

# American Heroes Race 5K

Arlington, May 28, 2007

Results by It's About TIME Race Management

## Top Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Koestler,Britt	16:09.7	5:12	1	1

## Top Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Eusery,Angela	21:13.5	6:50	14	1

## Top Male Master

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Rodriguez,Manuel	20:02.5	6:27	9	9

## Top Female Master

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Ramirez,Monica	21:55.6	7:03	21	3

## Top Male Senior Master

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Diaz,Frank	24:27.7	7:52	53	42

## Top Female Senior Master

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Estes,Wanda	35:11.8	11:20	193	77

## No age Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Porter,Kirk	22:32.7	7:15	28	23
2	Porter,Jack	25:15.2	8:08	61	50
3	Fulton,Greg	28:06.0	9:03	102	72
4	Vas Alstyae,Phil	30:42.8	9:53	130	88
5	Merriman,Bryce	39:44.5	12:47	223	127
6	Mitchell,Chris	45:58.2	14:48	248	137
7	Mcbride,Daniel	48:37.4	15:39	254	139

8	Merriman,Matthew	59:30.7	19:09	281	149
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No age Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Maree,Tami	26:32.3	8:33	81	23
2	Griffith,Amy	31:09.5	10:02	135	45
3	Kensing,Alisha	34:44.6	11:11	185	71
4	Noll,Mandy	34:46.3	11:12	186	72
5	Kensing,Lisa	41:15.9	13:17	230	99
6	Wier,Cindy	45:13.9	14:33	241	108
7	Mccraw,Linda	1:00:34.7	19:30	282	133

No age Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Crawford,Terry	22:54.5	7:22	33	27
2	Bugg,Nathan	23:32.9	7:35	37	31
3	Strueby,Tim	23:39.5	7:37	39	33
4	Tooley,Eric	25:06.0	8:05	60	49
5	Watson,Rob	32:15.0	10:23	154	97
6	Pilcher,Russell	1:04:19.5	20:42	285	150
7	Webster,Steve	1:21:22.8	26:1 2	289	152

No age Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Gonzalez,Lorena	35:55.5	11:34	199	83
2	Ryan,Tiffany	1:12:59.8	23:30	288	137

Age Unknown - Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Gardner,Brandon	52:58.6	17:03	269	144

1-8 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Blankenship,Jonathan	45:14.4	14:34	242	134
2	Moore,Nicholas	45:34.5	14:40	245	135
3	Kimberling,Brant	49:17.5	15:52	258	141
4	Moon,Nathan	53:30.1	17:13	271	145

### 9-10 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Dunson,Ryan	39:59.9	12:52	227	130
2	Merriman,Matthew	59:30.7	19:09	280	148

### 11-12 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Ruhde,London	28:50.4	9:17	109	78
2	Gutierrez,Adrian	33:03.1	10:38	169	108
3	Merriman,Brice	39:44.5	12:47	222	126

### 13-14 Male

Place	Overall Name	Overall Time	Pace	Place	by Sex
1	Brown,Cody	20:05.2	6:28	10	10
2	Conoley,Chris	24:56.3	8:02	57	46
3	Rosales,Basilio	25:04.3	8:04	59	48
4	Ashley,Samuel	28:20.3	9:07	104	74
5	Kimball,Kolton	33:02.1	10:38	168	107
6	Jones,Gary	42:40.3	13:44	234	132

### 15-19 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Brewer,Will	17:28.0	5:37	2	2
2	Skeed,Brandon	17:52.5	5:45	3	3
3	Kotar,Keith	18:09.4	5:51	4	4
4	Yarbrough,Tyler	19:54.0	6:24	8	8
5	Ruhde,Logan	20:35.2	6:38	12	12
6	Callahan,Cody	22:05.6	7:07	23	19
7	Callahan,Cody	22:05.6	7:07	24	20
8	Fedorko,Zachary	30:26.4	9:48	123	84
9	Feddrko,Zachary	30:26.4	9:48	124	85
10	Panzino,Austin	32:06.5	10:20	152	96

### 20-24 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Curran,Brandon	21:06.3	6:48	13	13
2	Stanbery,Logan	22:27.7	7:14	26	21
3	Tolerance,Ben	22:55.0	7:23	34	28
4	Carroll,Charles	27:00.4	8:42	90	64
5	Cowser,Scott	27:24.7	8:49	97	69

6	Reyna,Anthony	27:57.4	9:00	100	71
7	Alcala,John	32:43.8	10:32	159	102

#### 25-29 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Rojas,Remberto	18:29.8	5:57	5	5
2	Prior,Andy	20:25.7	6:35	11	11
3	Hamilton,Chris	21:30.6	6:55	17	15
4	Wollscheild,Joseph	21:51.9	7:02	19	17
5	Cheek,Jeremy	22:43.1	7:19	31	25
6	Gowens,Jared	23:16.4	7:29	36	30
7	ONeal,Kyle	24:11.0	7:47	36	
8	Dahlin,Timothy	24:32.9	7:54	54	43
9	Murphy,Brandon	25:38.4	8:15	64	51
10	Homiller,Don	26:03.7	8:23	73	55
11	Jackson,Chris	26:13.2	8:26	75	57
12	Christmas Iii,Chris	26:58.0	8:41	89	63
13	Konlande,Matt	29:02.7	9:21	113	81
14	Henderson,Aaron	31:13.0	10:03	137	92
15	Mendez,Rigo	32:21.5	10:25	156	99
16	Mitchell,Chris	34:53.8	11:14	190	116
17	Griffith,Michael	36:01.1	11:36	200	117

#### 30-34 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Shiver,Seth	18:56.8	6:06	6	6
2	Danner,Sidney	19:53.4	6:24	7	7
3	Santana,Brandon	21:52.8	7:03	20	18
4	Roskop,Lee	22:55.2	7:23	35	29
5	Winkles,Jason	23:36.9	7:36	38	32
6	Rodriguez,Jose	23:57.4	7:43	41	34
7	Greenlund,Justin	24:06.8	7:46	42	35
8	Riggins,Todd	26:36.6	8:34	83	60
9	Gonzalez,Cesar	27:02.3	8:42	91	65
10	Turley,Mike	28:12.7	9:05	103	73
11	Klice,Leroy	28:41.9	9:14	108	77
12	Stanford,Dan	29:49.1	9:36	117	82
13	Van Alstyne,Phil	30:42.8	9:53	129	87
14	Koenig,Scott	30:57.3	9:58	132	90
15	Bartley,Wayne	32:31.0	10:28	157	100
16	Blankenship,Jon	32:47.4	10:33	162	105
17	Brooks,Alex	32:59.7	10:37	166	106
18	Beisner,Joe	34:02.0	10:57	176	111
19	Hale,Keith	34:50.1	11:13	188	115

20	Mullinix,Shane	37:05.3	11:56	203	118
21	Krueger,Bill	40:55.6	13:10	229	131
22	Miller,Chad	49:15.6	15:51	257	140
23	McGhee,Jason	55:39.5	17:55	273	146

#### 35-39 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Rogers,Michael	22:53.6	7:22	32	26
2	Greland,Lavrent	24:17.5	7:49	47	37
3	Liguez,Lance	24:21.9	7:51	50	39
4	Chemon,Lance	24:24.7	7:51	51	40
5	Nodado,Arnell	25:39.1	8:15	65	52
6	Isbell,Danny	26:31.7	8:32	80	58
7	Johnson,Charles	26:41.4	8:35	84	61
8	Roe,Jt	26:41.6	8:35	85	62
9	Lowe,Walter	27:22.0	8:48	95	67
10	Allen,John	27:24.2	8:49	96	68
11	Kiminh,Luc	28:28.5	9:10	106	76
12	Pockrus,Mike	30:54.9	9:57	131	89
13	Joshi,Amit	31:13.1	10:03	138	93
14	Broom,Eddie	32:44.9	10 :32	160	103
15	Lilly,Jason	34:28.1	11:06	181	113
16	Lacy,Michael	59:17.3	19:05	277	147

#### 40-44 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Gauger,Joey	21:31.0	6:56	18	16
2	Shapley,Greg	22:31.6	7:15	27	22
3	Wong,Chad	22:39.7	7:18	29	24
4	Garay,David	25:43.2	8:17	67	53
5	Lauer,Carl	25:56.9	8:21	70	54
6	Uncovsky,Peter	26:07.5	8:25	74	56
7	Come,Thad	27:36.5	8:53	98	70
8	Chemon,David	31:42.3	10:12	148	94
9	Knowles,Bryan	33:36.8	10:49	175	110
10	Taylor,Blane	34:16.2	11:02	179	112
11	Coleman,Kyle	38:01.4	12:14	211	120
12	Berck,Chuck	39:13.6	12:38	218	124
13	Fedorko,John	39:37.2	12:45	220	125
14	Roberts,Charles	49:34.9	15:57	259	142
15	Radke,Alex	21:23	287	151	

#### 45-49 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Bobby,Atchley	24:25.9	7:52	52	41
2	Damon,Phil	24:41.3	7:57	55	44
3	Thompson,Phillip	26:34.4	8:33	82	59
4	Riley,Brian	38:32.4	12:24	215	123
5	Ramirez,Louie	45:12.4	14:33	240	133
6	Moore,Mark	45:35.1	14:40	246	136
7	Lebeau,Steve	48:16.4	15:32	253	138

#### 50-54 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Moreno,Tony	21:28.3	6:55	16	14
2	Weissenborn,Charles	24:21.5	7:50	49	38
3	Weller,Steve	27:13.3	8:46	94	66
4	Hathorn,Tom	28:25.2	9:09	105	75
5	Valdez,Roberto	28:54.6	9:18	110	79
6	Jenkins,Larry	28:56.3	9:19	111	80
7	Lodics,Ernie	32:35.0	10:29	158	101
8	Fedorko,Steve	34:29.7	11:06	182	114
9	Manns,Gary	50:32.0	16:16	262	143

#### 55-59 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Brumer,Joe	30:00.4	9:39	119	83
2	Smith,Dennis	30:40.0	9:52	128	86
3	Johnson,Mark	31:12.4	10:03	136	91
4	Mize,Stewart	32:20.2	10:24	155	98
5	Willhelm,Gary	32:45.2	10:33	161	104
6	Valk,Don	33:11.2	10:41	171	109
7	Hammer,Dave	37:25 .9	12:03	208	119

#### 60-64 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Landrum,Curt	39:46.5	12:48	224	128

#### 65-69 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Wright,Robert	25:00.9	8:03	58	47
2	Skaer,Bob	38:29.2	12:23	214	122

3	Vincent,Al	39:50.7	12:49	226	129
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#### 70-74 Male

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Snitz,Barney	24:45.9	7:58	56	45
2	Tracy,Charles	31:46.6	10:14	149	95
3	Mills,Carl	38:29.0	12:23	213	121

#### 1-8 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Jacobs,Erin	26:27.6	8:31	78	21
2	Rodriguez,Haley	29:19.4	9:26	115	34
3	Stone,Kayler	37:06.1	11:57	204	86
4	Blankenship,Alyssa	45:15.0	14:34	243	109

#### 9-10 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Shabay,Cassidy	28:01.3	9:01	101	30
2	Kimberling,Haley	44:03.3	14:11	236	104
3	Sanders,Shacarla	52:12.4	16:48	266	123

#### 11-12 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Bohn,Kara	25:55.9	8:21	69	16
2	Bach,Michelle	26:20.4	8:29	77	20
3	Rogers,Taylor	28:30.6	9:11	107	31
4	Petkovich,Jett	31:39.0	10:11	145	52
5	Rogers,Chloe	34:44.1	11:11	184	70
6	Diaz,Veronica	44:03.9	14:11	237	105
7	Porter,Ciara	52:09.7	16:47	265	122
8	Blankenship,Danielle	59:30.6	19:09	279	132

#### 13-14 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Parker,Adrienne	32:05.9	10:20	151	56
2	Broom,Skylar	36:04.8	11:37	201	84

### 15-19 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Johnson,Julia	22:01.1	7:05	22	4
2	Ramstad,Dana	22:41.9	7:18	30	6
3	Lopez,Indira	23:54.2	7:42	40	7
4	Boch,Sara	24:10.5	7:47	44	9
5	Frady,Charis	25:50.9	8:19	68	15

### 20-24 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Alexander,Elsinore	22:12.3	7:09	25	5
2	Ramirez,Dominica	24:20.5	7:50	48	11
3	Armstrong,Amy	29:07.2	9:22	114	33
4	May,Ashley	33:13.3	10:42	172	63
5	Cheek,Jerri	35:23.4	11:23	195	79
6	Medel,Sabrina	38:28.3	12:23	212	92
7	Fryman,Samantha	55:54.3	18:00	274	128

### 25-29 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Chemon,Tanya	25:31.7	8:13	63	13
2	Morgan,Marta	26:51.4	8:39	88	26
3	Hall,Jill	27:12.0	8:45	93	28
4	Abelson,Rachel	29:55.8	9:38	118	36
5	Wright,Jeanna	30:32.4	9:50	125	40
6	Tomanczak,Candice	31:23.3	10:06	141	48
7	Hamilton,Angelique	31:49.0	10:14	150	55
8	Ortiz,Lilian	32:59.1	10:37	165	60
9	Martinez,Samantha	35:19.7	11:22	194	78
10	Oredson,Tracy	35:40.7	11:29	197	81
11	Coleman,Karissa	38:34.4	12:25	216	93
12	Valiga,Lesley	39:19.9	12:40	219	95
13	Klice,Natalie	58:03.5	18:41	275	129

### 30-34 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Hager,Hilda	24:07.8	7:46	43	8
2	Bartnicki,Teresa	26:50.1	8:38	87	25
3	Christmas,Tiffany	27:56.2	8:59	99	29
4	Gosiewski,Eleanor	31:24.8	10:07	143	50
5	Gowens,Betsy	32:49.5	10:34	163	58

6	Arttus,Tifany	33:33.7	10:48	174	65
7	Whipple,Tammie	35:41.3	11:29	198	82
8	Krueger,Beth	37:52.7	12:12	209	90
9	Keith,Sherry	39:48.7	12:49	225	97
10	Davis,Mindy	41:34.4	13:23	231	100
11	Blankenship,Kathleen	45:15.2	14:34	244	110
12	Shannon,Jennipher	46:02.7	14:49	249	112
13	Miller,Shannon	50:57.4	16:24	263	120
14	Phillips,Teresa	52:06.0	16:46	264	121
15	Mccalib,April	58:03.7	18:41	276	130
16	Lacy,Alison	59:17.4	19:05	278	131

### 35-39 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Cone,Karen	21:15.9	6:51	15	2
2	Gutierrez,Maria	26:02.6	8:23	72	18
3	Pockrus,Hera	26:18.3	8:28	76	19
4	Ansley,Stacey	26:47.5	8:37	86	24
5	Norman,Terrie	30:23.7	9:47	122	39
6	Myers,Cristi	30:59.3	9:58	133	43
7	Rogers,Lana	31:06.4	10:01	134	44
8	Curry,Audra	31:23.1	10:06	140	47
9	Christensen,Holly	31:24.7	10:07	142	49
10	James,Jodi	31:41.0	10:12	146	53
11	Chemon,Erin	31:42.1	10:12	147	54
12	Hetzel,Cece	32:49.8	10:34	164	59
13	Giles,Sundee	33:03.9	10:39	62	
14	Foster,Meredith	33:22.4	10:44	173	64
15	Detrick,Leslie	34:13.2	11:01	178	67
16	Kays,Gina	34:48.8	11:12	187	73
17	Hale,Lynne	34:50.5	11:13	189	74
18	Peters,Dixie	35:05.3	11:18	192	76
19	Owens,Beth	35:26.9	11:25	196	80
20	Heaslet,Sandra	37:22.4	12:02	206	88
21	Nutt,Thelissa	39:01.1	12:33	217	94
22	Burton,Jill	39:41.1	12:46	221	96
23	Hutches,Kris	46:14.3	14:53	250	113
24	Anderson,Dawn	46:16.6	14:54	251	114
25	Mcperson,Beth	46:36.9	15:00	252	115
26	Fisher,Catherine	50:08.6	16:08	261	119
27	Isbell,Gina	52:52.5	17:01	268	125
28	Coleman,Donna	1:02:08.7	20:00	283	134
29	Anderson,Dawn	1:02:52.3	20:14	284	135

#### 40-44 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Sherri Smith	25:40.7	8:16	66	14
2	Griffin,Susan	27:08.7	8:44	92	27
3	Matheson,Susan	30:09.8	9:42	120	37
4	Tucker,Karen	30:12.6	9:43	121	38
5	Love,Rose	34:16.5	11:02	180	68
6	Wright,Karen	34:29.7	11:06	183	69
7	Myers,Karen	45:06.6	14:31	239	107
8	Cariker-Moon,Nancy	53:29.4	17:13	270	126
9	Wright,Karen	1:05:22.7	21:03	286	136

#### 45-49 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Damon,Nancy	24:14.4	7:48	46	10
2	Dudley,Andra	26:00.1	8:22	71	17
3	Jenkins,Wendy	28:56.9	9:19	112	32
4	Miller,Lauren	29:41.5	9:33	116	35
5	Howard,Nancy	31:37.2	10:11	144	51
6	DeAnda,Ruth	32:14.0	10:22	153	57
7	Perkins,Taryn	33:01.8	10:38	167	61
8	Moore,Debbie	36:48.7	11:51	202	85
9	Mendez,Terry	40:26.6	13:01	228	98
10	Tollerene,Cathy	42:01.2	13:31	233	102
11	Yeager,Roewe	45:58.2	14:48	247	111
12	Cooper,Kelly	48:41.6	15:40	255	116

#### 50-54 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Hathorn,Michele	26:30.1	8:32	79	22
2	Collins,Susan	30:34.7	9:51	126	41
3	Smith,Christine	30:37.5	9:51	127	42
4	Stuart,Debra	31:20.8	10:05	139	46
5	Weller,Barbie	34:02.7	10:57	177	66
6	Curran,Karol	35:03.9	11:17	191	75
7	Halpin,Joni	37:24.7	12:02	207	89
8	Ridings,Courtney	41:38.9	13:24	232	101
9	Bruce,Sue	42:41.4	13:44	235	103
10	Massey,Patricia	55:30.7	17:52	272	127

55-59 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Lodics,Doris	25:30.7	8:13	62	12
2	Grey,Linda	37:06.2	11:57	205	87
3	Kimberling,Sharon	49:54.3	16:04	260	118

60-64 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Dudley,Tari	37:55.2	12:12	210	91
2	Mills,Patty	44:54.6	14:27	238	106
3	Riedl,Sherrie	52:26.3	16:53	267	124

70-74 Female

Place	Name	Time	Pace	Overall Place	Overall by Sex
1	Brantley,Margie	49:00.7	15:46	256	117