

2009 10K RUN FOR THE HEART
sponsored by the Knights of Columbus Council 5480
for the benefit of the American Heart Association
Old Stable Road, Newport News Park, Newport News, VA
Saturday, April 18, 2009 8:30 a.m.
A PENINSULA TRACK CLUB GRAND PRIX EVENT

OVERALL MEN

1	1 ANDREW BUDINSKY	18 WILLIAMSBURG VA	34:32	5:34
2	2 PAUL SMARTSCHAN	29 MIDLOTHIAN VA	37:12	6:00
3	3 CRAIG B HYMES	46 YORKTOWN VA	37:40	6:04 *

OVERALL WOMEN

1	5 KRISTI MARKOWICZ	38 NEWPORT NEWS VA	38:13	6:09 *
2	19 MERCEDES A CASTILLO-D'AMIC	51 NEWPORT NEWS VA	44:23	7:09 *
3	22 JENNIFER J DOVER	27 FT EUSTIS VA	44:59	7:15 *

MEN: 19 AND UNDER

1	18 IAN HAWKES	14 WILLIAMSBURG VA	44:11	7:07
2	26 GEOFF ABAHAZY	18 NEWPORT NEWS VA	46:31	7:30
3	35 DALLAS SIMMS	14 CAPE CHARLES VA	48:46	7:51
4	53 CODY SIMMS	14 CAPE CHARLES VA	52:34	8:28

MEN: 20 - 29

1	7 ALEXEY POPOV	26 NEWPORT NEWS VA	39:12	6:19 *
2	11 JETHRO SADORRA	26 NEWPORT NEWS VA	41:43	6:43
3	14 CRAIG HAWKINS	23 VIRGINIA BEACH VA	42:57	6:55
4	33 DOMINIQUE A BLEA	20 LANGLEY AFB VA	48:26	7:48
5	48 MATT BOOHER	21 PLANT CITY FL	51:04	8:14
6	55 JASON SHAW	28 NORFOLK VA	53:06	8:33
7	70 BRANDON MILLS	22 HAMPTON VA	56:32	9:06
8	102 NICK MATHEWS	29 NEWPORT NEWS VA	1:02:31	10:04 *
9	105 DEREK BRAMBLE	27 HAMPTON VA	1:02:47	10:07
10	135 RANDY MARS	27 YORKTOWN VA	1:21:46	13:10

MEN: 30 - 39

1	4 JACK LOVETT	39 NEWPORT NEWS VA	37:54	6:06
2	12 PETER WOLF	37 NEWPORT NEWS VA	41:55	6:45 *
3	29 ALEX MATAMOROS	37 NEWPORT NEWS VA	47:09	7:36
4	45 TROY MURIE	30 CLARKSVILLE TN	50:10	8:05
5	46 DUSTIN RUTH	33 YORKTOWN VA	50:18	8:06
6	47 HECTOR PACHECO	35 NEWPORT NEWS VA	50:29	8:08
7	51 JEFFREY CHUDD	33 NEWPORT NEWS VA	52:05	8:23
8	61 CHRISTOPHER BRUNCLIK	35 WILLIAMSBURG VA	54:20	8:45
9	65 JUSTIN SMITH	35 NEWPORT NEWS VA	55:30	8:56 *
10	71 MIKE BALDWIN	37 WILLIAMSBURG VA	56:45	9:08
11	83 ROB WAINWRIGHT	37 YORKTOWN VA	58:34	9:26
12	86 ANDY RATLIFF	35 NEWPORT NEWS VA	58:53	9:29
13	88 JASON STACHOWSKI	37 WILLIAMSBURG VA	59:19	9:33
14	89 RICK DAVENPORT	38 YORKTOWN VA	59:25	9:34
15	95 DAN REESE	31 HAMPTON VA	1:00:16	9:42
16	115 MATTHEW REBHOLZ	34 NEWPORT NEWS VA	1:05:01	10:28
17	126 JUAN MARTINEZ-ALVEZ	30 NEWPORT NEWS VA	1:13:32	11:51
18	129 CHAD HOUSER	34 CREWE VA	1:15:11	12:06
19	132 RICHARD WOOD	31 YORKTOWN VA	1:20:35	12:59

MEN: 40 - 49

1	8 PAUL PELLETIER	43 WILLIAMSBURG VA	39:54	6:26
2	16 RICHARD ARMSTRONG	47 YORKTOWN VA	43:41	7:02
3	17 ANDREW R D'AMICO	48 NEWPORT NEWS VA	43:43	7:03 *
4	21 ROBERT MERRIFIELD	46 WILLIAMSBURG VA	44:31	7:10

5	25 KRISTIAN ELLINGSEN	40 YORKTOWN VA	46:18	7:28
6	30 SCOTT SCHAFER	41 LANGLEY AFB VA	47:25	7:38
7	34 JACK KNICK	45 NEWPORT NEWS VA	48:44	7:51
8	39 JOHN CORCORAN	41 NEWPORT NEWS VA	49:08	7:55
9	40 BURREL MCCOLLUM	40 HAMPTON VA	49:19	7:57
10	41 REX HOOVER	45 WILLIAMSBURG VA	49:37	8:00
11	42 ERNIE LEBER	46 SUFFOLK VA	49:48	8:01
12	44 ROBERTO J CANO	42 YORKTOWN VA	50:01	8:03 *
13	52 ALAN VAN ZANDT	47 NEWPORT NEWS VA	52:27	8:27
14	54 PAUL BALACER	40 HAMPTON VA	52:53	8:31
15	56 WINDLE DAY	41 NEWPORT NEWS VA	53:10	8:34 *
16	63 JIM FISHER	43 YORKTOWN VA	54:50	8:50
17	73 TOM RAMTHUN	43 NEWPORT NEWS VA	56:51	9:09
18	78 ROBERT E TRUJILLO	45 YORKTOWN VA	57:36	9:17 *
19	100 ROBERT BONNER	49 MIRA LA	1:01:47	9:57
20	107 MICHAEL KOTTMER	40 VIRGINIA BEACH VA	1:03:08	10:10
MEN: 50 - 59				
1	6 JIM THORNTON	54 SEAFORD VA	38:39	6:14
2	9 PETER MUELLER	55 NEWPORT NEWS VA	40:27	6:31 *
3	10 TERRY IMBERY	51 YORKTOWN VA	41:32	6:41 *
4	13 WYATT E CUTCHINS	53 NEWPORT NEWS VA	42:12	6:48 *
5	38 DEAN WEWETZER	50 NEWPORT NEWS VA	49:04	7:54
6	43 EDGAR J RANGEL	59 NEWPORT NEWS VA	49:51	8:02 *
7	50 EUGENE A THIES	54 HAMPTON VA	51:28	8:17 *
8	58 STEPHEN PONDELL	51 SUGAR LAND TX	53:52	8:41
9	82 AL A MONTALVO	54 YORKTOWN VA	58:10	9:22 *
10	84 MARK CIRACI	51 NEWPORT NEWS VA	58:48	9:28
11	101 ROBERT D JONES	53 YORKTOWN VA	1:02:25	10:03 *
12	113 JAMES P MEAGHER	54 YORKTOWN VA	1:04:58	10:28 *
13	117 GARY LEE SUEVER	53 NEWPORT NEWS VA	1:05:57	10:37
14	118 TOMMY ALLEN	56 CARROLLTON VA	1:06:05	10:39 *
15	130 REN THORNE	52 FARMVILLE VA	1:15:13	12:07
16	131 GARY M SMITH	58 NORFOLK VA	1:19:20	12:47
MEN: 60 AND OVER				
1	15 DAVID E BUSSIERE SR	60 VIRGINIA BEACH VA	43:05	6:57
2	20 WINSTON COLLINS SR	68 NEWPORT NEWS VA	44:30	7:10 *
3	23 JIM CHRISTOL	61 YORKTOWN VA	45:17	7:18 *
4	31 NIKOLAI SINKINE	60 HAMPTON VA	47:57	7:43 *
5	32 LARRY W TURNER	66 SEAFORD VA	48:10	7:46 *
6	69 GARY B PORTER	60 NEWPORT NEWS VA	56:10	9:03 *
7	92 MIKE KELLY	75 NEWPORT NEWS VA	59:44	9:37
8	98 DAN HAWLEY	72 YORKTOWN VA	1:01:15	9:52 *
MEN: AGE UNKNOWN - NO AWARDS				
1	90 ROBERT GARCIA	99 WILLIAMSBURG VA	59:38	9:36
WOMEN: 19 AND UNDER				
1	36 GAYLIN GLUECK	14 WILLIAMSBURG VA	48:57	7:53 *
2	64 GEORGIA BYLER	15 CAPE CHARLES VA	55:15	8:54
3	141 MADISON BLACKMAN	10 YORKTOWN VA	1:34:05	15:09
WOMEN: 20 - 29				
1	24 CHARLENE LOPER	20 HAMPTON VA	46:10	7:26
2	27 IRIS WARCHALL	20 SPRINGFIELD VA	46:33	7:30
3	28 EMILY RANSONE	24 WILLIAMSBURG VA	46:41	7:31
4	59 CARRIE LENHART	29 NEWPORT NEWS VA	54:14	8:44
5	74 STEPHANIE DUMMITT	29 CHAMPAIGN IL	56:59	9:11
6	76 CATHERINE BOUCHARD	27 YORKTOWN VA	57:24	9:15
7	79 CLAUDIA WALLINMANGUM	26 HAMPTON VA	57:37	9:17

8	85 MICHELLE BROWN	28 YORKTOWN VA	58:52	9:29
9	93 MONICA JOHNSON	23 TORRINGTON CT	1:00:04	9:40
10	94 SHANNON PERCIVAL	24 PORTSMOUTH VA	1:00:14	9:42
11	103 DIANE CEBULA	28 NEWPORT NEWS VA	1:02:36	10:05 *
12	110 APRIL CASSELL	26 POQUOSON VA	1:03:51	10:17
13	124 MARY WHITT	23 NEWPORT NEWS VA	1:12:52	11:44
14	128 TAMARA ABAHAZY	21 NEWPORT NEWS VA	1:13:59	11:55
15	136 BERNITA EDDINGS	29 HAMPTON VA	1:21:59	13:12
16	137 LANISA MCCOLLUM	28 HAMPTON VA	1:22:29	13:17
WOMEN: 30 - 39				
1	49 NICOLE TAYLOR	34 YORKTOWN VA	51:27	8:17
2	57 CRYSTAL DAVENPORT	34 YORKTOWN VA	53:27	8:37
3	60 LINNEA BRUNCLIK	35 WILLIAMSBURG VA	54:19	8:45
4	62 TAMARA KOST	34 NEWPORT NEWS VA	54:44	8:49
5	68 LIZ BRADFORD	38 YORKTOWN VA	55:39	8:58 *
6	72 KAREN MONK	38 NEWPORT NEWS VA	56:50	9:09
7	77 EVELYN RIDDELL	37 NEWPORT NEWS VA	57:33	9:16 *
8	80 JENNIFER J STEPHENS	30 NEWPORT NEWS VA	57:53	9:19
9	81 VICKI SHULL	38 YORKTOWN VA	57:55	9:20
10	87 REBECCA SMARTSCHAN	33 MIDLOTHIAN VA	59:12	9:32
11	96 NINA STICKLES	30 HAMPTON VA	1:00:16	9:42 *
12	99 ADRIENNE SPITZ	34 QUAKER HILL CT	1:01:28	9:54
13	104 STACIE PLANTZ	35 YORKTOWN VA	1:02:38	10:05
14	109 JULIE WASKEY	30 YORKTOWN VA	1:03:51	10:17
15	114 TRACY ANDERSON	36 YORKTOWN VA	1:05:00	10:28
16	116 PEGGY ORYE	33 WILLIAMSBURG VA	1:05:23	10:32
17	119 CHAMIE RILEY	37 YORKTOWN VA	1:06:44	10:45
18	120 CINDY AITKEN	34 VIRGINIA BEACH VA	1:06:45	10:45
19	122 RENITHA A IRVIN	32 HAMPTON VA	1:08:19	11:00
20	123 SUZANNA STEPHENS	36 NEWPORT NEWS VA	1:11:58	11:35
21	138 KELLY JO MARS	33 YORKTOWN VA	1:29:15	14:22
22	140 BRANDI BLACKMAN	32 YORKTOWN VA	1:34:04	15:09
WOMEN: 40 - 49				
1	37 MICHELE SMITH-HARDEN	45 NORFOLK VA	49:01	7:54 *
2	97 MIRANDA HAYDEN	40 NEWPORT NEWS VA	1:00:46	9:47 *
3	106 GLORIA MOSES	49 NEWPORT NEWS VA	1:02:51	10:07
4	108 NANCY AYLER	45 YORKTOWN VA	1:03:35	10:14 *
5	112 TAMARA J GILLIAM	45 WILLIAMSBURG VA	1:04:50	10:26
6	127 TAMMY MANNO	45 SUFFOLK VA	1:13:45	11:53
7	139 KATHY TOPP	48 NEWPORT NEWS VA	1:30:48	14:37
WOMEN: 50 - 59				
1	66 THEA M GANOE	51 YORKTOWN VA	55:31	8:57 *
2	75 PAT E MONTALVO	52 YORKTOWN VA	57:14	9:13 *
3	91 PATRICIA TRAVIS	57 WILLIAMSBURG VA	59:40	9:37
4	111 STROTHER SHARP	51 HARLES CITY VA	1:04:34	10:24
5	121 ROLANDE PHILLIPS	56 YORKTOWN VA	1:07:43	10:54 *
6	125 JENNIFER ALLEN	50 NEWPORT NEWS VA	1:12:58	11:45 *
7	142 DEBRA JANEZECK	51 VIRGINIA BEACH VA	1:36:02	15:28
WOMEN: 60 AND OVER				
1	67 BARBARA BIASI	61 YORKTOWN VA	55:34	8:57 *
WOMEN: AGE UNKNOWN - NO AWARDS				
1	133 SYLVIA GARCIA	99 WILLIAMSBURG VA	1:21:26	13:07
WHEELCHAIR RACERS				

* denotes PTC member