

21st ANNUAL COAST GUARD DAY 5K
U.S. Coast Guard Training Center, Yorktown, VA
Saturday, August 1, 2009 8:30 AM
A PENINSULA TRACK CLUB GRAND PRIX EVENT

OVERALL MEN

1	1 DAVID K CHEROMEI	29 MARION VA	15:01	4:50
2	2 ROBERT M REYNOLDS	19 MECHANICSVILLE VA	15:49	5:06
3	3 JOEY L WINGO	21 MECHANICSVILLE VA	16:03	5:10

OVERALL WOMEN

1	13 LAUREN BERGSTRAM	22 YORKTOWN VA	19:03	6:08
2	28 WINDY SANTA-CRUZ	21 FALL CREEK WI	21:04	6:47
3	33 MERCEDES CASTILLO-D'AMICO	51 NEWPORT NEWS VA	21:12	6:50 *

MEN: 14 AND UNDER

1	17 DAVID M REED	14 YORKTOWN VA	19:33	6:18 *
2	32 JASON RUMSEY	13 SWANTON OH	21:10	6:49
3	81 JOEL LANDON	14 HAMPTON VA	25:00	8:03
4	101 JEREMY CARLSON	14 NEWPORT NEWS VA	26:51	8:39
5	157 JORDAN CARLSON	14 NEWPORT NEWS VA	30:23	9:47
6	189 PETER T BUDD	11 BREWSTER NY	33:36	10:49
7	196 JOHNATHAN LANCASTER	8 NEWPORT NEWS VA	34:31	11:07
8	207 THOMAS LOPEZ	10 YORKTOWN VA	36:59	11:55
9	209 AUSTIN R DENNIS	14 CHESAPEAKE VA	37:10	11:58
10	212 CONNOR J RINOSKI	13 YORKTOWN VA	39:12	12:38
11	214 JONATHAN CARLSON	14 NEWPORT NEWS VA	40:32	13:03
12	216 JAMAR BREEDEN	8 FT EUSTIS VA	41:20	13:19

MEN: 15 - 19

1	7 JACK J LITTLE	15 YORKTOWN VA	17:56	5:47
2	16 JOSH RUMSEY	16 SWANTON OH	19:24	6:15
3	39 TJ RINOSKI	15 YORKTOWN VA	22:12	7:09
4	50 MASON FLORENCE	15 WILLIAMSBURG VA	22:56	7:23
5	71 BREYDEN HAYES	17 NEWPORT NEWS VA	24:29	7:53
6	87 MIKE C DUDLEY	17 MI	25:39	8:16
7	93 CHASE S JACQUES	17 COPPERAS COVE TX	26:12	8:26
8	107 COLE H PEARSON	15 SALUDA VA	27:06	8:44
9	219 ANDREW JONES	16 POQUOSON VA	41:50	13:28 *

MEN: 20 - 24

1	4 RYAN C WEBB	21 MECHANICSVILLE VA	17:32	5:39
2	21 JOSH W MORRISON	21 YORKTOWN VA	20:10	6:30
3	47 BRADLEY P BERGAN	24 MOBILE AL	22:47	7:20
4	91 PAUL LANDON	21 HAMPTON VA	25:58	8:22
5	117 KEVIN K PEN	24 NEWPORT NEWS VA	27:24	8:50
6	180 STUART SWILLEY	22 POQUOSON VA	32:18	10:24
7	193 JOSEPH M PAIGE	22 GLOUCESTER VA	34:12	11:01

MEN: 25 - 29

1	11 ALEXEY POPOV	26 NEWPORT NEWS VA	18:43	6:02
2	14 BRIAN F MYERS	25 NEWPORT NEWS VA	19:06	6:09 *
3	23 BRIAN J HAKES	28 WILLIAMSBURG VA	20:25	6:35
4	25 GEOFF A HAGERMAN	25 YORKTOWN VA	20:54	6:44
5	29 EDWYNN T COLLINS	28 NEWPORT NEWS VA	21:04	6:47 *
6	72 JEFF NAGEL	25 MARCOIS FL	24:31	7:54
7	97 TYLER DUNN	29 PLEASANTON CA	26:37	8:34
8	110 JEFFREY R HELLZER	27 HAMPTON VA	27:10	8:45
9	119 ERICK I MARTINEZ	25 NEWPORT NEWS VA	27:25	8:50
10	167 JAMES BRENDDEL	29 WILLIAMSBURG VA	31:09	10:02

MEN: 30 - 34

1	6	JIM LANCASTER	32	BALTIMORE MD	17:46	5:43
2	9	BILL MANNING	32	NEWPORT NEWS VA	18:14	5:52 *
3	22	GEOFFREY LANCASTER	30	NEWPORT NEWS VA	20:15	6:31
4	31	TROY LOYD	34	CHESAPEAKE VA	21:09	6:49
5	36	JEROME RHODES	31	NEWPORT NEWS VA	21:53	7:03
6	41	JEFF PERSSON	31	HAMPTON VA	22:16	7:10
7	44	THOMAS HIPPLE	32	PORTSMOUTH VA	22:30	7:15
8	58	GEORGE GORI	30	NEWPORT NEWS VA	23:30	7:34
9	89	JONATHAN HARVEY	32	WASHINGTON DC	25:49	8:19
10	98	CHRIS DYSER	30	HAMPTON VA	26:39	8:35
11	154	ROBERT PASE	32	YORKTOWN VA	30:12	9:43
12	158	JEFF W FLOWER	30	PORTLAND OR	30:30	9:49
13	164	ROY VANTERPOOL	34	HAMPTON VA	31:03	10:00
14	229	ROBERT SIMPSON	31	FORT WORTH TX	47:14	15:12
MEN: 35 - 39						
1	34	ROBERT B KRAMER	35	WILLIAMSBURG VA	21:24	6:54
2	53	JOEL FENLASON	35	YORKTOWN VA	23:07	7:27
3	59	J DAVID MACLUSKIE	36	YORKTOWN VA	23:40	7:37
4	65	HEIKKI J LAUKKANEN	35	KYLE TX	24:04	7:45
5	82	WAYNE C LEFEBVRE	35	PORTSMOUTH VA	25:01	8:03
6	95	CHARLES J DUDEK	38	THIBODAU LA	26:34	8:33
7	128	RICK DAVENPORT	38	YORKTOWN VA	27:50	8:58 *
8	135	BRIAN J MANGUM	36	LITHIA FL	28:34	9:12
9	140	JEFF SMITH	39	NEWPORT NEWS VA	28:53	9:18
10	148	SEAN MARTINEZ	35	HAMPTON VA	29:35	9:32
11	149	DAVE WAY	36	HAYES VA	29:36	9:32
12	150	BRIAN FRAHM	35	HAMPTON VA	29:36	9:32
13	186	KOLBI SHARTZER	36	YORKTOWN VA	33:02	10:38
14	188	MATT B SCHNEPF	38	NEWPORT NEWS VA	33:15	10:42
MEN: 40 - 44						
1	12	PAUL PELLETIER	44	WILLIAMSBURG VA	18:46	6:03 *
2	15	MICHAEL L REED	44	YORKTOWN VA	19:08	6:10 *
3	30	DANNY R DODSON	42	NEWPORT NEWS VA	21:05	6:47
4	45	SCOTT R KUHNLE	41	YORKTOWN VA	22:32	7:16
5	46	MARK A PEARSON	42	SALUDA VA	22:37	7:17
6	48	MARK YATES	44	SMITHFIELD VA	22:47	7:20
7	64	WILLIAM WHEELER	41	CARROLLTON VA	23:59	7:43
8	66	TONY COLLINS	42	NEWPORT NEWS VA	24:07	7:46
9	74	DAVID G NEARY	40	SMITHFIELD VA	24:34	7:55
10	84	MICHAEL REMY	41	NEWPORT NEWS VA	25:04	8:05
11	88	MICHAEL DANIELS	42	VIRGINIA BEACH VA	25:43	8:17
12	90	ZACHARY FLORENCE	44	WILLIAMSBURG VA	25:51	8:20
13	126	DARREN DEFORGE	42	YORKTOWN VA	27:46	8:56
14	141	DANAA POWELL	42	NEWPORT NEWS VA	28:56	9:19
15	168	ANTHONY HERNANDEZ	41	WILLIAMSBURG VA	31:15	10:04
16	218	ATHAN KRAMER	41	YORKTOWN VA	41:48	13:28
17	241	TY RINOSKI	42	YORKTOWN VA	52:12	16:48
MEN: 45 - 49						
1	35	ANDREW R D'AMICO	48	NEWPORT NEWS VA	21:37	6:58 *
2	49	ALAN VAN ZANDT	48	NEWPORT NEWS VA	22:53	7:22 *
3	63	ANTONIO W HANDY	48	QUANTICO VA	23:53	7:41
4	100	CHARLES VIA JR	46	RICHMOND VA	26:50	8:39
5	105	ROBERT BROWNSCHIDLE	47	YORKTOWN VA	27:05	8:43
6	112	PAUL EVANS	46	YORKTOWN VA	27:16	8:47
7	115	RAY LANDON	49	HAMPTON VA	27:21	8:48
8	139	MIKE PREZIOSO	48	WILLIAMSBURG VA	28:49	9:17
9	155	ROBERT MCNALLY	49	YORKTOWN VA	30:14	9:44

10	166	CHUCK ASKIN	47	YORKTOWN VA	31:07	10:01
11	183	BRIAN OUELLETTE	45	YORKTOWN VA	32:41	10:32
12	191	STEVEN KEETER	47	NEWPORT NEWS VA	33:52	10:54
13	224	JOHN PIPER	49	NEWPORT NEWS VA	44:47	14:25
MEN: 50 - 54						
1	5	STEPHEN J CHANTRY	54	WILLIAMSBURG VA	17:36	5:40 *
2	8	JAMES C BATES	53	HAMPTON VA	18:05	5:50 *
3	19	TERRY IMBERY	51	YORKTOWN VA	19:42	6:21 *
4	20	WYATT E CUTCHINS	53	NEWPORT NEWS VA	19:44	6:21 *
5	26	DAVID J SMITH	52	TAPPAHANNOCK VA	20:55	6:44
6	43	JOHN A PRICE	54	VIRGINIA BEACH VA	22:24	7:13
7	52	DEAN WEWETZER	50	NEWPORT NEWS VA	23:01	7:25
8	55	DAVID D NEWMAN	53	SUFFOLK VA	23:18	7:30
9	57	CHIP ROWLEY	50	YORKTOWN VA	23:29	7:34 *
10	67	KEN SHERWOOD	50	NEWPORT NEWS VA	24:10	7:47
11	68	GEORGE W NELSEN	54	NEWPORT NEWS VA	24:16	7:49 *
12	70	BENJAMIN R POTTS	54	NORFOLK VA	24:24	7:52 *
13	92	AL A MONTALVO	54	YORKTOWN VA	25:59	8:22 *
14	122	ROBERT CRAIG	51	YORKTOWN VA	27:32	8:52
15	153	ROBERT D JONES	54	YORKTOWN VA	29:45	9:35 *
16	165	RICHARD TALIAFERRO	54	POQUOSON VA	31:05	10:01
17	171	JOHN K LITTLE	51	YORKTOWN VA	31:36	10:11
18	208	GERARDO LOPEZ	51	YORKTOWN VA	37:00	11:55
MEN: 55 - 59						
1	10	JIM THORNTON	55	SEAFORD VA	18:40	6:01
2	18	PETER MUELLER	55	NEWPORT NEWS VA	19:36	6:19 *
3	27	DONNIE WYATT	55	HAMPTON VA	21:01	6:46
4	37	RICK PLATT	59	WILLIAMSBURG VA	22:01	7:06 *
5	54	BARRY HUGHES	55	GLOUCESTER VA	23:11	7:28
6	60	RUBEN A NIEVES	56	NEWPORT NEWS VA	23:43	7:38
7	69	JIMMY C BLOUNT	58	WILLIAMSBURG VA	24:19	7:50 *
8	83	JERRY W SCHENCK	55	NEWPORT NEWS VA	25:04	8:04 *
9	102	LEE H FAIRCHILD	55	POQUOSON VA	26:52	8:39 *
10	151	ALVIN RICHARDSON	58	NEWPORT NEWS VA	29:42	9:34 *
11	172	LARRY SIMPSON	57	FORT WORTH TX	31:41	10:12
12	176	WILLIAM WALDRON	57	YORKTOWN VA	32:08	10:21
13	206	GARY M SMITH	59	NORFOLK VA	36:51	11:52
MEN: 60 - 64						
1	56	EDGAR J RANGEL	60	NEWPORT NEWS VA	23:19	7:31 *
2	73	JOSEPH HARPER JR	62	YORKTOWN VA	24:32	7:54
3	75	LARRY ARATA	64	WILLIAMSBURG VA	24:38	7:56
4	94	RANDY HAWTHORNE	64	WILLIAMSBURG VA	26:18	8:28
5	131	GARY B PORTER	60	NEWPORT NEWS VA	28:02	9:02 *
6	210	RICHARD LUZINSKI	64	WILLIAMSBURG VA	37:40	12:08
MEN: 65 AND OVER						
1	24	WINSTON COLLINS SR	68	NEWPORT NEWS VA	20:49	6:42 *
2	104	ED J SHARP	69	FREDERICKSBURG VA	26:57	8:41
3	124	DOUG BERRY	66	NORFOLK VA	27:38	8:54 *
4	133	CALVIN M HANRAHAN	65	EDENTON NC	28:28	9:10 *
5	134	TOM RAY	76	KITTY HAWK NC	28:30	9:11 *
6	152	PAUL O SHARP	68	NORTH VA	29:44	9:35 *
7	163	DAN HAWLEY	73	YORKTOWN VA	31:02	10:00 *
8	197	JAMES P SHARP	67	NORTH VA	34:55	11:15
9	204	JOSEPH CRONIN	65	HAYES VA	36:29	11:45
10	205	ESBAY KING	68	GLENNS VA	36:36	11:47
11	222	ELMER A SCOTT	67	CHESAPEAKE VA	44:21	14:17

WOMEN:	14 AND UNDER			
1	111 MELODY L DUDLEY	11 CHESAPEAKE VA	27:13	8:46 *
2	137 JUSTINA ROWE	11 YORKTOWN VA	28:43	9:15
3	161 SYDNEY GARRETT	8 NEWPORT NEWS VA	30:59	9:59 *
4	215 SIENNA M TRUSKETT	7 GLEN MILLS PA	40:48	13:08
5	236 MALIKA J MUSAWWIR	12 RICHMOND VA	51:11	16:29
WOMEN:	15 - 19			
1	120 OLIVIA CRAIG	15 YORKTOWN VA	27:29	8:51
2	182 KAITLYN OUELLETTE	18 YORKTOWN VA	32:41	10:31
3	213 ELIZABETH R HINES	15 VIRGINIA BEACH VA	39:49	12:49
4	223 JESSICA PIPER	19 NEWPORT NEWS VA	44:46	14:25
5	237 MUSLIMA N MUSAWWIR	15 RICHMOND VA	51:12	16:29
WOMEN:	20 - 24			
1	78 SAMANTHA L BRADLEY	21 YORKTOWN VA	24:55	8:02 *
2	142 EMILY GUERRA	24 YORKTOWN VA	28:59	9:20
3	144 MALLORY WILLIAMS	21 NEWPORT NEWS VA	29:03	9:21
4	231 CALESHA HAYES	21 NEWPORT NEWS VA	47:26	15:16
WOMEN:	25 - 29			
1	38 JENNIFER J DOVER	27 FT EUSTIS VA	22:07	7:08 *
2	62 ELISHA F SIVILS	27 NORFOLK VA	23:52	7:41
3	118 KRISTINA MCKINNEY	26 NEWPORT NEWS VA	27:25	8:50 *
4	121 RACHEL HAGGERTY	29 GLOUCESTER VA	27:30	8:51
5	138 GINGER A MYERS	26 NEWPORT NEWS VA	28:46	9:16
6	143 LILA ROSE	28 HAYES VA	29:01	9:21
7	173 MEGAN SIMPSON	26 FORT WORTH TX	31:48	10:15
8	199 LINDSEY BREEDEN	28 FT EUSTIS VA	35:14	11:21
WOMEN:	30 - 34			
1	42 MILAGROS BLANCO	32 YORKTOWN VA	22:19	7:11
2	79 EMILY M ERNST	30 HAMPTON VA	24:59	8:03
3	85 RACHEL SWIFT	30 HAMPTON VA	25:20	8:10 *
4	86 CRYSTAL DAVENPORT	34 YORKTOWN VA	25:34	8:14 *
5	123 TARA SWIFT	32 LANGLEY AFB VA	27:33	8:53
6	160 MYECHA KITCHEN	31 NEWPORT NEWS VA	30:56	9:58
7	179 KRISTIN BRENDEN	31 WILLIAMSBURG VA	32:18	10:24
8	187 JENNIFER TAYLOR	30 SUFFOLK VA	33:09	10:40 *
9	192 NINA STICKLES	30 HAMPTON VA	33:54	10:55 *
10	195 SUSAN HARRIS	30 FREDERICKSBURG VA	34:23	11:04
11	198 ROBIN C DENNIS	33 CHESAPEAKE VA	35:01	11:17
12	203 CHRISTIE M MARSH	34 SUFFOLK VA	35:50	11:32
WOMEN:	35 - 39			
1	40 SUSAN HAGEL	36 NORFOLK VA	22:15	7:10 *
2	80 MARIE C LOWTHER	37 YORKTOWN VA	25:00	8:03
3	108 EVELYN RIDDELL	38 NEWPORT NEWS VA	27:09	8:45 *
4	109 SHEANNA J MIO	37 YORKTOWN VA	27:09	8:45
5	113 GINNY PHILLIPS	36 YORKTOWN VA	27:19	8:48
6	162 PAMELA A GARRETT	36 NEWPORT NEWS VA	30:59	9:59 *
7	178 CAROLYN EVANS	36 YORKTOWN VA	32:17	10:24 *
8	190 STEPHANIE COLLINS	35 SMITHFIELD VA	33:42	10:51
9	226 MARNIE SHARTZER	37 YORKTOWN VA	45:21	14:36
10	235 NANCY F SMITH	39 YORKTOWN VA	50:27	16:15
WOMEN:	40 - 44			
1	61 CHERYL LAGER	44 NEWPORT NEWS VA	23:46	7:39 *
2	116 GRACE DEVER	44 SUFFOLK VA	27:23	8:49
3	127 ANGIE GRANBY	43 NEWPORT NEWS VA	27:48	8:57
4	130 DAWN FLORENCE	43 WILLIAMSBURG VA	27:58	9:00
5	132 DONNA L MOYER	42 YORKTOWN VA	28:22	9:08
6	146 MUN CHRISTENSEN	43 YORKTOWN VA	29:13	9:24 *

7	156 CAROLE C TRUSKETT	40 GLEN MILLS PA	30:21	9:46
8	170 WENDY NAIL	40 POQUOSON VA	31:34	10:10 *
9	175 STEPHANIE E LUZZI	41 YORKTOWN VA	32:05	10:20
10	177 JENNIFER HERNANDEZ	41 WILLIAMSBURG VA	32:17	10:24
11	185 JULIE REICHLE	41 SEAFORD VA	33:01	10:38
12	201 MARCA M BOWSER	41 HAMPTON VA	35:37	11:28
13	202 JENNIFER LOWDEN	40 YORKTOWN VA	35:40	11:29
14	227 CEMEAL CARLSON	40 NEWPORT NEWS VA	46:40	15:01
15	240 MARY-CLAIRE RINOSKI	40 YORKTOWN VA	52:10	16:48
WOMEN: 45 - 49				
1	51 MICHELE SMITH-HARDEN	45 NORFOLK VA	22:57	7:23 *
2	76 CAROL BARTRAM	45 YORKTOWN VA	24:46	7:59 *
3	99 NANCY AYLER	45 YORKTOWN VA	26:42	8:36 *
4	103 ANNE WHITAKER	46 NEWPORT NEWS VA	26:56	8:41
5	114 NANCY WEAVER	46 WILLIAMSBURG VA	27:20	8:48
6	145 DEEDIE WEAVER	49 POQUOSON VA	29:12	9:24
7	159 BELINDA RAMSEY	46 NEWPORT NEWS VA	30:39	9:52
8	169 ANGELA WILLIAMS	46 NEWPORT NEWS VA	31:17	10:04
9	184 CINDY DANIELS	49 YORKTOWN VA	32:56	10:36
10	194 OLENN TRUSKETT	49 BREWSTER NY	34:13	11:01
11	217 NANCY L KRAMER	45 YORKTOWN VA	41:47	13:27
12	221 BONNIE BAFFER	49 YORKTOWN VA	43:02	13:52
WOMEN: 50 - 54				
1	77 LINDA SHEIMO	52 NEWPORT NEWS VA	24:50	8:00
2	106 CATHLEEN REA	51 NEWPORT NEWS VA	27:05	8:44 *
3	129 PAT E MONTALVO	53 YORKTOWN VA	27:57	9:00 *
4	174 CHERYL GALLANT	54 YORKTOWN VA	32:03	10:19
5	181 JENNIFER BARR	52 NEWPORT NEWS VA	32:31	10:28 *
6	200 PEGGY A MUELLER	52 SEAFORD VA	35:36	11:28
7	211 JENNIFER ALLEN	50 NEWPORT NEWS VA	37:47	12:10 *
8	225 LAURIE ATALLA	50 HAMPTON VA	45:03	14:30
9	228 BELINDA HUGHES	54 GLOUCESTER VA	46:46	15:03
10	230 PAM SIMPSON	54 FORT WORTH TX	47:14	15:13
11	232 DEBBIE A FITZGERALD	53 WILLIAMSBURG VA	47:56	15:26
12	234 GAIL HARR	54 WILLIAMSBURG VA	47:57	15:26
13	238 CHERYL TURNER	51 HAMPTON VA	51:18	16:31
WOMEN: 55 - 59				
1	125 HELEN T WORTHINGTON	55 BENA VA	27:40	8:55 *
2	147 BRENDA C MITCHELL	59 WILLIAMSBURG VA	29:19	9:26 *
3	220 MARIA-PAZ SMITH	57 HAYES VA	42:16	13:37
4	233 BARBARA BRAINARD	59 WILLIAMSBURG VA	47:57	15:26
5	239 DYORA C KINSEY	55 YORKTOWN VA	51:51	16:42
WOMEN: 60 - 64				
1	96 ANN HIRN	63 PORTSMOUTH VA	26:36	8:34 *
WOMEN: 65 AND OVER				
1	136 DIANE DEECHEANDIA	66 HAMPTON VA	28:38	9:13
COAST GUARD - MEN:				
1	25 GEOFF A HAGERMAN	25 YORKTOWN VA	20:54	6:44
2	46 MARK A PEARSON	42 SALUDA VA	22:37	7:17
3	47 BRADLEY P BERGAN	24 MOBILE AL	22:47	7:20
4	65 HEIKKI J LAUKKANEN	35 KYLE TX	24:04	7:45
5	72 JEFF NAGEL	25 MARCOIS FL	24:31	7:54
6	95 CHARLES J DUDEK	38 THIBODAUX LA	26:34	8:33
7	135 BRIAN J MANGUM	36 LITHIA FL	28:34	9:12
8	148 SEAN MARTINEZ	35 HAMPTON VA	29:35	9:32
9	149 DAVE WAY	36 HAYES VA	29:36	9:32

10	150 BRIAN FRAHM	35 HAMPTON VA	29:36	9:32
11	158 JEFF W FLOWER	30 PORTLAND OR	30:30	9:49
12	167 JAMES BRENDEL	29 WILLIAMSBURG VA	31:09	10:02
13	171 JOHN K LITTLE	51 YORKTOWN VA	31:36	10:11
14	218 ATHAN KRAMER	41 YORKTOWN VA	41:48	13:28
15	241 TY RINOSKI	42 YORKTOWN VA	52:12	16:48
COAST GUARD - WOMEN:				
1	62 ELISHA F SIVILS	27 NORFOLK VA	23:52	7:41
2	79 EMILY M ERNST	30 HAMPTON VA	24:59	8:03
3	203 CHRISTIE M MARSH	34 SUFFOLK VA	35:50	11:32
4	220 MARIA-PAZ SMITH	57 HAYES VA	42:16	13:37

* denotes PTC member