GCO American River College Sprint

October 11 2026

Meet Report by Assistant Meet Director D. Freund

After a dreadfully hot week for October in Sacramento, the weather returned to normal the weekend of the 10th, and participants enjoyed ideal orienteering weather: sunny and mid 70s. As far as I know, all competitors enjoyed the courses and the weather.

This was our inaugural meet on the new USOF standard map created by Bill Cusworth. The Event ran smoothly, thanks to our Meet Director Jonas Libbell, who was ably assisted by Dwight Freund. Thanks for a successful meet go to both of them, as well as to Nik Weber who set the Short, Medium and Long courses. Thanks also to those club members who helped with registration, starts, finishes, and control pickup: Nik again, Jonas again, Paul Keeton, Ryan Zahner, Rex Winterbottom and whomever I am now forgetting to mention.

A number of BAOC long-timers turned up, perhaps in penance for scheduling a meet in conflict with ours at Rossmoor Bar (note the correct spelling!) next Sunday. We also got a bus-full of teens from Carson City Nevada who showed up in their elegant new team uniforms – and all ran individual courses, mostly long!

Counting second courses, we had a total of 49 starts, including 5 short, 6 junior-medium (see note later), 13 medium, and 25 long.

Note: Due ostensibly to some sort of mix-up in labeling and/or boxing, some newbies who signed up for the short course ended up with a map for the medium course and ran it. Talk about jumping in at the deep end! Apologies to them for the goof, however. I have decided to create a separate class and ranking for those "junior-medium" runners that I could identify.

Anyone who would like to share and compare their routes can post their GPX route with a free account on Livelox at:
https://www.livelox.com/Events/Show/202062/GCO-American-River-College

Results:

Name	Club	Time	Note
Short Course			
Kris Andersen	GCO	15:25	2nd course
Ezra Hellwinkel	Carson	19:09	
D. Freund	GCO	26:00	
A. Lirio & R. McGlashan		32:38	
Derek Daun		35:48	
Veronica Sandoval		Lost or damaged punchcard	
Junior-Medium (see note above)			
Ezra Hellwinkel	Carson	36:55	
Lili Skvarna	Carson	44:01	
Meritza Bracamontes	Carson	46:04	
Orlando Fonseca		68:00	
Ryan Bryson		70:00	

Sergio Gomez		72:00	

Medium Course

Dennis Wildfogel	BAOC	24:44	
Tristan Sandoval	Carson	25:06	
Werner Haag	BAOC	25:27	
Jonika Lomeli		26:12	
Bill Walter		27:25	
Dominic Farr	Carson	29:10	
Hannah Sandoval	Carson	31:48	2nd course?
Erin Vlasek	GCO	34:42	
Steve Beuerman	BAOC	39:55	
Lillian Aguilar	Carson	44:47	
Chloe Payne	Carson	46:15	
Lillianne Pichette	Carson	57:56	
Philip Wood	GCO	59:52	

Long course

Rex Winterbottom	BAOC	33:30	
Andrew Spicer	GCO	34:00	
Marie-Josee' Parayre	BAOC	34:01	
Steve Gregg	BAOC	34:29	
Ryan Zahner	GCO	40:15	
Autumn Miele	Carson ROTC	41:38	
Kris Andersen	GCO	42:00	
Aliyah Heyder	Carson	42:38	
Evan Benshoof	Carson	44:30	
T. DeVre'	BAOC	45:28	
Jonas Libell	GCO	45:50	
Tristan Sandoval	Carson	46:40	2nd course
Gracie Shane	Carson	46:49	
Raena Ailes	Carson	47:28	
Jonika Lemeli	GCO	49:30	2nd course
Piper Jensick	Carson	51:18	
Anthony Mistry	GCO	54:40	
Gary Kraght	BAOC	56:31	
Adeline Jensick	Carson	57:00	
Hannah Sandoval	Carson	58:15	
Olga Kraght	BAOC	60:31	
London Baker	Carson	61:27	
J. Skirvin	Carson	62:50	
Jasmine Gill	Carson	67:27	
Sydney Heyder	Carson	71:11	