

PowerBar Trail Race - 4.5 Mile
Saturday, June 9th at Mendon Ponds Park
Produced and Timed by YellowJacket Racing

Pos	Bib	Fullname	Gender	Age	City	TotalTm	
Overall Male Short Course							
	1	205	Andy Wigton	M	23	Rochester	0:29:53
Overall Female Short Course							
	1	229	Kelly Jackson	F	21	Rochester	0:42:15
SF19UNDER							
	1	13	Lisa Braun	F	19	Amherst	0:45:12
	2	3	Erin Albert	F	18	Webster	0:48:14
SF20-24							
	1	157	Dawn Wollschleger	F	22	Webster	0:44:34
	2	69	Meghan Kerr	F	22	Canandaigua	0:46:07
	3	155	Kristin Whitaker	F	20	Webster	0:48:48
	4	88	Melissa Monahan	F	24	Rochester	0:52:08
SF25-29							
	1	151	Lyndsey Wagner	F	27	Rochester	0:43:28
	2	113	Sally Rocks	F	25	Rochester	0:49:16
	3	12	Lisa Bozek	F	25	Fairport	0:52:08
	4	188	Kara Gutowski	F	28	Rochester	0:55:39
	5	75	Alayna Loiselle	F	25	Rochester	0:59:04
	6	17	Laura Bugajski	F	26	Rochester	1:01:27
	7	174	Melissa Harding	F	27	Rochester	1:01:27
	8	209	Caroline Kenyan	F	28	Rochester	1:15:05
SF30-34							
	1	133	Heather Speigel	F	32	Webster	0:50:52
	2	10	Darcy Bernitt	F	33	Fairport	0:52:29
	3	48	Jennifer Gelfuso	F	32	Rochester	0:52:29
	4	109	Amy Ring	F	34	Penfield	0:52:48
	5	73	Erin Lawler	F	30	West Henrietta	0:59:01
	6	132	Margo Soysa	F	33	Rochester	1:07:34
SF35-39							
	1	28	Gillian Coykendall	F	39	Rochester	0:44:18
	2	231	Gregg Griebel	M	35	Pittsford	0:44:34
	3	2	Lisa Abbott	F	38	Freeville	0:45:24
	4	78	Michelle Madore	F	36	Pittsford	0:47:31
	5	22	Christina Cheyne	F	36	Pittsford	0:52:48
	6	177	Becky Owen	F	38	Avon	0:57:14
	7	179	Colleen Varney	F	35	Henrietta	1:01:03
	8	98	Sandy Parker	F	36	Spring Grove	1:16:37
SF40-44							
	1	176	Cherie Delmerico	F	44	Henrietta	0:47:42

	2	116	Frances Salgado-Givens	F	41	Rochester	0:52:10
	3	30	Sydia Cromer	F	43	Rochester	0:54:06
SF45-49							
	1	137	Barbara Sturnick	F	49	Rochester	0:56:05
	2	90	Juliann Nelson	F	49	Victor	0:59:59
	3	127	Lynn Siverd	F	45	East Rochester	1:02:34
	4	59	Crystal Holm	F	46	Rochester	1:07:00
SF50-54							
	1	108	Robin Richardson	F	53	Pittsford	0:53:21
SF55-59							
	1	135	Mary Stamp	F	56	Macedon	1:05:02
SM19UNDER							
	1	44	Patrick Francia	M	15	Rochester	0:43:17
	2	86	Jacob McManus	M	13	Rochester	0:44:29
	3	128	Tim Siverd	M	19	East Rochester	0:50:04
SM20-24							
	1	191	Joseph Baxter	M	21	Mt Desert	0:33:19
	2	195	Shane Bartholf	M	24	Pittsford	0:34:16
	3	138	Justin Tetlow	M	21	Fairport	0:35:05
	4	193	Drew Scoles	M	21	Rochester	0:36:08
	5	100	Chris Patterson	M	21	Henrietta	0:36:24
	6	8	Joe Bell	M	21	Penn Yan	0:36:36
	7	19	Jabari Calliste	M	21	Rochester	0:41:26
	8	124	Dan Sepka	M	24	Rochester	0:42:12
	9	145	Rodolfo Valladeres	M	21	Rochester	0:46:43
	10	33	Zach DeRidder	M	22	Lyons	0:49:05
SM25-29							
	1	221	Jeremy Conner	M	28	Honeoye Falls	0:43:19
	2	220	Mike Bochner	M	25	Rochester	0:43:37
	3	15	Travis Brown	M	29	Henrietta	0:49:59
	4	95	Ryan OLoughlin	M	27	Rochester	0:51:08
	5	14	Jeremy Brown	M	29	Henrietta	0:53:24
	6	189	Kevin Gladstone	M	27	Rochester	0:55:40
SM30-34							
	1	153	Matt Walsh	M	31	Rochester	0:39:05
	2	63	Aaron Hunt	M	33	Rochester	0:42:10
	3	232	Keith Schneider	M	34	Rochester	0:44:13
	4	149	Benjamin Wadsworth	M	31	Rochester	0:44:35
	5	216	Brian Jones	M	33	Rochester	0:44:41
	6	219	Darrell Conner	M	30	Canandaigua	0:47:59
SM35-39							
	1	58	Larry Hoffman	M	39	Ontario	0:43:56
	2	97	Robert Paradise	M	37	Ontario	0:44:22
	3	6	Jon Barleben	M	39	Albion	0:52:30

	4	103	Scott Piccola	M	36	Pittsford	0:54:18
	5	102	Doug Pereira	M	38	Canandaigua	1:14:39
SM40-44							
	1	186	Scott Hauser	M	43	Rochester	0:39:32
	2	7	James Beaujon	M	42	Canandaigua	0:39:52
	3	50	Carmen Gumina	M	42	Webster	0:41:31
	4	82	Ed Martin	M	43	Victor	0:41:47
	5	24	Ed Ciolkowski	M	41	Fairport	0:45:35
	6	201	Jeffrey Katz	M	41	Pittsford	0:47:10
	7	178	Ed Owen	M	40	Avon	0:52:41
	8	62	Jamie Howard	M	41	Albany	0:54:00
SM45-49							
	1	76	Tony Machulskis	M	47	Rochester	0:35:46
	2	228	Scott Ingalls	M	45	Henrietta	0:39:49
	3	117	Jeffrey Schumacher	M	46	Rochester	0:41:33
	4	227	Gary Prok	M	49	Rush	0:47:25
	5	105	Michael Price	M	48	Geneseo	0:53:12
	6	41	Mark Fitzgerald	M	48	Rochester	0:54:00
	7	144	Chuck Traub	M	48	Rochester	0:55:31
	8	18	Larry Byron	M	48	Hamlin	0:58:23
	9	213	Frank Van Wely	M	47	Fairport	1:10:24
SM50-54							
	1	183	Bill Polito	M	54	Webster	0:46:24
	2	4	Steve Anderson	M	52	Rochester	0:47:41
	3	20	John Canham	M	51	Pittsford	1:08:54
SM55-59							
	1	92	Ron Newman	M	55	Pittsford	0:59:01
	2	80	Mike Maloney	M	59	Avon	1:26:03
SM60-64							
	1	182	James Hendy	M	63	Webster	0:58:08