

**Pound The Ground For Vets 5k**  
**Sunday, August 29th, 2010. Rochester, NY**  
**Timed By YellowJacket Racing**  
**Total Finishers - 193 (112 Male, 81 Female)**

Pos	Bib	Fullname	Gender	Class	Age	City	FinishTm
<b>Overall Male</b>							
1	168	Kyle Heath	M	Overall Male	24	Farmington	13:44
<b>Overall Female</b>							
1	174	Colby Crockford	F	Overall Female	25	Newark	19:43
<b>F19UNDER</b>							
1	134	Casey Mulroy	F	F19UNDER	14	Pittsford	22:57
2	604	Allison Linskey	F	F19UNDER	9	Rochester	32:08
3	603	Julia Linskey	F	F19UNDER	11	Rochester	32:14
4	155	Hannah Henderson	F	F19UNDER	10	Penfield	46:06
5	40	Ali Henderson	F	F19UNDER	14	Penfield	46:06
<b>F20-29</b>							
1	126	Stephanie Lawson	F	F20-29	24	Rochester	21:10
2	118	Mark Vaughn	F	F20-29	22	Spencerport	22:03
3	63	Kasey Lewis	F	F20-29	22	Pittsford	23:52
4	85	Laura Peet	F	F20-29	27	Rochester	24:22
5	107	Stacey Snyder	F	F20-29	24	Rochester	25:04
6	121	Angela Wozniak	F	F20-29	23	Cheektowaga	25:32
7	114	Julia Taylor	F	F20-29	20	Buffalo	25:58
8	93	Tiffany Reichman	F	F20-29	29	Rochester	28:06
9	24	Elizabeth Escobar	F	F20-29	26	Rochester	28:07
10	22	Nicole Dunshie	F	F20-29	22	Rochester	28:25
11	38	Sarah Guagliardi	F	F20-29	28	Cheektowaga	29:41
12	634	Laura Bobin	F	F20-29	28	Penfield	29:53
13	11	Lara Hasse	F	F20-29	29	Rochester	33:32
14	20	Lan Diep	F	F20-29	29	Rochester	45:54
15	158	Angelynn Flynn	F	F20-29	24	Rochester	48:37
16	640	Jessica Caramellen	F	F20-29	23	Rochester	53:04
<b>F30-39</b>							
1	35	Jennifer Gates	F	F30-39	39	Pittsford	22:33
2	172	Nicole Bolan	F	F30-39	35	Spencerport	23:15
3	43	Holly Hindman	F	F30-39	34	Rochester	24:37
4	628	Emily Rowe	F	F30-39	32	N. Chili	24:47
5	629	Wendy Sears	F	F30-39	34	Rochester	24:47
6	21	Julie DOvidio	F	F30-39	36	Rochester	27:11
7	5	Krista Aukeman Englert	F	F30-39	36	Rochester	27:34
8	6	Elaine Bagley	F	F30-39	35	Rochester	28:10
9	47	Megin Insalaco	F	F30-39	33	Rochester	29:03
10	79	Heidi Montondo	F	F30-39	39	Williamson	29:08
11	605	Alyssa Truelove	F	F30-39	30		29:24
12	631	Iryna Divezur	F	F30-39	37	Rochester	29:37
13	86	Tina Pellegrin	F	F30-39	36	Rochester	30:08

14	140 Adrienne Cooper	F	F30-39	32 Rochester	30:41
15	73 Loretta McIntyre	F	F30-39	30 Hilton	32:04
16	12 Jennifer Butler	F	F30-39	33 Rochester	32:31
17	147 Hui Mien Lee	F	F30-39	30 Rochester	32:54
18	99 Julia Schliff	F	F30-39	37 Churchville	34:57
19	623 Jolie Pilat	F	F30-39	34	35:17
20	175 Bambi Barnard-Talley	F	F30-39	39 Bloomfield	36:14
21	108 Terry Steele	F	F30-39	39 Brockport	55:09

F40-49

1	610 Pam Johnson	F	F40-49	48 Canandaigua	21:49
2	627 Stephanie Barbeno	F	F40-49	46 Fairport	22:31
3	127 Suzanne Pollard	F	F40-49	46 Rochester	23:08
4	82 Pamela Nudd	F	F40-49	49 Greece	23:12
5	115 Lisa Tschiderer	F	F40-49	45 Pittsford	23:33
6	76 Kelley McLaughlin	F	F40-49	49 Lima	25:23
7	30 Michele Fisler	F	F40-49	42 Webster	25:40
8	102 Melissa Scialdone	F	F40-49	40 Rochester	26:44
9	92 Deborah Raymond	F	F40-49	47 Rochester	26:48
10	132 Grethel Mulroy	F	F40-49	40 Pittsford	28:07
11	619 Melissa Tanger-Brown	F	F40-49	43 West Henrietta	28:49
12	44 Crystal Holm	F	F40-49	49 Rochester	33:24
13	27 Allison Feasey	F	F40-49	43 Rochester	33:47
14	607 Elizabeth Dunn Marshall	F	F40-49	44 Rush	34:51
15	131 Melissa Jadlos	F	F40-49	49 Avon	36:42
16	120 Carla Wahls	F	F40-49	48 Batavia	38:21
17	32 Laurel Frenette	F	F40-49	49 Groveland	38:24
18	89 Kristine Pope	F	F40-49	43 Webster	39:11
19	608 Karen Wolgast	F	F40-49	40 Henrietta	40:44
20	78 Lisa Minchak	F	F40-49	48 Rochester	45:54
21	52 Patricia Keene	F	F40-49	46 Rochester	51:24
22	103 Janet Sformo	F	F40-49	48 Spencerport	53:46

F50-59

1	146 Margaret LaDue	F	F50-59	56 Ontario	24:19
2	3 Maria Anderson	F	F50-59	57 Fairport	25:05
3	125 Karen Huntley-Romanow	F	F50-59	59 Rochester	25:44
4	117 Kathleen Vaughn	F	F50-59	55 Spencerport	30:28
5	611 Susan Shay	F	F50-59	52 Canandaigua	30:28
6	53 Mary Alice Keller	F	F50-59	52 Pittsford	36:06
7	129 Bernadette Smith	F	F50-59	52 Spencerport	37:02
8	19 Sue DeRosa	F	F50-59	56 Penfield	38:24
9	113 Wendy Sullivan	F	F50-59	57 Rochester	42:48
10	83 Deann Osborne	F	F50-59	51 Rochester	55:09

F60-69

1	39 Virginia (Ginny) Gullo	F	F60-69	64 Fairport	31:46
2	148 Karen Morris	F	F60-69	60 Rochester	32:59
3	54 Mary Kieffer	F	F60-69	63 Rochester	50:30
4	45 Peg Hurst	F	F60-69	60 Spencerport	50:30
5	116 Sandy Tyler	F	F60-69	66 Rochester	53:46

## M19UNDER

1	630 Scott Bagley	M	M19UNDER	13	Rochester	17:46
2	625 Jeff Kosakowski	M	M19UNDER	15	Livonia	19:20
3	642 Sean Phillips	M	M19UNDER	19	Groveland	19:40
4	77 Damien Metcalfe	M	M19UNDER	16	Williamson	20:16
5	142 Bobby Laudisi	M	M19UNDER	14		21:56
6	97 Mark Saile	M	M19UNDER	13	Williamson	22:29
7	29 Jacob Fisler	M	M19UNDER	12	Webster	25:39
8	152 Wai Hon Chan	M	M19UNDER	19	Shirley	26:07
9	614 Dennis Mowers	M	M19UNDER	13	Williamson	28:01
10	98 Tom Saile	M	M19UNDER	13	Williamson	29:02
11	164 Nate Talley	M	M19UNDER	9	Bloomfield	36:09

## M20-29

1	622 Phil Nesbitt	M	M20-29	24		16:13
2	48 Karl Jaanimagi	M	M20-29	29	Pittsford	18:31
3	617 Tom Tufts	M	M20-29	25	Rochester	19:49
4	18 Joel Davis	M	M20-29	29	Rochester	20:01
5	624 Mike Swain	M	M20-29	29	Lakeville	20:13
6	635 Dan Cilly	M	M20-29	22	Rochester	20:49
7	60 Shane LaDue	M	M20-29	27	Rochester	21:08
8	615 Mike Schultz	M	M20-29	28		22:20
9	150 Jonathon Hall	M	M20-29	23	Greece	23:13
10	91 Devin Preston	M	M20-29	27	Pavilion	23:16
11	601 Brad DeVelder	M	M20-29	28	Newark	23:46
12	72 Timothy McInerney	M	M20-29	28	Rochester	23:52
13	171 Shawn Bishop	M	M20-29	26	Rochester	26:13
14	145 Mike Konzel	M	M20-29	25	Pittsford	26:30
15	81 Matthew Nauerth	M	M20-29	23	Brockport	27:55
16	25 Joseph Escobar	M	M20-29	25	Rochester	28:07
17	37 Bob Guagliardi	M	M20-29	29	Cheektowaga	34:18
18	56 Brian Kowalczyk	M	M20-29	25	Rochester	35:40
19	157 Michael Flynn	M	M20-29	26	Rochester	48:36

## M30-39

1	166 Jay Laitenberger	M	M30-39	37	Rochester	16:35
2	606 Joe Cosci	M	M30-39	33	Rochester	18:13
3	639 Aaron Mosley	M	M30-39	30	Rochester	19:46
4	50 Ken Kaseman	M	M30-39	38	East Rochester	21:16
5	173 Ted Bolan	M	M30-39	38	Bloomfield	21:29
6	139 Chris Cooper	M	M30-39	34	Rochester	22:15
7	74 Mark McIntyre	M	M30-39	35	Hilton	22:35
8	87 Jason Peterson	M	M30-39	36	Rochester	23:07
9	637 Joseph Rodibaugh	M	M30-39	31	West Henrietta	23:58
10	109 James Stiles	M	M30-39	31	rochester	24:35
11	16 Spencer Cook	M	M30-39	35	Rochester	24:37
12	94 Jason Richards	M	M30-39	39	Webster	24:46
13	160 Michael Storti	M	M30-39	30	Rochester	25:35
14	636 Tim Hern	M	M30-39	33		25:53
15	34 Richard Gardner	M	M30-39	36	Hemlock	26:52
16	167 Matt Zeller	M	M30-39	28	Victor	31:53

17	156	Jeremy Basley	M	M30-39	33		31:53
18	602	Todd Linskey	M	M30-39	39	Rochester	32:17
19	96	Sergio Rodriguez	M	M30-39	30	Buffalo	32:20
20	100	Tim Schliff	M	M30-39	36	Churchville	33:01
21	59	Kenneth Kraus	M	M30-39	30	Rochester	34:18

#### M40-49

1	153	Edward Juliani	M	M40-49	47	Henrietta	17:04
2	130	Rob Weiner	M	M40-49	40	Pittsford	17:14
3	154	Kenneth Scott	M	M40-49	48	Leroy	17:43
4	613	Joe Haungs	M	M40-49	48	Hilton	17:52
5	31	Daniel Fletcher	M	M40-49	42	Spencerport	18:28
6	123	Alan Colton Borrelli	M	M40-49	41	Rochester	18:35
7	612	Russ Herman	M	M40-49	49	Hilton	19:00
8	641	Greg Ertel	M	M40-49	45	Rochester	20:59
9	161	Warren Stoutz	M	M40-49	48		21:14
10	104	Lamar Sizer	M	M40-49	44	Rochester	21:39
11	633	Martin Miklos	M	M40-49	40	Webster	22:18
12	618	Christopher Brown	M	M40-49	44	West Henrietta	22:45
13	17	Tom Crilly	M	M40-49	48		22:50
14	13	Scott Callaghan	M	M40-49	46	Holley	23:13
15	632	Roman Divezur	M	M40-49	44	Rochester	23:28
16	66	Jim MacKecknie	M	M40-49	45	Penfield	24:11
17	33	Steven Gall	M	M40-49	40	Macedon	25:00
18	7	Jon Becker	M	M40-49	41	N. Chili	25:30
19	169	Ken Hurley	M	M40-49	43	Webster	26:34
20	616	Steven Mowers	M	M40-49	44	Williamson	26:36
21	162	Dennis Froio	M	M40-49	46	Macedon	26:50
22	58	Michael Kozlowski	M	M40-49	49	Penfield	26:58
23	138	William Lerkins	M	M40-49	49	Rochester	27:07
24	101	Jonathan Schmidt	M	M40-49	40	Rochester	28:09
25	133	Chris Mulroy	M	M40-49	44	Pittsford	28:52
26	80	Tim Montondo	M	M40-49	42	Williamson	29:53
27	90	Michael Pope	M	M40-49	49	Webster	39:11
28	41	Gregg Henderson	M	M40-49	47	Penfield	46:09
29	51	James Keene	M	M40-49	45	Rochester	51:22

#### M50-59

1	26	George Fawcett	M	M50-59	50	Rochester	17:44
2	149	Kevin Kennelly	M	M50-59	55	Rochester	21:41
3	141	Rich Laudisi	M	M50-59	50		21:56
4	62	Michael Larche	M	M50-59	52	Victor	22:05
5	143	Tom Hawkins	M	M50-59	52	Williamson	22:24
6	70	Jim McDonough	M	M50-59	51	Gansevoort	22:36
7	170	Carl Cumille	M	M50-59	50	Spencerport	23:41
8	28	Brian Ferries	M	M50-59	51	Brockport	24:22
9	638	Tom Arnone	M	M50-59	50	Hilton	24:59
10	124	Donald Gaiette	M	M50-59	58	Spencerport	25:14
11	75	James McLaughlin	M	M50-59	57	Lima	26:22
12	9	John Buckley	M	M50-59	54	Honeoye Falls	26:52
13	42	Warren Hern	M	M50-59	58	Rochester	27:17
14	65	Michael Lupiani	M	M50-59	54	Rochester	29:06

15	36	Donald Gibson	M	M50-59	54	Rochester	30:56
16	71	Ronnie McGee	M	M50-59	51	Rochester	38:29
17	57	Peter Kowalczyk	M	M50-59	58	Ferndale	38:43
18	69	Michael Mateo	M	M50-59	50	Rochester	46:01

M60-69

1	151	Tom Duzzon	M	M60-69	64	Livonia	18:49
2	609	Rick Erb	M	M60-69	62	Rushville	19:50
3	95	Dennis Roach	M	M60-69	63	Hamlin	24:19
4	110	James Stiles	M	M60-69	62	rochester	25:29
5	119	Gregory Vleck	M	M60-69	61	Rochester	25:40
6	144	Mike Keating	M	M60-69	61	Rochester	26:30
7	163	Norman Congdon	M	M60-69	66	Fairport	31:38
8	136	Steven Hanson	M	M60-69	63	Derby	34:57
9	137	Andrew Hanson	M	M60-69	61	Caledonia	34:57
10	112	Peter Sullivan	M	M60-69	65	Rochester	42:51
11	4	Andy Asproulis	M	M60-69	64	Rochester	46:00

M70-79

1	159	Al Smith	M	M70-79	72	Rochester	27:16
2	122	Norm Greiner	M	M70-79	70	Rochester	32:50