

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
Female Overall Winner									
Elizabeth	Rudy	51	1497	21.20	6.52		1	8	
Female Masters Winner									
Kim	Andres	56	1495	23.09	7.27		5	16	
Female 9-11									
Kyleigh	Hall	10	1556	28.16	9.06	1	17	54	
Megan	Walters	9	1498	48.37	15.39	2	73	137	
Female 15-19									
Ashley	Newell	15	1507	32.13	10.22	1	35	79	
Catherine	Manske	17	1481	33.14	10.42	2	38	88	
Ivy	McGinley	17	1460	37.52	12.11	3	56	109	
Female 20-24									
Emmy L	Ray	24	1480	25.10	8.06	1	8	31	
Jazmin M	Luna	23	1452	27.09	8.44	2	11	38	
Laura E	Devlin	24	1456	27.14	8.46	3	12	39	
Caitlin	Shine	23	1449	29.15	9.25	4	22	61	
Carla R	Sasson	24	1440	29.46	9.35	5	25	65	
Kaitlin	Hakes	24	1470	31.11	10.02	6	29	70	
Female 25-29									
Jamie	Jackson	27	1457	24.02	7.44	1	6	21	
Megan	Tiemeier	28	1473	27.42	8.55	2	14	45	
Katie	Cordio	29	1538	27.47	8.57	3	15	47	
Elaine	Looney	29	1	29.07	9.22	4	21	59	Random
Mary	Straw	28	1430	31.13	10.03	5	30	71	
Jaclyn L	OsterHaus	27	1436	33.16	10.42	6	39	89	
Angela	White	26	1465	34.43	11.10	7	45	96	
Bank-Olemon	Awujoola	25	1562	37.20	12.01	8	54	107	
Tiana	Galloway	27	1494	38.38	12.26	9	59	112	
Kara	Hoekstra	27	1471	43.29	13.60	10	65	124	
Lindsay	Vitovsky	28	1502	49.30	15.56	11	77	141	
Female 30-34									
Eva	Contreras	34	1560	21.32	6.56	1	3	10	

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
					per Mile (5K = 3.107 mls) (Mins. .Secs)				
Aleksandre	Holowka	30	1505	22.41	7.18	2	4	13	
Keisha D	Leatherman	34	1468	27.49	8.57	3	16	49	
Rebeckah	Altschul	34	1464	28.35	9.12	4	19	57	
Casey	Lobato	31	1524	31.21	10.05	5	31	73	
Erin	Lewis	31	1503	33.59	10.56	6	42	93	
Shelley	Sims	31	1550	34.04	10.58	7	43	94	
Teresa	Ventura	32	1508	36.49	11.51	8	50	102	
Alisha	Herrick	34	1431	36.49	11.51	9	51	103	
Diana	Cervantes	33	1434	37.26	12.03	10	55	108	
Rossi	Robben	33	1564	38.23	12.21	11	58	111	
Melissa	Weaver	33	1412	43.12	13.54	12	64	122	Random
Female 35-39									
Kim	Gray	35	1548	21.24	6.53	1	2	9	
Mai	Sharaf	38	1453	28.27	9.09	2	18	55	
Jackie	Franklin	37	1435	29.35	9.31	3	24	64	
Yanira	Argueta	35	1532	36.50	11.51	4	52	104	
Lillian	Ventura	36	1531	36.54	11.53	5	53	105	
Sheila	Wallace	38	1402	43.57	14.09	6	67	126	
Andi	Parker	38	1559	43.57	14.09	7	68	127	
Angela	Allen	36	1419	53.53	17.21	8	80	144	
Tammy M	Dombeck	36	1427	68.11	21.57	9	87	152	
Female 40-44									
Paula	Olson	42	1474	24.13	7.48	1	7	24	
Gabriella	McCord	40	1525	27.28	8.50	2	13	42	
Shonee	Cunningham	43	1539	30.37	9.51	3	27	68	
Dagirlea	Withers	41	1514	30.53	9.56	4	28	69	
Tracie	Easen	41	1540	33.53	10.54	5	41	92	
Jennifer	Bellinghausen	41	1535	34.35	11.08	6	44	95	
Michelle	Duskey	43	1444	44.32	14.20	7	69	129	Random
Christine	Harrison	44	1479	47.24	15.15	8	72	134	
Tina	Tidwell	41	1422	48.48	15.42	9	74	138	
Carol A	Lawson	42	1511	53.04	17.05	10	78	142	
Female 45-49									
Dawn	Luyster	49	1519	25.46	8.18	1	9	33	
Yvonne	Devlin	48	1442	26.15	8.27	2	10	35	
Cathy	Rogers	48	1414	31.49	10.14	3	32	76	
Elaine P	Devlin	47	1443	33.12	10.41	4	37	87	

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
Gloria J	Muhammad	48	1461	35.21	11.23	5	46	97	
Pamela E	Miller	47	1432	36.32	11.46	6	48	99	
Katy	Turner	48	1429	39.20	12.40	7	60	115	
Cyndi	Contreras	45	1401	41.48	13.27	8	61	116	
Danna	Walters	45	1545	43.34	14.01	9	66	125	
Lisa	Hudson	45	1476	45.34	14.40	10	70	132	
Kimela	Ledbetter	46	1478	54.19	17.29	11	81	145	
Joyce	Moncrief	46	1433	62.20	20.04	12	83	148	
Catherine	Calderon	45	1565	67.34	21.45	13	85	150	

Female 50-54

Cindy	Lyle	52	1408	28.57	9.19	1	20	58	
Heidi	Fischer Grissman	52	1517	32.31	10.28	2	36	82	
Karen	Rhodes	50	1403	36.32	11.46	3	49	100	
Rosie	Meng	53	1509	42.02	13.32	4	62	117	
Cathy	Adolph	50	1512	53.52	17.20	5	79	143	
Camilla	Cotton	50	1561	66.29	21.24	6	84	149	
Joyce	Walker	54	1492	67.38	21.46	7	86	151	

Female 55-59

Lee	Bell	59	1533	29.52	9.37	1	26	67	
Sarah	McGinley	56	1459	49.29	15.56	2	76	140	

Female 60-64

Glenna	Jennings	63	1523	29.27	9.29	1	23	63	
Carmen	Flores	62	1558	31.59	10.18	2	34	78	
Susan	Fortin	64	1425	37.58	12.13	3	57	110	
Sharon	Langley	60	1563	54.22	17.30	4	82	147	
Linda R A	Dombeck	60	1428	68.11	21.57	5	88	153	

Female 65-69

Ann	Kanevski	69	1475	33.17	10.43	1	40	90	
Ellen E	Bergami	65	1411	43.11	13.54	2	63	121	

Female 70-74

Mary	Kaplan	70	1426	31.53	10.16	1	33	77	
Margaret	Thrash	72	1504	36.07	11.37	2	47	98	

Female 75-79

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
Nancy	Raitz	79	1536	46.05	14.50	1	71	133	
Jeanne T	Mayer	79	1487	48.49	15.43	2	75	139	
Male Overall Winner									
Ryan	Jacobs	15	1404	18.27	5.56		1	1	
Male Masters Winner									
Ronnie	Sellers	57	1485	20.14	6.31		4	4	
Male 7-8									
Logan	McKinley	7	1554	43.08	13.53	1	57	119	
Male 9-10									
Roger	Ward	11	1527	20.29	6.36	1	5	5	
Mitchell	Withers	10	1515	24.29	7.53	2	19	26	
Zachary	Emery	9	1415	25.50	8.19	3	25	34	
Male 15-19									
Matthew	Manske	19	1482	24.16	7.49	1	18	25	
Male 20-24									
Jeremy	Tay	23	1446	28.30	9.10	1	38	56	
Male 25-29									
Matt	Altschul	28	1469	19.47	6.22	1	2	2	
Daniel	Ezell	25	1451	25.21	8.10	2	24	32	
Pete E	Cardenas	28	1448	27.48	8.57	3	33	48	
Sean	Looney	29	2	29.07	9.22	4	39	60	
Travis	Zuber	26	1526	32.36	10.30	5	47	83	
Male 30-34									
James	Emery	33	1416	24.33	7.54	1	20	27	
Arif	Panju	32	1447	24.35	7.55	2	22	29	
Matt	Cordio	34	1537	27.58	9.00	3	35	51	
Adrian	Lewis	30	1530	29.52	9.37	4	41	66	
Dennis	Cooper	32	1472	31.17	10.04	5	42	72	

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
Chris	White	34	1466	31.48	10.14	6	44	75	
Chavvon	Smith	32	1546	32.59	10.37	7	49	85	
Tony	Osterhaus	30	1458	33.09	10.40	8	50	86	
Jeff	McKinley	33	1553	43.10	13.54	9	58	120	
Male 35-39									
Jonathan	Altschul	35	1462	20.11	6.30	1	3	3	
Gene	Weaver	35	1413	43.21	13.57	2	59	123	
Male 40-44									
Marty	Carnahan	44	1539	21.53	7.03	1	8	11	
Paul	Luyster	42	1518	22.36	7.16	2	9	12	
Tim	Green	40	1420	23.04	7.25	3	11	15	
Lance	Liguez	40	1528	23.59	7.43	4	14	19	Random
Tom	Sharp	40	1521	24.09	7.46	5	16	22	
Manoj	Hamal	41	1450	28.08	9.03	6	37	53	
Male 45-49									
Brian	Dorsey	45	1463	23.15	7.29	1	12	17	
Rob	Beaulieu	49	1421	23.20	7.31	2	13	18	
Nick	Easen	46	1541	27.31	8.51	3	30	43	
Danny	Walters	46	1544	28.08	9.03	4	36	52	
Ronnie	Arnold	45	1437	32.28	10.27	5	46	81	
Harold	Hall	49	1555	36.42	11.49	6	52	101	
Ron	Shiple	48	1455	47.43	15.21	7	63	135	
Male 50-54									
Bradley	Gardner	51	1417	21.19	6.52	1	7	7	
Joe A	Hall	52	1483	22.55	7.23	2	10	14	
Kevin	Vaughn	51	1513	43.06	13.52	3	56	118	
Michael	Duskey	50	1445	43.58	14.09	4	60	128	Random
Bill	Meng	50	1510	45.14	14.34	5	62	131	
Male 55-59									
John	Ball	57	1499	20.37	6.38	1	6	6	
Larry	McClellin	59	1547	26.46	8.37	2	27	37	
Mike	Catt	55	1501	27.20	8.48	3	28	40	
Karl	Zuber	58	1500	27.44	8.56	4	32	46	
Mark	Johnson	59	1542	32.52	10.35	5	48	84	Random

AUGUST GUSTO (AGG VI) 5K Run/Walk
(Held at River Legacy Parks, Arlington, TX on 08/29/2009)
(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
Ben	Agger	57	1405	33.30	10.47	6	51	91	
Gerald	Casenave	58	1516	39.03	12.34	7	55	114	
Phil	Hatton	58	1520	48.03	15.28	8	64	136	
Male 60-64									
Kendall	Black	60	1493	24.12	7.47	1	17	23	
Forest	Gump	61	1490	25.06	8.05	2	23	30	
DJ	Keebler	62	1534	26.30	8.32	3	26	36	
Rick	Johnson	62	1506	27.57	8.60	4	34	50	
Brantley	Jennings	63	1496	29.16	9.25	5	40	62	
Bob	Schultz	62	1486	31.21	10.05	6	43	74	
Male 65-69									
Jim	Engstrom	68	1489	24.00	7.43	1	15	20	
Mike	Pryal	67	1543	27.38	8.54	2	31	44	
Male 70-74									
Ken	Brewer	72	1407	24.35	7.55	1	21	28	
Barney	Snitz	72	1484	27.22	8.48	2	29	41	
Don	Wakeman	70	1529	32.17	10.23	3	45	80	
Male 75-79									
Lovell	Bolle	78	1557	37.11	11.58	1	53	106	
Robert Z	Cunningham	78	1423	38.50	12.30	2	54	113	
Male 80 & Over									
Howard C	Mayer	83	1488	44.59	14.29	1	61	130	
Male - No Age									
Harry	Ledbetter	99	1551	54.22	17.30	1	65	146	

AUGUST GUSTO (AGG VI) 5K Run/Walk

(Held at River Legacy Parks, Arlington, TX on 08/29/2009)

(Timed finishers: 88 Female; 65 Male)

(Results provided by Jeph Abara jephaa@yahoo.com)

First Name	Last Name	Age	Bib #	Finish Time (Mins. .Secs)	Avg Pace per Mile (5K = 3.107 mls) (Mins. .Secs)	Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
------------	-----------	-----	-------	---------------------------------	---	--------------------------	-----------------------	--	--------------------------------