4th Annual Women's 4K Moon Run/Walk
7/12/2014 – Olympia, WA
A Benefit for the Capital HS Debate Team
Presented by Guerilla Running

213 finishers. Weather sunny and hot (92 degrees)

Results

Overall

Place		Name	Age	Finish Time
1	4248	Theresa Burkheimer	34	16:38.74
2	4011	Barbara Bandoli	33	19:09.78
3	4125	Heather Latham	35	19:44.09
4	4069	Sarah Furtick	37	20:49.37
5	4137	Jill McCauley	43	20:59.82
6	4042	Sarah Compton	39	21:03.85
7	4075	Missy Goff	31	21:08.71
8	4110	Laurie Kesgard	44	21:31.80
9	4031	Jill Carpenter	38	21:45.12
10	4165	Anna Petersen	40	21:48.31
11	4122	Shelli Lackey	46	21:48.61
12	4160	Melissa Palmer	34	22:45.44
13	4078	Michelle Gulden	47	22:50.87
14	4086	Jennifer Hancock	41	22:57.22
15	4081	Sabrina Hageman	52	22:59.78
16	4241	Kathie Winterstein	66	23:04.61
17	4258	susan Giordano	58	23:28.20
18	4227	Kari Tyson	41	23:31.26
19	4206	Carolyn Simmonds	49	23:34.66
20	4035	Tashina Cavasoz	32	23:41.97
21	4057	Natalie Doelman	13	23:44.76
22	4250	Magen Leaver	23	23:53.19
23	4139	Diane Meddaugh	44	24:04.01
24	4074	Carialta Glen	51	24:07.19
25	4022	Callie Black	51	24:13.34
26	4147	Lilly Moneer	43	24:13.71
27	4143	Tanya Mercier	40	24:27.81
28	4130	Jessica Little	39	24:29.92
29	4033	Vitoria Cassol	13	24:31.21
30	4032	Susan Cassol	44	24:33.17
31	4214	Adelaina Soviak	35	24:57.90
32	4222	Loraine Teffeteller	30	25:06.78
33	4084	Satu Halpin	36	25:16.92
34	4049	Amanda Crawford	37	25:40.21
35	4155	Marsha Nelson	65	25:45.82
36	4148	Michelle Moore	47	25:46.77
37	4176	Kathy Reed	54	25:55.55
38	4215	Carla Spaccarotelli	45	25:58.28
39	4097	Nacima Horner	33	26:20.54
40	4174	Barb Pruett	47	26:23.16
41	4249	Kandi Lowry	45	26:33.19
42	4041	Julie Coatney	51	26:45.45
43	4193	Emilie Schnabel	24	26:59.86

44	4188	Andrea Rydholm	34	27:03.76
45	4189	Denise Saller	58	27:07.65
46	4055	Erin Demmer	29	27:09.87
47	4127	Peggy LeHew	46	27:11.85
48	4077	Mindy Gudaz	46	27:12.06
49	4191	Tracy (Loulu) Sandvig	32	27:55.21
50	4092	Carolyn Heater	39	28:11.58
51	4050	shelley crea	42	28:12.22
52	4006	Harmonie Armstrong	51	28:14.30
53	4093	Jodi Heimgartner	53	28:23.44
54	4231	Kathleen Vasquez	57	28:28.92
55	4201	Cathie Shaughnessy	51	28:31.31
56	4134	Tina Lusby	47	28:40.19
57	4173	Lori Provoe	53	28:42.18
58	4100	Sharon Irey	35	28:45.46
59	4046	Madeline Cope	15	28:50.93
60	4120	Tina Krol	40	28:58.48
61	4181	Celia Rivera	46	29:03.42
62	4202	Diana Sheets	54	29:06.87
63	4045	Heidi Cope	44	29:07.36
64	4169	Christina Pierson	59	29:09.99
65	4063	Erin Ellison	40	29:10.40
66	4184	Hannah Rongen	12	29:10.72
67	4183	Kecia Rongen	43	29:15.07
68	4066	Janet Feliciano	47	29:16.21
69	4009	anmarie aylward	56	29:17.33
70	4065	Laura Faiszt	42	29:18.27
71	4051	Verona Cruz	47	29:19.57
72	4015	Dawn Bellevue	54	29:19.95
73	4251	Tracy Steffans	46	29:29.27
74	4192	Kelly Schmidt	36	29:33.32
75	4138	Lana McGrady	27	29:46.18
76	4098	Christine Howard	58	29:49.94
77	4190	Marcie Sample	51	29:55.98
78	4170	Rachel Plowman	28	30:01.39
79	4016	Rebecca Benge	36	30:02.13
80	4239	Jennifer White	32	30:03.62
81	4018	Emily Berbells	14	30:31.05
82	4199	Lynn Severy	43	30:34.91
83	4129	Amy Leneker	39	30:49.35
84	4229	Allyce Valladares	31	30:54.89
85	4028	Marcy Bryant	42	30:58.14
86	4024	Lorraine Blum	63	30:58.35
87	4114	Alisha King-Forsberg	38	31:08.50
88	4099	Faith Huguley	50	31:11.55
89	4106	Kelli Johnston	44	31:24.82
90	4172	Phyllis Price	48	31:31.88
91	4012	Jessica Barnum	32	31:45.08
92	4039	Rachel Chase	31	31:45.31
93	4156	Erica Olsen	38	32:11.90
94	4228	Christina Upshaw	35	32:12.68
95	4014	Tammie Baughman	42	32:20.32
96	4238	Jami Whisenhunt	37	32:20.52
97	4152	Cassie Murray	38	32:24.12
98	4164	Chazmin Peters	31	32:27.95
99	4145	Brittney Miller	31	32:29.87
100	4149	Sarah Mortimer	37	32:38.58
101	4007	Lisa Arnold	37	32:39.66
102	4003	claudia alvarado	32	32:41.51
103	4053	Kris Dansereau	60	32:41.75

104	4123	Belinda Land	54	32:45.02
105	4141	Alicia Mednansky	21	32:57.46
106	4088	Kaylen Hankemeier	26	32:58.34
107	4140	Sally Mednansky	49	33:01.43
108	4060	Miranda Duffrin	29	33:03.04
109	4180	Rachelle Riddle	43	33:03.86
110	4126	Diane Lee	57	33:06.88
111	4087	Linda Hankemeier	49	33:08.74
112	4236	Marilee Warren	47	33:17.04
113	4209	Megan Sliva	30	33:17.84
114	4205	Sevina Silva	52	33:19.86
115	4027	Jerri Brown	46	33:20.10
116	4010	Maja Ballew	40	33:38.52
117	4105	Lori Johnson	48	33:38.78
118	4197	Susan Sears	56	34:20.31
119	4094	Yael Herbstman	32	34:20.60
120	4163	Beth Perez	30	34:30.78
121	4001	Emy Adams	35	34:31.36
122	4090	Jena Hay	24	34:31.66
123	4252	Chelsea Greer	26	34:32.03
124	4186	Heather Russell	31	34:32.46
125	4187	Kathryn Russell	56	34:32.81
126	4008	lilana avanto	52	34:42.44
127	4237	Grace Webster	53	34:42.70
128	4211	Jessica Smith	38	34:42.97
129	4104	Dede Jasperson	45	34:53.34
130	4179	Sarah Rickert	36	35:10.67
131	4146	Kim Moes	49	35:11.11
132	4044	Eden Comstock	12	35:16.68
133	4043	Tara Comstock	36	35:17.00
134	4142	Anke Menzel-Wallace	47	35:20.14
135	4194	Heidi Schutz	41	35:20.37
136	4005	Andrea Anderson	29	35:21.59
137	4036	tara chadwell	53	35:26.64
138	4013	Jenna Batey	44	35:26.92
139	4072	Chrissy Gilinsky	26	35:35.21
140	4096	Jill Himlie	57	35:36.41
141	4023	Heidi Blodgett	45	35:36.95
142	4150	Jennette Munoz-Colon	39	35:37.18
143	4175	Shelley Rawding	56	35:50.71
144	4079	Priya Gupta	32	35:56.06
145	4223	Sadie Tilson	31	36:17.44
146	4019	Lynette Berry	53	36:20.61
147	4101	Dianne Irwin	53	36:32.97
148	4071	Maiara George	5	36:33.67
149	4070	Sophia George	7	36:34.59
150	4002	Maria AlanizGeorge	36	36:36.96
151	4235	Joyce Walsworth	54	36:37.16
152	4220	Kayla Tate	19	36:53.95
153	4219	Veravanh Tate	45	36:54.17
154	4029	Nicole Butigan	43	37:03.19
155	4167	Savannah Phipps	14	37:18.34
156	4168	Cheyenne Phipps	12	37:18.96
157	4162	Shannon Patrick	48	37:22.93
158	4091	Karie Hayashi	63	37:23.90
159	4245	Jamie Zess	31	37:35.63
160	4095	Laura Herron	37	37:35.86
161	4037	Mia Chambers	37	37:39.56
162	4216	Jobeth Stenerson	29	37:41.31
163	4058	Terry Donnelly	54	37:44.68

164	4131	Carolyn Logue	50	37:44.99
165	4136	Ann Martin	51	37:46.20
166	4119	Natale Koepenick	35	37:46.46
167	4217	Julie Sullivan	39	37:51.93
168	4208	Linda Sjoholm	62	37:52.57
169	4047	Ellen Corier	30	38:03.31
170	4198	Bonnie Selander	65	38:09.03
171	4030	ramona calquhoun	48	38:14.16
172	4166	Shauna Phipps	41	38:50.40
173	4034	Janet Cavanaugh	50	38:51.05
174	4232	Kathy Vinyard	45	39:17.19
175	4107	Hokulani Kawamura	52	39:18.29
176	4026	Tracy Brickell	44	39:37.64
177	4017	Tammy Berbells	48	39:44.94
178	4226	chantelle tyler	38	40:12.97
179	4135	Renae Mann	36	40:13.22
180	4052	patty danner	51	40:13.67
181	4040	Angela Cherry	42	40:44.08
182	4196	Dena Scroggie	52	40:45.76
183	4115	Kaye Kinsey	54	40:48.44
184	4025	katie borne	37	41:22.01
185	4171	Valerie Pollet	56	41:22.29
186	4240	Patsy Whited	46	41:27.18
187	4103	Kailani Jackson	11	41:33.45
188	4102	Carrie Jackson	44	41:37.06
189	4224	Sarah Tracy	40	41:37.82
190	4225	Anna Tracy	9	41:48.58
191	4109	Patti Keenan-Cooley	52	41:48.83
192	4234	Hannah Wagner	10	42:07.52
193	4233	Heather Wagner	41	42:07.76
194	4221	Sandra Taylor	68	42:10.34
195	4218	Debra Tainer	57	42:34.80
196	4177	Laurie Reeves	50	43:06.21
197	4242	Cheri Wright	49	43:06.51
198	4213	Mary Sorger	43	43:11.60
199	4004	Lynda Anderson	54	43:12.47
200	4247	Faye Barnes	64	43:12.84
201	4246	Blanche Courtney	50	43:19.37
202	4230	Jessica van Son	45	43:19.88
203	4067	Jennifer Fowler	57	43:20.76
204	4082	Pam Hager	57	43:30.21
205	4111	Shelby Kesgard	16	43:30.53
206	4182	Kimberly Robertson	51	43:51.16
207	4064	Debora Evans	41	43:51.88
208	4154	Tara Neely	36	45:27.07
209	4204	Marie Shuffield	55	45:27.33
210	4108	Natalie Kayl	41	46:36.66
211	4178	Marjorie Reynolds	66	46:36.92
212	4144	Gordon Miller	73	46:48.69
213	4185	rachel rosado	36	47:26.41

Age Group Results

Place	Name	Age	Avg Mile	Time
13 & Under Results 3998 Run				
1	**Natalie Doelman**	**13**	**9:33.6**	**23:44.76**

2	Vitoria Cassol	13	9:52.3	24:31.21
3	Hannah Rongen	12	11:44.8	29:10.72
4	Eden Comstock	12	14:12.1	35:16.68
5	Maiara George	5	14:43.1	36:33.67
6	Sophia George	7	14:43.4	36:34.59
7	Cheyenne Phipps	12	15:01.3	37:18.96
8	Kailani Jackson	11	16:43.7	41:33.45
9	Anna Tracy	9	16:49.8	41:48.58
10	Hannah Wagner	10	16:57.5	42:07.52

14-19 Results 3998 Run

1	Madeline Cope	15	11:36.8	28:50.93
2	Emily Berbells	14	12:17.1	30:31.05
3	Kayla Tate	19	14:51.2	36:53.95
4	Savannah Phipps	14	15:01.1	37:18.34
5	Shelby Kesgard	16	17:30.9	43:30.53

20-24 Results 3998 Run

1	Magen Leaver	23	9:37.0	23:53.19
2	Emilie Schnabel	24	10:52.1	26:59.86
3	Alicia Mednansky	21	13:16.0	32:57.46
4	Jena Hay	24	13:54.0	34:31.66

25-29 Results 3998 Run

1	Erin Demmer	29	10:56.1	27:09.87
2	Lana McGrady	27	11:59.0	29:46.18
3	Rachel Plowman	28	12:05.2	30:01.39
4	Kaylen Hankemeier	26	13:16.4	32:58.34
5	Miranda Duffrin	29	13:18.3	33:03.04
6	Chelsea Greer	26	13:54.1	34:32.03
7	Andrea Anderson	29	14:14.1	35:21.59
8	Chrissy Gilinsky	26	14:19.5	35:35.21
9	Jobeth Stenerson	29	15:10.3	37:41.31

30-34 Results 3998 Run

1	Theresa Burkheimer	34	6:42.1	16:38.74
2	Barbara Bandoli	33	7:42.9	19:09.78
3	Missy Goff	31	8:30.7	21:08.71
4	Melissa Palmer	34	9:09.7	22:45.44
5	Tashina Cavasoz	32	9:32.4	23:41.97
6	Loraine Teffeteller	30	10:06.6	25:06.78
7	Nacima Horner	33	10:36.3	26:20.54
8	Andrea Rydholm	34	10:53.7	27:03.76
9	Tracy (Loulu) Sandvig	32	11:14.4	27:55.21
10	Jennifer White	32	12:06.1	30:03.62
11	Allyce Valladares	31	12:26.7	30:54.89
12	Jessica Barnum	32	12:46.9	31:45.08
13	Rachel Chase	31	12:47.0	31:45.31
14	Chazmin Peters	31	13:04.2	32:27.95
15	Brittney Miller	31	13:04.9	32:29.87
16	claudia alvarado	32	13:09.6	32:41.51
17	Megan Sliva	30	13:24.2	33:17.84
18	Yael Herbstman	32	13:49.5	34:20.60
19	Beth Perez	30	13:53.6	34:30.78

20	Heather Russell	31	13:54.3	34:32.46
21	Priya Gupta	32	14:27.9	35:56.06
22	Sadie Tilson	31	14:36.5	36:17.44
23	Jamie Zess	31	15:08.0	37:35.63
24	Ellen Corier	30	15:19.2	38:03.31

35-39 Results 3998 Run

1	Heather Latham	35	7:56.7	19:44.09
2	Sarah Furtick	37	8:23.0	20:49.37
3	Sarah Compton	39	8:28.8	21:03.85
4	Jill Carpenter	38	8:45.4	21:45.12
5	Jessica Little	39	9:51.7	24:29.92
6	Adelaina Soviak	35	10:03.0	24:57.90
7	Satu Halpin	36	10:10.7	25:16.92
8	Amanda Crawford	37	10:20.0	25:40.21
9	Carolyn Heater	39	11:21.0	28:11.58
10	Sharon Irey	35	11:34.6	28:45.46
11	Kelly Schmidt	36	11:53.9	29:33.32
12	Rebecca Benge	36	12:05.5	30:02.13
13	Amy Leneker	39	12:24.5	30:49.35
14	Alisha King-Forsberg	38	12:32.2	31:08.50
15	Erica Olsen	38	12:57.7	32:11.90
16	Christina Upshaw	35	12:58.0	32:12.68
17	Jami Whisenhunt	37	13:01.2	32:20.52
18	Cassie Murray	38	13:02.6	32:24.12
19	Sarah Mortimer	37	13:08.4	32:38.58
20	Lisa Arnold	37	13:08.9	32:39.66
21	Emy Adams	35	13:53.8	34:31.36
22	Jessica Smith	38	13:58.5	34:42.97
23	Sarah Rickert	36	14:09.7	35:10.67
24	Tara Comstock	36	14:12.2	35:17.00
25	Jennette Munoz-Colon	39	14:20.3	35:37.18
26	Maria AlanizGeorge	36	14:44.4	36:36.96
27	Laura Herron	37	15:08.1	37:35.86
28	Mia Chambers	37	15:09.6	37:39.56
29	Natale Koepenick	35	15:12.4	37:46.46
30	Julie Sullivan	39	15:14.6	37:51.93
31	chantelle tyler	38	16:11.4	40:12.97
32	Renae Mann	36	16:11.5	40:13.22
33	katie borne	37	16:39.1	41:22.01
34	Tara Neely	36	18:17.8	45:27.07
35	rachel rosado	36	19:05.8	47:26.41

40-44 Results 3998 Run

1	Jill McCauley	43	8:27.2	20:59.82
2	Laurie Kesgard	44	8:40.0	21:31.80
3	Anna Petersen	40	8:46.7	21:48.31
4	Jennifer Hancock	41	9:14.4	22:57.22
5	Kari Tyson	41	9:28.1	23:31.26
6	Diane Meddaugh	44	9:41.3	24:04.01
7	Lilly Moneer	43	9:45.2	24:13.71
8	Tanya Mercier	40	9:50.9	24:27.81
9	Susan Cassol	44	9:53.0	24:33.17
10	shelley crea	42	11:21.2	28:12.22
11	Tina Krol	40	11:39.8	28:58.48
12	Heidi Cope	44	11:43.4	29:07.36
13	Erin Ellison	40	11:44.6	29:10.40
14	Kecia Rongen	43	11:46.5	29:15.07

15	Laura Faiszt	42	11:47.8	29:18.27
16	Lynn Severy	43	12:18.7	30:34.91
17	Marcy Bryant	42	12:28.0	30:58.14
18	Kelli Johnston	44	12:38.8	31:24.82
19	Tammie Baughman	42	13:01.1	32:20.32
20	Rachelle Riddle	43	13:18.6	33:03.86
21	Maja Ballew	40	13:32.6	33:38.52
22	Heidi Schutz	41	14:13.6	35:20.37
23	Jenna Batey	44	14:16.2	35:26.92
24	Nicole Butigan	43	14:55.0	37:03.19
25	Shauna Phipps	41	15:38.1	38:50.40
26	Tracy Brickell	44	15:57.1	39:37.64
27	Angela Cherry	42	16:23.9	40:44.08
28	Carrie Jackson	44	16:45.2	41:37.06
29	Sarah Tracy	40	16:45.5	41:37.82
30	Heather Wagner	41	16:57.6	42:07.76
31	Mary Sorger	43	17:23.3	43:11.60
32	Debora Evans	41	17:39.5	43:51.88
33	Natalie Kayl	41	18:45.8	46:36.66

45-49 Results 3998 Run

1	Shelli Lackey	46	8:46.8	21:48.61
2	Michelle Gulden	47	9:11.9	22:50.87
3	Carolyn Simmonds	49	9:29.5	23:34.66
4	Michelle Moore	47	10:22.7	25:46.77
5	Carla Spaccarotelli	45	10:27.3	25:58.28
6	Barb Pruett	47	10:37.3	26:23.16
7	Kandi Lowry	45	10:41.4	26:33.19
8	Peggy LeHew	46	10:56.9	27:11.85
9	Mindy Gudaz	46	10:57.0	27:12.06
10	Tina Lusby	47	11:32.5	28:40.19
11	Celia Rivera	46	11:41.8	29:03.42
12	Janet Feliciano	47	11:47.0	29:16.21
13	Verona Cruz	47	11:48.3	29:19.57
14	Tracy Steffans	46	11:52.2	29:29.27
15	Phyllis Price	48	12:41.6	31:31.88
16	Sally Mednansky	49	13:17.6	33:01.43
17	Linda Hankemeier	49	13:20.6	33:08.74
18	Marilee Warren	47	13:23.9	33:17.04
19	Jerri Brown	46	13:25.2	33:20.10
20	Lori Johnson	48	13:32.7	33:38.78
21	Dede Jasperson	45	14:02.7	34:53.34
22	Kim Moes	49	14:09.8	35:11.11
23	Anke Menzel-Wallace	47	14:13.5	35:20.14
24	Heidi Blodgett	45	14:20.2	35:36.95
25	Veravanh Tate	45	14:51.3	36:54.17
26	Shannon Patrick	48	15:02.9	37:22.93
27	ramona calquhoun	48	15:23.5	38:14.16
28	Kathy Vinyard	45	15:48.9	39:17.19
29	Tammy Berbells	48	16:00.1	39:44.94
30	Patsy Whited	46	16:41.2	41:27.18
31	Cheri Wright	49	17:21.2	43:06.51
32	Jessica van Son	45	17:26.6	43:19.88

50-54 Results 3998 Run

1	Sabrina Hageman	52	9:15.5	22:59.78
2	Carialta Glen	51	9:42.6	24:07.19
3	Callie Black	51	9:45.1	24:13.34

4	Kathy Reed	54	10:26.2	25:55.55
5	Julie Coatney	51	10:46.3	26:45.45
6	Harmonie Armstrong	51	11:22.1	28:14.30
7	Jodi Heimgartner	53	11:25.7	28:23.44
8	Cathie Shaughnessy	51	11:28.9	28:31.31
9	Lori Provoe	53	11:33.3	28:42.18
10	Diana Sheets	54	11:43.2	29:06.87
11	Dawn Bellevue	54	11:48.5	29:19.95
12	Marcie Sample	51	12:03.0	29:55.98
13	Faith Huguley	50	12:33.4	31:11.55
14	Belinda Land	54	13:11.0	32:45.02
15	Sevina Silva	52	13:25.1	33:19.86
16	lilana avanto	52	13:58.3	34:42.44
17	Grace Webster	53	13:58.4	34:42.70
18	tara chadwell	53	14:16.1	35:26.64
19	Lynette Berry	53	14:37.8	36:20.61
20	Dianne Irwin	53	14:42.8	36:32.97
21	Joyce Walsworth	54	14:44.5	36:37.16
22	Terry Donnelly	54	15:11.7	37:44.68
23	Carolyn Logue	50	15:11.8	37:44.99
24	Ann Martin	51	15:12.3	37:46.20
25	Janet Cavanaugh	50	15:38.4	38:51.05
26	Hokulani Kawamura	52	15:49.3	39:18.29
27	patty danner	51	16:11.6	40:13.67
28	Dena Scroggie	52	16:24.5	40:45.76
29	Kaye Kinsey	54	16:25.6	40:48.44
30	Patti Keenan-Cooley	52	16:49.9	41:48.83
31	Laurie Reeves	50	17:21.1	43:06.21
32	Lynda Anderson	54	17:23.6	43:12.47
33	Blanche Courtney	50	17:26.4	43:19.37
34	Kimberly Robertson	51	17:39.2	43:51.16

55-59 Results 3998 Run

1	susan Giordano	58	9:26.9	23:28.20
2	Denise Saller	58	10:55.2	27:07.65
3	Kathleen Vasquez	57	11:27.9	28:28.92
4	Christina Pierson	59	11:44.5	29:09.99
5	anmarie aylward	56	11:47.4	29:17.33
6	Christine Howard	58	12:00.6	29:49.94
7	Diane Lee	57	13:19.8	33:06.88
8	Susan Sears	56	13:49.4	34:20.31
9	Kathryn Russell	56	13:54.4	34:32.81
10	Jill Himlie	57	14:20.0	35:36.41
11	Shelley Rawding	56	14:25.8	35:50.71
12	Valerie Pollet	56	16:39.3	41:22.29
13	Debra Tainer	57	17:08.4	42:34.80
14	Jennifer Fowler	57	17:26.9	43:20.76
15	Pam Hager	57	17:30.7	43:30.21
16	Marie Shuffield	55	18:17.9	45:27.33

60-64 Results 3998 Run

1	Lorraine Blum	63	12:28.1	30:58.35
2	Kris Dansereau	60	13:09.7	32:41.75
3	Karie Hayashi	63	15:03.3	37:23.90
4	Linda Sjoholm	62	15:14.8	37:52.57
5	Faye Barnes	64	17:23.8	43:12.84

65-69 Results 3998 Run

1	Kathie Winterstein	66	9:17.4	23:04.61
2	Marsha Nelson	65	10:22.3	25:45.82
3	Bonnie Selander	65	15:21.5	38:09.03
4	Sandra Taylor	68	16:58.6	42:10.34
5	Marjorie Reynolds	66	18:45.9	46:36.92

70+ Results 3998 Run

1	Gordon Miller	73	18:50.6	46:48.69