

Hell Creek on Heels 5k and 10k April 14, 2013

Hell Creek on Heels 5k 04/14/13

3.2 miles

Start at trailhead. Return to trailhead at A. No birdloop (go right at K).

Ladies	Time	Place
Hillary King	00:32:31	1
Linda Johnson	00:34:36	2
Rhonda VonFeldt	00:37:12	3
Brenda Denning	00:37:13	4
Christy Duden	00:37:41	5
Karen Dougherty	00:37:50	6
Emily Watkins	00:38:05	7
Kimm Achatz	00:43:48	8
Emily 'Jo' Gruber	00:48:00	9
Kaitlin Korbitz	00:55:52	10
Ann Ridinger	00:57:50	11

Men	Time	Place
James Elsen	00:26:10	1
Jim McMullen	00:26:53	2
Toby Dougherty	00:28:33	3
Alexander Chung	00:33:17	4
Andrew Ridinger	00:36:15	5
Neal Duden	00:38:49	6
Calvin Duden	00:41:06	7

Hell Creek on Heels 10K 04/14/13

6.2 Miles

Start at trailhead. Follow trail all the way to D. At D take cutoffs to return to trailhead.

Ladies	Time	Place
Jennifer Jantz	00:58:14	1
Alex Shaw	1:04:26	2
Larissa Parker	1:06:31	3
Sandy McMullen	1:07:05	4

Men	Time	Place
Jon Finnegan	00:50:38	1
Huey Counts	00:51:29	2
Dustin Burgardt	00:55:55	3



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Hell Creek on Heels 5k and 15k June 16, 2013

15k

06/16/13

Distance was 9.9 miles

Start on beginner loop to D, then go left. Follow trail all the way to G. Then take cut-offs back to trailhead. Go left at K. Partial bird loop. Return to trailhead at bench, .4 miles in on bird loop.

Ladies

Time

Jennifer Jantz	1:40:10	1	
Julie Swander	00:45:39	2	missed cut off, ran 4.6 miles. Still a winnerer!!

Men

Jon Finnegan	1:25:30	1	New Course! New Record!
Rich Novatne	1:36:31	2	
Tanner Thurman	1:36:31	3	
Jordan Breeding	2:25:25	4	
Doyle Reed	3:03:15	5	
Steve Breeding	3:03:15	6	

5k

Distance was 3.1 miles

Start out on beginner loop to D. Then go right. Follow trail all the way back to trailhead. Go right at K.

Ladies

Tracy Johnson	00:26:46	1	New Course! New Record!
Sandy Gilmore-McMullen	00:29:44	2	
Renee Scott	00:29:46	3	
Mandy Johnson	00:30:02	4	
Hillary King	00:30:30	5	
Linda Zimmerman-Johnson	00:31:21	6	
Julianne Stremel	00:32:54	7	
Rhonda VonFeldt	00:34:13	8	
Sabrina Bourbon	00:34:20	9	
Sherry Robinson	00:34:41	10	
Tracy Leiker	00:34:49	11	
Karen Dougherty	00:35:28	12	
Kimm Achatz	00:39:59	13	
Ann Ridinger	00:47:23	14	
Cathy Barnes	00:50:52	15	
Chris Parks	00:50:52	16	

Men

Cory Burton	00:19:00	1	New Course! New Record!
Brian Watkins	00:19:45	2	
Ross Robinson	00:22:29	3	
James Elsen	00:23:49	4	
Toby Dougherty	00:24:10	5	
Austin Sloyer	00:24:14	6	
Trent Smith	00:25:27	7	
Andrew Ridinger	00:30:01	8	
Jim McMullen	00:30:31	9	



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Hell Creek Duathlon

6-30-2013

Run 4.3 miles, Bike 6.2 miles

Run: start at bridge. Run to J, turn right to return to bridge.

Bike: start at bridge. Bike the entire Hell Creek Loop.

Solo Men	Run	T1	Bike	Finish Time	Place
Jeff Rhoden	00:33:22	00:00:26	00:57:09	01:30:57	1
John Madden	00:41:21	00:00:55	01:06:10	01:48:26	2
Dustin Keas	00:40:02	00:01:08	Broken Chain!	Still a winner!	3

Team	Run	T1	Bike	Finish Time	Place
Jim Elsen / Jim McMullen	00:37:06	00:00:17	00:44:20	01:21:43	1
Linda / Mike Johnson	00:50:18	00:00:02	00:39:16	01:29:06	2
Danielle Jeardoe / Kim Ellenz	00:41:21	00:00:02	00:50:23	01:31:46	3
Hillary King / Josh McMullen	00:46:57	00:00:04	00:54:10	01:41:11	4



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Dam Near 5k June 2013

Race Number	Name/Age Group	Finish Time	Place
Ladies 21 and Under			
7	Cortney Toothaker	0:24:55	1
31	Sailor-Anne Seilor	0:25:29	2
11	Gemma Kreger	0:27:16	3
23	Kelsey Lampe	0:29:46	4
17	Josie Hayes	0:29:52	5
24	Kendra Pfannenstiel	0:36:56	6
19	Kari Blattner	DNS	
Ladies 22 to 42			
39	Breana Ashbridge	0:22:05	1
15	Jessica Northern	0:23:32	2
6	Connie Schuler	0:25:55	3
13	Issa Garcia	0:26:13	4
4	Christina Cohoon	0:26:19	5
22	Kelli Beuhler	0:27:51	6
9	Ellen Blattner	0:27:54	7
28	Nicki Klein	0:27:59	8
3	Cheri Ruff	0:28:08	9
14	Jessica Geurts	0:28:22	10
21	Katlen Downey	0:29:08	11
10	Erica Edmondson	0:29:16	12
20	Kari Burkhart	0:29:53	13
26	Lynne Randle	0:30:07	14
37	Vicki James	0:30:09	15
1	Amber Pfannenstiel	0:32:02	16
35	Tiffany Overlease	0:32:02	17
33	Stephanie Beery	0:35:07	18
27	Michelle Zakrzewicz	0:35:46	19
5	Clancy Green	0:35:47	20
32	Samantha Pfannenstiel	0:36:56	21
16	Jody Hattrup	DNS	
25	Lisa Jones	DNS	
Ladies 43 +			
18	Judy Bleumer	0:28:43	1
12	Gina Green	0:29:22	2
34	Sue Groth	0:29:25	3
29	Paula Thompson	0:29:49	4



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Dam Near 5k June 2013

Race Number	Name/Age Group	Finish Time	Place
	Men 21 and Under		
38	Christian Schuler	0:17:58	1
36	Trenton Busch	0:18:45	2
	Men 22-42		
8	Curtis Klein	0:19:40	1
2	Chad Geurts	0:25:40	2
	Men 43 +		
30	Robert Jones	0:21:15	1



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Hell Creek on Heels 5k and 25k July 28, 2013

25k

7/28/13

Distance was 15.4 miles

Start at trailhead. Take cutoff C. Run all the way to I, the bridge. Return to trailhead from I. Take K, bird loop.

Ladies	Time	Place
Jenna Rae McKinney	2:28:05	1
Tanya Molleker	2:49:37	2
Julie Perry	2:50:17	3
Jessica Stumpe	3:00:42	4
Stephanie Holzwarth	3:09:57	5
Denise Claxton	3:10:00	6
Dezert Abrams	3:26:38	7
Pam Iyer	3:27:44	8
Heather Berner	3:36:43	9
Karla Mead	4:09:31	10
Julia-Leth-Perez	4:27:15	11
Jan Shirk	4:47:01	12
Summer Ibrahim	mile 9.5	
Emily Behlmann	mile 6	
Stephanie Farley	mile 6	

Men	Time	Place
Frank Dayton	2:11:52	1
Austin Sloyer	2:16:30	2
Jon Finnegan	2:16:49	3
Scott Walker	2:18:30	4
Jim Barnard	2:21:46	5
Mike Edwards	2:23:00	6
Michael Miley	2:37:09	7
John Peppiatt	2:45:45	8
Jeff Hiss	3:09:56	9
David Heim	3:21:30	10
Harry Iyer	3:27:48	11
Steve Wells	3:36:26	12
Sterling Kidd	3:36:58	13
Steve Breeding	4:21:49	14
Jared Williams	4:27:16	15
Doyle Reed	4:47:00	16



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Hell Creek on Heels 5k and 25k July 28, 2013

5k

41483

Distance was 3.2 miles

Start at trailhead. Follow trail all the way to D. At D take cutoffs to return to trailhead.

Ladies	Time	Place
Erin Beck	00:27:33	1
Dani Dinkel	00:28:29	2
Erin Clair	00:28:30	3
Laura Wilson	00:29:20	3
Bridget Brown	00:29:53	4
Michelle Hayes	00:30:09	4
Christina Bedore	00:32:40	5
Becky Good	00:33:52	6
Mary Peppiatt	00:51:15	5
Cindy Carter	00:51:24	7
Kylee Carter	00:51:25	8

Men

Matt Casile	00:26:12	1
Jarrold Brantley	00:28:05	2
John Madden	00:28:58	3
Ben Starburg	00:29:58	4
Blaine Radke	00:30:10	5



WildWithinYou

10k and 5k August 18, 2013

10k

08/18/13

Distance was 6.2 miles

Full loop of the Hell Creek Loop. Starting in parking lot on west end. Finishing under bridge.

Ladies

Time

Anna Zeurcher	00:54:30	1	New Course Record!!!
Carolyn Nichols	00:57:10	2	
Sandy McMullen	01:07:00	3	
Lisa Speer	01:07:07	4	
Heather Berner	01:13:52	5	
Barbara Gilmore-Thoren	01:21:34	6	
Brenda Denning	01:21:35	7	
Rhonda VonFeldt	01:25:50	8	
Kimm Achatz	01:28:23	9	
Karla Mead	01:34:28	10	
Jan Shirk	01:42:12	11	

Men

Time

Jon Finnegan	00:47:58	1	New Course Record!!!
Randy Staab	00:54:30	2	
John Madden	00:55:05	3	
Andrew Humpert	00:55:27	4	
Toby Dougherty	00:58:20	5	
Andrew Ridinger	01:10:17	6	
Sterling Kidd	01:13:41	7	
Steve Breeding	01:27:11	8	
Doyle Reed	01:40:58	9	



WildWithinYou

10k and 5k August 18, 2013

5k

08/18/13

Distance was 3.9 miles

Starting in parking lot on west end. Finishing under bridge. Taking cut-off "J" to return back to bridge.

Ladies

	Time		
Maggie Brooks	00:36:50	1	New Course Record!!!
Heidi Hendrick	00:41:52	2	
Maddie Wildman	00:41:54	3	
Kimberly Krizek	00:41:57	4	
Stephanie Beatty	00:44:47	5	
Amanda Meiklejohn	00:46:00	6	
Karen Dougherty	00:47:00	7	
Rita Shaffer	00:50:42	8	
Sherry Robinson	00:53:00	9	
Sarah Becker	00:53:24	10	
Katherine Berner	00:54:33	11	
Doris Tompkins	00:59:16	12	
Theresa Ginther	01:08:34	13	
Laura Davis	1:10:02	14	
Gina Hickman	1:50:17	15	

Men

	Time		
Joseph Raat	00:34:04	1	New Course Record!!!
Bryce Ginther	00:35:51	2	
Dean Masters	00:36:35	3	
James Maupin	00:40:27	4	
Mark Hammeke	00:44:12	5	
Kalen Kidd	00:54:35	6	
Matt Meiklejohn	00:55:43	7	
Thomas Ginther	01:08:35	8	
Bill Shirk	01:14:51	9	
Gerald Hickman	01:50:18	10	



WildWithinYou

30k and 5k September 22, 2013

5k Trail Times

9/22/13

Trail head across road, black diamond route top of tower hill. Black diamond route on back of tower hill. Finish at road crossing by Marina turn. Distance is 3.2 miles.

Ladies

Time

Maggie Brooks	0:29:03	1	New womenss course record!
Kim Krizek	0:30:56	2	
Maddie Wildman	0:30:57	3	
Amanda Shaffer	0:32:13	4	
Emily Brown	0:33:36	5	
Karen Dougherty	0:37:05	6	
Sarah Maloney	0:42:33	7	
Kelsey Kamm	0:49:10	8	
Kori Kamm	0:49:11	9	
Kimberly Mann	0:49:38	10	
Mary Peppiatt	0:51:41	11	
Velva Imel	0:51:44	12	

Men

Time

Rudy Goldstein	0:26:09	1	
James Elsen	0:28:31	2	
Toby Dougherty	0:28:33	3	
Lucas Scott	0:29:52	4	
Jim McMullen	0:31:00	5	
Mark Hammeke	0:33:41	6	
John Peppiatt	0:51:42	7	
David Renninger, Sr	0:57:15	8	



WildWithinYou

30k and 5k September 22, 2013

9/22/13

30k Trail Run times

Distance is 18.9 miles. All of trail except for Post Rock Loop and Bird Loop.

Ladies

	Time	
Molly Lavacek	3:22:22	New womens course record!
Nikki Stacey	3:48:00	

Men

	Time	
David Renninger	3:04:08	New Mens course record!
Sterling Kidd	mile 15.5	

Team

Greg Martins Robin Gilman	3:03:43	New team record established, co-ed!
Sandy McMullen Barb Thoren	3:53:18	New team record established, ladies!



WildWithinYou

50k and 5k November 3, 2013

5k Trail Times

11/3/13

Trail head across road, black diamond route top of tower hill. Black diamond route on back of tower hill. Finish at road crossing by Marina turn. Distance is 3.2 miles.

Winds were horrid! 40mph sustained winds with gust to 50mph! And some of these folk still ran a faster time than they did in September!

Ladies

Time

Maggie Brooks	0:29:10	1
Kim Krizek	0:30:43	2
Maddie Wildman	0:33:33	3
Susan Mirin	0:44:48	4
Val Gatz	0:44:52	5
Jan Shirk	0:52:38	6

Men

Time

Lucas Scott	0:29:52	1
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WildWithinYou

50k and 5k November 3, 2013

50k Trail Run times

11/3/13

Distance is 31 miles. Lap One: one entire loop of Switchgrass Trail. Lap 2: Right at trailhead kiosk. Left at Left at F to Run Post Rocks Loop. Left at G. Right at H. Left at all remaining forks to return to Trailhead!

2013 is the first year for the 50k! What a fabulous turnout!

Wind conditions were horrid! Winds in the 40's and gust up to 50! What champions we had today!

Ladies

Time

Kristen McCune	6:54:56	1	Established the ladies course record!
Julia Leth-Perez	8:13:10	2	
Daisy Barger	DNS		
Tanya Molleker	DNS		
Lauren Rosier	DNS		
Kristyn Mendel	DNS		

Men

Time

Matthew Becker	4:26:28	1	Established the mens course record!
Michael Miley	5:55:02	2	
Michael Hunter	6:54:55	3	
Bill O'Barnett	8:13:15	4	
Paul Vossen	Mile 14		
Jon Finnegan	Mile 16.5		
Luis De Leon	DNS		

Team

"Fear the Roo"

Mike Buckley	4:47:17	1	Established the Team course record!
Angi Buckley			
David Jordan			

"The Mighty Underdogs"

Greg Martens	5:14:14	2	
Robin Gilman			
Krista Fischer			

"Soul Sisters"

Sandy McMullen	7:02:10	3	
Kimm Achatz			



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