

Run For Your Life 5K
Mar. 21, 2009
Titusville FL

Name	Age	Time	Pace
FEMALE OVERALL			
Angela Wells	43	20:02.80	6:26
Nancy Buonanni	47	20:24.06	6:34
Danielle Collyer	30	21:41.85	6:58
FEMALE MASTER			
Sandra Gannon	43	22:10.30	7:08
FEMALE 8 and Under			
Sophia Toledo	8	29:20.13	9:26
Liannie Sierra	7	29:21.51	9:26
Julianna Graf	8	33:06.29	10:39
FEMALE 9-11			
Elizabeth Gahres	10	26:10.87	8:25
Haley Hostetter	10	28:20.15	9:07
Sarah Barnao	11	32:33.09	10:28
Aubrey Farrell	11	32:55.00	10:35
Victoria Willis	9	33:57.77	10:55
Rachel Erikson	10	37:36.25	12:06
Elizabeth Perdomo	11	55:59.00	18:01
FEMALE 12-14			
Anna Thorne	14	24:24.49	7:51
Sarah Payzant	13	27:48.98	8:57
Sierra Pollard	14	28:15.31	9:05
Emily McLaughlin	13	31:55.20	10:16
Nicole Nolan	12	38:29.27	12:23
FEMALE 15-19			
Olivia Carter	15	25:24.31	8:10
Jamie Dodson	15	28:01.68	9:01
Sara McLaughlin	17	29:48.01	9:35
Sara Grooms	19	30:54.27	9:56
Jessalyn Schmidt	17	33:14.57	10:41
Valerie Luman	15	33:51.08	10:53
Kalin Dingess	19	34:14.78	11:01
Jill Smith	18	34:29.49	11:06
Allison Burdine	16	37:31.92	12:04
Veronica Brunelle	19	40:30.84	13:02
Katherine LeBlanc	15	45:08.00	14:31
Amy Cooper	15	45:09.00	14:32
Emilee Nolan	15	48:49.00	15:43
Bethany Field	15	49:31.00	15:56
FEMALE 20-24			
Michelle Olszewski	20	24:13.15	7:47
Jessica Vanscyoc	22	25:18.71	8:08
Laura Diesel	20	33:32.06	10:47
Jennifer Levitt	24	35:24.27	11:23
FEMALE 25-29			
Celia Mahler	27	24:30.56	7:53
Pascalie Atwell	29	25:12.82	8:06
Heidi Cabrera	29	27:56.27	8:59
Amanda Shrader	26	28:16.36	9:06
Melissa Fournier	27	30:33.50	9:50
Kelly Cook	28	30:42.82	9:53
Beth McMillan	28	31:38.26	10:11

Rachel Rayburn	26	33:11.43	10:41
Lauren Brockert	25	33:26.17	10:45
Kristen Stone	28	33:29.53	10:46
Amanda Sandberg	25	36:23.47	11:42

FEMALE 30-34

Melissa Kastanias	31	22:55.27	7:22
Julie Pomerleau	34	25:02.22	8:03
Christy Chesnut	32	28:45.61	9:15
Emily Guyer	30	29:04.45	9:21
Mandy Gilmore	33	29:22.29	9:27
Heather Parman	34	30:09.63	9:42
Jenny MacBride	32	32:27.79	10:26
KarraH Hunkins	32	33:03.42	10:38
Sarah Hillard	33	36:30.24	11:45
Summer Gregg	30	36:46.94	11:50
Ursula Ring	30	53:45.00	17:18

FEMALE 35-39

Leslie Talbert	37	23:16.02	7:29
Dawn Poole	37	23:48.63	7:39
Nancy Tilley	39	28:00.77	9:00
Jessica Vanatta	38	28:11.00	9:04
Karma Poole	38	28:46.27	9:15
Denise Evans	39	30:00.91	9:39
Barbara Allison	35	30:15.48	9:44
Debi Pollard	38	31:05.72	10:00
LeeAnne Herold	35	33:00.00	10:37
Violeta Haag	39	33:46.08	10:52
Amy Gadapee	38	34:43.63	11:10
Karen Loviska	37	40:33.68	13:03
Doreen Erikson	39	43:34.43	14:01
Cindi Palilonis	37	48:04.00	15:28
Linda Simonsen	38	53:17.00	17:09

FEMALE 40-44

Julie Cloney	44	23:07.56	7:26
Michelle Smurl	40	23:10.89	7:27
Chiqui Behymer	44	24:38.41	7:55
Karen Hughes	44	24:41.05	7:56
Patricia Taurasi	44	24:47.46	7:58
Christine Kennedy	43	25:30.70	8:12
Sharon Sieber	42	27:07.49	8:43
Marisa Flint	43	27:11.00	8:45
Marissa Flint	43	27:30.82	8:51
Angela McFall	40	29:11.20	9:23
Melanie Huss	43	29:44.36	9:34
Laura Cole	41	30:22.60	9:46
Dianne Klazon	43	30:33.90	9:50
Kim Payzant	41	31:03.33	9:59
Alice Schultz	43	36:17.88	11:40
Terri Burdine	44	38:53.50	12:31
Robin Sims	41	40:34.17	13:03
Lori Willoughby	40	41:11.17	13:15
Stacey Hopper	42	42:06.74	13:33
Janet Bainbridge	44	42:07.64	13:33
Muriel Curry	44	48:21.00	15:33

FEMALE 45-49

Suzie Enlow	46	22:11.73	7:08
Theresa Miller	49	22:17.40	7:10
Patti Spoerle	46	23:06.39	7:26
Lynn Pucci	49	26:45.15	8:36
Stacey Myers	46	27:34.96	8:52
Kristy Mount	45	29:02.30	9:20

Bridgett Cooper	45	29:23.57	9:27
Cindy Taylor	47	32:26.87	10:26
Rhoda Fisher	48	32:35.88	10:29
Jeanne Stagi	49	33:22.56	10:44
Charlotte Brunelle	47	39:33.85	12:44
Darlissa Salazar	48	42:47.43	13:46
Michele Field	48	46:36.00	15:00
Susan Grooms	49	47:12.00	15:11
Dawn Garand	49	52:18.00	16:50

FEMALE 50-54

Elizabeth Ring	51	24:08.05	7:46
Karon Pittman	51	25:33.61	8:13
Marlene Kideckel	54	26:34.40	8:33
Debbie Rescott	50	27:11.44	8:45
Nancy Sharp	51	29:14.06	9:24
Marion Oswald	51	31:38.73	10:11
Donna Neill	51	35:05.24	11:17
Dorothy Hawk	54	45:05.00	14:30
Maggie Sizemore	53	46:28.00	14:57
Jackie Haines	54	46:29.00	14:57
Maggie Forbes	53	47:11.00	15:11
Salli DiBartolo	50	52:41.00	16:57
Leslie Quinn	51	53:21.00	17:10
Delia Perdomo	50	55:58.00	18:01
Dawn Cummings	53	59:58.00	19:18

FEMALE 55-59

Sue Strout	55	23:33.99	7:34
Pat Kiesselbach	59	25:32.42	8:13
Rhonda Howard	57	28:10.76	9:04
Dagmar Fick	57	28:52.75	9:17
Blanche Morrison	57	31:01.36	9:59
Susan Govatos	55	38:28.70	12:23
Patti Miner	55	46:16.00	14:53
Caroline Willis	56	46:36.00	15:00
Sue Cerialle	59	52:27.00	16:53

FEMALE 60-64

Patricia England	64	32:10.97	10:21
Shirley Kump	61	46:16.00	14:53
Darlene Udd	62	48:42.00	15:40
Ginger Doherty	61	1:01:26.00	19:46

FEMALE 65-69

Maddie Garand	67	49:26.00	15:54
Lorna Adams	66	53:22.00	17:10
Beverly Haverland	68	53:44.00	17:17

FEMALE 70 and Over

Karen Colle	70	39:57.40	12:51
Marilyn Packer	70	51:47.00	16:40

MALE OVERALL

Billy McMillan	24	17:42.86	5:41
Frank Kapr	40	17:51.03	5:44
Timothy Marquart	16	18:20.20	5:54

MALE MASTER

Art Anderson	49	18:21.83	5:54
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MALE 8 and Under

Jeffery Gahres	8	23:46.64	7:39
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Chace Gadapee	8	33:14.03	10:41
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MALE 9-11

Wyatt Willis	11	20:27.64	6:35
Colten Toms	10	22:22.41	7:12
Ryan Garrett	10	23:08.58	7:26
Dawson Toms	9	24:29.15	7:52
Jonathan Pugh	10	25:17.33	8:08
Gage Carter	11	26:25.32	8:30
Jacob Carter	11	29:41.91	9:33
Trevor Denson	9	30:41.34	9:52
Jason Garrett	9	30:42.48	9:53
Kyle McFall	10	33:54.25	10:54
Ryan Collyer	9	35:58.81	11:34
Dakota Withers	10	36:09.90	11:38
Stephen Schultz	10	48:22.00	15:34
Ethan Cowan	9	36:27.87	11:44

MALE 12-14

Nick Flint	14	19:35.73	6:18
Zak Unrue	12	20:19.81	6:32
Drew Denson	13	20:24.48	6:34
John Gahres	12	21:21.34	6:52
Jacob Langgle	13	21:37.40	6:57
Alex Horner	14	22:33.07	7:15
Dillon Connolly	12	23:27.18	7:32
Wesley Garrett	12	25:06.88	8:04
Micah Nance	13	26:49.25	8:38
Holden Berry	13	31:35.08	10:10
Luke Gehlman	12	33:05.41	10:39
Lucas Erikson	12	33:12.00	10:41
Jamie Garand	12	35:33.99	11:26

MALE 15-19

Taylor Collier	17	18:58.57	6:06
Robert Gahres	17	19:52.58	6:23
Michael Quinn	16	20:15.10	6:31
Ryan Kelly	18	21:20.45	6:52
Donald Gahres	15	22:48.58	7:20
Tommy Murray	16	29:48.57	9:35

MALE 20-24

Brian Dugan	20	33:30.45	10:47
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MALE 25-29

Aaron Fournier	29	18:42.91	6:01
Christopher Han	27	28:32.25	9:11

MALE 30-34

Anthony Allotta	32	22:24.55	7:12
William Hunkins	33	22:47.42	7:20
Ryan Barlow	30	24:35.48	7:54
Anthony Marketon	31	27:52.81	8:58
Nate Hillard	32	33:31.66	10:47

MALE 35-39

Howard Kanner	39	19:19.80	6:13
Mike Doyle	36	19:42.71	6:20
Dave Chapman	35	21:27.04	6:54
Mark Dixon	37	21:51.27	7:02
James Sterling	36	24:36.02	7:55
Mike Pollard	37	25:45.70	8:17
David Allender	39	25:47.30	8:18
Ryan Herold	36	28:28.49	9:09
CJ Gehlman	37	31:07.08	10:01

Brett Gadapee	39	34:46.31	11:11
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MALE 40-44

Pedro Toledo	41	18:59.35	6:06
Jorden Halstead	44	19:50.13	6:23
Randy Farner	42	20:16.24	6:31
Doug Bethoney	42	23:04.72	7:25
Jeffery Peacock	44	23:34.77	7:35
Todd Denson	44	23:56.96	7:42
Steven Olszewski	41	25:33.04	8:13
Frank Calhoun	43	26:03.53	8:23
Daniel Talbert	42	26:55.81	8:39
Andrew Torres	42	27:42.29	8:55
Joel Perez	40	30:57.46	9:57
David Erikson	42	37:18.00	12:00
William Wilson	42	1:01:28.00	19:47

MALE 45-49

Tony Stokes	46	19:52.18	6:23
David Taurasi	45	20:33.88	6:36
David Poole	45	22:16.12	7:10
Bill Buonanni	48	23:01.39	7:24
Ricky McDonald	49	23:02.49	7:24
James Blake	46	23:26.75	7:32
Patrick Keach	48	23:59.36	7:43
Tim Larson	45	24:29.83	7:52
Dean Lingle	47	25:51.44	8:19
Danny Leggett	46	26:15.44	8:27
Randall Crosby	47	27:02.67	8:42
Brian Graf	46	33:15.78	10:42
Jim Garand	48	36:29.65	11:44

MALE 50-54

Tim Collier	50	19:15.74	6:11
Roger Travis	50	19:39.64	6:19
Michael Miller	54	19:51.83	6:23
Matt Mahoney	53	20:20.66	6:32
Jerry Bird	54	21:01.86	6:45
Michael Tuttle	51	22:50.22	7:21
Mark Stephens	51	23:09.37	7:27
Phil Bennardo	53	23:14.65	7:28
Howard Kideckel	54	24:48.85	7:59
Don Clarkson	54	25:14.37	8:07
Richard Lester	50	27:41.56	8:54
Rick McCrary	51	27:56.69	8:59
Richard Warren	53	29:11.55	9:23
Steven Brunelle	51	30:09.12	9:42
Ken Flieder	50	31:13.41	10:03
David Cook	54	33:13.00	10:41
Neal VanScyoc	51	33:21.65	10:44
Kevin Berry	51	34:48.34	11:12
Jim Govatos	54	37:34.25	12:05
Edward Salazar	51	43:14.00	13:55

MALE 55-59

Bud Timmons	58	22:01.73	7:05
George Oswald	57	26:50.34	8:38
William Ceriale	55	43:35.02	14:01

MALE 60-64

Randy Jordan	60	22:34.98	7:15
Gary Castner	63	24:11.96	7:47
David Farrall	60	24:31.55	7:53
Bruce Baker	62	25:50.27	8:19
Joseph Becker	61	26:21.06	8:29

Gabe Gabrielle	60	27:07.06	8:43
Ed Harrison	64	29:16.30	9:25
Christopher Cloney	60	32:45.05	10:32
JB Kump	61	46:15.00	14:53

MALE 65-69

Manuel Urritia	66	23:39.85	7:36
Emmett Larson	67	29:01.69	9:20

MALE 70 and Over

Ron Hoar	70	24:43.21	7:57
Jack Lightle	76	27:42.00	8:55
Henry Campbell	75	30:54.79	9:56
Wally Dal-Santo	81	35:06.69	11:18
Robert Racine	70	35:52.53	11:32
Bill Colle	71	40:26.16	13:01
William Curtis	80	46:58.00	15:07
Charles Haverland	85	53:45.00	17:18

Run for Your Life 5K 2009 Team Results

Male

1 - Up and Running Dominators -

Bill Buonanni
Howard Kanner
Frank Kapr
Ricky McDonald

2 - PACA 1 -

Drew Denson
Wesley Garrett
Jacob Langgle
Zak Unrue

3 - PACA 2 -

Ryan Garrett
Jonathan Pugh
Colten Toms
Dawson Toms

Female

1 - Up and Running Chic Runners -

Nancy Buonanni
Karen Hughes
Theresa Miller
Elizabeth Ring

2 - Up and Running Make Up Team -

Marissa Flint
Lynn Pucci
Debbie Rescott
Angela Wells

Co-Ed

1 - Flow Riders -

Chiqui Behymer
Jordan Halstead
Leslie Talbert
Pedro Toledo

2 - Gahres G-Dawgs -

Jefferey Gahres
Elizabeth Gahres

John Gahres
Donald Gahres

3 - Team Blindrunner -
Phil Bennardo
Randall Crosby
Gabe Gabrielle
Sharon Sieber

4 - Up and Running Runners in Recovery -
David Farrell
Jack Lightle
Sue Strout
Blanche Morrison

5 - PACA 3 -
Trevor Denson
Jason Garrett
Haley Hostetter
Dakota Withers

Race director: Sarah Guttery, [sguttery at cfl.rr.com](mailto:sguttery@cfl.rr.com)