

Hearts & Soles 5K
Georgia Perimeter College
Decatur, Ga.
February 14, 2009

Overall Winner - Women

Carola Conces, 20 17:46

Women 14 And Under

1 Sahara Fletcher, 13 19:18
2 Kaleigh Leavell, 12 24:00
3 Joanna Preg, 14 30:03
4 Katie Meyer, 7 40:55
5 Rachel Meyer, 12 41:35

Women 15-19

1 Laura Schultz, 19 19:35
2 Kelsey Neukum, 15 23:04
3 Mckinley Anderson, 18 23:49
4 Allision Preg, 16 24:09

Women 20-24

1 Carola Conces, 20
2 Shannon Capps, 23 18:21
3 Rachel Heim, 24 20:32
4 Thea Dix, 23 22:38
5 Saarsha Lefevre, 23 22:41
6 Katherine Womble, 23 22:47
7 Luisa Fairfax, 22 23:14
8 Courtney Bond, 23 24:55
9 Caroline Murtaugh, 23 27:36
10 Allison Herrmann, 23 29:57
11 Gillian Ruland, 24 31:55
12 Kelly Keevan, 23 33:16
13 Sarah Gilbert, 23 34:01

Women 25-29

1 Angela Giuliani, 25 17:47
2 Shawanna White, 29 19:15
3 Analise Zaunbrecher, 26 21:24
4 Laura Zaunbrecher, 26 22:51
5 Paula Checchi, 28 23:00
6 Denis Andrea Torres, 29 24:06
7 Swati Rane, 27 24:45
8 Margaret Trippe, 25 24:53
9 Alinya Moore, 25 26:33
10 Genesis Oliver, 27 27:09
11 Christina Bender, 25 27:11
12 Erica Knight, 25 27:40
13 Erica Betts, 28 28:00
14 Amanda Giger, 28 28:00
15 Suzi Wolfe, 29 28:07
16 Stephanie Gutzler, 27 29:30
17 Terry Abromitis, 25 30:24
18 Emily McLarty, 26 31:28
19 Meg Raighen, 29 32:08
20 Kathryn Gilbert, 26 32:15
21 Tamara D'Anjou-Turner, 29 32:19

Women 30-34

1 Allison Pastorelli, 31 20:36
2 Jacqueline Tate, 32 21:56

3	Karen Cramer, 31	23:29
4	Amy McDowell, 32	24:00
5	Amy Hernandez, 34	24:22
6	Malisa Anderson, 31	25:27
7	Katie Pittard, 31	26:11
8	Morgan Clark, 31	27:15
9	Laura Losch, 30	28:27
10	Kristen Stackfleth, 31	28:47
10	Toya Lofton, 32	29:46
11	Lisa McGee, 34	31:40
12	Gillian Huebeckford, 30	31:55
13	Angie Gray, 32	33:42

Women 35-39

1	Eileen Torres, 38	18:44
2	Elizabeth Losken, 35	19:58
3	Susan Clark, 35	20:12
4	Kim Fuller, 37	23:52
5	Terrie Allen, 39	24:27
6	Rhian Sharp, 38	27:29
7	Kelly Thompson, 37	30:39

Masters Winner - Women

Sue Kelly, 47 19:01

Women 40-44

1	Janice Anderson, 42	22:10
2	Cathi Monk, 41	24:03
3	Charlene Preg, 43	24:06
4	Donna Werner, 40	24:47
5	Imelda Yoon, 43	25:51
6	Nubia Rodriguez, 41	26:42
7	Heather Mugg, 40	28:57
8	Cindy Meyer, 40	41:36
9	Nathalie Brown, 44	43:51

Women 45-49

1	Sue Kelly, 47	
2	Karen Kennington, 48	21:53
3	Rodney McHugh, 45	21:57
4	Darlene Palmer, 49	22:21
5	Elly Gray, 47	22:48
6	Melissa White, 49	25:09
7	Sandra Legath, 49	26:05
8	Amy Kitchens, 49	26:55
9	Lucinda Hastings, 45	29:17
10	Jenn Devoe, 46	37:40
11	Lydia Davidson, 49	39:36

Women 50-54

1	Nancy Stewart, 52	19:22
2	Sally Brooking, 52	22:57
3	Margaret Taylor, 53	24:46

Women 55-59

1	Paula May, 56	22:05
2	Terry Ozell, 55	22:54
3	Trenice Mullis-Dubow, 55	24:14
4	Jessica Tully, 56	24:50
5	Jackie Myers, 55	26:00
6	Deborah Schulte, 55	26:42
7	Jane Welch, 57	26:50

8	Connie McKee, 59	28:07
9	Brenda Moore, 55	29:53
10	Janet Pickney, 59	29:56
11	Jean Bender, 55	34:14
12	Joye Callaway, 56	37:03

Women 60-64

1	Carolyn Spillman, 61	24:12
2	Vickie Johnson, 60	25:14
3	Glenda Miller, 62	28:34
4	Virginia Ketchum, 62	30:33
5	Ann Speight, 61	37:48
6	Linda Stricker, 60	38:06
7	Janet Keck, 62	39:09

Women 65-69

1	Carole Limonciello, 65	27:58
2	Beth Dial, 66	32:37
3	Mary Ann Maher, 69	34:47
4	Janet Sharp, 68	37:07

Women 70-74

1	Jeanne Daprano, 72	26:00
---	--------------------	-------

Women 75 and Over

None

Overall Winner - Men

	Dougie Coffed, 22	16:16
--	-------------------	-------

Men 14 and Under

1	Aaron Callies, 14	24:12
2	George Meyer, 10	25:30
3	Bart Pruett, 11	30:07
4	Max Brown, 8	42:07

Men 15-19

1	Jonathan Preg, 18	17:50
2	Jeffrey Williams, 17	18:37

Men 20-24

1	Dougie Coffed, 22	
2	Jason Veclotch, 20	16:17
3	Kel Bond, 23	16:35
4	Tom Parles, 20	17:19
5	Jason Geiger, 24	19:13
6	Sam Zarovy, 23	22:27
7	Ben Taylor, 24	23:00
8	Joshua McCarty, 24	29:56
9	Matthew Ward, 24	30:47

Men 25-29

1	Mike Gerber, 29	16:26
2	Chris Healey, 26	16:42
3	Keith Reed, 26	17:53
4	Andrew Clarke, 27	18:30
5	Ryan Knight, 25	19:59
6	Jamie Stewart, 26	22:15
7	Robert Whetsell, 26	22:38
8	Luis Ortiz, 29	23:40
9	James Mitchell, 28	23:42
10	Matt Callaway, 29	24:15
11	Josh Wolfe, 29	27:40
12	Mitch Farmer, 25	31:15
13	Robert Shuman, 28	31:27

Men 30-34

1	Steve Pastorem, 32	16:55
2	Jay Johnson, 33	17:53
3	Nicolas Andrews, 30	18:57
4	Steve Martin, 33	20:27
5	Jason Turnage, 32	21:18
6	Mark Oliver, 33	21:56
7	Derrick Turner, 30	23:15
8	Patrick Reeves, 31	24:17
9	Robert Vann, 31	26:04
10	Stephen Williams, 32	26:35
11	Brian Rothwell, 31	28:46
12	Eric Strait, 32	29:28
13	Bryan Hoey, 30	29:30
14	Jack Eichler, 33	33:42
15	Matt Roughen, 30	44:15

Men 35-39

1	Victor Breedveld, 35	16:49
2	Tim Prichard, 38	17:44
3	Jack Westrick, 38	18:10
4	Brian Genter, 39	19:26
5	David Glass, 36	19:45
6	Tim Lievwan, 36	19:56
7	John Jackson, 36	20:28
8	Dale Klein, 39	23:13
9	Curtis Williams, 39	24:53
10	Steven Wagner, 36	25:19
11	Tim White, 39	28:18
12	Richard McAgee, 36	31:44
13	Todd Pittard, 36	44:15

Masters Men - Winner

Ken Youngers, 52 17:25

Men 40-44

1	Nick Meyer, 42	18:41
2	Tony Edmondson, 41	19:35
3	Mark Leavell, 44	19:40
4	Jamie Kohm, 41	19:51
5	Robert Culpepper, 42	20:37
6	John Brickell, 43	20:58
7	Kenneth Roebuck, 40	21:35
8	David Preg, 44	22:47
9	Philip Martin, 43	22:55
10	Rigoberto Hernandez, 41	23:28
11	Chris Sharp, 42	23:54
12	William Darling, 40	24:22
13	Rand Wise, 42	24:27
14	Sandy Billings, 44	24:38
15	Bill Guenthner, 43	26:35
16	Rob Hoesten, 40	26:35
17	Andra' Crumby, 40	32:19

Men 45-49

1	Greg Oshunt, 45	17:40
2	Michael Newberry, 49	17:44
3	Marty Coleman, 47	18:52
4	Chris Adkins, 46	18:56
5	Jim Bitsko, 48	18:58

6	Kurt Smithberger, 46	21:45
7	Nugzar Davitashvili, 45	22:48
8	Craig Arnold, 48	23:41
9	Scott Morrow, 45	23:49
10	Mike Reisinger, 45	29:18

Men 50-54

1	Ken Youngers, 52	
2	Jeff Dundas, 50	17:38
3	Jerrold Dubner, 51	19:13
4	Mike Anderson, 51	19:35
5	David Tew, 52	20:21
6	Mark Brayman, 50	21:47
7	Randy Kuykendall, 54	21:48
8	Bruce Northrop, 52	22:26
9	Michael Friend, 51	22:59
10	Brian Canady, 52	24:39
11	Norman Pollard, 52	25:52
12	David Dalbo, 54	26:00
13	Donald Brown, 50	42:09

Men 55-59

1	Kirk Larson, 57	18:22
2	Sam Norman, 55	19:22
3	Larry Liroy, 59	20:05
4	Pooh Neovakul, 58	20:46
5	Henry Wolf, 59	21:05
6	Jan Spiro, 58	21:12
7	Daniel Kolber, 55	21:29
8	Jamie Slafkosky, 55	22:12
9	Camilo Duran, 57	24:15
10	Phillip Ozell, 58	25:57
11	Chris Leiner, 56	26:20
12	David Copher, 58	26:31
13	Lee Miller, 55	26:46
14	Eugene Schulte, 59	30:29
15	Jim Fetig, 59	32:04

Men 60-64

1	Wes Wessely, 60	20:06
2	Mike Popick, 60	20:25
3	Sam Benedict, 62	20:45
4	Joseph Lenahan, 62	22:02
5	Terrell Davis, 64	22:38
6	Cliff DePass, 61	23:38
7	Chuck Speight, 63	23:40
8	Robert Thornton, 60	23:54
9	Don Boykin, 62	25:30
10	Ken Murphy, 63	26:04
11	Roger Mills, 63	27:12
12	Richard Martin, 60	31:44
13	Tony Callaway, 63	36:35

Men 65-69

1	Charlie Patterson, 66	21:38
2	Gerald Miller, 66	22:49
3	Wallace Carr, 65	23:23
4	Kermitt Bowen, 67	24:04
5	Gerald Friedman, 69	24:11
6	Howard Dial, 67	25:25
7	Tom Cullen, 68	25:27

8	Philip Limonciello, 67	26:07
9	Joel Dubow, 65	31:02
10	James Macie, 68	32:30
11	Sam Hartin, 67	36:24
12	Charles White, 65	42:20
Men 70-74		
1	Harry Hall, 71	26:35
2	Jim Cowart, 70	29:58
3	Louis Johnson, 72	30:17
4	Charles Teague, 74	30:39
5	Herb Benario, 70	39:36
Men 75 and Over		
1	James Hefner, 76	30:17
2	Bob Loewenthal, 76	32:34
3	Joe McLaughlin, 78	35:54
4	David Jordan, 75	48:41

In the spirit of Valentine's Day, couples competed as two-person teams in 10-year age groups based on the sum of the ages of the individuals on the couple-team. At the finish, the couples added their finish card numbers together, and those with the lowest card total within these groups, as well as the overall swiftest couple, received Atlanta Track Club awards.

Overall Winner - Couple
Carola Conces and Chris Healey

19 and Under

Katie and Rachel Meyer

20-29

Allison and Joshua Preg

30-39

Laura Schultz and Jason Veclotch

40-49

Shannon Capps and Tom Parise

50-59

Angela Giuliani and Andrew Clarke

60-69

Allison and Steve Pastorek

70-79

Shawanna White and Jeff Dundas

80-89

Eileen Torres and Mike Newberry

90-99

Sue Kelly and Ken Youngers

100-109

Elly Gray and Sam Norman

110-119 - Two couples tied for 1st place

Paula May and Kirk Larson

Nancy Stewart and Henry Wolfe

120-129

Vickie Johnson and Mike Popick

130-139

Jeanne Daprano and Sam Benedict

140-149

Mary Ann Maher and Charles Teague