

## Freezeroo #3 - 5K

Saturday January 16, 2009

Camp Eastman, Rochester, NY

234 Finishers( 169 Male, 65 Female )

Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Series	Time	Pace
F19-Under									
1	275	Maureen Girven	F	F19-Under	16	Scottsville		29:16	09:27
2	58	Cheyenne DeMarco	F	F19-Under	19	Nunda	X	30:03	09:42
3	272	Stacey Crosier	F	F19-Under	18	Brockport		31:59	10:19
F20-24									
1	184	Anne Shigley	F	F20-24	22	Rochester	X	26:08	08:26
2	220	Theresa Hendrick	F	F20-24	21	Rochester		27:01	08:43
3	253	Sarah Clements	F	F20-24	24	Rush		27:51	08:59
4	222	Colleen Sears	F	F20-24	24	Rochester		30:13	09:45
F25-29									
1	239	Allyson Brown	F	F25-29	25	Honeoye Falls		21:07	06:49
2	228	Alexa Harding	F	F25-29	25	Rochester		22:44	07:20
3	263	Andrea Leri	F	F25-29	29	Rochester		28:08	09:04
4	266	Kelly Stevenson	F	F25-29	28	Rochester		28:09	09:05
5	2	Katie Achter	F	F25-29	25	Rochester	X	28:50	09:18
F30-34									
1	255	Karen Blodgett	F	F30-34	33	Fairport		18:10	05:52
2	130	Jen Malik	F	F30-34	30	Rochester	X	19:49	06:24
3	172	Victoria Rodriguez	F	F30-34	31	Buffalo	X	20:08	06:30
4	73	Laura Feller	F	F30-34	30	Rochester	X	20:35	06:38
5	52	Heather Danielson	F	F30-34	34	Rochester	X	22:08	07:08
6	7	Pam Ayers	F	F30-34	33	Rochester	X	22:56	07:24
7	169	Ariana Rinderknecht	F	F30-34	33	Rochester	X	24:33	07:55
8	56	Rachael DellaPietra	F	F30-34	30	Webster	X	24:41	07:58
9	197	Kathee Tyo	F	F30-34	32	Rochester	X	26:51	08:40
10	154	Emily OShea	F	F30-34	31	Hilton	X	27:10	08:46
11	277	Jennifer Moxa	F	F30-34	34	Fairport		27:46	08:57
12	274	Jennifer Kerr	F	F30-34	31	Rochester		28:08	09:04
13	1	Courtney Abeln	F	F30-34	34	Rochester	X	29:36	09:33
14	285	Amy Degro	F	F30-34	31	Rochester		32:00	10:19
F35-39									
1	65	Rebecca Duberry	F	F35-39	39	Rochester	X	19:04	06:09
2	236	Christine Deutsch	F	F35-39	35	Rochester	X	22:35	07:17
3	168	Amber Rinderknecht	F	F35-39	36	Rochester	X	23:45	07:40
4	24	Tracy Bryce	F	F35-39	35	Rochester	X	24:06	07:47
5	201	Kera Vanham	F	F35-39	36	Rochester	X	24:57	08:03
6	269	Mary Westfall	F	F35-39	37	Walworth		26:06	08:25
7	70	Krista Aukeman Englert	F	F35-39	35	Rochester	X	27:56	09:01
8	203	Colleen Vorndran	F	F35-39	38	Rochester	X	28:11	09:05
9	12	Leisel Bernfield	F	F35-39	35	Rochester	X	28:23	09:09
10	240	Michelle Curtin	F	F35-39	37	Cohocton		29:19	09:27
11	271	Amy Crosier	F	F35-39	39	Brockport		30:00	09:41
F40-44									
1	80	Dana Giannini	F	F40-44	40	Rochester	X	20:20	06:33
2	261	Audra Naujokas-Knapp	F	F40-44	40	Rochester	X	20:24	06:35
3	214	Mary Wojnowski	F	F40-44	42	Rochester	X	22:40	07:19
4	141	Christina McLyman	F	F40-44	42	Rochester	X	26:23	08:31

5	158	Patricia M. Palmieri - Phelan	F	F40-44	41	N. Chili	X	28:16	09:07
6	276	Melissa Pulcino	F	F40-44	40	Rochester		29:08	09:24
7	182	Coleen Schofield	F	F40-44	41	Rochester	X	30:19	09:47
8	46	Lisa Crews	F	F40-44	40	Rochester	X	30:28	09:50
9	161	Lisa Peticone	F	F40-44	42	Rochester	X	31:20	10:07
10	5	Maura Arendt	F	F40-44	41	Rochester	X	34:27	11:07
F45-49									
1	19	Joanne Bradt	F	F45-49	45	Scottsville	X	22:16	07:11
2	157	Theresa Palmieri	F	F45-49	46	Buffalo	X	22:47	07:21
3	211	Marie White	F	F45-49	45	Henrietta	X	23:41	07:38
4	86	Karen Godshall	F	F45-49	45	Spencerport	X	24:21	07:51
5	224	Marlene Paeth	F	F45-49	46	Kendall		25:36	08:16
6	4	April Amodei	F	F45-49	45	Cayuga	X	26:54	08:41
7	49	Ann Cunningham	F	F45-49	47	Rochester	X	28:02	09:03
8	124	William Lerkins	F	F45-49	49	Rochester	X	30:10	09:44
9	246	Melissa Jadlos	F	F45-49	48	Avon		36:16	11:42
F50-54									
1	170	Marty Roberts	F	F50-54	52	Penn Yan	X	23:49	07:41
2	68	Carolyn Eismenman	F	F50-54	52	Rochester	X	25:10	08:07
3	178	Karen Sable	F	F50-54	52	Keuka Park	X	26:36	08:35
4	244	Denise Rowe	F	F50-54	53	Rochester		32:20	10:26
F55-59									
1	100	Kathy Henrie	F	F55-59	56	Rochester	X	26:51	08:40
F60-64									
1	139	Lynda McGuire	F	F60-64	61	Scottsville	X	26:12	08:27
2	126	Mitzie Lewandowski	F	F60-64	62	Rochester	X	28:46	09:17
3	129	Jane Mahoney	F	F60-64	60	Rochester	X	29:00	09:21
F70-74									
1	173	Joanne Rosati	F	F70-74	70	North Chili	X	34:06	11:00
2	29	Joanne Carr	F	F70-74	71	Churchville	X	38:14	12:20
M19-under									
1	241	Billy Galetto	M	M19-under	15	Spencerport		19:56	06:26
2	8	Scott Bagley	M	M19-under	13	Rochester	X	20:34	06:38
3	151	Stephen Noble	M	M19-under	19	Rochester	X	23:20	07:32
4	287	Trevor Ertel	M	M-19under	18	Rochester		23:30	07:35
5	232	Patrick Byrne	M	M19-under	13	Sodus		29:23	09:29
M20-24									
1	150	Philip Nesbitt	M	M20-24	23	Churchville	X	17:53	05:46
2	250	Brendon Wolfert	M	M20-24	20	Henrietta		24:10	07:48
3	265	Sandy Toole	M	M20-24	21	-		39:11	12:38
M25-29									
1	171	Matt Roberts	M	M25-29	25	Henrietta	X	17:25	05:37
2	108	Adam Insalaco	M	M25-29	29	Irondequoit	X	20:37	06:39
3	155	Jonathan Owen	M	M25-29	27	Rochester	X	21:08	06:49
4	90	Jonathan Griffiths	M	M25-29	25	Rochester	X	21:18	06:52
5	259	Ian Schickling	M	M25-29	26	Rochester	X	21:29	06:56
6	27	Steve Cahoon	M	M25-29	27	Orchard Park	X	21:54	07:04
7	42	Matthew Corbett	M	M25-29	28	Rochester	X	22:03	07:07
8	278	Mark Strassell	M	M25-29	25	Pittsford		26:09	08:26
M30-34									
1	18	Dave Bradshaw	M	M30-34	30	Macedon	X	15:48	05:06

2	159	Ryan Pauling	M	M30-34	33	Rochester	X	16:03	05:11
3	230	Frank Georges	M	M30-34	32	Lowell		18:39	06:01
4	227	Jason Knarr	M	M30-34	33	Webster		18:45	06:03
5	185	Colby Shores	M	M30-34	34	Rochester	X	19:05	06:09
6	43	Michael Coyle	M	M30-34	34	Irondequoit	X	19:10	06:11
7	205	Dan Ward	M	M30-34	32	Rochester	X	19:53	06:25
8	254	Jake Clements	M	M30-34	30	Rush		19:57	06:26
9	264	Seth Adanti	M	M30-34	30	-		20:20	06:33
10	248	Brian Mosher	M	M30-34	30	Pittsford		20:33	06:38
11	84	Brian Glass	M	M30-34	30	Rochester	X	21:09	06:49
12	116	Kevin Kehoe	M	M30-34	34	Rochester	X	22:21	07:13
13	31	Michael Cefalo	M	M30-34	33		X	23:33	07:36
14	216	Brian Zimmerman	M	M30-34	34	Rochester	X	24:16	07:50
15	260	Michael Ryan	M	M30-34	30	Rochester		24:23	07:52
16	256	James Collins	M	M30-34	34	Penfield		24:31	07:55
17	162	Steven Philips	M	M30-34	33	Rochester	X	24:46	07:59
18	133	Brian Matzan	M	M30-34	31	Hilton	X	25:27	08:13
19	229	Jeffrey Coppini	M	M30-34	30	Rochester		28:06	09:04
20	26	Michael Burns	M	M30-34	32	Rochester	X	28:09	09:05
21	238	Erek Jozefski	M	M30-34	33	West Hollywood	X	30:22	09:48
22	284	Jorge Degro Jr.	M	M30-34	33	Rochester		32:00	10:19

M35-39

1	199	Matt Tytler	M	M35-39	37	Irondequoit	X	17:44	05:43
2	179	John Salvador	M	M35-39	39	Penfield	X	19:05	06:09
3	212	Joe Williams	M	M35-39	36	Rochester	X	19:33	06:19
4	15	Roger Bolton	M	M35-39	39	Albion	X	19:52	06:24
5	105	Daniel Homer	M	M35-39	35	Rochester	X	20:24	06:35
6	180	Hector Santos Rosario	M	M35-39	37	Rochester	X	20:31	06:37
7	268	Michel Bermudez	M	M35-39	39	Webster		21:36	06:58
8	6	Alex Ashe	M	M35-39	39	Spencerport	X	22:13	07:10
9	17	Bill Boula	M	M35-39	35	Hilton	X	22:35	07:17
10	231	Mike Beechey	M	M35-39	39	Rochester		24:18	07:50
11	94	Mike Hall	M	M35-39	39	Rochester	X	24:34	07:55
12	51	Daniel Curtin	M	M35-39	38	Cohocton	X	26:17	08:29
13	114	Rich Kapp	M	M35-39	38	Webster	X	26:34	08:34
14	140	Bill McKay	M	M35-39	38	Rochester	X	29:04	09:22
15	95	Mark Hall	M	M35-39	38	Rochester		29:22	09:28
16	117	Chris Kehoe	M	M35-39	39	Churchville	X	29:30	09:31

M40-44

1	35	Timothy Ciancione	M	M40-44	44	Rochester	X	19:30	06:18
2	93	John Hair	M	M40-44	40	West Henrietta	X	19:31	06:18
3	281	Gregory Nowakowski	M	M40-44	42	Rochester		19:39	06:20
4	39	Martin Coffey	M	M40-44	40	Pittsford	X	19:58	06:27
5	181	David Sauter	M	M40-44	42	Penfield	X	20:00	06:27
6	20	James Brennan	M	M40-44	40	Pittsford	X	20:14	06:32
7	62	Karl Dilcher	M	M40-44	41	Brockport	X	20:17	06:33
8	109	Lou Iovoli	M	M40-44	44	Victor	X	20:52	06:44
9	267	Thomas Westfall	M	M40-44	42	Walworth		20:53	06:44
10	45	Jeffrey L. Crews	M	M40-44	43	Rochester	X	20:55	06:45
11	249	Gary Dill	M	M40-44	44	Rochester		21:02	06:47
12	9	Jon Barleben	M	M40-44	41	Albion	X	21:40	06:59
13	123	Athony Leonardis	M	M40-44	43	Rochester	X	22:06	07:08
14	134	Mark McAllister	M	M40-44	44	Webster	X	22:27	07:14
15	223	Don Ehinger	M	M40-44	42	Honeoye Falls		22:39	07:19
16	204	Patrick Vorndran	M	M40-44	41	Rochester	X	22:49	07:22
17	34	Andrew Ciaio	M	M40-44	44	Victor	X	22:59	07:25
18	104	Larry Hoffman	M	M40-44	41	Ontario	X	23:04	07:27
19	142	Joseph McMahoun	M	M40-44	40	Rochester	X	23:35	07:36

20	64	Dale Dimick	M	M40-44	42	Webster	X	24:13	07:49
21	147	John Natale	M	M40-44	41	Fairport	X	24:14	07:49
22	16	William A. Borrelli	M	M40-44	44	Rochester	X	24:51	08:01
23	59	Tom Demeyers	M	M40-44	42	Palmyra	X	25:31	08:14
24	76	Matthew Fleig	M	M40-44	43	Rochester	X	26:28	08:32
25	113	Roman T. Kamola	M	M40-44	40	Rochester	X	26:46	08:38
26	40	Thomas Collins	M	M40-44	44	Pittsford	X	26:53	08:40
27	30	Douglas Caswell	M	M40-44	40	Penfield	X	27:29	08:52
28	221	Coley Webb	M	M40-44	42	Leroy		28:04	09:03
29	233	Jack Byrne	M	M40-44	43	Sodus		29:24	09:29

M45-49

1	251	Matt Kellman	M	M45-49	45	Penfield	X	18:05	05:50
2	81	Daniel Giblin	M	M45-49	47	Rochester	X	18:12	05:52
3	196	Ted Thull	M	M45-49	48	Macedon	X	18:34	05:59
4	252	Keith Scott	M	M45-49	47	Leroy		18:54	06:06
5	143	Patrick Milligan	M	M45-49	45	Rochester	X	19:12	06:12
6	122	Peter Lautenslager	M	M45-49	48	Victor	X	19:36	06:19
7	72	George Fawcett	M	M45-49	49	Rochester	X	19:48	06:23
8	106	Scott Hoot	M	M45-49	49	Medina	X	19:50	06:24
9	206	Matthew Ward	M	M45-49	45	Canandiagua	X	20:12	06:31
10	101	Russ Herman	M	M45-49	48	Hilton	X	21:11	06:50
11	165	Douglas Prindle	M	M45-49	49	Fairport	X	21:15	06:51
12	138	Brian McElroy	M	M45-49	48	Buffalo	X	21:22	06:53
13	208	Chris Washburn	M	M45-49	48	Newark	X	21:38	06:59
14	247	Bob Gates	M	M45-49	48	Hamlin		21:47	07:02
15	258	Steven Derks	M	M45-49	46	W. Henrietta		21:56	07:04
16	283	Chris Leonardi	M	M45-49	49	Pittsford		22:37	07:18
17	136	Peter McCandlish	M	M45-49	45	Rochester	X	22:48	07:21
18	145	Michael Mullane	M	M45-49	46	Fairport	X	23:08	07:28
19	257	Molasses Montgomery	M	M45-49	49	Rochester		23:46	07:40
20	82	Tom Gibson	M	M45-49	47	Canandiagua	X	24:20	07:51
21	270	Kenneth Johnson	M	M45-49	45	Canandiagua		24:42	07:58
22	273	Scott Crosier	M	M45-49	45	Brockport		25:59	08:23
23	69	Timothy Elinger	M	M45-49	45	Mendon	X	26:03	08:24
24	175	Wes Rosengrant	M	M45-49	49	Rochester	X	26:06	08:25
25	226	Fred Nash	M	M45-49	48	Akron		26:23	08:31
26	234	Tim Peterson	M	M45-49	49	Avoca	X	26:33	08:34
27	99	Sean Hendrick	M	M45-49	47	Rochester	X	27:01	08:43
28	156	Ron Paeth	M	M45-49	46	Kendall	X	27:29	08:52
29	235	Steve Maier	M	M45-49	47	Brockport		29:29	09:31
30	189	David Smith	M	M45-49	46	Hilton	X	29:47	09:37

M50-54

1	67	Tim Dwyer	M	M50-54	50	Rochester	X	17:49	05:45
2	128	Tony Machulskis	M	M50-54	50	Rochester	X	18:36	06:00
3	87	David Goins	M	M50-54	52	Dansville	X	18:43	06:02
4	66	Michael Dunn	M	M50-54	53	Rochester	X	21:17	06:52
5	92	Keith Hadley	M	M50-54	50	Rochester	X	21:26	06:55
6	215	Mark Woodhams	M	M50-54	52	E. Rochester	X	22:52	07:23
7	187	Daniel Sillick	M	M50-54	53	Hilton	X	23:30	07:35
8	202	Michael Viterise	M	M50-54	52	Rochester	X	23:51	07:42
9	3	Wilt Alston	M	M50-54	51	Rochester	X	24:08	07:47
10	13	Bill Beyerbach	M	M50-54	54	Rochester	X	24:14	07:49
11	21	Novis Brewster	M	M50-54	50	Rochester	X	24:53	08:02
12	245	Steven Rowe	M	M50-54	50	Rochester		25:08	08:07
13	96	Dudley Hallstead	M	M50-54	50	Canandiagua	X	25:29	08:13
14	163	Frederick Plimpton	M	M50-54	54	Rochester	X	27:14	08:47
15	243	Paul Hebert	M	M50-54	50	Hilton		27:16	08:48
16	213	Patrick Wilson	M	M50-54	53	Bergen	X	27:27	08:51

17	288	Dave Christa	M	M50-54	54	Victor		29:18	09:27
18	36	Eddy Clark	M	M50-54	51	Victor	X	29:39	09:34
19	219	Bruce Alexander	M	M50-54	51	Webster		30:21	09:47
20	218	Jim Kaiser	M	M50-54	51	Webster		31:12	10:04

#### M55-59

1	207	David Ward	M	M55-59	58	Akron	X	19:50	06:24
2	239	Chester Jozefski	M	M55-59	56	Rochester		21:07	06:49
3	160	Paul Persia	M	M55-59	58	Batavia	X	21:32	06:57
4	55	Matt Degma	M	M55-59	55	Rochester	X	22:02	07:06
5	53	David Davenport	M	M55-59	58	Rochester	X	22:10	07:09
6	79	Bruce Giannini	M	M55-59	58	Rochester	X	23:23	07:32
7	237	Chet Jozefski	M	M55-59	?	Rochester	X	23:26	07:33
8	280	Michael John	M	M55-59	56	Buffalo		23:43	07:39
9	10	Christopher Barry	M	M55-59	57	Newark	X	24:37	07:57
10	186	Michael Shortley	M	M55-59	55	Fairport	X	24:39	07:57
11	279	Bruce Corsetta	M	M55-59	56	Rochester		25:38	08:16
12	131	Philip Mann	M	M55-59	58	Keuka Park	X	25:51	08:20
13	112	Arthur Jones	M	M55-59	57	Rochester	X	27:38	08:55
14	242	Donald Galetto	M	M55-59	57	Spencerport		28:07	09:04
15	262	Gary Muisus	M	M55-59	57	Rochester		28:55	09:20
16	149	Philip Nelson	M	M55-59	58	Victor	X	29:11	09:25
17	57	Joe DeMarco	M	M55-59	55	Nunda	X	30:03	09:42
18	115	Dan Katz	M	M55-59	55	Pittsford	X	30:09	09:43
19	63	David Dilgard	M	M55-59	55	Penfield	X	33:15	10:44

#### M60-64

1	83	Tony Gingello	M	M60-64	62	Rochester	X	20:38	06:39
2	120	Thomas Lamme	M	M60-64	62	Penfield	X	20:58	06:46
3	107	Roger Howe	M	M60-64	62	Rochester	X	22:02	07:07
4	97	Stephen Hedges	M	M60-64	60	Rochester	X	24:29	07:54
5	286	Barry Watkins	M	M60-64	64		X	25:00	08:04
6	200	Gary Updyke	M	M60-64	61	Pittsford	X	25:46	08:19
7	88	David Gordon	M	M60-64	62	Pittsford	X	28:29	09:11
8	48	Robert Crumrine	M	M60-64	60	Fairport	X	30:47	09:56
9	146	William Murphy	M	M60-64	61	Rochester	X	39:23	12:42
10	174	Ted Rosen	M	M60-64	62	Rochester		47:35	15:21

#### M65-69

1	191	Walter Standhart	M	M65-69	65	Rochester	X	23:57	07:43
2	28	Bob Carafice	M	M65-69	66	Rochester	X	34:14	11:03

#### M70-74

1	282	Bob Otto	M	M70-74	70	Rochester		26:22	08:30
2	38	Earl M. Cliffl	M	M70-74	70	Livonia	X	28:00	09:02
3	188	Al Smith	M	M70-74	71	Rochester	X	31:05	10:01

#### M75-79

1	177	Charlie Sabatine	M	M75-79	76	Victor	X	28:39	09:15
2	225	Jim Duffy	M	M75-79	77	Rochester		33:22	10:46