

# Free to Breathe 5k Run/Walk

## 5k

### Age Group Results

October 31, 2009

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#### Results by Zoomers Running Club

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#### Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Nicole Deese Williams		44	25	9	20:52.8	6:44/M

#### Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Philip Mendez		209	16	1	18:44.7	6:03/M

#### Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	dana Nolan		125	44	28	24:02.2	7:45/M

#### Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Mark Stueve		228	53	4	19:10.4	6:11/M

#### Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Dorothy Korszen		94	51	42	26:04.3	8:25/M

#### Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	David Strehlow		214	50	7	20:41.4	6:40/M

#### Female Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	josephine nicolosi		124	65	50	27:10.6	8:46/M

#### Male Senior Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Frank Nicolosi		123	68	19	23:02.9	7:26/M

#### Female 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Madison Smith		164	14	64	28:45.6	9:16/M
2	Stephanie Curran		226	14	71	29:10.4	9:25/M
3	Jesse Hevia		253	14	76	29:50.4	9:37/M
4	Kirun Kadiwar		89	14	105	34:40.8	11:11/M
5	Danielle Smith		213	14	113	35:33.9	11:28/M
6	Sara Rodrigues		236	14	114	35:40.8	11:30/M

## Male 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Connor Quinn		142	14	6	19:56.5	6:26/M
2	Adrian Ivankovic		83	13	33	25:10.9	8:07/M
3	Cameron Peters		135	12	72	29:14.4	9:26/M
4	Koulton Kyre		96	11	107	34:43.2	11:12/M
5	Kory Kyre		95	14	151	43:30.1	14:02/M
6	Michael Battaglia		265	12	160	47:22.2	15:17/M
7	chris somers		170	12	161	47:47.9	15:25/M
8	Matthew Tindall		179	14	217	58:23.1	18:50/M

## Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Hannah Rogatti		155	16	11	21:38.3	6:59/M
2	Danielle Rioux		148	15	12	21:54.7	7:04/M
3	Brook Webb		193	16	16	22:50.3	7:22/M
4	Amie Ethington		56	17	17	22:58.4	7:25/M
5	Amanda Ivankovic		82	15	24	23:37.4	7:37/M
6	Brittany Neal		121	17	31	24:59.1	8:04/M
7	Kayla Croteau		37	16	38	25:48.2	8:19/M
8	Shelby Ribel		146	17	39	25:48.9	8:19/M
9	Jessica Selders		225	15	48	26:40.3	8:36/M
10	Maggie Toms		185	15	56	27:48.2	8:58/M
11	MacKenzie O'Connor		220	16	61	28:29.6	9:11/M
12	Nicolette Hoffman		215	17	65	28:46.3	9:17/M
13	Alyssa Latham		223	15	67	28:56.0	9:20/M
14	Alyse Gruber		70	17	68	28:56.9	9:20/M
15	esther perisho		133	16	69	29:01.3	9:22/M
16	Devon Bistarkey		266	19	83	31:12.4	10:04/M
17	Julie Meyers		264	17	85	31:39.9	10:13/M
18	Maria Pope		238	16	86	31:40.8	10:13/M
19	Nicole Peet		131	15	106	34:41.0	11:11/M
20	Krista Wrightsman		196	15	110	34:45.7	11:13/M
21	Nadia Kemal		227	15	115	35:59.2	11:36/M
22	Katie McCarthy		222	16	116	36:00.0	11:37/M
23	Amber Quinn		143	15	123	36:52.2	11:54/M
24	Samantha Sileno		216	18	132	39:08.3	12:37/M
25	shardae pittenger		137	17	140	41:56.4	13:32/M
26	amanda rodriguez		152	19	143	42:22.6	13:40/M
27	Antoinina Petro		136	15	152	43:36.7	14:04/M
28	Lydia Kesner		91	15	178	50:10.8	16:11/M
29	Candice Ford		60	18	182	50:31.2	16:18/M
30	Caisey Bluck		18	16	184	51:06.0	16:29/M
31	Nicole Miller		113	15	185	51:19.0	16:33/M

## Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Grant Spencer		239	17	2	18:47.8	6:04/M
2	Danny Duncan		218	17	5	19:27.9	6:16/M
3	Trevor Warner		267	16	10	21:37.4	6:58/M
4	David Taggart		235	16	25	23:38.6	7:37/M
5	Ninio Joseph Fetalvo		57	16	70	29:08.6	9:24/M

## Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
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1	Rebecca Guzman		71	24	97	33:44.9	10:53/M
2	Kristina Miller		112	20	176	50:03.5	16:09/M

## Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Anthony Hernandez		77	20	58	28:09.5	9:05/M
2	tyler rogers		157	20	175	50:00.8	16:08/M

## Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	maria barajas		7	27	13	22:09.0	7:09/M
2	Sarah Howe		79	29	59	28:23.8	9:09/M
3	Emily Narchus		120	25	88	32:11.2	10:23/M
4	Noelle Pittenger		138	26	139	41:11.5	13:17/M
5	Melissa Polding		139	29	186	51:19.9	16:33/M
6	Sarah Jurewicz		88	26	187	51:22.6	16:34/M
7	Rhiannon Maggiore		104	29	202	55:58.4	18:03/M
8	Amanda Tiseo		181	27	206	56:24.1	18:12/M

## Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Michael Sandmaier II		161	29	18	23:01.8	7:25/M
2	Michael Poole		140	27	35	25:30.2	8:14/M
3	Ryan Desrosiers		46	29	37	25:45.7	8:18/M
4	Paul DeSantis		45	27	63	28:38.8	9:14/M
5	Philip Graves		258	26	164	48:09.3	15:32/M

## Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Sheila Smith		168	33	27	23:57.0	7:44/M
2	Rebecca Bush		242	32	117	36:00.8	11:37/M
3	Olga Triola		187	30	119	36:20.0	11:43/M
4	Monica Hunt		211	32	124	37:28.4	12:05/M
5	Julie Cronin		36	33	126	37:51.4	12:13/M
6	sheila Spriggs		173	31	127	37:52.2	12:13/M
7	Eve Walker		190	34	128	37:54.3	12:14/M
8	Melissa Lockhart		101	33	153	43:37.5	14:04/M
9	Wendy Rivera		149	30	207	56:25.2	18:12/M
10	Jamie Grosklos		69	34	208	56:26.0	18:12/M
11	Pam Myers		119	33	223	1:03:40.4	20:32/M

## Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Sebastian Boldi		19	31	3	18:53.5	6:05/M
2	Steve Bender		12	31	21	23:16.5	7:30/M
3	Paul Maggiore		103	30	109	34:44.9	11:12/M
4	Brian Triola		186	33	120	36:20.8	11:43/M
5	Matt Zechar		224	32	133	39:27.4	12:44/M

## Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Karen Steinacker		229	37	30	24:57.3	8:03/M
2	Lupe Munoz		118	39	36	25:39.1	8:16/M
3	Toni Ivankovic		80	35	54	27:40.9	8:55/M
4	jennifer francis		61	36	82	31:07.3	10:02/M
5	Laura Rodriguez		154	38	84	31:31.2	10:10/M
6	Cheryl Campbell		221	36	103	34:26.5	11:06/M
7	jody anthony		4	36	108	34:44.0	11:12/M

8	Laura James	85	39	112	35:32.2	11:28/M
9	Karon Finch	58	38	125	37:39.9	12:09/M
10	Lisa Kitchener	92	39	141	41:58.8	13:32/M
11	Ileanna Bosch	24	39	146	42:45.7	13:47/M
12	Tiffany Clary	30	36	154	44:31.0	14:22/M
13	Emily Josher	248	36	159	47:17.3	15:15/M
14	Jocelyn Wurster	255	39	163	48:03.1	15:30/M
15	jonell gatz	63	35	173	49:12.7	15:52/M
16	Cynthia Arcilla	5	38	211	56:37.6	18:16/M

### Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Paul Croteau		250	38	40	25:52.6	8:21/M
2	Mark Wegand		234	35	57	27:49.3	8:58/M
3	Chris Jones		87	37	80	31:01.2	10:00/M
4	Brad Walker		189	36	95	33:11.2	10:42/M
5	Jelden Arcilla		6	37	111	34:46.5	11:13/M
6	Rodney Hunt		212	38	134	39:51.0	12:51/M
7	David Kyre		97	39	145	42:40.8	13:46/M
8	Chris Clemente		31	35	149	43:24.2	14:00/M
9	Ken Smith		167	36	150	43:29.1	14:02/M
10	David Ivankovic		81	36	188	51:23.9	16:35/M

### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Monika D. Weitzel		194	42	45	26:27.2	8:32/M
2	Kim Cusick		39	43	52	27:26.7	8:51/M
3	Carmel Brady-Scheyhing		25	42	60	28:28.7	9:11/M
4	DANA NEAL		122	42	79	30:57.5	9:59/M
5	Lori Martone		107	44	87	31:47.7	10:15/M
6	jackie obendorf		127	42	94	32:58.9	10:38/M
7	laurie mcdonough		109	44	96	33:36.3	10:50/M
8	Karen Lombardo		230	43	137	40:43.9	13:08/M
9	Margaret Craig		35	40	177	50:04.5	16:09/M
10	Tammy Bennett		13	40	209	56:36.2	18:15/M
11	Christine Harvey		72	41	214	56:44.4	18:18/M
12	Carolyn Greenwald		207	44	219	1:00:40.2	19:34/M

### Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Brian Burget		263	44	22	23:18.8	7:31/M
2	Robert Johnson		201	42	29	24:28.2	7:54/M
3	Frank Perazzo		249	41	41	25:54.9	8:21/M
4	Neil Peters		134	42	73	29:20.6	9:28/M
5	Rusty Starcher		257	44	129	38:32.4	12:26/M

### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Leigh Daul		246	49	34	25:16.2	8:09/M
2	Wendy Toms		184	49	77	30:25.6	9:49/M
3	Cindy Watson		191	45	93	32:42.2	10:33/M
4	Yulinar Sproat		174	47	101	34:07.4	11:00/M
5	Lori Brunderman		26	48	122	36:39.0	11:49/M
6	Kim Heurlin		231	48	135	40:39.0	13:07/M
7	Jennifer Rogers		156	45	138	40:44.6	13:08/M
8	CHRISTINE DOXEY		48	46	142	42:21.9	13:40/M
9	carolyn dugas		49	48	144	42:23.3	13:40/M
10	Kimmer O'Neill		256	48	165	48:10.8	15:32/M
11	Yuko Morimizu		268	45	166	48:12.0	15:33/M
12	Chrissy Ford		59	47	180	50:13.3	16:12/M
13	Barbara Cobb		32	45	181	50:27.4	16:16/M
14	Sylvie Decker		43	46	183	50:38.1	16:20/M
15	Karen Montgomery		259	49	194	52:41.3	17:00/M
16	Pam Schleuter		163	45	197	55:50.3	18:01/M

17	Jan Somers		171	49	215	56:46.5	18:19/M
18	Eilene Wronski		197	48	221	1:03:30.7	20:29/M

### Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Richard Manerua		243	45	15	22:16.6	7:11/M
2	Rod Berger		14	45	20	23:13.2	7:29/M
3	Robert Daul		247	48	26	23:50.2	7:41/M
4	Andrew Barnett		8	48	47	26:34.5	8:34/M
5	Bob Koch		233	49	62	28:35.9	9:13/M
6	Hal Wotitzky		195	49	75	29:42.5	9:35/M
7	Elvin Mendez		254	49	169	48:36.0	15:41/M
8	steve gatz		62	46	174	50:00.1	16:08/M
9	John Harvey		73	48	213	56:39.1	18:16/M
10	Jeff palmer		129	49	216	56:47.4	18:19/M

### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Margo Roca		151	52	74	29:36.1	9:33/M
2	Lori Rich		147	52	81	31:03.2	10:01/M
3	Lori Dillon		47	50	98	33:45.8	10:53/M
4	Julie Koch		232	51	136	40:43.2	13:08/M
5	Michelle Sandmaier		160	54	148	43:23.0	14:00/M
6	Juli Harley		217	51	155	44:31.9	14:22/M
7	Denise Billings		16	52	167	48:27.1	15:38/M
8	Sharon Patterson		130	53	191	52:06.6	16:48/M
9	Kathy Lenhardt		98	52	200	55:55.3	18:02/M
10	sheila Hayes		75	53	222	1:03:32.9	20:30/M
11	Starr Smith		165	53	225	1:09:32.0	22:26/M
12	Deborah Tindall		180	51	226	1:12:59.6	23:33/M

### Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Jim Morhart		252	50	8	20:50.6	6:43/M
2	Karl Stine		244	50	14	22:14.6	7:10/M
3	Timothy Haslinger		74	52	23	23:27.3	7:34/M
4	Bogie Korszen		93	53	43	26:05.2	8:25/M
5	Lorenzo Daetz		241	53	49	27:09.8	8:45/M
6	Brian Brunderman		27	54	121	36:28.5	11:46/M
7	Chris Maher		106	54	156	46:33.3	15:01/M
8	Stephen Spencer		240	52	162	47:57.2	15:28/M
9	Lance Lenhardt		99	52	201	55:57.1	18:03/M
10	Bruce Garrison		251	51	205	56:16.4	18:09/M

### Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Wanda Kenney		90	59	53	27:38.6	8:55/M
2	Betty Bernz		15	57	78	30:44.2	9:55/M
3	Connie Thrasher		178	57	90	32:13.7	10:24/M
4	Katie Taylor		177	57	99	33:49.1	10:55/M
5	angie sweetnam		175	58	131	38:56.1	12:34/M
6	Karen Maher		105	55	157	47:08.0	15:12/M
7	Mzi Yuen		269	59	168	48:31.2	15:39/M
8	sharon zechar		198	56	170	48:36.8	15:41/M
9	Jayne Herbert		203	57	171	49:06.4	15:50/M

### Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Harold Mack		102	56	46	26:33.6	8:34/M
2	Mike Garcia		245	55	104	34:35.1	11:09/M
3	Joseph Roca		150	55	179	50:12.4	16:12/M

4	Michael Sandmaier		159	56	193	52:35.0	16:58/M
5	Jerome Voss		188	58	192	52:35.0	16:58/M
6	Jim Morrow		116	58	210	56:36.9	18:15/M
7	Tony Manabe		270	55	212	56:38.4	18:16/M

## Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	barbara mcnulty		110	60	66	28:55.3	9:20/M
2	Ann Marie Smolinski		169	62	147	43:08.2	13:55/M
3	JoDean Eddins		52	64	190	51:43.3	16:41/M
4	Judy Jahn		84	62	195	53:20.0	17:12/M
5	Joanne Altuchoff		1	62	199	55:53.6	18:02/M
6	Joanne Godfrey		67	64	203	55:59.4	18:04/M
7	Linda Edmond		208	60	220	1:03:30.0	20:29/M

## Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Art Corsaletti		33	60	32	25:01.3	8:04/M
2	Guy Emerich		53	64	44	26:24.7	8:31/M
3	Larry Taylor		176	60	91	32:22.4	10:26/M
4	Don Beaudreault		10	64	100	33:52.1	10:55/M
5	benjamin hayes		76	60	224	1:03:41.2	20:33/M

## Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Mary Bonetz		21	66	51	27:11.8	8:46/M
2	Nancy Penny		132	66	130	38:47.0	12:31/M
3	Sandra Genter		205	65	172	49:11.6	15:52/M
4	Sandra Boulton		237	66	204	56:15.6	18:09/M

## Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Bill Bonetz		20	66	55	27:44.9	8:57/M
2	Dorian Popescu		141	67	89	32:12.1	10:23/M
3	Larry Soule		172	65	118	36:11.4	11:40/M
4	Philip Czyz		219	65	158	47:09.3	15:13/M
5	Henry Ereth		54	66	189	51:27.6	16:36/M
6	Kenneth Altuchoff		3	69	198	55:52.9	18:01/M

## Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Natalie Wylie		206	73	218	58:24.2	18:50/M

## Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Ronald Hunt		210	72	92	32:33.7	10:30/M
2	David Blessing		17	73	102	34:15.1	11:03/M

## Female 75 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>	<u>Pace</u>
1	Jean Shelby		271	76	196	53:53.4	17:23/M

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