

## Bone Density Dash

## 5K ROAD RACE

Portland, Maine June 5, 2004 10:00 A.M. Weather: Sunny and Cool

Results By Split-Time Race Management

RACE	NAME	NO.	AGE	S	CITY	CLUB	TIME	PACE
1	Jim Rollins	8189	36	M			17:22	4:58
2	scott bett	8145	25	M			17:45	5:05
3	Kurt Cote	8191	35	M			19:13	5:30
4	David Rollins	8194	14	M			19:34	5:36
5	andrea york	8146	20	F			20:11	5:46
6	charles Keaten	8144	15	M			20:25	5:50
7	Pete Peters	8141	39	M			20:26	5:51
8	Johan Moulin	8148	39	M			20:33	5:53
9	Edward Dawson	8093	44	M	Rumford		20:35	5:53
10	Loren Lathrop	8133	55	M	South Portland		21:45	6:13
11	Zachary Cost	8085	12	M	Waterboro		21:46	6:14
12	Valerie Abradi	8078	44	F	Lisbon		21:51	6:15
13	Steven Rollins	8080	42	M	Bowdinham		22:02	6:18
14	Robin Cueniotta	8210	32	F			22:06	6:19
15	Anne Heggelund	8096	27	F	Bixton		22:21	6:24
16	Mallory Vaccaro	8020	30	F	Yarmouth		22:39	6:29
17	Owen Stoddard	8084	36	M	OJB		23:10	6:38
18	Brian Tucker	8175	33	M			23:12	6:38
19	Stephanie Hicks	8126	31	F	Saco		23:16	6:39
20	Katryn Moulin	8149	12	F			23:31	6:44
21	Tracy Cardelli	8107	37	F	South Portland		23:39	6:46
22	Peggy Bensinger	8211	48	F			23:47	6:48
23	Andrew Steinberg	8193	38	M			23:59	6:52
24	Daniel McKeown	8092	37	M	Scarborough		24:12	6:55
25	David Tapley	8213	35	M			24:47	7:05
26	Pamela Bither	8070	33	F			24:49	7:06
27	Roland Lavigne	8048	61	M	South Portland		25:02	7:10
28	Kristen Grandonico	8197	11	F			25:02	7:10
29	Alan Ramsdell	8038	63	M	Portland		25:03	7:10
30	Amanda Lindquist	8090	26	F	Kittery		25:05	7:10
31	Mike Brooks	8106	58	M	Danville		25:06	7:11
32	Pauline Kenniston	8062	67	F	Scarborough		25:18	7:14
33	Dennis Welsh	8220	39	M			25:56	7:25
34	Bill McCormick	8212	39	M			26:02	7:27
35	James Brown	8218	32	M			26:14	7:30
36	David Chadbourne	8039	37	M	Portland		26:14	7:30
37	Stephen Hides	8127	44	M	Scarborough		26:15	7:30
38	Dick Miles	8186	49	M			26:19	7:32
39	Linda Pendexter	8037	53	F	Woodland		26:23	7:33
40	Jeff Lyons	8172	47	M			26:27	7:34
41	Tera Anderson	8099	27	F	Brunswick		26:30	7:35
42	Libby Bamford	8046	17	F	Cumberland		26:32	7:35
43	Jaci Bamford	8045	47	F	Cumberland		26:37	7:37
44	Deedra Boudreau	8238	22	F			26:39	7:37
45	Jared Boudreau	8239	22	F			26:43	7:38
46	Daniel LaKatos	8059	47	M	Bixton		26:54	7:42
47	Travis Ellis	8222	22	M			26:54	7:42
48	Scott Bock	8217	33	M			26:55	7:42
49	Heather Noresworthy	8230	26	F			27:03	7:44

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51	John Powers	8190	33	M			27:09	7:46
52	Ryan Abradi	8077	15	F	Lisbon		27:11	7:46
53	Jeanne McKew	8173	42	F			27:12	7:47
54	Joss Meeler	8204	26	M			27:17	7:48
55	Colby Derrig	8073	33	F	Windham		27:19	7:49
56	Melissa Perrin	8214	36	F			27:26	7:51
57	Judy Castonguay	8199	48	F			27:34	7:53
58	Sherry Grandonico	8198	50	F			27:40	7:55
59	Bernie Zimmerman	8139	50	F			27:44	7:56
60	Rosearnn McConnell	8040	40	F	Portland		27:57	8:00
61	Dawn Peterson	8208	30	F			28:04	8:02
62	Jennifer DeRice	8112	31	F	Portland		28:27	8:08
63	Ocger Higuera	8227	45	F			28:33	8:10
64	Lauren Emerson	8188	46	F			28:34	8:10
65	Jim Marchino	8136	62	M	Evansville		29:06	8:19
66	Ralph Wilkins	8023	59	M	Scarborough		29:19	8:23
67	Cynthia Brown	8075	24	F	Cumberland		29:21	8:24
68	David Collins	8219	55	M			29:25	8:25
69	Sherri Wakeling	8088	29	F	Portland		29:28	8:26
70	Cindy Smith	8015	57	F	Gorham		29:38	8:28
71	Laura Thibodeau	8215	39	F			29:39	8:29
72	Patricia Owen	8007	44	F	Gorham		29:47	8:31
73	Monica Hawkins	8097	43	F	North Yarmouth		29:58	8:34
74	Marnie LaRose	8057	41	F	Cape Elizabeth		29:59	8:34
75	Roberta Bass	8203		F			30:00	8:35
76	Jennifer Taylor	8058	25	F	Portland		30:00	8:35
77	Melissa Margarones	8201	30	F			30:13	8:38
78	Dale Wilde	8082	42	F	Wells		30:17	8:40
79	Valerie Giguere	8083	40	F	Wells		30:22	8:41
80	Kerry McBride	8050	35	F	South Portland		30:29	8:43
81	Kimberly Lozeau	8134	41	F	Saco		30:30	8:43
82	Nilsa Guerin	8051	60	F	Biddeford		30:51	8:49
83	Gail Goza-MacMullan	8205	52	F			30:53	8:50
84	Jill Zimmerman	8138	21	F			31:10	8:55
85	Brandy Rogers	8087	25	F	Saco		31:20	8:58
86	Ann Babbitt	8029	53	F	Portland		31:35	9:02
87	Nancy Fortin	8053	51	F	Richmond		32:14	9:13
88	Maxwell Lindquist	8091	12	M	Kittery		32:45	9:22
89	Elizabeth Gresley	8074	43	F	South Portland		32:51	9:24
90	Suzie Tierney	8019	43	F	Falmouth		33:01	9:26
91	Stephanie Lima	8155	10	F			33:35	9:36
92	Michelle Turner	8156	39	F			33:36	9:36
93	Thomas Clark	8063	66	M	Cumberland		33:37	9:37
94	Cynthia Glidden	8235		F			33:38	9:37
95	Diane DeRice	8076	34	F	Portland		33:55	9:42
96	Elizabeth Miller	8003	50	F	Portland		34:02	9:44
97	Laurie Tibbetts	8047	31	F	Steep Falls		34:05	9:45
98	Debra J. Smith	8028	49	F	Portland		34:06	9:45
99	Katherine Smith	8071	28	F	Sabago		34:08	9:46
100	Janet MacLeod	8135	36	F	Gorham		34:09	9:46

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101	Julie Bastow	8102	35	F	Westbrook		34:10	9:46
102	Anne Labossiere	8196	62	F			34:12	9:47
103	Joyce Wood	8026	70	F	Portland		34:14	9:47
104	Jim Babbitt	8030	49	M	Catetok		34:43	9:56
105	Sarah Lavigne	8034	25	F	Portland		34:54	9:59
106	Andrea Doherty	8177	35	F			34:55	9:59
107	John Libby	8178		M			35:06	10:02
108	Sarah Milliken	8237	30	F			35:18	10:06
109	Thomas Masterson	8002	56	M	Windham		35:19	10:06
110	Catherine Masterson	8001	53	F	Windham		35:23	10:07
111	Mandy King	8055	29	F	Lexington		35:39	10:12
112	Kathleen Brann	8056	29	F	Lexington		35:40	10:12
113	Tom Haley	8120	46	M	Milo		36:21	10:24
114	Eileen Hamilton	8122	54	F	Scarborough		36:22	10:24
115	Arlene Hanson	8123	50	F	Portland		36:50	10:32
116	Jo Freedman	8236	28	F			37:32	10:44
117	Samantha Ryan	8014	57	F	Lewiston		38:00	10:52
118	Mary Cobb	8033		F	South Portland		38:06	10:54
119	Pamela Jones	8032	46	F	South Portland		38:23	10:58
120	Zoe Malia	8160	9	F			40:09	11:29
121	Mercedes Dewitt	8159	10	F			40:09	11:29
122	Pauline O'Donnell	8043	60	F	Cape Elizabeth		40:11	11:29
123	Joanne Adams	8086	71	F	Saco		40:14	11:30
124	Eve Woldt	8024	33	F	South Portland		41:00	11:43
125	Amy Kupec	8054	31	F	Auburn		41:02	11:44
126	Colleen Palkert	8152	30	F			41:31	11:52
127	Rukia Abbas	8167	10	F			42:11	12:04
128	John Guerin	8052	63	M	Biddeford		42:36	12:11
129	Peggy Ellis	8221	45	F			42:36	12:11
130	Rita Haley	8121	47	F	Milo		42:42	12:12
131	Darien Broad	8161	10	F			43:10	12:20
132	Joan Murray	8154	40	F			43:36	12:28
133	Martha Layne	8031	55	F	Portland		44:12	12:38
134	Sue Howard	8187	54	F			44:20	12:40
135	Marcia Chute	8064	57	F	South Portland		44:34	12:44
136	Rayna Mata-Landober	8164	10	F			44:40	12:46
137	Christina Mayburk	8166	10	F			44:47	12:48
138	Bob Gorham	8116	61	M	Buxton		44:53	12:50
139	Alyssa Martin	8163	11	F			45:22	12:58
140	Alexis Flowers	8158	9	F			45:56	13:08
141	Laura MacVeill	8153	46	F			46:03	13:10
142	Sara Roberts	8226	46	F			46:33	13:18
143	Edie Woodland	8225	48	F			46:34	13:19
144	Andrew Prueser	8008	28	M	South Portland		46:35	13:19
145	Andrea Prueser	8009	36	F	South Portland		46:36	13:19
146	Joyce Green	8118	53	F	Derby		46:41	13:21
147	Iman Abdelkadir	8169	10	F			46:41	13:21
148	Christine Pekar	8072	42	F	East Baldwin		46:48	13:23
149	Susan Bell	8202	49	F			47:42	13:38
150	Alston Wood	8027	70	M	Portland		48:14	13:47

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151	Lisa Freese	8049	42	F	South Portland		49:02	14:01
152	Traci-Lee Moore	8036	38	F	Scarborough		49:02	14:01
153	Brenda Buttarazzi	8035	43	F	Scarborough		49:28	14:08
154	Samantha Wilkins	8022	57	F	Scarborough		49:47	14:14
155	Constance Howe	8129	46	F	Gorham		49:49	14:14
156	Lisa Rinz	8013	41	F	Gorham		49:49	14:14
157	Ann Swasey	8041	64	F	South Portland		50:00	14:18
158	Peter Swasey	8042	63	M	South Portland		52:08	14:54
159	Sarah MacLeod	8098	08	F	Gorham		52:10	14:55
160	Sami Quirion	8206	9	F			52:34	15:02
161	Lauren Foley	8068	8	F	Scarborough		52:35	15:02
162	Therese Rouleau	8137	47	F	Gray		54:12	15:30
163	Joline Vallee	8021	44	F	Gray		54:13	15:30
164	Maureen Laver	8223		F			54:16	15:31
165	Kevin Foley	8216	55	M			54:29	15:34
166	Sabrina Lugo	8165	10	F			54:30	15:35
167	Anna Marie Blais	8157	10	F			54:32	15:35
168	James Baldwin	8209	56	M			54:33	15:36
169	Jeannine Wilson	8095	51	F	OJB		54:36	15:36
170	Pam Lemieux	8094	50	F	Portland		54:53	15:41
171	Barbara Blunda	8195	50	F			55:06	15:45
172	Anne Quirion	8011	43	F	Scarborough		55:09	15:46
173	Lynn Cuenim	8151	55	F			55:09	15:46
174	Chris Keegan	8150	49	F			55:56	15:59
175	Peggy Brayley	8105	72	F	South Portland		55:56	15:59
176	Bonnie Morgan	8005	73	F	South Portland		56:05	16:02
177	Lillian Frost	8115	78	F	South Portland		56:06	16:02
178	Priscilla Dimitre	8324	13	F	Portland	Walker	56:10	16:03
179	Nina Richards	8325	13	F	Portland	Walker	56:10	16:03
180	Aimee Asali	8100	24	F	Saco		56:19	16:06
181	Asali Hurtubise	8101	24	F	Hollis		56:40	16:12
182	Julie Benoit	8103	36	F	Bridgton		56:41	16:12
183	Paul Oddi	8006	39	M	Bridgton		57:36	16:28
184	Taylor Dean	8234	12	F			57:37	16:28
185	Nancy Dean	8111	47	F	Portland		57:39	16:29
186	Lorraine Bernier	8104	61	F	Gorham		57:39	16:29
187	Catherine Crute	8110	56	F	Portland		57:39	16:29
188	Michael Foley	8069	36	M	Scarborough		57:40	16:29
189	Lisa Pendexter	8224	28	F			57:41	16:29
190	Joan Bragdon	8061	68	F	Scarborough		57:41	16:29
191	Neal Bragdon	8060	72	M	Scarborough		57:56	16:34
192	Shirley Milliken	8004	78	F	West Baldwin		57:57	16:34
193	Jeanne Reagan	8181	53	F			58:36	16:45
194	Ann-Marie Foley	8065	34	F	Scarborough		58:39	16:46
195	Ava Foley	8066		F	Scarborough		58:39	16:46
196	Sylvia Foley	8067		F	Scarborough		1:00:46	17:22