

Rochester 5K Run for Health Overall Results
Saturday, April 14th, 2007 at Genesee Valley Park, Rochester
Timed by YellowJacket Racing
260 Total (127 Women, 132 Men, 1 no gender given)

Pos	Bib	Fullname	Gender	Class	Age	City	FinishTm	
Overall Male								
	1	219	Steve Strelick	M	Overall Male	24	Rochester	0:15:57
Overall Female								
	1	181	Jessica Snyder	F	Overall Female	22	Rochester	0:18:19
F19UNDER								
	1	255	Dana Lord	F	F19UNDER	19	Rochester	0:22:34
	2	163	Devan Blazey	F	F19UNDER	14	Victor	0:22:36
	3	140	Judith Tulkoff	F	F19UNDER	19	Alexandria	0:22:59
	4	272	Jami Landry	F	F19UNDER	19	Rochester	0:25:02
	5	210	Sheryl Gillow	F	F19UNDER	19	Groton	0:25:25
	6	214	Maggie Kozley	F	F19UNDER	19	Newton MA	0:26:44
	7	23	Jennifer Burger	F	F19UNDER	19	Windsor	0:28:50
	8	108	Amanda Pollock	F	F19UNDER	19	Rowley	0:32:58
	9	282	Erin Boilacker	F	F19UNDER	18	Denver CO	0:39:27
F20-24								
	1	258	Holly Kuzmiak	F	F20-24	24	Rochester	0:20:37
	2	212	Dustina Holt	F	F20-24	20	Greece	0:23:55
	3	242	Amy Brown	F	F20-24	24	Victor	0:24:10
	4	63	Julie Herman	F	F20-24	21	Rochester	0:24:35
	5	36	Katherine Cooley	F	F20-24	20	Fairport	0:25:09
	6	42	Lora Cutarella	F	F20-24	24	Rochester	0:25:18
	7	254	Allison Fleming	F	F20-24	20	Rochester	0:25:39
	8	257	Sarah Motts	F	F20-24	24	Rochester	0:25:41
	9	100	Ashley OHara	F	F20-24	22	Rochester	0:25:42
	10	106	Laura Peet	F	F20-24	24	Rochester	0:25:51
	11	147	Cheryl Weinheim	F	F20-24	20	Rochester	0:25:56
	12	174	Rae Pellegrino	F	F20-24	24	Fairport	0:26:27
	13	134	Van Tran	F	F20-24	22	Rochester	0:27:12
	14	113	Bianca Redhead	F	F20-24	24	Rochester	0:27:47
	15	281	Rebecca Light	F	F20-24	23	Rochester	0:27:48
	16	213	Meg Huth	F	F20-24	20	Rochester	0:28:32
	17	81	Jennifer K Lee	F	F20-24	24	Rochester	0:28:53
	18	263	Allison Tavino	F	F20-24	23	Rochester	0:29:18
	19	153	Rachael Wojtovich	F	F20-24	23	Rochester	0:29:25
	20	53	Kristin Goodkin	F	F20-24	23	Rochester	0:29:26
	21	62	Teresa Hemann	F	F20-24	24	Rochester	0:29:47
	22	93	Emily Miller	F	F20-24	24	Rochester	0:30:33
	23	252	Sarah Ramsay	F	F20-24	24	NY NY	0:34:36
	24	29	Amanda Carpenter	F	F20-24	21	Schenectady	0:34:48
	25	276	Greetika Gupta	F	F20-24	23	Rochester	0:34:58
	26	21	Amanda Bringard	F	F20-24	23	Rochester	0:36:15
	27	51	Kelly Garner	F	F20-24	23	Rochester	0:37:01

28	246	Alessa Crossan	F	F20-24	23	Burke VA	0:37:26
29	54	Amanda Gosling	F	F20-24	23	Rochester	0:37:27
30	32	Samantha Cassara	F	F20-24	24	Webster	0:48:47
31	16	Jessica Bougie	F	F20-24	24	Rochester	0:50:53
F25-29							
1	196	Erinn White	F	F25-29	25	Rochester	0:20:09
2	267	Megan Hyland	F	F25-29	28	Rochester	0:20:26
3	256	Caroline Kenyon	F	F25-29	27	Rochester	0:22:10
4	97	Janaki Nathan	F	F25-29	25	Rochester	0:22:39
5	265	Kristen French	F	F25-29	27	Rochester	0:23:03
6	248	Amy Montrois	F	F25-29	26	Rochester	0:23:28
7	144	Leslie Vilkh	F	F25-29	27	West Henrietta	0:23:44
8	22	Sarah Brown	F	F25-29	29	Seattle	0:23:46
9	146	Helen Wei	F	F25-29	27	Rochester	0:24:05
10	123	Lili Shek	F	F25-29	25	Rochester	0:25:10
11	121	Katie Scorsone	F	F25-29	27	Avon	0:25:58
12	76	Amanda Lachiusa	F	F25-29	25	Rochester	0:26:29
13	133	Lieu Tran	F	F25-29	25	Rochester	0:27:05
14	67	Koto Ishida	F	F25-29	25	Rochester	0:28:53
15	275	Gwen Casey-Ford	F	F25-29	25	Rochester	0:29:10
16	116	Danielle Ruppert	F	F25-29	25	Rochester	0:29:21
17	261	Allison Panzer	F	F25-29	29	Rochester	0:30:33
18	109	Kelli Prince	F	F25-29	28	Rochester	0:35:02
19	142	Nicole Valenti	F	F25-29	27	Rochester	0:35:41
20	114	Jessica Rosenthal	F	F25-29	26	Rochester	0:36:21
21	188	Erin OBrien	F	F25-29	27	Rochester	0:38:44
22	33	Joanne Chan	F	F25-29	27	Rochester	0:40:00
23	91	Maria Mead	F	F25-29	25	Rochester	0:42:49
24	102	Rosemary Oliva	F	F25-29	29	Rochester	0:50:51
F30-34							
1	79	Joanne Laudisi	F	F30-34	31	Rochester	0:24:56
2	161	Heather Randell	F	F30-34	33	Fairport	0:25:39
3	101	Amanda OHearn	F	F30-34	34	Rochester	0:26:01
4	110	Christine Purtell	F	F30-34	32	Rochester	0:26:20
5	165	Jun Okada	F	F30-34	33	Rochester	0:26:52
6	168	Shannon Gardner	F	F30-34	33		0:28:23
7	171	Kristy Dolan	F	F30-34	30	Rochester	0:28:33
8	166	Annie Calilli	F	F30-34	31	Rochester	0:31:19
9	52	Amy George	F	F30-34	33	Rush	0:34:31
10	72	Kerry Kehoe	F	F30-34	31	Rochester	0:35:37
11	94	Cara Montrois	F	F30-34	30	Spencerport	0:35:54
12	125	Katie Sherman	F	F30-34	30	Rochester	0:40:31
F35-39							
1	159	Rebecca A. Duberry	F	F35-39	36	Rochester	0:18:47
2	66	Kim Hutchings	F	F35-39	38	Rochester	0:22:14
3	179	Katherine Fleming	F	F35-39	36	Brockport	0:22:52
4	8	Julie Bazan DAngelo	F	F35-39	35	Webster	0:28:28
5	206	Mindy Hauser	F	F35-39	38	Rochester	0:28:48
6	239	Katrina Amat	F	F35-39	39	Brockport	0:28:51

7	78	Justine Lathan-Arthur	F	F35-39	39	LeRoy	0:29:12
8	175	Rachel Bond	F	F35-39	35	Rochester	0:29:33
9	68	Patti Jacobs	F	F35-39	38	Rochester	0:30:08
10	264	Anne Steider	F	F35-39	39	Rochester	0:30:27
11	176	Lori McGreth	F	F35-39	39	Rochester	0:34:17
12	107	Pamela Pharmakis	F	F35-39	35	Rochester	0:34:17
13	183	Sherrie L. Anderson	F	F35-39	38	Pittsford	0:34:46
F40-44							
1	45	Bethanne Deciantis	F	F40-44	44	Rochester	0:19:05
2	198	Pam Johnson	F	F40-44	44	Canandaigua	0:23:48
3	259	Beth Burchill	F	F40-44	41	Rochester	0:24:09
4	184	Jean A. Talbot	F	F40-44	41	Rochester	0:26:02
5	160	Alison Murphy	F	F40-44	44	Penfield	0:26:27
6	132	Melisa Tanger-Brown	F	F40-44	40	West Henrietta	0:29:26
7	64	Sandy Hinton	F	F40-44	42	Webster	0:35:06
F45-49							
1	224	Molly Huff	F	F45-49	46	Fairport	0:22:17
2	55	Juana Guskowski	F	F45-49	49	Rochester	0:23:09
3	244	Terry Reeder	F	F45-49	49	East Rochester	0:25:08
4	245	Patty Dick	F	F45-49	48	Honeoye Falls	0:27:39
5	240	Louise Weidman	F	F45-49	46	Webster	0:30:58
6	2	Carole Agosto	F	F45-49	46	Rochester	0:31:30
7	60	Linda Harrison	F	F45-49	45	Rochester	0:42:03
8	228	Lois Helwig	F	F45-49	45	Hemlock	0:45:18
9	279	Gail Menchey	F	F45-49	48	Hilton	0:49:14
F50-54							
1	57	Cheryl Guth	F	F50-54	53	Rochester	0:22:21
2	178	Katrina Adams	F	F50-54	53	Pittsford	0:27:06
3	167	Karen Eichele	F	F50-54	50	Scottsville	0:28:23
4	154	Terry Woods	F	F50-54	51	Rochester	0:30:48
5	47	Maureen Emerson	F	F50-54	53	North Chili	0:35:56
6	46	Cathy DiNoto	F	F50-54	52	Webster	0:42:09
7	88	Katherine McCormick	F	F50-54	52	Spencerport	0:46:14
8	278	Susan Brown	F	F50-54	54	Rochester	0:49:15
F55-59							
1	169	Jeanne Herrick	F	F55-59	55	Rochester	0:23:20
2	118	Annette Schaff	F	F55-59	57	Penfield	0:26:27
3	103	Sharon Oppedisano	F	F55-59	55	Honeoye Falls	0:32:09
4	26	Rhonda Callard	F	F55-59	57	Webster	0:41:29
5	104	Nancy Panzer	F	F55-59	57	Rush	0:57:45
6	155	Barbara Zima	F	F55-59	55	Rush	0:57:47
7	4	Paula Anderson	F	F55-59	58	Rush	0:57:48
F60-64							
1	218	Carolyn Kriesen	F	F60-64	63	Webster	0:25:37
2	260	Cathy Medina	F	F60-64	60	Macedon	0:29:10
F65-69							

	1	157	Marie Owers	F	F65-69	67	Henrietta	0:30:52
M19UNDER								
	1	229	Mac McMahon	M	M19UNDER	18	Hemlock	0:18:04
	2	71	Michael Kaiman	M	M19UNDER	19	Rochester	0:18:51
	3	211	Bryce Mankowski	M	M19UNDER	18	Rochester	0:19:24
	4	209	J. Torrey	M	M19UNDER	18	Addison VT	0:21:52
	5	150	Kenneth Wilkinson	M	M19UNDER	14	Rochester	0:22:05
	6	238	Rob Young	M	M19UNDER	12	Pittsford	0:22:51
	7	182	Connor E. Anderson	M	M19UNDER	13	Pittsford	0:24:15
	8	138	Justin Traub	M	M19UNDER	16	Rochester	0:26:42
	9	90	Joseph Mead	M	M19UNDER	18	Rochester	0:28:18
M20-24								
	1	50	Terence Forrest	M	M20-24	23	Rochester	0:17:54
	2	84	Daniel Marker	M	M20-24	22	Rochester	0:18:02
	3	85	Ryan Marker	M	M20-24	21	Wellsburg	0:18:27
	4	9	Joe Bell	M	M20-24	21	Rochester	0:18:36
	5	192	Nate Lull	M	M20-24	21	Gilbertsville	0:18:38
	6	19	Nick Braus	M	M20-24	24	Rochester	0:19:13
	7	6	Shane Bartholf	M	M20-24	24	Pittsford	0:19:34
	8	37	Robert Corey	M	M20-24	21	Rochester	0:20:58
	9	208	Adam Cornwell	M	M20-24	21	Rochester	0:21:44
	10	232	Anthony Scott	M	M20-24	21	Amherst	0:23:54
	11	273	Ryan Sullivan	M	M20-24	21	Hilton	0:24:48
	12	135	Vu Tran	M	M20-24	20	Rochester	0:25:05
	13	17	Evan Brady	M	M20-24	21	Rochester	0:25:31
	14	231	Brian Jenssen	M	M20-24	23	Rochester	0:25:35
	15	241	Chris VanHoff	M	M20-24	23	Penfield	0:25:50
	16	233	Pedro Calderon	M	M20-24	22	Rochester	0:26:01
	17	136	Chris Traub	M	M20-24	24	Rochester	0:26:48
	18	250	Luis Ortiz	M	M20-24	24	Rochester	0:28:20
	19	86	Raime Masket-Roth	M	M20-24	24	Rochester	0:28:39
	20	30	Joe Cassara	M	M20-24	24	Webster	0:28:40
	21	31	Pete Cassara	M	M20-24	21	Rochester	0:28:40
	22	289	Joseph Murino	M	M20-24	24	Hilton	0:28:50
	23	152	Andrew Wojtovich	M	M20-24	23	Rochester	0:29:21
	24	284	Dennis Murray	M	M20-24	22	Rochester	0:30:07
	25	187	Mark Lincoln	M	M20-24	24	Rochester	0:30:52
	26	87	Alex Maskovyak	M	M20-24	23	Rochester	0:30:53
	27	269	Kufi-Busku Atsina	M	M20-24	23	Newtown CT	0:37:26
	28	200	Andrew Kim	M	M20-24	24	Bronx	0:37:26
M25-29								
	1	221	Mijke Twohig	M	M25-29	27	North Chilli	0:16:38
	2	151	David Wilson	M	M25-29	26	Rochester	0:18:36
	3	40	Brett Crandall	M	M25-29	27	Rochester	0:19:18
	4	14	Luke Bissell	M	M25-29	28	Rochester	0:19:24
	5	49	Aaron Finch	M	M25-29	26	Rochester	0:19:33
	6	75	Daniel King	M	M25-29	26	Rochester	0:20:06
	7	274	James Hildebrand	M	M25-29	27	Rochester	0:21:22
	8	41	Corey Crawford	M	M25-29	27	Rochester	0:21:34

9	249	Jon Black	M	M25-29	26	Rochester	0:21:47
10	127	Adam Smith	M	M25-29	25	Rochester	0:22:55
11	266	Zac Lill	M	M25-29	25	Rochester	0:22:59
12	177	Vidur Bali	M	M25-29	27	Fairport	0:24:21
13	59	Michael Hakiel	M	M25-29	25	Rochester	0:24:26
14	3	Joseph Agosto	M	M25-29	28	Rochester	0:25:23
15	38	Chad Cornelius	M	M25-29	29	Rochester	0:25:39
16	170	Greg Glaser	M	M25-29	28	Fairport	0:26:13
17	48	Dominic Feira	M	M25-29	28	Rochester	0:27:54
18	148	John Welch	M	M25-29	25	Dansville	0:29:35
19	286	Mike King	M	M25-29	26	Rochester	0:36:05
20	189	Timothy P. Lincoln	M	M25-29	29	Rochester	0:38:44
M30-34							
1	129	Todd Smith	M	M30-34	32	Perrysburg	0:16:17
2	253	Greg Lakin	M	M30-34	30	Rochester	0:17:18
3	95	James Morse	M	M30-34	30	Spencerport	0:19:45
4	77	Joe Lachusua	M	M30-34	30	Webster	0:21:53
5	145	Matthew Walsh	M	M30-34	31	Rochester	0:22:17
6	5	John Barsic	M	M30-34	30	Rochester	0:22:42
7	271	Keith Schneider	M	M30-34	34	Rochester	0:24:21
8	73	Kevin Kehoe	M	M30-34	32	Rochester	0:24:34
9	111	James Purtell	M	M30-34	34	Rochester	0:26:22
10	120	Joe Scippo	M	M30-34	33	Rochester	0:27:12
11	35	Sean Cooksey	M	M30-34	31	Rochester	0:27:55
12	43	Mike Danger	M	M30-34	32	Rochester	0:28:01
13	204	Sandra Leverich	F	M30-34	31	Rochester	0:28:01
14	70	Brian Jones	M	M30-34	32	Rochester	0:30:30
15	251	Dave Tyler	M	M30-34	33	Rochester	0:30:59
M35-39							
1	164	Marc Gage	M	M35-39	35	West Henrietta	0:16:38
2	217	Kurt Spaker	M	M35-39	35	Spencerport	0:17:30
3	230	Michael Boucher	M	M35-39	39	Rochester	0:19:22
4	122	Jean-Paul Scott	M	M35-39	37	Rochester	0:20:05
5	156	Alan Borrelli	M	M35-39	39	Fairport	0:23:10
6	227	Tim Crowe	M	M35-39	37	Rochester	0:23:26
7	28	Daniel Carmen	M	M35-39	36	North Chili	0:23:26
8	268	Larry Hoffman	M	M35-39	38	Ontario	0:23:31
9	65	John Hutchings	M	M35-39	39	Rochester	0:24:20
10	226	Joao Flores	M	M35-39	39	Rochester	0:24:46
M40-44							
1	193	Keith Scott	M	M40-44	44	Lima	0:18:09
2	149	Jim Werven	M	M40-44	40	West Henrietta	0:19:00
3	247	Jeff Chester	M	M40-44	41	Rochester	0:20:04
4	236	Peter Thomas	M	M40-44	42	Rochester	0:20:13
5	141	Paul Twombly	M	M40-44	44	Penfield	0:20:36
6	270	Mark Schiesser	M	M40-44	42	Webster	0:20:40
7	115	Mike Rossi	M	M40-44	44	Webster	0:20:47
8	197	Andrew Ciaio	M	M40-44	40	Victor	0:22:08
9	117	Thomas Rybak	M	M40-44	42	Webster	0:24:04

	10	225	Joaquim Flores	M	M40-44	41	Rochester	0:24:46
	11	222	Lou Agosto	M	M40-44	42	Rochester	0:25:07
	12	34	Mark Conge	M	M40-44	42	Rochester	0:27:29
	13	158	Patrick Flanigan	M	M40-44	42	Rochester	0:34:07
M45-49								
	1	223	John A. Puskas	M	M45-49	45	Rochester	0:19:50
	2	203	Bill Sandon	M	M45-49	47	Rochester	0:20:15
	3	191	Anthony F. Mazzo	M	M45-49	47	Rochester	0:22:08
	4	283	Mark Assini	M	M45-49	47	Rochester	0:22:14
	5	220	Joseph Kanpinski	M	M45-49	48	Rochester	0:22:33
	6	237	Bob Young	M	M45-49	45	Pittsford	0:22:54
	7	205	David Lambert	M	M45-49	45	Henrietta	0:23:06
	8	173	Tom Hawkins	M	M45-49	49	Williamson	0:23:44
	9	80	Richard Laudisi	M	M45-49	47	Rochester	0:24:48
	10	99	Steve Novak	M	M45-49	45	Rochester	0:25:13
	11	162	John Tardino	M	M45-49	46	Rochester	0:25:58
	12	139	Scott Tripler	M	M45-49	48	Rochester	0:26:45
	13	137	Chuck Traub	M	M45-49	47	Rochester	0:26:50
	14	24	Donald Burns	M	M45-49	49	Rochester	0:26:53
	15	39	Gary Craig	M	M45-49	48	Rochester	0:27:09
M50-54								
	1	195	Ron Lillis	M	M50-54	53	Rochester	0:18:43
	2	15	Brent Blazey	M	M50-54	50	Victor	0:20:12
	3	61	Mark Heberger	M	M50-54	52	Rochester	0:20:29
	4	56	Lawrence Guszowski	M	M50-54	50	Rochester	0:21:13
	5	243	Jay Reeder	M	M50-54	51	East Rochester	0:22:55
	6	119	Bill Schubmehl	M	M50-54	52	Rochester	0:23:04
	7	207	Steve Anderson	M	M50-54	52	Rochester	0:24:16
	8	235	Art Papier	M	M50-54	50	Rochester	0:26:46
	9	124	Doug Sherman	M	M50-54	50	Rochester	0:27:42
	10	194	John Appleby	M	M50-54	54	Spencerport	0:28:38
	11	126	James Slobard	M	M50-54	50	Pittsford	0:39:34
M55-59								
	1	199	Rick Erb	M	M55-59	59	Rushville	0:21:03
	2	112	Bill Quinlisk	M	M55-59	55	Rochester	0:21:55
	3	215	Stephen Hedges	M	M55-59	58	Rochester	0:22:45
	4	69	Larry Jessup	M	M55-59	59	Rochester	0:26:58
M60-64								
	1	190	Tom Dutton	M	M60-64	61	Livonia	0:19:29
	2	82	Dick Lewandowski	M	M60-64	62	Rochester	0:29:27
	3	58	Peter Haggerty	M	M60-64	62	West Henrietta	0:30:41
M65-69								
	1	128	Al Smith	M	M65-69	69	Rochester	0:29:47
M70UP								
	1	18	Tom Brannon	M	M70UP	72	Rochester	0:29:20
	2	234	John Burice	M	M70UP	82	Geneseo	0:33:35