



P.O. Box 22622  
Cleveland, Ohio 44122  
Phone: 216-752-5151  
Fax: 216-752-0251  
E-mail: [hma@nacs.net](mailto:hma@nacs.net)

---

**Blue Heron Hike & Hustle 5K – October 3, 2009**

<b>Place</b>	<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Time</b>
1	Dranden Henneman	M	33	18.56
2	Charles Cowap	M	44	19.21
3	Calvin Hwang	M	24	19.36
4	Joshua Bourdrez	M	40	20.38
5	Dale Hughes-Hargraves	M	47	20.49
6	Robert Avery	M	30	21.24
7	Mark Joseph	M	40	21.37
8	Scott Briechle	M	40	22.07
9	Irene Nagle	F	25	22.22
10	Don Plunkett	M	55	22.53
11	Sake McGee	M	43	22.54
12	Jack McGee	M	13	22.56
13	Jody Hooper	F	46	23.59
14	Dick Stager	M	53	24.27
15	Michael Novak	M	39	24.40
16	Mark Zetzar	M	46	24.51
17	Kurt Ringenbach	M	36	24.55
18	David Lavelle	M	39	25.26
19	Joe Monroe	M	58	25.29
20	Jon Cocco	M	35	25.35
21	Sara Thorne-Briechle	F	36	25.38
22	Susan Antonelli	F	43	26.11
23	Kelli Zacharias	F	42	26.51
24	Deborah Sords	F	47	27.19
25	Carl DiVita	M	50	27.30
26	Ronald Traub	M	58	27.32
27	Alexander Herbruck	M	36	27.34
28	Ashley Mallett	F	35	28.54
29	Janelle Dougherty	F	36	28.55
30	Tiffany James	F	25	29.02
31	Rachel Leslie	F	25	29.08
32	Beth Gillespie	F	31	29.16
33	Bob Gillespie	F	31	29.17
34	Sheryl Banks	F	42	29.50
35	Jennifer Halter	F	30	29.51
36	Coleen Monroe	F	26	29.54
37	Tripp Munro	M	27	29.55
38	Jenni O'Malley	F	26	32.20
39	Amy Hazen	F	27	32.21



P.O. Box 22622  
Cleveland, Ohio 44122  
Phone: 216-752-5151  
Fax: 216-752-0251  
E-mail: [hma@nacs.net](mailto:hma@nacs.net)

---

40	Pierre Gholam	M	38	32.35
41	Alissa Branford	F	33	32.52
42	Jean Therrien	F	52	33.07
43	Jim Therrien	M	58	33.09
44	Broock Monroe	M	60	34.43
45	Geraldine Anthony	F	57	35.26
46	Reed Fellenstein	M	13	35.46
47	John Fellenstein	M	46	35.47
48	Monica Houghton	F	55	38.28
49	Devon Durkee	F	30	40.41
50	Aubrey Codispoti	F	26	41.08
51	Joe Wise	M	27	41.09
52	Patty Monroe	F	59	54.24
53	Ann Monroe	F	56	54.25