

2010 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 10, 2010 8:30 a.m.
A PENINSULA TRACK CLUB GRAND PRIX EVENT

OVERALL MEN

1	1 CRAIG B HYMES	47 YORKTOWN VA	38:02	6:08	*
2	2 DAVID P LOCKARD	41 HAMPTON VA	39:28	6:21	
3	3 PETER MUELLER	56 NEWPORT NEWS VA	39:53	6:25	*

OVERALL WOMEN

1	15 ANDREA LEBER	45 SUFFOLK VA	44:46	7:13	
2	16 CHARLENE LOPER	21 HAMPTON VA	44:54	7:14	
3	19 BECKY HOLLIDAY	49 LANEXA VA	46:36	7:30	

MEN: 19 AND UNDER

1	42 CHRISTOPHER OHLHAVER	15 NEWPORT NEWS VA	51:39	8:19	
2	54 GEOFF ABAHAZY	19 NEWPORT NEWS VA	52:29	8:27	
3	138 RYAN JENKINS	11 NEWPORT NEWS VA	1:40:11	16:08	

MEN: 20 - 29

1	9 ALLEN SESE	22 NORFOLK VA	42:34	6:51	
2	17 ALAN ROGERS	21 HAMPTON VA	45:16	7:18	
3	38 DREW LILLY	27 NEWPORT NEWS VA	51:15	8:15	
4	45 BRANDON MILLS	23 HAMPTON VA	51:56	8:22	
5	80 JAMES A DICKINSON	25 NEWPORT NEWS VA	58:19	9:24	

MEN: 30 - 39

1	4 JEFF PERSSON	32 HAMPTON VA	41:04	6:37	
2	6 GREGORY ADAMS II	32 FT EUSTIS VA	41:10	6:38	
3	7 MIKE STOHLER	31 NEWPORT NEWS VA	41:47	6:44	
4	8 PETER WOLF	38 NEWPORT NEWS VA	42:15	6:48	*
5	11 MATTHEW CROSWELL	31 GLOUCESTER VA	43:51	7:04	
6	21 CHRISTOPHER STEPHENS	39 NEWPORT NEWS VA	46:47	7:32	
7	26 THOMAS DAVIS	32 AUBURN AL	48:46	7:51	
8	39 ANDER WOOD	32 YORKTOWN VA	51:30	8:18	
9	49 HELBER A DELGADO	33 VA	52:20	8:26	
10	51 RICK DAVENPORT	39 YORKTOWN VA	52:21	8:26	*
11	53 TRAVIS PASSEY	31 YORKTOWN VA	52:23	8:26	
12	55 KOREY CUTERBRIDGE	30 PRINCE GEORGE VA	52:29	8:27	
13	62 PAUL HAAG	36 WILLIAMSBURG VA	53:45	8:39	
14	64 BRETT BOOTHE	30 NEWPORT NEWS VA	54:12	8:44	
15	69 ROBERT MURPHIE	35 TOANO VA	55:28	8:56	
16	76 MICHAEL ABLES	39 NEWPORT NEWS VA	58:04	9:21	
17	81 WILLIAM NEWCOMB	37 NEWPORT NEWS VA	58:48	9:28	
18	89 CHRISTOPHER COOLBAUGH	35 WILLIAMSBURG VA	1:01:23	9:53	
19	90 ISAIAH MARAUTA	33 HAMPTON VA	1:01:26	9:54	
20	96 STEPHEN BRANT	30 NORFOLK VA	1:03:09	10:10	
21	104 JOSEPH SQUIZZERO	35 HAMPTON VA	1:05:15	10:30	
22	111 JAMIE GARRETT	37 NEWPORT NEWS VA	1:06:35	10:43	*
23	118 JAMES WHITE	33 HAMPTON VA	1:13:07	11:46	

MEN: 40 - 49

1	12 KRISTIAN ELLINGSEN	41 YORKTOWN VA	44:31	7:10	*
2	18 JOHN VANDERHOVEN	48 YORKTOWN VA	45:20	7:18	*
3	20 JOE TOUCHSTONE	40 GLOUCESTER VA	46:39	7:31	
4	30 ALAN VAN ZANDT	48 NEWPORT NEWS VA	49:15	7:56	*
5	31 ERNIE LEBER	47 SUFFOLK VA	49:49	8:01	
6	32 JAY ROSS	48 NEWPORT NEWS VA	49:57	8:03	

7	33	MARTY TOMASEK	48	LANEXA VA	50:04	8:04
8	37	STEVE PETERS	46	POQUOSON VA	51:05	8:14 *
9	41	STEVEN KEETER	46	NEWPORT NEWS VA	51:37	8:19 *
10	48	STEPHEN JURCZYK	48	WILLIAMSBURG VA	52:17	8:25
11	50	JEFF MARTIN	48	WILLIAMSBURG VA	52:20	8:26
12	56	ROBERTO J CANO	43	YORKTOWN VA	52:39	8:29 *
13	58	CHARLES CANTY	42	NEWPORT NEWS VA	53:07	8:33
14	59	SCOTT GLASSBURN	47	HAMPTON VA	53:19	8:35
15	65	SHAWN MCKENZIE	42	SILES CITY NC	54:21	8:45
16	68	KEVIN GRIERSON	44	HAMPTON VA	55:19	8:55
17	82	DEREK LE VIE	40	YORKTOWN VA	59:16	9:33
18	84	ROBERT TROJILLO	46	VA	59:27	9:34
19	87	CURTIS SECHRIST	45	HAMPTON VA	1:00:15	9:42
20	95	FRED YOUNG	45	NEWPORT NEWS VA	1:02:11	10:01
21	100	MATT BURTON	44	NEWPORT NEWS VA	1:04:41	10:25
22	127	JOE KELLY	45	NEWPORT NEWS VA	1:20:27	12:57
23	130	MICHAEL ANGELO	46	POQUOSON VA	1:21:56	13:12 *
MEN: 50 - 59						
1	5	TERRY IMBERY	52	YORKTOWN VA	41:05	6:37 *
2	10	RICK PLATT	59	WILLIAMSBURG VA	43:20	6:59 *
3	13	DAVE VENABLE	53	YORKTOWN VA	44:39	7:12 *
4	24	DEAN WEWETZER	51	NEWPORT NEWS VA	48:35	7:50
5	35	JIMMY C BLOUNT	59	WILLIAMSBURG VA	50:43	8:10 *
6	40	GEORGE W NELSEN	54	NEWPORT NEWS VA	51:33	8:18 *
7	46	DONALD HAMADYK	51	NEWPORT NEWS VA	52:00	8:23 *
8	57	EUGENE THEIS	55	HAMPTON VA	53:00	8:32 *
9	67	MARK CIRACI	52	NEWPORT NEWS VA	55:05	8:52
10	75	CARLOS LICEAGA	51	NEWPORT NEWS VA	57:58	9:20 *
11	86	DONALD ROWE	53	YORKTOWN VA	1:00:00	9:40
12	119	PETER M NAVIN	55	HAMPTON VA	1:13:10	11:47 *
13	120	TIMOTHY O'BRIEN	50	NEWPORT NEWS VA	1:13:44	11:52
MEN: 60 AND OVER						
1	14	JIM CHRISTOL	62	YORKTOWN VA	44:43	7:12 *
2	23	ROBERT H WRIGHT	69	HAMPTON VA	47:52	7:43 *
3	34	STEVEN BOOKBINDER	61	NEWPORT NEWS VA	50:04	8:04
4	47	GEORGE I FENIGSOHN	62	POQUOSON VA	52:14	8:25 *
5	78	GARY B PORTER	61	NEWPORT NEWS VA	58:12	9:22 *
6	99	PAUL O SHARP	69	NORTH VA	1:04:09	10:20 *
7	107	ROBERT GARCIA	60	WILLIAMSBURG VA	1:05:47	10:36
8	117	STEPHEN V SCUDDER	61	VIRGINIA BEACH VA	1:12:01	11:36 *
9	124	JAMES P SHARP	67	NORTH VA	1:18:31	12:39
MEN: AGE UNKNOWN - NO AWARDS						
WOMEN: 19 AND UNDER						
1	110	SYDNEY GARRETT	8	NEWPORT NEWS VA	1:06:13	10:40 *
WOMEN: 20 - 29						
1	22	JULIETTE GIORDANO	27	YORKTOWN VA	47:03	7:35
2	29	ANGELA ROWE	28	YORKTOWN VA	49:13	7:56
3	44	MEGHAN FOLEY	26	HAMPTON VA	51:52	8:21
4	66	LARECIA TEEL	25	VIRGINIA BEACH VA	54:39	8:48
5	77	ALAINA WINCH	24	YORKTOWN VA	58:09	9:22
6	79	ZENA URBAN	25	WILLIAMSBURG MA	58:19	9:23
7	88	MELISSA VALDEZ	27	PORTSMOUTH VA	1:00:25	9:44
8	92	MEGHAN MCCALL	25	NEWPORT NEWS VA	1:01:46	9:57
9	93	MICHELLE WHIPPLE	28	NEWPORT NEWS VA	1:01:47	9:57
10	97	JESSICA MAYKRANTZ	26	HERNDON VA	1:03:10	10:10
11	105	RACHEL WHITE	27	HAMPTON VA	1:05:36	10:34 *

12	106	JEANETTE FOXX	25	NEWPORT NEWS VA	1:05:39	10:34	
13	108	TAMIKA BOLER	29	YORKTOWN VA	1:05:56	10:37	
14	109	JOSEPHINE ALSTON	23	YORKTOWN VA	1:05:57	10:37	
15	112	KIMBERLY MASTON	28	YORKTOWN VA	1:06:38	10:44	
16	122	KRISTEN MCNULTY	25	WEST POINT VA	1:16:26	12:18	
17	123	CLAUDIA WALLINGHAM	28	HAMPTON VA	1:16:27	12:19	
18	131	HEATHER WESTRICK	28	YORKTOWN VA	1:22:28	13:17	
19	141	JESSICA HARBIN	24	NORFOLK VA	1:42:53	16:34	
20	142	RACHEL JENKINS	29	NEWPORT NEWS VA	1:48:15	17:26	
21	143	STEPHANIE HEINATZ	28	GLOUCESTER POINT V	1:54:14	18:24	
WOMEN: 30 - 39							
1	36	SUSAN HAGEL	37	NORFOLK VA	50:57	8:12	*
2	43	A JOYE LEE	37	HAMPTON VA	51:50	8:21	*
3	52	ANGELA PASSEY	34	YORKTOWN VA	52:23	8:26	
4	60	BRIANA CHRISTY	34	YORKTOWN VA	53:33	8:37	*
5	72	TINA MARTIN	39	YORKTOWN VA	56:48	9:09	*
6	83	DIONE EDWARDS	39	HAMPTON VA	59:22	9:34	*
7	85	LUCY SANKEY	38	POQUOSON VA	59:48	9:38	
8	98	STACIE PLANTZ	36	YORKTOWN VA	1:03:52	10:17	
9	101	JULIE WILSON	32	YORKTOWN VA	1:04:48	10:26	
10	102	WHITNEY MUTTER	35	WILLIAMSBURG VA	1:04:49	10:26	
11	103	RHONDA SQUIZZERO	34	HAMPTON VA	1:05:14	10:30	
12	116	SUKEY STEPHENS	37	HAMPTON VA	1:10:40	11:23	
13	132	LAURA RANDEAU	30	GLOUCESTER VA	1:22:29	13:17	
14	133	AUDRA FRAZIER	30	NEWPORT NEWS VA	1:28:34	14:16	
15	134	SHEILA KELLY	36	NEWPORT NEWS VA	1:31:14	14:41	
16	135	CAROLINE STRIEPE	36	NEWPORT NEWS VA	1:33:18	15:01	
17	144	RUDY HEINTATZ	32	GLOUCESTER VA	1:54:15	18:24	
WOMEN: 40 - 49							
1	25	RHONDA VENABLE	48	YORKTOWN VA	48:43	7:51	*
2	27	JENISE CARROLL	43	HAMPTON VA	48:59	7:53	
3	28	MICHELE SMITH-HARDEN	46	NORFOLK VA	49:08	7:55	*
4	61	CHRISTINE SCHAFFNER	46	YORKTOWN VA	53:38	8:38	*
5	70	DEBI A HENDERSON	49	NEWPORT NEWS VA	55:29	8:56	*
6	73	ANDREA SMITH	43	YORKTOWN VA	57:22	9:14	
7	113	DEANNA STEWART	40	VIRGINIA BEACH VA	1:09:39	11:13	
8	114	BETH SMYDER	40	CHESAPEAKE VA	1:09:40	11:13	
9	121	SUSAN MCNULTY	46	WEST POINT VA	1:16:26	12:18	
10	126	SUSAN A RICHARDSON	46	VIRGINIA BEACH VA	1:19:58	12:53	*
11	128	MARIA VASQUEZ	40	VIRGINIA BEACH VA	1:21:04	13:03	
12	136	JENNIFER BARKER	41	NEWPORT NEWS VA	1:33:18	15:01	
WOMEN: 50 - 59							
1	63	HELEN WORTHINGTON	55	BENA VA	53:56	8:41	*
2	71	CINDY SLOMINSKI	52	SEAFORD VA	56:42	9:08	*
3	74	ELIZABETH ROWE	51	YORKTOWN VA	57:38	9:17	
4	91	CATHLEEN REA	51	NEWPORT NEWS VA	1:01:35	9:55	*
5	94	PATRICIA TRAVIS	58	WILLIAMSBURG VA	1:01:58	9:59	*
6	115	JENNIFER BARR	52	NEWPORT NEWS VA	1:10:33	11:22	*
7	125	SYLVIA GARCIA	57	WILLIAMSBURG VA	1:18:33	12:39	
8	139	LISA JENKINS	51	NEWPORT NEWS VA	1:42:51	16:34	
9	140	WANDA ALLEN	58	NEWPORT NEWS VA	1:42:52	16:34	
10	145	VICKY SHABBOTT	52	GLOUCESTER VA	1:54:16	18:24	
WOMEN: 60 AND OVER							
NONE							
WOMEN: AGE UNKNOWN - NO AWARDS							
1	137	STEPHANIE ROPER BURTON	99	NEWPORT NEWS VA	1:40:10	16:08	

* denotes PTC member