



Cougar Challenge 8K (Cal State San Marcos)

October 15, 2016

Race Director: Steve Scott

Race 6 of 2016 USATF/Movin Shoes Dirt Dog XC Series



Men's Race

Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
1	Daniel Gonia	24:24	Yes	28	M	Open	1	100	San Diego Track Club	Open	1
2	Alexis Verdugo	24:37		21	M						
3	Nick Scarpello	24:44	Yes	24	M	Open	2	90	Prado Racing Team	Open	2
4	Carl Dargitz	25:03	Yes	28	M	Open	3	81	Prado Racing Team	Open	3
5	Marco Anzures	25:30	Yes	28	M	Open	4	73	Balboa Track Club	Open	4
6	Daniel Seidel	25:47	Yes	36	M	Open	5	66	Prado Racing Team	Open	5
7	Ryan Maize	25:58		22	M						
8	Kosuke Amano	25:59	Yes	32	M	Open	6	59	San Diego Track Club	Open	6
9	Derrick Lloyd	26:08	Yes	24	M	Open	7	53	Prado Racing Team	Open	7
10	Derek Bradley	26:25	Yes	36	M	Open	8	48	Prado Racing Team	Open	8
11	Thomas Whitcomb	26:31	Yes	29	M	Open	9	43	Prado Racing Team	Open	9
12	Jhair Torres	26:58		20	M						
13	Damien Garcia	27:04		26	M						
14	Charlie Gamble	27:06	Yes	28	M	Open	10	39	San Diego Track Club	Open	10
15	Nazario Romero	27:16	Yes	42	M	40-49	1	100	Jamul Toads	40+	1
16	Alex Phipps	27:18	Yes	35	M	Open	11	35	Prado Racing Team	Open	11
17	Charles McKeown	27:33	Yes	34	M	Open	12	32	Prado Racing Team	Open	12
18	Shea Vavra	27:38		18	M						
19	Tyler Hansen	27:39		20	M						
20	Ryland Lyons	27:40		20	M						
21	Jason Duarte	27:46		29	M						
22	Mark Shimmin	27:46		27	M						
23	Kevin Blount	27:49	Yes	31	M	Open	13	29	Balboa Track Club	Open	13
24	Joey Baloney	27:49		20	M						
25	Ryan Lawler	27:54		24	M						
26	Kevin Zimmer	27:58	Yes	53	M	50-59	1	100	Prado Racing Team	40+	2
27	Mark Werley	28:18		18	M						
28	Kevin Sorrell	28:19	Yes	29	M	Open	14	26	Prado Racing Team	Open	**
29	Andrew Corman	28:35	Yes	36	M	Open	15	23	Prado Racing Team	Open	**
30	Tom Bache	28:38	Yes	44	M	40-49	2	90	San Diego Track Club	40+	3
31	Ciro Melendez	28:46	Yes	45	M	40-49	3	81	Jamul Toads	40+	4
32	Alex Samarin	29:00	Yes	29	M	Open	16	21	San Diego Track Club	Open	14
33	Nate White	29:11	Yes	39	M	Open	17	19	Balboa Track Club	Open	15
34	Ian Cherry	29:29		52	M						
35	Saul Oros	29:31		24	M						
36	Marc Sosnowski	29:39	Yes	49	M	40-49	4	73	Prado Racing Team	40+	5
37	Nathan Kling	29:42		20	M						
38	Jacob Barr	29:44		19	M						
39	Jayson Fultz	29:56	Yes	44	M	40-49	5	66	Jamul Toads	40+	6
40	Saulo Rivera	29:58	Yes	39	M	Open	18	17			
41	Joel Bernard	30:17	Yes	43	M	40-49	6	59	Prado Racing Team	40+	7
42	Juan Ayala Castro	30:22	Yes	42	M	40-49	7	53	San Diego Track Club	40+	8
43	Andrew Block	30:41	Yes	47	M	40-49	8	48			



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Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
44	Jose Rivera	30:45	Yes	44	M	40-49	9	43	San Diego Track Club	40+	9
45	Gabe Querido	30:56		18	M						
46	Justin Runac	31:18	Yes	43	M	40-49	10	39	Prado Racing Team	40+	10
47	Gerard Reski	31:24	Yes	52	M	50-59	2	90	Prado Racing Team	50+	1
48	Sheldon Subith	31:27	Yes	61	M	60-69	1	100	San Diego Track Club	60+	1
49	Abraham Morales	31:30		24	M						
50	Scott McEntee	31:34	Yes	59	M	50-59	3	81	Prado Racing Team	50+	2
51	Bruce Boettner	31:38	Yes	56	M	50-59	4	73	Prado Racing Team	50+	3
52	John Griego	31:55	Yes	58	M	50-59	5	66	San Diego Track Club	50+	4
53	Jack Brady	32:23		19	M						
54	Patrick Baldwin	32:29	Yes	40	M	40-49	11	35	Prado Racing Team	40+	11
55	Dave Spinler	33:04	Yes	57	M	50-59	6	59	San Diego Track Club	50+	5
56	Randy Ray	33:25	Yes	40	M	40-49	12	32	Jedi Masters	40+	12
57	Michael Rouse	33:52		42	M						
58	Ben Fybel	34:12		19	M						
59	Alexander Plummer	34:16		18	M						
60	Rick Pfeiffer	34:18	Yes	65	M	60-69	2	90	San Diego Track Club	60+	2
61	Nathan Smith	34:38		19	M						
62	Ivan Carlos	35:10	Yes	46	M	40-49	13	29			
63	Joe Kooyman	35:32		35	M						
64	Ricardo Bartlett	35:33	Yes	55	M	50-59	7	53	Bonita Road Runners	50+	6
65	Grafton Houston	35:34	Yes	63	M	60-69	3	81	Florida Track Club-W	60+	3
66	Alex Tamayo	35:39	Yes	50	M	50-59	8	48	Bonita Road Runners	50+	7
67	Kamran Rahbar	36:03	Yes	57	M	50-59	9	43	San Diego Track Club	50+	8
68	Kent Richardson	36:29	Yes	61	M	60-69	4	73	San Diego Track Club	60+	4
69	Abram Garcia	36:49	Yes	60	M	60-69	5	66	Bonita Road Runners	50+	9
70	Gordon Lutes	37:10	Yes	71	M	70+	1	100	San Diego Track Club	70+	1
71	Andrew Thacher	37:27	Yes	53	M	50-59	10	39	Bonita Road Runners	50+	10
72	Paul Baumhoefner	37:35	Yes	64	M	60-69	6	59	San Diego Track Club	60+	5
73	Dale Reed	37:49	Yes	53	M	50-59	11	35	Bonita Road Runners	50+	11
74	Miguel Alvarez-Cabanil	38:22	Yes	58	M	50-59	12	32	Bonita Road Runners	50+	12
75	Ron Enos	38:27	Yes	71	M	70+	2	90	Florida Track Club-W	70+	2
76	Robb Latimer	38:29	Yes	64	M	60-69	7	53	San Diego Track Club	60+	6
77	Michael Villarreal	38:40	Yes	49	M	40-49	14	26	Jedi Masters	40+	13
78	Steve Doyle	38:45	Yes	68	M	60-69	8	48	Florida Track Club-W	60+	7
79	Jan Kafka	39:44	Yes	69	M	60-69	9	43	San Diego Track Club	60+	8
80	Daniel Linehan	40:40	Yes	67	M	60-69	10	39	Florida Track Club-W	60+	9
81	Dennis Kasischke	40:52	Yes	70	M	70+	3	81	San Diego Track Club	70+	3
82	Peter Stern	42:06	Yes	71	M	70+	4	73	San Diego Track Club	70+	4
83	Peter Gregory	45:01	Yes	55	M	50-59	13	29	West Bernardo Track Club		
84	Douglas Kenyon	45:56	Yes	73	M	70+	5	66	San Diego Track Club	70+	5
85	James Summers	48:55	Yes	57	M	50-59	14	26			
86	Alan Olson	52:05	Yes	74	M	70+	6	59	San Diego Track Club	70+	6



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Men's Race



Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
87	Warren Osborn	53:29	Yes	82	M	70+	7	53	San Diego Track Club (80+)	70+	7
88	Edwin Gookin	58:28	Yes	83	M	70+	8	48	San Diego Track Club (80+)	70+	8

Note:

*Dirt Dogs must have entered series and obtained San Diego-Imperial USATF membership by Race 3

**Top 8 team members score

Division age based on date of championship race (November 13, 2016)



Cougar Challenge 5K (Cal State San Marcos)

October 15, 2016

Race Director: Steve Scott

Race 6 of 2016 USATF/Movin Shoes Dirt Dog XC Series



Women's Race

Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
1	Erin Menefee	17:41	Yes	24	F	Open	1	100	Prado Racing Team	Open	1
2	Cortney Berling	17:59	Yes	26	F	Open	2	90	Prado Racing Team	Open	2
3	Salena Gallardo	18:11		21	F						
4	Noelle Van Rysselbergh	18:14	Yes	25	F	Open	3	81	Prado Racing Team	Open	3
5	Marie Schaper	18:15	Yes	28	F	Open	4	73	Prado Racing Team	Open	4
6	Hilary Corno	18:19	Yes	41	F	40-49	1	100	Prado Racing Team	40+	1
7	Grace Padilla	18:22		45	F						
8	Maija Hitchings	18:23	Yes	32	F	Open	5	66	RunningSkirts Runderlust	Open	5
9	Meriah Earle	18:31	Yes	38	F	Open	6	59	San Diego Track Club	Open	6
10	Anahi Soriano	18:36		21	F						
11	Julie Sawyer	18:54	Yes	33	F	Open	7	53	Prado Racing Team	Open	7
12	Amy Halseth	18:57	Yes	46	F	40-49	2	90	Prado Racing Team	40+	2
13	Tina Girolamo	19:05		21	F						
14	Sara Sanchez	19:19	Yes	27	F	Open	8	48	Prado Racing Team	Open	8
15	Celestine Arambulo	19:24	Yes	46	F	40-49	3	81	RunningSkirts Runderlust	40+	3
16	Gina Merchant	19:37	Yes	34	F	Open	9	43	Prado Racing Team	Open	9
17	Nadia Nguyen	19:56		18	F						
18	Jennifer Uwins	20:00	Yes	42	F	40-49	4	73	San Diego Track Club	40+	4
19	Tracy Wright	20:30	Yes	48	F	40-49	5	66	Prado Racing Team	40+	5
20	Jennifer Matthews	20:48	Yes	42	F	40-49	6	59	RunningSkirts Runderlust	40+	6
21	Brianna Pertak	20:54		18	F						
22	Roseann Parry	20:56	Yes	50	F	50-59	1	100	San Diego Track Club	40+	7
23	Jill Glassmeyer	20:57		27	F						
24	Melissa Minjarez	21:21	Yes	39	F	Open	10	39			
25	Zorica Rahovic	21:51	Yes	44	F	40-49	7	53	San Diego Track Club	40+	8
26	Linda Powers	22:49	Yes	58	F	50-59	2	90	San Diego Track Club	50+	1
27	Andrea Guzman	22:54		45	F						
28	Lindsi Demik	23:00		30	F						
29	Jackie Melchor	23:00		40	F						
30	Marian Schmidt	23:30	Yes	61	F	60-69	1	100	San Diego Track Club	60+	1
31	Sheli Lachel	23:34	Yes	52	F	50-59	3	81	San Diego Track Club	50+	2
32	Tania Tuluie	24:15	Yes	49	F	40-49	8	48	RunningSkirts Runderlust	40+	9
33	Deborah Shea	24:33	Yes	62	F	60-69	2	90	San Diego Track Club	60+	2
34	Christine Young	24:56	Yes	67	F	60-69	3	81	San Diego Track Club	60+	3
35	Myrtle Spowart	26:04	Yes	63	F	60-69	4	73	San Diego Track Club	60+	4
36	Maria Linares	27:17		22	F						
37	Aofe O'Brien	28:49		18	F						
38	Amy Allen	36:10	Yes	70	F	70+	1	100	San Diego Track Club	70+	1
39	Patricia Bentz	37:17	Yes	73	F	70+	2	90	San Diego Track Club	70+	2
40	Martha Walker	37:47	Yes	80	F	70+	3	81	San Diego Track Club	70+	3
41	Virginia Lopez	37:47	Yes	76	F	70+	4	73	San Diego Track Club	70+	4
42	Donna Gookin	37:58	Yes	80	F	70+	5	66	San Diego Track Club	70+	5

Note:



Cougar Challenge 5K (Cal State San Marcos)
October 15, 2016
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Women's Race



Race			Dirt			Div	Div			Team	Team
Place	Name	Time	Dog*	Age	S	Div	Place	Score	Team	Div	Place

*Dirt Dogs must have entered series and obtained San Diego-Imperial USATF membership by Race 3
 Division age based on date of championship race (November 13, 2016)



Cougar Challenge 8K/5K (Cal State San Marcos)

October 15, 2016

Race Director: Steve Scott

Race 6 of 2016 USATF/Movin Shoes

Dirt Dog XC Series -- Team Score



Mens Open Division (5)	1	2	3	4	5	6	7	8	Total	Score
Prado Racing Team	2	3	5	7	8	9	11	12	25	20
Balboa Track Club	4	13	15	X	X	X	X	X	Incomplete	
boom RUNNING	X	X	X	X	X	X	X	X	Incomplete	
Jamul Toads	X	X	X	X	X	X	X	X	Incomplete	
San Diego Track Club	1	6	10	14	X	X	X	X	Incomplete	
Mens 40+ Division (4)	1	2	3	4	5	6	7	8	Total	Score
Prado Racing Team	2	5	7	10	11	X	X	X	24	20
boom RUNNING	X	X	X	X	X	X	X	X	Incomplete	
Jamul Toads	1	4	6	X	X	X	X	X	Incomplete	
Jedi Masters	12	13	X	X	X	X	X	X	Incomplete	
RunningSkirts Runderlust	X	X	X	X	X	X	X	X	Incomplete	
San Diego Track Club	3	8	9	X	X	X	X	X	Incomplete	
Mens 50+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
Prado Racing Team	1	2	3	X	X	X	X	X	6	20
San Diego Track Club	4	5	8	X	X	X	X	X	17	14
Bonita Road Runners	6	7	9	10	11	12	X	X	22	10
Jamul Toads	X	X	X	X	X	X	X	X	Incomplete	
Jedi Masters	X	X	X	X	X	X	X	X	Incomplete	
Mens 60+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
San Diego Track Club	1	2	4	5	6	8	X	X	7	20
Florida Track Club-West	3	7	9	X	X	X	X	X	19	14
Mens 70+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
San Diego Track Club	1	3	4	5	6	X	X	X	8	20
San Diego Track Club (80+)	7	8	X	X	X	X	X	X	Incomplete	
Florida Track Club-West	2	X	X	X	X	X	X	X	Incomplete	
Womens Open Division (4)	1	2	3	4	5	6	7	8	Total	Score
Prado Racing Team	1	2	3	4	7	8	9	X	10	20
boom RUNNING	X	X	X	X	X	X	X	X	Incomplete	
RunningSkirts Runderlust	5	X	X	X	X	X	X	X	Incomplete	
San Diego Track Club	6	X	X	X	X	X	X	X	Incomplete	
Womens 40+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
Prado Racing Team	1	2	5	X	X	X	X	X	8	20
RunningSkirts Runderlust	3	6	9	X	X	X	X	X	18	14
San Diego Track Club	4	7	8	X	X	X	X	X	19	10
Womens 50+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
San Diego Track Club	1	2	X	X	X	X	X	X	Incomplete	
Womens 60+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
San Diego Track Club	1	2	3	4	X	X	X	X	6	20
Womens 70+ Division (3)	1	2	3	4	5	6	7	8	Total	Score
San Diego Track Club	1	2	3	4	5	X	X	X	6	20