

**Run for Recovery 10K**  
**Saturday, Sept. 10, 2011 Watertown, NY**  
**Timed by YellowJacket Racing**  
**Total Finishers - 58 (Male - 22, Female - 36)**

| Pos    | Bib | Fullname                  | Gender | Class  | Ages | Race     | TotalTm |
|--------|-----|---------------------------|--------|--------|------|----------|---------|
| F20-29 |     |                           |        |        |      |          |         |
|        | 1   | 126 Brandy Tice           | F      | F20-29 | 27   | 10K run  | 0:45:37 |
|        | 2   | 243 Theresa Brodeur       | F      | F20-29 | 23   | 10K run  | 0:46:54 |
|        | 3   | 159 Emily Trader          | F      | F20-29 | 23   | 10K run  | 0:49:35 |
|        | 4   | 158 Natasha Mullock       | F      | F20-29 | 23   | 10K run  | 0:51:49 |
|        | 5   | 157 Tiffany Wingart       | F      | F20-29 | 29   | 10K run  | 0:54:45 |
|        | 6   | 97 Kathryn Peacock        | F      | F20-29 | 26   | 10K run  | 1:00:46 |
|        | 7   | 218 Katie Bedrin          | F      | F20-29 | 25   | 10K run  | 1:07:53 |
|        | 8   | 155 Heather Wilkinson     | F      | F20-29 | 28   | 10K run  | 1:07:53 |
|        | 9   | 127 Jennifer Tice         | F      | F20-29 | 29   | 10K run  | 1:12:13 |
|        | 10  | 7 Jennifer Biggs          | F      | F20-29 | 29   | 10K run  | 1:12:13 |
| F30-39 |     |                           |        |        |      |          |         |
|        | 1   | 37 Stephanie Eldridge     | F      | F30-39 | 32   | 10K run  | 0:45:36 |
|        | 2   | 117 Liz Stevens           | F      | F30-39 | 36   | 10K run  | 0:50:57 |
|        | 3   | 69 Tammy Lyday            | F      | F30-39 | 34   | 10K run  | 0:52:59 |
|        | 4   | 98 Nicole Peer-Jareo      | F      | F30-39 | 39   | 10K run  | 0:53:57 |
|        | 5   | 224 Bridgette Gates       | F      | F30-39 | 36   | 10K run  | 0:54:30 |
|        | 6   | 100 Lori Peters           | F      | F30-39 | 39   | 10K run  | 0:55:30 |
|        | 7   | 8 Robin Boomhower         | F      | F30-39 | 39   | 10K run  | 0:55:30 |
|        | 8   | 34 Ellie Dunn             | F      | F30-39 | 37   | 10K run  | 0:55:32 |
|        | 9   | 72 Patricia Matteson      | F      | F30-39 | 38   | 10K run  | 0:55:36 |
|        | 10  | 50 Jessica Hart           | F      | F30-39 | 35   | 10K run  | 0:55:43 |
|        | 11  | 205 Stephanie Sherwood    | F      | F30-39 | 34   | 10K run  | 0:56:30 |
|        | 12  | 78 Fara McKinley          | F      | F30-39 | 39   | 10K run  | 0:58:02 |
|        | 13  | 229 Jamie Charlebois      | F      | F30-39 | 37   | 10K run  | 0:59:37 |
| F40-49 |     |                           |        |        |      |          |         |
|        | 1   | 40 Patti Gadbow           | F      | F40-49 | 46   | 10K walk | 0:49:55 |
|        | 2   | 2 Christine Alteri        | F      | F40-49 | 43   | 10K run  | 0:53:38 |
|        | 3   | 206 Kristen Trujillo      | F      | F40-49 | 46   | 10K run  | 0:54:17 |
|        | 4   | 202 Audrey Sargent        | F      | F40-49 | 49   | 10K run  | 0:55:38 |
|        | 5   | 5 Tammy Beerman           | F      | F40-49 | 42   | 10K run  | 1:05:49 |
|        | 6   | 141 Peggy Wells           | F      | F40-49 | 46   | 10K run  | 1:30:16 |
| F50-59 |     |                           |        |        |      |          |         |
|        | 1   | 70 Donna Mansulla-Coppola | F      | F50-59 | 53   | 10K run  | 0:49:40 |
|        | 2   | 43 Sherry Gilbert         | F      | F50-59 | 54   | 10K run  | 0:56:03 |
|        | 3   | 146 Mila Goodfriend       | F      | F50-59 | 53   | 10K run  | 0:59:52 |
|        | 4   | 152 Cathryn Haug          | F      | F50-59 | 54   | 10K run  | 1:05:23 |

M19 & under

|   |     |                 |   |             |    |         |         |
|---|-----|-----------------|---|-------------|----|---------|---------|
| 1 | 58  | John Howard     | M | M19 & under | 18 | 10K run | 0:44:50 |
| 2 | 219 | Indigo Pfeiffer | M | M19 & under | 9  | 10K run | 0:47:15 |
| 3 | 99  | John Perricone  | M | M19 & under | 19 | 10K run | 0:48:42 |
| 4 | 125 | Derek Thompson  | M | M19 & under | 18 | 10K run | 0:48:49 |

M20-29

|   |    |              |   |        |    |         |         |
|---|----|--------------|---|--------|----|---------|---------|
| 1 | 96 | Justin Payne | M | M20-29 | 21 | 10K run | 0:53:15 |
|---|----|--------------|---|--------|----|---------|---------|

M30-39

|   |     |                   |   |        |    |         |         |
|---|-----|-------------------|---|--------|----|---------|---------|
| 1 | 23  | Daniel Charlebois | M | M30-39 | 32 | 10K run | 0:44:45 |
| 2 | 48  | Ozier Green       | M | M30-39 | 33 | 10K run | 0:46:14 |
| 3 | 201 | Avika Valdez      | M | M30-39 | 31 | 10K run | 0:47:39 |
| 4 | 35  | Shawn Dunn        | M | M30-39 | 39 | 10K run | 0:50:56 |
| 5 | 228 | David Wurzburg    | M | M30-39 | 36 | 10K run | 0:51:57 |
| 6 | 156 | Jason Wingart     | M | M30-39 | 31 | 10K run | 0:54:45 |

M40-49

|   |     |                 |   |        |    |         |         |
|---|-----|-----------------|---|--------|----|---------|---------|
| 1 | 164 | James Brady     | M | M40-49 | 42 | 10K run | 0:36:08 |
| 2 | 130 | Colin Wilkinson | M | M40-49 | 45 | 10K run | 0:36:30 |
| 3 | 220 | Glen Pfeiffer   | M | M40-49 | 43 | 10K run | 0:48:51 |
| 4 | 214 | Mike Twigg      | M | M40-49 | 43 | 10K run | 1:01:48 |

M50-59

|   |     |              |   |        |    |         |         |
|---|-----|--------------|---|--------|----|---------|---------|
| 1 | 170 | Jeff Marolf  | M | M50-59 | 53 | 10K run | 0:47:20 |
| 2 | 151 | Andy Haug    | M | M50-59 | 52 | 10K run | 0:50:18 |
| 3 | 145 | Dave Rechlin | M | M50-59 | 54 | 10K run | 0:57:47 |

M60-69

|   |     |                |   |        |    |         |         |
|---|-----|----------------|---|--------|----|---------|---------|
| 1 | 209 | Bill Chapin    | M | M60-69 | 68 | 10K run | 0:50:17 |
| 2 | 118 | John Stirling  | M | M60-69 | 69 | 10K run | 0:52:51 |
| 3 | 64  | Arthur Keen Jr | M | M60-69 | 64 | 10K run | 0:53:50 |
| 4 | 153 | Wayne Cooke    | M | M60-69 | 65 | 10K run | 0:58:25 |