

# Heritage Christian Home 5K

Saturday, August 1st, 2009

Timed by YellowJacket Racing

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

Pos	Bib	Fullname	Gender	M/F	Place	Class	Age	City	TotalTm	Pace
1	79	Paul Glor	M		1	Overall Male	31	Rochester	17:59	05:48
2	124	Kevin Sheehan	M		2	M40-49	47	Victor	18:30	05:58
3	113	Bradley Sauln	M		3	M14-18	16	Rochester	18:36	06:00
4	78	Edward Juiliani	M		4	M40-49	45	Henrietta	19:05	06:09
5	123	Joe Haungs	M		5	M40-49	47	Hilton	19:35	06:19
6	100	Kimberly Mills	F		1	Overall Female	18	Basom	19:47	06:23
7	36	Rachel Kruze	F		2	F20-29	27	Hornell	19:53	06:25
8	60	Jim Werven	M		6	M40-49	43	W. Henrietta	20:00	06:27
9	128	Karl Jaanimagi	M		7	M20-29	28	Henrietta	20:07	06:29
10	115	Wayne Crandall	M		8	M40-49	46	West Henrietta	20:43	06:41
11	104	Jeff Mock	M		9	M40-49	46	Rochester	20:52	06:44
12	127	Nicholas Brust	M		10	M20-29	22	Webster	20:59	06:46
13	59	Jeff Hanchett	M		11	M40-49	48	Fairport	21:10	06:50
14	55	Tracy Vanderlip	F		3	F19-29	29	Rochester	21:15	06:51
15	80	Tom Dutton	M		12	M60-69	63	Livonia	21:16	06:51
16	118	Bruce Collins	M		13	M40-49	41	Penfield	21:18	06:52
17	83	Miranda Melville	F		4	F20-29	20	Rush	21:31	06:57
18	98	Kathy Olson	F		5	F20-29	28	Neenah	21:38	06:59
19	77	Billy Galetto	M		14	M14-18	14	Spencerport	21:40	06:59
20	109	Mark Heberger	M		15	M50-59	54	Rochester	21:42	07:00
21	141	Marlene DiSano	F		6	F40-49	43		22:16	07:11
22	27	Matthew Dziuban	M		16	M30-39	32	Bloomfield	22:38	07:18
23	44	Robert Nasso	M		17	M40-49	49	Rochester	22:39	07:18
24	139	Mike Irish	M		18	M50-59	56	Getzville	22:43	07:20
25	23	Ariel Denoto	F		7	F14-18	15	Livonia	22:43	07:20
26	92	David Conway	M		19	F14-18	15	Watkins Glen	22:49	07:22
27	88	Julianne Feda	F		8	F20-29	21	Rochester	22:52	07:23
28	121	Christopher Reeg	M		20	M30-39	39	Rochester	23:01	07:25
29	21	Vince Decarlo	M		21	M50-59	52	Rochester	23:02	07:26
30	22	Pete Demay	M		22	M30-39	38	Mayaguez	23:02	07:26
31	85	MaryDara Rojas	F		9	F20-29	22	New York	23:03	07:26
32	8	Mark Anderson	M		23	M30-39	33	Rochester	23:30	07:35
33	31	Timothy Holt	M		24	M40-49	49	Fairport	24:08	07:47
34	143	Doug Miller	M		25	M40-49	45	Rochester	24:20	07:51
35	70	Amy Voss	F		10	F20-29	28	Victor	24:23	07:52
36	15	Katherine Butler	F		11	F30-39	34	Rochester	24:26	07:53
37	38	Richard Laudisi	M		26	M40-49	49	Rochester	24:27	07:53
38	68	Sydney Seaver	F		12	F30-39	32	Walworth	24:28	07:53
39	29	Liz Gres	F		13	F30-39	38	Mayaguez	24:38	07:57
40	117	Jill Gardner	F		14	F50-59	56	Rochester	24:46	07:59
41	73	Lou Beato	M		27	M50-59	52	Rochester	24:55	08:02
42	95	Kimberly Robbins	F		15	F20-29	28	Waukegan	25:05	08:05
43	76	Donald Galetto	M		28	M50-59	56	Spencerport	25:08	08:07
44	67	Kristine Rodriguez	F		16	F30-39	39	Fairport	25:15	08:09
45	106	Andy Roblyer	M		29	M30-39	39	Elmira	25:17	08:09
46	97	Jeremiah Olson	M		30	M30-39	32	Neenah	25:30	08:14
47	37	Joanne Laudisi	F		17	F30-39	34	Rochester	25:40	08:17
48	12	Ed Blance	M		31	M60-69	61	Canadaigua	25:41	08:17
49	65	Caroline Coyle	F		18	F40-49	47	Fairport	25:42	08:17

50	66 Mark Stellman	M	32	M40-49	49	Macedon	25:44	08:18
51	105 Ron Piazza	M	33	M50-59	50	LeRoy	25:46	08:19
52	96 Tom Hawkins	M	34	M50-59	51	Williamson	25:50	08:20
53	17 Dan Campbell	M	35	M30-39	38	Penfield	25:58	08:22
54	52 Harper Stewart	F	19	F13UNDER	11	Fairport	25:59	08:23
55	53 Kathy Sukhenko	F	20	F30-39	36		26:10	08:26
56	71 Sharon Field	F	21	F30-39	36	Rochester	26:18	08:29
57	69 Julie Bell	F	22	F30-39	36	Pittsford	26:21	08:30
58	46 Diane Prystajko	F	23	F40-49	45	Spencerport	26:21	08:30
59	47 Inga Rojas	F	24	F50-59	54		26:43	08:37
60	116 Doug Miller	M	36	M60-69	60	Fairport	27:14	08:47
61	112 Allison Roblyer	F	25	F30-39	36	Elmira	27:18	08:48
62	26 Tammy Dudley	F	26	F30-39	35	Penfield	27:26	08:51
63	111 Jimmy Youngman	M	37	M50-59	56	Henrietta	27:26	08:51
64	14 Theresa Buick	F	27	F30-39	36	West Henrietta	27:42	08:56
65	25 Don Dudley	M	38	M30-39	38	Penfield	27:43	08:57
66	125 Tricia Bhattacharya	F	28	F30-39	38	Rochester	28:11	09:06
67	50 Christine Stewart	F	29	F40-49	41	Fairport	28:16	09:07
68	129 Joanne Stein	F	30	F20-29	26	Winooski	28:32	09:12
69	130 Shaun Beaula	F	31	F20-29	26	Rochester	28:33	09:13
70	90 Jeannie Blance	F	32	F50-59	58	Rochester	28:36	09:14
71	61 Mike Keating	M	39	M60-69	60	Rochester	28:38	09:14
72	40 Mitzie Lewandowski	F	33	F60-69	62	Rochester	28:47	09:17
73	122 Tim Mulvaney	M	40	M50-59	58	Rochester	28:59	09:21
74	48 Fred Seigel	M	41	M40-49	45		29:07	09:24
75	75 Joe Werner	M	42	M30-39	32	Rochester	29:10	09:25
76	10 Aaron Baskin	M	43	M30-39	32	W.Henrietta	29:24	09:29
77	51 Dan Stewart	M	44	M40-49	42	Fairport	29:31	09:31
78	16 Carl Camille	M	45	M40-49	49	Spencerport	29:51	09:38
79	142 Kristen Hayes	F	34	F20-29	27	Rochester	30:37	09:53
80	119 Lysah Ragley	F	35	F40-49	41	Rochester	30:57	09:59
81	54 Laurie Tschudi	F	36	F50-59	57	Penfield	31:12	10:04
82	49 Al Smith	M	46	M70UP	71	Rochester	31:24	10:08
83	5 Erin Allen	F	37	F19-29	29	Farmington	31:37	10:12
84	62 Hope DellaStua	F	38	F30-39	34	Webster	31:45	10:15
85	42 Jim Marasco	M	47	M40-49	41	Rochester	31:45	10:15
86	132 Paul Irvine	M	48	M50-59	52	Fairport	31:46	10:15
87	58 Al Zazzara	F	39	F14-18	14	Rochester	32:01	10:20
88	107 Lauren Zazzara	F	40	F14-18	14	Rochester	32:01	10:20
89	84 Karen Terp	F	41	F50-59	57	Rochester	32:47	10:34
90	148 Lynn Sullivan	F	42	M40-49	47	East Rochester	33:16	10:44
91	137 Donna Pogroszewski	F	43	F50-59	55	Hilton	33:36	10:50
92	114 Marcy Tobin	F	44	F40-49	46	Rochester	33:40	10:52
93	13 Lindsay Bona	F	45	F19-29	29		33:41	10:52
94	74 Mike Guenther	M	49	M50-59	56	Honeoye Falls	33:53	10:56
95	82 Norm Greiner	M	50	M60-69	69	Rochester	34:28	11:07
96	28 Donna Gocher	F	46	F40-49	42	Churchville	34:50	11:14
97	108 Jaclyn Molk	F	47	F50-59	58	Rochester	34:55	11:16
98	39 Dick Lewandowski	M	51	M60-69	64	Rochester	35:01	11:18
99	110 Robert Allen	M	52	M20-29	28	Rochester	35:33	11:28
100	30 Olaf Herkstroeter	M	53	M30-39	36	Rochester	36:08	11:39
101	6 Blake Anderson	M	54	M13UNDER	13	Rochester	36:52	11:54
102	120 Margaret Peri	F	48	F50-59	55	Batavia	37:29	12:06
103	57 Nate Winkler	M	55	M30-39	30	Fairport	37:39	12:09
104	87 Karen Bowlby	F	49	F40-49	45	Henrietta	37:55	12:14

105	34	Mary Kirby	F	50	F50-59	56	Spencerport	39:41	12:48
106	147	Vince Nebbie	M	56	M50-59	51	Rochester	40:33	13:05
107	7	Connor Anderson	M	57	M13UNDER	10	Frankfort	40:59	13:13
108	72	Christine Field	F	51	F50-59	55	Rochester	41:03	13:14
109	9	Matthew Anderson	M	58	M30-39	37	Frankfort	41:30	13:23
110	91	Christine Abbott	F	52	F40-49	47	West Henrietta	43:48	14:08
111	86	Donna Burke	F	53	F40-49	41	Henrietta	43:48	14:08
112	32	Becky Kehoe	F	54	F60-69	64	Rochester	44:38	14:24
113	45	Gael Orr	F	55	F30-39	38		44:56	14:30
114	64	Chris Coyle	M	59	M14-18	16	Fairport	46:28	14:59
115	63	Steve Coyle	M	60	M50-59	51	Fairport	46:28	14:59
116	126	Shannan DeRose	F	56	F20-29	24	Webster	47:57	15:28
117	81	Helen Bianchi	F	57	F40-49	43	Williamson	49:16	15:53
118	138	Maureen Viel	F	58	F60-69	60	Hilton	50:44	16:22
119	19	Kathy Coe	F	59	F60-69	61	Williamsville	51:04	16:28
120	20	Morgan Coe	M	61	M30-39	39	Amherst	51:04	16:28
121	146	Michael Arnold	M	62	M14-19	19	Rochester	52:24	16:54
122	89	Elda Robbins	F	60	F60-69	64	MT. Prospect	53:28	17:15
123	94	Michael Robbins	M	63	M60-69	61	MT. Prospect	54:00	17:25
124	133	Roxanne Cerny	F	61	F40-49	43	Webster	55:18	17:50
125	135	Debbie Kesel	F	62	F50-59	54	Rochester	55:19	17:51
126	99	Mathew Oclon	M	64	M20-29	26	Elgin	56:43	18:18
127	93	Christopher Robbins	M	65	M30-39	31	Palatine	56:45	18:18
128	134	Sherri Forbes	F	63	F40-49	45	Rochester	59:57	19:20
129	136	Gini Denninger	F	64	F40-49	49	Rochester	59:57	19:20
130	103	Gail Otto	F	65	F60-69	69	Webster	1:00:27	19:30
131	33	Richard Kingston	M	66	M60-69	63	Epson	1:00:51	19:38
132	41	Valerie Long	F	66	F50-59	57	Epson	1:00:58	19:40
133	131	Kayla Tehan	F	67	F20-29	20	Rochester	1:01:03	19:42
134	43	Peggy Moser	F	68	F40-49	48	Penfield	1:01:03	19:42
135	11	Amber Baskin	F	69	F30-39	33	W.Henrietta	1:01:04	19:42
136	4	Susan Accapezzato	F	70	F50-59	52	Rochester	1:05:35	21:09
137	2	Alicia Accapezzato	F	71	F19-29	23	Rochester	1:05:36	21:10
138	3	Michael Accapezzato	M	67	M19-29	20	Rochester	1:05:36	21:10
139	144	Deborah Brown	F	72	F50-59	50	Rochester	1:09:34	22:26
140	140	Amanda Lampman	F	73	F20-29	27	Rochester	1:25:55	27:43
141	18	Amy Clark	F	74	F30-39	34	Rochester	1:25:55	27:43