

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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
1	1052	Kristi Waythomas	40	Huffman Elementary	18:25.8	5:56
2	1056	Katie Krehlik	19		19:10.0	6:11
3	1034	Lori Deschamps	38	Huffman Elementary	19:13.5	6:12
4	947	Letitia Luch	17		19:25.1	6:16
5	1379	Larrell Lockard	34		19:34.8	6:19
6	874	Jaime Bronga	19		19:41.4	6:21
7	946	Marcelyn Luch	16		20:08.9	6:30
8	945	Delia Luch	17		20:10.7	6:30
9	910	Amanda Botway	23	Unangan for Healthy Heart	20:18.9	6:33
10	742	Amelia Henn Henness	14	Alaska Pacific University	20:24.9	6:35
11	557	Amber Stull	31		20:27.9	6:36
12	537	Barbara Piromalli	29	WWAMI	20:32.0	6:37
13	1019	Eeva Latosuo	39	Alaska Pacific University	20:46.6	6:42
14	1068	Heidi Martinson	28	Alaska Triathlon Club	20:57.3	6:45
15	1561	Kaley Strachan	22	Physical Educaion Majors	20:57.9	6:45
16	1177	Janel Radford	26		21:01.1	6:46
17	621	Amy Reed	30	Alaska Children's Heart C	21:01.4	6:46
18	1040	Tasha Bergt	49	Huffman Elementary	21:21.1	6:53
19	1507	Hannah Moderow	24		21:23.7	6:54
20	704	Anna Price	15		21:31.0	6:56
21	1126	Jennifer Henderson	32		21:32.7	6:57
22	2836	Ellyn Brown	56		21:44.0	7:00
23	1504	Suzanne Wheatall	47	Alaska Triathlon Club	21:45.3	7:01
24	1383	Claire Norton-Cruz	29		21:46.5	7:01
25	1162	Janet Mamikunian	47	Alaska Triathlon Club	21:47.4	7:01
26	1310	Dana Diehl	25	Team RurAL CAP	21:52.4	7:03
27	2928	Shannon McLaughlin	14		21:57.5	7:05
28	2791	Jenette Northey	14	Service High	21:58.2	7:05
29	1202	Samantha Rink	19		21:58.5	7:05
30	1433	Karma Roth	39		22:07.1	7:08
31	606	Tiffanie Novakovich	31	Huffman Elementary	22:07.5	7:08
32	536	Megan Merrihew	26		22:09.0	7:08
33	938	Cindy Freistone	45	Dimond High School	22:13.6	7:10
34	428	Shanna Tadic	26		22:18.0	7:11
35	1201	Brandy Bland	36	Huffman Elementary	22:23.9	7:13
36	631	Jenny Kimball	38	Alaska Triathlon Club	22:25.4	7:14
37	940	Sarah Freistone	14	Dimond High School	22:37.2	7:17
38	197	Sarah Tucker	9	JONES TUCKER FAMILY	22:42.3	7:19
39	134	Victoria Clark	28		22:47.3	7:21
40	1296	Allison Abo	13		22:55.0	7:23
41	817	Lesley Yamauchi	56		22:57.9	7:24
42	906	Cheyenne Applegate	12	97G CISC Velocity Blue	23:01.2	7:25
43	849	Allison Lamb	25		23:08.1	7:27
44	876	Sarah Haltness	34	Keller Williams Realty Al	23:09.1	7:28
45	345	Megan Ewoldsen	22		23:13.0	7:29
46	1037	Hannah Briggs	12	Huffman Elementary	23:13.7	7:29
47	1448	Chelsa Smith	28		23:15.1	7:30
48	1434	Troyce Allen	32		23:15.7	7:30
49	1299	Regina McDiffett	14		23:16.2	7:30
50	327	Peggie Gallagher	53		23:17.1	7:30

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***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
51	1479	Alesia Thon	42		23:20.4	7:31
52	1539	Amy Connaker	29		23:23.6	7:32
53	899	Mary Anne Rowen	42	Cardiotonics	23:25.1	7:33
54	864	Amy Johns	48	Susitna Elementary School	23:25.9	7:33
55	719	Michele Hugulet	41		23:26.0	7:33
56	2794	Erin Cockrerham	15	Chugiak Elementary	23:26.7	7:33
57	601	Wendy Mitchell	38		23:27.5	7:34
58	901	Brenda Applegate	41	97G CISC Velocity Blue	23:28.1	7:34
59	1187	Rachel Casperson	26		23:29.5	7:34
60	853	Catalina Myers	24		23:29.9	7:34
61	1451	Laura Johnston	37		23:31.1	7:35
62	661	Suzi Jackson	40	CISC 98B Velocity White	23:33.0	7:35
63	2891	Aase Haugen	56		23:33.1	7:35
64	775	Megan Neale	13	Alaska Rush Soccer Club	23:33.3	7:35
65	667	Erin Stuart	12	97G CISC Velocity Blue	23:33.5	7:35
66	1139	Lydia Larson	24	Alaska Triathlon Club	23:38.7	7:37
67	1188	Jaime Locke	33	Trailside Elementary	23:42.5	7:38
68	170	Darlene Cooper	50		23:42.9	7:38
69	692	Jocelyn Kopsack	12		23:43.4	7:39
70	752	Haley Hughes	18		23:48.0	7:40
71	1133	Nona Gunn	30		23:49.5	7:41
72	697	Erica Colliander	29	Service High	23:50.2	7:41
73	587	Tina Moronell	44		23:51.6	7:41
74	360	Heidi Andrus	12	Mears Middle School	23:54.4	7:42
75	2968	Erika Klinger	26		23:54.5	7:42
76	919	Tsaina Mahlen	14	Alaska Children's Heart C	23:56.8	7:43
77	1320	Cathy Duffy	55		24:00.6	7:44
78	1103	Ashtyn Evans	12	97G CISC Velocity Blue	24:01.5	7:44
79	658	Abigail Stahl	12	97G CISC Velocity Blue	24:02.2	7:45
80	657	Jody Stahl	51	97G CISC Velocity Blue	24:05.9	7:46
81	1588	Chelsea Peterson	23		24:09.7	7:47
82	2823	Kathy Dawson	48	Regional Roadrunners	24:13.3	7:48
83	2932	Krystal Muller-Stub	17		24:15.9	7:49
84	1029	Kelly Van Hoek	45	Huffman Elementary	24:20.6	7:51
85	192	Misty Pekar	32		24:22.5	7:51
86	1351	Leona Scott	40		24:22.5	7:51
87	131	Erica Heil	11	CISC Velocity 98G Blue	24:26.3	7:52
88	453	Aimee Gasser	27		24:27.0	7:53
89	1482	Heather Klein	27		24:28.9	7:53
90	1380	Shawna Rider	27	Scampering Hominids	24:31.5	7:54
91	1182	Jody Otto	30		24:32.2	7:54
92	1016	Jeanine Oakland	29		24:32.4	7:54
93	1346	Cynthia Cooper	52	PRN	24:33.3	7:55
94	685	Shawn Tausz Meyers	29		24:35.3	7:55
95	1221	Danielle Severson	22	Severson Sprinters	24:35.9	7:56
96	1409	Sarah Bartko	25		24:38.2	7:56
97	823	Jamie Krediet	16		24:46.3	7:59
98	980	Rebecca Boggs	16		24:48.1	7:59
99	981	Nikole Boggs	12		24:48.3	8:00
100	898	Joann Schnellbaeche	48	Cardiotonics	24:48.4	8:00

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***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
101	373	Carina Welker	10	O'Malley Elementary Schoo	24:48.8	8:00
102	875	Karen Bronga	47	Kasuun	24:49.3	8:00
103	1415	Jill Burnett	33		24:50.4	8:00
104	540	Marisa Jaso	23	Moose's Tooth/Bear Tooth	24:51.3	8:00
105	318	Meagan Holmquist	30		24:54.4	8:01
106	1376	Tha-Doe Koy	12	97G CISC Velocity Blue	24:54.6	8:02
107	224	Corrie Smith	29	Alaska Triathlon Club	25:00.0	8:03
108	225	Bethanne Clary	31	Alaska Triathlon Club	25:01.2	8:04
109	1553	Denise Deal	46		25:01.9	8:04
110	2908	Joleen Smith	34	South	25:02.0	8:04
111	174	Julie Cisco	46		25:04.6	8:05
112	1593	Matrona Kozloff	17		25:05.1	8:05
113	246	Qian Chen	33	ConocoPhillips Team High	25:06.7	8:05
114	687	Sara Rottman	27	ANMC Nurses	25:07.3	8:06
115	1592	Sasha Kozloff	16		25:08.0	8:06
116	689	Annie Rush	12	97G CISC Velocity Blue	25:09.8	8:06
117	727	Marion Woods	14	Mears Middle School	25:11.3	8:07
118	675	Rebecca Hoshaw	14	Mears Middle School	25:11.6	8:07
119	1076	Vanessa Velez	12	97G CISC Velocity Blue	25:12.1	8:07
120	768	Jessie Pierce	13		25:12.6	8:07
121	1453	Elizabeth Ferucci	36		25:13.7	8:08
122	359	Holly Andrus	12	Mears Middle School	25:15.1	8:08
123	676	Angela Torgerson	36	Mears Middle School	25:17.9	8:09
124	679	Kathryn Torgerson	9	Orion Elementary	25:17.9	8:09
125	259	Briannah Pugh	10	Aquarian Charter School	25:19.5	8:10
126	959	Bronwyn Haynes	41	Mears Middle School	25:22.3	8:10
127	789	Carolyn Kinzie	11	Aquarian Charter School	25:24.3	8:11
128	779	Amber Ramert Weiss	10	Aquarian Charter School	25:28.7	8:13
129	954	Monica Negaard	23		25:29.0	8:13
130	717	Juliette Parke	11		25:29.4	8:13
131	2954	Annie Luck	49		25:29.5	8:13
132	1325	Jennifer Gauer	27	ConocoPhillips Team High	25:37.3	8:15
133	1465	Janet Steinhauser	44		25:40.9	8:16
134	580	Tami Hesselstine	42	Mount Iliamna	25:42.2	8:17
135	1399	Georgina Scorer	33	ConocoPhillips Team High	25:43.2	8:17
136	1078	Katie Malotky	24	Amazing Grace 3Hs	25:46.6	8:18
137	799	Jennifer Spessard	15	Alaska Pacific University	25:47.5	8:19
138	975	Anna Kohl	31	Anchorage Rowing Associat	25:47.6	8:19
139	538	Erin Pringle	36		25:47.8	8:19
140	811	Celia Rozen	53	Alaska Triathlon Club	25:49.0	8:19
141	1107	Katrina Wood	12	97G CISC Velocity Blue	25:49.9	8:19
142	172	Vera Hershey	59		25:52.2	8:20
143	836	Cassie Iutzi	24	WWAMI	25:52.5	8:20
144	1178	Talia Sopp	15	Dimond High School	25:53.2	8:20
145	471	Christina Lindh	28		25:53.9	8:21
146	139	Barb Adams	46		25:54.8	8:21
147	1429	Nina Anderson	34	ConocoPhillips Team High	25:55.0	8:21
148	216	Cyndie Fox	52	Alaska Triathlon Club	25:55.8	8:21
149	1095	Courtney Gerken	14		25:55.9	8:21
150	432	Laura Wagner	36		25:57.4	8:22

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Place	No.	Name	Age	Team	Time	Pace
151	800	Dianna Clemetson	42		25:58.3	8:22
152	167	Jessie Chmielowski	31		26:03.2	8:24
153	879	Kelly Smith	37	Fire Lake Elementary	26:04.5	8:24
154	256	Melissa Gangl	23	ConocoPhillips Team High	26:05.2	8:24
155	720	Zoe Bailey	12	97G CISC Velocity Blue	26:05.9	8:24
156	257	Heidi Beer	40		26:07.4	8:25
157	346	Nicole Vanni	15	Full Force 94 Girls	26:09.4	8:26
158	2795	Carol Hepler	59		26:12.2	8:27
159	1517	Patty Chase	38		26:15.2	8:28
160	1420	Stephanie Stewart	31		26:15.9	8:28
161	1288	Valli Peterson	32		26:17.0	8:28
162	1555	Tiffany Wickenhause	24		26:18.4	8:29
163	515	Bridgette Evermann	27	Hanshew Middle School Haw	26:19.1	8:29
164	2830	Cheryl Dude	39	Alaska Rush Soccer Club	26:21.8	8:30
165	1111	Christina Penningto	27	Team ICRC	26:21.9	8:30
166	2876	Stacy Dayley	40		26:22.8	8:30
167	19	Hannah Andress	12	97G CISC Velocity Blue	26:24.6	8:31
168	969	Yvonne Forsyth	29		26:24.6	8:31
169	1184	Michele Wynn	42		26:27.0	8:31
170	382	Elizabeth Orrison	26		26:27.6	8:31
171	902	Diana Mack	30	Unangan for Healthy Heart	26:29.5	8:32
172	608	Kelly Carson	32		26:30.4	8:32
173	1461	Heather Reese	27		26:30.6	8:32
174	278	Mary Uselmann	13	ConocoPhillips Team High	26:30.9	8:33
175	1232	Kim Uddipa	24		26:34.4	8:34
176	709	Tia Froehle	37	Happy Feet	26:35.4	8:34
177	1552	Jaime Stewart	27		26:37.1	8:35
178	1314	Katie Conway	31		26:39.0	8:35
179	982	Agnes Waslky	55		26:39.2	8:35
180	1293	Mollie Clark	24		26:42.6	8:36
181	595	Sydney Huling	12	Alaska Rush Soccer Club	26:43.3	8:37
182	594	Robin Hughes	12	Alaska Rush Soccer Club	26:43.6	8:37
183	397	Dawn Jones	26		26:45.2	8:37
184	1065	Elissa Esplin	12	Huffman Elementary	26:45.3	8:37
185	1309	Pok Maley	57		26:46.1	8:37
186	600	Natalie Dasantos	33	Goldenview Middle School	26:48.7	8:38
187	2915	Julie Carlson	32		26:49.1	8:38
188	1322	Mandy Morell	29	West High School PE Dept.	26:51.3	8:39
189	1519	Rikki Keen	40	Regional Roadrunners	26:54.7	8:40
190	776	Shelby Namen	12	97G CISC Velocity Blue	26:55.0	8:40
191	1021	Meghan Hughes	27	Alaska Pacific University	26:57.9	8:41
192	1180	Rebecca Jeter	32		26:58.7	8:41
193	1483	Elowyn Smith	39	KafeNeo	26:59.0	8:42
194	1194	Megin Southwick	13		27:00.2	8:42
195	1506	Michelle Brown	22		27:00.5	8:42
196	2936	Beth McLaughlin	36		27:00.9	8:42
197	1562	Brittany McCormick	16		27:03.0	8:43
198	746	Kaitlyn Bailly	11	Alaska Rush Soccer Club	27:03.5	8:43
199	1080	Sophia McAllister	9		27:03.9	8:43
200	2824	Regina Burzinski	26		27:05.0	8:44

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Place	No.	Name	Age	Team	Time	Pace
201	1509	Julianna Sutherland	16		27:06.6	8:44
202	1023	Mary Lessard	42	Alaska Pacific University	27:06.8	8:44
203	974	Rachel Goldberger	23	DEHE Has Heart	27:08.9	8:45
204	344	Tamara Deschaine	28	Team Kaladi	27:09.5	8:45
205	21	Monica Jones	32		27:10.6	8:45
206	2850	Maddie Bee	13	Mears Middle School	27:11.6	8:46
207	1313	Celina Farmer	13		27:12.5	8:46
208	854	Jan Barron	44		27:15.4	8:47
209	245	Mia Keyser	11	CISC Velocity 98G Blue	27:16.2	8:47
210	539	Jennifer Bostick	49		27:18.5	8:48
211	404	Jolin Honas	25		27:19.4	8:48
212	1158	Deidre Rambur	28	Alaska Heart Institute	27:20.6	8:49
213	507	Mary Ann Chisholm	53		27:24.0	8:50
214	740	Sharie Morton	48		27:25.4	8:50
215	135	Robin Bower	47		27:27.5	8:51
216	251	Kathy Walgren	49		27:27.9	8:51
217	1435	Meghan Kell	29		27:28.5	8:51
218	1581	Emma Halsey	19		27:29.5	8:51
219	1389	Larissia Billy	24		27:34.1	8:53
220	1354	Lena Palmer	33		27:34.5	8:53
221	1033	Lauren Cole	11	97G CISC Velocity Blue	27:35.2	8:53
222	2900	Nuri Johnsen	39		27:36.6	8:54
223	666	Victoria Stuart	46	97G CISC Velocity Blue	27:37.7	8:54
224	282	M. Rouse	44	UPS - AFTF	27:38.3	8:54
225	1039	Maureen Torrie	30	Huffman Elementary	27:38.7	8:54
226	630	December Hansen	15	Ski-Trail Poachers	27:38.8	8:54
227	914	Coleen Brown	39		27:39.4	8:55
228	2787	Clare King	47		27:40.9	8:55
229	2937	Sarah Kleedehn	56		27:41.6	8:55
230	227	Gerda Nolan	30		27:43.8	8:56
231	555	Jane Ringler	58		27:44.7	8:56
232	2828	Megan Scott	25		27:45.0	8:56
233	1334	Andrea Steward	36		27:45.6	8:57
234	284	Mary Flanigin	59	Alaska Triathlon Club	27:49.0	8:58
235	1333	Kristina Lawrence	26		27:52.6	8:59
236	448	Jeanne Fischer	60		27:53.3	8:59
237	2910	Ava Harren	13	Hanshew Middle School Haw	27:54.6	8:59
238	654	Kelsey Lindberg	13		27:58.5	9:01
239	474	Juliet Belnap	25		28:01.7	9:02
240	802	Alicia Clemetson	16		28:04.1	9:03
241	2833	Jonel Schenk	39		28:05.2	9:03
242	1297	Kayla Gioffre	12		28:06.9	9:03
243	1437	Raye Ann Neustel	33		28:06.9	9:03
244	1393	Shelli Furlong	41		28:07.2	9:04
245	185	Rebecca Agalawatta	29		28:08.0	9:04
246	2948	Rachael Stohr	24		28:09.4	9:04
247	1362	Jessa Montoya	12		28:09.8	9:04
248	254	Kathryn Baines	43		28:10.4	9:05
249	1200	Erin Westfall	29		28:11.5	9:05
250	582	Katherine Clawson	39		28:12.9	9:05

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Place	No.	Name	Age	Team	Time	Pace
251	414	Madeleine Bulkow	17		28:13.9	9:06
252	1472	Christina Haskell	51		28:15.0	9:06
253	1198	Katelyn Hogan	20		28:15.3	9:06
254	15	Aubrey Morrison	28	Scampering Hominids	28:16.8	9:07
255	495	Mia Harren	15	Hanshew Middle School Haw	28:17.9	9:07
256	1140	Geneva Walters	36		28:19.8	9:08
257	634	Andrea Laughlin	46		28:23.4	9:09
258	765	Maureen Moore	41	Team Scully	28:23.4	9:09
259	1384	Kelly Pieren	30	GAP Gals	28:24.4	9:09
260	1498	Claudia Rodriguez-Z	34	Team in Training	28:25.9	9:10
261	1508	Jennifer Jepson	40		28:29.8	9:11
262	1063	Mary Ann Esplin	43	Huffman Elementary	28:30.7	9:11
263	1189	Abigail Shugak	27		28:31.6	9:11
264	807	Beverly Woodall	48		28:32.2	9:12
265	722	Echo McDonald	44	Alaska Triathlon Club	28:33.4	9:12
266	611	Sara Turner	29	Adventurer's Club	28:35.4	9:13
267	2919	Shannon Koijoi	33	Aquarian Charter School	28:36.0	9:13
268	2888	Kayla Hayes	14	Army Corps of Engineers	28:37.1	9:13
269	153	Jessica Nelsen	30		28:37.5	9:13
270	460	Kalei Rupp	29		28:37.9	9:13
271	1574	Elizabeth Calabro	31	Huffman Elementary	28:38.1	9:13
272	586	Lois Watson	57		28:38.8	9:14
273	1301	Beth Fassbender	30		28:40.8	9:14
274	2844	Sherry Trumpower	45		28:41.7	9:15
275	859	Tracey Wollenberg	32		28:43.6	9:15
276	988	Hailee Brown	12		28:44.0	9:15
277	650	Mysti Skelton	32		28:44.9	9:16
278	886	Sarah Haywood	41	Susitna Elementary School	28:45.2	9:16
279	736	Elena Fresquez	29		28:45.6	9:16
280	1109	Tana Stone	31		28:45.9	9:16
281	628	Diana Hansen	39	Ski-Trail Poachers	28:47.1	9:16
282	821	Susan Krediet	44		28:47.4	9:16
283	1406	Alyse Settle	28		28:48.1	9:17
284	1154	Kelly Todd	30		28:48.1	9:17
285	1096	Minjou Kim	14		28:49.4	9:17
286	1410	Joy Bartko	23		28:53.8	9:19
287	1331	Clare Stockert	31		28:56.2	9:19
288	1469	Hannah Gould	16		29:00.1	9:21
289	180	Heidi Ruckhaus	48		29:00.1	9:21
290	455	Colleen Newgaard	54		29:00.9	9:21
291	2858	Jen Hardy	47		29:00.9	9:21
292	1152	Wendi Engelbracht	32		29:05.0	9:22
293	1535	Katelyn Houston	14	Alaska Rush Soccer Club	29:07.2	9:23
294	2890	Cynthia Smith	44		29:13.4	9:25
295	374	Lisa Catlett	32		29:16.0	9:26
296	961	Toni Shaw	40		29:17.2	9:26
297	2797	Melissa Temple	28		29:17.3	9:26
298	266	Nicole Votaw	30		29:20.0	9:27
299	730	Kim Baldwin	44		29:20.9	9:27
300	1357	Carmencita Worland	28		29:22.3	9:28

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
301	293	Mary Marsolais	72		29:22.8	9:28
302	748	Cindy Russell	46		29:23.8	9:28
303	1374	Caressa Barnard	13		29:24.0	9:28
304	322	Leslie Jones	46		29:24.1	9:28
305	620	Tammi Martin	42		29:25.1	9:29
306	310	Andreea Slusarciuc	17		29:26.3	9:29
307	1446	Brittany Caldwell	24	Rogers Park Elementary	29:27.4	9:29
308	565	Kyunga Michaud	37		29:29.4	9:30
309	1123	Jaeden Lawson	13		29:33.3	9:31
310	524	Jennifer Brown	34	Camp Fire Anchorage Counc	29:33.9	9:31
311	725	Vastyl Mangold	30		29:34.1	9:32
312	721	Veronica Haberthuer	54	Adventurer's Club	29:35.3	9:32
313	1490	Katie Swenson	26		29:35.5	9:32
314	1496	Sarah Thompson	25		29:35.8	9:32
315	1024	Jennifer Gonzalez	21	Alaska Pacific University	29:36.2	9:32
316	688	Rosie Rush	10	CISC Velocity 98G Blue	29:36.5	9:32
317	306	Nicole Mikes	29	Team Carlile	29:36.7	9:32
318	234	Mary Masters	47		29:37.2	9:33
319	340	Michelle Edmondson	26		29:37.4	9:33
320	352	Kyndall Carey	25	Team Carlile	29:38.3	9:33
321	2911	Terese Coomer	47		29:38.7	9:33
322	844	Lori Haacke	46		29:41.2	9:34
323	649	Kelly Hawes	31		29:41.6	9:34
324	2931	Melody Kalkowski	25	UAA CKI	29:43.0	9:34
325	512	Julia Miknich	11	CISC Velocity 98G Blue	29:43.4	9:35
326	686	Sandra Thompson	25		29:44.7	9:35
327	276	Tricia Peterson	32	ConocoPhillips Team High	29:45.4	9:35
328	395	Morgan Lash	11	CISC Velocity 98G Blue	29:47.5	9:36
329	976	Emma Haddix	28	Anchorage Rowing Associat	29:48.3	9:36
330	944	Caroline Hogan	33		29:50.1	9:37
331	367	Mary Trimble	54	Eagle River Grace	29:51.3	9:37
332	1079	Elizabeth McAlliste	44		29:51.3	9:37
333	834	Michelle Cole	11	97G CISC Velocity Blue	29:53.2	9:38
334	917	Tawny Nicolaysen	47	Alaska Children's Heart C	29:54.5	9:38
335	1467	Laura Edwards	24	Team Kaladi	29:55.6	9:38
336	385	Jennifer Baker	21	Pac Teamsters	29:56.7	9:39
337	764	Larissa Thomas	12	Revolution	29:57.3	9:39
338	930	Melinda Harr	32		29:58.9	9:39
339	755	Robby Bear	49		29:59.2	9:40
340	305	Karchere Laura	52	ConocoPhillips Team High	30:00.6	9:40
341	1342	Gly Hernandez	21		30:00.9	9:40
342	814	Hannah Booher	10		30:05.8	9:42
343	681	Julie Osgood	44	CISC 98B Velocity White	30:07.9	9:42
344	2837	Amber Myers	30		30:10.8	9:43
345	417	Anna Duclos	12		30:11.9	9:44
346	407	Kiana Farr	15		30:11.9	9:44
347	369	Ann Jennings	18		30:12.1	9:44
348	2913	Amy Slinker	31		30:12.7	9:44
349	559	Danika Donnelly	11	Kasuun	30:14.9	9:45
350	457	Kim Brown	46	Alaska Triathlon Club	30:16.0	9:45

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
351	230	Karen Deason	33	Not Just a Pretty Face	30:17.6	9:46
352	558	Maggie Donnelly	46	Kasuun	30:17.7	9:46
353	2999	Alexxys Stevison	11		30:19.3	9:46
354	1098	Chelsea Destefano	15		30:22.5	9:47
355	1205	Triaena Summerfield	11	Team Aloha	30:23.3	9:47
356	157	Anthony Messina	11		30:24.2	9:48
357	618	Lizzie June	13		30:24.8	9:48
358	331	Lauren Bradley	29		30:31.6	9:50
359	393	Erika Malo	25	Scampering Hominids	30:32.0	9:50
360	1431	Paula Clarke	40	Bayshore Eagles	30:32.6	9:50
361	2963	Julia Westwick	9	Aquarian Charter School	30:33.3	9:51
362	156	Elvie Lomboy	15		30:40.3	9:53
363	171	Darci Daniel	40	Moose's Tooth/Bear Tooth	30:43.2	9:54
364	236	Emma Tarbath	11	CISC Velocity 98G Blue	30:43.7	9:54
365	2808	Makenna Okeson	11		30:44.0	9:54
366	933	Jennifer Ratchye Ri	32		30:45.0	9:54
367	384	Kara Kirkpatrick	33	Moose's Tooth/Bear Tooth	30:46.0	9:55
368	456	Kathryn Hovey	25		30:46.6	9:55
369	1208	Colleen Glover	44	Mears Middle School	30:47.4	9:55
370	1151	Erin Rivard	25		30:48.0	9:55
371	703	Lindsey Deschaine	26	Team Kaladi	30:48.2	9:55
372	554	Heather Dekalb	41		30:49.9	9:56
373	1108	Sara Mohs	29		30:54.0	9:57
374	261	Karina Zyatitsky	11	CISC Velocity 98G Blue	30:54.4	9:57
375	1077	Sofia Velez	10	CISC Velocity 98G Blue	30:54.5	9:57
376	973	Carolyn Harley	31		30:54.6	9:57
377	731	Kayleen Hetrick	40	8 on the 8th	30:55.5	9:58
378	1125	Kimberly Halstead	34		30:59.5	9:59
379	1168	Carrie Lunn	30		30:59.7	9:59
380	1324	Acadia Graham	11	Susitna Elementary School	30:59.9	9:59
381	1326	Julie Graham	47	Susitna Elementary School	31:00.1	9:59
382	759	Lisa Poirier	45		31:02.5	10:00
383	2916	Nancy Campbell	59		31:04.0	10:00
384	861	April Halpern	32		31:07.9	10:02
385	1193	Marianne Southwick	42		31:09.1	10:02
386	2980	Barbara Brown	56		31:11.3	10:03
387	220	Darline Mcl McLaugh	42	Medical Park Family Care,	31:12.1	10:03
388	267	Erika Bates	12		31:12.7	10:03
389	1358	Andrea Conley	39	Mears Middle School	31:12.9	10:03
390	2799	Kori Engstrom	35		31:13.1	10:03
391	670	Jan Nofsinger	43	DEHE Has Heart	31:13.7	10:04
392	987	Courtney Brown	14		31:13.8	10:04
393	1003	Teanna Thompson	26		31:14.6	10:04
394	951	Annette Funk	41		31:16.1	10:04
395	1069	Alexa Frazier	14	Huffman Elementary	31:17.0	10:05
396	1002	Jordin Schultz	22		31:17.0	10:05
397	336	Katie Kaiser	10	AWWU	31:19.8	10:06
398	1303	Brooke McGrath	38	Happy Feet	31:21.9	10:06
399	1305	Amy Hinkle	27	ConocoPhillips Team High	31:23.0	10:07
400	653	Wendy Lindberg	42		31:26.0	10:08

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
401	441	Alysia Bailey	13		31:29.2	10:09
402	2856	Linda Andersen	47		31:31.2	10:09
403	439	Angelica Marriott	32		31:32.4	10:10
404	1118	Brite Niezek	32	Team ICRC	31:34.5	10:10
405	427	Patty Ginsburg	59		31:39.0	10:12
406	503	Deb Langendorfer	37		31:41.8	10:13
407	226	Maryann Smith	47		31:42.9	10:13
408	2803	Maggie Davorian	8		31:43.7	10:13
409	1412	Katelyn Sweeney	13	Goldenview Middle School	31:44.6	10:14
410	1061	Madison Jungwirth	13	Huffman Elementary	31:44.6	10:14
411	1537	Myrna Jensen	36	Team KTUU	31:45.6	10:14
412	818	Jessica Nangle	32		31:46.8	10:14
413	828	Jan Myers	62		31:47.3	10:14
414	1217	Marie Dochnahl	60		31:47.3	10:14
415	301	Dakota Maisey	10		31:47.4	10:14
416	1099	Teresa Hull	72	Bayshore Eagles	31:48.0	10:15
417	500	Linda Yarborough	56	Scampering Hominids	31:48.1	10:15
418	570	Camilla Dahlstrom	21	Alaska Spine Institute	31:48.7	10:15
419	637	Anna Marie Roedl	24		31:48.9	10:15
420	796	Nicole Walsh	26		31:53.5	10:16
421	1169	Rebecca Marvin	29		31:53.8	10:16
422	215	Joy Barber	37	Not Just a Pretty Face	31:53.8	10:16
423	883	Jane Casilla	27		31:57.5	10:18
424	1067	Autumn Stevens	12	97G CISC Velocity Blue	31:57.9	10:18
425	1520	Charlotte Stender	26		32:00.4	10:19
426	655	Stephanie Zuk	35		32:00.5	10:19
427	2853	Ashley Myers	28		32:01.1	10:19
428	561	Michelle Shelley	42		32:04.2	10:20
429	569	Shelene Allen	32		32:05.1	10:20
430	302	Olivia Maisey	7		32:05.3	10:20
431	390	Crystal Miller	26		32:07.0	10:21
432	2854	Mandy Britt	31		32:07.5	10:21
433	203	Heather Jensen	9	Bayshore Eagles	32:08.1	10:21
434	488	Victoria Houser	13	Revolution	32:10.9	10:22
435	2895	Soo Choi	27	Coffman Cardiacs	32:11.3	10:22
436	2834	Annette Cartier	48		32:15.8	10:24
437	1411	Camryn Sweeney	10	Alaska Rush Soccer Club	32:18.1	10:24
438	463	Leigh Ann Collins	23	Team Scully	32:18.7	10:25
439	465	Cara Fairbanks	31	Team Scully	32:18.9	10:25
440	2806	Pam Okeson	44		32:19.9	10:25
441	983	Donell Irwin	32		32:22.6	10:26
442	505	Margaret Grega	24	GCI	32:23.5	10:26
443	370	Bridgett Mackey	25	GCI	32:23.5	10:26
444	1332	Arli Wynn	26		32:23.9	10:26
445	277	Verneese Maney-Rouz	37	ConocoPhillips Team High	32:24.4	10:26
446	12	Suelyn Van Brunt	50		32:24.4	10:26
447	1543	Lori Roy	40		32:24.8	10:26
448	191	Kate Nixon	56		32:27.6	10:27
449	1136	Wendy Kolberg	33		32:30.4	10:28
450	416	Lisa Bulkow	49		32:30.9	10:28

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
451	2899	Aspen Knight	14	Army Corps of Engineers	32:31.9	10:29
452	1591	Jodi Robinson	24		32:33.9	10:29
453	795	Amelia Walsh	58		32:35.1	10:30
454	545	Sherry Church	32		32:37.1	10:30
455	712	Karen Gonne'-Harrel	55		32:38.7	10:31
456	552	Tara Fleming	32		32:41.4	10:32
457	651	M Louise Franklin	45		32:41.5	10:32
458	851	Rhonda Buchanan	36		32:43.9	10:33
459	1147	Rebecca Sebald	49		32:46.7	10:34
460	576	Donna Patel	25		32:46.9	10:34
461	767	Heather Evans	41		32:49.7	10:34
462	2887	Nicole Hayes	31	Army Corps of Engineers	32:50.3	10:35
463	827	Denise Haliczzer	35		32:51.1	10:35
464	493	Sarah Stewart	33		32:53.6	10:36
465	1350	Rose Hanson	15		32:55.6	10:36
466	127	Laurie Lacy	43	CISC 98B Velocity Red	33:00.2	10:38
467	1396	Laura McLaughlin	36		33:01.5	10:38
468	527	Erma Martin	72		33:01.8	10:38
469	508	Sarah Bowerfind	26		33:02.6	10:39
470	1557	Michelle Graham	21		33:02.6	10:39
471	238	Sara Urvina	26	Boys & Girls Clubs Alaska	33:03.3	10:39
472	1142	Rosemarie Camacho	29		33:04.7	10:39
473	405	Ilana Kerschbaum	41		33:07.4	10:40
474	263	Chelsea Ryan	25		33:07.5	10:40
475	1220	Amiel Severson	45	Severson Sprinters	33:07.8	10:40
476	626	Hannah Romberg	9	Aquarian Charter School	33:08.4	10:40
477	2976	Cindy Sauro	49		33:08.9	10:41
478	164	Jamie Beever	24		33:09.5	10:41
479	1493	Karla Harrington	43		33:10.6	10:41
480	578	Jackie Kapper	51	Team Scully	33:10.8	10:41
481	869	Nicole Cleary	33		33:10.9	10:41
482	102	Diane Hanson	51	Scampering Hominids	33:12.7	10:42
483	289	Anna Greene	13	Hanshew Middle School Haw	33:12.8	10:42
484	332	Anissa Riley	41		33:14.2	10:42
485	2950	Terri Agee	57		33:15.7	10:43
486	1316	Mariella Gallegos-R	8		33:15.9	10:43
487	1491	Julia Buell	29		33:18.0	10:44
488	514	Laura Rueckert	30		33:22.0	10:45
489	1526	Tiffany Brown	30	Team KTUU	33:22.8	10:45
490	2871	Jacy Joyver	25		33:25.0	10:46
491	2934	Jessica Musgrove	26		33:25.6	10:46
492	1007	Terrill Sullivan	39	Bayshore Eagles	33:25.8	10:46
493	2935	Lizzy Smith	23		33:26.0	10:46
494	425	Celia Carlson	57		33:26.4	10:46
495	589	Dana Moronell	9		33:27.8	10:47
496	2818	Sharon Klotz	49		33:29.7	10:47
497	804	Marion Hurst	55		33:30.5	10:48
498	1476	Carol Waters	62		33:32.1	10:48
499	430	Tuyet Smallwood	41		33:33.1	10:48
500	5	Kelly Neher	31		33:33.4	10:49

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
501	642	Lauren Gillard	30		33:33.5	10:49
502	442	Megan Holliday	26	Trinity Young Adults	33:33.9	10:49
503	1211	Tammie Sanchez	33		33:38.0	10:50
504	491	Kimberly Osburn	27		33:38.8	10:50
505	229	Jamie Kunkler	23	Team BP	33:39.2	10:50
506	927	Mona Spargo	44		33:41.0	10:51
507	824	Ali Krediet	8		33:43.6	10:52
508	1536	Sarah Callaway	28		33:45.4	10:52
509	2870	Cindy Patrick	52		33:47.5	10:53
510	769	Shelby Named	11	CISC Velocity 98G Blue	33:48.0	10:53
511	698	Nelda Dodge	46		33:48.8	10:53
512	732	Amy McCollum	44		33:50.4	10:54
513	812	Sylvia Davis	26	Moose's Tooth/Bear Tooth	33:52.1	10:55
514	349	Rebekah Dehart	24		33:53.6	10:55
515	388	Rebecca Tucker	32		33:57.6	10:56
516	1564	Lisa Nelson	53		33:57.7	10:56
517	567	Darcy Happ	36		33:58.7	10:57
518	298	Christina Holmgren	43		33:59.7	10:57
519	291	Melanie Bartenstein	13	Hanshew Middle School Haw	34:02.8	10:58
520	760	Danielle Poirier	12		34:04.8	10:59
521	2813	Taylor Tipton	12		34:05.5	10:59
522	279	Marika Athens	30		34:07.2	10:59
523	287	Stephanie Spezialy	33	Not Just a Pretty Face	34:08.7	11:00
524	1066	Amber Esplin	10	Huffman Elementary	34:10.5	11:00
525	355	Alaina Anderson	35		34:11.9	11:01
526	356	Megan Alward	13		34:12.0	11:01
527	815	Heidi Booher	8		34:12.3	11:01
528	826	Catherine Rogers	35		34:12.4	11:01
529	733	Bonnie Hauschka	36		34:12.4	11:01
530	813	Penny Booher	39		34:13.1	11:01
531	696	Dagmar Ruehrig	37	DEHE Has Heart	34:14.4	11:02
532	2998	Roxann O'Hara	47	Providence Info Experts	34:14.8	11:02
533	252	Connie Guiley	47	ConocoPhillips Team High	34:16.3	11:02
534	1463	Kathy Lyn Thompson	57		34:18.2	11:03
535	173	Megan Hanks	22	Moose's Tooth/Bear Tooth	34:19.5	11:03
536	1295	Yevania Woods	13		34:19.7	11:03
537	1298	Janel Abo	12		34:19.8	11:03
538	669	Lyndsay Briley	31	CISC 98B Velocity White	34:19.8	11:03
539	2811	Susan Falk	35		34:20.0	11:04
540	700	Barbara Demarco	57		34:21.5	11:04
541	339	Jennifer Moore	43		34:22.2	11:04
542	937	Anna Purvis	7		34:24.5	11:05
543	936	Rebecca Purvis	38		34:24.7	11:05
544	1321	Gretchen Jessup	44		34:28.6	11:06
545	2986	Kristen Santoyo	9		34:33.4	11:08
546	609	Susan Sawhill	52	Team Scully	34:35.5	11:09
547	850	Mandy Larose	34		34:36.2	11:09
548	337	Bonnie Moore	26		34:36.4	11:09
549	543	Brittany Layton	22		34:40.5	11:10
550	2925	Wendy Heck	40		34:41.2	11:10

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
551	787	Ester Shively	37		34:42.6	11:11
552	1422	Tracy Olson	34		34:43.1	11:11
553	1318	Melissa Rodriguez	33		34:44.0	11:11
554	1018	Jennifer Maclaughin	32	Alaska Pacific University	34:51.4	11:14
555	1017	Heather Thamm	29	Alaska Pacific University	34:51.5	11:14
556	27	Adriana Villasenor	13		34:52.6	11:14
557	484	Svetlana Moore	19	Eagle River Grace	34:53.8	11:14
558	1366	Justine Ebert	23	GAP Gals	34:57.9	11:16
559	1511	Carolyn Seramur	28		35:00.4	11:17
560	2881	Christiane Maye	60		35:01.5	11:17
561	288	Allison Stassel	13	Hanshew Middle School Haw	35:03.3	11:17
562	777	Kethra Ramert	29	Aquarian Charter School	35:03.9	11:18
563	1175	Carol Makar-Gibbs	64		35:05.5	11:18
564	2971	Veronica Reem	42	Aquarian Charter School	35:07.5	11:19
565	625	Wendy Romberg	38	Team Scully	35:10.4	11:20
566	2817	Caprice Medena	16		35:13.3	11:21
567	2965	Amber Morey	32		35:14.3	11:21
568	1164	Dawn Medema	46		35:16.9	11:22
569	1371	Hayley Neptune	11	O'Malley Elementary Schoo	35:17.8	11:22
570	739	Celisa Hahn	15	East High School	35:20.6	11:23
571	31	Ma Elena Gomez	49		35:23.2	11:24
572	1005	Paige Hodson	47	Bayshore Eagles	35:24.8	11:24
573	2996	Kathy Bennett	48		35:29.7	11:26
574	1368	Patricia Neptune	50	Alaska Children's Heart C	35:31.7	11:27
575	1155	Sarah McCrea	29		35:33.1	11:27
576	2804	Nadia Davorian	8		35:34.4	11:27
577	8	Quincy Smith	8	Rogers Park Elementary	35:38.3	11:29
578	233	Taylor Brouillet-St	10	CISC Velocity 98G Blue	35:43.6	11:30
579	2801	Laurie Davorian	39		35:43.8	11:31
580	328	Christina Jennings	29	CISC Velocity 98G Blue	35:44.3	11:31
581	556	Lora Jorgensen	39		35:44.6	11:31
582	23	Teresa Villasenor	39		35:52.0	11:33
583	1082	Francine Moreno	22	DEHE Has Heart	35:54.2	11:34
584	1075	Kelin Colberg	41	Huffman Elementary	35:55.0	11:34
585	213	Jill Frankford	37	Not Just a Pretty Face	35:55.6	11:34
586	262	Jennifer McLaughlin	19	Medical Park Family Care,	35:56.3	11:35
587	2961	Maria Sutura	63		35:58.2	11:35
588	1421	Joy Stamper	31		36:00.7	11:36
589	1206	Kay Trailer	42		36:04.5	11:37
590	1404	Rheyviemaha Bullece	25	Medical Park Family Care,	36:06.9	11:38
591	758	Kristen Buchta	44		36:09.1	11:39
592	990	Diane Barnett	64		36:13.4	11:40
593	782	Stephanie Porter	37		36:19.2	11:42
594	660	Nicki White	23		36:23.4	11:43
595	1008	Savannah Ulrich	9	Kasuun	36:28.4	11:45
596	2964	Linda Westwick	44	Aquarian Charter School	36:29.0	11:45
597	934	Carol Russell	65		36:33.2	11:46
598	140	Jean Funatake	58		36:33.5	11:47
599	341	Renae Sather	37	Capable Crew	36:33.9	11:47
600	985	Debbie Brown	45		36:41.5	11:49

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
601	2903	Iona Gold	34		36:47.5	11:51
602	100	Sara Ratana	27		36:48.3	11:51
603	467	Matti Munson	58	Alaska Triathlon Club	36:49.3	11:52
604	1367	Catherine Sullivan	26	GAP Gals	36:50.1	11:52
605	111	Janice Stiller	55		36:51.1	11:52
606	1531	Jennifer Kuper	39		36:52.6	11:53
607	478	Melanie Vandehey	39		36:53.6	11:53
608	840	Yolanda Ikner	39	Delta Sigma Theta Sororit	36:54.2	11:53
609	479	Jayci Vandehey	9		36:56.1	11:54
610	1094	Heather Doncaster	31	WW RoadRash!	36:58.3	11:54
611	2991	Adrian Maiuri	46		37:01.0	11:55
612	132	Kathy Lacey	51		37:02.5	11:56
613	1392	Juliana Mathias	55		37:04.8	11:57
614	1165	Anika Doehl	29	CBS 11 News	37:06.2	11:57
615	201	Angie Jensen	44	Bayshore Eagles	37:07.8	11:58
616	568	Amanda Velikanje	26		37:07.9	11:58
617	550	Michelle Semerad	40		37:10.0	11:58
618	176	Angela Elgee	57		37:11.3	11:59
619	2821	Ellen Johnson	49		37:15.6	12:00
620	2909	Chottie Angst	61	O'Malley Elementary Schoo	37:17.9	12:01
621	1084	Kristen Doughty	23		37:18.2	12:01
622	20	Dawna Erlewine	39	Team Pulga	37:19.8	12:01
623	1046	Fiona Bruce	12	O'Malley Elementary Schoo	37:21.2	12:02
624	1045	Kari Gardey	46	O'Malley Elementary Schoo	37:23.1	12:02
625	2953	Freya Hately	13		37:25.9	12:03
626	929	Natalie Smoke	10	Tyson Elementary School	37:26.5	12:04
627	714	Mary Miller	56		37:33.6	12:06
628	2952	Jennifer Hately	39		37:37.6	12:07
629	1450	Stephanie Denman	37		37:39.0	12:08
630	314	Tobi Ashby-Dunham	46		37:41.6	12:08
631	2812	Janet Tipton	36		37:44.1	12:09
632	1597	Pia Wonchala	51		37:49.2	12:11
633	2842	Anne Denny	53		38:01.8	12:15
634	640	Ainsley Sutherland	6	Orion Elementary	38:05.9	12:16
635	566	Julie Oney	40		38:06.0	12:16
636	1124	Jessica Lawson	14		38:12.8	12:18
637	830	Becky Roth	46		38:13.9	12:19
638	186	Lara Madden	39	The Heart of CBPP	38:16.6	12:20
639	187	Victoria Hillwig	26	The Heart of CBPP	38:16.8	12:20
640	323	Sarah Jones	22		38:17.5	12:20
641	1361	Sarah Boegel	25	Boys & Girls Clubs Alaska	38:26.2	12:23
642	1441	Amy Hemphill	32		38:39.3	12:27
643	1210	Amber Deem	32		38:43.2	12:28
644	133	Claire Lacey	12		38:43.6	12:28
645	598	Kimberly Fleming	28	Scampering Hominids	38:50.0	12:30
646	125	Martha Nelson	60		38:51.0	12:31
647	695	Donna Neill	46	GCI	38:55.3	12:32
648	903	Shawn Dick	44	Unangan for Healthy Heart	38:56.3	12:32
649	1160	Victoria Miltersen	45	Alaska Heart Institute	38:58.9	12:33
650	819	Debra Prince	48		39:09.6	12:37

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
651	1345	Sydney Garnick	16		39:09.8	12:37
652	119	Katie Millen	28		39:16.2	12:39
653	525	Sara Crewdson	31		39:19.6	12:40
654	241	Tracy Lyons	35		39:22.0	12:41
655	320	Laura Lindh	31		39:25.7	12:42
656	1203	Martha Summerfield	39	Team Aloha	39:27.5	12:43
657	743	Sarah Alborn	28		39:30.2	12:43
658	2802	Helena Davorian	11		39:34.0	12:45
659	2883	Mayana Gibson	53		39:36.2	12:45
660	791	Tara Lea	28		39:37.8	12:46
661	904	Thea Gundersen	19	Unangan for Healthy Heart	39:41.1	12:47
662	763	Tiana Lee	9	8 on the 8th	39:48.3	12:49
663	912	Darci Bowers	39		40:02.1	12:54
664	785	Lesya Fussner	28		40:03.5	12:54
665	786	Jennifer Gunter	32		40:15.0	12:58
666	1416	Samantha Maloney	36		40:15.9	12:58
667	1353	Hanna Scott	12		40:19.4	12:59
668	750	Teena Calkin	41		40:20.9	13:00
669	469	Ariel Burr	18		40:29.6	13:03
670	510	Kailee Barrus	14	Hanshew Middle School Haw	40:38.6	13:05
671	498	Stephanie Compton	13	Hanshew Middle School Haw	40:38.7	13:05
672	516	Brittany Roberts	13	Hanshew Middle School Haw	40:38.9	13:05
673	744	Courtney Bailly	15	HHC, 297th BFSB	40:40.3	13:06
674	533	Leah Simmons	15		40:41.1	13:06
675	2829	Breeana Arlint	9		40:50.4	13:09
676	152	Melanie Harriman	41	Moose's Tooth/Bear Tooth	41:00.3	13:12
677	1580	Davina Jolma	39		41:00.7	13:13
678	2947	Jeanne Hickman	37		41:05.1	13:14
679	833	Jazmaine De Heus	7	GCI	41:05.7	13:14
680	832	Kristi Elkins	31	GCI	41:07.4	13:15
681	438	Polly Smith	43	Chugach Optional Cheetahs	41:15.7	13:17
682	2838	Lori Jansen	50		41:26.2	13:21
683	2868	Penny Fairbanks	45		41:26.4	13:21
684	449	Betty McLaughlin	69		41:43.3	13:26
685	788	Katie Scialabba	30		41:47.3	13:28
686	999	Makayla Clark	12	Bayshore Eagles	41:51.1	13:29
687	2992	Terri Dennett	52		41:53.4	13:29
688	13	Anne Masneri	45		42:01.0	13:32
689	1044	Robin Denbrock	37		42:02.9	13:33
690	175	Kirsten Svejnoha	22	Moose's Tooth/Bear Tooth	42:05.9	13:33
691	1317	Marcelina Gallegos-	7		42:06.1	13:34
692	446	Carol Huber	64		42:10.6	13:35
693	1457	Suanne Unger	42	Unangan for Healthy Heart	42:11.2	13:35
694	925	Niki Jeter	10	Tyson Elementary School	42:14.5	13:36
695	330	Elizabeth Hunt	45		42:24.9	13:40
696	2985	Dawn Hansen	48		42:25.0	13:40
697	396	Marcia Davis	51	Alaska Triathlon Club	42:25.2	13:40
698	2938	Linda Bender	54		42:41.1	13:45
699	3000	Judy Basler	53		42:41.9	13:45
700	239	Jennifer Brown	36	Boys & Girls Clubs Alaska	43:01.0	13:51

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
701	2826	Charlee Ruhl	14	Team Ruhl	43:11.5	13:55
702	2825	Lisa Ruhl	44	Team Ruhl	43:11.7	13:55
703	112	Judi Westfall	40		43:15.9	13:56
704	932	Gina Perry	28		43:15.9	13:56
705	2	Karri Buchta	16		43:31.8	14:01
706	1432	Joann Everett	47	Delta Sigma Theta Sororit	43:36.3	14:03
707	1031	Christin Evans	28		43:38.2	14:03
708	960	Karron Weiss	58		44:22.9	14:18
709	761	Heather Lee	39	8 on the 8th	44:39.5	14:23
710	1538	Christina Lyle	29		44:51.2	14:27
711	244	Shawna Bailey	36	Not Just a Pretty Face	45:02.5	14:30
712	2827	Ashley Ruhl	24	Team Ruhl	45:06.8	14:32
713	114	Marty Cashen	66		45:13.9	14:34
714	436	Lindsey Lonas	9	Anchorage Fit Club/Rock H	45:15.5	14:35
715	1329	Erika Bixby	24		45:21.0	14:36
716	1327	Diane Bixby	49		45:21.2	14:36
717	433	Robin Lonas	33	Anchorage Fit Club/Rock H	45:22.0	14:37
718	343	Kayla Simpson	14	Hanshew Middle School Haw	45:45.2	14:44
719	749	Elizabeth Veronick	21		45:45.4	14:44
720	747	Julie Veronick	46		45:45.9	14:44
721	1427	Mary Groot Bluemink	33	Chums	45:51.1	14:46
722	2809	Dorinda Wenrich	60		45:52.7	14:46
723	784	Kristina Randazzo	35		46:05.2	14:51
724	1405	Julia Omalley	30	Chums	46:05.2	14:51
725	3	Rebecca Palsha-Hopk	31	Chums	46:05.2	14:51
726	890	Charlyne Fair	46	ATS Alaska	46:06.2	14:51
727	2857	Mary Evans	48		46:09.6	14:52
728	429	Anne Kessler	61		46:09.8	14:52
729	783	Tami Hemenway	61		46:21.8	14:56
730	194	Micaela Jones	38	JONES TUCKER FAMILY	47:06.7	15:10
731	773	Cristin Cotter	22		47:21.5	15:15
732	2994	Ronda Lambert	38		47:44.9	15:23
733	2993	Linnea Fahey	45		47:45.1	15:23
734	2923	Mattigan Johnson	5	Aquarian Charter School	48:17.0	15:33
735	870	Colleen Larson	58	Lumen Christi Archangels	48:25.4	15:36
736	780	Ruby Lee Ramert	5	Aquarian Charter School	48:26.3	15:36
737	1081	Patricia McKay	56	Lumen Christi High School	48:26.9	15:36
738	324	Marian Lear	51		49:14.1	15:51
739	325	Lear Kristina	25		49:21.9	15:54
740	2922	Phenix Johnson	10	Aquarian Charter School	49:30.4	15:57
741	402	Madeleine O'Connor	5		50:14.2	16:11
742	401	Tanya O'Connor	42		50:14.2	16:11
743	2945	Kimberly Sledgister	29		50:19.2	16:12
744	2946	Ashley Sledgister	7		50:19.7	16:12
745	971	Judy Mathews	63		50:40.8	16:19
746	452	Kathy Wright	61		50:49.2	16:22
747	942	Sherri Douglas	52		51:02.1	16:26
748	2846	Kaerin Stephens	54		51:02.3	16:26
749	1218	Dawn Christy-Stiver	58		51:03.9	16:27
750	490	Dean Brown	65		51:38.5	16:38

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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

***** FEMALE RESULTS *****

Place	No.	Name	Age	Team	Time	Pace
751	1540	Brittany Etheridge	28		52:31.9	16:55
752	366	Cathy Bussey	42		52:32.5	16:55
753	28	Maria Villasenor	41		52:32.5	16:55
754	264	Robyn McGhee	30	ConocoPhillips Team High	52:38.8	16:57
755	26	Andrea Villasenor	15		52:53.3	17:02
756	2958	Jane Meacham	66		53:27.5	17:13
757	2978	Vivian Dietz-Clark	58	Mended Heart Support	53:33.9	17:15
758	418	Vickie Warren	46		54:11.8	17:27
759	1148	Vicki Price	48	AYSC Reds 95	54:29.4	17:33
760	751	Cindy Esquivel	49	AYSC Reds 95	54:34.2	17:34
761	1117	Lyn Dokoozian	42	Team ICRC	54:55.6	17:41
762	1212	J Jett	55		55:18.7	17:49
763	1213	Gretchen Jett	31		55:19.0	17:49
764	1114	Laurie Butler	48	Team ICRC	55:20.9	17:49
765	2848	Teresa Novakovich	45		55:40.2	17:56
766	258	Shana Hysom	33		55:45.7	17:57
767	2940	Teresa Carns	64		55:52.4	18:00
768	124	Marla Greenstein	52		55:52.8	18:00
769	629	Bethlehem Hansen	10	Ski-Trail Poachers	56:20.3	18:09
770	623	Emilee Smith	12	Aquarian Charter School	56:20.7	18:09
771	588	Erin Moronell	11		56:22.9	18:09
772	622	Shannon Smith	40	Aquarian Charter School	56:30.7	18:12
773	591	Gwen Moronell	4		57:39.3	18:34
774	235	Katy Neher	49	ConocoPhillips Team High	58:38.2	18:53
775	2997	Barbara Sisson	53		1:00:35.4	19:31
776	878	Ruth Bratz	51		1:00:35.5	19:31
777	614	Wendy Crnich	50		1:02:18.6	20:04
778	612	Martina Yurich	44		1:02:18.8	20:04
779	613	Dakota Ramirez	8		1:02:18.8	20:04
780	665	Anna-Marie Jackson	9	Team CH2MHILL	1:07:52.1	21:51
781	376	T. Heinz	35		1:09:39.1	22:26
782	378	Elaine Miller	42		1:09:39.7	22:26
783	1131	Maryann Kniffen	43	Lumen Christi High School	1:18:11.5	25:11
784	1424	Danielle Klebesadel	6		1:18:20.4	25:13
785	523	Lynn Reese	49		1:24:46.3	27:18
786	521	Stacey Allen	39		1:26:42.9	27:55
787	522	Lauren Allen	9		1:26:43.2	27:55
788	1522	Ruthann Lomu	11	97G CISC Velocity Blue	1:31:38.8	29:30
789	1425	Jennifer Klebesadel	8		1:33:28.9	30:06
790	1423	Lucy Klebesadel	43		1:33:29.5	30:06
791	528	Jan Johnson	54		1:33:32.5	30:07
792	1223	Kai Sims	29	Tom's Team	1:35:59.9	30:54
793	530	Amber Reichardt	30		1:36:17.5	31:00
794	531	Lily Johnson	25		1:36:17.7	31:00
795	101	Kristin Rehmann	33	Camp Fire Anchorage Counc	1:38:25.2	31:41
796	858	Faith Palmer	34		1:40:31.7	32:22
797	408	Leah Kinard	28	Stroller Strides	1:41:11.0	32:35
798	809	Anna Woodall	16		1:41:13.7	32:35

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