

RUCK SACK RACE OVERALL RESULTS; 5K 5K WARRIOR 10K 10K WARRIOR  
SAT NOV 16, 2019....LAKE NONA, ORLANDO FL....OVERCAST AND COOL, SOME DRIZZLE

RUCK SACK RACE 5K OVERALL RESULTS

Place	Bib #	Name	Gun Elapsed	Gender	Division
1	541	JENNIFER EVANS	21:57.0	F	5K
2	841	ALFREDO ST. FORBES	22:32.0	M	5K
3	790	NATHAN WADE	24:51.6	M	5K
4	575	FERNANDA M C HIRAI	25:33.9	F	5K
5	747	LINDA REPASS	25:48.0	F	5K
6	558	CHRISTOPHER GRAY	26:57.7	M	5K
7	803	CHRIS ANUSZEWSKI	26:58.7	M	5K
8	573	STACEY HINNANT	27:55.1	F	5K
9	703	THOMAS LENZ	27:56.1	M	5K
10	718	DONNA MCINTOSH	28:17.9	M	5K
11	771	CINDY SYMES	28:38.1	F	5K
12	772	DOUG SYMES	28:38.4	M	5K
13	719	SCOTT MCINTOSH	28:54.8	M	5K
14	785	PIERRE VENANT	29:03.9	M	5K
15	555	MATEO GOMEZ	29:38.5	M	5K
16	756	MANUEL SANTOS	29:52.5	M	5K
17	855	TORI LARBIG	30:46.5	F	5K
18	707	SARA LOMONACO	30:55.2	F	5K
19	764	BEN STALICA	31:21.1	M	5K
20	582	LETICIA IZQUIERDO	31:22.6	F	5K
21	865	AMY SHIVER	31:32.6	F	5K
22	836	HAL DIETRICK	31:39.7	M	5K
23	835	KEVIN DIETRICK	31:39.8	M	5K
24	766	PETER STALICA	31:56.1	M	5K
25	765	MARK STALICA	32:02.1	M	5K
26	789	GAIL WADE	32:06.8	F	5K
27	734	JESSIE NUNN	32:48.9	M	5K
28	531	MELODIE CROS	33:02.9	F	5K
29	598	JENNIFER LAW	33:14.8	F	5K
30	824	ERNESTO VELEZ	33:17.6	M	5K
31	508	SHANNON BARAN	33:38.5	F	5K
32	810	MICHAEL EMERY	33:43.0	M	5K
33	589	KIANA KENDRICK	33:55.3	F	5K
34	704	HAYDN LIANG	33:59.2	F	5K
35	705	JIANBIN LIANG	33:59.7	M	5K
36	585	FAITH JONES	34:12.8	F	5K
37	511	DAVID BEDARD	34:15.1	M	5K
38	825	JIMMY PEREZ	34:41.8	M	5K
39	782	KELLY TURNER	35:15.9	F	5K
40	762	BRITTNY SHERLOCK	35:44.8	F	5K
41	761	BRENDAN SHERLOCK	35:44.9	M	5K
42	556	MARIANA GOMEZ ROMERO	36:32.6	F	5K

43	586	HEATHER JONES	36:38.2	F	5K
44	853	JEFF BATES	36:57.9	M	5K
45	759	ANDI SCHAUMANN	37:12.3	F	5K
46	535	JESSICA DEARCE	41:10.0	F	5K
47	540	NEAL ESKIN	41:13.9	M	5K
48	523	STACY BUTNER	41:30.1	F	5K
49	709	NANCY MAENZA	42:11.8	F	5K
50	710	TANO MAENZA	42:11.9	M	5K
51	584	EMMA JONES	42:54.3	M	5K
52	565	MARTY HARTLEY	42:57.3	F	5K
53	572	JOHN HINNANT	44:06.3	M	5K
54	821	CYD REYES	44:40.7	F	5K
55	856	JEFF RAMIREZ	46:51.0	M	5K
56	574	DOUGLAS HIRAI	46:57.4	M	5K
57	871	LUIZA HIRAI	46:57.6	M	5K
58	702	ASHELEE LENZ	47:23.5	M	5K
59	858	SHERRI LOZADA	47:57.1	F	5K
60	805	MICHELLE BARRETO	48:52.2	F	5K
61	732	MICHAEL NELSON	49:10.1	M	5K
62	507	EMMALYN AVENDANO	50:41.0	F	5K
63	506	CARLEIGH AVENDANO	50:44.1	F	5K
64	504	ATHENA AVENDANO	51:57.3	F	5K
65	860	JAX BOND	54:18.9	M	5K
66	859	FRANK LOZADA	54:20.8	M	5K
67	528	ANNA CISNEROS	54:22.8	F	5K
68	861	WENDY BOND	54:24.7	F	5K
69	837	MATT FAIR	54:31.3	M	5K
70	791	PATRICIA WALSH	55:07.1	F	5K
71	716	RICHARD MATZ	55:30.8	M	5K
72	715	BECKY MATZ	55:31.3	F	5K
73	499	CHRISTY APODACA	56:13.3	F	5K
74	500	ROBERT APODACA	56:14.2	M	5K
75	833	JUDITH BENJAMIN	56:18.0	F	5K
76	857	KELLY RAMIREZ	56:29.7	M	5K
77	722	JUDY & MIKE MILLER	56:29.7	F	5K
78	854	KIM BATES	56:30.2	F	5K
79	864	MICHELLE BLUNT	56:46.0	F	5K
80	571	MARK HILL	57:05.1	M	5K
81	822	PERRY CHOCKLETT	57:05.7	M	5K
82	753	FRAN SAMPA	57:06.8	M	5K
83	779	MARIA TOROK	57:07.1	F	5K
84	729	PHIL NAHAJEWSKI	57:08.0	M	5K
85	763	ANGELA SIENA	58:35.9	F	5K
86	593	JENNIFER KRIGSNER	58:37.6	F	5K
87	471	KRISTA ADDEN	58:48.7	M	5K
88	838	LORA GOODRICH	58:48.8	F	5K
89	723	MIKE MILLER	58:58.3	M	5K

90	733	BRANDON NGUYEN	59:08.2	M	5K
91	576	KATIE HISLOP	59:10.6	F	5K
92	792	TIFFANY WANG	59:11.1	F	5K
93	804	EVERETT AR-RASHEED	59:26.2	M	5K
94	760	MUHAIMAN SHAHEED	59:26.8	M	5K
95	534	HENRIQUE DE OLIVEIRA	59:28.2	M	5K
96	524	ALEXANDER CALZADA	59:33.0	M	5K
97	850	JENNIFER BEAKLEY	59:51.1	F	5K
98	751	RUBEN RODRIGUEZ	1:02:34.6	M	5K
99	793	CIARA WATKINS	1:05:28.9	F	5K
100	794	JON WATKINS	1:05:29.0	M	5K
101	599	JUDY LAW	1:07:53.5	F	5K
102	596	BETH LAW	1:07:59.8	F	5K

#### RUCK SACK RACE 5K WARRIOR RESULTS

Place	Bib #	Name	Gun Elapsed	Gender	Division
1	539	STEPHEN ECKMAN	27:16.6	M	5K Warrior
2	768	RICH STRATCHKO	29:16.5	M	5K Warrior
3	559	JOE GROZIO	32:14.4	M	5K Warrior
4	562	JESSE GUSSE	36:16.1	M	5K Warrior
5	758	TRACI SCARPINATO	36:34.1	F	5K Warrior
6	851	LEE ASHBY	39:30.7	M	5K WARRIOR
7	847	KARITSHA ASHBY	39:30.9	F	5K WARRIOR
8	849	CARLOS CARRASCO	39:31.2	M	5K WARRIOR
9	750	JOSE RODRIGUEZ	43:05.8	M	5K Warrior
10	521	BRYAN BUTCHER	44:43.6	M	5K Warrior
11	713	JOSEPH MASCARO	45:36.0	M	5K Warrior
12	396	DREW ABU-RAHMEH	47:13.9	M	5K Warrior
13	749	NICHOLAS ROBERTS	47:40.7	M	5K Warrior
14	409	WADIE ABU-RAHMEH	47:42.0	M	5K Warrior
15	588	WILLIAM KELLER	47:42.1	M	5K Warrior
16	731	HELENA NELSON	49:01.4	F	5K Warrior
17	730	ANNA NELSON	49:03.1	F	5K Warrior
18	711	JOHN MALLEY	53:44.4	M	5K Warrior
19	802	JEANNIE ADAMS	54:09.3	F	5K Warrior
20	801	DANIEL ADAMS	54:09.4	M	5K Warrior
21	817	JUSTIN MUNNIGH	57:11.2	M	5K Warrior
22	818	LOUIS MUNNIGH	57:11.6	M	5K Warrior
23	498	LANCE ANDERSON	58:36.7	M	5K Warrior
24	563	DAVID HAMILTON	1:02:34.7	M	5K Warrior

#### RUCK SACK 10K OVERALL RESULTS

Place	Bib #	Name	Gun Elapsed	Gender	Division
1	866	ARLO RED	40:46.7	M	10K
2	840	VALERY PERRY	40:48.6	F	10K
3	587	SARA JONES	41:50.4	F	10K
4	537	DUSTIN ECKHART	49:05.1	M	10K

5	583	BLAKE JONES	49:05.6	M	10K
6	512	GORDON BLOOM	49:35.7	M	10K
7	538	LAURA ECKMAN	49:45.7	F	10K
8	536	BEN DUNCAN	49:56.0	M	10K
9	800	EVAN ZIMNY	50:28.6	M	10K
10	784	LEIDA VELEZ VALDIVIESO	50:47.7	F	10K
11	721	DYLAN METZ	50:49.9	M	10K
12	834	CLAAS TIDO BOESSER	53:51.0	M	10K
13	832	BETTY WANG	54:20.6	F	10K
14	780	GREGORY TRAVASSOS	57:23.9	M	10K
15	739	PAOLO PINTO	58:17.9	M	10K
16	869	REED GRIFFIN	59:02.8	M	10K
17	745	GABRIELLE REJNIAK	59:35.5	F	10K
18	552	DAMIAN GALLEGON	59:47.6	M	10K
19	787	NED VOSKA	1:00:16.7	M	10K
20	843	APRIL CHIRAS	1:00:34.9	F	10K
21	567	MISTY HAYSTEAD	1:01:21.8	M	10K
22	811	JONATHAN HAMMOCK	1:01:54.6	M	10K
23	566	OMAR HASAN	1:02:22.9	M	10K
24	560	MARGRETT GUAGLIARDO	1:02:35.2	F	10K
25	809	CHERYL DANIEL	1:02:56.1	F	10K
26	783	TONY VAUDO	1:03:27.1	M	10K
27	579	TREVOR HUTH	1:03:39.5	M	10K
28	527	EMILY CECH	1:04:29.8	F	10K
29	728	JASON MUNOZ	1:04:32.1	M	10K
30	752	JENNY RONNING	1:04:47.4	F	10K
31	712	RENEE MALONEY	1:04:47.4	F	10K
32	816	CYNTHIA MILLER	1:05:22.0	F	10K
33	600	ROBERT LAW	1:05:30.0	M	10K
34	578	HEATHER HUSS	1:06:15.5	F	10K
35	735	ABBY PETERSEN	1:06:27.7	M	10K
36	518	KYLIE BROWN	1:06:28.3	F	10K
37	799	AHMAD YOUSEF	1:06:41.7	M	10K
38	525	CASSIDAY CAMPBELL	1:08:39.0	F	10K
39	551	VALERIE FRANCIS	1:09:10.7	F	10K
40	597	DARREN LAW	1:09:15.0	M	10K
41	564	JOHN HANNA	1:09:15.1	M	10K
42	561	MARYELEN GUAGLIARDO	1:09:18.2	F	10K
43	796	ERIN WILLIAMS	1:09:18.4	F	10K
44	776	DOUG TAYLOR	1:09:31.1	M	10K
45	848	QUIBULAH GRAHAM	1:10:01.2	F	10K
46	746	MACK RENARD	1:11:36.2	M	10K
47	755	DORAN ALEXIS	1:12:38.7	M	10K
48	868	RICE GRIFFIN	1:12:44.3	M	10K
49	513	ROSA BONILLA	1:13:21.2	F	10K
50	526	WILLIAM CAMPBELL	1:15:00.1	M	10K
51	738	NICOLE PINTO	1:15:55.6	F	10K

52	714	ANDREA MASSEY-FARRELL	1:16:16.0	M	10K
53	773	MELISSA SZYMANSKI	1:16:16.4	F	10K
54	867	BABITA GOUDEN	1:17:14.1	M	10K
55	863	ALEXANDRA WEAKLEY	1:17:42.8	F	10K
56	842	ANNETTE ELAKATT	1:19:13.2	M	10K
57	781	WIFE TRAVASSOS	1:19:26.7	F	10K
58	736	ERIC PETERSEN	1:19:39.9	M	10K
59	706	ALLISON LOGAN	1:28:52.0	F	10K
60	496	KIMBERLY ANASTASI	1:29:25.2	F	10K
61	852	FREDDIE SANTIAGO	1:31:02.4	M	10K
62	786	LAURA VINCENT	1:31:14.2	F	10K
63	757	MARY ANN SANTOS FORMICA	1:31:29.3	F	10K
64	590	AMBER KREINBRINK	1:31:29.3	M	10K
65	741	CHARLIE PROUSE	1:32:40.2	M	10K
66	788	JESSICA VOSS	1:35:17.0	F	10K
67	870	STEPHEN FERRELL	1:41:30.7	M	10K
68	839	KARLY HERRERA	1:41:31.7	F	10K
69	553	MARISOL GARCIA LAU	1:51:49.0	F	10K
70	830	PASCHAL AQUINO	1:52:05.3	M	10K

#### RUCK SACK 10K WARRIOR OVERALL RESULTS

Place	Bib #	Name	Gun Elapsed	Gender	Division
1	568	NATHAN HEMMES	58:11.2	M	10K Warrior
2	862	WALLACE WEAKLEY	58:56.5	M	10K WARRIOR
3	767	JAY STEINER	1:01:08.5	M	10K Warrior
4	797	HEATH WILLIAMS	1:03:43.2	M	10K Warrior
5	505	BENITO AVENDANO	1:04:54.4	M	10K Warrior
6	778	MARLA TICHI	1:05:10.6	F	10K Warrior
7	522	CLIFF BUTNER	1:14:12.8	M	10K Warrior
8	754	FREDDIE SANTIAGO	1:14:55.3	M	10K Warrior
9	740	JEFF PITTARD	1:16:16.1	M	10K Warrior
10	828	MICHAEL MANFREDI	1:24:08.5	M	10K Warrior
11	829	RYAN HURTADO	1:24:08.6	M	10K Warrior
12	533	ROGER DAIGLE	1:25:12.0	M	10K Warrior
13	514	JOHN BROCKWAY	1:25:12.0	M	10K Warrior
14	775	CHRISTI TAYLOR	1:27:04.7	F	10K Warrior
15	550	RICHARD FRALEY	1:32:39.8	M	10K Warrior
16	726	MATTHEW MOCORRO	1:35:16.6	M	10K Warrior
17	701	PETER LAWRIE	1:35:37.6	M	10K Warrior
18	549	MICHAEL FOOTE	1:39:52.2	M	10K Warrior
19	433	CHRISTOPHER ADAMS	1:39:52.2	M	10K Warrior
20	569	ERIC HERRERA	1:41:32.0	M	10K Warrior
21	519	MARK BRUNO	1:50:31.3	M	10K Warrior
22	798	DARLON WILSON	1:50:32.7	M	10K Warrior