

**Heritage Christian Home 5K**  
**Saturday, August 1st, 2009**  
**Timed by YellowJacket Racing**

**Total Finishers - 141 (Men - 67, Women - 74)**

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm	Pace
Overall Female								
	1	100 Kimberly Mills	F	Overall Female	18	Basom	0:19:47	06:23
Overall Male								
	1	79 Paul Glor	M	Overall Male	31	Rochester	0:17:59	05:48
F13UNDER								
	1	52 Harper Stewart	F	F13UNDER	11	Fairport	0:25:59	08:23
F14-18								
	1	23 Ariel Denoto	F	F14-18	15	Livonia	0:22:43	07:20
	2	92 David Conway	M	F14-18	15	Watkins Glen	0:22:49	07:22
	3	58 Al Zazzara	F	F14-18	14	Rochester	0:32:01	10:20
	4	107 Lauren Zazzara	F	F14-18	14	Rochester	0:32:01	10:20
F19-29								
	1	55 Tracy Vanderlip	F	F19-29	29	Rochester	0:21:15	06:51
	2	5 Erin Allen	F	F19-29	29	Farmington	0:31:37	10:12
	3	13 Lindsay Bona	F	F19-29	29		0:33:41	10:52
	4	2 Alicia Accapezzato	F	F19-29	23	Rochester	1:05:36	21:10
F20-29								
	1	36 Rachel Kruze	F	F20-29	27	Hornell	0:19:53	06:25
	2	83 Miranda Melville	F	F20-29	20	Rush	0:21:31	06:57
	3	98 Kathy Olson	F	F20-29	28	Neenah	0:21:38	06:59
	4	88 Julianne Feda	F	F20-29	21	Rochester	0:22:52	07:23
	5	85 MaryDara Rojas	F	F20-29	22	New York	0:23:03	07:26
	6	70 Amy Voss	F	F20-29	28	Victor	0:24:23	07:52
	7	95 Kimberly Robbins	F	F20-29	28	Waukegan	0:25:05	08:05
	8	129 Joanne Stein	F	F20-29	26	Winooski	0:28:32	09:12
	9	130 Shaun Beaula	F	F20-29	26	Rochester	0:28:33	09:13
	10	142 Kristen Hayes	F	F20-29	27	Rochester	0:30:37	09:53
	11	126 Shannan DeRose	F	F20-29	24	Webster	0:47:57	15:28
	12	131 Kayla Tehan	F	F20-29	20	Rochester	1:01:03	19:42
	13	140 Amanda Lampman	F	F20-29	27	Rochester	1:25:55	27:43
F30-39								
	1	15 Katherine Butler	F	F30-39	34	Rochester	0:24:26	07:53
	2	68 Sydney Seaver	F	F30-39	32	Walworth	0:24:28	07:53
	3	29 Liz Gres	F	F30-39	38	Mayaguez	0:24:38	07:57
	4	67 Kristine Rodriguez	F	F30-39	39	Fairport	0:25:15	08:09
	5	37 Joanne Laudisi	F	F30-39	34	Rochester	0:25:40	08:17
	6	53 Kathy Sukhenko	F	F30-39	36		0:26:10	08:26
	7	71 Sharon Field	F	F30-39	36	Rochester	0:26:18	08:29
	8	69 Julie Bell	F	F30-39	36	Pittsford	0:26:21	08:30
	9	112 Allison Roblyer	F	F30-39	36	Elmira	0:27:18	08:48
	10	26 Tammy Dudley	F	F30-39	35	Penfield	0:27:26	08:51

11	14	Theresa Buick	F	F30-39	36	West Henrietta	0:27:42	08:56
12	125	Tricia Bhattacharya	F	F30-39	38	Rochester	0:28:11	09:06
13	62	Hope DellaStua	F	F30-39	34	Webster	0:31:45	10:15
14	45	Gael Orr	F	F30-39	38		0:44:56	14:30
15	11	Amber Baskin	F	F30-39	33	W.Henrietta	1:01:04	19:42
16	18	Amy Clark	F	F30-39	34	Rochester	1:25:55	27:43

#### F40-49

1	141	Marlene DiSano	F	F40-49	43		0:22:16	07:11
2	65	Caroline Coyle	F	F40-49	47	Fairport	0:25:42	08:17
3	46	Diane Prystajko	F	F40-49	45	Spencerport	0:26:21	08:30
4	50	Christine Stewart	F	F40-49	41	Fairport	0:28:16	09:07
5	119	Lysah Ragley	F	F40-49	41	Rochester	0:30:57	09:59
6	114	Marcy Tobin	F	F40-49	46	Rochester	0:33:40	10:52
7	28	Donna Gocher	F	F40-49	42	Churchville	0:34:50	11:14
8	87	Karen Bowlby	F	F40-49	45	Henrietta	0:37:55	12:14
9	91	Christine Abbott	F	F40-49	47	West Henrietta	0:43:48	14:08
10	86	Donna Burke	F	F40-49	41	Henrietta	0:43:48	14:08
11	81	Helen Bianchi	F	F40-49	43	Williamson	0:49:16	15:53
12	133	Roxanne Cerny	F	F40-49	43	Webster	0:55:18	17:50
13	134	Sherri Forbes	F	F40-49	45	Rochester	0:59:57	19:20
14	136	Gini Denninger	F	F40-49	49	Rochester	0:59:57	19:20
15	43	Peggy Moser	F	F40-49	48	Penfield	1:01:03	19:42

#### F50-59

1	117	Jill Gardner	F	F50-59	56	Rochester	0:24:46	07:59
2	47	Inga Rojas	F	F50-59	54		0:26:43	08:37
3	90	Jeannie Blance	F	F50-59	58	Rochester	0:28:36	09:14
4	54	Laurie Tschudi	F	F50-59	57	Penfield	0:31:12	10:04
5	84	Karen Terp	F	F50-59	57	Rochester	0:32:47	10:34
6	137	Donna Pogroszewski	F	F50-59	55	Hilton	0:33:36	10:50
7	108	Jaclyn Molk	F	F50-59	58	Rochester	0:34:55	11:16
8	120	Margaret Peri	F	F50-59	55	Batavia	0:37:29	12:06
9	34	Mary Kirby	F	F50-59	56	Spencerport	0:39:41	12:48
10	72	Christine Field	F	F50-59	55	Rochester	0:41:03	13:14
11	135	Debbie Kesel	F	F50-59	54	Rochester	0:55:19	17:51
12	41	Valerie Long	F	F50-59	57	Epson	1:00:58	19:40
13	4	Susan Accapezzato	F	F50-59	52	Rochester	1:05:35	21:09
14	144	Deborah Brown	F	F50-59	50	Rochester	1:09:34	22:26

#### F60-69

1	40	Mitzie Lewandowski	F	F60-69	62	Rochester	0:28:47	09:17
2	32	Becky Kehoe	F	F60-69	64	Rochester	0:44:38	14:24
3	138	Maureen Viel	F	F60-69	60	Hilton	0:50:44	16:22
4	19	Kathy Coe	F	F60-69	61	Williamsville	0:51:04	16:28
5	89	Elda Robbins	F	F60-69	64	MT. Prospect	0:53:28	17:15
6	103	Gail Otto	F	F60-69	69	Webster	1:00:27	19:30

#### M13UNDER

1	6	Blake Anderson	M	M13UNDER	13	Rochester	0:36:52	11:54
2	7	Connor Anderson	M	M13UNDER	10	Frankfort	0:40:59	13:13

## M14-18

1	113	Bradley Sauln	M	M14-18	16	Rochester	0:18:36	06:00
2	77	Billy Galetto	M	M14-18	14	Spencerport	0:21:40	06:59
3	64	Chris Coyle	M	M14-18	16	Fairport	0:46:28	14:59

## M19-29

1	128	Karl Jaanimagi	M	M20-29	28	Henrietta	0:20:07	06:29
2	127	Nicholas Brust	M	M20-29	22	Webster	0:20:59	06:46
3	110	Robert Allen	M	M20-29	28	Rochester	0:35:33	11:28
1	146	Michael Arnold	M	M19-29	19	Rochester	0:52:24	16:54
4	99	Mathew Oclon	M	M20-29	26	Elgin	0:56:43	18:18
1	3	Michael Accapezzato	M	M19-29	20	Rochester	1:05:36	21:10

## M30-39

1	27	Matthew Dziuban	M	M30-39	32	Bloomfield	0:22:38	07:18
2	121	Christopher Reeg	M	M30-39	39	Rochester	0:23:01	07:25
3	22	Pete Demay	M	M30-39	38	Mayaguez	0:23:02	07:26
4	8	Mark Anderson	M	M30-39	33	Rochester	0:23:30	07:35
5	106	Andy Roblyer	M	M30-39	39	Elmira	0:25:17	08:09
6	97	Jeremiah Olson	M	M30-39	32	Neenah	0:25:30	08:14
7	17	Dan Campbell	M	M30-39	38	Penfield	0:25:58	08:22
8	25	Don Dudley	M	M30-39	38	Penfield	0:27:43	08:57
9	75	Joe Werner	M	M30-39	32	Rochester	0:29:10	09:25
10	10	Aaron Baskin	M	M30-39	32	W.Henrietta	0:29:24	09:29
11	30	Olaf Herkstroeter	M	M30-39	36	Rochester	0:36:08	11:39
12	57	Nate Winkler	M	M30-39	30	Fairport	0:37:39	12:09
13	9	Matthew Anderson	M	M30-39	37	Frankfort	0:41:30	13:23
14	20	Morgan Coe	M	M30-39	39	Amherst	0:51:04	16:28
15	93	Christopher Robbins	M	M30-39	31	Palatine	0:56:45	18:18

## M40-49

1	124	Kevin Sheehan	M	M40-49	47	Victor	0:18:30	05:58
2	78	Edward Juliani	M	M40-49	45	Henrietta	0:19:05	06:09
3	123	Joe Haungs	M	M40-49	47	Hilton	0:19:35	06:19
4	60	Jim Werven	M	M40-49	43	W. Henrietta	0:20:00	06:27
5	115	Wayne Crandall	M	M40-49	46	West Henrietta	0:20:43	06:41
6	104	Jeff Mock	M	M40-49	46	Rochester	0:20:52	06:44
7	59	Jeff Hanchett	M	M40-49	48	Fairport	0:21:10	06:50
8	118	Bruce Collins	M	M40-49	41	Penfield	0:21:18	06:52
9	44	Robert Nasso	M	M40-49	49	Rochester	0:22:39	07:18
10	31	Timothy Holt	M	M40-49	49	Fairport	0:24:08	07:47
11	143	Doug Miller	M	M40-49	45	Rochester	0:24:20	07:51
12	38	Richard Laudisi	M	M40-49	49	Rochester	0:24:27	07:53
13	66	Mark Stellman	M	M40-49	49	Macedon	0:25:44	08:18
14	48	Fred Seigel	M	M40-49	45		0:29:07	09:24
15	51	Dan Stewart	M	M40-49	42	Fairport	0:29:31	09:31
16	16	Carl Camille	M	M40-49	49	Spencerport	0:29:51	09:38
17	42	Jim Marasco	M	M40-49	41	Rochester	0:31:45	10:15
18	148	Lynn Sullivan	F	M40-49	47	East Rochester	0:33:16	10:44

## M50-59

1	109 Mark Heberger	M	M50-59	54	Rochester	0:21:42	07:00
2	139 Mike Irish	M	M50-59	56	Getzville	0:22:43	07:20
3	21 Vince Decarlo	M	M50-59	52	Rochester	0:23:02	07:26
4	73 Lou Beato	M	M50-59	52	Rochester	0:24:55	08:02
5	76 Donald Galetto	M	M50-59	56	Spencerport	0:25:08	08:07
6	105 Ron Piazza	M	M50-59	50	LeRoy	0:25:46	08:19
7	96 Tom Hawkins	M	M50-59	51	Williamson	0:25:50	08:20
8	111 Jimmy Youngman	M	M50-59	56	Henrietta	0:27:26	08:51
9	122 Tim Mulvaney	M	M50-59	58	Rochester	0:28:59	09:21
10	132 Paul Irvine	M	M50-59	52	Fairport	0:31:46	10:15
11	74 Mike Guenther	M	M50-59	56	Honeoye Falls	0:33:53	10:56
12	147 Vince Nebbie	M	M50-59	51	Rochester	0:40:33	13:05
13	63 Steve Coyle	M	M50-59	51	Fairport	0:46:28	14:59

M60-69

1	80 Tom Dutton	M	M60-69	63	Livonia	0:21:16	06:51
2	12 Ed Blance	M	M60-69	61	Canadaigua	0:25:41	08:17
3	116 Doug Miller	M	M60-69	60	Fairport	0:27:14	08:47
4	61 Mike Keating	M	M60-69	60	Rochester	0:28:38	09:14
5	82 Norm Greiner	M	M60-69	69	Rochester	0:34:28	11:07
6	39 Dick Lewandowski	M	M60-69	64	Rochester	0:35:01	11:18
7	94 Michael Robbins	M	M60-69	61	MT. Prospect	0:54:00	17:25
8	33 Richard Kingston	M	M60-69	63	Epson	1:00:51	19:38

M70UP

1	49 Al Smith	M	M70UP	71	Rochester	0:31:24	10:08
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