

**Run for Health 5K**  
**Saturday, April 17th, 2010 Genesee Valley Park**  
**Timed by YellowJacket Racing**

**Total Finishers - 124 (Male - 73, Female - 51)**

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm
Overall Male							
	1	138 Ryan Pauling	M	Overall Male	33		17:03
Overall Female							
	1	135 Jessica Snyder	F	Overall Female	25		19:00
F19UNDER							
	1	9 Brittany Colton	F	F19UNDER	19	Byron	40:37
F20-24							
	1	82 Kristin Roberts	F	F20-24	20	Rochester	23:30
	2	66 Julie Sahler	F	F20-24	24	Rochester	24:22
	3	54 Caitlin Perry	F	F20-24	21	Avon	24:38
	4	8 Sarah Clements	F	F20-24	24	Rush	25:48
	5	81 Anne Whitehead	F	F20-24	24	Rochester	26:19
	6	70 Margaret Stein	F	F20-24	23	Rochester	27:52
	7	150 Meghan Bushway	F	F20-24	23	Rochester	27:56
	8	151 Lisbeth Boule	F	F20-24	22	Rochester	28:36
	9	33 Melissa Kulp	F	F20-24	24	Rochester	29:05
	10	74 Melissa Tsuboyama	F	F20-24	24	Rochester	29:46
	11	115 Theresa Barrett	F	F20-24	24	Rochester	30:53
	12	19 Beatriz Folch	F	F20-24	23	Rochester	32:16
	13	17 Christie Drago	F	F20-24	21	Sodus	33:27
	14	20 Sarah Glantz	F	F20-24	23	Rochester	34:48
F25-29							
	1	5 Nicole Carrier	F	F25-29	27	Hemlock	20:50
	2	153 Amy Montrois	F	F25-29	29	Webster	23:55
	3	27 Serena Hon	F	F25-29	25	Rochester	26:18
	4	41 Marissa Matarrese	F	F25-29	28	Rochester	27:23
	5	148 Rachel Pokorney	F	F25-29	26	Rochester	27:28
	6	6 Jen Cialone	F	F25-29	25	Rochester	28:07
	7	109 Angel Kirkham	F	F25-29	26		28:36
	8	47 Bonnie Mulconry	F	F25-29	26	Fairport	29:06
	9	40 Gina Losert	F	F25-29	26	Pulaski	29:07
	10	85 Ainoa Hazeika	F	F25-29	26	Rochester	29:53
	11	137 Jennifer Golen	F	F25-29	29		30:04
	12	56 Bethany Peters	F	F25-29	28	Sodus	35:55
F30-34							
	1	22 Sasha Griffith	F	F30-34	31	Rochester	24:14
	2	133 Frances Manes	F	F30-34	33		24:34
	3	42 April Miller	F	F30-34	30	Penfield	24:40
	4	34 Joanne Laudisi	F	F30-34	34	Rochester	27:44
	5	117 Katherine Srorsane	F	F30-34	30		27:50
	6	29 Stacy House	F	F30-34	34	Avon	29:04

	7	116 Rachal Love	F	F30-34	34	Rochester	29:17
	8	95 Mindee Hite	F	F30-34	34	Webster	31:48
	9	44 Jen Moore	F	F30-34	30	Rochester	34:14
	10	146 Kelly Schak	F	F30-34	32	Spencerport	42:03
F35-39							
	1	132 Kristen Cardona	F	F35-39	37		22:52
	2	126 Kelly Nash	F	F35-39	38		23:48
	3	101 Kim Burks	F	F35-39	39		48:40
F40-44							
	1	140 Lizzei Stepluis	F	F40-44	42		40:58
F45-49							
	1	80 Louise Weidman	F	F45-49	49	Webster	28:28
	2	28 Debora Hoskinson	F	F45-49	49	Fairport	37:56
	3	89 Melissa Jadles	F	F45-49	48	Avon	38:47
F50-54							
	1	64 Martha (Marty) Roberts	F	F50-54	53	Penn Yan	24:48
	2	25 Linda Harrison	F	F50-54	51	Rochester	49:07
F55-59							
	1	23 Cheryl Guth	F	F55-59	56	Rochester	23:15
	2	15 Cathy DiNoto	F	F55-59	55	Webster	49:07
	3	72 Wendy Sullivan	F	F55-59	56	Rochester	49:24
F60-64							
	1	38 Mitzie Lewandowski	F	F60-64	63	Rochester	29:15
M19UNDER							
	1	118 Kanded Hart	M	M19UNDER	8		23:18
M20-24							
	1	84 Bryce Manlowski	M	M20-24	21	Rochester	19:31
	2	108 Anthony Williams	M	M20-24	22		19:53
	3	152 Matthew Brockway	M	M20-24	23	Rochester	20:30
	4	136 Michael Kaiman	M	M20-24	22		21:55
	5	157 Andrew Shubin	M	M20-24	23	Rochester	23:10
	6	57 Brett Peters	M	M20-24	21	Sodus	23:15
	7	141 Jason Urme	M	M20-24	22		23:40
	8	106 Harvey Williams	M	M20-24	22		23:59
	9	61 Joe Pitralia	M	M20-24	24	Rochester	24:43
	10	145 Sesquile Ramon	M	M20-24	24		24:50
	11	16 Colin Doody	M	M20-24	24	Rochester	27:13
	12	14 Andrew Dill	M	M20-24	21	Rochester	28:24
	13	86 Mathew Kue	M	M20-24	23	Rochester	29:20
	14	112 Zachary Maben	M	M20-24	23		34:48
M25-29							
	1	121 Andrew McMillan	M	M25-29	29		17:36
	2	125 Bill Gensheimer	M	M25-29	28		19:25

3	3	Nicholas Braus	M	M25-29	27	Rochester	19:51
4	2	Michael Barnes	M	M25-29	29	Rochester	19:54
5	97	Keith Olsen	M	M25-29	27		20:02
6	11	Ryan Cummings	M	M25-29	27	Rochester	20:03
7	96	Roger Tuwei	M	M25-29	28	Rochester	20:26
8	4	Stephen Carr	M	M25-29	25	Rochester	20:37
9	30	Karl Jaanimagi	M	M25-29	29	Pittsford	21:18
10	139	Michael Nabozny	M	M25-29	27		21:55
11	134	Anthony Portanova	M	M25-29	28		23:54
12	51	Steve ODonnell	M	M25-29	28	Rochester	26:11
13	58	Damon Peters	M	M25-29	26	Sodus	26:16
14	149	Daniel Dickens	M	M25-29	26	Rochester	27:29
15	62	Joshua Pratt	M	M25-29	28	Pulaski	29:07
16	104	Luis Ortiz	M	M25-29	27		31:18
17	127	Josh Segal	M	M25-29	28		32:01

M30-34

1	102	Michael Collins	M	M30-34	34		19:00
2	7	Jake Clements	M	M30-34	30	Rush	19:12
3	110	Greg Piede	M	M30-34	34		23:56
4	107	Andrew Clark	M	M30-34	31		29:32
5	94	Kevin Silinski	M	M30-34	34	Webster	31:49
6	45	Keith Moore	M	M30-34	32	Rochester	32:31

M35-39

1	68	Michael Sherman	M	M35-39	35	Rochester	18:05
2	32	Levent Kozaci	M	M35-39	37	Avon	24:51

M40-44

1	50	Alec OConnor	M	M40-44	40	Rochester	18:16
2	124	Joaquim Flores	M	M40-44	44		23:31
3	123	Joao Flores	M	M40-44	42		25:01
4	156	Thomas Buda	M	M40-44	42	Rochester	27:52
5	99	Syeed Hossain	M	M40-44	43		28:10
6	147	Brian Quinn	M	M40-44	43	Rochester	42:06

M45-49

1	113	Edward Juiliani	M	M45-49	46		18:48
2	128	Joe Haungs	M	M45-49	48		20:05
3	43	Will Mitchell	M	M45-49	47	Rochester	22:06
4	105	Peter Thomas	M	M45-49	45		22:21
5	143	Tom Collins	M	M45-49	45	Pittsford	25:04
6	111	Steve Novak	M	M45-49	48		30:15
7	122	Bill Colton	M	M45-49	49		40:37

M50-54

1	103	Bob Hamilton	M	M50-54	54		20:13
2	24	Keith Hadley	M	M50-54	50	Rochester	21:02
3	55	Michael Perry	M	M50-54	50	Avon	21:36
4	144	Joesph Feandinski	M	M50-54	51		24:25
5	35	Richard Laudisi	M	M50-54	50	Rochester	25:11
6	26	Tom Hawkins	M	M50-54	52	Williamson	26:32

	7	87 Donald Burns	M	M50-54	52	Rochester	28:39
	8	142 Dave Christa	M	M50-54	54		29:47
M55-59							
	1	120 Jim Dolan	M	M55-59	57		23:34
	2	18 Paul Fischette	M	M55-59	57	Rochester	24:59
M60-64							
	1	114 Tom Dutton	M	M60-64	64		21:23
	2	31 Axel Kairies	M	M60-64	62	Rochester	25:34
	3	129 John Welc	M	M60-64	61		25:58
	4	90 Tom Tytler	M	M60-64	61	Webster	28:36
	5	65 Ted Rosen	M	M60-64	62	Rochester	47:07
	6	71 Peter Sullivan	M	M60-64	64	Rochester	49:26
M65-69							
	1	69 Walter Standhart	M	M65-69	65	Rochester	24:50
	2	37 Dick Lewandowski	M	M65-69	65	Rochester	36:09
M70-74							
	1	119 Al Smith	M	M70-74	72		31:43