

Heart and Sole

Dallas, February 18, 2012



5K

Place	Name	City	Bib No	Age	Gender	Age Group	Chip Time	Gun Time
1	Gabriel Ngwiri		1468	27	M	1 Overall	15:40.00	15:40.00
2	Ray Martinez		1469	38	M	1 30-39	16:56.00	16:57.00
3	William Moore	Dallas	2131	50	M	1 Master	17:17.00	17:18.00
4	Nicholas Andrade	San Antonio	2793	28	M	1 20-29	18:25.00	18:26.00
5	Jarrod Maddox	Carrollton	2106	28	M	2 20-29	19:04.00	19:09.00
6	Sal Mancini		1473	32	M	2 30-39	19:19.00	19:25.00
7	Wayne Davis	Flower Mound	1430	45	M	1 40-49	19:25.00	19:28.00
8	Roman Velasquez		2265	38	M	3 30-39	19:35.00	19:37.00
9	Magaly Soto		1467	35	F	1 Overall	19:41.00	19:44.00
10	T. Frame	Dallas	2257	39	M	4 30-39	19:49.00	19:55.00
11	John Thompson	Dallas	2425	42	M	2 40-49	20:34.00	20:34.00
12	Mark Jenkins	Rockwall	1698	31	M	5 30-39	21:24.00	21:33.00
13	Raul Torres	Dallas	2249	31	M	6 30-39	21:26.00	21:27.00
14	Dane Fergusson	Dallas	2187	50	M	1 50-59	21:31.00	21:31.00
15	David Ramsey	Plano	2118	46	M	3 40-49	21:33.00	21:34.00
16	Drew Houghton	Oklahoma City OK	1556	42	M	4 40-49	21:51.00	21:57.00
17	Sam Elmer	Flower Mound	2258	18	M	1 15-19	21:52.00	21:59.00
18	Chad Collum	Kemp	2241	23	M	3 20-29	22:05.00	22:17.00
19	Scott Dance	Coppell	2180	19	M	2 15-19	22:16.00	22:22.00
20	Chung Pham	Dallas	1652	42	M	5 40-49	22:20.00	22:25.00
21	Amby Bindra	Dallas	2395	36	M	7 30-39	22:25.00	22:31.00
22	Rick Clement	Garland	2188	52	M	2 50-59	22:28.00	22:30.00
23	Patrick Fowler	Dallas	2619	29	M	4 20-29	22:44.00	22:46.00

24	Eric Reisdorf	Dallas	2206	36	M	8 30-39	22:56.00	23:01.00
25	Dirk Dillam		2855	29	M	5 20-29	22:59.00	23:20.00
26	Robert Haworth	Dallas	1756	50	M	3 50-59	23:04.00	23:08.00
27	Jeff Owen		1472	18	M	3 15-19	23:07.00	23:14.00
28	Maria Moore	Plano	2130	51	F	1 Master	23:21.00	23:40.00
29	Bill Shirley	Dallas	1651	68	M	1 60-69	23:26.00	23:27.00
30	Kari Nostbakken	Dallas	1788	37	F	1 30-39	23:29.00	23:35.00
31	Chad Crozier	Dallas	2133	31	M	9 30-39	23:38.00	23:49.00
32	James Butterfield	Coppell	1452	15	M	4 15-19	23:47.00	23:51.00
33	Miranda Carrillo	Dallas	1795	23	F	1 20-29	23:53.00	23:56.00
34	Matthew Weidman	Coppell	2182	18	M	5 15-19	23:55.00	24:02.00
35	Christin Lavery	Dallas	2834	28	F	2 20-29	23:58.00	24:00.00
36	Linda Kelly	Dallas	2828	60	F	1 60-69	24:14.00	24:15.00
37	John Schwinger	The Colony	2153	27	M	6 20-29	24:14.00	24:22.00
38	Daphne Volle	Dallas	2396	40	F	1 40-49	24:17.00	24:23.00
39	Eric Canada	Richardson	2159	39	M	10 30-39	24:32.00	24:45.00
40	Ashley Pride	Dallas	2664	34	F	2 30-39	24:36.00	24:38.00
41	Jennifer Kinzel	Richardson	2116	28	F	3 20-29	24:40.00	24:46.00
42	Hector Garcia	Arlington	2222	13	M	1 1-14	24:53.00	25:13.00
43	Lisa Hyne	Carrollton	2678	37	F	3 30-39	24:55.00	24:59.00
44	Richard Sporn	Dallas	2638	48	M	6 40-49	24:57.00	25:00.00
45	Renny Dillinger	Dallas	1705	27	M	7 20-29	25:08.00	25:14.00
46	Anthony Aguilar	Mesquite	2166	39	M	11 30-39	25:09.00	25:22.00
47	Kelly Garrison	Plano	2406	29	F	4 20-29	25:13.00	25:25.00
48	Brian Brown	Dallas	2633	44	M	7 40-49	25:16.00	25:18.00
49	Jessica Hammons	Dallas	2196	33	F	4 30-39	25:21.00	25:30.00
50	Monica Alston	Richardson	1575	18	F	1 15-19	25:23.00	25:24.00
51	Joey Ramos	Carrollton	2117	32	M	12 30-39	25:35.00	25:46.00
52	Melissa Watts	Homer LA	2195	37	F	5 30-39	25:38.00	25:47.00
53	John Duessel	Dallas	2197	46	M	8 40-49	25:40.00	25:45.00
54	Ken Ashby	Dallas	2829	59	M	4 50-59	25:41.00	25:43.00
55	Beverly Perry	Amarillo	2254	44	F	2 40-49	26:03.00	26:16.00
56	Brian Smith		1474	31	M	13 30-39	26:08.00	26:19.00
57	Jennifer Collum	Kemp	2240	22	F	5 20-29	26:13.00	26:25.00
58	Guennael Delorme	Plano	2138	37	M	14 30-39	26:15.00	26:56.00

59	Carol Anne Taylor	Dallas	2177	46	F	3 40-49	26:18.00	26:21.00
60	Avery Moore	Dallas	1689	7	F	1 1-14	26:27.00	26:32.00
61	Stephanie Moore	Dallas	2264	38	F	6 30-39	26:28.00	26:34.00
62	Matt Thatcher	Dallas	1796	23	M	8 20-29	26:31.00	26:34.00
63	Tammy Abide	Dallas	2801	48	F	4 40-49	26:37.00	27:02.00
64	Raymond Harris	Dallas	2803	56	M	5 50-59	26:37.00	27:02.00
65	Gary C Jones	Terrell	1585	57	M	6 50-59	26:42.00	27:05.00
66	Edna Turner	Farmers Branch	1580	54	F	1 50-59	26:46.00	26:50.00
67	David Barthold	Dallas	2375	50	M	7 50-59	26:56.00	27:03.00
68	Rachel Teator	Dallas	1706	23	F	6 20-29	27:50.00	27:55.00
69	Ruth Butterfield	Coppell	1451	46	F	5 40-49	27:57.00	28:03.00
70	Tim Pugliese	Dallas	2840	28	M	9 20-29	27:57.00	28:17.00
71	Morgan Bodde	Wichita Falls	2261	6	F	2 1-14	27:59.00	28:41.00
72	John Schatz	Rockwall	2220	48	M	9 40-49	28:06.00	28:17.00
73	Sherri Reinert	Frisco	2409	52	F	2 50-59	28:06.00	28:18.00
74	Kimberly Romero	Sachse	2256	9	F	3 1-14	28:16.00	28:23.00
75	Camille Penniman	Coppell	1444	34	F	7 30-39	28:19.00	28:23.00
76	Elizabeth Fraley	Dallas	2838	48	F	6 40-49	28:26.00	28:42.00
77	Sheri Crosby	Mesquite	2246	36	F	8 30-39	28:30.00	28:39.00
78	Julian Mensah		2266	26	M	10 20-29	28:40.00	28:43.00
79	Michael Brockman	Dallas	2141	35	M	15 30-39	28:44.00	29:02.00
80	Catherine Blazek	Coppell	1443	35	F	9 30-39	29:05.00	29:10.00
81	Tony Collum	Kemp	2234	50	M	8 50-59	29:06.00	29:20.00
82	Tony Bentancourt	Garland	1692	45	M	10 40-49	29:13.00	29:34.00
83	Jeff Camp	Lewisville	2139	46	M	11 40-49	29:31.00	29:39.00
84	Marshelle Meeks	Hickory Creek	1439	43	F	7 40-49	29:32.00	29:47.00
85	Justin Meeks	Hickory Creek	1436	9	M	2 1-14	29:33.00	29:47.00
86	Mark Weidner	Richardson	2151	46	M	12 40-49	29:51.00	29:57.00
87	Monte Thornburg	Farmers Branch	2374	30	M	16 30-39	29:58.00	30:18.00
88	Randi Rice	Nevada	1460	26	F	7 20-29	29:59.00	30:08.00
89	Joseph Ward	Little Elm	2176	35	M	17 30-39	29:59.00	30:09.00
90	Gerald Bodde	Wichita Falls	2260	43	M	13 40-49	30:02.00	30:44.00
91	Zelda Saxton	Dallas	2416	47	F	8 40-49	30:15.00	30:39.00
92	Kevin Newberry		1463	47	M	14 40-49	30:18.00	30:28.00
93	Amanda Carrillo	Cedar Hill	2129	32	F	10 30-39	30:18.00	30:47.00

94	Gilbert Ramirez	Richardson	2128	39	M	18 30-39	30:19.00	30:47.00
95	Clay Phillips	Dallas	2848	31	M	19 30-39	30:21.00	30:31.00
96	Bryan Lundell	Garland	1704	34	M	20 30-39	30:24.00	30:43.00
97	Dennis McNamara	Kerrville	2247	73	M	1 70-99	30:47.00	30:53.00
98	Susan Peck	Dallas	2673	45	F	9 40-49	30:54.00	31:04.00
99	Chase Barber	Irving	2179	29	M	11 20-29	30:54.00	31:12.00
100	Devon Sharp	Dallas	2823	30	F	11 30-39	31:08.00	31:11.00

Place	Name	City	Bib No	Age	Gender	Age Group	Chip Time	Gun Time
101	Monica Reyes	Garland	2135	34	F	12 30-39	31:12.00	31:15.00
102	George Marcum	Dallas	2790	44	M	15 40-49	31:16.00	31:31.00
103	Steve Hennessy	Carrollton	2791	45	M	16 40-49	31:16.00	31:31.00
104	Karl Meeks	Hickory Creek	1438	41	M	17 40-49	31:22.00	31:40.00
105	Michelle Chen	Plano	2158	34	F	13 30-39	31:39.00	31:52.00
106	Lindsey Wade	Fort Worth	1600	28	F	8 20-29	31:44.00	31:46.00
107	Shery Han	Allen	2160	40	F	10 40-49	31:51.00	32:05.00
108	Jennifer Coffee	Dallas	2792	28	F	9 20-29	31:53.00	31:57.00
109	Jack Kettles	Dallas	2333	14	M	3 1-14	31:53.00	31:59.00
110	Mariel Pohlman	Addison	2210	23	F	11 20-29	31:53.00	32:04.00
111	Jessica Craig	Addison	2209	22	F	10 20-29	31:53.00	32:04.00
112	Joseph Vanhook	Dallas	2213	23	M	12 20-29	31:53.00	32:04.00
113	Lucy Lozano	Garland	2147	33	F	14 30-39	31:54.00	32:03.00
114	Brian Stout	Terrell	2169	42	M	18 40-49	31:58.00	32:10.00
115	Julie Tower	Lucas	2172	27	F	12 20-29	31:58.00	32:16.00
116	Jennifer Ayers	Dallas	1564	29	F	13 20-29	31:59.00	32:15.00
117	Timothy Clark	Dallas	2421	34	M	21 30-39	32:03.00	32:22.00
118	Melissa Marek	Dallas	2420	31	F	15 30-39	32:03.00	32:22.00
119	Ella Parker	Allendale MI	2175	50	F	3 50-59	32:10.00	32:13.00
120	Holly Kerr	Dallas	2403	56	F	4 50-59	32:13.00	32:39.00
121	Gilberto Lopez	Dallas	2259	29	M	13 20-29	32:16.00	32:36.00
122	Keith Ransfer	Garland	2107	43	M	19 40-49	32:21.00	32:29.00
123	Stephanie Thompson	Plano	2114	25	F	14 20-29	32:44.00	32:56.00
124	Jim Klenke	Terrell	2170	47	M	20 40-49	32:51.00	33:05.00
125	Claudia Morrow	Murphy	1694	38	F	16 30-39	32:56.00	33:16.00
126	Laurie Lunceford	Waxahachie	2233	46	F	11 40-49	33:04.00	33:08.00

127	Lisa Carpenter	Dallas	2417	37	F	17 30-39	33:13.00	33:38.00
128	Casey Chavez Bragg	Dallas	2104	39	M	22 30-39	33:13.00	35:17.00
129	Jessica Chavez Bragg	Dallas	2103	38	F	18 30-39	33:13.00	35:17.00
130	Sharon Kowalsky	Dallas	2700	39	F	19 30-39	33:14.00	33:23.00
131	Mark Bell	Parker	2112	60	M	2 60-69	33:31.00	33:45.00
132	Ryann Hodges	Dallas	2229	25	F	15 20-29	33:33.00	33:45.00
133	Monica White Eagle	Dallas	2228	26	F	16 20-29	33:34.00	33:46.00
134	Kimberly Griffin	Frisco	2407	41	F	12 40-49	33:37.00	33:50.00
135	Adriana Estrada	Garland	2148	34	F	20 30-39	33:51.00	33:59.00
136	Julie Thomas	Garland	1693	42	F	13 40-49	33:54.00	34:14.00
137	Noelle Benzinger	Dallas	2201	33	F	21 30-39	34:06.00	34:22.00
138	Amanda Camp	Lewisville	2140	46	F	14 40-49	34:28.00	34:35.00
139	Theresa Ritter	Dallas	1709	34	F	22 30-39	34:39.00	34:57.00
140	Carlos Polanco	Denton	1445	40	M	21 40-49	34:48.00	34:51.00
141	Larry Martin	Dallas	2320	75	M	2 70-99	34:59.00	35:10.00
142	Annie Frank	Fort Worth	1594	28	F	17 20-29	35:12.00	35:30.00
143	April Cash	Dallas	1667	42	F	15 40-49	35:17.00	35:35.00
144	Akilah Wilson	Plano	2163	34	F	23 30-39	35:17.00	35:37.00
145	Leah Barber	Irving	2178	27	F	18 20-29	35:26.00	35:43.00
146	Madeline Livingston	Quinlan	2181	28	F	19 20-29	35:31.00	36:00.00
147	Erin Turley	Dallas	1582	45	F	16 40-49	35:33.00	35:50.00
148	Kit Darling	Richardson	2204	27	F	20 20-29	35:36.00	35:53.00
149	Michael Darling	Richardson	2203	26	M	14 20-29	35:37.00	35:53.00
150	Sara Herrlein	Dallas	1697	45	F	17 40-49	35:48.00	36:08.00
151	Laura Duffney		1465	21	F	21 20-29	35:56.00	35:57.00
152	Belen Maclas		1466	30	F	24 30-39	36:04.00	36:18.00
153	Meredith Cain	Garland	2136	27	F	22 20-29	36:12.00	36:24.00
154	William Knell	Savannah	2127	35	M	23 30-39	36:17.00	36:33.00
155	Ashley Knell	Savannah	2126	34	F	25 30-39	36:17.00	36:33.00
156	Janna Morris		1470	30	F	26 30-39	36:17.00	36:48.00
157	Tom Tolleson	Mesquite	1664	31	M	24 30-39	36:18.00	36:48.00
158	Marcus Caballero	Irving	2165	47	M	22 40-49	36:21.00	36:38.00
159	Sophie Kettles	Dallas	2332	11	F	4 1-14	36:23.00	36:36.00
160	Michele Kettles	Dallas	2335	47	F	18 40-49	36:24.00	36:36.00
161	Dawn Hanstad	Royse City	1757	45	F	19 40-49	36:26.00	36:35.00

162	Laura Herrera	Arlington	2221	32	F	27 30-39	36:43.00	37:03.00
163	Rosa Gonzalez	Grand Prairie	1685	35	F	28 30-39	36:47.00	37:09.00
164	Mandy Wiggins	Dallas	2137	35	F	29 30-39	37:03.00	37:25.00
165	Deanna Gray	Dallas	2418	42	F	20 40-49	37:06.00	37:31.00
166	Charles Key	Dallas	1640	80	M	3 70-99	37:41.00	37:42.00
167	Chris Hamilton	Celina	2173	41	F	21 40-49	37:48.00	38:04.00
168	Stanton Laraway	Allen	1587	65	M	3 60-69	37:59.00	38:28.00
169	Mandy Geyer	Dallas	2813	26	F	23 20-29	38:20.00	38:37.00
170	Sherryl Dieckman	Scurry	2606	49	F	22 40-49	38:29.00	38:51.00
171	Brenda Ferrell	Lewisville	2408	64	F	2 60-69	39:10.00	39:22.00
172	Becky Bentancourt	Garland	1691	39	F	30 30-39	39:16.00	39:35.00
173	Dawn Reaka	Lewisville	1590	52	F	5 50-59	39:52.00	40:18.00
174	Autumn Reaka		1464	24	F	24 20-29	39:52.00	40:18.00
175	Brooke Pompa	Mckinney	2219	29	F	25 20-29	40:42.00	41:06.00
176	Julia King	Dallas	2321	55	F	6 50-59	40:47.00	41:21.00
177	Bettye Haynes	Garland	2251	74	F	1 70-99	41:03.00	41:16.00
178	Christy Bell	Dallas	2156	25	F	26 20-29	41:15.00	41:20.00
179	Mason Meeks	Hickory Creek	1437	11	M	4 1-14	41:37.00	41:54.00
180	Lois Kowalsky	Dallas	2802	66	F	3 60-69	42:00.00	42:10.00
181	Ralph Hendrickson	Garland	2200	51	M	9 50-59	42:16.00	42:30.00
182	Cheryl Ayers	Dallas	2111	56	F	7 50-59	42:48.00	43:40.00
183	Tom Ayers	Dallas	2110	56	M	10 50-59	42:50.00	43:41.00
184	Fiorella Polifroni	Dallas	2844	41	F	23 40-49	43:24.00	43:47.00
185	Thomas Marek	Dallas	2846	43	M	23 40-49	43:25.00	43:47.00
186	Myrtle Bowles-Scott	Irving	1450	40	F	24 40-49	43:29.00	44:01.00
187	Telisa Schelin	Dallas	1569	39	F	31 30-39	43:36.00	44:11.00
188	Theresa Hammond	Little Elm	2235	37	F	32 30-39	43:38.00	44:03.00
189	Shoaib Hasan	Irving	2217	42	M	24 40-49	43:46.00	45:03.00
190	Kelly Hinkle	Plano	1674	50	F	8 50-59	43:53.00	43:55.00
191	Jennifer Velasquez	Dallas	2171	30	F	33 30-39	44:00.00	44:14.00
192	Nelvin Love	Arlington	2183	27	M	15 20-29	44:39.00	45:10.00
193	Lilia Villagran	Grapevine	2145	36	F	34 30-39	44:56.00	45:04.00
194	Javier Alonzo	Arlington	2202	44	M	25 40-49	45:10.00	45:41.00
195	Irma Watson	Carrollton	2218	58	F	10 50-59	45:54.00	46:18.00
196	Carol Moore	Irving	2214	52	F	9 50-59	45:54.00	46:18.00

197	Krista Giggy	Dallas	2167	32	F	35 30-39	46:22.00	46:52.00
198	Dunia Salguero	Keller	1596	41	F	26 40-49	46:34.00	46:49.00
199	Susan Leyva	Keller	1595	42	F	25 40-49	46:34.00	46:49.00
200	Heather Kanny	Dallas	2837	28	F	27 20-29	47:48.00	48:08.00
Place	Name	City	Bib No	Age	Gender	Age Group	Chip Time	Gun Time
201	Katie Fraley	Dallas	2839	10	F	5 1-14	47:49.00	48:05.00
202	Sarah Brown	Rowlett	2262	26	F	28 20-29	48:37.00	49:10.00
203	Rexanne Mattei	Rowlett	2263	58	F	11 50-59	48:38.00	49:11.00
204	Margie Cummings	Dallas	1753	61	F	4 60-69	49:54.00	50:21.00
205	Diane Evans	Dallas	2816	45	F	27 40-49	50:14.00	50:19.00
206	Esgar Saucedo	Dallas	2211	26	M	16 20-29	52:37.00	52:59.00
207	Marisol Maldonado	Cedar Hill	2212	33	F	36 30-39	52:38.00	52:58.00
208	Linda Hale	Dallas	2242	55	F	12 50-59	52:56.00	53:18.00
209	Jeanette Laraway	Dallas	1586	35	F	37 30-39	52:59.00	53:28.00
210	Alida Laraway	Allen	1588	63	F	5 60-69	53:00.00	53:29.00
211	Karen Kowalske	Dallas	2309	29	F	29 20-29	53:55.00	54:45.00
212	Donna Zimmerman	Dallas	2310	65	F	6 60-69	54:21.00	54:46.00
213	Mary Alrawwad	Addison	1576	46	F	28 40-49	54:27.00	54:52.00
214	Eric Finley	Dallas	2226	24	M	17 20-29	55:10.00	55:10.00
215	David Finley	Dallas	2227	32	M	25 30-39	55:10.00	55:10.00
216	Steffanie James		1471	33	F	38 30-39	56:59.00	57:28.00
217	Glynis Caldwell	Lancaster	2223	39	F	39 30-39	1:04:27.00	1:04:43.00
218	Demetris Bowers	Lancaster	2224	38	F	40 30-39	1:04:37.00	1:04:53.00