

3
4 LEGS4LIFE2019 AT CENTRALIA

5
6 Legs4Life2019 Combo Results

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8
9 Individual Finish Order -- 1. Chris Campbell(29), 19:08.2
10 2. Fred Secrest(17), 19:27.0
11 3. Brandt Heistand(14), 19:40.5
12 4. Alec Cross(14), 19:42.2
13 5. Will Pryor(15), 20:12.8
14 6. Bradley Griffin(15), 20:56.0
15 7. Tori Neudecker(14), 21:05.2
16 8. Blake Lammers(15), 21:46.3
17 9. Nate Helpingstine(13), 22:42.8
18 10. Reed Ashford(11), 22:44.7
19 11. Gavin Batson(16), 22:56.0
20 12. Kage Heistand(12), 23:23.3
21 13. Erin Amason(36), 23:27.8
22 14. Lance Marcum(34), 23:29.5
23 15. Gary Hake(57), 23:33.8
24 16. Pamela Campbell(60), 23:35.4
25 17. Beth Meyer(50), 23:39.2
26 18. Dylan Felgenhauer(21), 23:47.8
27 19. Cindy Purcell(42), 24:18.3
28 20. Julian Williams(11), 24:44.6
29 21. Kyle Walker(32), 24:50.4
30 22. Jason McKinney(45), 24:54.1
31 23. Andrea Nordhoff(38), 25:09.0
32 24. Logan Such(18), 25:09.4
33 25. Hadley Marcum(10), 25:15.0
34 26. Ceci Barrow(12), 25:17.1
35 27. Chris Lane(34), 25:22.9
36 28. Pascal Bernier(16), 25:37.1
37 29. Larry Wilson, 25:40.4
38 30. Pete Orr(57), 25:47.3
39 31. Lisa Tockstein(58), 26:21.9
40 32. Jerry McDonald(63), 26:29.5
41 33. Terry Kelly(55), 26:35.5
42 34. Michael Crouch(56), 26:37.1
43 35. Madison Francois(11), 27:00.8
44 36. Kelly Gzregorek(47), 27:09.2
45 37. Hayden Minor(16), 27:10.7
46 38. Kylie Nalewajka(11), 27:11.5
47 39. Olivia Neudecker(11), 27:12.0
48 40. Nathan Schefelker(26), 27:46.1
49 41. Kevin Pryor(41), 27:53.0
50 42. Brady Baum(18), 28:19.5
51 43. Trevor Eller(17), 28:25.1
52 44. Max Lauder(18), 28:41.2
53 45. Tina Kelly(52), 28:48.1
54 46. Justin Gregory(22), 29:00.7
55 47. Larry Mick(66), 29:17.5
56 48. Becky Ganz(45), 29:26.9
57 49. Katie Queen(8), 29:32.0
58 50. Marcy Gibson(35), 29:35.5.
59 51. Eric Proffitt(33), 29:42.1
60 52. Markus Isaiah(16), 29:56.4
61 53. Kaid Walker(18), 29:56.7
62 54. Jessica Carter(38), 30:02.5
63 55. Kim Ellison(51), 30:07.6
64 56. Gavin McDonald(17), 30:22.2
65 57. Christopher Spencer(35), 30:24.5
66 58. Logan Howe(18), 30:26.0
67 59. Samuel Strange(69), 30:27.1
68 60. Dave Klein(58), 30:35.9

69 61. Jeremy Vandiver(44), 30:37.4
70 62. James Zimmerman(16), 30:40.4
71 63. Todd Bauer(35), 30:55.2
72 64. Jaret Gibson(9), 31:09.0
73 65. Alex Spencer(10), 31:11.0
74 66. Jmir Crabtree(15), 31:24.3
75 67. Sam Beggs(15), 31:27.0
76 68. David Albers(62), 31:41.1
77 69. Shannon Furfaro(34), 32:24.4
78 70. Lisa Vandiver(49), 32:48.1
79 71. Kevin Childers(61), 32:59.9
80 72. Sean Nehrt(48), 33:46.5
81 73. Blake Nehrt(16), 33:46.9
82 74. Barbara Barr(66), 33:48.2
83 75. Kelly Weihe(48), 33:54.0
84 76. Kimberly Stamps(48), 34:03.0
85 77. Stacey Lincoln(53), 34:08.3
86 78. Meggan Hiestand(39), 34:16.4
87 79. Sarah Ashford(38), 34:23.0
88 80. Joe Proffitt(39), 34:31.5
89 81. Bryce Foltz(29), 34:34.1
90 82. Sheila Sodsakitch(55), 34:39.5
91 83. Emily Wade(20), 35:24.3
92 84. Sherry Hoagland(49), 35:52.3
93 85. Sherri Lynn(44), 35:59.4
94 86. Theresa Malekovic(58), 36:40.9
95 87. LeAnn Speiser(40), 37:39.8
96 88. Amanda Tindall(35), 37:40.2
97 89. Alica Hahn(50), 37:51.9
98 90. Andrea Wade(47), 38:05.9
99 91. Kathy Norman(43), 38:47.3
100 92. Melissa Miller(45), 38:50.3
101 93. April Hardy(40), 38:51.2
102 94. Terri Mackey(62), 38:52.7
103 95. John Barr(67), 38:59.4
104 96. Ellyn Neidbalski(39), 39:58.0
105 97. Donald May(70), 39:59.5
106 98. David Purcell(50), 40:02.1
107 99. Tricia Woolford(38), 40:27.0
108 100. Zach Meyer(29), 40:50.4.
109 101. Angie Green(28), 40:50.8
110 102. Jack Graham(55), 42:17.2
111 103. Joan Williams(65), 42:26.3
112 104. Courtney Faulkner(34), 42:27.0
113 105. Elizabeth Evilsizer(12), 42:31.3
114 106. Leroy Evilsizer(32), 42:31.7
115 107. Brooks Heinzmann(6), 43:07.0
116 108. Kaylee Heinzmann(34), 43:14.4
117 109. Tammy Smith(56), 43:27.2
118 110. Cassie Stover(28), 43:29.4
119 111. Trina Schneider(57), 43:41.0
120 112. Carter Mayer(15), 44:32.6
121 113. Mark Copple(55), 45:11.9
122 114. Sophia Mayer(13), 45:18.1
123 115. Loganne Terry(12), 45:18.5
124 116. Carter Rose(15), 45:19.9
125 117. Eli Rose(13), 45:23.1
126 118. Charles Wiley(54), 45:23.6
127 119. Alicia Lowery(31), 46:19.3
128 120. Sarah Alton(32), 46:19.7
129 121. Sarah Gordon(45), 46:29.0
130 122. Daniel Helpingstein(48), 47:11.6
131 123. Bev Pingsterhaus(55), 47:21.7
132 124. Jeff Dickerson(48), 47:22.0
133 125. Emily Lane(37), 48:21.9
134 126. Pam Childers(60), 49:11.4
135 127. Susan Brinkmeyer(66), 49:13.7
136 128. Marilyn May(51), 49:14.9
137 129. Tony Holm(45), 49:17.8

138 130. Jordan Coffey(31), 50:55.2
139 131. Ronalyn Wallace(56), 51:23.5
140 132. Megan Freels(17), 51:36.5
141 133. Emily Owen(33), 51:49.5
142 134. Debbie Shoemaker(60), 51:55.8
143 135. Beth Rose(39), 51:59.1
144 136. Caden Ramey(8), 53:32.0
145 137. Minga Fontaine(42), 54:38.3
146 138. Tina Ford(48), 54:39.9
147 139. Nancy Kanizar(53), 54:53.5
148 140. Joe Ramey(32), 56:39.8
149 141. Tara Ramey(31), 56:40.4
150 142. Misty Schaeffer(39), 58:38.2
151 143. Lisa Perry(57), 58:38.7
152 144. Alyssa Foster(10), 59:01.0
153

1 03/23/19

WOMEN'S ROAD RACE

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LEGS4LIFE2019

AT CENTRALIA

03/23/19

4

5

Legs4Life2019 Women's Results

6

7 WOMENS OVERALL MEDALIST

8 1. Tori Neudecker, 21:05.2

9 2. Erin Amason, 23:27.8

10 3. Pamela Campbell, 23:35.4

11

12 WOMEN'S 5k 10-U (Individuals) ---

13 1. Hadley Marcum, 25:15.0

14 2. Katie Queen, 29:32.0

15 3. Alyssa Foster, 59:01.0.

16

17

18 WOMEN'S 5k 11-14 (Individuals) ---

19 1. Ceci Barrow, 25:17.1

20 2. Madison Francois, 27:00.8

21 3. Kylie Nalewajka, 27:11.5

22 4. Olivia Neudecker, 27:12.0

23 5. Elizabeth Evilsizer, 42:31.3

24 6. Sophia Mayer, 45:18.1

25 7. Loganne Terry, 45:18.5.

26

27

28 WOMEN'S 5k 15-19 (Individuals) ---

29 1. Megan Freels, 51:36.5

30

31

32 WOMEN'S 5k 20-24 (Individuals) ---

33 1. Emily Wade, 35:24.3.

34

35

36 WOMEN'S 5k 25-29 (Individuals) ---

37 1. Angie Green, 40:50.8

38 2. Cassie Stover, 43:29.4.

39

40

41 WOMEN'S 5k 30-34 (Individuals) ---

42 1. Shannon Furfaro, 32:24.4

43 2. Courtney Faulkner, 42:27.0

44 3. Kaylee Heinzmann, 43:14.4

45 4. Alicia Lowery, 46:19.3

46 5. Sarah Alton, 46:19.7

47 6. Emily Owen, 51:49.5

48 7. Tara Ramey, 56:40.4.

49

50

51 WOMEN'S 5k 35-39 (Individuals) ---

52 1. Andrea Nordhoff, 25:09.0

53 2. Marcy Gibson, 29:35.5

54 3. Jessica Carter, 30:02.5

55 4. Meggan Hiestand, 34:16.4

56 5. Sarah Ashford, 34:23.0

57 6. Amanda Tindall, 37:40.2

58 7. Ellyn Neidbalski, 39:58.0

59 8. Tricia Woolford, 40:27.0

60 9. Emily Lane, 48:21.9

61 10. Beth Rose, 51:59.1

62 11. Misty Schaeffer, 58:38.2

63

64

65 WOMEN'S 5k 40-44 (Individuals) ---

66 1. Cindy Purcell, 24:18.3

67 2. Sherri Lynn, 35:59.4

68 3. LeAnn Speiser, 37:39.8

69 4. Kathy Norman, 38:47.3

- 70 5. April Hardy, 38:51.2
- 71 6. Minga Fontaine, 54:38.3.

72
73

74 WOMEN'S 5k 45-49 (Individuals) ---

- 75 1. Kelly Gzregorek, 27:09.2
- 76 2. Becky Ganz, 29:26.9
- 77 3. Lisa Vandiver, 32:48.1
- 78 4. Kelly Weihe, 33:54.0
- 79 5. Kimberly Stamps, 34:03.0
- 80 6. Sherry Hoagland, 35:52.3
- 81 7. Andrea Wade, 38:05.9
- 82 8. Melissa Miller, 38:50.3
- 83 9. Sarah Gordon, 46:29.0
- 84 10. Tina Ford, 54:39.9
- 85 11. Karen Brothers, 59:01.7

86
87

88 WOMEN'S 5k 50-54 (Individuals) ---

- 89 1. Beth Meyer, 23:39.2
- 90 2. Tina Kelly, 28:48.1
- 91 3. Kim Ellison, 30:07.6
- 92 4. Stacey Lincoln, 34:08.3
- 93 5. Alica Hahn, 37:51.9
- 94 6. Marilyn May, 49:14.9
- 95 7. Nancy Kanizar, 54:53.5
- 96 8. Denise Meyer, NF.

97
98

99 WOMEN'S 5k 55-59 (Individuals) ---

- 100 1. Lisa Tockstein, 26:21.9
- 101 2. Sheila Sodsai kitch, 34:39.5
- 102 3. Theresa Malekovic, 36:40.9
- 103 4. Tammy Smith, 43:27.2
- 104 5. Trina Schneider, 43:41.0
- 105 6. Bev Pingsterhaus, 47:21.7
- 106 7. Ronalyn Wallace, 51:23.5
- 107 8. Lisa Perry, 58:38.7
- 108 9. Pam Donaldson, NF.

109
110

111 WOMEN'S 5K 60-A (Individuals) ---

- 112 1. Barbara Barr, 33:48.2
- 113 2. Terri Mackey, 38:52.7
- 114 3. Joan Williams, 42:26.3
- 115 4. Pam Childers, 49:11.4
- 116 5. Susan Brinkmeyer, 49:13.7
- 117 6. Debbie Shoemaker, 51:55.8

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1 03/23/19

MEN'S ROAD RACE

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LEGS4LIFE2019

AT CENTRALIA

03/23/19

4

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Legs4Life2019 Men's Results

6

7 OVERALL MENS MEDALIST

8 1. Chris Campbell, 19:08.2

9 2. Fred Secrest, 19:27.0

10 3. Bandt Heistand, 19:40.5

11

12

13 MEN'S 5k 10-U (Individuals) ---

14 1. Brooks Heinzmann, 43:07.0

15 2. Jaret Gibson, 31:09.0

16 3. Caden Ramey, 53:32.0

17 4. Alex Spencer, 31:11.0.

18

19

20 MEN'S 5k 11-14 (Individuals) ---

21 1. Alec Cross, 19:42.2

22 2. Nate Helpingstine, 22:42.8

23 3. Reed Ashford, 22:44.7

24 4. Kage Heistand, 23:23.3

25 5. Julian Williams, 24:44.6

26 6. Eli Rose, 45:23.1

27

28

29 MEN'S 5k 15-19 (Individuals) ---

30 1. Will Pryor, 20:12.8

31 2. Bradley Griffin, 20:56.0

32 3. Blake Lammers, 21:46.3

33 4. Gavin Batson, 22:56.0

34 5. Logan Such, 25:09.4

35 6. Pascal Bernier, 25:37.1

36 7. Hayden Minor, 27:10.7

37 8. Brady Baum, 28:19.5

38 9. Trevor Eller, 28:25.1

39 10. Max Lauder, 28:41.2

40 11. Markus Isaiah, 29:56.4

41 12. Kaid Walker, 29:56.7

42 13. Gavin McDonald, 30:22.2

43 14. Logan Howe, 30:26.0

44 15. James Zimmerman, 30:40.4

45 16. Jmir Crabtree, 31:24.3

46 17. Sam Beggs, 31:27.0

47 18. Blake Nehrt, 33:46.9

48 19. Carter Mayer, 44:32.6

49 20. Carter Rose, 45:19.9

50

51

52

53 MEN'S 5k 20-24 (Individuals) ---

54 1. Dylan Felgenhauer, 23:47.8

55 2. Justin Gregory, 29:00.7.

56

57

58 MEN'S 5k 25-29 (Individuals) ---

59 1. Nathan Schefelker, 27:46.1

60 2. Bryce Foltz, 34:34.1

61 3. Zach Meyer, 40:50.4.

62

63

64 MEN'S 5k 30-34 (Individuals) ---

65 1. Kyle Walker, 24:50.4

66 2. Chris Lane, 25:22.9

67 3. Eric Proffitt, 29:42.1

68 4. Leroy Evilsizer, 42:31.7

69 5. Jordan Coffey, 50:55.2

70 6. Joe Ramey, 56:39.8.
71
72
73 MEN'S 5k 35-39 (Individuals) ---
74 1. Lance Marcum, 23:29.5
75 2. Christopher Spencer, 30:24.5
76 3. Todd Bauer, 30:55.2
77 4. Joe Proffitt, 34:31.5.
78
79
80 MEN'S 5k 40-44 (Individuals) ---
81 1. Kevin Pryor, 27:53.0
82 2. Jeremy Vandiver, 30:37.4.
83
84
85 MEN'S 5k 45-49 (Individuals) ---
86 1. Jason McKinney, 24:54.1
87 2. Sean Nehrt, 33:46.5
88 3. Daniel Helpingstein, 47:11.6
89 4. Jeff Dickerson, 47:22.0
90 5. Tony Holm, 49:17.8
91
92
93
94 MEN'S 5k 50-54 (Individuals) ---
95 1. David Purcell, 40:02.1.
96
97
98 MEN'S 5k 55-59 (Individuals) ---
99 1. Gary Hake, 23:33.8
100 2. Pete Orr, 25:47.3
101 3. Terry Kelly, 26:35.5
102 4. Michael Crouch, 26:37.1
103 5. Dave Klein, 30:35.9
104 6. Jack Graham, 42:17.2
105 7. Mark Copple, 45:11.9
106 8. Charles Wiley, 45:23.6.
107
108
109 MEN'S 5K 60-A (Individuals) ---
110 1. Larry Wilson, 25:40.4
111 2. Jerry McDonald, 26:29.5
112 3. Larry Mick, 29:17.5
113 4. Samuel Strange, 30:27.1
114 5. David Albers, 31:41.1
115 6. Kevin Childers, 32:59.9
116 7. John Barr, 38:59.4
117 8. Donald May, 39:59.5
118
119