

Capital City Race 5K, 10K, Half Marathon

Jefferson City, MO

May 11, 2024

Place	Bib	Name	M/F	Age	Event	Div	PI	Time
1.	164	Landon Crull	M	13	5K	01 / 11		0:18:59
2.	163	Brayden Crull	M	13	5K	02 / 11		0:19:41
3.	94	Seamus McCarthy	M	23	5K	01 / 10		0:20:11
4.	126	Guy Huntley	M	48	5K	01 / 09		0:20:57
5.	222	Luke North	M	29	5K	02 / 10		0:22:21
6.	47	Tabatha Dickey	F	33	5K	01 / 15		0:24:23
7.	140	Kim Baird	F	57	5K	01 / 09		0:24:39
8.	169	Matt Glover	M	27	5K	03 / 10		0:26:56
9.	203	Cecilia Holmstrom	F	13	5K	01 / 11		0:27:07
10.	204	Annika Holmstrom	F	13	5K	02 / 11		0:27:07
11.	46	James Klahr	M	56	5K	01 / 05		0:27:25
12.	83	Greyson Chinn	M	10	5K	03 / 11		0:28:14
13.	57	Bryan Chinn	M	45	5K	02 / 09		0:28:17
14.	202	Emily Holmstrom	F	42	5K	01 / 10		0:28:31
15.	188	Rita Steiner	F	37	5K	02 / 15		0:29:00
16.	183	Brenda Morris	F	56	5K	02 / 09		0:29:26
17.	250	Ross Buffington	M	15	5K	04 / 11		0:29:43
18.	249	Josh Buffington	M	47	5K	03 / 09		0:29:45
19.	34	Spencer Cornell	M	25	5K	04 / 10		0:29:58
20.	211	Michael Jones	M	25	5K	05 / 10		0:30:14
21.	212	Zach Farrington	M	36	5K	01 / 12		0:30:17
22.	108	Blake Padgett	M	38	5K	02 / 12		0:30:18
23.	118	Ryan Macan	M	25	5K	06 / 10		0:30:20
24.	120	Emily Berendzen	F	26	5K	01 / 10		0:30:21
25.	152	Brandon Kempf	M	51	5K	02 / 05		0:30:59
26.	261	Segolene Renaze	F	32	5K	03 / 15		0:31:03
27.	191	Kelley Steiner	F	65	5K	01 / 10		0:31:16
28.	257	Becker Schrimpf	M	8	5K	05 / 11		0:31:16
29.	256	Kyle Schrimpf	M	42	5K	04 / 09		0:31:18
30.	36	Rachel Harmon	F	28	5K	02 / 10		0:31:18
31.	125	Max Huntley	M	14	5K	06 / 11		0:31:42
32.	251	Bryce Osman	M	34	5K	03 / 12		0:31:43
33.	148	Caitlin Smith	F	15	5K	03 / 11		0:31:46
34.	258	Barbara Bishop	F	57	5K	03 / 09		0:31:51
35.	199	Jerome Wallace	M	66	5K	01 / 08		0:32:17
36.	189	Rowynn Steiner	F	10	5K	04 / 11		0:32:21
37.	144	Tanya Burton	F	31	5K	04 / 15		0:32:48
38.	56	Anthony Sparer	M	34	5K	04 / 12		0:33:29
39.	55	Alicia Sparer	F	34	5K	05 / 15		0:33:29
40.	127	Thomas Wulff	M	55	5K	03 / 05		0:33:45
41.	182	Sarah Brooks	F	28	5K	03 / 10		0:33:54
42.	267	Chyenne Tarnasky	F	29	5K	04 / 10		0:33:57
43.	287	Becky Hoyt	F	50	5K	04 / 09		0:35:17
44.	246	Amber Krisp	F	31	5K	06 / 15		0:35:19
45.	123	Irie Cornejo	F	11	5K	05 / 11		0:35:22
46.	224	Hannah Randall	F	25	5K	05 / 10		0:35:44
47.	223	Blake Randall	M	29	5K	07 / 10		0:35:46
48.	260	Kevin J Niekamp	M	52	5K	04 / 05		0:35:58
49.	31	Bill Gerling	M	80	5K	02 / 08		0:36:05
50.	73	Janet Weber	F	59	5K	05 / 09		0:36:25
51.	121	Gerardo Cornejo	M	41	5K	05 / 09		0:36:42
52.	271	Ryan Freeman	M	41	5K	06 / 09		0:36:43
53.	273	Mack Freeman	M	7	5K	07 / 11		0:36:44
54.	198	Elizabeth Morgan	F	37	5K	07 / 15		0:36:52
55.	149	Christina Krenzel	F	47	5K	02 / 10		0:36:56
56.	8	Bradley Cook	M	22	5K	08 / 10		0:37:03
57.	253	Timothy Allen	M	37	5K	05 / 12		0:37:38
58.	275	Jennifer Ochsner	F	35	5K	08 / 15		0:37:40

Capital City Race 5K, 10K, Half Marathon

Jefferson City, MO

May 11, 2024

Place	Bib	Name	M/F	Age	Event	Div	PI	Time
59.	274	Kevin Ochsner	M	38	5K	06 / 12		0:37:41
60.	158	Bailey Baker	F	28	5K	06 / 10		0:38:01
61.	156	Gabi Baughman	F	25	5K	07 / 10		0:38:01
62.	279	Devin Langendoerfer	F	32	5K	09 / 15		0:38:01
63.	159	Gina Edwards	F	26	5K	08 / 10		0:38:02
64.	228	Jim Garrett	M	64	5K	03 / 08		0:38:50
65.	187	Dottie Ruettgers	F	64	5K	02 / 10		0:38:53
66.	194	Nicholas Sladek	M	38	5K	07 / 12		0:39:43
67.	227	Yvonne Garrett	F	56	5K	06 / 09		0:39:44
68.	195	Darren Sneeringer	M	33	5K	08 / 12		0:40:23
69.	217	John Marshall	M	72	5K	04 / 08		0:40:26
70.	176	Donna Jordan	F	60	5K	03 / 10		0:41:24
71.	75	Jenny Littlejohn	F	51	5K	07 / 09		0:41:26
72.	177	Tina Simmermaker	F	64	5K	04 / 10		0:41:59
73.	10	Alexis Burton	F	24	5K	09 / 10		0:42:17
74.	252	Cindy Vedder	F	49	5K	03 / 10		0:43:51
75.	122	Robert Lawson	M	77	5K	05 / 08		0:44:16
76.	185	Robert McKim	M	51	5K	05 / 05		0:46:13
77.	272	Charlotte Freeman	F	9	5K	06 / 11		0:46:49
78.	270	Ashley Freeman	F	41	5K	04 / 10		0:46:50
79.	26	Eli Clay	M	5	5K	08 / 11		0:47:26
80.	16	Danielle Palmer	F	35	5K	10 / 15		0:47:28
81.	77	Ed Neeley	M	61	5K	06 / 08		0:47:47
82.	234	Ryan Smith	M	27	5K	09 / 10		0:47:53
83.	74	Marion Smith	F	59	5K	08 / 09		0:47:54
84.	209	Eric Jennings	M	49	5K	07 / 09		0:47:57
85.	231	Savannah Evans	F	26	5K	10 / 10		0:47:59
86.	213	Carly O'Shea	F	40	5K	05 / 10		0:48:05
87.	19	David Freeman	M	68	5K	07 / 08		0:49:01
88.	263	Janie Palmer	F	67	5K	05 / 10		0:49:11
89.	37	Marissa Flores Madden	F	41	5K	06 / 10		0:49:44
90.	193	Kara Sneeringer	F	32	5K	11 / 15		0:49:50
91.	143	Joe Smith	M	60	5K	08 / 08		0:51:11
92.	14	Page Palmer	F	69	5K	06 / 10		0:52:21
93.	142	Cheryl Smith	F	63	5K	07 / 10		0:52:42
94.	277	Janelle Crow	F	39	5K	12 / 15		0:52:47
95.	276	Dustin Crow	M	38	5K	09 / 12		0:53:12
96.	24	Stephanie Clay	F	35	5K	13 / 15		0:54:14
97.	286	Jackie Clay	F	64	5K	08 / 10		0:54:15
98.	266	James Sponsel	M	26	5K	10 / 10		0:55:40
99.	25	Brandon Clay	M	37	5K	10 / 12		0:56:42
100.	66	Emily Conde	F	43	5K	07 / 10		0:56:48
101.	67	Macklin Reinhard	M	14	5K	09 / 11		0:56:48
102.	112	Ryan Rowden	M	47	5K	08 / 09		0:56:58
103.	111	Lindsey Rowden	F	44	5K	08 / 10		0:57:06
104.	113	Sadie Rowden	F	16	5K	07 / 11		0:57:13
105.	100	Janet Chinn	F	70	5K	09 / 10		0:57:53
106.	70	Lauren Ross	F	34	5K	14 / 15		0:58:00
107.	69	Brin Spaunhorst	F	42	5K	09 / 10		0:58:02
108.	101	Jayme Guerrero	F	40	5K	10 / 10		0:58:50
109.	124	Jacob Cornejo	M	8	5K	10 / 11		0:59:37
110.	190	Remy Steiner	F	6	5K	08 / 11		0:59:44
111.	192	Jenna Sladek	F	35	5K	15 / 15		0:59:48
112.	32	Paula Gerling	F	73	5K	10 / 10		1:02:45
113.	12	Paula Smith	F	58	5K	09 / 09		1:16:40
114.	17	George Palmer	M	9	5K	11 / 11		1:34:40
115.	18	Ellen Palmer	F	6	5K	09 / 11		1:34:53
116.	265	Clark Mechlin	M	39	5K	11 / 12		1:36:00

Capital City Race 5K, 10K, Half Marathon

Jefferson City, MO

May 11, 2024

Place	Bib	Name	M/F	Age	Event	Div	PI	Time
117.	278	Scott Davidson	M	39	5K	12 / 12		1:36:00
118.	22	Mabel Brent	F	13	5K	10 / 11		1:36:14
119.	21	Cora Brent	F	10	5K	11 / 11		1:37:20
120.	23	Christopher Brent	M	47	5K	09 / 09		1:37:24
<hr/>								
1.	119	Staci Cornejo	F	36	10K	01 / 08		0:36:42
2.	131	Zach Seales	M	34	10K	01 / 04		0:46:06
3.	15	Brad Palmer	M	42	10K	01 / 06		0:47:28
4.	129	Kassi Hoffman	F	32	10K	02 / 08		0:47:33
5.	255	Austin Veltrop	M	25	10K	01 / 06		0:48:41
6.	71	Brad Wieberg	M	45	10K	02 / 06		0:49:38
7.	215	Suzanne Korns	F	42	10K	01 / 12		0:50:01
8.	98	Duncan Foss	M	41	10K	03 / 06		0:50:39
9.	214	J Korns	M	43	10K	04 / 06		0:53:20
10.	240	Kathleen Frese	F	56	10K	01 / 04		0:54:50
11.	230	William Blessing	M	34	10K	02 / 04		0:55:15
12.	78	Claire Heckman	F	23	10K	01 / 07		0:56:56
13.	168	Elizabeth Conner	F	29	10K	02 / 07		0:57:13
14.	95	Mikayla Morgensen	F	21	10K	03 / 07		0:57:44
15.	133	Michael Keck	M	26	10K	02 / 06		0:59:09
16.	210	Isaac Larkins	M	21	10K	03 / 06		0:59:17
17.	60	Chelsea Peiter	F	30	10K	03 / 08		0:59:33
18.	6	James Smith	M	64	10K	01 / 03		0:59:50
19.	160	Mary Rakestraw	F	54	10K	02 / 04		0:59:52
20.	161	Joe Rakestraw	M	56	10K	01 / 05		0:59:52
21.	116	Matt Blotevogel	M	58	10K	02 / 05		1:00:16
22.	174	Stuart Huddleston	M	69	10K	02 / 03		1:01:13
23.	130	Emmanuel Antwi	M	36	10K	03 / 04		1:02:41
24.	153	Emily Krantz	F	42	10K	02 / 12		1:02:57
25.	155	Jill Wedig	F	44	10K	03 / 12		1:03:09
26.	151	Paulette Spriggs	F	46	10K	04 / 12		1:03:14
27.	7	McKendra Gray	F	25	10K	04 / 07		1:03:23
28.	135	Addilyn Kirchner	F	25	10K	05 / 07		1:03:23
29.	68	Lynne Shea	F	58	10K	03 / 04		1:03:24
30.	9	Mark Kiekhaefer	M	67	10K	03 / 03		1:03:29
31.	284	Chase Niekamp	M	24	10K	04 / 06		1:05:23
32.	29	Adam Boessen	M	39	10K	04 / 04		1:05:24
33.	86	Brent McGinty	M	53	10K	03 / 05		1:05:39
34.	87	Jennifer McGinty	F	49	10K	05 / 12		1:05:39
35.	65	Renee Jeffries	F	47	10K	06 / 12		1:05:50
36.	64	Laura Buschjost	F	46	10K	07 / 12		1:05:51
37.	110	Brooke Mantle	F	38	10K	04 / 08		1:06:49
38.	175	Barbara Huddleston	F	69	10K	01 / 01		1:06:53
39.	229	Sara Bax	F	38	10K	05 / 08		1:07:34
40.	162	Candice Allen	F	38	10K	06 / 08		1:10:56
41.	219	Ainsley Benson	F	22	10K	06 / 07		1:13:04
42.	259	Logan Petty	M	26	10K	05 / 06		1:13:25
43.	245	Joseph Hartness	M	26	10K	06 / 06		1:13:26
44.	173	Dan Schepers	M	53	10K	04 / 05		1:14:09
45.	147	Tiffany Ash	F	47	10K	08 / 12		1:16:27
46.	166	Maggie Bestgen	F	39	10K	07 / 08		1:18:29
47.	232	Hannah Smith	F	28	10K	07 / 07		1:23:09
48.	233	Jamie Levett	F	31	10K	08 / 08		1:23:09
49.	186	Kevin Kelly	M	48	10K	05 / 06		1:25:16
50.	242	Yanela Sheets	F	47	10K	09 / 12		1:27:03
51.	239	Robert Herting Jr	M	57	10K	05 / 05		1:27:35
52.	76	Nora Frohberg	F	59	10K	04 / 04		1:28:17
53.	41	Katie Leigh	F	49	10K	10 / 12		1:29:07

Capital City Race 5K, 10K, Half Marathon

Jefferson City, MO

May 11, 2024

Place	Bib	Name	M/F	Age	Event	Div	PI	Time
54.	79	John Brody	M	47	10K	06 / 06		1:30:31
55.	80	April Joyner	F	42	10K	11 / 12		1:30:31
56.	20	Allison Laner	F	40	10K	12 / 12		1:47:14
1.	99	Caleb Termorshuizen	M	26	Half	01 / 13		1:23:43
2.	106	Michael Schmeer	M	39	Half	01 / 15		1:24:13
3.	82	Jake Louraine	M	20	Half	02 / 13		1:29:37
4.	49	Nick Meier	M	31	Half	02 / 15		1:30:26
5.	248	Evan Larson	M	29	Half	03 / 13		1:36:04
6.	13	Christopher Crull	M	39	Half	03 / 15		1:37:43
7.	104	Dan Howard	M	39	Half	04 / 15		1:39:05
8.	28	Langsten Ratcliff	M	14	Half	01 / 05		1:39:21
9.	97	Whitley Zitsch	F	34	Half	01 / 14		1:40:01
10.	85	Brandon Moore	M	31	Half	05 / 15		1:40:04
11.	218	Blake Gentges	M	19	Half	02 / 05		1:40:18
12.	81	Christopher Luebbert	M	49	Half	01 / 12		1:44:35
13.	134	Atticus Barnes	M	15	Half	03 / 05		1:45:26
14.	205	Ethan Bader	M	28	Half	04 / 13		1:45:28
15.	136	Benjamin Verslues	M	20	Half	05 / 13		1:49:46
16.	103	Jordan Kremer	M	24	Half	06 / 13		1:49:54
17.	59	Brianne Morgan	F	32	Half	02 / 14		1:50:16
18.	225	Michael Bauman	M	45	Half	02 / 12		1:50:30
19.	38	Aaron Tres	M	27	Half	07 / 13		1:50:34
20.	72	Scott Breedlove	M	52	Half	01 / 05		1:52:02
21.	33	Wendy Cornell	F	48	Half	01 / 04		1:52:50
22.	165	Nick Bestgen	M	44	Half	03 / 12		1:52:59
23.	226	Mike Reed	M	41	Half	04 / 12		1:53:07
24.	128	Adam Henningsen	M	37	Half	06 / 15		1:54:01
25.	184	Nicholas Allee	M	37	Half	07 / 15		1:54:16
26.	62	Kayla Gestring	F	35	Half	03 / 14		1:56:00
27.	145	Sammy Swiger	M	36	Half	08 / 15		1:56:17
28.	91	Mark Tullman	M	54	Half	02 / 05		1:56:28
29.	244	Brian Hammann	M	43	Half	05 / 12		1:57:10
30.	109	Joey O'Connor	M	35	Half	09 / 15		1:57:36
31.	236	Robert Herting III	M	27	Half	08 / 13		1:57:44
32.	238	Nathan Herting	M	22	Half	09 / 13		1:57:45
33.	264	Zeke Hall	M	27	Half	10 / 13		1:58:19
34.	84	Juan Cortez	M	49	Half	06 / 12		1:58:46
35.	39	Jonah Ratcliff	M	16	Half	04 / 05		2:01:50
36.	4	Amanda Landrum	F	35	Half	04 / 14		2:03:06
37.	243	Danny Brenneke	M	40	Half	07 / 12		2:03:31
38.	235	Lj Flynn	M	33	Half	10 / 15		2:04:10
39.	42	Rachelle Odom	F	35	Half	05 / 14		2:04:31
40.	105	Tom Koenigsfeld	M	38	Half	11 / 15		2:05:18
41.	30	Nicole Schepers	F	37	Half	06 / 14		2:06:47
42.	150	Mary Corey	F	56	Half	01 / 06		2:07:05
43.	154	Sierra Breeding	F	27	Half	01 / 03		2:07:16
44.	138	Michael Lane	M	54	Half	03 / 05		2:09:02
45.	247	Tanisha Happy	F	40	Half	02 / 04		2:09:13
46.	132	Jay Barnes	M	44	Half	08 / 12		2:10:01
47.	96	Angela Gentry	F	52	Half	02 / 06		2:10:30
48.	181	Alison Braun	F	21	Half	02 / 03		2:10:30
49.	115	Gwen Blotevogel	F	58	Half	03 / 06		2:10:38
50.	201	Kelly Keogh	M	58	Half	04 / 05		2:11:16
51.	63	Kylie Krebs	F	35	Half	07 / 14		2:11:31
52.	61	Michael Spinner	M	37	Half	12 / 15		2:11:32
53.	208	Erin McGaha	F	51	Half	04 / 06		2:12:06
54.	146	Ashley Swiger	F	38	Half	08 / 14		2:12:28

Capital City Race 5K, 10K, Half Marathon

Jefferson City, MO

May 11, 2024

Place	Bib	Name	M/F	Age	Event	Div	PI	Time
55.	92	Joe Grandfield	M	63	Half	01 / 04		2:13:23
56.	254	Brad Rapert	M	33	Half	13 / 15		2:13:25
57.	107	Lawrence Page	M	39	Half	14 / 15		2:13:27
58.	139	Tracie Ferrier	F	52	Half	05 / 06		2:15:00
59.	221	Morgan Dowler	F	31	Half	09 / 14		2:18:34
60.	93	Dan Bridges	M	46	Half	09 / 12		2:19:01
61.	220	Kimberley Miller	F	46	Half	03 / 04		2:19:02
62.	43	Caroline Bisges	F	35	Half	10 / 14		2:20:51
63.	5	Karen Backes	F	65	Half	01 / 01		2:21:28
64.	207	Brent Pry	M	52	Half	05 / 05		2:22:11
65.	280	Charley Smith	F	36	Half	11 / 14		2:24:35
66.	178	Darrell Simmermaker	M	65	Half	02 / 04		2:25:21
67.	206	William Lindenmayer	M	37	Half	15 / 15		2:27:26
68.	88	Hayden Batty	M	20	Half	11 / 13		2:29:05
69.	89	Kenny Ratcliff	M	21	Half	12 / 13		2:29:05
70.	52	Cameron Massey	M	21	Half	13 / 13		2:29:19
71.	196	Mike Haller	M	46	Half	10 / 12		2:30:06
72.	90	Angie Stiefermann	F	51	Half	06 / 06		2:33:20
73.	269	Brittnee O'Rourke	F	34	Half	12 / 14		2:34:48
74.	200	Abigail Stotler	F	39	Half	13 / 14		2:37:46
75.	58	Joe Lemerande	M	18	Half	05 / 05		2:39:14
76.	197	Lydia Haller	F	17	Half	01 / 03		2:39:15
77.	268	Tom Osterholt	M	72	Half	03 / 04		2:40:43
78.	170	Brooklyn Wood	F	14	Half	02 / 03		2:41:45
79.	172	Callee Smith	F	14	Half	03 / 03		2:41:45
80.	237	Rachel Herting	F	27	Half	03 / 03		2:45:21
81.	44	Saeed Khan	M	47	Half	11 / 12		2:46:36
82.	40	Okine Codlyn Cross	F	40	Half	04 / 04		2:48:30
83.	54	Delbert Massey	M	44	Half	12 / 12		2:51:17
84.	180	Katherine Whitaker	F	34	Half	14 / 14		2:51:52
85.	179	Todd Whitaker	M	64	Half	04 / 04		2:51:55