



SEATTLE FIRE DEPARTMENT GOOD TO GO HONOR ROLL

These Seattle Firefighters have successfully completed the SFD Good to Go Firefighter Fitness Course.
They are recognized for their leadership in firefighter fitness.

135 Members Listed by Seniority (SFDID)				
<i>Members in Italics</i> are credited with their Firefighter Combat Challenge PR time.				
	NAME	DATE	SFDID	TIME
1.	<i>Helm, James</i>	<i>20090711</i>	<i>0641</i>	<i>3:32</i>
2.	Brady, Paul	20110512	0897	4:52
3.	Milton, Jeff	20110513	0976	5:59
4.	Jose, Phil	20110513	1206	3:45
5.	Hagen, Jay	20110512	1242	4:04
6.	<i>Whitehair, Ken</i>	<i>20071105</i>	<i>1250</i>	<i>2:07</i>
7.	Darrah, Collin	20170812	1257	4:07
8.	Koerner, Scott	20110513	1268	3:15
9.	<i>Milner, Michael</i>	<i>20061111</i>	<i>1269</i>	<i>1:47</i>
10.	Sharp, Mike	20110512	1283	4:02
11.	O'Mahoney, Tim	20110512	1328	4:35
12.	Andersen, Koll	20110512	1343	5:11
13.	Halliwill, Dirk	20110513	1344	4:10
14.	<i>Ronhaar, Dean</i>	<i>20101112</i>	<i>1374</i>	<i>2:14</i>
15.	Schreckengost, Jay	20110513	1394	4:21
16.	<i>Quiles, Chris</i>	<i>20070707</i>	<i>1415</i>	<i>2:28</i>
17.	Churchill, Dave	20110513	1431	5:35
18.	<i>Hilliard, James</i>	<i>20070707</i>	<i>1483</i>	<i>2:13</i>
19.	Andrews, Paul	20110512	1498	4:11
20.	Nelson, Eddie	20110513	1514	3:43
21.	Dallas, James	20170813	1529	3:33
22.	Janssen, Chris	20110512	1541	3:35
23.	Curtis, James	20110512	1584	4:11
24.	Kent, Lance	20110512	1588	5:20
25.	<i>Williams, Michael</i>	<i>20090711</i>	<i>1590</i>	<i>1:58</i>
26.	Dees, Rory	20110512	1591	4:13
27.	Hougan, Matt	20110513	1599	4:13
28.	Nelson, Dan	20170826	1617	5:50
29.	<i>Bollinger, Mike</i>	<i>20060708</i>	<i>1630</i>	<i>3:13</i>

30.	Guthrie, John	20110512	1639	4:32
31.	Ubaldi, Peter	20060708	1651	2:31
32.	Bousu, Doug	20110512	1654	5:12
33.	Jewell, Duncan	20110512	1658	4:20
34.	Bobrowicz, Chris	20060708	1667	2:08
35.	Cummings, Brian	20060708	1674	2:42
36.	Abney, Jason	20110513	1684	3:20
37.	Anderson, Vance	20170826	1685	3:17
38.	Fontenelle, Wade	20170813	1693	3:30
39.	Lawyer, Erik	20060708	1699	2:11
40.	Leffingwell, Jon	20110513	1700	3:33
41.	Gleason, William	20170812	1703	4:36
42.	Schaapveld, Joshua	20060708	1707	2:01
43.	Smith, Jonas	20110512	1712	3:38
44.	Schade, Zach	20060708	1717	2:05
45.	Atwater, Paul	20080711	1731	3:35
46.	Coons, Mark	20161001	1733	3:16
47.	Doherty, Ryan	20080711	1735	2:20
48.	Langhorn, Keith	20110512	1742	5:22
49.	Seumae, Sean	20110513	1746	3:05
50.	McBride, Josh	20110512	1766	3:34
51.	Peterson, Dan	20080711	1771	3:09
52.	Fisher, Lance	20060708	1783	2:53
53.	Howe, William	20110513	1786	3:50
54.	Fleming, Nicholas	20060708	1800	2:01
55.	Leslie, Kevin	20170812	1804	4:40
56.	Wittenberg, Tom	20161015	1827	3:19
57.	Graham, Darryl	20080711	1844	2:35
58.	Horwitz, Aaron	20110512	1849	4:10
59.	Clark, Dan	20110513	1858	3:27
60.	Vu, Kevin	20110512	1869	4:15
61.	Lundquist, Mark	20170813	1884	5:22
62.	O'Brien, Brian	20110512	1886	3:57
63.	Bange, Jake	20101105	1894	1:31
64.	Heddings, Alan	20060708	1898	2:20
65.	Phelps, Mason	20110513	1903	3:05
66.	Reichlin, Greg	20110513	1904	3:07
67.	Keane, Randy	20080711	1912	1:52
68.	Lynch, Stephen	20110512	1932	3:35
69.	Russell, Michael	20080711	1937	2:18
70.	Blackford, Roy	20080711	1939	2:09
71.	Collins, Brady	20110512	1956	4:30
72.	Pomeroy, Andy	20161001	1998	3:10
73.	Runte, Matt	20110513	2009	4:07
74.	Vale, Jeff	20170813	2010	3:41
75.	Turner, Charles	20060708	2012	3:06
76.	Reyes, Jerome	20060708	2016	2:24
77.	Matthews, Todd	20060708	2019	2:40

78.	Woolsey, Melissa	20090711	2022	3:11
79.	Barber, Andy	20110513	2026	3:19
80.	Desmarteau, Jake	20060708	2029	2:13
81.	Guerra, Paul	20110512	2031	5:20
82.	Hofland, Tom	20060708	2032	2:53
83.	Bell, Glenn	20060708	2039	2:54
84.	Deming, Raul	20110512	2041	4:17
85.	Mandella, Mark	20170812	2044	4:38
86.	Sobole, Gregory	20060708	2043	2:41
87.	Martin, Christopher	20060708	2045	2:33
88.	McElroy, Colin	20060708	2046	1:58
89.	Nelson, Spencer	20060708	2047	2:18
90.	Rainwater, Heath	20060708	2050	2:42
91.	Anderson, Duane	20110512	2054	4:34
92.	Goins, Jon	20170812	2058	4:09
93.	Richards, James	20170826	2064	3:16
94.	Rowe, James	20060708	2065	2:33
95.	Coale, Paul	20170812	2073	3:34
96.	Doll, Lawrence	20070707	2075	3:20
97.	Katka, Noah	20110512	2085	3:53
98.	Duncan, Michael	20080711	2103	2:11
99.	Peery, Nate	20110512	2110	3:53
100.	Snyder, Brannon	20110512	2112	4:25
101.	Carwin, Jon	20110513	2118	3:14
102.	Bernal, Jorge	20110512	2132	3:22
103.	Olson, Annie	20110512	2140	3:44
104.	Roney, Liam	20080711	2141	2:41
105.	Kirk, Ben	20080711	2146	2:52
106.	Mellein, Mark	20110513	2155	3:24
107.	Uyeno, Clifton	20110513	2163	4:22
108.	Wellnitz, Sean	20110513	2164	4:02
109.	Berry, David	20110513	2171	3:27
110.	Spraggs, Coty	20110512	2194	3:37
111.	Roesijadi, Dalen	20110512	2198	3:30
112.	Vander Beek,	20110513	2199	2:46
113.	Boehmer, Chuck	20110513	2200	5:15
114.	Boxley, Daniel	20110512	2204	3:18
115.	Newbrey, Jason	20110512	2205	3:43
116.	Engel, Brad	20110709	2207	1:54
117.	Maples, Beau	20150611	2211	1:47
118.	Callicotte, Drew	20170826	2217	4:19
119.	Symonds, Bryant	20170826	2235	3:12
120.	Adamich, Chase	20170826	2272	3:55
121.	Getty, Gabe	20150611	2279	2:22
122.	Barto, Shane	20170826	2281	4:10
123.	McFarland, Jeff	20161015	2284	3:07
124.	Carte, David	20161015	2288	3:24
125.	Connelly, Chris	20161015	2295	2:58

126.	Davis, Mike	20161001	2312	4:00
127.	King, Allison	20161113	2314	5:14
128.	Scoggins, Harold	20161001	2326	5:05
129.	Barker, Cory	20170812	2345	3:55
130.	Ennis, Andrew	20161015	2350	3:05
131.	Keay, Travis	20161001	2353	3:25
132.	O'Moore, Patrick	20161015	2369	4:00
133.	Legan, Jordan	20170826	2395	3:58
134.	Carruth, Steven	20170813	2421	3:43
135.	Alumbaugh, Kyle	20170813	2433	3:40

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<i>Members in Italics</i> are credited with their Firefighter Combat Challenge PR time.				
	NAME	DATE	SFDID	TIME
1.	<i>Bange, Jake</i>	<i>20101105</i>	<i>1894</i>	<i>1:31</i>
2.	<i>Milner, Michael</i>	<i>20061111</i>	<i>1269</i>	<i>1:47</i>
3.	<i>Maples, Beau</i>	<i>20150611</i>	<i>2211</i>	<i>1:47</i>
4.	<i>Keane, Randy</i>	<i>20080711</i>	<i>1912</i>	<i>1:52</i>
5.	<i>Engel, Brad</i>	<i>20110709</i>	<i>2207</i>	<i>1:54</i>
6.	<i>Williams, Michael</i>	<i>20090711</i>	<i>1590</i>	<i>1:58</i>
7.	<i>McElroy, Colin</i>	<i>20060708</i>	<i>2046</i>	<i>1:58</i>
8.	<i>Schaapveld, Joshua</i>	<i>20060708</i>	<i>1707</i>	<i>2:01</i>
9.	<i>Fleming, Nicholas</i>	<i>20060708</i>	<i>1800</i>	<i>2:01</i>
10.	<i>Schade, Zach</i>	<i>20060708</i>	<i>1717</i>	<i>2:05</i>
11.	<i>Whitehair, Ken</i>	<i>20071105</i>	<i>1250</i>	<i>2:07</i>
12.	<i>Bobrowicz, Chris</i>	<i>20060708</i>	<i>1667</i>	<i>2:08</i>
13.	<i>Blackford, Roy</i>	<i>20080711</i>	<i>1939</i>	<i>2:09</i>
14.	<i>Lawyer, Erik</i>	<i>20060708</i>	<i>1699</i>	<i>2:11</i>
15.	<i>Duncan, Michael</i>	<i>20080711</i>	<i>2103</i>	<i>2:11</i>
16.	<i>Hilliard, James</i>	<i>20070707</i>	<i>1483</i>	<i>2:13</i>
17.	<i>Desmarteau, Jake</i>	<i>20060708</i>	<i>2029</i>	<i>2:13</i>
18.	<i>Ronhaar, Dean</i>	<i>20101112</i>	<i>1374</i>	<i>2:14</i>
19.	<i>Russell, Michael</i>	<i>20080711</i>	<i>1937</i>	<i>2:18</i>
20.	<i>Nelson, Spencer</i>	<i>20060708</i>	<i>2047</i>	<i>2:18</i>
21.	<i>Doherty, Ryan</i>	<i>20080711</i>	<i>1735</i>	<i>2:20</i>
22.	<i>Heddings, Alan</i>	<i>20060708</i>	<i>1898</i>	<i>2:20</i>
23.	<i>Getty, Gabe</i>	<i>20150611</i>	<i>2279</i>	<i>2:22</i>
24.	<i>Reyes, Jerome</i>	<i>20060708</i>	<i>2016</i>	<i>2:24</i>
25.	<i>Quiles, Chris</i>	<i>20070707</i>	<i>1415</i>	<i>2:28</i>
26.	<i>Ubaldi, Peter</i>	<i>20060708</i>	<i>1651</i>	<i>2:31</i>
27.	<i>Martin, Christopher</i>	<i>20060708</i>	<i>2045</i>	<i>2:33</i>
28.	<i>Rowe, James</i>	<i>20060708</i>	<i>2065</i>	<i>2:33</i>
29.	<i>Graham, Darryl</i>	<i>20080711</i>	<i>1844</i>	<i>2:35</i>
30.	<i>Matthews, Todd</i>	<i>20060708</i>	<i>2019</i>	<i>2:40</i>
31.	<i>Sobole, Gregory</i>	<i>20060708</i>	<i>2043</i>	<i>2:41</i>
32.	<i>Roney, Liam</i>	<i>20080711</i>	<i>2141</i>	<i>2:41</i>
33.	<i>Cummings, Brian</i>	<i>20060708</i>	<i>1674</i>	<i>2:42</i>
34.	<i>Rainwater, Heath</i>	<i>20060708</i>	<i>2050</i>	<i>2:42</i>

35.	Vander Beek,	20110513	2199	2:46
36.	Kirk, Ben	20080711	2146	2:52
37.	Fisher, Lance	20060708	1783	2:53
38.	Hofland, Tom	20060708	2032	2:53
39.	Bell, Glenn	20060708	2039	2:54
40.	Connelly, Chris	20161015	2295	2:58
41.	Seumae, Sean	20110513	1746	3:05
42.	Phelps, Mason	20110513	1903	3:05
43.	Ennis, Andrew	20161015	2350	3:05
44.	Turner, Charles	20060708	2012	3:06
45.	Reichlin, Greg	20110513	1904	3:07
46.	McFarland, Jeff	20161015	2284	3:07
47.	Peterson, Dan	20080711	1771	3:09
48.	Pomeroy, Andy	20161001	1998	3:10
49.	Woolsey, Melissa	20090711	2022	3:11
50.	Symonds, Bryant	20170826	2235	3:12
51.	Bollinger, Mike	20060708	1630	3:13
52.	Carwin, Jon	20110513	2118	3:14
53.	Koerner, Scott	20110513	1268	3:15
54.	Coons, Mark	20161001	1733	3:16
55.	Richards, James	20170826	2064	3:16
56.	Anderson, Vance	20170826	1685	3:17
57.	Boxley, Daniel	20110512	2204	3:18
58.	Wittenberg, Tom	20161015	1827	3:19
59.	Barber, Andy	20110513	2026	3:19
60.	Abney, Jason	20110513	1684	3:20
61.	Doll, Lawrence	20070707	2075	3:20
62.	Bernal, Jorge	20110512	2132	3:22
63.	Mellein, Mark	20110513	2155	3:24
64.	Carte, David	20161015	2288	3:24
65.	Keay, Travis	20161001	2353	3:25
66.	Clark, Dan	20110513	1858	3:27
67.	Berry, David	20110513	2171	3:27
68.	Fontenelle, Wade	20170813	1693	3:30
69.	Roesijadi, Dalen	20110512	2198	3:30
70.	Helm, James	20090711	0641	3:32
71.	Dallas, James	20170813	1529	3:33
72.	Leffingwell, Jon	20110513	1700	3:33
73.	McBride, Josh	20110512	1766	3:34
74.	Coale, Paul	20170812	2073	3:34
75.	Janssen, Chris	20110512	1541	3:35
76.	Atwater, Paul	20080711	1731	3:35
77.	Lynch, Stephen	20110512	1932	3:35
78.	Spraggs, Coty	20110512	2194	3:37
79.	Smith, Jonas	20110512	1712	3:38
80.	Alumbaugh, Kyle	20170813	2433	3:40
81.	Vale, Jeff	20170813	2010	3:41

82.	Nelson, Eddie	20110513	1514	3:43
83.	Newbrey, Jason	20110512	2205	3:43
84.	Carruth, Steven	20170813	2421	3:43
85.	Olson, Annie	20110512	2140	3:44
86.	Jose, Phil	20110513	1206	3:45
87.	Howe, William	20110513	1786	3:50
88.	Katka, Noah	20110512	2085	3:53
89.	Peery, Nate	20110512	2110	3:53
90.	Adamich, Chase	20170826	2272	3:55
91.	Barker, Cory	20170812	2345	3:55
92.	O'Brien, Brian	20110512	1886	3:57
93.	Legan, Jordan	20170826	2395	3:58
94.	Davis, Mike	20161001	2312	4:00
95.	O'Moore, Patrick	20161015	2369	4:00
96.	Sharp, Mike	20110512	1283	4:02
97.	Wellnitz, Sean	20110513	2164	4:02
98.	Hagen, Jay	20110512	1242	4:04
99.	Darrah, Collin	20170812	1257	4:07
100.	Runte, Matt	20110513	2009	4:07
101.	Goins, Jon	20170812	2058	4:09
102.	Halliwill, Dirk	20110513	1344	4:10
103.	Horwitz, Aaron	20110512	1849	4:10
104.	Barto, Shane	20170826	2281	4:10
105.	Andrews, Paul	20110512	1498	4:11
106.	Curtis, James	20110512	1584	4:11
107.	Dees, Rory	20110512	1591	4:13
108.	Hougan, Matt	20110513	1599	4:13
109.	Vu, Kevin	20110512	1869	4:15
110.	Deming, Raul	20110512	2041	4:17
111.	Callicotte, Drew	20170826	2217	4:19
112.	Jewell, Duncan	20110512	1658	4:20
113.	Schreckengost, Jay	20110513	1394	4:21
114.	Uyeno, Clifton	20110513	2163	4:22
115.	Snyder, Brannon	20110512	2112	4:25
116.	Collins, Brady	20110512	1956	4:30
117.	Guthrie, John	20110512	1639	4:32
118.	Anderson, Duane	20110512	2054	4:34
119.	O'Mahoney, Tim	20110512	1328	4:35
120.	Gleason, William	20170812	1703	4:36
121.	Mandella, Mark	20170812	2044	4:38
122.	Leslie, Kevin	20170812	1804	4:40
123.	Brady, Paul	20110512	0897	4:52
124.	Scoggins, Harold	20161001	2326	5:05
125.	Andersen, Koll	20110512	1343	5:11
126.	Bousu, Doug	20110512	1654	5:12
127.	King, Allison	20161113	2314	5:14
128.	Boehmer, Chuck	20110513	2200	5:15

129.	Kent, Lance	20110512	1588	5:20
130.	Guerra, Paul	20110512	2031	5:20
131.	Langhorn, Keith	20110512	1742	5:22
132.	Lundquist, Mark	20170813	1884	5:22
133.	Churchill, Dave	20110513	1431	5:35
134.	Nelson, Dan	20170826	1617	5:50
135.	Milton, Jeff	20110513	0976	5:59