

22nd ANNUAL COAST GUARD DAY 5K  
 U.S. Coast Guard Training Center, Yorktown, VA  
 Saturday, August 7, 2010 8:30 AM  
 A PENINSULA TRACK CLUB GRAND PRIX EVENT

TOP OVERALL MEN

1	1	JACK J LITTLE	16	YORKTOWN VA	17:17	5:34
2	2	JOHN PIGGOTT	45	WILLIAMSBURG VA	17:28	5:38
3	3	JIM LANCASTER	33	BALTIMORE MD	17:35	5:40

TOP OVERALL WOMEN

1	18	MERCEDES D'AMICO	52	NEWPORT NEWS VA	21:01	6:46 *
2	31	MICHELE SMITH-HARDEN	46	NORFOLK VA	22:36	7:17 *
3	36	EMILY M ERNST	32	HAMPTON VA	23:15	7:29

MEN: 14 AND UNDER

1	4	GEOFFREY T ROUIN	13	YORKTOWN VA	18:38	6:00 *
2	72	JACK TARTALA	14	NEWPORT NEWS VA	25:55	8:21
3	95	HUNTER G WILFONG	11	SPOTSYLVANIA VA	27:38	8:54
4	114	CHRISTIAN J DOOLEY	13	NEWPORT NEWS VA	28:46	9:16

MEN: 15 - 19

1	5	DESMOND D FOGG	16	NEWPORT NEWS VA	19:08	6:10
2	9	CODY KLAUER	18	CHESAPEAKE VA	19:50	6:23
3	54	BRIAN GRIFFITH	19	NEWPORT NEWS VA	25:04	8:04
4	59	STEVEN BARNES	17	NEWPORT NEWS VA	25:21	8:10
5	74	MICHAEL H BAKER	16	NEWPORT NEWS VA	26:01	8:23
6	168	KAYNE BOYER	15	HAYES VA	35:15	11:21

MEN: 20 - 24

1	16	ERICK GWALTNEY	24	RICHMOND VA	20:52	6:43
2	26	ALEXANDER DUNCAN	21	MISSION VIEJO CA	22:26	7:14
3	57	ETHAN HALBERG	21	HAYES VA	25:14	8:08
4	71	JONATHAN E ARANGO	24	YORKTOWN VA	25:54	8:21
5	153	STUART SWILLEY	23	POQUOSON VA	32:58	10:37
6	163	WALTER PIERCE IV	24	NEWPORT NEWS VA	34:37	11:09
7	218	WILLIAM F SMITH	21	FRANKLIN TN	56:21	18:09

MEN: 25 - 29

1	8	JOHN COOPER	28	YORKTOWN VA	19:47	6:22
2	21	DONALD E RICKERSON	26	HAMPTON VA	21:54	7:03
3	28	ADAM MONTALVO	28	YORKTOWN VA	22:31	7:15 *
4	39	KEVIN M HALLACK	25	HART MI	23:39	7:37
5	70	JOHN K MOORE	27	CARROLLTON VA	25:49	8:19
6	93	SEBASTIAN NILLER	29	HAMPTON VA	27:29	8:51
7	158	TIMOTHY WEBSTER	28	SMITHFIELD VA	34:04	10:58
8	170	FRANK STROM	27	BROOKLYN NY	35:38	11:29
9	194	JOHN DOOLEY	26	NEWPORT NEWS VA	40:08	12:55

MEN: 30 - 34

1	7	RYAN WALINSKI	32	HAMPTON VA	19:38	6:19
2	10	BRYAN DOLLYHIGH	34	GLOUCESTER VA	19:51	6:24 *
3	13	BRIAN J HAKES	30	WILLIAMSBURG VA	20:10	6:30
4	20	MARTIN GELLER	33	WAUKESHAWI VA	21:45	7:00
5	67	CHRISTOPHER ALLEN	34	YORKTOWN VA	25:47	8:18
6	90	CHRISTOPHER FIELDS	32	MOYOCK NC	27:05	8:43
7	92	GABRIEL SWIFT	30	HAMPTON VA	27:19	8:48 *
8	106	JEREMY STEPHENS	33	NEWPORT NEWS VA	28:22	9:08
9	107	DAN L JURGELLA	33	NEWPORT NEWS VA	28:22	9:08
10	176	CLAIBORN L PHILLIPS	30	GLOUCESTER POINT V	36:38	11:48
11	180	JOHN A GRABOWSKI	32	HAYES VA	36:52	11:52

MEN: 35 - 39

1	14	PETER WOLF	38	NEWPORT NEWS VA	20:39	6:39	*
2	24	J DAVID MACLUSKIE	37	YORKTOWN VA	22:13	7:09	
3	27	DANIEL MOSS	36	NEWPORT NEWS VA	22:28	7:14	
4	30	GEORGE ACKERMAN	38	POQUOSON VA	22:34	7:16	
5	37	PETER MEACHAM	37	WILLIAMSBURG VA	23:15	7:29	
6	53	JAMES HARDIN	35	GLOUCESTER POINT V	24:59	8:03	
7	58	STEVE CHAMPLIN	39	NEWPORT NEWS VA	25:14	8:08	*
8	60	WAYNE C LEFEBVRE	36	PORTSMOUTH VA	25:22	8:10	
9	81	FRANCIS LIRA	39	FAIRFAX VA	26:29	8:32	
10	84	RICK DAVENPORT	39	YORKTOWN VA	26:35	8:34	*
11	88	JAMIE GARRETT	38	NEWPORT NEWS VA	27:01	8:42	*
12	102	RICHARD J GONZALEZ	37	HAMPTON VA	28:09	9:04	
13	109	SHAWN D MAULDIN	39	NEWPORT NEWS VA	28:33	9:12	
14	139	DONNIE BOYER	38	HAYES VA	31:02	10:00	
15	146	ERIC ELLINGSON	38	WEST POINT VA	31:47	10:14	
16	155	MATTHEW RYMER	39	YORKTOWN VA	33:28	10:47	
17	161	GAIL BOYER	37	HAYES VA	34:27	11:06	
18	191	BRIAN S WILFONG	38	SPOTSYLVANIA VA	39:21	12:40	
MEN: 40 - 44							
1	17	KRISTIAN ELLINGSEN	41	YORKTOWN VA	20:55	6:44	*
2	29	ATHAN KRAMER	42	YORKTOWN VA	22:32	7:15	
3	77	ROBERTO J CANO	44	YORKTOWN VA	26:15	8:27	*
4	94	DREW N SUMMER	40	RALEIGH NC	27:38	8:54	
5	111	DARREN DEFORGE	43	YORKTOWN VA	28:38	9:13	
6	118	DANIEL POWELL	43	NEWPORT NEWS VA	28:54	9:19	
7	124	QUINN QUAGLINO	44	NEW ORLEANS LA	29:31	9:30	
8	141	JEFFREY WESTLING	41	YORKTOWN VA	31:09	10:02	
9	143	THOMAS WHITMAN	44	YORKTOWN VA	31:15	10:04	
10	152	BRIAN MASON	40	YORKTOWN VA	32:41	10:32	*
11	207	GARY RAUCHFUSS	43	WILLIAMSBURG VA	43:45	14:05	
MEN: 45 - 49							
1	6	PAUL PELLETIER	45	WILLIAMSBURG VA	19:14	6:12	*
2	19	ANDREW R D'AMICO	49	NEWPORT NEWS VA	21:30	6:55	*
3	22	TONY KOWALSKI	48	YORKTOWN VA	22:01	7:06	
4	32	MARTY TOMASEK	49	LANEXA VA	22:52	7:22	
5	35	MARK YATES	45	SMITHFIELD VA	23:05	7:26	
6	42	JAY ROSS	49	NEWPORT NEWS VA	23:47	7:40	
7	56	GARY MUENSTERMAN	49	RICHMOND VA	25:11	8:07	
8	68	JOHN MARTIN	45	WILLIAMSBURG VA	25:47	8:18	
9	69	STEVEN KEETER	46	NEWPORT NEWS VA	25:48	8:19	*
10	79	MIKE PREZIOSO	49	WILLIAMSBURG VA	26:21	8:29	
11	98	STEVE PETERS	46	POQUOSON VA	27:52	8:59	*
12	110	EL MARCELO RONE	46	EWA BEACH HI	28:35	9:12	
13	112	DAVID BARNES	49	MIDLOTHIAN VA	28:41	9:14	
14	135	CHUCK ASKIN	48	YORKTOWN VA	30:36	9:51	
15	136	MICHAEL ANGELO	46	POQUOSON VA	30:44	9:54	*
16	171	MICHAEL LUNDGREN	45	STATEN ISLAND NY	35:39	11:29	
17	197	GLEN HARRISON	49	HAMPTON VA	41:08	13:15	
18	216	RICK WELLS	49	YORKTOWN VA	53:18	17:10	
MEN: 50 - 54							
1	12	TERRY IMBERY	52	YORKTOWN VA	19:55	6:25	*
2	23	DAVID J SMITH	53	TAPPAHANNOCK VA	22:06	7:07	
3	45	CECIL SALYER	53	PORTSMOUTH VA	24:20	7:50	
4	46	JOHN A TARTALA	51	NEWPORT NEWS VA	24:20	7:50	
5	49	CHIP ROWLEY	51	SEAFORD VA	24:33	7:55	*
6	100	DAVID LEWIS	52	GLOUCESTER POINT V	28:02	9:02	
7	101	CURTIS PARKER	53	NEWPORT NEWS VA	28:05	9:03	

8	105 JOHN KOCH	53 WEST POINT VA	28:18	9:07
9	113 LINCOLN ELDRIDGE	51 NORFOLK VA	28:43	9:15
10	120 CARLOS LICEAGA	51 NEWPORT NEWS VA	29:19	9:26 *
11	129 JOE CONNELL	54 YORKTOWN VA	29:51	9:37
12	133 KEN BRICKER	53 NEWPORT NEWS VA	30:24	9:48 *
13	145 ANDREW A SNYDER	50 LINTHICUM MD	31:34	10:10
14	149 LOUIS FEDERICO	51 HAMPTON VA	32:20	10:25 *
15	199 WILLIAM B HARRISON JR	51 HAMPTON VA	41:09	13:15 *
MEN: 55 - 59				
1	11 PETER MUELLER	56 NEWPORT NEWS VA	19:54	6:25 *
2	34 RUBEN A NIEVES	57 NEWPORT NEWS VA	22:54	7:23
3	40 BARRY HUGHES	56 GLOUCESTER VA	23:44	7:39 *
4	43 STEVE LONG	56 WILLIAMSBURG VA	23:58	7:43
5	51 JIMMY C BLOUNT	59 WILLIAMSBURG VA	24:39	7:56 *
6	52 BENJAMIN R POTTS	55 NORFOLK VA	24:56	8:02 *
7	75 MICHAEL SOBERICK	55 HAYES VA	26:04	8:24
8	89 LEE H FAIRCHILD	56 POQUOSON VA	27:03	8:43 *
9	91 AL A MONTALVO	55 YORKTOWN VA	27:13	8:46 *
10	108 JERRY W SCHENCK	56 NEWPORT NEWS VA	28:28	9:10 *
11	115 KEVIN BURKE	58 NEWPORT NEWS VA	28:47	9:16 *
12	134 RICHARD TALIAFERRO	55 POQUOSON VA	30:32	9:50
13	144 DAVID GORWITZ	55 YORKTOWN VA	31:27	10:08 *
14	175 PETER M NAVIN	55 HAMPTON VA	36:24	11:43 *
MEN: 60 - 64				
1	15 RICK PLATT	60 WILLIAMSBURG VA	20:47	6:42 *
2	25 JIM CHRISTOL	63 YORKTOWN VA	22:14	7:10 *
3	33 GEORGE CARRIGAN	61 WILLIAMSBURG VA	22:53	7:22
4	47 EDGAR J RANGEL	61 NEWPORT NEWS VA	24:22	7:51 *
5	103 GARY B PORTER	61 NEWPORT NEWS VA	28:16	9:06 *
6	177 STEPHEN V SCUDDER	61 VIRGINIA BEACH VA	36:44	11:50 *
7	186 JOSEPH HARPER JR	63 YORKTOWN VA	38:12	12:18
8	188 GARY M SMITH	60 NORFOLK VA	38:26	12:22
9	203 GROVE A CALVERT	63 VIRGINIA BEACH VA	43:30	14:00 *
MEN: 65 AND OVER				
1	50 LARRY "LT" TURNER	67 SEAFORD VA	24:38	7:56 *
2	63 BILL L FENWICK	77 WILLIAMSBURG VA	25:37	8:15
3	65 LARRY ARATA	65 WILLIAMSBURG VA	25:41	8:16 *
4	86 DOUG BERRY	67 NORFOLK VA	26:51	8:39 *
5	96 DICK PIERCE	71 RESCUE VA	27:44	8:56 *
6	119 ROBERT A WHITE	68 SEAFORD VA	29:13	9:25
7	121 CALVIN M HANRAHAN	66 EDENTON NC	29:24	9:28 *
8	127 TOM RAY	77 KITTY HAWK NC	29:37	9:32 *
9	137 PAUL O SHARP	69 NORTH VA	30:51	9:56 *
10	156 JAMES P SHARP	68 NORTH VA	33:58	10:56
11	185 JIM HALLEY	65 GRAFTON VA	37:58	12:13 *
WOMEN: 14 AND UNDER				
1	38 WIKTORIA PLAWSKA	14 YORKTOWN VA	23:36	7:36
2	125 SYDNEY GARRETT	9 NEWPORT NEWS VA	29:32	9:31 *
3	142 RACHEL J RYMER	11 YORKTOWN VA	31:10	10:02
4	183 BETHANY HAMMOND	12 YORKTOWN VA	37:54	12:12
5	205 LILLY FAWCETT	14 YORKTOWN VA	43:41	14:04
WOMEN: 15 - 19				
1	160 MARGARET P TARTALA	19 NEWPORT NEWS VA	34:08	11:00
WOMEN: 20 - 24				
1	78 BRITTAINY LUKE	21 HUDGINS VA	26:18	8:28
2	122 KRISTIN N BUTER	22 HAYES VA	29:27	9:29

3	200 KATHRYN SPEAS	20 CHESAPEAKE VA	41:12	13:16
4	208 KAYLA BOYER	21 HAYES VA	46:51	15:05
WOMEN:	25 - 29			
1	76 MEGAN SAARIKKO	29 SUFFOLK VA	26:09	8:25
2	80 JESSICA GWALTNEY	26 RICHMOND VA	26:27	8:31
3	104 LALA SHAHKARAMI	25 BELMONT CA	28:17	9:07
4	117 LAURA BURLINGAME	25 NEWPORT NEWS VA	28:52	9:18
5	154 CASSANDRA MCLAUCHLIN	28 HAMPTON VA	33:09	10:40
6	164 LILA ROSE	29 HAYES VA	34:38	11:09
7	169 CRYSTAL BOYD	29 NEWPORT NEWS VA	35:30	11:26
8	217 SARA B PHILLIPS	27 GLOUCESTER POINT V	56:21	18:08
WOMEN:	30 - 34			
1	48 CARRIE LENHART	31 NEWPORT NEWS VA	24:30	7:53 *
2	55 KIMBERLY FLOYD	32 NEWPORT NEWS VA	25:06	8:05
3	83 AMY BROWN	30 YORKTOWN VA	26:31	8:33
4	138 NINA STICKLES	31 HAMPTON VA	30:58	9:58 *
5	150 CHARU M ROBINSON	33 HAMPTON VA	32:30	10:28
6	151 SUSAN TASSARA	31 WILLIAMSBURG VA	32:33	10:29
7	162 JENNIFER TAYLOR	31 SUFFOLK VA	34:28	11:06 *
8	173 SHANNON FIELDS	33 MOYOCK NC	36:04	11:37
9	178 SARA GRABOWSKI	32 HAYES VA	36:49	11:51
10	184 KATHY KOGEL	34 YORKTOWN VA	37:55	12:12
11	198 EILISA A STRANDFELDT	32 PORTSMOUTH VA	41:08	13:15
WOMEN:	35 - 39			
1	44 SUSAN HAGEL	37 NORFOLK VA	24:19	7:50 *
2	64 MARIE C LOWTHER	38 YORKTOWN VA	25:39	8:16
3	73 ALYSSA J LEE	38 HAMPTON VA	25:59	8:22 *
4	116 SHANTEL EILENFELD	35 YORKTOWN VA	28:51	9:18
5	157 JENNIFER GRIFFIN	35 WILLIAMSBURG VA	33:59	10:57
6	189 TARA DELOACH	39 YORKTOWN VA	38:34	12:25
7	219 LOLINE OTZELBERGER	39 HAMPTON VA	1:02:14	20:02
WOMEN:	40 - 44			
1	62 IMELDA RONE	41 LANGLEY AFB VA	25:31	8:13
2	126 DAWN M DOOLEY	43 NEWPORT NEWS VA	29:35	9:32
3	130 MIRANDA HAYDEN	41 NEWPORT NEWS VA	29:55	9:38 *
4	132 SANDRA JOHNSON	44 HENRICO VA	30:12	9:43
5	167 JENNIFER LOWDEN	41 GLOUCESTER VA	34:59	11:16
6	172 MICHELE MOYES	41 NEWPORT NEWS VA	35:51	11:33
7	174 SID CHAMPLIN	43 NEWPORT NEWS VA	36:06	11:37 *
8	181 NATALIE BARE	43 WILLIAMSBURG VA	37:34	12:06
9	182 HOLLY M FAWCETT	40 YORKTOWN VA	37:34	12:06
10	187 SARAH DARLING	44 WILLIAMSBURG VA	38:25	12:22
11	193 WENDI ACKERMAN	41 POQUOSON VA	39:50	12:50
12	196 JULIETTE GUM	42 LITTLE RIVER SC	41:04	13:13
13	202 LISA GILL	42 NEWPORT NEWS VA	43:00	13:51
WOMEN:	45 - 49			
1	41 RHONDA VENABLE	49 YORKTOWN VA	23:46	7:39 *
2	61 CHRISTINE SCHAFFNER	47 YORKTOWN VA	25:28	8:12 *
3	131 NANCY AYLER	46 NEWPORT NEWS VA	30:00	9:40 *
4	140 BECKY CROONS	46 HAMPTON VA	31:03	10:00
5	159 MARIA RHOADES	45 YORKTOWN VA	34:06	10:59
6	165 NANCY L KRAMER	46 YORKTOWN VA	34:47	11:12
7	179 STEPHANIE JOHNSTON	45 GLOUCESTER VA	36:49	11:51
8	195 CAROL CRUISE	45 MOBILE AL	40:33	13:03
9	201 KATHRYN DALGLEISH	49 WILLIAMSBURG VA	41:22	13:19
10	211 ROBIN BRICKER	49 NEWPORT NEWS VA	49:21	15:53 *
11	215 PAMELA PIAZZA	47 YORKTOWN VA	53:18	17:10

WOMEN: 50 - 54					
1	87 CINDY SLOMINSKI	52 SEAFORD VA	27:01	8:42	*
2	97 THEA M GANOE	52 NEWPORT NEWS VA	27:45	8:56	
3	99 CATHLEEN REA	52 NEWPORT NEWS VA	27:54	8:59	*
4	128 PAT E MONTALVO	54 YORKTOWN VA	29:48	9:36	*
5	192 SUSAN DEWING	50 YORKTOWN VA	39:23	12:41	
6	206 MARY RAUCHFUSS	50 WILLIAMSBURG VA	43:45	14:05	
7	212 MINNIE SIPPIC	52 HAYES VA	50:32	16:16	
WOMEN: 55 - 59					
1	82 HELEN WORTHINGTON	56 BENA VA	26:31	8:32	*
2	85 ROSEANNA NORTON	57 VIRGINIA BEACH VA	26:40	8:35	
3	204 MARIA-PAZ SMITH	58 HAYES VA	43:38	14:03	
4	209 PATRICIA SMITH	58 COLUMBIA MD	47:05	15:09	
5	213 MARY ANN CALVERT	55 VIRGINIA BEACH VA	52:11	16:48	*
6	214 NANCY SHACKLEFORD	58 WILLIAMSBURG VA	52:21	16:51	
WOMEN: 60 - 64					
1	66 ANN HIRN	64 PORTSMOUTH VA	25:44	8:17	*
2	123 BARBARA BIASI	62 YORKTOWN VA	29:30	9:30	*
3	210 KATHRYN CRITTENDEN	60 VIRGINIA BEACH VA	49:20	15:53	
WOMEN: 65 AND OVER					
1	147 TAMI GRAF	74 LUSBY MD	31:51	10:16	
2	166 CHIPS HALLEY	65 GRAFTON VA	34:55	11:15	*
3	190 PAULINE ELY	71 HAMPTON VA	39:00	12:34	*
COAST GUARD - MEN:					
1	8 JOHN COOPER	28 YORKTOWN VA	19:47	6:22	
2	26 ALEXANDER DUNCAN	21 MISSION VIEJO CA	22:26	7:14	
3	29 ATHAN KRAMER	42 YORKTOWN VA	22:32	7:15	
4	37 PETER MEACHAM	37 WILLIAMSBURG VA	23:15	7:29	
5	39 KEVIN M HALLACK	25 HART MI	23:39	7:37	
6	67 CHRISTOPHER ALLEN	34 YORKTOWN VA	25:47	8:18	
7	70 JOHN K MOORE	27 CARROLLTON VA	25:49	8:19	
8	71 JONATHAN E ARANGO	24 YORKTOWN VA	25:54	8:21	
9	102 RICHARD J GONZALEZ	37 HAMPTON VA	28:09	9:04	
10	106 JEREMY STEPHENS	33 NEWPORT NEWS VA	28:22	9:08	
11	109 SHAWN D MAULDIN	39 NEWPORT NEWS VA	28:33	9:12	
12	124 QUINN QUAGLINO	44 NEW ORLEANS LA	29:31	9:30	
13	139 DONNIE BOYER	38 HAYES VA	31:02	10:00	
14	141 JEFFREY WESTLING	41 YORKTOWN VA	31:09	10:02	
15	145 ANDREW A SNYDER	50 LINTHICUM MD	31:34	10:10	
16	155 MATTHEW RYMER	39 YORKTOWN VA	33:28	10:47	
17	170 FRANK STROM	27 BROOKLYN NY	35:38	11:29	
18	171 MICHAEL LUNDGREN	45 STATEN ISLAND NY	35:39	11:29	
COAST GUARD - WOMEN:					
1	36 EMILY M ERNST	32 HAMPTON VA	23:15	7:29	
2	78 BRITTAINY LUKE	21 HUDGINS VA	26:18	8:28	
3	104 LALA SHAHKARAMI	25 BELMONT CA	28:17	9:07	
4	167 JENNIFER LOWDEN	41 GLOUCESTER VA	34:59	11:16	
5	195 CAROL CRUISE	45 MOBILE AL	40:33	13:03	
6	198 EILISA A STRANDEFELDT	32 PORTSMOUTH VA	41:08	13:15	
7	204 MARIA-PAZ SMITH	58 HAYES VA	43:38	14:03	

\* denotes PTC member