HEALTHY NATIONS WELLNESS CENTER
RUNNING IS MY HIGH
5K RUN/WALK Combined Results
LAKE MERRITT, OAKLAND, CA
MARCH 14, 2009

Place	Div	Name	Bib	S	Race	Lodge	Time	Pace
1	1	MICHELLE GALLAGHER	519	F	5K		18:12	5:52
2	1	AMBROGINO GUISTI	543	M	5K		18:21	5:55
3	2	KENLEY GAFFKE	510	M	5K		18:23	5:55
4	3	JONAS LAMATTERY-BROWNEL	537	M	5K		22:21	7:12
5	4	AARON ALBERT	9	M	5K	FSH	23:09	7:28
6	2	MAY NAW-MARTHA	966	F	5K		25:13	8:07
7	3	MEGAN NGUYEN	508	F	5K		25:19	8:09
8	5	SEPRICORO LOCARION	524	M	5K		25:57	8:22
9	1	KEENAN BREKKE	565	M	5K		26:30	8:32
10	4	STEPHANIE SHERMAN	988	F	5K		26:40	8:35
11	6	CHRISTOPHER BOSWELL-DAV	911	M	5K		26:41	8:36
12	7	CHARLES LUKE LINTOTT	959	M	5K		26:44	8:37
13	5	EMILEE FLYNN	932	F	5K		26:55	8:40
14	6	JENNIFER BENNETT	561	F	5K		26:58	8:41
15	7	SHULI BARAM	533	F	5K		27:13	8:46
16	8	MILAY GLUETZMACHER	582	M	5K		27:22	8:49
17	8	JENNIFER DELLA	919	F	5K		27:23	8:49
18	9	ANAND SARWATE	556	M	5K		27:45	8:56
19	10	BRYAN HOLMES	949	M	5K		28:09	9:04
20	9	LOLA JAMES	38	F	5K	FSH	28:16	9:06
21	1	BRENDA WONG	997	F	5K		28:40	9:14
22	2	TORI PARTIDA	972	F	5K		28:40	9:14
23	10	JUDITH WAITZ	554	F	5K		28:48	9:17
24	11	MAYRA MONTOYA	516	F	5K		28:55	9:19
25	11	ASHLEY PINO	973	M	5K		29:22	9:27
26	12	SARAH FELIX	927	F	5K		29:25	9:28
27	12	BENJAMIN FINE	929	M	5K		29:25	9:29
28	13	WILLIAM FEATHER	26	M	5K	FSH	29:42	9:34
29		SELENE FRANCISCO	29		5K	FSH	30:11	9:43
30	13	PHYLLIS WAKAZOO	550	F	5K		30:22	9:47
31	14	LAUREN SQUAGLIA	1008	F	5K		30:26	9:48
32	3	AILICIA NELSON	541	F	5K		31:09	10:02
33	15	ERIKA PARRA	971	F	5K		1:12	10:03
34	16	JEANNE * VANDIGRIFF *	57	F	5K	FSH	31:13	10:03
35	14	JORDAN WILSON	64	M	5K	FSH	31:15	10:04
36	15	JAY DODSON	545	M	5K		32:03	10:19
37	16	DARELL STAFFORD	52	M	5K	FSH	32:07	10:20
38	17	CATHERING TRAINOR	557	F	5K		32:07	10:21
39		TEAR TAG HAS NO NAME	580		5K		32:30	10:28
40	17	RAIN CHIPPEWA	20	M	5K	FSH	32:33	10:29
41	18	DEREK FROST	30	M	5K	FSH	32:35	10:30
42	18	ALICIA MCQUILLEN	1015	F	5K		32:42	10:32

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43	4	CLARIESSE WIKSTROM	521	F	5K		32:58	10:37
44	19	JOY VILLAFRANCA	520	F	5K		33:09	10:40
45	20	RAQUEL FIGUEROA	928	F	5K		33:09	10:41
46	19	GIBRAN DELABRA	551	M	5K		33:23	10:45
47	21	MAXINE CHONG	535	F	5K		33:35	10:49
48	5	CHARISSE WILLIAMS	540	F	5K		34:07	10:59
49	20	ANTONIO CASIS	912	M	5K		34:21	11:04
50	21	STEVEN FAZ	25	M	5K	FSH	34:25	11:
51	22	TRAN NGHIA	544	M	5K		34:25	11:05
52	22	SUZANNE SINGER	989	F	5K		34:33	11:08
53	23	MARIA ALEGRIA	531	F	5K		35:00	11:16
54	24	ANDREA J MORALES	530	F	5K		35:01	11:17
55	25	PALOMA FLORES	931	F	5K		35:24	11:24
56	26	CHERIE JALIPA	950	F	5K		37:36	12:06
57	27	MARYROSE BARRIOS	907	F	5K		38:09	12:17
58	28	MAGGI VAN DORN	56	F	5K	FSH	40:21	13:00
59	29	MARLENE AGUILAR	901	F	5K		41:11	13:16
60	30	LORENA MONTOYA	517	F	5K		41:11	13:16
61	31	TAMMY BEGAY	12	F	5K	FSH	41:18	13:18
62	32	JAYDE RIAS-WAUKAZOO	579	F	5K		41:39	13:25
63	33	KAREN NAKOAI	581	F	5K		41:39	13:25
64	23	CHRISTOPHER GUILLORY	33	M	5K	FSH	42:17	13:37
65	6	SORA GREGG KEISER	943	F	5K		42:22	13:39
66	34	BRANDI GREGG KEISER	942	F	5K		42:22	13:39
67	35	JEWEL KHU	954	F	5K		42:43	13:45
68	24	EARL NECONIE	967	M	5K		42:53	13:49
69	25	JULIAN THRIFT	54	M	5K	FSH	43:43	14:05
70	36	BRIDGET WILSON	995	F	5K		44:38	14:22
71	37	VANESSECIA BATES	501	F	5K		44:45	14:25
72	38	KAY FISCHER	504	F	5K		45:25	14:37
73	39	YONGNA RYO	981	F	5K		46:08	14:51
74	26	RICHARD STEWART	585	M	5K		46:21	14:55
75	27	RON WILLIAMS	558	M	5K		46:43	15:02
76	40	ADISA WILLMER	562	F	5K		47:07	15:10
77	2	VICTOR SHIRLEY	534	M	5K		47:40	15:21
78	28	RANDY SHIRLEY	567	M	5K		47:41	15:21
79	29	JAMES WEBB	59	M	5K	FSH	49:17	15:52
80	41	INGRED SEYER-OCHI	528	F	5K		49:51	16:03
81	42	KATHIE STOKES	529	F	5K		49:51	16:03
82	3	ADAM REYES	568	M	5K		49:52	16:03
83	43	ANNE HOLMES	948	F	5K		50:00	16:06
84	44	PRICE PRICE	586	F	5K		50:12	16:10

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85	45	VIKKI PRESTON	974	F	5K		50:32	16:16
86	30	MICHAEL COLORADO	916	M	5K		50:35	16:17
87	46	RENE ZOSPAH	68	F	5K	FSH	51:50	16:41
88	47	AHWENGA KECHOLOIAN	953	F	5K		51:51	16:42
89	31	CHARLES DRAKE	921	M	5K		51:58	16:44
90	7	SHUNDEAN EMM	926	F	5K		53:14	17:08
91	32	ELWOOD EMM	924	M	5K		53:15	17:09
92	48	DOREEN EMM	923	F	5K		53:15	17:09
93	33	KRIS JONES	587	M	5K		53:55	17:22
94	49	DANIELA WOTKE	588	F	5K		53:56	17:22
95	4	ADAM MUNOZ	566	M	5K		54:33	17:34
96	34	JOHN BEHAN	549	M	5K		54:37	17:35
97	50	KIMBERLY BARNETT	11	F	5K	FSH	55:26	17:51
98	35	TERRY CLY	21	M	5K	FSH	55:27	17:51
99		TEAR TAG HAS NO NAME	546		5K		55:56	18:01
100	36	LUTHER CAMP	547	M	5K		55:57	18:01
101	8	SILVER NORRIS	564	F	5K		59:52	19:17
102	37	JERROLD YAZZIE	67	M	5K	FSH	1:00:36	19:31
103	38	PERCY SHIRLEY	50	M	5K	FSH	1:01:05	19:40
104	39	WALTER HANSON	3	M	5K	TR	1:01:31	19:48
105	40	DERRICK HUNTER	6	M	5K	TR	1:01:32	19:49
106	41	LARRY SILLAWAY	51	M	5K	FSH	1:01:34	19:49
107	42	JESSE HOLDER	36	M	5K	FSH	1:01:35	19:49
108	51	CANDACE CLARK	915	F	5K		1:01:39	19:51
109	43	DENNIS MANUELITO	583	M	5K		1:01:49	19:54
110	44	ERNEST KEEDO*	39	M	5K	FSH	1:01:52	19:55
111	45	ANDY MEJIA	45	M	5K	FSH	1:01:53	19:56
112	52	TASHINA BOYER-ARMSTRONG	553	F	5K		1:02:28	20:07
113		ESCALANTI FARREN	24		5K	FSH	1:02:28	20:07
114		GENEVIEVE SCHWEITZER	984		5K		1:03:00	20:17
115	53	BHRETT LASH	957	F	5K		1:03:00	20:17
116	46	GRAY HOLDEN	4	M	5K	TR	1:03:14	20:22
117		SAM MELTON	1048		5K		1:03:19	20:23
118	9	YHASMINE SOTELO	1010	F	5K		1:03:24	20:25
119	47	ANTHONY HUNTER	5	M	5K	TR	1:03:51	20:33
120	48	RUBEN BARRIOS JR.	1	M	5K	TR	1:03:52	20:34
121	54	BIANCA HERNANDEZ	946	F	5K		1:03:55	20:35
122	55	TANYA HERNANDEZ	947	F	5K		1:03:56	20:35
123		JAKE SCHWEITZER	985		5K		1:04:01	20:36
124	56	NATALIE AGUILERA	902	F	5K		1:04:11	20:40
125	49	SOLIS AGUILERA	903	M	5K		1:04:11	20:40
126	57	LISA YOUNG	1000	F	5K		1:04:13	20:40

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127	58	TIKA MARTIN	572	F	5K		1:04:14	20:41
128	50	LARRY AGUILERE	542	M	5K		1:04:15	20:41
129	51	CHIRAG PATEL	574	M	5K		1:04:17	20:42
130	59	ROSE CHISCHILLIE	548	F	5K		1:04:17	20:42
131	60	SANDRA TAWL	573	F	5K		1:04:21	20:43
132	61	JESSICA LEPAK	958	F	5K		1:04:21	20:43
133	62	JENNIFER FINE	930	F	5K		1:04:25	20:44
134	63	CINDY ANDALLO	906	F	5K		1:04:26	20:45
135	64	YUKA MIZUTANI	962	F	5K		1:04:26	20:45
136	65	JESSIE RICH	522	F	5K		1:04:39	20:49
137	66	CARMEN FOGHORN	933	F	5K		1:04:40	20:49
138	10	JORDAN WHITECRANE	993	F	5K		1:04:50	20:52
139	67	AMANDA WHITECRANE	992	F	5K		1:04:51	20:53
140	68	RENEE GOMEZ	31	F	5K	FSH	1:04:52	20:53
141	52	PAUL OWNS THE SABRE	518	M	5K		1:06:03	21:16
142	69	LYDIA ZANE	1049	F	5K		1:07:59	21:53
143	53	PATRICK BROWN	17	M	5K	FSH	1:08:09	21:57
144	54	LEVON WILLIAMS	62	M	5K	FSH	1:08:10	21:57
145	55	ALISTAIR BOMPHREY	597	M	5K		1:09:44	22:27
146		KEVIN JOHNSON	595	M	5K		1:09:44	22:27
147	70	SHAWNA BRITTON	16	F	5K	FSH	1:10:48	22:48
148	71	SEMONE WHITE	61	F	5K	FSH	1:10:52	22:49
149	11	MARY SUE THOMAS	1012	F	5K		1:11:55	23:09
150	5	TERVELL JOHNSON	1014	M	5K		1:12:01	23:11
151	56	JESSE MONTIJO	7	M	5K	TR	1:14:14	23:54
152	57	CARMEN BRADLEY	2	M	5K	TR	1:14:15	23:54
153	58	DAMIAN MCDARMENT	8	M	5K	TR	1:14:17	23:55
154	59	MANUEL WHATLEY JR.,	60	M	5K	FSH	1:14:25	23:57
155	72	MINCY WOOLBERT	515	F	5K		1:14:46	24:04
156	73	KRIS LONGORIA	514	F	5K		1:14:48	24:05
157			584		5K		1:15:14	24:13
158	74	ANA COE	35	F	5K	FSH	1:15:15	24:14
159	60	WILLARD COOLEY	22	M	5K	FSH	1:15:16	24:14
160	75	KATHERINE BOHANAN	570	F	5K		1:16:46	24:43
161	76	MARY TRIMBLE NOMS	563	F	5K		1:17:01	24:48
162			569		5K		1:17:02	24:48
163	77	CRYSTAL PHILLIPS	577	F	5K		1:26:22	27:48
164	78	KAYLA RIAS-WAUKAZOO	559	F	5K		1:26:23	27:48
165	6	DREW WIRSPEAR	594	M	5K		1:26:41	27:54
166	7	GAVIN GILLE	938	M	5K		1:28:33	28:30
167	8	ZION GILLE	939	M	5K		1:28:38	28:32
168		RICHARD SCHOONOVER	983	M	5K		1:28:39	28:32

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169		AGGIE SCHOONOVER	982	F	5K	1:28:46 28:35
170	12	MELISA ORTIZ	593	F	5K	1:30:34 29:09
171	13	PALOMA SILVA NAVARRO	592	F	5K	1:30:37 29:10
172	79	SANDRA NAVARRO	600	F	5K	1:30:38 29:11
173	80	AMERICA ZEPPDA	599	F	5K	1:38:06 31:35
174	14	DARLYN GUZMAN	598	F	5K	1:38:06 31:35
175	15	YA'SHALAN NELSON	596	F	5K	1:46:43 34:21
176	81	CHRISTINA GONZALES	940	F	5K	1:46:43 34:21
177	82	ROSA TUBBY	571	F	5K	1:46:52 34:24