

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

Pos	Bib	Fullname	Gender	Age	City	TotalTm
Overall Male Long Course						
	1 147	Dan Verdi	M	25	Rochester	0:54:16
Overall Female Long Course						
	1 222	Linda Grossman	F	42	Rochester	1:07:55
F20-24						
	1 192	Taryn Hand	F	20	Rochester	1:14:39
	2 87	Abbey McQueeny Penamonte	F	24	Rochester	1:16:57
	3 107	Caity Richardson	F	21	Pittsford	1:17:41
	4 101	Eileen Penner	F	22	Fairport	1:28:38
	5 143	Van Tran	F	23	Rochester	1:40:08
	6 81	Christiana Martin	F	20	Dunkirk	2:06:01
F25-29						
	1 214	Jill Skivington	F	27	Rochester	1:08:20
	2 42	Marianne Fleckenstein	F	29	Rochester	1:23:32
	3 173	Joy Dreibelbis	F	29	Rochester	1:28:27
	4 212	Erica Sagurman	F	26	Akron	1:30:14
	5 111	Melissa Robins	F	26	Buffalo	1:52:56
F30-34						
	1 165	Leah Valvo	F	31	Pittsford	1:11:16
	2 230	Trista Holden-Betts	F	33	Bville	1:17:56
	3 196	Betsy Thomspen	F	33	Columbus	1:21:43
	4 84	Sarah McCarthy	F	32	Canandaigua	1:22:20
	5 26	Melanie Cottone	F	34	Mount Morris	1:35:31
	6 110	Michelle Rioux	F	31	Rochester	1:38:40
	7 57	Melissa Hodge	F	32	Webster	1:47:17
	8 130	Lisa Siwa	F	33	Lancaster	1:48:42
F35-39						
	1 200	Christine Reynolds	F	37	Newfield	1:18:11
	2 218	Jenny Bushover	F	35	East Aurora	1:20:19
	3 5	Heidi Austin	F	37	Rochester	1:20:53
	4 170	Laura Church	F	37	Rochester	1:23:37
	5 38	Traci Durgan	F	36	Rush	1:26:28
	6 21	Christina Chavez	F	35	Canandaigua	1:28:52
	7 184	Suzanne Farnsworth	F	39	Clifton Springs	1:39:26
F40-44						
	1 164	Robin Lorenzo	F	42	Rochester	1:08:50
	2 118	Adena Schutzberg	F	43	Somerville	1:22:31
	3 159	Amber Wyman	F	43	Farmington	1:24:58
	4 40	Anne Esposito	F	40	Rochester	1:25:17
	5 139	Robin Thoman	F	42	Fairport	1:26:02

	6	93	Suzy ODonovan	F	42	Pittsford	1:31:39
	7	185	Caroline Crisafulli	F	41	Clifton Springs	1:41:04
	8	161	Barb Zappia	F	42	Rochester	1:41:40
F45-49							
	1	190	Beth DeCiantis	F	45	Rochester	1:15:29
	2	27	Robin Cowdery	F	48	Webster	1:17:16
	3	66	Lesley Johnson	F	47	Bloomfield	1:21:56
	4	51	Juana Guskowski	F	49	Rochester	1:24:28
	5	106	Kathleen Reardon	F	45	Honeoye Falls	1:36:24
	6	79	Suzanne Maio-Wade	F	49	Rochester	1:39:33
F50-54							
	1	37	Linda Drinkwater	F	51	Fairport	1:15:22
	2	197	Jill Gardner	F	53	Rochester	1:22:25
	3	70	Karen Kryder	F	50	Rochester	1:22:52
	4	31	Alison Currie	F	51	Rochester	1:39:09
	5	119	Anne Schwartz	F	50	Webster	1:47:20
	6	39	Karen Eichele	F	50	Scottsville	2:04:51
	7	32	Lisa Darling	F	51	Scottsville	2:04:52
F55-59							
	1	56	Jeanne Herrick	F	56	Rochester	1:26:04
	2	121	Beth Scott	F	55	Scottsville	1:41:33
M19UNDER							
	1	91	Zachary Nelson	M	16	Victor	1:02:43
	2	45	Peter Francia	M	16	Rochester	1:07:38
M20-24							
	1	206	Chris Hine	M	23	Rochester	0:54:43
	2	226	Andrew Burke	M	22	Amherst	1:05:17
	3	134	Ryan St. George	M	20	Penfield	1:05:26
	4	9	Matthew Benedict	M	22	Caledonia	1:15:26
	5	204	Ethan Willistein	M	24	Scottsville	1:20:19
	6	156	Jonathan Willistein	M	21	Scottsville	1:22:17
	7	203	Khanh Noo	M	24	Rochester	1:23:44
	8	64	Bradley Johnson	M	23	Honeoye Falls	2:06:01
M25-29							
	1	215	Mike Twohig	M	27		1:01:36
	2	99	Dave Parrish	M	27	W. Henrietta	1:08:19
	3	148	Justin Voldman	M	26	Fairport	1:11:41
	4	223	Matt Irvine	M	25	Rochester	1:12:21
	5	77	Matthew Mack	M	27	Rochester	1:14:04
	6	162	Josh Keefe	M	25	Rochester	1:14:34
	7	16	John Bugajski	M	26	Rochester	1:17:41
	8	146	Keith Van Nostrand	M	27	Rochester	1:18:02
	9	194	Corey Crawford	M	27	Rochester	1:20:21
	10	25	Chris Colangelo	M	27	Penfield	1:23:23
	11	167	Scott Brasse	M	29	Rochester	1:28:36
	12	126	Chad Sherin	M	26	Depew	1:41:34

	13	104	James Pieszala	M	25	Buffalo	1:44:39
M30-34							
	1	55	William Hawkins	M	30	Rochester	0:59:44
	2	54	Alan Hatch	M	31	Pittsford	1:00:55
	3	96	Brendan OToole	M	32	Rochester	1:03:34
	4	169	Alan Powers	M	30	Rochester	1:05:11
	5	150	Ian Waggett	M	33	Rochester	1:22:34
	6	166	Kevin Kehoe	M	32	Rochester	1:25:52
	7	120	Joe Scippo	M	33	Rochester	1:30:20
	8	46	Jim Fryer	M	31	Rochester	1:30:33
	9	129	Arnold Siwa	M	34	Lancaster	1:30:43
M35-39							
	1	210	Kurt Spaker	M	35	Spencerport	1:00:31
	2	158	Andy Wooding	M	36	North Chili	1:06:32
	3	202	John Salvador	M	36	Penfield	1:08:34
	4	122	Jean-Paul Scott	M	38	Rochester	1:11:03
	5	47	Robert Ganey	M	36	Rochester	1:12:46
	6	49	Matthew Gillette	M	38	Hemlock	1:15:05
	7	141	Ed Tilley	M	37	Macedon	1:18:05
	8	60	Andrew Hoteling	M	38	Walworth	1:26:32
M40-44							
	1	175	James Oberst	M	44	Rochester	0:57:16
	2	171	Michael Gardella	M	44	Rochester	1:01:38
	3	208	Ralf Senner	M	40	Pittsford	1:11:28
	4	35	Andy Desmann	M	42	Pittsford	1:12:15
	5	207	Marc Consler	M	44	Rochester	1:12:53
	6	114	Thomas Rybak	M	42	Webster	1:19:15
	7	85	David McManus	M	42	Rochester	1:23:46
	8	23	Andrew Ciaio	M	41	Victor	1:26:28
	9	224	Steve Levitsky	M	40	Rochester	1:28:37
	10	43	Michael Follan	M	42	Rochester	1:39:31
M45-49							
	1	140	Ted Thull	M	46	Macedon	1:00:50
	2	112	James Roche	M	46	Fairport	1:03:07
	3	61	Ed Housel	M	48	Rochester	1:05:33
	4	11	Lawrence Bernstein	M	47	Honeoye Falls	1:14:52
	5	180	Dennis Flynn	M	49	Fairport	1:14:52
	6	154	Christopher Washburn	M	45	Newark	1:15:21
	7	131	Marty Sochia	M	46	Spencerport	1:17:00
	8	187	Jack McGowan	M	47	Fairport	1:18:56
	9	168	Dennis Raup	M	47	Honeoye Falls	1:19:49
	10	65	Dave Johnson	M	49	Bloomfield	1:20:51
	11	34	Michael Derleth	M	47	Fairport	1:25:09
	12	172	Bob Lonsberry	M	47	Mt Morris	1:28:09
	13	36	Doug DeWeaver	M	49	Newark	1:29:46
	14	136	Fred Stringer	M	46	Canandaigua	1:31:28
M50-54							

	1	74	Ron Lillis	M	53	Rochester	1:05:54
	2	160	Bob Yax	M	52	Springwater	1:10:24
	3	163	David Snyder	M	51	Pittsford	1:18:33
	4	52	Lawrence Guskowski	M	50	Rochester	1:22:47
	5	53	John Handley	M	50	Fairport	1:23:13
	6	68	Jim Kerr	M	52	Canandaigua	1:24:20
	7	67	Chester Jozefski	M	54	Rochester	1:25:50
	8	181	Mark Lehman	M	53	Honeoye Falls	1:26:02
	9	29	Jim Craft	M	51	Canandaigua	1:31:47
	10	152	Stephen Wallace	M	53	Toronto	1:36:07
	11	72	Bruce Lavner	M	53	Rochester	1:41:27
	12	225	Bill Beyerbach	M	52	Rochester	1:41:34
	13	142	Andrew Towt	M	54	Pittsford	1:46:24
	14	198	Chuck Fetzner	M	50	Rochester	1:47:03
M55-59							
	1	71	Thomas Lamme	M	59	Penfield	1:10:23
M60-64							
	1	199	Joseph Reynolds	M	62	Newfield	1:23:26
	2	123	Dave Sek	M	64	Spencerport	1:25:58
	3	211	John Perhamus	M	60	Canandaigua	1:28:35
M65-69							
	1	94	Bruce Oliver	M	66	Pittsford	2:13:52
M70-74							
	1	115	Charlie Sabatine	M	74	Victor	1:43:21