



## 2012 Ironman 70.3 Lake Stevens Participant List

*Last updated February 26, 2012*

\*\*Please note the ages listed are not your USAT ages. Race day ages will be published on the Bib List in the weeks prior to the event.

Last Name	First Name	Gender	Age	State
Abdel-Rahman	Zachary	M	29	CA
Adamson	Rebecca	F	38	WA
Ahrens	Jill	F	35	AZ
Allen	Michael	M	39	OR
Allin	Lynne	F	45	BC
Alpers	Nick	M	30	CA
Altenburg	Michael	M	34	OR
Alvarez	Alejandro	M	31	NY
Anderson	Ryan	M	26	WA
Anderson	Andy	M	33	WA
Anderson	Paul	M	53	CA
Andrews	Steve	M	50	ID
Arlander	Bodil	F	48	CA
Arnone	Chantel	F	39	WA
Arvidson	Daniel	M	32	WA
Ashton	Shannon	F	43	WA
Ashton	Dale	M	53	WA
Auth	Chris	M	42	OR
Bailey	Daniel	M	53	VA
Band	Douglas	M	41	
Bandol	Emanuela	F	32	SK
Bare	Christine	F	30	CA
Barkley	Scott	M	28	WA
Barlow	Jeff	M	47	WA
Barnes	Shanti	F	31	WA

Barth	Steve	M	41	GA
Baum	Redfield	M	39	AZ
Baxter	Bruce	M	33	BC
Baxter	John	M	53	CO
Beck	Sarah	F	26	WA
Bell	Eric	M	41	WA
Bellert	Danielle	F	28	WA
Benson	Allen	M	45	WA
Berlin	Paul	M	58	WA
Bernick	Steven	M	43	WA
Berry	Christopher	M	32	CA
Berry	Becky	F	50	WA
Best	Roger	M	44	WA
Beyerlein	Douglas	M	61	WA
Bieshaar	Ryan	M	25	WA
Bikhazi	Paul	M	43	WA
Birchfield	Jeffrey	M	33	WA
Bishop	Jessica	F	34	WA
Blanco	Jordan	F	41	CA
Blanco	Richard	M	44	CA
Booth	Debbie	F	46	CA
Borggard	Heather Lane	F	38	WA
Bowers	James	M	51	WA
Brady	Ryan	M	35	MD
Bringgold	Will	M	24	PA
Broecking	Jana	F	40	WA
Brothers	Joshua	M	34	WA
Brown	Bryan	M	22	WA
Brueher	Ron	M	52	ID
Buell	Amy	F	40	UT
Burke	Heather	F	37	OR
Burt	Lacey	F	49	CA
Byrne	Jamie	F	33	CO
Cadena	Lyset	F	30	WA
Cain,Jr.	John	M	43	WA
Cameron	Rose	F	31	CA
Cameron	Carmen	F	42	BC
Cannon	Jamie	M	31	WA
Carpinito	Thomas	M	30	WA
Carter	David	M	32	WA
Casady	Lisa	F	45	WA

Casto	Christian	M	23	WA
Cates	Garold	M	40	WA
Chamberlain	Elizabeth	F	44	BC
Chang	Phillip	M	26	CA
Chappell	Bill	M	39	WA
Chartrand	Jared	M	35	BC
Chavez	Joey	M	29	CA
Chen	Anthony	M	28	CA
Chism	Todd	M	45	WA
Cholewin	Adam	M	29	WA
Christie	David	M	31	CA
Claridge	Bill	M	56	MT
Clark	Nicole	F	32	FL
Clark	Alan	M	35	WA
Clews	Peggy	F	54	NM
Cochran	Sonja	F	42	CA
Cochran	Carol	F	49	NM
Coleman	Martin	M	58	MT
Coll	Shawni	F	40	CA
Colton	Wendy	F	35	WA
Condon	David	M	35	CA
Conroy	Natalie	F	25	BC
Conti	Daniela	F	33	
Coombs	Laura	F	28	WA
Corcoran	Colleen	F	50	WA
Cortes	Alvaro	M	26	OR
Craigsundine	Darrald	M	42	WA
Crain	Tim	M	46	CA
Crowder	Hannah	F	27	NY
Crowder	Miles	M	29	NY
Crowell	Jerry	M	37	WA
Cusack	Matty	M	32	WA
Cyr	Brent	M	38	
Dahl	Calvin	M	38	WA
Dailey	Jennifer	F	40	WA
Dandrea	Jennifer	F	29	WA
David	Mary	F	24	WA
Davidson	Jackie	F	50	BC
Davidson	Kathy	F	50	BC
Davies	Justin	M	26	NV
Davignon	Kristen	F	27	WA

Davin	Maureen	F	31	CA
Day	Shannon	M	45	WA
Decasper	Shantele	F	26	CA
Defenbaugh	Brett	M	38	WA
Defenbaugh	Lisa	F	46	WA
Delaney-Moye	Kathy	F	56	TX
Deluca	Jeremy	M	26	CA
Denadel	Kurt	M	48	WA
Denis	Vincent	M	45	BC
Devenney	Sonja	F	36	WA
Devlin	Brian	M	32	WA
Dezzani	Roberta	F	41	CA
Diehl	Amy	F	26	WA
Doherty	Michael	M	40	OR
Douglas	Darrel	M	24	AZ
Dubbels	Carol	F	33	OR
Duncan	Merissa	F	27	WA
Duncan	Nathan	M	29	WA
Edin	Erin	F	26	AK
Edin	Hunter	M	27	AK
Edmonds	Karen	F	37	OR
Eis	Jeffrey	M	43	WA
Eisenhandler	Mark	M	37	WI
Elwick	Robin	F	33	WA
Ely	Kimberlee	F	37	WA
Endsley	Shaun	M	44	ID
Endsley	Suzanne	F	46	ID
Eng	Ronald	M	59	WA
Enser	Andy	M	32	WA
Erickson	Dave	M	40	WA
Erlandsen	Sara	F	28	OR
Ewers	Janey	F	43	WA
Farrell	Marci	F	40	WA
Faulkenberry	Meghan	F	24	WA
Feller	Matt	M	36	WA
Finocchiaro	Domenico	M	35	
Firkins	Craig	M	36	ID
Fischer	Cressie	F	28	WA
Fishman	Aimee	F	27	ON
Fleischman	Marcy	F	50	WA
Flieg Jr	Mark	M	30	WA

Fracchia	Joe	M	38	TN
Frank	Sarah	F	23	WA
Frank	Ben	M	27	WA
Franklin	Jeff	M	45	OR
Friend	Lore	F	54	WA
Furfine	Eric	M	52	MA
Gard	Kenley	M	45	WA
Gardiner	Josh	M	43	WA
Gianotti	Jeff	M	25	OR
Gilbert	Jeannie	F	38	WA
Gilbert	Kristee	F	41	CA
Gilmore	Scott	M	45	WA
Glesne	Reed	M	60	WA
Goans	Allen	M	42	WA
Godfrey	Meg	F	40	OR
Goehner	Chris	M	27	WA
Goldberg	Rob	M	49	WA
Gonzalez	Tony	M	23	CA
Gonzalez	Tristan	M	40	CA
Goolsby	Floyd	M	55	WA
Graf	Jason	M	28	WA
Graham	Orion	M	36	OH
Grasberger	Kimberly	F	48	OR
Grasso	Steve	M	50	WA
Greenwell	Greg	M	40	TN
Grenz	John	M	29	WA
Groves	Shad	M	39	CA
Gruescu	Georgeta	F	39	WA
Gude	David	M	56	TX
Guerrero	Rosi	F	43	WA
Haberfield	Rob	M	31	WA
Haerle	Brent	M	44	WA
Hager	Jeff	M	55	CA
Haines	Jane	F	49	AK
Haithcoat	Jeff	M	39	TN
Hall	Steven	M	31	WA
Hallstead	Dawnielle	F	32	WA
Hallstead	Eric	M	37	WA
Hansen	Cortney	F	25	AK
Hansen	Martin	M	43	WA
Harrington	Rodney	M	35	WA

Harsh	Kurt	M	44	WA
Hart	Christopher	M	18	BC
Hauch	Erin	F	28	WA
Heberling	Sydney	F	31	WA
Hefner	Kelley	M	34	CA
Herk	Carrie	F	36	CO
Herk	Darrell	M	69	CO
Herwig	Russell	M	60	WA
Hickenbottom	Aaron	M	33	WA
Hill	Lisa	F	43	MT
Hires	Samuel	M	61	IN
Hirst	Richard	M	49	OK
Hodges	Jennifer	F	38	WA
Hoff	Michael	M	20	WA
Holloway	Theron	M	51	WA
Holmes	Tina	F	42	WA
Hoover	Denise	F	32	OR
Hopkins	Laurel	F	41	VI
Hopkins	Paul	M	50	OR
Hopkins	Paul	M	51	WA
Hornung	Andrew	M	20	WA
Hornung	Mike	M	53	WA
Hornung	Richard	M	58	WA
Hotson	James	M	23	WA
Houston	Andrew	M	41	WA
Hsueh	Yi	F	34	CA
Hubka	Michal	M	39	WA
Huck	Lachlan	M	22	WA
Hummel	Kyle	M	31	CA
Hunt	Paula	F	50	OR
Hutchinson	Heidi	F	45	WA
Hutchison	Stacey	F	39	WA
Ingram	Ryan	M	32	WA
Janny	Ashley	F	29	WA
Jarrard	Jeff	M	42	WA
Jessup	David	M	41	WA
Jezycki	Denise	F	48	CA
Johnson	Jocelyn	F	37	WA
Johnson	Mel	F	38	WA
Johnston	Kirk	M	47	TN
Jones	Cienna	F	31	WA

Jones	Delwen	F	43	WA
Jurado	James	M	37	CA
Kamano	Enoka	M	27	WA
Karimi-Naser	Lisa	F	29	WA
Kaufman	Aaron	M	39	WA
Kelly	Mike	M	34	WA
Kennewick	Kristine	F	26	AK
Kidd	Alan	M	62	BC
Kilshaw	Stephen	M	27	BC
King	Alicia	F	33	WA
Klau	Ben	M	44	CA
Kolodziej	Roger	M	48	OR
Kolpa	Ben	M	40	WA
Kramer	Ericka	F	53	AK
Kreft	Kelsey	F	22	WA
Kreft	Kendall	M	53	WA
Kresge	Nerissa	F	26	WA
Kubo	Eddie	M	61	WA
Kucker	Josh	M	39	CA
Ladd	Vanessa	F	30	WA
Lafitte	Jeff	M	47	CA
Lam	Bruce	M	31	WA
Lancaster	Salvador	M	48	CA
Lane	Kenny	M	46	WA
Lange	Eric	M	41	WA
Lange	Jennie	F	41	WA
Larson	Elizabeth	F	34	CO
Lau	Patrick	M	40	CA
Lazar	David	M	49	WA
Leahy	Julie	F	30	OR
Lee	Alyssa	F	34	WA
Leo	Nicki	F	39	CO
Letsinger	Jon	M	50	ID
Lewis	Jonathan	M	37	AB
Lewis	Jason	M	42	CA
Linafelter	Sara	F	25	WA
Linaman	Chris	M	39	WA
Linke	Jared	M	29	WA
Linscott	Michael	M	41	WA
Lochhead	Jay	M	48	CO
Lohse	Jesse	M	32	MT

Loman	Karene	F	39	WA
Long	Ronald	M	60	WA
Lounsbury	Robert	M	44	OR
Loureiro	Felipe	M	36	CA
Lundberg	Charleen	F	50	WA
Lundgren	Kevin	M	42	CA
Lundin	Nikki	F	42	WA
Mack	Carey	F	41	WA
Mack	Tricia	F	47	WA
Mack	Brian	M	49	WA
Mackinlay	Devon	M	19	BC
Mackinnon	Chad	M	30	AB
Macquarrie	Irvin	M	29	WA
Maginness	Sean	M	41	WA
Malone	Annie	F	39	WA
Mamikunian	Janet	F	51	AK
Manoso	Mark	M	40	WA
Marescaux	Matthieu	M	39	WA
Marilley	Jill	F	47	WA
Maskiewicz	Phillip	M	34	CA
Mason	Lea	F	43	WA
Matic	Giovanna	F	32	OR
Matthews	Bob	M	43	NE
Matz	Heather	F	27	CO
Mayfield	Scott	M	49	AK
Mccain	Kevin	M	42	WA
Mccarthy	Jill	F	34	CA
Mccarthy	Kara	F	37	MT
Mccarthy	Patrick	M	39	BC
Mcclure	Robert	M	69	WA
Mccrohan	Alexander	M	40	AZ
Mcentire	John	M	30	WA
Mcgeehan	Shannon	F	35	BC
Mcgeehan	Paul	M	36	
Mcgillen	Sean	M	30	BC
Mclain	Penny	F	51	OR
Mcquaid	Melanie	F	39	BC
Meade Miller	Nancy	F	49	AK
Michael	Sarah	F	30	WA
Millard	Renee	F	36	AK
Miller	Lottie	F	31	WA

Miller	Jed	M	32	WA
Miller	Kimberly	F	35	OR
Miller	Arthur	M	43	WA
Miller	Howard	M	55	NJ
Miller	Richard	M	56	FL
Millikan	Andrea	F	35	WA
Milnes	Mickey	M	40	WA
Miner	Stuart	M	45	WA
Mitan	Martin	M	40	OR
Mittleman	Kerry	M	54	BC
Moe	Greg	M	28	CA
Moen	Kristi	F	49	WA
Mohr	Jayme	M	35	IL
Moir	Sylvia	F	46	CA
Moless	Nicholas	M	33	CA
Molnar	Michael	M	37	WA
Montzingo	Luke	M	25	WA
Montzingo	Dean	M	51	WA
Moody	Siri	F	37	WA
Morgan	Mariko	F	32	WA
Morrisroe	Steven	M	38	OR
Mortimer	James	M	32	WA
Moye	Ernest	M	64	TX
Mulcahy	Allison	F	36	MA
Murphy	Sean	M	44	WA
Murray Anderson	Amber	F	34	CO
Myers	Erika	F	36	MI
Neider	Todd	M	28	CA
Nelson	Summers	F	24	PA
Nelson	Dale	M	51	ID
Ness	Shane	M	34	WA
Ness	Emily	F	36	WA
Newell	Brion	M	42	WA
Nguyen	Tien-Dat	M	41	WA
Nichols	Andrew	M	34	WA
Nielsen	Jim	M	59	MI
Noel	Travis	M	37	WA
Noteboom	Jessica	F	28	WA
Novak	Cody	M	28	WA
Nowak	Doug	M	33	WA
Obenchain	Thomas	M	50	TX

Odonnell	Timothy	M	31	CO
O'Farrell	Scott	M	26	WA
Ohlson	Michelle	F	30	WA
Oliver	Mark	M	40	WA
Oliveros	Patricia	F	43	WA
Opie	Katie	F	36	WA
Opunui	Landon	M	26	HI
Oram	Jeffrey	M	38	CA
Otter	Stacy	F	35	WA
Owen	Geoff	M	41	WA
Owens	Gregory	M	33	OR
Pampe	Jill	F	47	WY
Pannell	Wade	M	40	WA
Pappas	Nicholas	M	36	WA
Pappas	Amber	F	37	WA
Paul	Marty	M	41	WA
Pawlowicz	Michael	M	53	CO
Perales	Sheryl	F	45	WA
Peters	Carol	F	62	BC
Phelps	Robert	M	55	WA
Philpot	Laura	F	37	WA
Picicci	Tanya	F	38	WA
Pierce	Marc	M	51	MT
Pixler	Joshua	M	32	WA
Pluym	Tammy	F	43	NM
Ponio	Albert	M	36	WA
Poole	Janelle	F	43	WA
Powell	Jon	M	58	CA
Pratt	Wendee	F	50	GA
Predmore	Tracy	M	41	WA
Prince	Colin	M	31	WA
Purcell	Patrick	M	51	WA
Ramos	Marlon	M	23	CA
Rantala	James	M	57	OR
Reedy	Kevin	M	56	CA
Reedy	Lynn	F	56	CA
Rees	Heidi	F	38	ID
Reichardt	Rebecca	F	34	CA
Renard	Victor	M	44	WA
Renfroe	Jason	M	41	WA
Rial	Griffin	M	26	MT

Richards	Kyle	M	26	WA
Ripp	David	M	45	WA
Ripp	Susan	F	55	WA
Ritter	Karen	F	29	WA
Robinson	Troy	M	40	WA
Rodriguez	Felipe	M	40	
Roecks	Nina	F	36	WA
Roff	Andie	F	34	WA
Ross	Cody	M	39	CA
Ruhkala	Megan	F	30	MT
Rushton	Jon	M	49	ID
Ryland	Zachary	M	28	WA
Ryning	Suzanne	F	39	WA
Sanderson	Lisa	F	42	WA
Sandoval	Maria	F	50	CA
Sansing	Susan	F	46	WA
Sawchyn	Donna	F	52	AB
Scarff	Stuart	M	51	WA
Sceats	Derek	M	47	WA
Schindler	Tina	F	32	OR
Schleicher	Kristin	F	28	CA
Schow	Ken	M	34	WA
Schow	Carisa	F	36	WA
Schrader	Hiedi	F	35	ID
Schreiner	Richard	M	31	WA
Schubiger	Carla	F	35	WA
Schwartz	Michelle	F	43	CA
Scott	Justin	M	30	WA
Scott	Clay	M	38	TN
Scott	Cindy	F	57	CA
Seay	Duncan	M	46	CA
Segura	Chris	M	38	WA
Sepeda	Bill	M	40	WA
Seymour	Stephen	M	51	CA
Shane	Michael	M	50	FL
Shaw	Paula	F	45	WA
Shellmyer	Mark	M	35	WA
Shrum	Cindy	F	49	WA
Siasoco	Nervin	M	39	CA
Silverman	Melissa	F	30	MT
Simms	Susan	F	50	WA

Simpson	Terry	M	37	WA
Skeith	Rick	M	59	AB
Slomer	Heidi	F	45	WA
Smith	Robert	M	29	WA
Smith	Fedor	M	36	MA
Snell	Jim	M	45	OR
Spencer	Corey	M	36	OR
Spilsbury	Brent	M	64	WA
Spranger	Kristina	F	38	WA
Starkey	Shelley	F	51	OR
Stebner	Terry	M	43	WA
Stevens	Jessie	F	26	OR
Stevens	Michael	M	35	WA
Stoken	Tracy	F	37	WA
Stuart	Ami	F	27	UT
Sullivan	Zachary	M	29	WA
Super	Kenda	F	36	WA
Sutherland	Doug	M	37	WA
Sutton	Scott	M	27	OR
Sweeney	Tom	M	32	IL
Sygitowicz	Genissa	F	34	WA
Symington	Noah	M	25	WA
Takahashi	Jason	M	35	WA
Talbot	Stowe	M	48	WA
Tamburini	Diego	M	45	WA
Tardiff	Barbara	F	56	MA
Tarnay	Matt	M	69	CA
Taylor	Tiffany	F	23	WA
Taylor	Jodie	F	40	CO
Taylor	Randy	M	42	CO
Theune	Ryan	M	30	WA
Thomas	Robert	M	26	LA
Thompson	Scott	M	34	OR
Thompson	Lawrence	M	56	TX
Thomson	Gael	F	38	WA
Thosath	Brenda	F	39	WA
Tongson	Sebastian	M	40	FL
Torres	Jorge	M	38	
Townsdin	Christian	M	32	WA
Tran	Vy	M	38	CA
Trauger	Tom	M	48	CA

Trevino	Samuel	M	28	OR
Trezise	Sarah	F	45	CA
Trumfio	Steve	M	41	WA
Turner	Cam	M	45	OR
Tyler	Jason	M	48	WA
Unk	Lily	F	33	WA
Urlacher	Steven	M	44	WA
Valadez	Les	M	50	WAA
Van Eyk	Stephanie	F	41	WA
Van Horn	Steve	M	60	IL
Van Humbeck	Joe	M	31	AB
Van Valkenburg	Amy	F	42	WA
Vaughan	Hayley	F	34	CA
Vilkama	David	M	32	WA
Vincent	Alison	F	37	WA
Vogler	Laura	F	30	ID
Waldow	Tyler	M	27	WA
Waller	Brian	M	38	TN
Walsh	Beth	F	32	CA
Ward	Valerie	F	28	WA
Ware	David	M	54	MH
Watters	Margot	F	47	ID
Watters	Annie	F	20	ID
Watts	Donovan	M	35	BC
Webb	Stuart	M	41	
Weil	Wayne	M	41	WA
Wessel	Anne	F	32	WA
West	Jackson	M	35	CA
West	Margaret	F	42	WA
Wheelen	Richard	M	41	WA
Whitley	Jason	M	34	OR
Wiegand	Chris	M	37	OR
Williams	Elizabeth	F	36	WA
Wilson	Eli	M	27	WA
Wilson	Derek	M	30	ID
Wingad	Jennie	F	36	FL
Winspear	Adam	M	33	ID
Wolpoe	Matthew	M	40	MT
Wood	Lisa	F	39	WA
Yeh	Grand	M	36	BC
Zalewski	Adam	M	39	CA

Zamora	Daniel	M	29	AZ
Ziegler	Jennifer	F	47	WY
Zimmerman	Chris	M	51	WA
Zulas	Amanda	F	28	WA