

2007/2008 Freezero Race #1 - 5K
Saturday, December 14th, 2007 in Mendon Ponds Park
Timed by YellowJacket Racing

Total Finishers 230 (Male - 161, Female 69)

Pos	Bib	Fullname	Gender	Class	Age	TotalTm	Pace
Overall Male							
	1	45 Paul Glor	M	Overall Male	29	18:00	05:48
Overall Female							
	1	181 Jennifer Malik	F	Overall Female	28	20:06	06:29
F19UNDER							
	1	8 Megan Bell	F	F19UNDER	16	25:55	08:21
	2	239 Danielle Brown	F	F19UNDER	16	27:09	08:45
	3	220 Stephanie Wojnowski	F	F19UNDER	10	27:26	08:51
	4	238 Nathalie Spuckezi	F	F19UNDER	17	29:29	09:31
	5	17 Stephanie Capers	F	F19UNDER	17	30:40	09:54
F20-24							
	1	139 Ashlie Bonadonna	F	F20-24	22	23:31	07:35
	2	153 Erica Perry	F	F20-24	23	35:43	11:31
F25-29							
	1	182 Jill Skivington	F	F25-29	28	20:19	06:33
	2	42 Laura Feller	F	F25-29	28	21:55	07:04
	3	160 Meghan Harrison	F	F25-29	28	24:45	07:59
	4	28 Katie Corey	F	F25-29	28	24:52	08:01
	5	101 Mary Rowe	F	F25-29	28	31:49	10:16
	6	2 Marie Andalora	F	F25-29	27	41:09	13:16
F30-34							
	1	185 Pam Ayers	F	F30-34	31	24:22	07:52
	2	116 Julie Tobolski	F	F30-34	30	25:15	08:09
	3	224 Jennifer Prest	F	F30-34	31	28:03	09:03
	4	79 Tami McGraw	F	F30-34	34	31:10	10:03
	5	111 Michelle Steverson	F	F30-34	31	31:57	10:18
	6	179 Bonnie Shortino	F	F30-34	32	32:21	10:26
F35-36							
	1	35 Rebecca A. Duberry	F	F35-36	37	20:33	06:38
	2	161 Rena Senner	F	F35-36	37	26:53	08:40
	3	15 Laura Burke	F	F35-36	39	27:05	08:44
	4	83 Krista Muszak	F	F35-36	37	29:09	09:24
	5	102 Christina Ruhland	F	F35-36	39	30:25	09:49
	6	13 Annette Brenner	F	F35-36	38	31:12	10:04
	7	66 Jennifer Kelly	F	F35-36	36	32:37	10:31
	8	3 Maura Arendt	F	F35-36	39	33:09	10:42
F35-39							
	1	237 Audra Naujokas-Knapp	F	F35-39	38	21:33	06:57
	2	241 Kerri Brown	F	F35-39	39	25:24	08:12

3	246	Nicole Marro	F	F35-39	39	28:24	09:10
4	251	Leslie Lusk	F	F35-39	38	32:56	10:37

F40-44

1	236	Michelle Weiler	F	F40-44	40	20:25	06:35
2	152	Joanne Bradt	F	F40-44	43	22:09	07:09
3	61	Diane Jozefski	F	F40-44	44	23:26	07:33
4	95	Pam Rands	F	F40-44	44	24:22	07:52
5	65	Karin Kellman	F	F40-44	40	24:47	08:00
6	114	Stephani Szalay-Domm	F	F40-44	42	24:57	08:03
7	47	Lisa Gordon	F	F40-44	44	25:49	08:20
8	54	Susan Hasler	F	F40-44	42	25:51	08:20
9	19	Sandy Churchill	F	F40-44	42	25:54	08:21
10	129	Mary Wojnowski	F	F40-44	40	26:18	08:29
11	112	Robin Stonebraker	F	F40-44	41	27:45	08:57
12	80	Carleen Meers	F	F40-44	40	28:31	09:12
13	228	Kate Latas	F	F40-44	40	31:20	10:06
14	195	Krista Motsinger	F	F40-44	44	31:21	10:07
15	93	Lisa Perticone	F	F40-44	40	32:05	10:21

F45-49

1	215	Anna Fox	F	F45-49	47	21:04	06:48
2	231	Ann Martin	F	F45-49	49	24:03	07:45
3	96	Kathy Reardon	F	F45-49	46	26:07	08:26
4	248	Robin Rudy	F	F45-49	47	28:08	09:04
5	133	Laurie Smith	F	F45-49	49	29:26	09:30
6	245	Marlea Alan	F	F45-49	47	30:46	09:55
7	113	Lynn Sullivan	F	F45-49	45	30:53	09:58
8	85	Julianne Nelson	F	F45-49	49	31:24	10:08
9	234	Janet Schultz	F	F45-49	47	32:49	10:35
10	58	Crystal Holm	F	F45-49	46	35:30	11:27

F50-54

1	209	Cheryl Guth	F	F50-54	53	23:29	07:34
2	99	(Martha) Marty Roberts	F	F50-54	50	24:55	08:02
3	203	Karen Sable	F	F50-54	50	26:13	08:27
4	94	Marilee Pryor	F	F50-54	52	31:14	10:05
5	192	Libby Jachles	F	F50-54	51	43:55	14:10

F55-59

1	126	Barb Werzinger	F	F55-59	59	25:36	08:16
2	226	Jane Mahoney	F	F55-59	58	29:23	09:29
3	218	Sheila Carafice	F	F55-59	58	51:39	16:40

F60-64

1	180	Carolyn Kriesen	F	F60-64	64	26:57	08:42
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F65-69

1	108	Judith Smith	F	F65-69	65	31:41	10:13
2	100	Joan Rosati	F	F65-69	68	33:25	10:47
3	18	Joanne Carr	F	F65-69	69	36:05	11:38

M19UNDER

1	170	Joey Carr	M	M19UNDER	12	26:35	08:35
2	217	Nolan Henrie	M	M19UNDER	11	27:06	08:45
3	38	Kyle Edmunds	M	M19UNDER	15	27:48	08:58

M20-24

1	98	Matthew Roberts	M	M20-24	23	18:21	05:55
2	147	Josh Rossi	M	M20-24	24	19:42	06:21
3	123	Eric Wamsley	M	M20-24	21	19:54	06:25
4	7	Joe Bell	M	M20-24	22	20:32	06:37
5	254	Nathan Kauffman	M	M20-24	20	20:33	06:38
6	166	Adam Laycock	M	M20-24	23	20:38	06:39

M25-29

1	219	Joe Flanigan	M	M25-29	29	18:40	06:01
2	146	Charles Plake	M	M25-29	27	19:08	06:10
3	189	Justin Voldman	M	M25-29	27	20:36	06:39
4	16	Steve Cahoon	M	M25-29	25	22:35	07:17
5	256	Josh Keefe	M	M25-29	26	22:37	07:18
6	171	John Bugajski	M	M25-29	27	23:16	07:30
7	1	Cory Andalora	M	M25-29	27	27:30	08:52
8	87	Adam Nye	M	M25-29	27	28:12	09:06

M30-34

1	221	Alan Powers	M	M30-34	31	18:10	05:51
2	255	Jochen Hoppert	M	M30-34	30	19:14	06:12
3	211	Michael Coyle	M	M30-34	32	19:34	06:19
4	194	John Warriner	M	M30-34	30	20:46	06:42
5	59	Matt Hortop	M	M30-34	34	20:56	06:45
6	214	Douglas Mauro	M	M30-34	34	21:09	06:49
7	27	Andrew Corey	M	M30-34	31	21:14	06:51
8	223	Ricardo Figeroa	M	M30-34	34	21:23	06:54
9	244	Kevin Kehoe	M	M30-34	32	23:47	07:40
10	159	Steven Phillips	M	M30-34	31	24:31	07:55
11	250	Matthew French	M	M30-34	33	24:45	07:59
12	162	Michael Lord	M	M30-34	34	38:51	12:32

M35-39

1	193	John Hair	M	M35-39	38	18:36	06:00
2	117	Matt Tytler	M	M35-39	35	18:50	06:04
3	176	John Salvador	M	M35-39	37	19:37	06:20
4	149	David Culp	M	M35-39	39	20:08	06:30
5	243	Martin Coffey	M	M35-39	38	20:35	06:38
6	202	Egil Robs	M	M35-39	37	21:00	06:46
7	33	Karl Dilcher	M	M35-39	39	21:39	06:59
8	167	Matthew Davis	M	M35-39	35	21:50	07:03
9	12	Marc Bigsby	M	M35-39	39	22:07	07:08
10	247	Kevin Walter	M	M35-39	39	22:36	07:17
11	5	Alejandro Ashe	M	M35-39	37	22:46	07:21
12	188	Joseph McMahon	M	M35-39	38	23:11	07:29
13	137	Doug Caswell	M	M35-39	38	26:05	08:25
14	257	Joe Tally	M	M35-39	36	31:59	10:19

M40-44

1	40	Brian Emelson	M	M40-44	42	19:04	06:09
2	242	Michael Brown	M	M40-44	43	20:05	06:29
3	20	Tim Ciancione	M	M40-44	42	20:13	06:31
4	199	Todd Janssen	M	M40-44	40	20:15	06:32
5	174	Jeff Chester	M	M40-44	42	21:16	06:52
6	77	Peter McCandlish	M	M40-44	43	21:23	06:54
7	208	Tad Davis	M	M40-44	40	22:00	07:06
8	207	David Sauter	M	M40-44	40	22:04	07:07
9	97	Mike Reinhardt	M	M40-44	44	22:06	07:08
10	210	Ed Martin	M	M40-44	44	23:02	07:26
11	240	Mike Mullane	M	M40-44	44	23:15	07:30
12	135	Steve Levitsky	M	M40-44	40	23:25	07:33
13	39	Timothy Eilinger	M	M40-44	43	24:07	07:47
14	175	Larry Hoffman	M	M40-44	40	24:13	07:49
15	168	Andrew Ciaio	M	M40-44	42	24:32	07:55
16	10	David A. Bernacki	M	M40-44	42	25:16	08:09
17	91	Ronald Paeth	M	M40-44	44	26:06	08:25
18	154	Dale Dimick	M	M40-44	40	26:10	08:26
19	229	Scott McAllister	M	M40-44	40	26:12	08:27
20	24	Thomas Collins	M	M40-44	42	26:23	08:31
21	252	David Smith	M	M40-44	44	27:04	08:44
22	155	Jay Capers	M	M40-44	41	27:19	08:49
23	222	Doug Smith	M	M40-44	41	27:36	08:54
24	178	Al Marciano	M	M40-44	41	28:00	09:02
25	201	Joaquim Flores	M	M40-44	41	28:08	09:05
26	253	Thomas Butler	M	M40-44	43	30:14	09:45
27	196	Rick Motsinger	M	M40-44	44	31:22	10:07
28	169	Joe Carr	M	M40-44	44	31:36	10:12
29	67	Fred Krampe	M	M40-44	43	32:03	10:20
30	107	Shannon Silvus	M	M40-44	40	33:44	10:53

M45-49

1	200	Ted Thull	M	M45-49	46	18:43	06:02
2	186	Tim Dwyer	M	M45-49	45	18:51	06:05
3	156	Mark Madigan	M	M45-49	46	18:55	06:06
4	143	Keith Scott	M	M45-49	45	19:17	06:13
5	206	James Roche	M	M45-49	47	19:28	06:17
6	72	Tony Machulskis	M	M45-49	48	19:30	06:17
7	225	Steve Rivers	M	M45-49	46	19:56	06:26
8	187	George Fawcett	M	M45-49	47	20:00	06:27
9	190	Randy Dunham	M	M45-49	46	20:02	06:28
10	213	Daniel Giblin	M	M45-49	45	20:10	06:30
11	184	Jim Broderick	M	M45-49	46	20:14	06:31
12	78	Brian McElroy	M	M45-49	46	20:30	06:37
13	9	John Benson	M	M45-49	49	21:38	06:59
14	148	Christopher Washburn	M	M45-49	46	21:38	06:59
15	74	Michael May	M	M45-49	48	21:47	07:02
16	46	Tim Gordon	M	M45-49	48	21:49	07:02
17	136	Douglas Prindle	M	M45-49	47	22:25	07:14
18	75	Anthony A. Mazzo	M	M45-49	47	23:25	07:33

19	86	James Norris	M	M45-49	48	24:02	07:45
20	26	Robert D. Cope	M	M45-49	47	24:13	07:49
21	144	Wilt Alston	M	M45-49	49	25:05	08:05
22	62	Paul M. Kato	M	M45-49	48	25:54	08:21
23	233	Ed Schultz	M	M45-49	45	26:43	08:37
24	81	Bob Merberg	M	M45-49	47	26:51	08:40
25	191	Greg Cox	M	M45-49	45	28:31	09:12
26	132	Sean Hendrick	M	M45-49	45	28:56	09:20
27	177	Dudley Halstead	M	M45-49	49	29:20	09:28
28	120	Julio Vazquez	M	M45-49	49	29:27	09:30
29	88	Michael Obrecht	M	M45-49	48	29:50	09:37
30	151	Kenneth Rowe	M	M45-49	49	31:55	10:18

M50-54

1	197	Charlie Andrews	M	M50-54	50	18:28	05:57
2	36	Michael Dunn	M	M50-54	51	20:17	06:33
3	131	Bob Yax	M	M50-54	53	20:39	06:40
4	140	Frank Quattrone	M	M50-54	52	20:53	06:44
5	130	Mark Woodhams	M	M50-54	50	21:20	06:53
6	163	Kirk Russell	M	M50-54	50	21:21	06:53
7	43	Dennis Flynn	M	M50-54	50	21:33	06:57
8	31	Matt Degma	M	M50-54	53	21:37	06:58
9	30	Jim Davis	M	M50-54	52	22:19	07:12
10	68	Mark Lehman	M	M50-54	53	22:53	07:23
11	11	Bill Beyerbach	M	M50-54	52	23:30	07:35
12	60	Chester Jozefski	M	M50-54	54	23:33	07:36
13	49	Lawrence Guskowski	M	M50-54	51	23:42	07:39
14	157	Daniel Sillick	M	M50-54	51	23:50	07:41
15	249	JOhn Curry	M	M50-54	50	24:18	07:50
16	235	Craig Litt	M	M50-54	54	24:27	07:53
17	76	Mark McArdle	M	M50-54	53	24:42	07:58
18	230	Steve Anderson	M	M50-54	52	24:48	08:00
19	183	John Schaefer	M	M50-54	53	24:52	08:01
20	119	David Urban	M	M50-54	52	25:14	08:08
21	21	Kevin R. Clary	M	M50-54	50	26:05	08:25
22	89	Dale ODell	M	M50-54	53	27:38	08:55
23	232	Dennis Culhane	M	M50-54	53	30:37	09:53
24	34	David Dilgard	M	M50-54	53	31:45	10:15
25	164	Scott Lord	M	M50-54	50	32:07	10:22

M55-59

1	92	Ric Perry	M	M55-59	59	19:58	06:26
2	124	Dave C. Ward	M	M55-59	56	20:02	06:28
3	165	Tom Mulligan	M	M55-59	57	22:27	07:14
4	56	Stephen Hedges	M	M55-59	58	22:41	07:19
5	4	Andy Arnold	M	M55-59	56	23:13	07:29
6	55	Alan Hayter	M	M55-59	56	23:57	07:44
7	29	David Davenport	M	M55-59	56	24:45	07:59
8	118	Gary R. Updyke	M	M55-59	59	25:11	08:08
9	204	Philip Mann	M	M55-59	56	25:48	08:19
10	173	Doug Jones	M	M55-59	55	27:24	08:50
11	23	Wayne Cogger	M	M55-59	56	28:37	09:14

12	82	William Murphy	M	M55-59	59	40:52	13:11
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M60-64

1	205	Tony Gingello	M	M60-64	60	20:21	06:34
2	134	Tom Dutton	M	M60-64	62	20:42	06:41
3	138	Thomas Lamme	M	M60-64	61	20:47	06:42
4	141	Michael Harrison	M	M60-64	60	21:52	07:03
5	127	Ernie Werzinger	M	M60-64	60	22:12	07:10
6	145	Roger Howe	M	M60-64	60	22:26	07:14
7	227	Barry Watkins	M	M60-64	62	25:04	08:05
8	48	David Gordon	M	M60-64	60	28:28	09:11
9	216	Robert Carafice	M	M60-64	64	31:45	10:15

M65-69

1	128	Bill White	M	M65-69	65	26:00	08:23
2	150	Earl Cliffl	M	M65-69	68	30:04	09:42
3	109	Al Smith	M	M65-69	69	31:35	10:11
4	22	Donald Clukies	M	M65-69	65	31:40	10:13

M70UP

1	158	Ron Fancher	M	M70UP	71	26:31	08:33
2	105	Charlie Sabatine	M	M70UP	74	27:53	09:00
3	51	Chuck Haendiges	M	M70UP	74	30:30	09:50
4	212	Tom Brannon	M	M70UP	72	30:31	09:51
5	57	Dave Heeks	M	M70UP	70	32:11	10:23
6	142	Joseph Delpopolo	M	M70UP	81	44:48	14:27