

**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	Gender Place	Class	Age	City	FinishTm	Pace
1	170	Ryan Pauling	M	1	Overall Male	32	Rochester	15:58	05:09
2	11	Brian Caldwell	M	2	M20-29	29	Rochester	17:40	05:42
3	49	Tony Mastroberardino	M	3	M30-39	34	Rochester	17:49	05:45
4	196	Andrew Macmillian	M	4	M20-29	28	Rochester	18:08	05:51
5	127	Edward Juiliani	M	5	M40-49	45	Rochester	18:28	05:57
6	169	Jessica Snyder	F	1	Overall Female	24	Rochester	18:38	06:01
7	129	Sarah Nazarian-Elliott	F	2	F30-39	37	Fairport	18:54	06:06
8	77	Kevin Sheehan	M	6	M40-49	47	Victor	19:05	06:09
9	192	Andy Frank	M	7	M20-29	25	Hilton	19:30	06:17
10	142	Andrew Caffrey	M	8	M30-39	31	Rochester	19:38	06:20
11	51	Patrick Milligan	M	9	M40-49	44	Rochester	19:42	06:21
12	155	Ken Groold	M	10	M30-39	38	Rochester	19:44	06:22
13	173	Doug Hernandez	M	11	M30-39	37	Rochester	20:08	06:30
14	162	Bill Gensheimer	M	12	M20-29	27	Rochester	20:11	06:30
15	23	Tony Gingello	M	13	M60-69	62	Rochester	20:11	06:31
16	228	Randy Dunham	M	14	M40-49	47	Rochester	20:20	06:34
17	96	Josh Esterley	M	15	M19UNDER	19	Baldwinsville	20:25	06:35
18	62	Michael Perry	M	16	M40-49	49	Avon	20:32	06:37
19	113	Michael Boucher	M	17	M40-49	41	Rochester	20:39	06:40
20	95	Big Ed Shepard	M	18	M20-29	20	Syracuse	20:40	06:40
21	66	John Puskas	M	19	M40-49	47	Rochester	20:43	06:41
22	154	Chelsea Usack	F	3	F20-29	21	Grand Island	20:49	06:43
23	227	Charles Parker	M	20	M20-29	29	Rochester	20:56	06:45
24	202	Dan Crowley	M	21	M20-29	23	Rochester	21:06	06:48
25	175	Michael Nabozny	M	22	M20-29	26	Rochester	21:09	06:49
26	185	Karl Jaanioni	M	23	M20-29	28	Henrietta	21:12	06:50
27	165	Owen Young	M	24	M20-29	22	Rochester	21:18	06:52
28	150	Daniel King	M	25	M20-29	28	Rochester	21:18	06:52
29	103	Matt Hurley	M	26	M20-29	20	Fairport	21:26	06:55
30	89	Michael Wagner	M	27	M40-49	45	Rochester	21:33	06:57
31	25	Edward Greenberg	M	28	M20-29	25	Rochester	21:33	06:57
32	143	Joanne Bradt	F	4	F40-49	45	Scottsville	21:35	06:58
33	156	Dylan Hever	M	29	M19UNDER	19	Des Moines	21:37	06:58
34	108	Dionne Bothner	F	5	F30-39	39	Pittsford	21:43	07:00
35	182	Bryan Smith	M	30	M20-29	28	Rochester	21:59	07:06
36	132	TR Eckler	M	31	M20-29	25	Rochester	22:02	07:07
37	163	Alli Schill	F	6	F30-39	33	Rochester	22:04	07:07
38	122	John Hutchings	M	32	M40-49	41	Rochester	22:11	07:10
39	107	Kirsten Nagel	F	7	F20-29	25	Rochester	22:13	07:10
40	98	Daniel Carmen	M	33	M30-39	38	North Chili	22:22	07:13
41	125	Mark Eiwen	M	34	M30-39	31	Rochester	22:28	07:15
42	188	Kristen Cardona	F	8	F30-39	36	Fairport	22:39	07:18
43	116	Jamie Adams	F	9	F20-29	24	Rochester	22:42	07:19
44	8	Valerie Botsis	F	10	F19UNDER	19	Rochester	22:43	07:20
45	26	Cheryl Guth	F	11	F50-59	55	Rochester	22:44	07:20
46	27	Nicole Healy	F	12	F20-29	26	New York	22:58	07:25
47	164	Chuck Giordano	M	35	M40-49	49	Hilton	23:02	07:26
48	42	Derek Levendusky	M	36	M30-39	37	Avon	23:04	07:26
49	158	Brian Rittenhase	M	37	M30-39	39	Ontario	23:07	07:28
50	200	Mark Lehman	M	38	M50-59	54	Rochester	23:18	07:31
51	144	Chelsea Carl	F	13	F20-29	24	Scottsville	23:19	07:31
52	48	Yang Liu	M	39	M40-49	42	Rochester	23:29	07:34

53	112	Stephen Hedges	M	40	M60-69	60	Rochester	23:32	07:35
54	159	Chuck Taylor	M	41	M30-39	38	Ontario	23:41	07:38
55	133	Matthew Groth	M	42	M30-39	30	Rochester	23:48	07:41
56	39	Kate Kovacic	F	14	F20-29	23	Fairport	24:03	07:45
57	85	Anne Thompson	F	15	F20-29	25	rochester	24:10	07:48
58	69	Martha Roberts	F	16	F50-59	52	Pann Yan	24:14	07:49
59	35	Alex Kairies	M	43	M60-69	61	Rochester	24:19	07:51
60	139	Andrew Piztino	M	44	M20-29	24	Rochester	24:30	07:54
61	17	Katie Courtney	F	17	F20-29	27	Rochester	24:30	07:54
62	130	Joaquim Flores	M	45	M40-49	43	Rochester	24:31	07:54
63	3	Marco Altieri	M	46	M30-39	31	Rochester	24:37	07:56
64	52	Molly Montes	F	18	F20-29	25	Rochester	24:38	07:57
65	161	Pam Ayers	F	19	F30-39	32	Rochester	24:46	07:59
66	195	Charles Towles	M	47	M30-39	33	Fairport	24:51	08:01
67	131	Joao Flores	F	20	F40-49	41	Rochester	25:01	08:04
68	134	Michael Lin	M	48	M20-29	26	Rochester	25:05	08:05
69	76	James Shaw	M	49	M20-29	23	Rochester	25:09	08:07
70	15	Peter Clark	M	50	M50-59	58	Rochester	25:10	08:07
71	141	John Wek	M	51	M60-69	60	Rochester	25:11	08:07
72	146	Christian Bell	M	52	M20-29	21	Rochester	25:14	08:08
73	14	Corey Chmiel	M	53	M20-29	22		25:15	08:09
74	109	Charlotte Jaanimagi	F	21	F50-59	56	Pittsford	25:15	08:09
75	104	Michael Jabaut	M	54	M30-39	38	Rochester	25:16	08:09
76	215	Neil Gnosum	M	55	M20-29	28	Rochester	25:19	08:10
77	13	Christopher Chang	M	56	M20-29	24	Rochester	25:20	08:10
78	171	Steve Farrington	M	57	M30-39	33	Rochester	25:21	08:11
79	191	Alex Linn	M	58	M20-29	22	Rochester	25:25	08:12
80	32	Serena Hon	F	22	F20-29	24	Rochester	25:31	08:14
81	94	Ann Whitehead	F	23	F20-29	23	Rochester	25:33	08:14
82	50	Jerry McCue	M	59	M50-59	52	Fairport	25:35	08:15
83	72	Danwanttie Sanasie	F	24	F20-29	28	Rochester	25:39	08:17
84	61	Caitlin Perry	F	25	F20-29	20	Avon	25:43	08:18
85	93	Cheryl Weinheim	F	26	F20-29	22	Riverdale	25:47	08:19
86	22	Jonathan Garon	M	60	M20-29	21	Rochester	25:47	08:19
87	128	Phil Pockey	M	61	M50-59	53	Rochester	25:55	08:22
88	34	Meghan Jacobs	F	27	F20-29	20	Lewiston	25:57	08:22
89	224	Who Are You?						26:00	08:23
90	41	Richard Laudisi	M	62	M40-49	49	Rochester	26:01	08:23
91	71	Julie Sahler	F	28	F20-29	23	Rochester	26:09	08:26
92	172	Leighton Jones	M	63	M30-39	36	Rochester	26:11	08:27
93	80	Lynn Sniderhan	F	29	F20-29	29	Fairport	26:12	08:27
94	81	Stefani Szalay-Domm	F	30	F40-49	43	Rochester	26:14	08:28
95	78	Eric Shoen	M	64	M30-39	32	Rochester	26:16	08:28
96	124	Paul Frischette	M	65	M50-59	56	Rochester	26:17	08:29
97	29	Kevin Heiser	M	66	M30-39	31	Rochester	26:20	08:30
98	184	Ramil Sapinow	M	67	M20-29	29	Rochester	26:30	08:33
99	47	Giannine Lioi	F	31	F30-39	31	Rochester	26:30	08:33
100	105	Charlie Sabatine	M	68	M70UP	75	Victor	26:39	08:36
101	82	Melisa Tanger-Brown	F	32	F40-49	42	West Henrietta	26:43	08:37
102	151	Deanna Stawnychy	F	33	F20-29	24	Rochester	26:47	08:39
103	87	Lisa Tschiderer	F	34	F40-49	44	Pittsford	26:52	08:40
104	67	Sesquile Ramon	M	69	M20-29	23	Rochester	26:56	08:41
105	110	Constantine Farmakidis	M	70	M30-39	30	Rochester	26:57	08:42
106	63	Alyssa Pignato	F	35	F20-29	21	Rochester	26:57	08:42
107	217	David Adler	M	71	M30-39	38	Rochester	27:04	08:44
108	120	Kevin Curran	M	72	M40-49	43	Rochester	27:15	08:47
109	178	Kellin King	F	36	F30-39	32	Rochester	27:16	08:48
110	99	Bonnie Choy	F	37	F20-29	24	Pittsford	27:27	08:51

111	10 Donald Burns	M	73	M50-59	51 Rochester	27:34	08:54
112	152 Tara Thorn	F	38	F20-29	23 Rochester	27:40	08:56
113	181 Jenny Scheuerleh	F	39	F30-39	38 Batavia	27:47	08:58
114	7 Bethany Blood	F	40	F30-39	31 Erie	27:48	08:58
115	37 Diane Kenyaziv	F	41	F20-29	21 Rochester	27:48	08:58
116	31 Kara Higham	F	42	F30-39	30 Rochester	27:50	08:59
117	30 Jordan Higham	M	74	M30-39	31 Rochester	27:53	09:00
118	121 Ray Rossiter	M	75	M40-49	46 Rochester	27:55	09:00
119	123 Pamela Knausz	F	43	F30-39	31 Fairport	27:56	09:01
120	204 James Stiles	M	76	M30-39	30 Rochester	28:00	09:02
121	75 Kim Schmitt	F	44	F20-29	26 Pittsford	28:00	09:02
122	36 Joseph Karpinski	M	77	M50-59	51 Rochester	28:07	09:04
123	86 Dara Trent	F	45	F20-29	29 Honeoye Falls	28:19	09:08
124	56 J. Mulvaney	M	78	M50-59	58 West Henrietta	28:39	09:15
125	2 Eduardo Arreaza	M	79	M50-59	55 Pittsford	28:42	09:16
126	45 Mitzie Lewandowski	F	46	F60-69	62 Rochester	28:50	09:18
127	33 Karen Huntley-Romanow	F	47	F50-59	58 Rochester	28:53	09:19
128	92 Louise Weidman	F	48	F40-49	48 Rochester	29:03	09:22
129	212 Patrick Casey	M	80	M30-39	39 Rochester	29:04	09:23
130	64 Rebekah Polvino	F	49	F20-29	24 Newark	29:05	09:23
131	102 Shannon Gardner	F	50	F30-39	35 Pittsford	29:10	09:25
132	19 Karen Eichele	F	51	F50-59	52 Scottsville	29:11	09:25
133	213 Bob Maier	M	81	M50-59	58 Rochester	29:21	09:28
134	153 Carina Telesca	F	52	F30-39	30 Dansville	29:27	09:30
135	136 Tracey Baas	F	53	F30-39	39 Rochester	29:29	09:31
136	203 Brett Wormley	M	82	M30-39	39 Rochester	29:32	09:31
137	149 Katie Scorsone	F	54	F20-29	29 Avon	29:36	09:33
138	180 Luis Ortiz	M	83	M20-29	26 Rochester	29:42	09:35
139	166 Cheryl Schmidt	F	55	M30-39	35 Rochester	29:45	09:36
140	207 Bill Varade	M	84	M50-59	55 Rochester	29:46	09:36
141	208 Anne Lenane	F	56	F50-59	52 Rochester	29:47	09:36
142	194 William Lerkins	M	85	M40-49	48 Greece	30:31	09:51
143	38 Susan Konko	F	57	F50-59	50 Spencerport	30:32	09:51
144	198 Marilynn Rydzewski	F	58	F20-29	27 Rochester	30:46	09:55
145	73 Nasim Sarvaiya	F	59	F30-39	39 Rochester	31:00	10:00
146	211 Kendra Bussey	F	60	F20-29	26 Rochester	31:02	10:01
147	190 David Linn	M	86	M50-59	52 Rochester	31:09	10:03
148	183 Jen Cialone	F	61	F20-29	24 Rochester	31:09	10:03
149	12 Lisa Carlson	F	62	F20-29	26 Rochester	31:12	10:04
150	6 Josh Bezio	M	87	M20-29	25 Rochester	31:42	10:14
151	68 Yana Rey	F	63	F30-39	33 Rochester	31:53	10:17
152	88 Cory Tylenda	M	88	M30-39	32 North Rose	31:57	10:18
153	4 Julie Bazan DAngelo	F	64	F30-39	37 Webster	32:15	10:24
154	193 Justin Brucker	M	89		Rochester	32:16	10:24
155	176 Josh Segal	M	90	M20-29	27 Rochester	32:18	10:25
156	186 Kendall Saunders	F	65	M20-29	23 Rochester	32:20	10:26
157	59 Marie Owens	F	66	F60-69	69 Henrietta	32:51	10:36
158	206 Liz Smith	F	67	F20-29	28 Rochester	32:52	10:36
159	91 Veronica Weber	F	68	F20-29	24 Rochester	32:57	10:38
160	160 Lora Clark	F	69	F20-29	24 Avon	33:12	10:43
161	157 Angela Webb	F	70	F20-29	24 Avon	33:14	10:43
162	137 Norm Greiner	M	91	M60-69	68 Rochester	33:19	10:45
163	135 Al Smith	M	92	M70UP	71 Rochester	33:29	10:48
164	140 Marc Tobin	M	93	M40-49	46 Rochester	33:44	10:53
165	79 Fran Sniderhan	M	94	M60-69	64 Penfield	33:56	10:57
166	126 Christine Matta	F	71	F30-39	34 Rochester	34:13	11:02
167	55 Amanda Moses	F	72	F20-29	25 Rochester	34:21	11:05
168	145 Stephanie Rager	F	73	F20-29	22 Rochester	34:28	11:07

169	205	Mike Guenther	M	95	M50-59	56	Rochester	34:29	11:08
170	53	Jorge Moreno	M	96	M20-29	25	New Rochelle	34:51	11:15
171	225	Who Are You?						35:05	11:19
172	189	Barbara Linn	F	74	F50-59	53	Rochester	35:12	11:21
173	24	Angelic Green	F	75	F30-39	37	Ontario	35:15	11:22
174	46	Denisse Licon	F	76	F20-29	28	Rochester	35:40	11:30
175	54	Karen Morris	F	77	F50-59	59	Rochester	36:21	11:43
176	44	Dick Lewandowski	M	97	M60-69	64	Rochester	36:54	11:54
177	43	Heidi Levendusky	F	78	F30-39	36	Avon	36:59	11:56
178	167	Zachary Maben	M	98	M20-29	22	Rochester	37:01	11:57
179	168	Sarah Glantz	F	79	F20-29	22	Rochester	37:01	11:57
180	177	Jessica Secerson	F	80	F40-49	40	Rochester	37:09	11:59
181	216	Amy Poltorak	F	81	F30-39	33	Rochester	37:11	12:00
182	60	Sarah Peangatelli	F	82	F20-29	28	Rochester	37:13	12:00
183	90	Carolyn Walsh	F	83	F50-59	50	Pittsford	39:14	12:39
184	97	Robbin Alexander	F	84	F30-39	35	Hilton	39:28	12:44
185	199	Who Are You?						39:36	12:46
186	148	Ivette Heratmaker	F	85	F30-39	38	Rochester	39:45	12:49
187	57	William Murphy	M	99	M60-69	60	Rochester	40:03	12:55
188	210	Who Are You?						40:18	13:00
189	174	Anna Martin	F	86	F20-29	26	Rochester	40:22	13:01
190	179	Adrienne Chesser	F	87	F20-29	24	Rochester	40:22	13:01
191	9	Pat Brown	F	88	F50-59	54	Spencerport	40:24	13:02
192	138	Kim Heinemann	F	89	F40-49	46		41:44	13:28
193	231	Who Are You?						42:49	13:49
194	232	Who Are You?						42:49	13:49
195	229	Who Are You?						43:03	13:53
196	100	Beverly Dilgard	F	90	F50-59	54	Penfield	44:46	14:26
197	101	David Dilgard	M	100	M50-59	54	Penfield	44:46	14:26
198	223	Jon Black	M	101	M20-29	28	Rochester	46:52	15:07
199	222	Ellyn Black	F	91	F30-39	30	Rochester	46:52	15:07
200	221	Colleen Mooney	F	92	F20-29	27	Rochester	46:53	15:08
201	187	Maximillian Post	M	102	M19UNDER	7	Spencerport	47:11	15:13
202	70	Ted Rosen	M	103	?	?	Rochester	47:22	15:17
203	230	Who Are You?						47:34	15:21
204	201	Meghan Bushway	F	93	F20-29	22	Rochester	47:58	15:28
205	115	Ryan Cummings	M	104	M20-29	26	Rochester	47:58	15:29
206	209	TC Comstock	M	105	M40-49	45	Rochester	48:10	15:32
207	5	Sarah Bergakker	F	94	F30-39	31	Rochester	49:19	15:55