

FINAL OFFICIAL TIMES  
2009 HEART RUN  
April 25, 2009 9:30 A.M.  
5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
1	896	Michael Wisniewski	30	Cardiotonics	15:25.5	4:58
2	1335	Brent Knight	24		15:46.2	5:05
3	1595	Jason Walker	31		15:54.4	5:08
4	1586	Eric Strabel	27		16:09.3	5:12
5	312	Jeff Heuseveldt	38		16:17.7	5:15
6	648	Dustin Hawes	31		17:01.0	5:29
7	1547	Jens Beck	39		17:05.8	5:31
8	2790	Nils Sandtroen	20		17:15.7	5:34
9	1577	James Crimp	17		17:26.4	5:37
10	212	Paul Kendall	30	Alaska Triathlon Club	17:26.7	5:37
11	2927	Keith Weinhold	36		17:37.1	5:41
12	1505	Michael Wheatall	48	ConocoPhillips Team High	17:39.0	5:41
13	1546	Evan Hone	31		17:40.1	5:42
14	2840	Gordon Birdsall	41		17:42.0	5:42
15	209	David Roosa	29	Alaska Triathlon Club	17:44.6	5:43
16	694	John Collins	32		17:46.0	5:44
17	647	Andrew Duenow	44	Alaska Triathlon Club	17:46.9	5:44
18	801	Scott Clemetson	45		17:50.2	5:45
19	271	Luke Kiskaddon	34	ConocoPhillips Team High	17:50.4	5:45
20	1568	Jon Kastar	25		17:53.2	5:46
21	297	Michael Masuda	30	Alaska Triathlon Club	17:56.1	5:47
22	986	Christopher Ashland	19		17:59.1	5:48
23	2880	Timothy Blake	42		18:00.0	5:48
24	837	Jason Lamoreaux	30	Alaska Triathlon Club	18:05.4	5:50
25	643	Ryan Beckett	23		18:10.5	5:51
26	1122	Jeremiah Ha Hale	28		18:11.9	5:52
27	863	Jason Potsander	31	Alaska Triathlon Club	18:13.7	5:53
28	1038	Hugh Nicholson	43	Huffman Elementary	18:23.6	5:56
29	1083	Joseph Leman	27	Firebirds	18:25.8	5:56
30	1477	Erik Schoen	29		18:28.4	5:57
31	1055	Edward Frank		Huffman Elementary	18:30.0	5:58
32	1541	John Hellen	42		18:32.4	5:59
33	218	Jeff Johnson	52		18:40.8	6:01
34	1167	Stephen Beedle	27		18:42.3	6:02
35	2893	Anders Haugen	28		18:47.5	6:03
36	607	Jamie Haines	26	Physical Educaion Majors	19:00.1	6:07
37	1378	Fred West	41	Alaska Triathlon Club	19:01.4	6:08
38	398	Tony Reishus	29		19:05.8	6:09
39	1348	Bob Davis	55		19:08.0	6:10
40	574	Drew Galstetter	31	Alaska Spine Institute	19:17.0	6:13
41	845	Shannon Martin	37		19:17.8	6:13
42	2843	Beau Wood	28		19:33.3	6:18
43	193	Brian Pekar	31		19:33.7	6:18
44	918	Forrest Mahlen	16	Alaska Children's Heart C	19:35.9	6:19
45	1436	Lars Spurkland	34		19:37.9	6:20
46	499	Taylor Turney	14	Hanshew Middle School Haw	19:38.4	6:20
47	716	Jack Parke	13		19:41.4	6:21
48	995	Michael Montague	22		19:42.1	6:21
49	501	Mike Wicker	20	Army Corps of Engineers	19:42.9	6:21
50	968	Bryan Forsyth	35		19:44.4	6:22

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5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

\*\*\*\*\* MALE RESULTS \*\*\*\*\*

Place	No.	Name	Age	Team	Time	Pace
51	406	John Farr	13		19:49.6	6:23
52	294	Andrew Maisey	12	CISC Velocity 96B	19:55.3	6:25
53	1306	Adam Lewis	26	ConocoPhillips Team High	20:02.7	6:28
54	272	Noah Evermann	28	Hanshaw Middle School Haw	20:03.9	6:28
55	211	Mark Carr	52		20:11.3	6:30
56	693	Lyon Kopsack	13		20:13.2	6:31
57	541	Mickey Kenny	24		20:14.3	6:31
58	2983	Howard Mozen	50		20:15.3	6:32
59	371	Travis Peltier	27		20:19.0	6:33
60	326	Quentin Reuer	49		20:19.2	6:33
61	963	James Rodgers	50	ConocoPhillips Team High	20:20.5	6:33
62	691	Lance Kopsack	44		20:21.3	6:34
63	741	Chris Morton	47		20:22.2	6:34
64	715	Eric Vilce	19		20:22.8	6:34
65	2788	Brandon King	14		20:22.9	6:34
66	1492	Joel Dupuis	27		20:30.4	6:37
67	627	Allen Hansen	37	Ski-Trail Poachers	20:31.3	6:37
68	253	Jeremy Guiley	16	ConocoPhillips Team High	20:31.5	6:37
69	1338	David Myhre	17		20:36.8	6:39
70	1454	Shawn Jeffrey	42		20:37.2	6:39
71	219	Guy Schwartz	49	Alaska Triathlon Club	20:37.8	6:39
72	2918	Michael Carson	15	Eagle River Grace	20:39.0	6:39
73	663	Allen Jackson	14	Team CH2MHILL	20:40.6	6:40
74	1372	Jacob Bera	31		20:42.8	6:40
75	1183	Justin Beverlin	13	Susitna Elementary School	20:43.4	6:41
76	724	Mark Dent	51		20:44.5	6:41
77	1554	Conor Deal	15		20:46.4	6:42
78	317	Skyler Frank	14	AYSC Reds 95	20:51.5	6:43
79	1138	Philip Kastar	34		20:52.1	6:43
80	1381	Jonathan Schick	31	Scampering Hominids	20:54.0	6:44
81	492	Chuck Simmons	49		20:54.9	6:44
82	1583	Brian Stoecker	45	Premier Alaska Tours Poss	20:56.3	6:45
83	2982	Eric Skidmore	9		20:56.4	6:45
84	680	Taylor Hall	19	Moose's Tooth/Bear Tooth	20:57.0	6:45
85	2902	Steven Petros	49		20:57.3	6:45
86	708	Mark Goodman	36	Bayshore Eagles	20:57.5	6:45
87	300	Danny Maisey	12		20:59.3	6:46
88	2941	John Brewer	47		21:07.1	6:48
89	677	Daniel Torgerson	37	Mears Middle School	21:13.1	6:50
90	894	Cristian Marin	42	AYSC Reds 95	21:15.2	6:51
91	518	Christopher Davis	37	GCI	21:20.5	6:53
92	839	Peter Hewko	31	Coffman Cardiacs	21:21.3	6:53
93	2866	Gary Aaron	44		21:22.0	6:53
94	1231	Christopher Scott	14	Alaska Rush Soccer Club	21:24.3	6:54
95	1401	Gillean Szweda Mitt	11		21:24.5	6:54
96	450	Douglas Johnstone	49		21:25.4	6:54
97	205	Crisanto Agtani	36		21:26.7	6:55
98	1302	Rocco Pergola	31		21:29.3	6:55
99	1290	Tim Davis	25	West High School PE Dept.	21:30.1	6:56
100	1402	Sebastian Szweda Mi	7		21:30.1	6:56

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***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
101	865	Luke Jager	9	Susitna Elementary School	21:30.2	6:56
102	772	Nick Reiter	14	ConocoPhillips Team High	21:32.2	6:56
103	30	Carlos Gomez	49		21:34.0	6:57
104	2841	Mark Fineman	39	Aquarian Charter School	21:35.2	6:57
105	996	Brendan Montague	18		21:38.2	6:58
106	1135	Steve Haas	36		21:39.2	6:59
107	107	Toby Widdicombe	54		21:40.7	6:59
108	273	Michael Woodworth	48	ConocoPhillips Team High	21:41.7	6:59
109	2990	Charles Tice	27		21:42.9	7:00
110	1426	Richie Diehl	23		21:52.1	7:03
111	1328	Alex Zinck	14		21:54.7	7:04
112	6	Barat Killian	24	CISC 97 Blue B	21:55.2	7:04
113	1578	Johannes Blessing	17	Dimond High School	21:57.5	7:05
114	237	Edward Gross	46		21:57.6	7:05
115	2814	Jairo Cedano	37		21:59.7	7:05
116	1020	Tim Hillyer	24	Alaska Pacific University	22:00.6	7:06
117	1516	James Fayette	46		22:02.6	7:06
118	268	Scott Kasayulie	19		22:08.2	7:08
119	994	Kevin Montague	54		22:14.2	7:10
120	189	Taylor Thoma	12	CISC Velocity 96B	22:19.8	7:12
121	1030	Will Balcao	18	Huffman Elementary	22:23.9	7:13
122	2905	Paul Malin	56		22:25.3	7:14
123	860	Zachary Williams	14	Eagle River Grace	22:31.0	7:15
124	605	Troy Walters	14		22:34.2	7:16
125	656	Michael Stahl	47	97G CISC Velocity Blue	22:35.5	7:17
126	599	Benjamin Barnes	29		22:38.7	7:18
127	1534	David Houston	45		22:39.7	7:18
128	1373	Matthew Barnard	15		22:45.7	7:20
129	2896	Nick Bruner	15		22:45.8	7:20
130	956	Carl Bassler	51	AYSC Reds 95	22:45.8	7:20
131	1481	Justin Bledsoe	26		22:47.1	7:21
132	1230	Kirk Warren	40	RIM Architects/ RIM Desig	22:47.7	7:21
133	711	Byron Kim	13		22:48.3	7:21
134	1513	Connor Young	12	AYSC Reds 97	22:48.8	7:21
135	1487	Ryan Sherwin	14	Team KOOL	22:50.6	7:22
136	350	David Dehart	24		22:51.0	7:22
137	1440	Jacob Owen	22	Keller Williams Realty Al	22:55.7	7:23
138	659	Jonathan Stahl	19	97G CISC Velocity Blue	22:56.7	7:24
139	1585	Joshua Roach	16		22:57.1	7:24
140	496	Dennis McDonnell	41	Bayshore Eagles	22:58.0	7:24
141	682	Stewart Osgood	44	CISC 98B Velocity White	23:00.0	7:25
142	2852	Alan Tetpon	45		23:01.1	7:25
143	1144	David Meyer	56		23:01.1	7:25
144	718	Nicholas Strohmeyer	38	Denali Montessori School	23:01.5	7:25
145	2906	Fred Balasi	53		23:03.9	7:26
146	2810	Jack Simpson	6		23:04.3	7:26
147	1179	Kevin Hao	21		23:08.4	7:27
148	1036	Matthew Briggs	10	Huffman Elementary	23:11.0	7:28
149	881	Elias Rojas	36		23:12.2	7:29
150	299	David Maisey	47		23:13.9	7:29

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Place	No.	Name	Age	Team	Time	Pace
151	2877	Kyle Stone	11	CISC Velocity 97B	23:16.6	7:30
152	4	Richard Mandsager	57	Huffman Elementary	23:17.9	7:30
153	1456	Chris James	24		23:19.0	7:31
154	1510	Jon Agosti	48		23:19.3	7:31
155	2822	Alin Vale	21		23:19.6	7:31
156	790	Keegan McDonald	8	Aquarian Charter School	23:20.0	7:31
157	509	Chris Bowerfind	28		23:20.6	7:31
158	1558	Cody Inman	24		23:20.6	7:31
159	1571	Scotty Borg	37		23:22.3	7:32
160	546	Jason Graham	35		23:22.5	7:32
161	1444	Nelson Priddy	44		23:25.3	7:33
162	1445	Dirsko Von Pfeil	35		23:26.0	7:33
163	2878	Derek Stone	9	CISC Velocity 97B	23:27.4	7:33
164	798	Dylan Sanders	13	CISC Velocity 96B	23:28.0	7:34
165	1443	Michael Edwards	49	Team Pawsability	23:31.7	7:35
166	247	Dale Burnworth	54	ConocoPhillips Team High	23:31.9	7:35
167	583	Edward Clawson	44		23:32.4	7:35
168	728	Dan Baldwin	43		23:32.4	7:35
169	1462	Cliff Caldwell	25	Firebirds	23:32.7	7:35
170	121	Tristan Heil	12	CISC Velocity 96B	23:34.1	7:36
171	581	Joshua Hesselstine	15	Mount Iliamna	23:34.7	7:36
172	1025	Keith Howard	30	Army Corps of Engineers	23:34.8	7:36
173	1352	Tim Scott	39		23:36.8	7:37
174	2879	Deptmer Ashley	25		23:37.2	7:37
175	916	Mark Hazard	38		23:39.9	7:38
176	316	Aric Arndt	21	Moose's Tooth/Bear Tooth	23:41.1	7:38
177	939	Wes Freistone	49	Mears Middle School	23:42.5	7:38
178	319	Michael Flanagan	27		23:43.6	7:39
179	877	Travis Perry	20		23:44.6	7:39
180	900	Aaron Christie	34		23:44.8	7:39
181	1308	Ben Howe	39		23:46.5	7:40
182	17	Jay Beverlin	42	Susitna Elementary School	23:48.8	7:40
183	549	Keegan Wyrick	14	Lumen Christi High School	23:49.2	7:40
184	1474	Michael Remillard	52	Eagle River Grace	23:51.7	7:41
185	32	Carlos Gomez	24		23:51.9	7:41
186	1475	Daniel Remillard	14		23:52.2	7:41
187	855	William Barron	51		23:52.8	7:42
188	447	Stan Fischer	65		23:53.4	7:42
189	2889	Charlie Robson	26		23:53.7	7:42
190	678	Douglas Torgerson	12	Mears Middle School	23:54.8	7:42
191	1360	Desmond Conley	13		23:55.2	7:42
192	464	Kaleb Collins	20	Team Scully	23:55.7	7:43
193	544	Steve Teeter	55		23:57.7	7:43
194	2914	Dale Rollins	16		23:58.3	7:43
195	2807	Alex Okeson	14		23:59.1	7:44
196	2907	Jim Lieb	65		24:02.1	7:45
197	895	Rufus Mackin	37		24:03.3	7:45
198	2849	Joel Cusick	48		24:07.6	7:46
199	250	Phil Walgren	47		24:07.9	7:47
200	958	John Bassler	13	AYSC Reds 95	24:07.9	7:47

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Place	No.	Name	Age	Team	Time	Pace
201	1370	Jacques Neptune	13	Goldenview Middle School	24:08.5	7:47
202	1289	Kenneth McInally	44		24:08.8	7:47
203	970	Gary Wright	29		24:11.0	7:48
204	984	David Brown	43		24:12.1	7:48
205	1569	Steven Douglas	33		24:12.3	7:48
206	1170	Mark Schroeder	50		24:13.4	7:48
207	684	Max Osgood	14	CISC 98B Velocity White	24:13.4	7:48
208	178	Nigel Ruckhaus	13	CISC Velocity 96B	24:13.8	7:48
209	1347	Randell Waters	16		24:15.1	7:49
210	1227	James Briggs	54		24:15.4	7:49
211	1355	Niko Latva-Kiskola	8		24:16.3	7:49
212	891	Bryan Fair	17	ATS Alaska	24:16.7	7:49
213	1027	Dillon Van Hoek	11	Huffman Elementary	24:18.9	7:50
214	553	Matt Norbert	16		24:20.1	7:50
215	2981	Dave Jones	50		24:20.4	7:51
216	2789	Jeremy Jolma	16		24:21.6	7:51
217	274	Reed Brandt	13	CISC Velocity 96B	24:23.6	7:52
218	473	Trask Shamburg	11	CISC Velocity 96B	24:23.7	7:52
219	2894	Espen Haugen	24		24:24.3	7:52
220	729	Robert Forgit	47		24:26.5	7:52
221	357	Mike Truskowski	44	Bayshore Eagles	24:30.8	7:54
222	1349	Gabriel Parsons	17		24:32.1	7:54
223	141	Shawn Hutchings	39		24:33.5	7:55
224	2873	Korbyn Milani	14	Hanshew Middle School Haw	24:33.6	7:55
225	2957	Brian Richardson	38		24:35.2	7:55
226	22	Racardo Villasenor	40		24:36.0	7:56
227	723	Luke Pergiel	14	Mears Middle School	24:36.9	7:56
228	435	John Lonas	14	Anchorage Fit Club/Rock H	24:37.1	7:56
229	548	Miles Wyrick	16	Lumen Christi High School	24:37.5	7:56
230	1369	Andre Neptune	48	Alaska Children's Heart C	24:42.6	7:58
231	560	Will Corbridge	28		24:43.5	7:58
232	1214	Richard Jordan	44		24:43.6	7:58
233	551	Mathew Olson	30	Team Scully	24:44.7	7:58
234	475	Michael West	16	Team Carlile	24:45.9	7:59
235	797	Robby Sanders	11	CISC Velocity 97B	24:49.0	8:00
236	664	Kurtis Jackson	10	CISC 98B Velocity White	24:51.6	8:01
237	1478	Anthony Senko	23		24:53.4	8:01
238	309	Neil Odonnell	54		24:53.6	8:01
239	1195	Brady Southwick	11		24:55.4	8:02
240	105	Jody Barton	55		24:57.8	8:03
241	329	Brad Richie	55		24:58.7	8:03
242	1011	Joseph Hansmeyer	17		24:59.5	8:03
243	519	Derek Lampert	22	The Heart of CBPP	25:00.1	8:03
244	1166	Trace Harris	15		25:00.1	8:03
245	308	Matthew Butler	43	Team Carlile	25:03.9	8:05
246	1119	John Lonas	33	Anchorage Fit Club/Rock H	25:07.3	8:06
247	1403	Jonathan Scorer	35		25:07.6	8:06
248	150	Adam Hollon	31	Moose's Tooth/Bear Tooth	25:09.0	8:06
249	2865	Colin Lamb	13		25:10.3	8:07
250	162	Jeffrey Bousquet	46		25:11.9	8:07

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Place	No.	Name	Age	Team	Time	Pace
251	1566	Ted Kelly	14		25:12.1	8:07
252	1391	Steve Murphy	48	Alaska All Stars U14	25:12.2	8:07
253	2860	Ryan Wynn	20		25:12.6	8:07
254	2851	Riley Howard	11		25:14.4	8:08
255	997	Carson Rowe	14	Huffman Elementary	25:15.8	8:08
256	1064	Aaron Esplin	14	Huffman Elementary	25:17.8	8:09
257	1307	Andrew White	32		25:20.4	8:10
258	1174	Logan Rhodes	12		25:20.7	8:10
259	2949	Joe Rosselli	27		25:23.2	8:11
260	1344	Mitch Garnick	47		25:25.9	8:12
261	2987	Gordon Choate	44		25:26.5	8:12
262	955	John Lackey	31		25:29.4	8:13
263	415	John Bulkow	47		25:31.5	8:13
264	1093	Brian Sas	42		25:34.8	8:14
265	154	William Brunson	44		25:35.3	8:15
266	636	Mark Rollins	23	Scampering Hominids	25:35.4	8:15
267	476	Nicholas Souza	32		25:36.0	8:15
268	889	Bill Fair	47	ATS Alaska	25:36.7	8:15
269	2917	Daniel Carson	12	Eagle River Grace	25:39.2	8:16
270	2869	Jacob Fairbanks	12		25:40.4	8:16
271	1545	Bob Eder	47		25:43.5	8:17
272	2995	Greg Dixon	55		25:44.3	8:18
273	1356	Julian Rojas	28	AYSC Reds 95	25:45.2	8:18
274	892	Kevin Blackmore	49		25:46.3	8:18
275	1134	David Edmunds	41		25:46.4	8:18
276	1137	Ian Steiner	35		25:47.0	8:18
277	434	Steven Cooke	33	Anchorage Fit Club/Rock H	25:48.8	8:19
278	477	Dan Clark	41	ConocoPhillips Team High	25:49.9	8:19
279	33	Jesus Gomez	20		25:51.2	8:20
280	915	Matthew Botero	9	Aquarian Charter School	25:51.7	8:20
281	2875	Brenner Farlong	9		25:52.6	8:20
282	806	Samuel Hurst	15		25:55.9	8:21
283	1330	Kevin Lee	11	Susitna Elementary School	25:56.9	8:22
284	108	Craig Mollerstuen	46	GCI	25:57.5	8:22
285	909	Michael Bourdukofsk	30	Unangan for Healthy Heart	25:59.0	8:22
286	794	John Walsh	66		25:59.3	8:22
287	1323	Lon Lyford	34	Army Corps of Engineers	26:01.0	8:23
288	846	Butch Jacques	56	Keller Williams Realty Al	26:01.4	8:23
289	2912	Dustin Slinker	32		26:02.1	8:23
290	880	Weston Smith	41	Fire Lake Elementary	26:04.9	8:24
291	1503	William Thon	14		26:05.1	8:24
292	2839	Justin Olsen	28		26:06.1	8:25
293	1022	Thomas Mack	39	Alaska Pacific University	26:06.7	8:25
294	726	Brian Walch	38		26:08.7	8:25
295	1028	Cameron Van Hoek	14	Huffman Elementary	26:11.9	8:26
296	403	Kristopher Honas	26		26:12.1	8:26
297	1471	David Dalphonse	60		26:12.5	8:27
298	304	Peter Karchere	54	ConocoPhillips Team High	26:14.1	8:27
299	249	Steve McKeever	55	ConocoPhillips Team High	26:14.1	8:27
300	280	Douglas Lutton	14		26:16.1	8:28

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April 25, 2009 9:30 A.M.  
5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
301	1584	Alan Griffin	34	ATS Alaska	26:20.0	8:29
302	1563	Jeffrey Orzechowski	27	Army Corps of Engineers	26:20.2	8:29
303	483	Frank Moore	62	Eagle River Grace	26:21.3	8:29
304	504	Cory Schneider	13	CISC Velocity 96B	26:22.3	8:30
305	962	Jeremy Fortner	27		26:22.8	8:30
306	873	Riley Bronga	14		26:23.4	8:30
307	2864	Ron Baird	56		26:24.1	8:30
308	867	Terence Odron	13	CISC Velocity 96B	26:26.1	8:31
309	1468	Daniel Johnston	26		26:26.2	8:31
310	497	William Notti	35		26:26.4	8:31
311	584	Michael Hammer	48		26:28.1	8:32
312	1294	Rick Wilson	44		26:28.7	8:32
313	365	Ian Kroloff	13	CISC Velocity 96B	26:28.8	8:32
314	2805	Jeffrey Henson	44		26:33.1	8:33
315	672	Colby Ferguson	13	CISC Velocity 96B	26:34.4	8:34
316	737	Micah Rickard	12	CISC Velocity 96B	26:36.1	8:34
317	1146	Nathaniel Roberts	10	Aquarian Charter School	26:38.9	8:35
318	372	Kelson Welker	8	O'Malley Elementary Schoo	26:39.1	8:35
319	1222	Donovan Komakhuk	18		26:44.0	8:37
320	616	Marc June	53		26:44.5	8:37
321	2904	Eric Adams	30	Army Corps of Engineers	26:44.9	8:37
322	138	Eric Stratton	30	CBS 11 News	26:45.4	8:37
323	674	Liam Sarwas	14		26:46.0	8:37
324	1086	Steven Cinelli	33	GCI	26:46.1	8:37
325	1062	Boyd Esplin	42	Huffman Elementary	26:47.8	8:38
326	1587	Bill Nicot	44		26:48.4	8:38
327	165	Paul Beever	59		26:49.7	8:39
328	1219	Stephen Severson	23	Severson Sprinters	26:57.5	8:41
329	2330	Brian Durr	11	AYSC Red 97	26:58.1	8:41
330	129	Shawn Jones	41		26:58.4	8:41
331	1224	Chuck Paldanius	49		26:58.6	8:41
332	440	Kenneth Marriott	36		27:00.8	8:42
333	735	Ryan Martinez	24		27:01.8	8:42
334	1185	Abe Edmonson	15	Eagle River Grace	27:02.2	8:43
335	313	Mike Dunham	42		27:05.1	8:44
336	2831	Michael Kim	36		27:06.3	8:44
337	2979	Tim Wiepking	50		27:13.7	8:46
338	1502	Jim Thompson	43	Army Corps of Engineers	27:14.7	8:47
339	1590	Shawn Aldridge	28		27:16.3	8:47
340	1560	Jason Kennedy	28	Microcom	27:19.2	8:48
341	810	Isaiah Woodall	13		27:20.5	8:49
342	342	Harley Sather	16	Capable Crew	27:22.0	8:49
343	1196	Clayton Southwick	8		27:22.9	8:49
344	1382	George Bryson	61		27:25.7	8:50
345	1542	Aidan Hellen	13		27:27.4	8:51
346	1159	Steve Mussman	54	Alaska Heart Institute	27:32.0	8:52
347	1407	Sam Peters	19		27:32.3	8:52
348	1141	Benny Camacho	55		27:33.4	8:53
349	838	Brian Iutzi	29	WWAMI	27:34.3	8:53
350	25	Mariano Villasenor	17		27:34.6	8:53

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FINAL OFFICIAL TIMES  
 2009 HEART RUN  
 April 25, 2009 9:30 A.M.  
 5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
351	2962	Ben Westwick	8	Aquarian Charter School	27:35.0	8:53
352	2944	Robert Owens	55		27:36.2	8:54
353	1523	Jerry Torres	47		27:37.2	8:54
354	977	Matt Smith	39		27:39.3	8:55
355	1497	Joseph Gimeno	53		27:39.7	8:55
356	285	Cole Deal	14	Hanshaw Middle School Haw	27:39.8	8:55
357	1438	Robert Weakland	37		27:40.5	8:55
358	966	Brian Kilkenny	13	AYSC Reds 95	27:41.5	8:55
359	1110	Nate Pennington	29	Team ICRC	27:43.8	8:56
360	1150	Zak Hendricks	13	AYSC Reds 95	27:50.9	8:58
361	563	Patrick Nowka	13	AYSC Reds 95	27:52.6	8:59
362	1521	Juan Pulido	28	ANLIT	27:53.0	8:59
363	1488	Tom Cubit	40		27:56.1	9:00
364	286	Brady Deal	14	Hanshaw Middle School Haw	27:56.6	9:00
365	1527	Kevin Kuper	41		27:57.4	9:00
366	354	Andy Postishek	58	Alaska National Teenager	27:58.2	9:01
367	683	Jared Osgood	11	CISC 98B Velocity White	27:59.7	9:01
368	394	Paul Schrooten	53	Bayshore Eagles	28:01.3	9:02
369	1048	Bill Miller	45		28:03.0	9:02
370	707	Logan Nissenson	16	Service High	28:03.2	9:02
371	781	Jared Dempsey	10	Alaska Children's Heart C	28:09.6	9:04
372	2820	Luke Kelley	25	Eagle River Grace	28:10.9	9:05
373	619	Tim Jessen	53		28:13.8	9:06
374	1199	Ben Bachand	19		28:15.4	9:06
375	706	Scott Nissenson	46		28:16.3	9:06
376	358	Conner Truskowski	12	Bayshore Eagles	28:18.7	9:07
377	998	Fl Gut	59		28:19.2	9:07
378	423	Robert Fuller	47		28:20.3	9:08
379	756	Shawn Weber	32		28:22.9	9:09
380	829	Jonathan Roth	13	CISC Velocity 96B	28:25.7	9:09
381	602	Steve Walters	43		28:25.9	9:10
382	1072	Robert Lada	43	Huffman Elementary	28:32.1	9:12
383	825	Bill Kane	55		28:34.1	9:12
384	1528	Brad Kuper	12		28:34.3	9:12
385	668	Tyler Briley	11	CISC 98B Velocity White	28:35.0	9:12
386	177	Glenn Ruckhaus	51		28:36.7	9:13
387	805	Benjamin Hurst	15		28:37.1	9:13
388	792	Robert Cole	37		28:37.2	9:13
389	1413	Joel Estigo	34		28:37.5	9:13
390	461	Philip Rupp	26		28:38.2	9:14
391	1026	Daven Nielsen	11	Susitna Elementary School	28:38.4	9:14
392	1070	Keaton Frazier	12	Huffman Elementary	28:38.6	9:14
393	887	Aden Haywood	11	Susitna Elementary School	28:38.9	9:14
394	2872	Jacob Johnson	28		28:41.4	9:15
395	1470	Ethan Gould	14		28:42.6	9:15
396	1529	Stryker Fry	13		28:47.6	9:17
397	2898	Joseph Quinto	35		28:48.9	9:17
398	1311	Bob Paton	50	Revolution	28:51.9	9:18
399	511	Dylan Walther	13	CISC Velocity 96B	28:56.4	9:19
400	275	Brad Peterson	30	ConocoPhillips Team High	28:56.8	9:20

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FINAL OFFICIAL TIMES  
2009 HEART RUN  
April 25, 2009 9:30 A.M.  
5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
401	911	Jay Rowe	46	Huffman Elementary	28:57.9	9:20
402	1594	Madison Lash	13	Alaska Rush Soccer Club	29:01.2	9:21
403	816	Matthew Cohen	36		29:03.4	9:22
404	1439	Michael Philp	32		29:08.1	9:23
405	1460	Greg Morgan	38		29:09.8	9:24
406	368	Brian Trimble	53	Eagle River Grace	29:12.6	9:25
407	113	Songho Ha	45		29:16.0	9:26
408	1209	Dawson Glover	14	Mears Middle School	29:18.1	9:26
409	905	Michael Gundersen	34	Unangan for Healthy Heart	29:18.1	9:26
410	632	Nicolas Macalino	13	CISC Velocity 96B	29:21.3	9:27
411	2959	Tom Meacham	66		29:25.1	9:29
412	950	Willie Dobbs	57		29:28.6	9:30
413	389	Gunnar Robuck	13	CISC Velocity 96B	29:32.1	9:31
414	734	Pete Hauschka	41		29:35.2	9:32
415	1414	Garrick Estigo	16		29:35.4	9:32
416	24	Edgar Villasenor	11		29:39.3	9:33
417	542	Andrew Josephson	44		29:41.1	9:34
418	921	Austin Craig	11		29:41.2	9:34
419	1525	Robert Wills	29	Team KTUU	29:41.2	9:34
420	2939	Rodney Kleedehn	62		29:41.5	9:34
421	1559	Dima Robertson	9		29:42.5	9:34
422	137	Brian Atkins	47		29:43.5	9:35
423	158	Brian Sorensen Jr.	13	CISC Velocity 96B	29:44.5	9:35
424	207	Ken Flynn	66		29:45.8	9:35
425	1100	Rich Hull	72	Bayshore Eagles	29:46.4	9:35
426	562	Jason Hotch	26	GCI	29:46.9	9:36
427	468	Daniel Herrmann	24	ConocoPhillips Team High	29:47.5	9:36
428	835	John Cole	46	97G CISC Velocity Blue	29:55.0	9:38
429	931	Hunter Harr	9		29:56.8	9:39
430	1343	Cory Larson	25		30:01.0	9:40
431	166	Mark Weggeland	53		30:02.6	9:41
432	1106	Caleb Wood	9	97G CISC Velocity Blue	30:02.9	9:41
433	1397	Jack McLaughlin	10		30:05.2	9:42
434	391	Devin Krsnak	46	Bayshore Eagles	30:05.6	9:42
435	1430	Colin Clarke	39	Bayshore Eagles	30:07.6	9:42
436	1548	Brad Connelly	14		30:14.5	9:45
437	1050	Rich Koutchak	60		30:15.4	9:45
438	387	Dennis Cottone	35		30:15.7	9:45
439	923	Logan Craig	8		30:18.5	9:46
440	935	Austin Purvis	11	CISC 98B Velocity White	30:19.6	9:46
441	908	John Hartz	61		30:24.8	9:48
442	392	Aron Silberberg	36		30:27.6	9:49
443	1127	Michael Ford	49	Team KOOL	30:27.9	9:49
444	856	Nathan Trujillo	11	The Children's Clinic	30:27.9	9:49
445	2933	Michael Muller-Stub	14		30:28.5	9:49
446	109	Wayne Pichon	62		30:29.1	9:49
447	1442	Keenan Price	14	Mears Middle School	30:39.0	9:52
448	1105	Jeff Wood	39	97G CISC Velocity Blue	30:44.7	9:54
449	255	Tom Gill	42		30:45.1	9:54
450	2969	Kyle Reem	8	Aquarian Charter School	30:48.8	9:56

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FINAL OFFICIAL TIMES  
 2009 HEART RUN  
 April 25, 2009 9:30 A.M.  
 5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
451	2972	David Reem	45	Aquarian Charter School	30:48.9	9:56
452	857	Don Hancock	56		30:51.3	9:56
453	922	Tanner Craig	8		30:56.3	9:58
454	920	Jason Craig	35		30:56.7	9:58
455	2897	Dan Moore	42	Team in Training	31:00.2	9:59
456	381	Bob Frost	55		31:02.6	10:00
457	1570	Raj Choudhury	40	ConocoPhillips Team High	31:06.4	10:01
458	862	Michael Halpern	5		31:07.4	10:02
459	1417	Jered Stewart	30		31:07.5	10:02
460	710	Shelby Johansen	46	Happy Feet	31:07.6	10:02
461	1419	Jered Stewart	8		31:07.8	10:02
462	1088	Jonah McEwen	10		31:10.0	10:02
463	334	Matthew Riley	8		31:11.2	10:03
464	2886	Patrick Vick	50		31:11.8	10:03
465	1375	Michael Wheeler	55		31:12.0	10:03
466	1304	Nicholas Degnan	35	Happy Feet	31:21.5	10:06
467	699	Wyatt Dodge	10		31:23.2	10:07
468	639	Dwaine Sutherland	45	Orion Elementary	31:24.9	10:07
469	882	Willie Casilla	35		31:39.3	10:12
470	928	Charles Lindemuth	45		31:44.4	10:13
471	506	Tim Beichley	32	GCI	31:53.5	10:16
472	571	Matthew Dahlstrom	25	Alaska Spine Institute	31:58.3	10:18
473	2975	David Sauro	53		31:58.4	10:18
474	1197	Kyler Sandquist	9		31:58.7	10:18
475	1032	Christopher Evans	27		31:58.9	10:18
476	9	Bran Atkins	9		32:01.5	10:19
477	1087	Aaron McEwen	39		32:02.5	10:19
478	362	Jim Waugaman	55		32:05.3	10:20
479	1054	Joseph Darnell	56	Huffman Elementary	32:06.8	10:21
480	564	Hans Nowka	37	AYSC Reds 95	32:09.5	10:22
481	351	Clyde Carey	28	Team Carlile	32:10.2	10:22
482	952	Elan Funk	11		32:14.2	10:23
483	2835	Conor Hickey	11		32:15.8	10:24
484	1549	Tommie Baker	47		32:19.3	10:25
485	624	Sean Smith	10	Aquarian Charter School	32:22.3	10:26
486	338	Donald Gillespie	61		32:22.7	10:26
487	1464	Garrett Prokosch	21		32:24.3	10:26
488	242	Tucker Lyons	10		32:26.6	10:27
489	240	Travis Lyons	37		32:28.2	10:28
490	136	John Faunce	63		32:28.9	10:28
491	413	Rowan Bulkow	15		32:30.7	10:28
492	2955	Corky Corthell	71		32:36.8	10:30
493	652	J Biff Franklin	46		32:41.6	10:32
494	907	Milford Etheridge	48		32:47.1	10:34
495	2989	Cameron Dickerson	17		32:50.3	10:35
496	617	Chris June	16		32:57.2	10:37
497	803	Michael Hurst	54		33:05.3	10:39
498	2892	George Haugen	63		33:06.0	10:40
499	2956	Jim Mackin	60		33:06.9	10:40
500	426	Wayne Rush	67		33:07.1	10:40

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FINAL OFFICIAL TIMES  
2009 HEART RUN  
April 25, 2009 9:30 A.M.  
5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
501	155	Mark Brunson	14		33:07.7	10:40
502	757	Jeffrey Arnold	50		33:09.4	10:41
503	2988	James Feaster	59		33:20.8	10:44
504	2874	Ken Medina	48		33:27.9	10:47
505	228	Justin Voss	28	Team BP	33:30.4	10:48
506	535	T. Frank Box	54	Smitty's Heart Runners	33:53.0	10:55
507	115	Brett Shepard	30	CBS 11 News	33:55.9	10:56
508	1550	The Steve	25		34:05.5	10:59
509	2885	Eric Somerville	27		34:22.9	11:04
510	16	Tim Gould	47		34:23.9	11:05
511	163	Vincent Lewis	17		34:27.4	11:06
512	2930	Mel Kalkowski	61	UAA CKI	34:28.3	11:06
513	597	Kevin Saechao	18		34:39.7	11:10
514	2926	Kevin Heck	39		34:41.6	11:10
515	29	Mariano Villasenor	43		34:57.9	11:16
516	941	Dustin Madden	23	Trinity Young Adults	35:01.3	11:17
517	1582	Ron Halsey	49		35:04.7	11:18
518	2970	Jared Reem	6	Aquarian Charter School	35:08.0	11:19
519	2966	Chuck Morey	38		35:13.9	11:21
520	1004	Trenty Hodson	11	Bayshore Eagles	35:16.5	11:22
521	204	Brad Hillwig	30	The Heart of CBPP	35:23.5	11:24
522	843	Wesley Chien	12	CISC Velocity 97B	35:25.0	11:24
523	738	Scott Hahn	44		35:28.2	11:25
524	534	Wayne Childers	49		35:38.9	11:29
525	1339	John Smith	55		35:39.3	11:29
526	1291	Steve Jochens	54		35:41.9	11:30
527	1043	Jake Denbrock	49		35:43.1	11:30
528	321	Earl Jones	55		35:45.1	11:31
529	1073	Elias Colberg	9	Huffman Elementary	35:55.0	11:34
530	1207	Ryan Trailer	10		36:00.5	11:36
531	1530	Erik Kuper	16		36:09.1	11:39
532	335	Steve Riley	42		36:10.0	11:39
533	943	Michael Norton	57		36:12.7	11:40
534	333	Brett Riley	11		36:17.3	11:41
535	128	Kyle Lacy	10	CISC 98B Velocity Red	36:23.9	11:43
536	103	Ricardo Martinez	40		36:34.2	11:47
537	2924	Nelson Bustarde	50		36:37.3	11:48
538	1449	James Williams	40		36:49.5	11:52
539	888	Beck Haywood	7	Susitna Elementary School	36:56.6	11:54
540	885	John Haywood	44	Susitna Elementary School	36:56.8	11:54
541	14	George Belden	69		37:01.0	11:55
542	2800	Paul Davorian	45		37:12.9	11:59
543	926	Christian Suechow	12	Tyson Elementary School	37:38.7	12:07
544	1501	Daryl Palmer	37		37:40.1	12:08
545	953	Travis Dosser	23		38:17.9	12:20
546	868	Phil Evans	53		38:28.5	12:24
547	820	Jim Soucek	61		38:41.2	12:28
548	7	Taylor Mandt	7		38:44.6	12:29
549	2832	Dave Harbour	66		38:47.0	12:29
550	2942	Jim Barnes	47		38:49.4	12:30

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FINAL OFFICIAL TIMES  
2009 HEART RUN  
April 25, 2009 9:30 A.M.  
5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
551	831	Douglas Roth	13	Sand Lake Lions	38:56.6	12:33
552	1112	Joshua Butler	11	Team ICRC	39:10.3	12:37
553	375	Daniel Moore	38	Army Corps of Engineers	39:16.1	12:39
554	243	Tanner Lyons	8		39:21.7	12:41
555	283	Franky Wanek	6		39:25.4	12:42
556	2884	Steve Pattison	59		39:28.1	12:43
557	400	Robert O'Connor	46		39:31.9	12:44
558	459	Austin Brown	15		39:36.1	12:45
559	526	Rick Watson	41	Alaska Triathlon Club	39:41.4	12:47
560	454	Stephen Gasser	31		39:49.5	12:50
561	644	Tom Willard	19		40:23.5	13:01
562	202	David Jensen	43	Bayshore Eagles	40:32.6	13:03
563	2867	Mark Fairbanks	45		41:26.2	13:21
564	221	Paul Mikels	73		41:53.4	13:29
565	1192	Cameron Brosnahan	7	Aquarian Charter School	41:59.8	13:32
566	822	Mike Krediet	44		42:00.1	13:32
567	1191	Sean Brosnahan	44	Aquarian Charter School	42:00.3	13:32
568	182	Jim Powell	55	AWWU	42:05.4	13:33
569	1458	Skyler Parks	6	Unangan for Healthy Heart	42:06.7	13:34
570	1315	Neil Rodriguez	37		42:06.8	13:34
571	445	David Nicolai	25	Trinity Young Adults	42:42.0	13:45
572	130	Lester Parker	78		44:02.2	14:11
573	762	Jaxson Lee	6	8 on the 8th	44:39.0	14:23
574	1556	Isaac Adams	35		45:16.3	14:35
575	2960	Michael Sutera	78		46:15.9	14:54
576	774	Charles Bowser	24		47:21.1	15:15
577	778	Joel Ramert	29	Aquarian Charter School	48:26.7	15:36
578	196	Tyler Tucker	4	JONES TUCKER FAMILY	48:50.1	15:44
579	198	Tracy Tucker	47	JONES TUCKER FAMILY	48:50.7	15:44
580	610	Steven Sawhill	18	Team Scully	49:50.3	16:03
581	972	Zach Winters	13		50:18.0	16:12
582	1228	Richard Wenrich, Sr	60		51:09.8	16:29
583	424	Dave Carlson	62		51:38.6	16:38
584	2984	Charles Brown	78		52:54.7	17:02
585	1149	Stephen Hendricks	57	AYSC Reds 95	54:06.0	17:25
586	596	Matt Fischer	13	AYSC Reds 95	54:33.4	17:34
587	444	Daniel Andraschko	8	Army Corps of Engineers	54:43.5	17:37
588	443	Kenneth Andraschko	36		54:46.5	17:38
589	1116	Greg Gillette	29	Team ICRC	54:55.3	17:41
590	1113	Jacob Butler	6	Team ICRC	55:20.3	17:49
591	2847	Michael Novakovich	10		55:40.1	17:56
592	590	Will Moronell	6		56:22.3	18:09
593	1009	Branden Kroon	14	Bayshore Eagles	56:50.4	18:18
594	1010	Brad Kroon	44	Bayshore Eagles	56:55.9	18:20
595	1459	Spencer Parks	4	Unangan for Healthy Heart	57:49.8	18:37
596	1001	Kalvin Young	44	Bayshore Eagles	1:01:34.0	19:49
597	662	Ty Jackson	41	CISC 98B Velocity White	1:08:09.2	21:57
598	379	Jd Miller	11		1:08:34.2	22:05
599	377	T. Heinz	13		1:08:34.4	22:05
600	451	Dwaine Gibson Ii	55	AWWU	1:09:38.3	22:25

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FINAL OFFICIAL TIMES  
 2009 HEART RUN  
 April 25, 2009 9:30 A.M.  
 5K ROAD RACE

Anchorage, Alaska

Timing and Results by Up and Running Event Management

***** MALE RESULTS *****						
Place	No.	Name	Age	Team	Time	Pace
=====	=====	=====	=====	=====	=====	=====
601	1567	Jimmy Kim	14		1:14:13.7	23:54
602	1	Shawn Stockwell	10	Alaska Children's Heart C	1:15:54.2	24:26
603	1447	Ian Rhude	43	Northwood Elem	1:16:06.1	24:30
604	529	Terrence Johnson	59		1:16:23.3	24:36
605	18	Joseph Lacambale	36		1:17:44.2	25:02
606	1132	Jason Carter	13	Lumen Christi High School	1:18:05.5	25:09
607	808	Henry Woodall	49		1:41:13.7	32:35
608	1452	Jay Reaves	32	Stroller Strides	1:47:32.6	34:37
609	437	Hector Navarro	48	Revolution	1:53:12.6	36:27
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