

**Fleet Feet Sports Dirt Cheap Trail Series Presented by Salomon - Race #4**  
**Wednesday July 21st, 2010 Mendon Ponds Park, Mendon, NY**  
**199 Finishers (89 Female, 110 Male)**  
**Timed and Produced by YellowJacket Racing**

Pos	Bib	Fullname	Gender	Class	Age	City	Race	TotalTm
F19UNDER								
1	262	Alicia Mizes	F	F19UNDER	15	Pittsford	4	0:39:26
2	86	Jessica Mulroy	F	F19UNDER	16	Pittsford	S	0:42:29
F20-24								
1	41	Julie Sahler	F	F20-24	24	Rochester	S	0:44:04
2	65	Tammela Platt	F	F20-24	22	Rochester	4	0:44:46
3	153	Jessica Greger	F	F20-24	21	Geneva	4	0:45:12
4	194	Katherine Cooley	F	F20-24	23	Fairport	S	0:45:19
5	91	Jena Miller	F	F20-24	24	Rochester	S	0:51:22
6	273	Nicole Jabaut	F	F20-24	24	Rushville	4	0:54:58
7	241	Diana Knyazeva	F	F20-24	23	Rochester	4	0:57:10
8	129	Caitlin Johnson	F	F20-24	23	Henrietta	4	1:06:13
F25-29								
1	117	Holly Kuzmiak-ngiam	F	F25-29	28	Rochester	S	0:38:46
2	256	Lindy McClelland	F	F25-29	29	Rochester	4	0:40:54
3	107	Deborah Liana	F	F25-29	25	West Henrietta	S	0:42:24
4	147	Megan Hammersmith	F	F25-29	29	Rochester	S	0:42:40
5	252	Jessica Cutcliffe	F	F25-29	25	Pavilion	4	0:43:23
6	9	Patricia Waters	F	F25-29	25	Rochester	S	0:43:45
7	87	Melissa Monahan	F	F25-29	27	Rochester	S	0:44:25
8	135	Jennie Indivero	F	F25-29	26	Rochester	S	0:46:42
9	219	Charissa Bailey	F	F25-29	25	Sodus	S	0:48:22
10	179	Maria M Diehl	F	F25-29	27	Rochester	S	0:48:34
11	261	Marissa Matarrese	F	F25-29	29	Rochester	4	0:52:54
12	127	Kathryn Kaplan	F	F25-29	29	Geneva	S	0:53:40
13	126	Quinn Karley	F	F25-29	25	victor	4	0:54:38
14	156	Abigail Gimino	F	F25-29	27	Rochester	S	0:55:53
15	242	Anji Kniaz	F	F25-29	25	Rochester	4	0:57:05
16	25	Monique Tronchin	F	F25-29	29	rochester	4	1:01:45
17	176	Jennifer Donato	F	F25-29	28	Rochester	S	1:04:09
18	197	Alison Carosone	F	F25-29	25	Fairport	4	1:12:45
19	19	Emmy Valet	F	F25-29	29	Pittsford	4	1:31:04
F30-34								
1	46	Heather Robinson	F	F30-34	32	Goldendale	4	0:45:01
2	101	Fran Mance	F	F30-34	33	Hilton	S	0:46:08
3	267	Renee Neber	F	F30-34	34	Webster	4	0:46:30
4	222	Katherine Bailey	F	F30-34	34	Sodus	S	0:47:37
5	221	Kara Bailey	F	F30-34	34	Sodus	S	0:47:37
6	266	Julie Lloyd	F	F30-34	33	Pittsford	4	0:48:20
7	224	Margaret Baackes	F	F30-34	33	Rochester	S	0:48:55
8	188	Kelly Davis	F	F30-34	31	Farmington	S	0:51:40
9	185	Rachael Dellapietra	F	F30-34	31	Pittsford	S	0:52:11

10	163	Debbie Fredley	F	F30-34	31	Penfield	4	0:56:57
11	233	Courtney Abeln	F	F30-34	34	Rochester	S	0:58:04
12	209	Janelle Bosco	F	F30-34	30	Rochester	S	1:02:56
F35-39								
1	270	Karen Osborn	F	F35-39	38	Webster		0:42:11
2	199	Kristin Byron	F	F35-39	38	Syracuse	4	0:43:49
3	191	Cheri Cranston	F	F35-39	35	Dansville	S	0:44:47
4	204	Sharon Brennan	F	F35-39	39	Pittsford	S	0:45:36
5	11	Traci Walker	F	F35-39	38	Rush	S	0:46:31
6	234	Wendy Abbott	F	F35-39	36	Rochester	S	0:48:00
7	269	Danylle Vitello	F	F35-39	35	Webster	4	0:49:48
8	243	Triaa Cicero	F	F35-39	39	Fairport	4	0:49:51
9	53	Deanna Reh	F	F35-39	37	Victor	4	0:49:58
10	207	Vicki Bowman	F	F35-39	37	W. Henrietta	S	0:51:16
11	5	Mary M Westfall	F	F35-39	37	Walworth	S	0:51:52
12	84	Krista Muszak	F	F35-39	39	Hilton	S	0:55:26
13	268	Amie Kulak	F	F35-39	38	Webster	4	0:55:40
14	254	Tonia Borrosch	F	F35-39	39	Honeoye Falls	4	0:59:16
15	131	Amy Jewett	F	F35-39	38	Roswell	4	0:59:30
16	24	Susan Trumble	F	F35-39	39	Pittsford	4	1:01:02
F40-44								
1	59	Lauren Pulli	F	F40-44	43	Rochester	S	0:41:29
2	112	Sheila Lattuca	F	F40-44	43	Webster	S	0:43:12
3	20	Kelly Urckfitz	F	F40-44	43	Mendon	S	0:43:49
4	168	Anne Esposito	F	F40-44	43	Rochester	S	0:44:12
5	255	Lauren Church	F	F40-44	40	Rochester	4	0:45:05
6	238	Michelle VonKriesen	F	F40-44	41	Norfolk	4	0:46:18
7	70	Stephanie Pagano	F	F40-44	40	Pittsford	S	0:49:47
8	136	Beth Illingworth	F	F40-44	41	Churchville	4	0:51:21
9	15	Trish Vantucci	F	F40-44	44	Hilton	S	0:54:36
10	274	Evie Lewis	F	F40-44	42	Walworth	4	1:02:41
11	43	Jill Rowell	F	F40-44	42	Rochester	S	1:03:44
F45-49								
1	113	Stacie Lamont	F	F45-49	49	Pittsford	S	0:40:00
2	187	Beth Deciantis	F	F45-49	48	Rochester	S	0:40:13
3	14	Julia Varble	F	F45-49	47	Henrietta	S	0:41:58
4	55	Kathy Reardon	F	F45-49	48	Honeoye Falls	S	0:47:15
5	105	Donna Loeb	F	F45-49	49	Geneva	S	0:48:55
6	272	Kim Henshaw	F	F45-49	47	Hilton	4	0:50:32
7	171	Vicky Enstrom	F	F45-49	48	Rochester	S	0:55:21
8	31	Kate Sonnick	F	F45-49	45	rochester	4	0:56:26
9	184	Theresa DeRycke	F	F45-49	45	Victor	4	0:59:08
10	132	Diane Jewett	F	F45-49	48	Roswell	4	0:59:21
11	166	Svetlana Finkel	F	F45-49	49	Rochester	S	1:03:38
F50-54								
1	235	Karen Kryder	F	F50-54	53	Rochester	4	0:50:58
2	228	Nancy Allinger	F	F50-54	50	Honeoye Falls	S	0:56:38
3	245	Gretchen Stahlman	F	F50-54	51	Fairport	4	1:00:08

4	21	Patti Hahn	F	F50-54	53	Rochester	S	1:07:20
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F55-59

1	103	Patricia Lyons	F	F55-59	58	East Aurora	S	0:40:35
2	133	Charlotte Jaanimagi	F	F55-59	57	Pittsford	S	0:47:46
3	139	Jeanne Herrick	F	F55-59	58	Rochester	S	0:52:46
4	140	Kathy Henrie	F	F55-59	56	Rochester	S	0:57:28
5	60	Marilee Pryor	F	F55-59	55	Scottsville	S	0:59:32

F65-69

1	118	Carolyn Kriesen	F	F65-69	66	Webster	S	1:06:07
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M19UNDER

1	239	Michael Tripp	M	M19UNDER	18	Rochester	4	0:32:23
2	160	Billy Galetto	M	M19UNDER	15	Spencerport	S	0:36:18
3	220	Joe Bailey	M	M19UNDER	15	Sodus	S	0:37:09
4	218	Mitchell Baller	M	M19UNDER	14	Webster	4	0:37:34
5	170	Wes Enterline	M	M19UNDER	15	Webster	4	0:39:42
6	66	Jeremiah Piersante	M	M19UNDER	14	Rochester	4	0:40:51
7	142	Emmett Hawkes	M	M19UNDER	16	Fairport	S	0:41:27
8	276	James Norris	M	M19UNDER	14	Fairport	S	0:51:57

M20-24

1	82	Philip Nesbitt	M	M20-24	23	Churchville	S	0:32:45
2	248	Brian Macpherson	M	M20-24	22	Rochester	4	0:33:53
3	260	Mathew Prok	M	M20-24	21	Rush	4	0:38:59
4	4	Andy White	M	M20-24	22	East Rochester	4	0:44:37
5	192	Stephen Corona	M	M20-24	23	Rochester	4	0:59:21

M25-29

1	134	Eric Ingalsbe	M	M25-29	28	Corfu	S	0:29:53
2	167	Dan Field	M	M25-29	25	East Aurora	S	0:30:37
3	79	John Nolan	M	M25-29	28	Rochester	S	0:36:18
4	190	Ryan Cummings	M	M25-29	27	Rochester	S	0:36:35
5	164	Andy Frank	M	M25-29	26	Rochester	S	0:36:38
6	244	Ian Shickling	M	M25-29	27	Rochester	4	0:39:07
7	148	Bryan Hammer	M	M25-29	29	Rochester	S	0:40:31
8	98	Kevin McCarthy	M	M25-29	25	Pittsford	4	0:40:51
9	232	Richard Adams	M	M25-29	26	Rochester	4	0:41:12
10	246	Kirill Igumenshchev	M	M25-29	26	Pittsford	4	0:41:38
11	81	Justin Newcomer	M	M25-29	25	Rochester	S	0:42:17
12	258	Steve Kaplan	M	M25-29	28	Geneva	4	0:52:47
13	231	David Adams	M	M25-29	28	Rochester	4	1:00:40

M30-34

1	90	Dan Millikin	M	M30-34	30	Rochester	4	0:33:09
2	61	Alan Powers	M	M30-34	33	Rochester	S	0:33:31
3	32	Andrew Smith	M	M30-34	33	Rochester	4	0:37:36
4	130	Doug Jr Johnson	M	M30-34	30	Rochester	S	0:38:18
5	71	Dan Ostrander	M	M30-34	33	Fairport	4	0:39:17
6	271	Nick Goater	M	M30-34	32	Rochester	4	0:40:21
7	223	Phillip Bailey	M	M30-34	31	Sodus	S	0:40:25

8	119	Joe Kontur	M	M30-34	30	Webster	4	0:42:00
9	247	Andrew Brown	M	M30-34	31	Rochester	4	0:43:25
10	151	Matthew Groth	M	M30-34	31	Rochester	S	0:43:45
11	47	Matthew Robinson	M	M30-34	31	Rochester	4	0:45:05
12	106	Jason Liddle	M	M30-34	33	Webster	S	0:45:08
13	257	Eric Perry	M	M30-34	32	Rochester	4	0:47:08
14	214	Michael Bedette	M	M30-34	33	Pittsford	S	1:11:20

M35-39

1	89	Rob Mischler	M	M35-39	35	Fairport	4	0:39:34
2	150	Brian Guy	M	M35-39	35	Rochester	S	0:40:26
3	159	Robert A. Jr Ganey	M	M35-39	39	Rochester	S	0:40:38
4	76	Yoshihiro Nozaki	M	M35-39	35	Rochester	S	0:41:14
5	229	Peter Albrecht	M	M35-39	36	Walworth	S	0:41:23
6	124	Kevin Kehoe	M	M35-39	35	Rochester	S	0:44:38
7	44	Matt Romeika	M	M35-39	36	Macedon	S	0:47:16
8	51	Jason Renn	M	M35-39	37	Livonia	S	0:47:45
9	67	Erin Pelkey	M	M35-39	38	Geneva	4	0:50:50
10	62	Richard Post Jr.	M	M35-39	35	Spencerport	S	0:52:11

M40-44

1	157	Matt Gillette	M	M40-44	41	Hemlock	S	0:39:39
2	236	Pud Junior	M	M40-44	44	Addison	4	0:40:36
3	263	Rob Hitchcock	M	M40-44	44	Fairport	4	0:42:42
4	12	Patrick Vorndran	M	M40-44	41	Rochester	S	0:42:57
5	195	Andrew Ciaio	M	M40-44	44	Victor	S	0:44:22
6	251	Chaster Guillaume	M	M40-44	41	Rochester	4	0:47:02
7	201	Christopher Brown	M	M40-44	43	W. Henrietta	S	0:49:09
8	57	Randy Raetz	M	M40-44	43	Victor	S	0:56:35
9	85	Christopher Mulroy	M	M40-44	44	Pittsford	S	1:04:36

M45-49

1	38	Theodor Schnauffer	M	M45-49	46	Rochester	S	0:32:59
2	189	Todd Sr Dappen	M	M45-49	48	Marion	S	0:36:16
3	45	James Roche	M	M45-49	49	Fairport	S	0:37:40
4	137	Jeff Huntress	M	M45-49	47	Pittsford	S	0:39:50
5	52	Kevin J. Reilly	M	M45-49	45	Pittsford	S	0:40:10
6	74	Tim OConnor	M	M45-49	45	Rochester	4	0:40:50
7	208	Pete Bothner	M	M45-49	46	Pittsford	S	0:42:38
8	217	Kevin Bambury	M	M45-49	48	Fairport	S	0:43:26
9	143	John Hawkes	M	M45-49	46	Fairport	S	0:44:22
10	50	Nelson Rich	M	M45-49	47	Henrietta	S	0:44:51
11	265	Jeff Rice	M	M45-49	48	Fairport	4	0:46:23
12	30	John Stanford	M	M45-49	49	Rochester	S	0:46:30
13	54	Jim Reber	M	M45-49	49	Penfield	S	0:47:31
14	92	Michael Meynadasy	M	M45-49	48	Rochester	S	0:48:56
15	141	Sean Hendrick	M	M45-49	47	Rochester	S	0:49:35
16	63	Jeffrey Polo	M	M45-49	46	Victor	4	0:49:40
17	200	Thomas Butler	M	M45-49	45	Rochester	S	0:49:54
18	128	Robert Kane	M	M45-49	45	Rochester	S	0:51:44
19	177	Rick Doe	M	M45-49	48	Canandaigua	S	0:53:47
20	162	Mike Friedler	M	M45-49	49	Ontario	4	0:56:19

## M50-54

1	250 Ed Housel	M	M50-54	51 Rochester	4	0:36:44
2	3 John Wilcox	M	M50-54	50 Henrietta	S	0:40:27
3	149 Keith Hadley	M	M50-54	50 Rochester	S	0:40:34
4	213 Bill Beyerbach	M	M50-54	54 Rochester	S	0:41:42
5	88 Mark Monachino	M	M50-54	51 Macedon	4	0:41:51
6	145 David Harvey	M	M50-54	50 Albion	S	0:42:39
7	237 Patrick Herron	M	M50-54	52 LeRoy	4	0:43:35
8	125 Joseph Karpinski	M	M50-54	51 Caledonia	S	0:44:06
9	181 Douglas DeWeaver	M	M50-54	52 Rochester	S	0:44:11
10	227 Wilton Alston	M	M50-54	51 Rochester	S	0:44:15
11	155 Chuck Giordano	M	M50-54	50 Hilton	S	0:45:20
12	253 Mark Cutcliffe	M	M50-54	51 Pavilion	4	0:46:17
13	34 Mike Smith	M	M50-54	52 Rochester	4	0:49:28
14	275 Jim Norris	M	M50-54	50 Fairport	S	0:52:02
15	165 Mark Fitzgerald	M	M50-54	51 Rochester	S	0:54:39
16	198 Carl Camille	M	M50-54	50 Spencerport	S	0:55:45
17	26 Chuck Traub	M	M50-54	50 Rochester	S	0:56:31
18	259 Gary Prok	M	M50-54	52 Rush	4	0:58:56
19	216 Duane Basch	M	M50-54	50 Honeoye Falls	S	1:04:52

## M55-59

1	249 Bill McMullen	M	M55-59	57 Batavia	4	0:40:27
2	186 Matt Degma	M	M55-59	55 Rochester	S	0:43:25
3	94 John Melville	M	M55-59	56 Honeoye Falls	S	0:44:31
4	264 Chris Barry	M	M55-59	58 Newark	4	0:45:33
5	99 Mark McArdle	M	M55-59	55 Rochester	S	0:45:43
6	210 Doug Bloom	M	M55-59	57 Albion	S	0:50:33
7	111 Bruce Lavner	M	M55-59	56 Rochester	S	0:52:29

## M60-64

1	175 Tom Dutton	M	M60-64	64 Livonia	S	0:38:50
2	16 William Murphy	M	M60-64	61 Rochester	S	1:21:01

## M65-69

1	104 Walter Lyons	M	M65-69	68 East Aurora	S	0:54:04
2	37 Dave Sek	M	M65-69	67 Spencerport	S	0:57:08
3	240 Bob Volk	M	M65-69	66 Port Gibson	4	1:00:51