

Run for Health 5K

Saturday, April 18, 2009 Genesee Valley Park, Rochester, NY

Timed by YellowJacket Racing

Total Finishers 207 (Male - 105, Female - 94, Unknown - 8)

Pos	Bib	Fullname	Gender	Class	Age	City	FinishTm	Pace
Overall Male								
	1	170 Ryan Pauling	M	Overall Male	32	Rochester	15:58	05:09
Overall Female								
	1	169 Jessica Snyder	F	Overall Female	24	Rochester	18:38	06:01
F19UNDER								
	1	8 Valerie Botsis	F	F19UNDER	19	Rochester	22:43	07:20
F20-29								
	1	154 Chelsea Usack	F	F20-29	21	Grand Island	20:49	06:43
	2	107 Kirsten Nagel	F	F20-29	25	Rochester	22:13	07:10
	3	116 Jamie Adams	F	F20-29	24	Rochester	22:42	07:19
	4	27 Nicole Healy	F	F20-29	26	New York	22:58	07:25
	5	144 Chelsea Carl	F	F20-29	24	Scottsville	23:19	07:31
	6	39 Kate Kovacic	F	F20-29	23	Fairport	24:03	07:45
	7	85 Anne Thompson	F	F20-29	25	rochester	24:10	07:48
	8	17 Katie Courtney	F	F20-29	27	Rochester	24:30	07:54
	9	52 Molly Montes	F	F20-29	25	Rochester	24:38	07:57
	10	32 Serena Hon	F	F20-29	24	Rochester	25:31	08:14
	11	94 Ann Whitehead	F	F20-29	23	Rochester	25:33	08:14
	12	72 Danwanttie Sanasie	F	F20-29	28	Rochester	25:39	08:17
	13	61 Caitlin Perry	F	F20-29	20	Avon	25:43	08:18
	14	93 Cheryl Weinheim	F	F20-29	22	Riverdale	25:47	08:19
	15	34 Meghan Jacobs	F	F20-29	20	Lewiston	25:57	08:22
	16	71 Julie Sahler	F	F20-29	23	Rochester	26:09	08:26
	17	80 Lynn Sniderhan	F	F20-29	29	Fairport	26:12	08:27
	18	151 Deanna Stawnychy	F	F20-29	24	Rochester	26:47	08:39
	19	63 Alyssa Pignato	F	F20-29	21	Rochester	26:57	08:42
	20	99 Bonnie Choy	F	F20-29	24	Pittsford	27:27	08:51
	21	152 Tara Thorn	F	F20-29	23	Rochester	27:40	08:56
	22	37 Diane Kenyaziv	F	F20-29	21	Rochester	27:48	08:58
	23	75 Kim Schmitt	F	F20-29	26	Pittsford	28:00	09:02
	24	86 Dara Trent	F	F20-29	29	Honeoye Falls	28:19	09:08
	25	64 Rebekah Polvino	F	F20-29	24	Newark	29:05	09:23
	26	149 Katie Scorsone	F	F20-29	29	Avon	29:36	09:33
	27	198 Marilynn Rydzewski	F	F20-29	27	Rochester	30:46	09:55
	28	211 Kendra Bussey	F	F20-29	26	Rochester	31:02	10:01
	29	183 Jen Cialone	F	F20-29	24	Rochester	31:09	10:03
	30	12 Lisa Carlson	F	F20-29	26	Rochester	31:12	10:04
	31	206 Liz Smith	F	F20-29	28	Rochester	32:52	10:36
	32	91 Veronica Weber	F	F20-29	24	Rochester	32:57	10:38
	33	160 Lora Clark	F	F20-29	24	Avon	33:12	10:43
	34	157 Angela Webb	F	F20-29	24	Avon	33:14	10:43
	35	55 Amanda Moses	F	F20-29	25	Rochester	34:21	11:05
	36	145 Stephanie Rager	F	F20-29	22	Rochester	34:28	11:07
	37	46 Denisse Licon	F	F20-29	28	Rochester	35:40	11:30
	38	168 Sarah Glantz	F	F20-29	22	Rochester	37:01	11:57
	39	60 Sarah Peangatelli	F	F20-29	28	Rochester	37:13	12:00
	40	174 Anna Martin	F	F20-29	26	Rochester	40:22	13:01
	41	179 Adrienne Chesser	F	F20-29	24	Rochester	40:22	13:01
	42	221 Colleen Mooney	F	F20-29	27	Rochester	46:53	15:08

43	201	Meghan Bushway	F	F20-29	22	Rochester	47:58	15:28
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F30-39

1	129	Sarah Nazarian-Elliott	F	F30-39	37	Fairport	18:54	06:06
2	108	Dionne Bothner	F	F30-39	39	Pittsford	21:43	07:00
3	163	Alli Schill	F	F30-39	33	Rochester	22:04	07:07
4	188	Kristen Cardona	F	F30-39	36	Fairport	22:39	07:18
5	161	Pam Ayers	F	F30-39	32	Rochester	24:46	07:59
6	47	Giannine Lioi	F	F30-39	31	Rochester	26:30	08:33
7	178	Kellin King	F	F30-39	32	Rochester	27:16	08:48
8	181	Jenny Scheuerleh	F	F30-39	38	Batavia	27:47	08:58
9	7	Bethany Blood	F	F30-39	31	Erie	27:48	08:58
10	31	Kara Higham	F	F30-39	30	Rochester	27:50	08:59
11	123	Pamela Knausz	F	F30-39	31	Fairport	27:56	09:01
12	102	Shannon Gardner	F	F30-39	35	Pittsford	29:10	09:25
13	153	Carina Telesca	F	F30-39	30	Dansville	29:27	09:30
14	136	Tracey Baas	F	F30-39	39	Rochester	29:29	09:31
15	73	Nasim Sarvaiya	F	F30-39	39	Rochester	31:00	10:00
16	68	Yana Rey	F	F30-39	33	Rochester	31:53	10:17
17	4	Julie Bazan DAngelo	F	F30-39	37	Webster	32:15	10:24
18	126	Christine Matta	F	F30-39	34	Rochester	34:13	11:02
19	24	Angelic Green	F	F30-39	37	Ontario	35:15	11:22
20	43	Heidi Levendusky	F	F30-39	36	Avon	36:59	11:56
21	216	Amy Poltorak	F	F30-39	33	Rochester	37:11	12:00
22	97	Robbin Alexander	F	F30-39	35	Hilton	39:28	12:44
23	148	Ivette Heratmaker	F	F30-39	38	Rochester	39:45	12:49
24	222	Ellyn Black	F	F30-39	30	Rochester	46:52	15:07
25	5	Sarah Bergakker	F	F30-39	31	Rochester	49:19	15:55

F40-49

1	143	Joanne Bradt	F	F40-49	45	Scottsville	21:35	06:58
2	131	Joao Flores	F	F40-49	41	Rochester	25:01	08:04
3	81	Stefani Szalay-Domm	F	F40-49	43	Rochester	26:14	08:28
4	82	Melisa Tanger-Brown	F	F40-49	42	West Henrietta	26:43	08:37
5	87	Lisa Tschiderer	F	F40-49	44	Pittsford	26:52	08:40
6	92	Louise Weidman	F	F40-49	48	Rochester	29:03	09:22
7	177	Jessica Secerson	F	F40-49	40	Rochester	37:09	11:59
8	138	Kim Heinemann	F	F40-49	46		41:44	13:28

F50-59

1	26	Cheryl Guth	F	F50-59	55	Rochester	22:44	07:20
2	69	Martha Roberts	F	F50-59	52	Pann Yan	24:14	07:49
3	109	Charlotte Jaanimagi	F	F50-59	56	Pittsford	25:15	08:09
4	33	Karen Huntley-Romanow	F	F50-59	58	Rochester	28:53	09:19
5	19	Karen Eichele	F	F50-59	52	Scottsville	29:11	09:25
6	208	Anne Lenane	F	F50-59	52	Rochester	29:47	09:36
7	38	Susan Konko	F	F50-59	50	Spencerport	30:32	09:51
8	189	Barbara Linn	F	F50-59	53	Rochester	35:12	11:21
9	54	Karen Morris	F	F50-59	59	Rochester	36:21	11:43
10	90	Carolyn Walsh	F	F50-59	50	Pittsford	39:14	12:39
11	9	Pat Brown	F	F50-59	54	Spencerport	40:24	13:02
12	100	Beverly Dilgard	F	F50-59	54	Penfield	44:46	14:26

F60-69

1	45	Mitzie Lewandowski	F	F60-69	62	Rochester	28:50	09:18
2	59	Marie Owens	F	F60-69	69	Henrietta	32:51	10:36

M19UNDER

1	96 Josh Esterley	M	M19UNDER	19	Baldwinsville	20:25	06:35
2	156 Dylan Hever	M	M19UNDER	19	Des Moines	21:37	06:58
3	187 Maximillian Post	M	M19UNDER	7	Spencerport	47:11	15:13

M20-29

1	11 Brian Caldwell	M	M20-29	29	Rochester	17:40	05:42
2	196 Andrew Macmillian	M	M20-29	28	Rochester	18:08	05:51
3	192 Andy Frank	M	M20-29	25	Hilton	19:30	06:17
4	162 Bill Gensheimer	M	M20-29	27	Rochester	20:11	06:30
5	95 Big Ed Shepard	M	M20-29	20	Syracuse	20:40	06:40
6	227 Charles Parker	M	M20-29	29	Rochester	20:56	06:45
7	202 Dan Crowley	M	M20-29	23	Rochester	21:06	06:48
8	175 Michael Nabozny	M	M20-29	26	Rochester	21:09	06:49
9	185 Karl Jaanioni	M	M20-29	28	Henrietta	21:12	06:50
10	165 Owen Young	M	M20-29	22	Rochester	21:18	06:52
11	150 Daniel King	M	M20-29	28	Rochester	21:18	06:52
12	103 Matt Hurley	M	M20-29	20	Fairport	21:26	06:55
13	25 Edward Greenberg	M	M20-29	25	Rochester	21:33	06:57
14	182 Bryan Smith	M	M20-29	28	Rochester	21:59	07:06
15	132 TR Eckler	M	M20-29	25	Rochester	22:02	07:07
16	139 Andrew Piztino	M	M20-29	24	Rochester	24:30	07:54
17	134 Michael Lin	M	M20-29	26	Rochester	25:05	08:05
18	76 James Shaw	M	M20-29	23	Rochester	25:09	08:07
19	146 Christian Bell	M	M20-29	21	Rochester	25:14	08:08
20	14 Corey Chmiel	M	M20-29	22		25:15	08:09
21	215 Neil Gnosum	M	M20-29	28	Rochester	25:19	08:10
22	13 Christopher Chang	M	M20-29	24	Rochester	25:20	08:10
23	191 Alex Linn	M	M20-29	22	Rochester	25:25	08:12
24	22 Jonathan Garon	M	M20-29	21	Rochester	25:47	08:19
25	184 Ramil Sapinow	M	M20-29	29	Rochester	26:30	08:33
26	67 Sesquile Ramon	M	M20-29	23	Rochester	26:56	08:41
27	180 Luis Ortiz	M	M20-29	26	Rochester	29:42	09:35
28	6 Josh Bezio	M	M20-29	25	Rochester	31:42	10:14
29	176 Josh Segal	M	M20-29	27	Rochester	32:18	10:25
30	186 Kendall Saunders	F	M20-29	23	Rochester	32:20	10:26
31	53 Jorge Moreno	M	M20-29	25	New Rochelle	34:51	11:15
32	167 Zachary Maben	M	M20-29	22	Rochester	37:01	11:57
33	223 Jon Black	M	M20-29	28	Rochester	46:52	15:07
34	115 Ryan Cummings	M	M20-29	26	Rochester	47:58	15:29

M30-39

1	49 Tony Mastroberardino	M	M30-39	34	Rochester	17:49	05:45
2	142 Andrew Caffrey	M	M30-39	31	Rochester	19:38	06:20
3	155 Ken Groold	M	M30-39	38	Rochester	19:44	06:22
4	173 Doug Hernandez	M	M30-39	37	Rochester	20:08	06:30
5	98 Daniel Carmen	M	M30-39	38	North Chili	22:22	07:13
6	125 Mark Eiwen	M	M30-39	31	Rochester	22:28	07:15
7	42 Derek Levendusky	M	M30-39	37	Avon	23:04	07:26
8	158 Brian Rittenhase	M	M30-39	39	Ontario	23:07	07:28
9	159 Chuck Taylor	M	M30-39	38	Ontario	23:41	07:38
10	133 Matthew Groth	M	M30-39	30	Rochester	23:48	07:41
11	3 Marco Altieri	M	M30-39	31	Rochester	24:37	07:56
12	195 Charles Towles	M	M30-39	33	Fairport	24:51	08:01
13	104 Michael Jabaut	M	M30-39	38	Rochester	25:16	08:09
14	171 Steve Farrington	M	M30-39	33	Rochester	25:21	08:11
15	172 Leighton Jones	M	M30-39	36	Rochester	26:11	08:27
16	78 Eric Shoen	M	M30-39	32	Rochester	26:16	08:28
17	29 Kevin Heiser	M	M30-39	31	Rochester	26:20	08:30

18	110	Constantine Farmakidis	M	M30-39	30	Rochester	26:57	08:42
19	217	David Adler	M	M30-39	38	Rochester	27:04	08:44
20	30	Jordan Higham	M	M30-39	31	Rochester	27:53	09:00
21	204	James Stiles	M	M30-39	30	Rochester	28:00	09:02
22	212	Patrick Casey	M	M30-39	39	Rochester	29:04	09:23
23	203	Brett Wormley	M	M30-39	39	Rochester	29:32	09:31
24	166	Cheryl Schmidt	F	M30-39	35	Rochester	29:45	09:36
25	88	Cory Tylenda	M	M30-39	32	North Rose	31:57	10:18

M40-49

1	127	Edward Juilliani	M	M40-49	45	Rochester	18:28	05:57
2	77	Kevin Sheehan	M	M40-49	47	Victor	19:05	06:09
3	51	Patrick Milligan	M	M40-49	44	Rochester	19:42	06:21
4	228	Randy Dunham	M	M40-49	47	Rochester	20:20	06:34
5	62	Michael Perry	M	M40-49	49	Avon	20:32	06:37
6	113	Michael Boucher	M	M40-49	41	Rochester	20:39	06:40
7	66	John Puskas	M	M40-49	47	Rochester	20:43	06:41
8	89	Michael Wagner	M	M40-49	45	Rochester	21:33	06:57
9	122	John Hutchings	M	M40-49	41	Rochester	22:11	07:10
10	164	Chuck Giordano	M	M40-49	49	Hilton	23:02	07:26
11	48	Yang Liu	M	M40-49	42	Rochester	23:29	07:34
12	130	Joaquim Flores	M	M40-49	43	Rochester	24:31	07:54
13	41	Richard Laudisi	M	M40-49	49	Rochester	26:01	08:23
14	120	Kevin Curran	M	M40-49	43	Rochester	27:15	08:47
15	121	Ray Rossiter	M	M40-49	46	Rochester	27:55	09:00
16	194	William Lerkins	M	M40-49	48	Greece	30:31	09:51
17	140	Marc Tobin	M	M40-49	46	Rochester	33:44	10:53
18	209	TC Comstock	M	M40-49	45	Rochester	48:10	15:32

M50-59

1	200	Mark Lehman	M	M50-59	54	Rochester	23:18	07:31
2	15	Peter Clark	M	M50-59	58	Rochester	25:10	08:07
3	50	Jerry McCue	M	M50-59	52	Fairport	25:35	08:15
4	128	Phil Pockey	M	M50-59	53	Rochester	25:55	08:22
5	124	Paul Frischette	M	M50-59	56	Rochester	26:17	08:29
6	10	Donald Burns	M	M50-59	51	Rochester	27:34	08:54
7	36	Joseph Karpinski	M	M50-59	51	Rochester	28:07	09:04
8	56	J. Mulvaney	M	M50-59	58	West Henrietta	28:39	09:15
9	2	Eduardo Arreaza	M	M50-59	55	Pittsford	28:42	09:16
10	213	Bob Maier	M	M50-59	58	Rochester	29:21	09:28
11	207	Bill Varade	M	M50-59	55	Rochester	29:46	09:36
12	190	David Linn	M	M50-59	52	Rochester	31:09	10:03
13	205	Mike Guenther	M	M50-59	56	Rochester	34:29	11:08
14	101	David Dilgard	M	M50-59	54	Penfield	44:46	14:26

M60-69

1	23	Tony Gingello	M	M60-69	62	Rochester	20:11	06:31
2	112	Stephen Hedges	M	M60-69	60	Rochester	23:32	07:35
3	35	Alex Kairies	M	M60-69	61	Rochester	24:19	07:51
4	141	John Wek	M	M60-69	60	Rochester	25:11	08:07
5	137	Norm Greiner	M	M60-69	68	Rochester	33:19	10:45
6	79	Fran Sniderhan	M	M60-69	64	Penfield	33:56	10:57
7	44	Dick Lewandowski	M	M60-69	64	Rochester	36:54	11:54
8	57	William Murphy	M	M60-69	60	Rochester	40:03	12:55

M70UP

1	105	Charlie Sabatine	M	M70UP	75	Victor	26:39	08:36
2	135	Al Smith	M	M70UP	71	Rochester	33:29	10:48