

Rochester 5K Run for Health Overall Results
Saturday, April 14th, 2007 at Genesee Valley Park, Rochester
Timed by YellowJacket Racing
260 Total (127 Women, 132 Men, 1 no gender given)

Pos	Bib	Fullname	Gender	Class	Age	M/F Place	City	FinishTm
1	219	Steve Strellick	M	Overall Male	24	1/132	Rochester	0:15:57
2	129	Todd Smith	M	M30-34	32	2/132	Perrysburg	0:16:17
3	221	Mijke Twohig	M	M25-29	27	3/132	North Chilli	0:16:38
4	164	Marc Gage	M	M35-39	35	4/132	West Henrietta	0:16:38
5	253	Greg Lakin	M	M30-34	30	5/132	Rochester	0:17:18
6	217	Kurt Spaker	M	M35-39	35	6/132	Spencerport	0:17:30
7	50	Terence Forrest	M	M20-24	23	7/132	Rochester	0:17:54
8	84	Daniel Marker	M	M20-24	22	8/132	Rochester	0:18:02
9	229	Mac McMahill	M	M19UNDER	18	9/132	Hemlock	0:18:04
10	193	Keith Scott	M	M40-44	44	10/132	Lima	0:18:09
11	181	Jessica Snyder	F	Overall Female	22	1/127	Rochester	0:18:19
12	85	Ryan Marker	M	M20-24	21	11/132	Wellsburg	0:18:27
13	9	Joe Bell	M	M20-24	21	12/132	Rochester	0:18:36
14	151	David Wilson	M	M25-29	26	13/132	Rochester	0:18:36
15	192	Nate Lull	M	M20-24	21	14/132	Gilbertsville	0:18:38
16	195	Ron Lillis	M	M50-54	53	15/132	Rochester	0:18:43
17	159	Rebecca A. Duberry	F	F35-39	36	2/127	Rochester	0:18:47
18	71	Michael Kaiman	M	M19UNDER	19	16/132	Rochester	0:18:51
19	149	Jim Werven	M	M40-44	40	17/132	West Henrietta	0:19:00
20	45	Bethanne Deciantis	F	F40-44	44	3/127	Rochester	0:19:05
21	19	Nick Braus	M	M20-24	24	18/132	Rochester	0:19:13
22	40	Brett Crandall	M	M25-29	27	19/132	Rochester	0:19:18
23	230	Michael Boucher	M	M35-39	39	20/132	Rochester	0:19:22
24	211	Bryce Mankowski	M	M19UNDER	18	21/132	Rochester	0:19:24
25	14	Luke Bissell	M	M25-29	28	22/132	Rochester	0:19:24
26	190	Tom Dutton	M	M60-64	61	23/132	Livonia	0:19:29
27	49	Aaron Finch	M	M25-29	26	24/132	Rochester	0:19:33
28	6	Shane Bartholf	M	M20-24	24	25/132	Pittsford	0:19:34
29	95	James Morse	M	M30-34	30	26/132	Spencerport	0:19:45
30	223	John A. Puskas	M	M45-49	45	27/132	Rochester	0:19:50
31	247	Jeff Chester	M	M40-44	41	28/132	Rochester	0:20:04
32	122	Jean-Paul Scott	M	M35-39	37	29/132	Rochester	0:20:05
33	75	Daniel King	M	M25-29	26	30/132	Rochester	0:20:06
34	196	Erinn White	F	F25-29	25	4/127	Rochester	0:20:09
35	15	Brent Blazey	M	M50-54	50	31/132	Victor	0:20:12
36	236	Peter Thomas	M	M40-44	42	32/132	Rochester	0:20:13
37	203	Bill Sandon	M	M45-49	47	33/132	Rochester	0:20:15
38	267	Megan Hyland	F	F25-29	28	5/127	Rochester	0:20:26
39	61	Mark Heberger	M	M50-54	52	34/132	Rochester	0:20:29
40	141	Paul Twombly	M	M40-44	44	35/132	Penfield	0:20:36
41	258	Holly Kuzmiak	F	F20-24	24	6/127	Rochester	0:20:37
42	270	Mark Schiesser	M	M40-44	42	36/132	Webster	0:20:40
43	115	Mike Rossi	M	M40-44	44	37/132	Webster	0:20:47
44	37	Robert Corey	M	M20-24	21	38/132	Rochester	0:20:58
45	199	Rick Erb	M	M55-59	59	39/132	Rushville	0:21:03
46	56	Lawrence Guskowski	M	M50-54	50	40/132	Rochester	0:21:13

47	274	James Hildebrand	M	M25-29	27	41/132	Rochester	0:21:22
48	41	Corey Crawford	M	M25-29	27	42/132	Rochester	0:21:34
49	208	Adam Cornwell	M	M20-24	21	43/132	Rochester	0:21:44
50	249	Jon Black	M	M25-29	26	44/132	Rochester	0:21:47
51	209	J. Torrey	M	M19UNDER	18	45/132	Addison VT	0:21:52
52	77	Joe Lachiusa	M	M30-34	30	46/132	Webster	0:21:53
53	112	Bill Quinlisk	M	M55-59	55	47/132	Rochester	0:21:55
54	150	Kenneth Wilkinson	M	M19UNDER	14	48/132	Rochester	0:22:05
55	191	Anthony F. Mazzo	M	M45-49	47	49/132	Rochester	0:22:08
56	197	Andrew Ciaio	M	M40-44	40	50/132	Victor	0:22:08
57	256	Caroline Kenyon	F	F25-29	27	7/127	Rochester	0:22:10
58	283	Mark Assini	M	M45-49	47	51/132	Rochester	0:22:14
59	66	Kim Hutchings	F	F35-39	38	8/127	Rochester	0:22:14
60	145	Matthew Walsh	M	M30-34	31	52/132	Rochester	0:22:17
61	224	Molly Huff	F	F45-49	46	9/127	Fairport	0:22:17
62	57	Cheryl Guth	F	F50-54	53	10/127	Rochester	0:22:21
63	220	Joseph Kanpinski	M	M45-49	48	53/132	Rochester	0:22:33
64	255	Dana Lord	F	F19UNDER	19	11/127	Rochester	0:22:34
65	163	Devan Blazey	F	F19UNDER	14	12/127	Victor	0:22:36
66	97	Janaki Nathan	F	F25-29	25	13/127	Rochester	0:22:39
67	5	John Barsic	M	M30-34	30	54/132	Rochester	0:22:42
68	215	Stephen Hedges	M	M55-59	58	55/132	Rochester	0:22:45
69	238	Rob Young	M	M19UNDER	12	56/132	Pittsford	0:22:51
70	179	Katherine Fleming	F	F35-39	36	14/127	Brockport	0:22:52
71	237	Bob Young	M	M45-49	45	57/132	Pittsford	0:22:54
72	127	Adam Smith	M	M25-29	25	58/132	Rochester	0:22:55
73	243	Jay Reeder	M	M50-54	51	59/132	East Rochester	0:22:55
74	140	Judith Tulkoff	F	F19UNDER	19	15/127	Alexandria	0:22:59
75	266	Zac Lill	M	M25-29	25	60/132	Rochester	0:22:59
76	265	Kristen French	F	F25-29	27	16/127	Rochester	0:23:03
77	119	Bill Schubmehl	M	M50-54	52	61/132	Rochester	0:23:04
78	205	David Lambert	M	M45-49	45	62/132	Henrietta	0:23:06
79	55	Juana Guskowski	F	F45-49	49	17/127	Rochester	0:23:09
80	156	Alan Borrelli	M	M35-39	39	63/132	Fairport	0:23:10
81	169	Jeanne Herrick	F	F55-59	55	18/127	Rochester	0:23:20
82	227	Tim Crowe	M	M35-39	37	64/132	Rochester	0:23:26
83	28	Daniel Carmen	M	M35-39	36	65/132	North Chili	0:23:26
84	248	Amy Montrois	F	F25-29	26	19/127	Rochester	0:23:28
85	268	Larry Hoffman	M	M35-39	38	66/132	Ontario	0:23:31
86	144	Leslie Vilku	F	F25-29	27	20/127	West Henrietta	0:23:44
87	173	Tom Hawkins	M	M45-49	49	67/132	Williamson	0:23:44
88	22	Sarah Brown	F	F25-29	29	21/127	Seattle	0:23:46
89	198	Pam Johnson	F	F40-44	44	22/127	Canandaigua	0:23:48
90	232	Anthony Scott	M	M20-24	21	68/132	Amherst	0:23:54
91	212	Dustina Holt	F	F20-24	20	23/127	Greece	0:23:55
92	117	Thomas Rybak	M	M40-44	42	69/132	Webster	0:24:04
93	146	Helen Wei	F	F25-29	27	24/127	Rochester	0:24:05
94	259	Beth Burchill	F	F40-44	41	25/127	Rochester	0:24:09
95	242	Amy Brown	F	F20-24	24	26/127	Victor	0:24:10
96	182	Connor E. Anderson	M	M19UNDER	13	70/132	Pittsford	0:24:15
97	207	Steve Anderson	M	M50-54	52	71/132	Rochester	0:24:16
98	65	John Hutchings	M	M35-39	39	72/132	Rochester	0:24:20

99	271	Keith Schneider	M	M30-34	34	73/132	Rochester	0:24:21
100	177	Vidur Bali	M	M25-29	27	74/132	Fairport	0:24:21
101	59	Michael Hakiel	M	M25-29	25	75/132	Rochester	0:24:26
102	73	Kevin Kehoe	M	M30-34	32	76/132	Rochester	0:24:34
103	63	Julie Herman	F	F20-24	21	27/127	Rochester	0:24:35
104	226	Joao Flores	M	M35-39	39	77/132	Rochester	0:24:46
105	225	Joaquim Flores	M	M40-44	41	78/132	Rochester	0:24:46
106	80	Richard Laudisi	M	M45-49	47	79/132	Rochester	0:24:48
107	273	Ryan Sullivan	M	M20-24	21	80/132	Hilton	0:24:48
108	79	Joanne Laudisi	F	F30-34	31	28/127	Rochester	0:24:56
109	272	Jami Landry	F	F19UNDER	19	29/127	Rochester	0:25:02
110	135	Vu Tran	M	M20-24	20	81/132	Rochester	0:25:05
111	222	Lou Agosto	M	M40-44	42	82/132	Rochester	0:25:07
112	244	Terry Reeder	F	F45-49	49	30/127	East Rochester	0:25:08
113	36	Katherine Cooley	F	F20-24	20	31/127	Fairport	0:25:09
114	123	Lili Shek	F	F25-29	25	32/127	Rochester	0:25:10
115	99	Steve Novak	M	M45-49	45	83/132	Rochester	0:25:13
116	42	Lora Cutarella	F	F20-24	24	33/127	Rochester	0:25:18
117	3	Joseph Agosto	M	M25-29	28	84/132	Rochester	0:25:23
118	210	Sheryl Gillow	F	F19UNDER	19	34/127	Groton	0:25:25
119	17	Evan Brady	M	M20-24	21	85/132	Rochester	0:25:31
120	231	Brian Jenssen	M	M20-24	23	86/132	Rochester	0:25:35
121	218	Carolyn Kriesen	F	F60-64	63	35/127	Webster	0:25:37
122	161	Heather Randell	F	F30-34	33	36/127	Fairport	0:25:39
123	38	Chad Cornelius	M	M25-29	29	87/132	Rochester	0:25:39
124	254	Allison Fleming	F	F20-24	20	37/127	Rochester	0:25:39
125	257	Sarah Motts	F	F20-24	24	38/127	Rochester	0:25:41
126	100	Ashley OHara	F	F20-24	22	39/127	Rochester	0:25:42
127	241	Chris VanHoff	M	M20-24	23	88/132	Penfield	0:25:50
128	106	Laura Peet	F	F20-24	24	40/127	Rochester	0:25:51
129	147	Cheryl Weinheim	F	F20-24	20	41/127	Rochester	0:25:56
130	121	Katie Scorsone	F	F25-29	27	42/127	Avon	0:25:58
131	162	John Tardino	M	M45-49	46	89/132	Rochester	0:25:58
132	101	Amanda OHearn	F	F30-34	34	43/127	Rochester	0:26:01
133	233	Pedro Calderon	M	M20-24	22	90/132	Rochester	0:26:01
134	184	Jean A. Talbot	F	F40-44	41	44/127	Rochester	0:26:02
135	170	Greg Glaser	M	M25-29	28	91/127	Fairport	0:26:13
136	110	Christine Purtell	F	F30-34	32	45/127	Rochester	0:26:20
137	111	James Purtell	M	M30-34	34	92/127	Rochester	0:26:22
138	174	Rae Pellegrino	F	F20-24	24	46/127	Fairport	0:26:27
139	118	Annette Schaff	F	F55-59	57	47/127	Penfield	0:26:27
140	160	Alison Murphy	F	F40-44	44	48/127	Penfield	0:26:27
141	76	Amanda Lachiusa	F	F25-29	25	49/127	Rochester	0:26:29
142	138	Justin Traub	M	M19UNDER	16	93/127	Rochester	0:26:42
143	214	Maggie Kozley	F	F19UNDER	19	50/127	Newton MA	0:26:44
144	139	Scott Tripler	M	M45-49	48	94/132	Rochester	0:26:45
145	235	Art Papier	M	M50-54	50	95/132	Rochester	0:26:46
146	136	Chris Traub	M	M20-24	24	96/132	Rochester	0:26:48
147	137	Chuck Traub	M	M45-49	47	97/132	Rochester	0:26:50
148	165	Jun Okada	F	F30-34	33	51/127	Rochester	0:26:52
149	24	Donald Burns	M	M45-49	49	98/132	Rochester	0:26:53
150	69	Larry Jessup	M	M55-59	59	99/132	Rochester	0:26:58

151	133	Lieu Tran	F	F25-29	25	52/127	Rochester	0:27:05
152	178	Katrina Adams	F	F50-54	53	53/127	Pittsford	0:27:06
153	39	Gary Craig	M	M45-49	48	100/132	Rochester	0:27:09
154	120	Joe Scippo	M	M30-34	33	101/132	Rochester	0:27:12
155	134	Van Tran	F	F20-24	22	54/127	Rochester	0:27:12
156	34	Mark Conge	M	M40-44	42	102/132	Rochester	0:27:29
157	245	Patty Dick	F	F45-49	48	55/127	Honeoye Falls	0:27:39
158	124	Doug Sherman	M	M50-54	50	103/132	Rochester	0:27:42
159	113	Bianca Redhead	F	F20-24	24	56/127	Rochester	0:27:47
160	281	Rebecca Light	F	F20-24	23	57/127	Rochester	0:27:48
161	48	Dominic Feira	M	M25-29	28	104/132	Rochester	0:27:54
162	35	Sean Cooksey	M	M30-34	31	105/132	Rochester	0:27:55
163	43	Mike Danger	M	M30-34	32	106/132	Rochester	0:28:01
164	204	Sandra Leverich	F	M30-34	31	58/127	Rochester	0:28:01
165	90	Joseph Mead	M	M19UNDER	18	107/132	Rochester	0:28:18
166	250	Luis Ortiz	M	M20-24	24	108/132	Rochester	0:28:20
167	168	Shannon Gardner	F	F30-34	33	59/127		0:28:23
168	167	Karen Eichele	F	F50-54	50	60/127	Scottsville	0:28:23
169	8	Julie Bazan DAngelo	F	F35-39	35	61/127	Webster	0:28:28
170	213	Meg Huth	F	F20-24	20	62/127	Rochester	0:28:32
171	171	Kristy Dolan	F	F30-34	30	63/127	Rochester	0:28:33
172	194	John Appleby	M	M50-54	54	109/132	Spencerport	0:28:38
173	86	Raime Masket-Roth	M	M20-24	24	110/132	Rochester	0:28:39
174	30	Joe Cassara	M	M20-24	24	111/132	Webster	0:28:40
175	31	Pete Cassara	M	M20-24	21	112/132	Rochester	0:28:40
176	206	Mindy Hauser	F	F35-39	38	64/127	Rochester	0:28:48
177	23	Jennifer Burger	F	F19UNDER	19	65/127	Windsor	0:28:50
178	289	Joseph Murino	M	M20-24	24	113/132	Hilton	0:28:50
179	239	Katrina Amat	F	F35-39	39	66/127	Brockport	0:28:51
180	81	Jennifer K Lee	F	F20-24	24	67/127	Rochester	0:28:53
181	67	Koto Ishida	F	F25-29	25	68/127	Rochester	0:28:53
182	260	Cathy Medina	F	F60-64	60	69/127	Macedon	0:29:10
183	275	Gwen Casey-Ford	F	F25-29	25	70/127	Rochester	0:29:10
184	78	Justine Lathan-Arthur	F	F35-39	39	71/127	LeRoy	0:29:12
185	263	Allison Tavino	F	F20-24	23	72/127	Rochester	0:29:18
186	18	Tom Brannon	M	M70UP	72	114/132	Rochester	0:29:20
187	152	Andrew Wojtovich	M	M20-24	23	115/132	Rochester	0:29:21
188	116	Danielle Ruppert	F	F25-29	25	73/127	Rochester	0:29:21
189	153	Rachael Wojtovich	F	F20-24	23	74/127	Rochester	0:29:25
190	53	Kristin Goodkin	F	F20-24	23	75/127	Rochester	0:29:26
191	132	Melisa Tanger-Brown	F	F40-44	40	76/127	West Henrietta	0:29:26
192	82	Dick Lewandowski	M	M60-64	62	116/132	Rochester	0:29:27
193	175	Rachel Bond	F	F35-39	35	77/127	Rochester	0:29:33
194	148	John Welch	M	M25-29	25	117/132	Dansville	0:29:35
195	62	Teresa Hemann	F	F20-24	24	78/127	Rochester	0:29:47
196	128	Al Smith	M	M65-69	69	118/132	Rochester	0:29:47
197	288	Sam Newman	M			119/132		0:29:55
198	284	Dennis Murray	M	M20-24	22	120/132	Rochester	0:30:07
199	285	Courney Spryer	F	F		79/127	Rochester	0:30:07
200	68	Patti Jacobs	F	F35-39	38	80/127	Rochester	0:30:08
201	264	Anne Steider	F	F35-39	39	81/127	Rochester	0:30:27
202	70	Brian Jones	M	M30-34	32	121/132	Rochester	0:30:30

203	261	Allison Panzer	F	F25-29	29	82/127	Rochester	0:30:33
204	93	Emily Miller	F	F20-24	24	83/127	Rochester	0:30:33
205	58	Peter Haggerty	M	M60-64	62	122/132	West Henrietta	0:30:41
206	154	Terry Woods	F	F50-54	51	84/127	Rochester	0:30:48
207	187	Mark Lincoln	M	M20-24	24	123/132	Rochester	0:30:52
208	157	Marie Owers	F	F65-69	67	85/127	Henrietta	0:30:52
209	87	Alex Maskovyak	M	M20-24	23	124/132	Rochester	0:30:53
210	240	Louise Weidman	F	F45-49	46	86/127	Webster	0:30:58
211	251	Dave Tyler	M	M30-34	33	125/132	Rochester	0:30:59
212	166	Annie Calilli	F	F30-34	31	87/127	Rochester	0:31:19
213	2	Carole Agosto	F	F45-49	46	88/127	Rochester	0:31:30
214	103	Sharon Oppedisano	F	F55-59	55	89/127	Honeoye Falls	0:32:09
215	108	Amanda Pollock	F	F19UNDER	19	90/127	Rowley	0:32:58
216	234	John Burice	M	M70UP	82	126/132	Geneseo	0:33:35
217	158	Patrick Flanigan	M	M40-44	42	127/132	Rochester	0:34:07
218	176	Lori McGreth	F	F35-39	39	91/127	Rochester	0:34:17
219	107	Pamela Pharmakis	F	F35-39	35	92/127	Rochester	0:34:17
220	52	Amy George	F	F30-34	33	93/127	Rush	0:34:31
221	252	Sarah Ramsay	F	F20-24	24	94/127	NY NY	0:34:36
222	183	Sherrie L. Anderson	F	F35-39	38	95/127	Pittsford	0:34:46
223	29	Amanda Carpenter	F	F20-24	21	96/127	Schenectady	0:34:48
224	276	Greetika Gupta	F	F20-24	23	97/127	Rochester	0:34:58
225	109	Kelli Prince	F	F25-29	28	98/127	Rochester	0:35:02
226	64	Sandy Hinton	F	F40-44	42	99/127	Webster	0:35:06
227	72	Kerry Kehoe	F	F30-34	31	100/127	Rochester	0:35:37
228	142	Nicole Valenti	F	F25-29	27	101/127	Rochester	0:35:41
229	94	Cara Montrois	F	F30-34	30	102/127	Spencerport	0:35:54
230	47	Maureen Emerson	F	F50-54	53	103/127	North Chili	0:35:56
231	286	Mike King	M	M25-29	26	128/132	Rochester	0:36:05
232	21	Amanda Bringard	F	F20-24	23	104/127	Rochester	0:36:15
233	114	Jessica Rosenthal	F	F25-29	26	105/127	Rochester	0:36:21
234	51	Kelly Garner	F	F20-24	23	106/127	Rochester	0:37:01
235	269	Kufi-Busku Atsina	M	M20-24	23	129/132	Newtown CT	0:37:26
236	246	Alessa Crossan	F	F20-24	23	107/127	Burke VA	0:37:26
237	200	Andrew Kim	M	M20-24	24	130/132	Bronx	0:37:26
238	54	Amanda Gosling	F	F20-24	23	108/127	Rochester	0:37:27
239	189	Timothy P. Lincoln	M	M25-29	29	131/132	Rochester	0:38:44
240	188	Erin OBrien	F	F25-29	27	109/127	Rochester	0:38:44
241	282	Erin Boilacker	F	F19UNDER	18	110/127	Denver CO	0:39:27
242	126	James Slobard	M	M50-54	50	132/132	Pittsford	0:39:34
243	33	Joanne Chan	F	F25-29	27	111/127	Rochester	0:40:00
244	125	Katie Sherman	F	F30-34	30	112/127	Rochester	0:40:31
245	26	Rhonda Callard	F	F55-59	57	113/127	Webster	0:41:29
246	60	Linda Harrison	F	F45-49	45	114/127	Rochester	0:42:03
247	46	Cathy DiNoto	F	F50-54	52	115/127	Webster	0:42:09
248	91	Maria Mead	F	F25-29	25	116/127	Rochester	0:42:49
249	228	Lois Helwig	F	F45-49	45	117/127	Hemlock	0:45:18
250	88	Katherine McCormick	F	F50-54	52	118/127	Spencerport	0:46:14
251	32	Samantha Cassara	F	F20-24	24	119/127	Webster	0:48:47
252	25	No Name Provided	NA			No gender		0:48:48
253	279	Gail Menchey	F	F45-49	48	120/127	Hilton	0:49:14
254	278	Susan Brown	F	F50-54	54	121/127	Rochester	0:49:15

255	102	Rosemary Oliva	F	F25-29	29	122/127	Rochester	0:50:51
256	16	Jessica Bougie	F	F20-24	24	123/127	Rochester	0:50:53
257	104	Nancy Panzer	F	F55-59	57	124/127	Rush	0:57:45
258	155	Barbara Zima	F	F55-59	55	125/127	Rush	0:57:47
259	4	Paula Anderson	F	F55-59	58	126/127	Rush	0:57:48
260	287	Barbara Marino	F			127/127		1:04:13