

**GRTC Freezero Series - Race #1****Sunday December 13, 2009****Pineway Ponds Park, Spencerport, NY****183 Finishers( 127 Male, 56 Female )****Timed by YellowJacket Racing**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>Class</b>	<b>Age</b>	<b>City</b>	<b>Series</b>	<b>Time</b>	<b>Pace</b>
<b>F19UNDER</b>									
1	42	Lexie Klimasewski	F	F19UNDER	14	Fairport	X	44:33	08:55
2	187	Cheyenne DeMarco	F	F19UNDER	19	Nunda	X	49:10	09:50
<b>F20-24</b>									
1	160	Jennifer Katz	F	F20-24	23	Spencerport		37:42	07:32
2	64	Mariah Pfeiffer	F	F20-24	24	Pittsford		41:07	08:13
3	99	Anne Shigley	F	F20-24	22	Rochester	X	45:49	09:10
<b>F25-29</b>									
1	47	Debbie Liana	F	F25-29	25	W.Henrietta	X	37:07	07:25
2	132	Rebecca Porter	F	F25-29	27	Rochester	X	38:22	07:40
3	82	Dawn Whitaker	F	F25-29	25	Rochester	X	38:37	07:43
4	14	Lisa Chaloux	F	F25-29	26	Rochester	X	47:10	09:26
5	166	Katie Achter	F	F25-29	25	Rochester	X	49:53	09:59
<b>F30-34</b>									
1	105	Jen Malik	F	F30-34	30	Rochester	X	33:13	06:39
2	143	Pam Ayers	F	F30-34	33	Rochester	X	37:49	07:34
3	69	Victoria Rodriguez	F	F30-34	31	Buffalo	X	37:53	07:35
4	77	Kathee Tyo	F	F30-34	32	Rochester	X	43:34	08:43
5	147	Ariana Rinderknecht	F	F30-34	33	Rochester	X	44:53	08:59
6	60	Emily OShea	F	F30-34	31	Hilton	X	44:59	09:00
7	19	Sarah Davila	F	F30-34	33	Rochester	X	46:35	09:19
8	1	Courtney Abeln	F	F30-34	34	Rochester	X	47:17	09:27
<b>F35-39</b>									
1	100	Rebecca Duberry	F	F35-39	39	Rochester	X	32:28	06:30
2	107	Emily Flagg	F	F35-39	35	Rochester	X	38:58	07:48
3	146	Amber Rinderknecht	F	F35-39	36	Rochester		39:28	07:54
4	10	Tracy Bryce	F	F35-39	35	Rochester	X	41:45	08:21
5	79	Kera Vanham	F	F35-39	36	Rochester	X	42:25	08:29
6	86	Amy Burbano	F	F35-39	37	Brockport	X	42:25	08:29
7	191	Sara Petrykiewicz	F	F35-39	36	Rochester		44:57	08:59
8	177	Colleen Vorndran	F	F35-39	38	Rochester	X	49:18	09:52
9	136	Jennifer Sheehan	F	F35-39	39	Rochester	X	50:31	10:06
10	190	Jerrylynn Johnson	F	F35-39	39	Albion	X	58:41	11:44
<b>F40-44</b>									
1	194	Michelle Marasco	F	F40-44	41	Spencerport		32:56	06:35
2	90	Dana Gianniny	F	F40-44	40	Rochester	X	36:44	07:21
3	142	Mary Wojnowski	F	F40-44	42	Rochester	X	38:40	07:44
4	162	Kerri Brown	F	F40-44	41	Pittsford	X	40:07	08:01
5	180	Karol Hitchcock	F	F40-44	43	Fairport	X	42:18	08:28
6	52	Christina McLyman	F	F40-44	42	Rochester	X	43:45	08:45
7	62	Patricia M. Palmieri - Phelan	F	F40-44	41	N. Chili	X	47:38	09:32
8	73	Coleen Schofield	F	F40-44	41	Rochester	X	49:12	09:50
9	169	Christina Ruhland	F	F40-44	41	North Chili	X	49:18	09:52
10	135	Lisa Crews	F	F40-44	40	Rochester	X	52:12	10:26
11	2	Maura Arendt	F	F40-44	41	Rochester	X	58:35	11:43
<b>F45-49</b>									
1	115	Joanne Bradt	F	F45-49	45	Scottsville	X	37:08	07:26
2	61	Theresa Palmieri	F	F45-49	46	Buffalo	X	37:52	07:34
3	205	Marie White	F	F45-49	45		X	38:54	07:47
4	148	Karen Godshall	F	F45-49	45	Spencerport	X	39:17	07:51
5	66	Diane Prystajko	F	F45-49	45	Spencerport	X	43:45	08:45
6	137	Ann Cunningham	F	F45-49	47	Rochester	X	47:18	09:28
7	76	Lynn Sullivan	F	F45-49	47	East Rochester	X	58:30	11:42

F50-54									
1	195	Darlene Saeva	F	F50-54	51	Rochester		39:40	07:56
2	128	Carol Eisenman	F	F50-54	52	Rochester	X	41:49	08:22
3	67	Marty Roberts	F	F50-54	52	Penn Yan	X	43:09	08:38
4	55	Juliann Nelson	F	F50-54	51	Victor	X	54:19	10:52
F55-59									
1	33	Cheryl Guth	F	F55-59	55	Rochester	X	38:22	07:40
2	4	Judy Beers	F	F55-59	56	Honeoye Falls	X	42:41	08:32
3	36	Kathy Henrie	F	F55-59	56	Rochester	X	47:17	09:27
F65-69									
1	43	Carolyn Kriesen	F	F65-69	66	Webster	X	49:51	09:58
F70-74									
1	188	Joan Rosati	F	F70-74	70	North Chili	X	58:31	11:42
2	13	Joanne Carr	F	F70-74	71	Churchville	X	58:48	11:46
M19UNDER									
1	129	Cory Herman	M	M19UNDER	18	Hilton		33:46	06:45
2	98	Stephen Noble	M	M19UNDER	19	Rochester	X	40:46	08:09
M20-24									
1	57	Philip Nesbitt	M	M20-24	23	Churchville	X	29:30	05:54
2	184	Josiah Moore	M	M20-24	21	Canandaigua	X	33:57	06:47
3	85	Brendan Wolfert	M	M20-24	20	Rochester		41:42	08:20
M25-29									
1	110	Neal Holtschulte	M	M25-29	25	Rochester		25:55	05:11
2	113	Nick End	M	M25-29	25	Rochester		26:09	05:14
3	95	Chad Byler	M	M25-29	26	Rochester		28:28	05:42
4	68	Matt Roberts	M	M25-29	25	Henrietta	X	29:21	05:52
5	151	Adam Insalaco	M	M25-29	29	Irondequoit	X	34:43	06:57
6	12	Steve Cahoon	M	M25-29	27	Orchard Park	X	35:42	07:08
7	117	Jonathan Owen	M	M25-29	27	Rochester	X	36:10	07:14
8	83	Andrew Whitaker	M	M25-29	29	Rochester	X	40:50	08:10
M30-34									
1	111	Ryan Pauling	M	M30-34	33	Rochester	X	26:09	05:14
2	91	Dave Bradshaw	M	M30-34	30	Macedon	X	26:41	05:20
3	97	Matt Blodgett	M	M30-34	32	Fairport	X	30:35	06:07
4	152	Colby Shores	M	M30-34	34	Rochester	X	32:00	06:24
5	153	Michael Coyle	M	M30-34	34	Irondequoit	X	32:19	06:28
6	81	Dan Ward	M	M30-34	32	Rochester	X	33:17	06:39
7	41	Kevin Kehoe	M	M30-34	34	Rochester	X	38:56	07:47
8	65	Steven Philips	M	M30-34	33	Rochester	X	39:38	07:56
9	202	Michael Cefalo	M	M30-34	33		X	39:56	07:59
10	126	Brian Matzan	M	M30-34	31	Hilton	X	40:10	08:02
11	192	Brian Zimmerman	M	M30-34	34	Rochester	X	42:47	08:33
M35-39									
1	119	Matt Tytler	M	M35-39	37	Irondequoit	X	29:26	05:53
2	196	Joe Williams	M	M35-39	36	Rochester	X	33:05	06:37
3	165	Roger Bolton	M	M35-39	39	Albion	X	33:59	06:48
4	72	Hector Santos Rosario	M	M35-39	37	Rochester	X	34:54	06:59
5	134	Daniel Homer	M	M35-39	35	Rochester	X	35:15	07:03
6	198	Bill Boula	M	M35-39	35	Hilton		39:44	07:57
7	131	Rich Kapp	M	M35-39	38	Webster	X	43:10	08:38
8	127	Mike Hall	M	M35-39	39	Rochester	X	45:01	09:00
9	121	Bill McKay	M	M35-39	38	Rochester	X	47:13	09:27
M40-44									
1	15	Timothy Ciancione	M	M40-44	44	Rochester	X	33:27	06:41
2	8	James Brennan	M	M40-44	40	Pittsford	X	33:32	06:42
3	157	David Sauter	M	M40-44	42	Penfield	X	33:41	06:44
4	22	Karl Dilcher	M	M40-44	41	Brockport	X	34:03	06:49
5	204	Martin Coffey	M	M40-44	40	Pittsford	X	34:21	06:52

6	102 Paul Dittman	M	M40-44	41	Hilton		34:30	06:54
7	18 Jeffrey L. Crews	M	M40-44	43	Rochester	X	35:28	07:06
8	172 John Hair	M	M40-44	40	West Henrietta	X	36:08	07:14
9	164 Jon Barleben	M	M40-44	41	Albion	X	36:54	07:23
10	193 Jim Marasw	M	M40-44	41	Spencerport		37:10	07:26
11	138 Anthony Leonardis	M	M40-44	43	Rochester	X	37:37	07:31
12	168 Larry Hoffman	M	M40-44	41	Ontario	X	37:54	07:35
13	49 Mark McAllister	M	M40-44	44	Webster	X	38:34	07:43
14	175 Lou Iovoli	M	M40-44	44	Victor	X	38:48	07:46
15	182 Patrick Vorndran	M	M40-44	41	Rochester	X	39:11	07:50
16	179 John Natale	M	M40-44	41	Fairport	X	40:53	08:11
17	114 Joaquim Flores	M	M40-44	43	Rochester	X	41:21	08:16
18	141 Jeff Chester	M	M40-44	44	Rochester	X	41:44	08:21
19	96 Joseph McMahan	M	M40-44	40	Rochester	X	42:32	08:30
20	170 Dale Dimick	M	M40-44	42	Webster	X	42:37	08:31
21	116 Joao Flores	M	M40-44	42	Greece	X	42:39	08:32
22	7 William A. Borrelli	M	M40-44	44	Rochester	X	43:10	08:38
23	20 Tom Demeyers	M	M40-44	42	Palmyra	X	43:51	08:46
24	29 Matthew Fleig	M	M40-44	43	Rochester	X	45:41	09:08
25	174 Thomas Collins	M	M40-44	44	Pittsford	X	46:04	09:13
26	173 Alan Marciano	M	M40-44	43	Spencerport	X	46:21	09:16

#### M45-49

1	130 Daniel Giblin	M	M45-49	47	Rochester	X	31:22	06:16
2	161 Michael Brown	M	M45-49	45	Pittsford		32:31	06:30
3	133 Keith Scott	M	M45-49	47	LeRoy		32:38	06:32
4	92 Patrick Milligan	M	M45-49	45	Rochester	X	32:40	06:32
5	51 Brian McElroy	M	M45-49	48	Buffalo	X	33:21	06:40
6	27 George Fawcett	M	M45-49	49	Rochester	X	33:37	06:43
7	155 Scott Hoot	M	M45-49	49	Medina	X	33:50	06:46
8	106 Douglas Prinole	M	M45-49	49	Fairport	X	34:34	06:55
9	37 Russ Herman	M	M45-49	48	Hilton	X	36:20	07:16
10	167 Phil Gleason	M	M45-49	46	Geneva	X	36:36	07:19
11	87 Chris Washburn	M	M45-49	48	Newark	X	36:38	07:20
12	50 Peter McCandlish	M	M45-49	45	Rochester	X	36:52	07:22
13	53 Lewis Migliore	M	M45-49	49	Pittsford		41:09	08:14
14	145 Ron Paeth	M	M45-49	46	Kendall	X	41:20	08:16
15	178 Jim Reber	M	M45-49	49	Penfield		42:15	08:27
16	25 Timothy Elinger	M	M45-49	45	Mendon	X	43:38	08:44
17	17 Robert D. Cope	M	M45-49	49	Livonia	X	44:14	08:51
18	185 Michael Mullane	M	M45-49	46	Fairport	X	44:33	08:55
19	70 Wes Rosengrant	M	M45-49	49	Rochester	X	45:01	09:00
20	118 Roger Klatt	M	M45-49	49	Barker		45:59	09:12
21	149 Fred Nash	M	M45-49	48	Akron		46:10	09:14
22	144 William Lerkins	M	M45-49	49	Rochester	X	49:56	09:59
23	139 Steve Maier	M	M45-49	47	Brockport		50:34	10:07

#### M50-54

1	140 Tim Dwyer	M	M50-54	50	Rochester	X	29:09	05:50
2	48 Tony Machulskis	M	M50-54	50	Rochester	X	31:31	06:18
3	30 David Goins	M	M50-54	52	Dansville	X	31:54	06:23
4	34 Keith Hadley	M	M50-54	50	Rochester	X	35:01	07:00
5	158 Kirk Russell	M	M50-54	52	Spencerport		35:49	07:10
6	171 Wilton Alston	M	M50-54	51	Rochester	X	38:02	07:36
7	120 Mark Woodhams	M	M50-54	52	?	X	38:51	07:46
8	80 Michael Viterise	M	M50-54	52	Rochester	X	39:10	07:50
9	5 Bill Beyerbach	M	M50-54	54	Rochester	X	39:30	07:54
10	201 John Curry	M	M50-54	52	Brockport	X	41:05	08:13
11	108 Daniel Sillick	M	M50-54	53	Hilton	X	41:30	08:18
12	9 Novis Brewster	M	M50-54	50	Rochester	X	42:18	08:28
13	112 Tom Hawkins	M	M50-54	51	Williamson		43:45	08:45
14	176 Dudley Halstead	M	M50-54	50	Canandaigua	X	44:33	08:55
15	16 Kevin Clary	M	M50-54	52	Pavillion	X	45:25	09:05
16	28 Brian Ferries	M	M50-54	50	Brockport	X	46:10	09:14
17	94 Frederick Plimpton	M	M50-54	54	Scottsville	X	48:22	09:40

#### M55-59

1	203 Paul Persia	M	M55-59	58	Batavia	X	35:12	07:02
2	40 Ken Katz	M	M55-59	55	Pittsford		36:40	07:20
3	101 David Davenport	M	M55-59	58	Rochester	X	37:00	07:24
4	122 Matt Degma	M	M55-59	55	Rochester	X	37:36	07:31
5	124 Larry Zygo	M	M55-59	59	Rochester		38:19	07:40
6	89 Bruce Gianniny	M	M55-59	58	Rochester	X	39:54	07:59
7	74 Michael Shortley	M	M55-59	54	Fairport	X	42:24	08:29
8	39 Arthur Jones	M	M55-59	57	Rochester	X	44:33	08:55
9	58 Dale ODell	M	M55-59	56	Rochester	X	46:37	09:19
10	200 Dan Katz	M	M55-59	55	Pittsford	X	47:50	09:34
11	186 Joe DeMarco	M	M55-59	55	Nunda	X	49:11	09:50
12	56 Philip Nelson	M	M55-59	58	Victor	X	49:47	09:57
13	23 David Dilgard	M	M55-59	55	Penfield	X	56:29	11:18

M60-64

1	125 Thomas Lamme	M	M60-64	62	Penfield	X	35:07	07:01
2	154 Tony Gingello	M	M60-64	62	Rochester	X	35:12	07:02
3	93 Roger Howe	M	M60-64	62	Rochester	X	37:44	07:33
4	159 Mike Reif	M	M60-64	61	Victor	X	38:28	07:42
5	109 Gary Updyke	M	M60-64	61	Pittsford	X	40:48	08:10
6	78 Tom Tytler	M	M60-64	61	Webster	X	46:56	09:23
7	31 David Gordon	M	M60-64	62	Pittsford	X	47:45	09:33
8	54 William Murphy	M	M60-64	61	Rochester	X	1:15:23	15:05

M65-69

1	103 Bob Carafice	M	M65-69	66	Rochester	X	54:57	10:59
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M70-74

1	88 Earl Cliffl	M	M70-74	70	Livonia	X	46:02	09:12
2	35 Dave Heeks	M	M70-74	72	Irondequoit	X	50:35	10:07
3	75 Al Smith	M	M70-74	71	Rochester	X	52:00	10:24