

Pound the Ground for Vets 10K
Saturday, October 22, 2011 Mendon Ponds Park
Timed by YellowJacket Racing
Total Finishers - 113 (Female - 55, Male - 58)

Pos	Bib	Fullname	Gender	Class	Ages	City	TotalTm
Overall Male							
	1	206 Edward Juiliani	M	Overall Male	48	Henrietta	0:38:51
Overall Female							
	1	56 Erika Grattidge	F	Overall Female	19	Charlton	0:47:15
F15-24							
	1	132 Emily Rodenbush	F	F15-24	17	Lakeville	0:49:23
	2	174 Sophie Lonsberry	F	F15-24	??		0:51:53
F25-34							
	1	197 Kelly Beers	F	F25-34	26	Honeoye Falls	0:51:04
	2	84 Naomi Lee	F	F25-34	28	Rochester	0:51:32
	3	89 Dlena Magistrado	F	F25-34	34	Farmington	0:53:34
	4	193 Karina Treleaven	F	F25-34	27	Rochester	0:53:41
	5	27 Melissa Curtis	F	F25-34	27	Webster	0:54:10
	6	33 Tara Duffy	F	F25-34	30	Rochester	0:54:49
	7	96 Janine McDermott	F	F25-34	26	Scottsville	0:55:08
	8	158 Claire Tuck	F	F25-34	26	Penn Yan	0:55:56
	9	7 Kristin Bayer	F	F25-34	27	Scottsville	0:56:22
	10	8 Mary Bayer	F	F25-34	28	Mendon	0:56:29
	11	4 Kylie Anderson	F	F25-34	32	Rochester	0:59:09
	12	138 Elisabeth Schulte	F	F25-34	31	Rochester	0:59:32
	13	143 Hilary Short	F	F25-34	26	Rochester	0:59:33
	14	186 Jessica Sargis	F	F25-34	32	Rochester	1:02:08
	15	177 Susanne Woodring	F	F25-34	32	Rochester	1:03:59
	16	176 Rachel Nystrom	F	F25-34	33	Rochester	1:04:26
	17	191 Kristine Hy	F	F25-34	31	Groveland	1:04:27
	18	190 Jennica Liberatore	F	F25-34	25	Rochester	1:04:46
	19	82 Heather Lamb	F	F25-34	34	Rochester	1:06:55
	20	168 Erin Yousey	F	F25-34	28	Rochester	1:09:09
	21	15 Brittany Broderick	F	F25-34	27	Rochester	1:13:13
	22	20 Kimberly Campbell	F	F25-34	33	Rochester	1:16:21
F35-44							
	1	128 Deanna Reh	F	F35-44	38	Victor	0:49:36
	2	112 Marjorie Norlund	F	F35-44	36	Penfield	0:50:21
	3	184 Rian Schill	F	F35-44	37	Charlotte	0:50:41
	4	100 Christina McLyman	F	F35-44	44	Rochester	0:54:40
	5	116 Dottie ONeill-Marble	F	F35-44	41	Bloomfield	0:59:40
	6	232 Carin Laniak	F	F35-44	42	Hilton	0:59:49
	7	164 Janel Welch	F	F35-44	41	Brockport	1:01:06

8	196 Michelle Prinzi	F	F35-44	44	Rochester	1:01:47
9	125 Stacey Pilling	F	F35-44	40	Newark	1:02:28
10	67 Xuan Hoa	F	F35-44	43	Rochester	1:03:04
11	22 Karen Castro	F	F35-44	40	Rochester	1:05:13
12	118 Sheri Oruburu	F	F35-44	35	Rochester	1:08:07
13	28 Sheila Davis	F	F35-44	43	Rochester	1:15:58
14	120 Tina Pellegrin	F	F35-44	37	Rochester	1:16:31

F45-54

1	59 Hilary Guthrie	F	F45-54	54	Pittsford	0:53:56
2	205 Betsy Harvey	F	F45-54	47	Canandaigua	0:54:33
3	219 Kimberly Gaylord	F	F45-54	45	Avon	0:57:40
4	222 Barbara Zeller-Maw	F	F45-54	48	Geneva	1:01:26
5	221 Kathy Ryrko	F	F45-54	54	Seneca Falls	1:01:45
6	58 Dennise Gruttadaro	F	F45-54	52	Fairport	1:03:52
7	99 Elizabeth McGowan	F	F45-54	50	Bethpage	1:05:02
8	187 Debby Rosenfeld	F	F45-54	48	Pittsford	1:06:51
9	167 Ellen Yousey	F	F45-54	51	Saranac Lake	1:09:05
10	178 Amy Lord	F	F45-54	49	Honeoye Falls	1:16:09
11	69 Crystal Holm	F	F45-54	50	Rochester	1:17:35

F55Over

1	10 Judy Beers	F	F55Over	58	Honeoye Falls	0:51:12
2	179 Karen Huntley-Romanow	F	F55Over	60	Rochester	0:59:13
3	183 Janel Mahoney	F	F55Over	62	Rochester	1:04:41
4	159 Kathleen Vaughn	F	F55Over	56	Spencerport	1:16:48
5	11 Marianna Beigel	F	F55Over	59	Naples	1:17:28

M15-24

1	94 Abe McAndrew	M	M15-24	20	Rochester	0:39:42
2	16 Ryan Brown	M	M15-24	19	Niagara Falls	0:45:44
3	32 Jake Donnenwirth	M	M15-24	20	Rochester	0:45:47
4	51 Mackenzie Gage	M	M15-24	18	East Amherst	0:47:09
5	160 Mark Vaughn	M	M15-24	23	Rochester	0:48:44
6	181 Nate Basch	M	M15-24	24	Rochester	0:52:12
7	243 Zachary Dean	M	M15-24	18	Rochester	0:53:08
8	76 Andrew Kent	M	M15-24	19	Rochester	0:54:42

M25-34

1	48 Andrew Follett	M	M25-34	26	Rochester	0:43:08
2	26 Chad Curtis	M	M25-34	29	Webster	0:44:54
3	18 Matt Burcz	M	M25-34	32	Mount Morris	0:47:17
4	68 Tim Hoats	M	M25-34	30	Albion	0:49:00
5	97 Ryan McDermott	M	M25-34	28	Rochester	0:50:03
6	156 Thomas Tartaglia	M	M25-34	28	Webster	0:51:03
7	70 Brian Hughey	M	M25-34	31	Rochester	1:02:56
8	95 Brad McClain	M	M25-34	34	Piffard	1:05:30

9	23	Kaitlin Colville	M	M25-34	25	Rochester	1:13:11
10	180	Anthony Jagla	M	M25-34	29	Rochester	1:22:13

M35-44

1	45	Andrew Farmer	M	M35-44	39	Avon	0:42:31
2	147	Shawn Skelton	M	M35-44	38	Rochester	0:48:28
3	39	Jim Egan	M	M35-44	42	Pittsford	0:48:59
4	137	Bill Santmyer	M	M35-44	40	Penfield	0:49:44
5	40	Paul Elias	M	M35-44	39	East Rochester	0:53:25
6	208	Matthew French	M	M35-44	37		0:53:48
7	25	Spencer Cook	M	M35-44	36	Rochester	0:54:18
8	117	V.j. Ortiz	M	M35-44	42	Rochester	0:55:01
9	162	William Wagner	M	M35-44	41	Penfield	0:55:48
10	234	Christopher Larson	M	M35-44	35		0:56:24
11	9	Jon Becker	M	M35-44	42	North Chili	1:00:37
12	228	Robert Phillips	M	M35-44	39	Webster	1:09:46

M45-54

1	60	Robert Haas	M	M45-54	51	Red Creek	0:39:48
2	209	Glenn Kofahl	M	M45-54	50	Farmington	0:42:24
3	199	Keith Hadley	M	M45-54	52	Rochester	0:45:20
4	169	David Zimmerman	M	M45-54	45	Rochester	0:49:49
5	220	Richard Metzger	M	M45-54	53	Webster	0:50:58
6	66	Tom Hawkins	M	M45-54	53	Williamson	0:51:15
7	231	Tim Garman	M	M45-54	47	Fairport	0:51:46
8	173	Bob Lonsberry	M	M45-54	52		0:51:53
9	225	Roger Brandt	M	M45-54	53	Pittsford	0:53:07
10	46	Brian Ferries	M	M45-54	52	Brockport	0:57:10
11	212	David Bass	M	M45-54	46	Webster	1:00:26
12	88	Jim Mackecknie	M	M45-54	46	Penfield	1:00:37
13	78	Michael Kozlowski	M	M45-54	50	Penfield	1:03:54
14	188	Ken Rosenfeld	M	M45-54	48	Pittsford	1:06:51
15	44	Scott Farley	M	M45-54	48	Walworth	1:09:50

M55Over

1	2	Marco Abarca	M	M55Over	56	Bethpage	0:45:36
2	204	Jim Kerr	M	M55Over	57	Canandaigua	0:48:57
3	215	Lenore Liberto	M	M55Over	55	Rush	0:52:23
4	211	Dwight Rogers	M	M55Over	70	Churchville	0:55:45
5	62	Bill Hand	M	M55Over	60	Bloomfield	0:56:40
6	182	Barry Watkins	M	M55Over	66	Rochester	0:58:02
7	52	Donald Galetto	M	M55Over	59	Spencerport	0:58:12
8	24	Rick Conrad	M	M55Over	56	Rochester	0:58:35
9	37	Bob Dyjak	M	M55Over	59	Rochester	0:58:48
10	195	Charles Oster	M	M55Over	60	Rochester	1:02:09
11	171	Norm Greiner	M	M55Over	71	Rochester	1:13:46
12	108	Francis Murphy	M	M55Over	64	Victor	1:43:58