

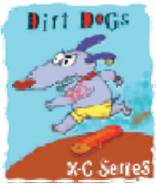
**2017 USATF/Road Runner Sports Dirt Dog XC Series**  
**Race 5: Cougar Challenge 5K (Cal State San Marcos)**  
**October 7, 2017**



**Race Director: Steve Scott**  
**Women's Results**



Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
1	Paula Lamont	17:45	Yes	29	F	Open	1	100	boom RUNNING	Open	1
2	Amy Halseth	18:44	Yes	47	F	40-49	1	100	Prado Racing Team	40+	1
3	Kim Mueller	19:11	Yes	41	F	40-49	2	90	San Diego Track Club	40+	2
4	Bessy Leszczynski	19:17	Yes	33	F	Open	2	90	Perros Bravos	Open	2
5	Valerie Miller	19:38	Yes	47	F	40-49	3	81	San Diego Track Club	40+	3
6	Stefanie Flynn	19:49	Yes	33	F	Open	3	81	San Diego Track Club	Open	3
7	Gloria Lemus	20:00									
8	Bridgette O'Shaughne	20:03									
9	Fanny Tilley	20:03	Yes	41	F	40-49	4	73	Perros Bravos	40+	4
10	Breanna Tafoya	20:08									
11	Clarissa Garcia	20:16									
12	Janel Zick	20:18	Yes	25	F	Open	4	73	San Diego Track Club	Open	4
13	Charisa Clarkson	20:21	Yes	41	F	40-49	5	66	Prado Racing Team	40+	5
14	Jacqueline Labonte	20:22	Yes	25	F	Open	5	66	San Diego Track Club	Open	5
15	Shannon MacKellar	20:23									
16	Victoria Barana	20:45	Yes	38	F	Open	6	59	San Diego Track Club	Open	6
17	Laura Stuart	20:56	Yes	52	F	50-59	1	100	San Diego Track Club	50+	1
18	Roseann Parry	20:56	Yes	51	F	50-59	2	90	San Diego Track Club	50+	2
19	Not Identified	20:59									
20	Brady Meadows	21:17									
21	Not Identified	21:17									
22	Kelly Szklany	21:24	Yes	36	F	Open	7	53	San Diego Track Club	Open	7
23	Jessica Ferguson	21:28									
24	Erica Edwards	21:49									
25	Nancy Wilkins-Diehr	22:29	Yes	55	F	50-59	3	81	San Diego Track Club	50+	3
26	Liz Skane	22:38	Yes	45	F	40-49	6	59	San Diego Track Club	40+	6
27	Jackie Melchor	22:59	Yes	41	F	40-49	7	53	Perros Bravos	40+	7
28	Andrea Guzman	23:07	Yes	46	F	40-49	8	48	Perros Bravos	40+	8
29	Jane Aitchison	23:08	Yes	52	F	50-59	4	73	Bonita Road Runners	50+	4
30	Not Identified	23:41									
31	Melia Miller	24:11									
32	Not Identified	24:19									
33	Ernestina Martin	24:27	Yes	64	F	60-69	1	100	Bonita Road Runners	50+	5
34	Guadalupe Nunez	24:30	Yes	47	F	40-49	9	43	Perros Bravos	40+	9
35	Mary Ryzner	24:31	Yes	63	F	60-69	2	90	San Diego Track Club	60+	1
36	Rosa Maria Garcia	25:43									
37	Robin Paine	25:53	Yes	67	F	60-69	3	81	San Diego Track Club	60+	2
38	Tina Breen	25:58	Yes	61	F	60-69	4	73	San Diego Track Club	60+	3
39	Sheli Lachel	26:28	Yes	53	F	50-59	5	66	San Diego Track Club	50+	6
40	Zareena Raheeman	26:56									
41	Michelle Castaneda	27:15	Yes	57	F	50-59	6	59	Bonita Road Runners	50+	7



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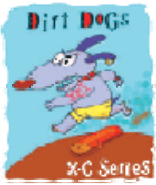
**Race Director: Steve Scott**  
**Women's Results**



<b>Race Place</b>	<b>Name</b>	<b>Time</b>	<b>Dirt Dog*</b>	<b>Age</b>	<b>S</b>	<b>Div</b>	<b>Div Place</b>	<b>Div Score</b>	<b>Team</b>	<b>Team Div</b>	<b>Team Place</b>
42	Kathy Linenberger	28:24	Yes	59	F	50-59	7	53	San Diego Track Club	50+	8
43	Maria Adorno	29:22									
44	Myrtle Spowart	29:39	Yes	64	F	60-69	5	66	San Diego Track Club	60+	4
45	Manya Hult	30:36	Yes	72	F	70-79	1	100	San Diego Track Club	70+	1
46	Virginia Lopez	31:36	Yes	77	F	70-79	2	90	San Diego Track Club	70+	2
47	Martha Walker	39:42	Yes	81	F	80+	1	100	San Diego Track Club	70+	3
48	Pat Benz	43:32	Yes	74	F	70-79	3	81	San Diego Track Club	70+	4
49	Donna Gookin	43:57	Yes	81	F	80+	2	90	San Diego Track Club	70+	5

Note:

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 Division age based on date of championship race (November 12, 2017)



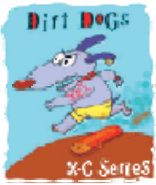
**2017 USATF/Road Runner Sports Dirt Dog XC Series**  
**Race 5: Cougar Challenge 8K (Cal State San Marcos)**  
**October 7, 2017**



**Race Director: Steve Scott**  
**Men's Results**



Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
1	Daniel Gonia	25:01	Yes	29	M	Open	1	100			
2	Steven Martinez	25:53	Yes	23	M	Open	2	90	San Diego Track Club	Open	1
3	Steven Lepe	26:23	Yes	22	M	Open	3	81	San Diego Track Club	Open	2
4	Daniel Seidel	26:35	Yes	37	M	Open	4	73	Prado Racing Team	Open	3
5	Bryan Alvarado	26:58	Yes	22	M	Open	5	66	San Diego Track Club	Open	4
6	Mathew Seat	26:58	Yes	27	M	Open	6	59	San Diego Track Club	Open	5
7	Alex Samarin	27:07	Yes	30	M	Open	7	53	San Diego Track Club	Open	6
8	Conor Brandt	27:09	Yes	23	M	Open	8	48	Balboa Track Club	Open	7
9	Damon Valenzona	27:12	Yes	31	M	Open	9	43	boom RUNNING	Open	8
10	Jason Duarte	27:22									
11	Jamaal Ryan	27:44	Yes	40	M	40-49	1	100	Prado Racing Team	40+	1
12	Edgar Romero	27:44									
13	Jason Batterson	27:59	Yes	41	M	40-49	2	90	Prado Racing Team	40+	2
14	Derek Bradley	28:01	Yes	37	M	Open	10	39	Prado Racing Team	Open	9
15	Christian vanBlomme	28:03	Yes	36	M	Open	11	35	boom RUNNING	Open	10
16	Alvaro Carillo	28:11	Yes	36	M	Open	12	32	Perros Bravos	Open	11
17	Nate Kling	28:20									
18	Derrick Lloyd	28:21	Yes	25	M	Open	13	29	Prado Racing Team	Open	12
19	Rory Golden	28:38	Yes	32	M	Open	14	26	boom RUNNING	Open	13
20	Kevin Zimmer	28:44	Yes	54	M	50-59	1	100	Prado Racing Team	40+	3
21	Andrew Wood	29:13	Yes	27	M	Open	15	23	boom RUNNING	Open	14
22	Jacob Stephens	29:21									
23	AJ Freund	29:22	Yes	22	M	Open	16	21			
24	Matt Sheremeta	29:29	Yes	50	M	50-59	2	90	Prado Racing Team	50+	1
25	Blake Wilson	29:37	Yes	24	M	Open	17	19	Prado Racing Team	Open	15
26	Adam Weiner	29:38	Yes	58	M	50-59	3	81	Prado Racing Team	50+	2
27	Dave Henshall	29:46	Yes	29	M	Open	18	17	boom RUNNING	Open	16
28	Max Collier	29:50									
29	Not Identified	29:50									
30	Michael Stange	29:54	Yes	47	M	40-49	3	81	Prado Racing Team	40+	4
31	David Easa	30:02	Yes	43	M	40-49	4	73	boom RUNNING	40+	5
32	Ryland Lyons	30:06									
33	Saulo Rivera	30:12	Yes	40	M	40-49	5	66	Perros Bravos	40+	6
34	Eric Clarkson	30:21									
35	Tom Bache	30:36	Yes	45	M	40-49	6	59	San Diego Track Club	40+	7
36	Nick Spicuzza	30:41									
37	Luis Rodriguez	30:49									
38	Abraham Morales	31:12	Yes	25	M	Open	19	15	Perros Bravos	Open	17
39	Robert Cunningham	31:19									
40	Patrick Lanoiselee	31:26	Yes	54	M	50-59	4	73	San Diego Track Club	50+	3
41	Sean Cahill	31:41									



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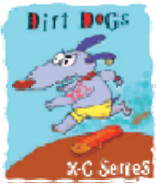


**Race Director: Steve Scott**  
**Men's Results**



Race Place	Name	Time	Dirt Dog*	Age	S	Div	Div Place	Div Score	Team	Team Div	Team Place
42	Jens Lykke-Andersen	31:49	Yes	49	M	40-49	7	53			
43	Michael Lebold	31:59	Yes	60	M	60-69	1	100	Jamul Toads	60+	1
44	Juan Carlos Ayala Cas	32:14	Yes	43	M	40-49	8	48	Perros Bravos	40+	8
45	Patrick McBride	32:51	Yes	44	M	40-49	9	43	San Diego Track Club	40+	9
46	Jose Rivera	32:57	Yes	45	M	40-49	10	39	Perros Bravos	40+	10
47	Jacob Barr	33:08									
48	Jeremy Crossley	33:13	Yes	37	M	Open	20	14	San Diego Track Club	Open	18
49	Tim Guy	33:17	Yes	37	M	Open	21	13	Perros Bravos	Open	19
50	Roger Leszczynski	33:19	Yes	35	M	Open	22	12	Perros Bravos	Open	20
51	Brian Culleton	33:23	Yes	36	M	Open	23	11			
52	Greg Wagner	33:48	Yes	62	M	60-69	2	90	San Diego Track Club	60+	2
53	Graham Root	34:06									
54	Andrew Block	34:46	Yes	48	M	40-49	11	35	Prado Racing Team	40+	11
55	Peter Swan	35:04									
56	Kamran Rahbar	36:49	Yes	58	M	50-59	5	66	San Diego Track Club	50+	4
57	Luis Figueroa	37:08	Yes	42	M	40-49	12	32	Perros Bravos	40+	12
58	Dave Dunbar	37:13	Yes	67	M	60-69	3	81	Jamul Toads	60+	3
59	Rebecca Sonstein	37:25									
60	Amy Sonstein	37:25									
61	Scott McEntee	37:50	Yes	60	M	60-69	4	73	Prado Racing Team	50+	5
62	Kevin Miller	37:54	Yes	61	M	60-69	5	66	Jamul Toads	60+	4
63	Miguel Alvarez-Cabar	37:56	Yes	59	M	50-59	6	59	Bonita Road Runners	50+	6
64	Jacob Reimers	38:11									
65	Kevin Prochaska	38:28	Yes	60	M	60-69	6	59	Florida Track Club-West	60+	5
66	Rick Bushore	38:58	Yes	64	M	60-69	7	53	San Diego Track Club	60+	6
67	Gordon Lutes	39:22	Yes	72	M	70-79	1	100	San Diego Track Club	70+	1
68	Dennis Wilson	40:30	Yes	61	M	60-69	8	48	Jamul Toads	60+	7
69	Daniel Diehr	41:23	Yes	68	M	60-69	9	43	Florida Track Club-West	60+	8
70	Abram Garcia	42:04	Yes	61	M	60-69	10	39	Bonita Road Runners	50+	7
71	Dale Reed	42:04	Yes	55	M	50-59	7	53	Bonita Road Runners	50+	8
72	Jan Kafka	43:25	Yes	70	M	70-79	2	90	San Diego Track Club	70+	2
73	Dan Linehan	43:51	Yes	69	M	60-69	11	35	Florida Track Club-West	60+	9
74	Peter Stern	45:55	Yes	72	M	70-79	3	81	San Diego Track Club	70+	3
75	William Swafford	47:07									
76	Dennis Kasischke	47:59	Yes	71	M	70-79	4	73	San Diego Track Club	70+	4
77	Ron Enos	49:47	Yes	72	M	70-79	5	66	Florida Track Club-West	70+	5
78	James Summers	55:47	Yes	58	M	50-59	8	48			
79	Benjamin Spowart	56:52	Yes	62	M	60-69	12	32	San Diego Track Club	60+	10
80	Peter Gregory	57:13	Yes	56	M	50-59	9	43			
81	Edwin Gookin	64:15	Yes	83	M	80+	1	100	San Diego Track Club	70+	6

Note:



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**October 7, 2017**  
**Race Director: Steve Scott**  
**Men's Results**



<b>Race Place</b>	<b>Name</b>	<b>Time</b>	<b>Dirt Dog*</b>	<b>Age</b>	<b>S</b>	<b>Div</b>	<b>Div Place</b>	<b>Score</b>	<b>Team</b>	<b>Team Div</b>	<b>Team Place</b>
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 Division age based on date of championship race (November 12, 2017)



2017 USATF/Road Runner Sports Dirt Dog XC Series  
Race 5: Cougar Challenge (Cal State San Marcos)



October 7, 2017

Race Director: Steve Scott



Team Score

	1	2	3	4	5	6	7	8	Total	Score
<b>Mens Open Division (5)</b>										
San Diego Track Club	1	2	4	5	6	18	X	X	18	20
boom RUNNING	8	10	13	14	16	X	X	X	61	14
Balboa Track Club	7	X	X	X	X	X	X	X	Incomplete	
Perros Bravos	11	17	19	20	X	X	X	X	Incomplete	
Prado Racing Team	3	9	12	15	X	X	X	X	Incomplete	
<b>Mens 40+ Division (4)</b>										
Prado Racing Team	1	2	3	4	11	X	X	X	10	20
Perros Bravos	6	8	10	12	X	X	X	X	36	14
boom RUNNING	5	X	X	X	X	X	X	X	Incomplete	
Jamul Toads	X	X	X	X	X	X	X	X	Incomplete	
Jedi Masters	X	X	X	X	X	X	X	X	Incomplete	
San Diego Track Club	7	9	X	X	X	X	X	X	Incomplete	
<b>Mens 50+ Division (3)</b>										
Prado Racing Team	1	2	5	X	X	X	X	X	8	20
Bonita Road Runners	6	7	8	X	X	X	X	X	21	14
Jamul Toads	X	X	X	X	X	X	X	X	Incomplete	
San Diego Track Club	3	4	X	X	X	X	X	X	Incomplete	
<b>Mens 60+ Division (3)</b>										
Jamul Toads	1	3	4	7	X	X	X	X	8	20
San Diego Track Club	2	6	10	X	X	X	X	X	18	14
Florida Track Club-West	5	8	9	X	X	X	X	X	22	10
<b>Mens 70+ Division (3)</b>										
San Diego Track Club	1	2	3	4	6	X	X	X	6	20
Florida Track Club-West	5	X	X	X	X	X	X	X	Incomplete	
<b>Womens Open Division (4)</b>										
San Diego Track Club	3	4	5	6	7	X	X	X	18	20
boom RUNNING	1	X	X	X	X	X	X	X	Incomplete	
Perros Bravos	2	X	X	X	X	X	X	X	Incomplete	
Prado Racing Team	X	X	X	X	X	X	X	X	Incomplete	
<b>Womens 40+ Division (3)</b>										
San Diego Track Club	2	3	6	X	X	X	X	X	11	20
Perros Bravos	4	7	8	9	X	X	X	X	19	14
Prado Racing Team	1	5	X	X	X	X	X	X	Incomplete	
RunningSkirts Runderlust	X	X	X	X	X	X	X	X	Incomplete	
<b>Womens 50+ Division (3)</b>										
San Diego Track Club	1	2	3	6	8	X	X	X	6	20
Bonita Road Runners	4	5	7	X	X	X	X	X	16	14
<b>Womens 60+ Division (3)</b>										
San Diego Track Club	1	2	3	4	5	X	X	X	6	20
<b>Womens 70+ Division (3)</b>										
San Diego Track Club	1	2	3	4	5	X	X	X	6	20