	11	115	Lisa Helm	51	28:09.98	9:05.15
5	48	18	36	Terry Doxtater	45	29:25.80	9:29.61
6	53	22	3	Aimee Kopkau	40	30:34.11	9:51.65
7	60	27	127	Tammy Black	45	32:33.23	10:30.07
8	65	31	27	Sarah Richmond	43	36:37.30	11:48.81
9	68	34	105	Lisetta Sherman	43	38:20.82	12:22.20
10	86	51	64	Carleen Foley	41	53:39.39	17:18.51
11	87	52	41	Beth DeVries	54	57:55.48	18:41.12
12	91	55	60	Lori Ostrom	42	59:28.04	19:10.98

**Men 55 and over**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	13	13	21	Maurice Hicks	55	22:31.12	7:15.85
2	16	16	55	John Rottschafer	57	23:25.47	7:33.38
3	22	21	109	Dave Rottier	61	24:00.62	7:44.72
4	27	25	103	Jake Stockton	66	25:13.84	8:08.34
5	57	33	125	Pat Shellenbarger	58	30:44.21	9:54.91

**Women 55 and over**

<u>Place</u>	<u>Overall</u>	<u>Gender Place</u>	<u>Race #</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PPM</u>
1	39	12	33	Sue Kiel	55	28:34.96	9:13.21
2	61	28	117	Sue Wolfe	55	32:37.13	10:31.33
3	69	35	10	Denise Aho	55	39:19.42	12:41.10
4	74	40	1	Peg Middlebrook	56	48:25.61	15:37.29
5	75	41	69	Lynn Jensen	61	49:08.83	15:51.24
6	90	54	59	Beverly Hale	62	59:27.33	19:10.75

**Red Flannel 5K team results**  
**Cedar Springs**  
**9/27/2008**

**Team Name: Brieden****Team Place: 1****Team Score: 9****Total Team Time: 1:46:52.32**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
1	30	25	Ruthann Bonney	25:32.27	8:14.28
1	39	33	Sue Kiel	28:34.96	9:13.21
3	17	30	Scott Hamner	23:45.67	7:39.89
4	44	22	Michelle May	28:59.42	9:21.10
6	18	4	Alec Hamner	23:46.36	7:40.12
7	19	15	Justin Herp	23:46.70	7:40.23

**Team Name: RMT**

**Team Place: 2**

**Team Score: 10**

**Total Team Time: 1:44:45.22**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
1	32	56	Jennifer Overvoorde	25:56.12	8:21.97
2	16	55	John Rottschafer	23:25.47	7:33.38
3	35	53	Laura Andrea	27:40.06	8:55.50
4	36	38	Scot Middlebrook	27:43.57	8:56.64
5	15	28	Eric Vincke	23:17.89	7:30.93
13	62	54	Rachel Proctor	33:51.50	10:55.32

**Team Name: Curves Firecrackers 2**

**Team Place: 3**

**Team Score: 13**

**Total Team Time: 1:54:33.06**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
3	26	12	Jake Aho	25:12.72	8:07.97
3	42	6	Brook Nichols	28:44.65	9:16.34
3	69	10	Denise Aho	39:19.42	12:41.10
4	10	8	Colby Conklin	21:16.27	6:51.70
10	51	40	Tracy Salisbury	30:08.47	9:43.38

**Team Name: GAP #2**

**Team Place: 4**

**Team Score: 20**

**Total Team Time: 3:09:34.27**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
2	80	52	Lisa Scheerhorn	53:31.11	17:15.84
4	84	48	Sara Scheerhorn	53:36.83	17:17.69

6	43	57	Scott Christie	28:49.70	9:17.97
8	83	51	Russ DeVries	53:36.63	17:17.62
10	77	49	Wendy Bender	51:20.04	16:33.56
12	81	50	Erica Bernard	53:31.26	17:15.89

**Team Name: GAP #1**

**Team Place: 5**

**Team Score: 25**

**Total Team Time: 2:47:55.88**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
3	82	45	Becky Bosserd	53:31.59	17:16.00
5	37	43	Gavin Cribbs	27:50.03	8:58.72
6	63	42	Greg Ryan	34:52.73	11:15.07
11	78	46	Elaine Urrutia	51:41.53	16:40.49
17	76	44	Kimberly Warren	51:19.51	16:33.39

**Team Name: Curves Firecrackers 1**

**Team Place: 6**

**Team Score: 51**

**Total Team Time: 3:08:14.79**

<u>Score</u>	<u>Overall</u>	<u>Race #</u>	<u>Name</u>	<u>Time</u>	<u>PPM</u>
9	73	34	Tammy Quillan	44:18.34	14:17.53
11	87	41	Beth DeVries	57:55.48	18:41.12
15	70	2	Abby Briggs	41:42.83	13:27.36
16	72	26	Sarah Herblet	44:18.14	14:17.46
18	88	5	Andrea Yeifer	57:58.46	18:42.08