

Fleet Feet Sports Spring Forward Distance Run 15K
Sunday, March 28th, 2010 Mendon Ponds Park, Rochester, NY
Timed & Produced by YellowJacket Racing
Total Finishers - 439 (Male - 240, Female - 199)

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm	Pace
Overall Male								
1	437	Neal Holtschulte	M	Overall Male	26	Rochester	0:48:05	0:05:10
2	7	Mark Andrews	M	Overall Male	39	Rochester	0:48:31	0:05:13
3	423	Dave Bradshaw	M	Overall Male	31	Macedon	0:48:56	0:05:16
Overall Female								
1	29	Karen Blodgett	F	Overall Female	33	Fairport	0:58:35	0:06:18
2	261	Jennifer Rea	F	Overall Female	44	Rush	1:02:47	0:06:45
3	85	Rebecca Duberry	F	Overall Female	39	Rochester	1:03:09	0:06:47
F19UNDER								
1	436	Rochelle Monk	F	F19UNDER	18	Rochester	1:17:38	0:08:21
2	288	Katie Saxton	F	F19UNDER	16	Spencerport	1:19:23	0:08:32
3	408	Michelle Yoffee	F	F19UNDER	19	Canandaigua	1:23:04	0:08:56
4	462	Lexie Klimasewski	F	F19UNDER	14	Fairport	1:25:23	0:09:11
F20-24								
1	62	Meghan Crawley	F	F20-24	24	Brookline	1:10:14	0:07:33
2	354	Meredith Feary	F	F20-24	24	Rochester	1:14:09	0:07:58
3	414	Alicia Kaucher	F	F20-24	23	Rochester	1:21:00	0:08:43
4	280	Nicole Rossi	F	F20-24	22	Clifton Springs	1:23:04	0:08:56
5	417	Jena Miller	F	F20-24	23		1:23:33	0:08:59
6	385	Amanda Bernardini	F	F20-24	20	Rochester	1:24:46	0:09:07
7	285	Allison Sams	F	F20-24	23	Rochester	1:24:48	0:09:07
8	235	Caitlin OConnor	F	F20-24	22	Brockport	1:25:34	0:09:12
9	147	Dustina Holt	F	F20-24	23	Rochester	1:27:23	0:09:24
10	46	Anne Campeau	F	F20-24	22	Rochester	1:28:15	0:09:29
11	216	Kelly McNabb	F	F20-24	20	Rochester	1:30:44	0:09:45
12	231	Stephanie Nixon	F	F20-24	24	Rochester	1:32:40	0:09:58
13	393	Mary Kate Scanlon	F	F20-24	24	Ithaca	1:37:52	0:10:31
14	174	Kerry Kraska	F	F20-24	24	Macedon	2:03:50	0:13:19
F25-29								
1	75	Christina deVries	F	F25-29	29	Rochester	1:06:02	0:07:06
2	266	Holly M. Reynolds	F	F25-29	29	Rochester	1:06:16	0:07:07
3	38	Allyson Grace Brown	F	F25-29	25	Honeoye Falls	1:10:55	0:07:38
4	253	Rebecca Porter	F	F25-29	27	Rochester	1:12:06	0:07:45
5	133	Alexa Harding	F	F25-29	26	Rochester	1:12:24	0:07:47
6	132	Megan Hammersmith	F	F25-29	29	Rochester	1:13:00	0:07:51
7	186	Deborah Liana	F	F25-29	25	West Henrietta	1:15:41	0:08:08
8	279	Jeannine Rossi	F	F25-29	25	Fairport	1:15:41	0:08:08
9	57	Carly Costanza	F	F25-29	29	Rochester	1:16:00	0:08:10
10	336	Patricia Waters	F	F25-29	25	Rochester	1:16:51	0:08:16
11	48	Liliana Carbajal	F	F25-29	28	Rochester	1:18:06	0:08:24
12	391	Kim Ammon	F	F25-29	27	Fairport	1:19:16	0:08:31
13	27	Kathryn Birken	F	F25-29	26	Rochester	1:22:09	0:08:50
14	200	Erica Mason	F	F25-29	28	Hilton	1:23:29	0:08:59
15	137	Tracey Henderson	F	F25-29	27	Rochester	1:23:47	0:09:01
16	373	Danielle Fisher	F	F25-29	28	Honeoye Falls	1:25:25	0:09:11
17	461	Kelly Stevenson	F	F25-29	29	Rochester	1:26:01	0:09:15
18	471	Tracy Ali	F	F25-29	29	Rochester	1:27:03	0:09:22
19	144	Christine Hochmuth	F	F25-29	27	Rochester	1:29:04	0:09:35
20	309	Julia Smith	F	F25-29	27	Fairport	1:30:16	0:09:42
21	286	Dannie Sanasie	F	F25-29	29	Rochester	1:30:41	0:09:45
22	246	Nina Piccini	F	F25-29	26	Rochester	1:33:57	0:10:06
23	388	Heather Spiegel	F	F25-29	25	Webster	1:34:37	0:10:10

24	187	Jessica Lighthouse	F	F25-29	27	Victor	1:34:51	0:10:12
25	101	Sara Finley	F	F25-29	28	Rochester	1:35:05	0:10:13
26	67	Alexandra Danforth	F	F25-29	27	Webster	1:35:50	0:10:18
27	292	Stephanie Schmucker	F	F25-29	25	Canandaigua	1:36:24	0:10:22
28	248	Kelley Piccone	F	F25-29	29	Canandaigua	1:49:12	0:11:45
29	168	Miranda Kenyon	F	F25-29	25	Holley	1:56:11	0:12:30

F30-34

1	402	Jen Malik	F	F30-34	31	Rochester	1:04:01	0:06:53
2	99	Laura Feller	F	F30-34	30	Rochester	1:07:13	0:07:14
3	9	Jessica Askin	F	F30-34	31	Geneva	1:16:29	0:08:13
4	73	Courtney Dennee	F	F30-34	31	Webster	1:17:56	0:08:23
5	470	Julie VanDeVoorde	F	F30-34	34	Fairport	1:19:54	0:08:36
6	122	Lynn Gottfried	F	F30-34	30	Fairport	1:20:57	0:08:42
7	451	Karlynn Alvarado	F	F30-34	33	Rochester	1:22:39	0:08:53
8	416	Joy Dreibelbis	F	F30-34	32	Pittsford	1:23:14	0:08:57
9	102	Alison Finstad	F	F30-34	31	Rochester	1:23:24	0:08:58
10	404	Jennifer Graney	F	F30-34	32	Webster	1:23:26	0:08:58
11	398	Jennifer Henn	F	F30-34	32	Rochester	1:25:56	0:09:14
12	360	Emily Rowe	F	F30-34	32	N. Chili	1:27:23	0:09:24
13	480	Kelli Thomas	F	F30-34	32	Henrietta	1:28:07	0:09:29
14	47	Heather Caputo	F	F30-34	33	Arkport	1:28:16	0:09:29
15	107	Victoria Freile	F	F30-34	33	Penfield	1:28:21	0:09:30
16	188	Giannine Lioi	F	F30-34	32	Rochester	1:30:25	0:09:43
17	213	Kelly McFarland	F	F30-34	32	Fairport	1:30:54	0:09:46
18	206	Jennifer Maxa	F	F30-34	34	Fairport	1:31:22	0:09:49
19	69	Kelly Davis	F	F30-34	31	Farmingotn	1:32:19	0:09:56
20	16	Bethany Barney	F	F30-34	31	Rochester	1:33:12	0:10:01
21	179	Christine LaHaye	F	F30-34	30	Rochester	1:33:32	0:10:03
22	296	Dana Sharp	F	F30-34	31	Fairport	1:33:44	0:10:05
23	108	Michelle French	F	F30-34	31	Rochester	1:33:55	0:10:06
24	3	Courtney Abeln	F	F30-34	34	Rochester	1:34:16	0:10:08
25	316	Meredith Surdel	F	F30-34	30	Rochester	1:34:47	0:10:11
26	297	Kathleen M Shea	F	F30-34	33	Rochester	1:38:02	0:10:32
27	103	Christine Fitzgerald	F	F30-34	31	Rochester	1:41:19	0:10:54
28	407	Sheriee Finch	F	F30-34	30	Webster	1:43:21	0:11:07
29	368	Leah Gang	F	F30-34	31	Rochester	1:45:26	0:11:20
30	367	Rachel DeBlicck	F	F30-34	33	Rochester	1:45:26	0:11:20
31	192	Kristi Lynch	F	F30-34	31	Rochester	1:45:43	0:11:22
32	177	Elizabeth Kusminsky	F	F30-34	33	Rochester	1:52:17	0:12:04
33	11	Stephanie Avinash	F	F30-34	30	Webster	1:56:17	0:12:30

F35-39

1	409	Christine Deutsch	F	F35-39	35	Rochester	1:11:58	0:07:44
2	182	Greta Ledgerwood	F	F35-39	36	Penn Yan	1:12:40	0:07:49
3	2	Wendy Abbott	F	F35-39	36	Rochester	1:15:27	0:08:07
4	125	Johanna Gullo	F	F35-39	35	Canandaigua	1:16:29	0:08:13
5	376	Nicole Vitale	F	F35-39	35	Rochester	1:17:09	0:08:18
6	353	Valerie Zombek	F	F35-39	35	Webster	1:18:07	0:08:24
7	447	Jennifer Young	F	F35-39	35	Canandaigua	1:21:24	0:08:45
8	445	Kim Roberge	F	F35-39	39	Canandaigua	1:21:24	0:08:45
9	457	Jennifer Fosegan	F	F35-39	37	Fairport	1:22:06	0:08:50
10	432	Katherine Fleming	F	F35-39	39	Brockport	1:23:18	0:08:57
11	329	Kera Vanham	F	F35-39	36	Rochester	1:26:31	0:09:18
12	142	Amy Hibbard	F	F35-39	36	Geneva	1:27:00	0:09:21
13	82	Shannon Dotts	F	F35-39	36	Rochester	1:27:15	0:09:23
14	10	Nicole Askin	F	F35-39	38	Geneva	1:27:44	0:09:26
15	459	Amy Buerkle	F	F35-39	39	Rochester	1:28:09	0:09:29
16	79	Allison G. DiMarco	F	F35-39	38	Rochester	1:28:51	0:09:33
17	95	Amy Emens	F	F35-39	36	Rochester	1:30:28	0:09:44
18	221	Amy Moritz	F	F35-39	36	Buffalo	1:31:35	0:09:51

19	34	Vicki Bowman	F	F35-39	37	West Henrietta	1:31:39	0:09:51
20	394	Laura Williams	F	F35-39	37	LeRoy	1:31:43	0:09:52
21	238	Kim Osgood	F	F35-39	35	Rochester	1:34:25	0:10:09
22	327	Susan Vadakin	F	F35-39	38	Rochester	1:34:25	0:10:09
23	167	Charlie Jennifer Kelly	F	F35-39	38	Rochester	1:36:34	0:10:23
24	340	Sarah White	F	F35-39	39	Webster	1:37:54	0:10:32
25	198	Jennifer Martin	F	F35-39	38	Caledonia	1:39:32	0:10:42
26	180	Laurie Lane	F	F35-39	36	Rochester	1:41:20	0:10:54
27	298	Jennifer Sheehan	F	F35-39	39	Rochester	1:42:09	0:10:59
28	302	Jady Simmons	F	F35-39	38	Rochester	1:53:17	0:12:11
29	163	Renée Kamar	F	F35-39	36	Rochester	1:59:54	0:12:54
30	211	Heather McElduff	F	F35-39	36	Penfield	2:07:45	0:13:44

F40-44

1	355	Michelle Weiler	F	F40-44	42	Pittsford	1:04:35	0:06:57
2	83	Jackie Dowdeswell	F	F40-44	42	Pittsford	1:11:18	0:07:40
3	406	Eileen Buck	F	F40-44	40	Rochester	1:11:48	0:07:43
4	346	Mary Wojnowski	F	F40-44	42	Rochester	1:16:18	0:08:12
5	357	Karin Kellman	F	F40-44	42	Penfield	1:17:36	0:08:21
6	21	Nancy Beach	F	F40-44	44	Conesus	1:21:29	0:08:46
7	39	Kerri Brown	F	F40-44	41	Pittsford	1:21:56	0:08:49
8	463	Tammy Abbe	F	F40-44	42	Webster	1:22:15	0:08:51
9	366	Alice Nichols	F	F40-44	44	Fairport	1:23:00	0:08:55
10	467	Colleen Daggs	F	F40-44	40	Victor	1:23:27	0:08:58
11	215	Christina Mcllyman	F	F40-44	42	Rochester	1:24:33	0:09:05
12	237	Beth Ormsby	F	F40-44	44	Penfield	1:26:11	0:09:16
13	413	Kristine Rodriguez	F	F40-44	40	Fairport	1:27:11	0:09:22
14	185	Julie Leonard	F	F40-44	41	Canandaigua	1:27:44	0:09:26
15	54	Cassandra Coffey	F	F40-44	40	Pittsford	1:29:03	0:09:35
16	242	Patricia Palmieri-Phelan	F	F40-44	41	N Chili	1:33:08	0:10:01
17	51	Sarah Cassetta	F	F40-44	40	Rochester	1:34:01	0:10:07
18	331	Trish Vantucci	F	F40-44	44	Hilton	1:34:31	0:10:10
19	397	Jen DAmbrosia	F	F40-44	40	Webster	1:34:52	0:10:12
20	171	Judith Kling	F	F40-44	44	Lima	1:37:25	0:10:29
21	293	Coleen Schofield	F	F40-44	41	Rochester	1:39:09	0:10:40
22	283	Christina Ruhland	F	F40-44	41	North Chili	1:42:09	0:10:59
23	440	Paula Flia	F	F40-44	40	Hilton	1:50:11	0:11:51
24	284	Margaret Russell	F	F40-44	44	Webster	1:55:57	0:12:28
25	305	Jill Skeddle	F	F40-44	44	Rochester	1:58:15	0:12:43
26	374	Maura Arendt	F	F40-44	42	Rochester	1:58:30	0:12:44
27	420	Annette Brenner	F	F40-44	40	Honeoye Falls	2:03:25	0:13:16

F45-49

1	70	Beth DeCiantis	F	F45-49	46	Rochester	1:04:34	0:06:57
2	105	Anna Fox	F	F45-49	49	Palmyra	1:07:58	0:07:19
3	241	Theresa Palmieri	F	F45-49	46	Buffalo	1:11:28	0:07:41
4	332	Julia Varble	F	F45-49	47	Henrietta	1:16:14	0:08:12
5	484	Marie White	F	F45-49	49	Henrietta	1:17:35	0:08:21
6	124	Rhonda Grieff	F	F45-49	47	Rochester	1:17:42	0:08:21
7	161	Pam Johnson	F	F45-49	47	Canandaigua	1:18:20	0:08:25
8	262	Kathy Reardon	F	F45-49	48	Honeoye Falls	1:19:37	0:08:34
9	325	Lisa Tschiderer	F	F45-49	45	Pittsford	1:24:23	0:09:04
10	477	Alicia Elliott	F	F45-49	46	Canandaigua	1:24:38	0:09:06
11	453	Angela McGannis	F	F45-49	48	Brockport	1:25:11	0:09:10
12	395	Tamara Dinalfo	F	F45-49	48	Rochester	1:25:38	0:09:13
13	64	Ann Cunningham	F	F45-49	47	Rochester	1:26:22	0:09:17
14	189	Donna Loeb	F	F45-49	49	Geneva	1:26:52	0:09:20
15	77	Tamarah DeWolf	F	F45-49	48	Phelps	1:28:08	0:09:29
16	255	Diane Prystajko	F	F45-49	45	Spencerport	1:28:35	0:09:32
17	251	Suzanne Pollard	F	F45-49	46	Rochester	1:28:43	0:09:32
18	28	Kimberlee Blik	f	F45-49	45	Webster	1:29:58	0:09:40

19	140	Kim Henshaw	F	F45-49	46	Hilton	1:34:31	0:10:10
20	240	Sharon Outler	F	F45-49	46	Rochester	1:35:11	0:10:14
21	45	Marie Calvaruso	F	F45-49	46	Rochester	1:40:42	0:10:50
22	369	Margy Lydon	F	F45-49	45	N. Chili	1:42:49	0:11:03
23	415	Laney Johnson	F	F45-49	49	Fairport	1:52:50	0:12:08
24	106	Lauren D. Frank	F	F45-49	47	Ontario	1:56:58	0:12:35
25	145	Crystal Holm	F	F45-49	49	Rochester	1:57:05	0:12:35

F50-54

1	381	Alida Merrill	F	F50-54	51	Rochester	1:11:23	0:07:41
2	264	Jean Regan	F	F50-54	52	Cazenovia	1:17:29	0:08:20
3	273	Marty Roberts	F	F50-54	53	Penn Yan	1:18:42	0:08:28
4	91	Carol Eisenman	F	F50-54	52	Rochester	1:23:39	0:09:00
5	482	Patricia Mckee	F	F50-54	52	Rush	1:24:16	0:09:04
6	228	Heidi Nelson	F	F50-54	51	Pittsford	1:26:10	0:09:16
7	196	Mary Ann MacIntosh	F	F50-54	50	Manlius	1:27:26	0:09:24
8	208	Jan McCullough	F	F50-54	50	Spencerport	1:28:27	0:09:31
9	405	Gladys Velarde	F	F50-54	50	Rochester	1:30:20	0:09:43
10	299	Susan M Sheffer	F	F50-54	53	Geneva	1:31:36	0:09:51
11	93	Diane Elliott	F	F50-54	51	Fairport	1:35:17	0:10:15
12	131	Kathleen Hall	F	F50-54	51	Victor	1:35:22	0:10:15
13	128	Charlotte Kimberly Haag	F	F50-54	51	Rochester	1:40:46	0:10:50
14	129	Connie Haag	F	F50-54	52	Rochester	1:41:07	0:10:52
15	169	Patti Keyes	F	F50-54	54	Fairport	1:45:54	0:11:23
16	199	Tammie Martin	F	F50-54	50	N Chili	1:46:13	0:11:25
17	22	Lin Becker	F	F50-54	50	Churchville	1:56:18	0:12:30
18	418	Patti Hahn	F	F50-54	53	Rochester	1:56:32	0:12:32
19	294	Janet Schultz	F	F50-54	50	Rochester	2:00:03	0:12:55

F55-59

1	127	Cheryl Guth	F	F55-59	56	Rochester	1:12:38	0:07:49
2	247	Colleen Piccone	F	F55-59	58	Pittsford	1:17:04	0:08:17
3	97	Denise Everitt	F	F55-59	57	Marion	1:22:07	0:08:50
4	155	Charlotte Jaanimagi	F	F55-59	57	Pittsford	1:25:02	0:09:09
5	139	Kathy Henrie	F	F55-59	56	Rochester	1:26:04	0:09:15
6	256	Barbara Pudiak	F	F55-59	57	Fairport	1:31:06	0:09:48
7	150	Karen Huntley-Romanow	F	F55-59	59	Rochester	1:34:00	0:10:06

F60-64

1	290	Annette Schaff	F	F60-64	60	Penfield	1:31:30	0:09:50
2	372	Jane Mahoney	F	F60-64	60	Rochester	1:36:02	0:10:20
3	400	Judith Warner	F	F60-64	62	Victor	1:39:29	0:10:42

F65-69

1	143	Connie Hibbard	F	F65-69	65	Hilton	1:21:40	0:08:47
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F70UP

1	277	Joan Rosati	F	F70UP	70	N Chili	1:51:33	0:12:00
2	375	Joanne Carr	F	F70UP	71	Rochester	2:04:48	0:13:25

M19UNDER

1	110	Billy Galetto	M	M19UNDER	15	Spencerport	1:00:44	0:06:32
2	173	Josh Kramer	M	M19UNDER	19	Rochester	1:05:28	0:07:02
3	218	Brandon Meslier	M	M19UNDER	19	Lancaster	1:09:16	0:07:27
4	428	Alex Hall	M	M19UNDER	14	Caledonia	1:15:02	0:08:04
5	410	Cory Masseth	M	M19UNDER	15	Henrietta	1:20:29	0:08:39

M20-24

1	438	Zach Miller	M	M20-24	21	Rochester	0:50:59	0:05:29
2	65	Matthew Curbeau	M	M20-24	23	Rochester	1:00:35	0:06:31
3	197	Bryce Mankowski	M	M20-24	21	Rochester	1:04:06	0:06:54

4	337 Robert Watson	M	M20-24	20	Rochester	1:05:23	0:07:02
5	244 Christopher Patterson	M	M20-24	24	Webster	1:08:23	0:07:21
6	259 Sean Rahrle	M	M20-24	23	Rochester	1:09:01	0:07:25
7	455 Ben Howard	M	M20-24	20	Sidney Center	1:10:19	0:07:34
8	434 Peter Franz	M	M20-24	22	Rochester	1:10:40	0:07:36
9	347 Brendan Wolfert	M	M20-24	20	Henrietta	1:16:34	0:08:14
10	194 Zachary Maben	M	M20-24	23	Rochester	1:17:43	0:08:21
11	311 Brian Staples	M	M20-24	24	Fairport	1:20:37	0:08:40
12	112 Philip Gardone	M	M20-24	23	Fairport	1:22:21	0:08:51
13	4 Brian Adriance	M	M20-24	24	Reading	1:26:07	0:09:16

M25-29

1	153 Mike Insler	M	M25-29	26	Rochester	0:53:18	0:05:44
2	88 Travis Earley	M	M25-29	27	Rochester	0:53:28	0:05:45
3	362 Dan Burnett	M	M25-29	27	Rochester	0:54:12	0:05:50
4	466 Eric Boyce	M	M25-29	29	Bergen	0:55:39	0:05:59
5	274 Matthew Roberts	M	M25-29	25	Henrietta	0:56:13	0:06:03
6	379 Charley Plummer	M	M25-29	26	Rochester	1:03:27	0:06:49
7	232 John Nolan	M	M25-29	28	Rochester	1:03:31	0:06:50
8	152 Adam Insalaco	M	M25-29	29	Irondequoit	1:03:49	0:06:52
9	23 Stanley Beckwith	M	M25-29	26	Rochester	1:03:56	0:06:52
10	308 Bryan Smith	M	M25-29	29	Fairport	1:04:36	0:06:57
11	384 Mathew Corbett	M	M25-29	28	Rochester	1:06:57	0:07:12
12	424 Adam Laycock	M	M25-29	25	Rochester	1:08:21	0:07:21
13	345 Jeffrey Wisniewski	M	M25-29	25	Canandaigua	1:08:32	0:07:22
14	314 Michael Sternick	M	M25-29	26	Rochester	1:09:29	0:07:28
15	472 Jorge Rodriguez	M	M25-29	25	Webster	1:10:08	0:07:32
16	252 Sing Poon	M	M25-29	27	Rochester	1:10:17	0:07:33
17	41 John Bugajski	M	M25-29	29	Rochester	1:10:48	0:07:37
18	166 Kevin Kaucher	M	M25-29	27	Rochester	1:11:29	0:07:41
19	464 Jon My Man Lacek	M	M25-29	26	Rochester	1:12:27	0:07:47
20	454 Jason Byam	M	M25-29	26	Rochester	1:12:32	0:07:48
21	239 Joe Osso, Jr.	M	M25-29	28	Fairport	1:13:24	0:07:54
22	136 Joe Henderson	M	M25-29	29	Rochester	1:23:49	0:09:01
23	157 Shawn Jackett	M	M25-29	29	Fairport	1:25:23	0:09:11
24	324 Bramdi Trumble	M	M25-29	28	Baldwinsville	1:32:17	0:09:55

M30-34

1	422 Ryan Pauling	M	M30-34	33	Rochester	0:50:39	0:05:27
2	30 Matt Blodgett	M	M30-34	33	Fairport	0:58:10	0:06:15
3	300 Colby Shores	M	M30-34	34	Irondequoit	1:01:28	0:06:37
4	44 Andrew Caffrey	M	M30-34	32	Rochester	1:02:32	0:06:43
5	335 Dan Ward	M	M30-34	33	Rochester	1:02:38	0:06:44
6	162 Matt Jones	M	M30-34	33	Webster	1:03:21	0:06:49
7	281 Greg Rowe	M	M30-34	31	Rochester	1:05:03	0:07:00
8	307 Andrew Smith	M	M30-34	33	Rochester	1:06:39	0:07:10
9	222 James Morse	M	M30-34	33	Rochester	1:07:05	0:07:13
10	328 Mark Valites	M	M30-34	31	Hamburg	1:08:20	0:07:21
11	322 Edward Tracey	M	M30-34	33	Rochester	1:09:25	0:07:28
12	223 Brian Mosher	M	M30-34	30	Pittsford	1:12:20	0:07:47
13	60 Brett Crandall	M	M30-34	30	Rochester	1:12:42	0:07:49
14	203 Brendan Mathis	M	M30-34	33	Fairport	1:12:50	0:07:50
15	313 Scott Stepanek	M	M30-34	32	Brockport	1:14:43	0:08:02
16	212 Joel McFarland	M	M30-34	34	Fairport	1:14:49	0:08:03
17	403 Jeffrey Malik	M	M30-34	30	Rochester	1:19:28	0:08:33
18	370 Matt Walsh	M	M30-34	34	Rochester	1:20:01	0:08:36
19	351 Brian Zimmerman	M	M30-34	34	Rochester	1:22:18	0:08:51
20	71 Andrew DeHaas	M	M30-34	30	Rochester	1:26:25	0:09:18
21	42 Michael Burns	M	M30-34	32	Rochester	1:26:35	0:09:19
22	476 Cory Berardi	M	M30-34	31	Brockport	1:27:54	0:09:27
23	178 Peter Lacey	M	M30-34	34	Rochester	1:31:48	0:09:52

24	268	Matthew Riccione	M	M30-34	31	Fairport	1:40:06	0:10:46
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M35-39

1	444	Derrick Jones	M	M35-39	38	Henrietta	0:50:13	0:05:24
2	399	Marcus Gage	M	M35-39	38	W. Henrietta	0:54:47	0:05:53
3	326	Matt Tytler	M	M35-39	38	Irondequoit	0:56:46	0:06:06
4	377	Josh Harter	M	M35-39	35	Avon	0:57:00	0:06:08
5	342	Joe Williams	M	M35-39	36	Rochester	1:02:36	0:06:44
6	183	Eric Lees	M	M35-39	39	Webster	1:02:37	0:06:44
7	330	Michael Vanham	M	M35-39	39	Rochester	1:03:52	0:06:52
8	210	Jon McDonough	M	M35-39	39	North Chili	1:07:52	0:07:18
9	94	Alan Embrey	M	M35-39	38	Webster	1:08:52	0:07:24
10	66	Frank Dana	M	M35-39	36	Rochester	1:12:30	0:07:48
11	204	Sean Mathis	M	M35-39	37	Fairport	1:12:51	0:07:50
12	456	Garrette Demko	M	M35-39	35	Rochester	1:16:02	0:08:11
13	291	Daniel Schermerhorn	M	M35-39	35	Hilton	1:16:08	0:08:11
14	49	Daniel Carmen	M	M35-39	39	North Chili	1:21:33	0:08:46
15	104	Peter Fosler	M	M35-39	37	Honeoye Falls	1:22:31	0:08:52
16	430	Chris Noce	M	M35-39	37	Churchville	1:23:32	0:08:59
17	156	Michael Jabaut	M	M35-39	39	Rochester	1:24:07	0:09:03
18	481	Diavail Smith	M	M35-39	39	Rochester	1:27:09	0:09:22
19	352	David Zimpfer	M	M35-39	35	Rochester	1:29:42	0:09:39
20	412	David VanDeVoorde	M	M35-39	37	Fairport	1:31:01	0:09:47
21	361	Timothy Christ	M	M35-39	38	Rochester	1:32:00	0:09:54
22	249	Charles Pickens	M	M35-39	35	Baltimore	1:35:05	0:10:13
23	193	Steve Lynch	M	M35-39	35	W Henrietta	1:41:24	0:10:54

M40-44

1	380	Jim Cornell	M	M40-44	43	Rochester	0:59:46	0:06:26
2	452	John Farrell	M	M40-44	41	Fairport	1:00:21	0:06:29
3	181	Mark Larson	M	M40-44	40	Rochester	1:01:39	0:06:38
4	37	John BrindAmour	M	M40-44	43	Rochester	1:02:00	0:06:40
5	303	Brian Simon	M	M40-44	42	Rochester	1:02:29	0:06:43
6	473	Tim Ciancione	M	M40-44	44	Rochestere	1:02:42	0:06:45
7	36	James Brennan	M	M40-44	40	Pittsford	1:03:57	0:06:53
8	55	Martin Coffey	M	M40-44	40	Pittsford	1:04:00	0:06:53
9	250	Douglas Platt	M	M40-44	41	Kent	1:04:24	0:06:56
10	80	Richard DiMarco	M	M40-44	42	Rochester	1:08:10	0:07:20
11	151	Jeff Huntress	M	M40-44	43	Pittsford	1:08:45	0:07:24
12	172	Ken Koppenhaver	M	M40-44	41	Fairport	1:09:33	0:07:29
13	387	Brett Bell	M	M40-44	40	Rochester	1:09:35	0:07:29
14	175	Tim Krehling	M	M40-44	40	Webster	1:10:23	0:07:34
15	258	Kevin Quinn	M	M40-44	40	Pittsford	1:11:14	0:07:40
16	17	Dominic Barraclough	M	M40-44	43	Rochester	1:12:43	0:07:49
17	426	Jeffrey Knight	M	M40-44	42	Pittsford	1:13:27	0:07:54
18	20	Mark Battaglia	M	M40-44	42	Rochester	1:14:45	0:08:02
19	431	Joaquim Flores	M	M40-44	44	Rochester	1:16:03	0:08:11
20	191	John Lucia	M	M40-44	42	Pittsford	1:16:31	0:08:14
21	220	William Moon	M	M40-44	40	Penfield	1:17:04	0:08:17
22	442	Joseph McNahon	M	M40-44	40	Rochester	1:17:53	0:08:22
23	130	Mike Haines	M	M40-44	42	Victor	1:21:06	0:08:43
24	401	Sebold Torno	M	M40-44	40	Rochester	1:21:43	0:08:47
25	425	Joao Flores	M	M40-44	42	Rochester	1:26:09	0:09:16
26	382	Dan Whitcomb	M	M40-44	40	Walworth	1:26:12	0:09:16
27	32	William Borrelli	M	M40-44	44	Rochester	1:29:45	0:09:39
28	443	Kristin Spencer	F	M40-44	42	Spencerport	1:50:11	0:11:51
29	148	Jamie Howard	M	M40-44	44	Albany	1:56:08	0:12:29

M45-49

1	289	Ron Saxton	M	M45-49	49	Spencerport	0:56:02	0:06:02
2	356	Matt Kellman	M	M45-49	45	Penfield	0:57:21	0:06:10

3	114	Daniel Giblin	M	M45-49	48	Rochester	0:58:19	0:06:16
4	468	Glenn Kofahl	M	M45-49	49	Farmington	1:01:14	0:06:35
5	225	Patrick Milligan	M	M45-49	45	Rochester	1:01:54	0:06:39
6	392	Keith Scott	M	M45-49	47	LeRoy	1:02:15	0:06:42
7	460	Joe Haungs	M	M45-49	48	Hilton	1:02:41	0:06:44
8	40	Michael Brown	M	M45-49	45	Pittsford	1:03:00	0:06:46
9	98	George Fawcett	M	M45-49	49	Rochester	1:03:55	0:06:52
10	158	Joseph Jaffe	M	M45-49	45	Geneva	1:05:32	0:07:03
11	265	Mike Reinhardt	M	M45-49	46	Webster	1:05:42	0:07:04
12	26	Larry Bernstein	M	M45-49	49	Honeoye Falls	1:06:00	0:07:06
13	61	Wayne Crandall	M	M45-49	46	W Henrietta	1:07:34	0:07:16
14	123	Marvin Grieff	M	M45-49	47	Rochester	1:08:26	0:07:21
15	474	Bill Lofquist	M	M45-49	46	Geneseo	1:09:09	0:07:26
16	43	Brendan Byrne	M	M45-49	49	Rochester	1:10:11	0:07:33
17	276	Jack Rosati	M	M45-49	46	Rochester	1:11:12	0:07:39
18	419	Chris Washburn	M	M45-49	48	Newark	1:11:13	0:07:40
19	271	Steve Rivers	M	M45-49	48	Victor	1:11:31	0:07:41
20	450	Steve Cackett	M	M45-49	46	Pittsford	1:12:22	0:07:47
21	81	Peter Doerner	M	M45-49	46	Webster	1:12:46	0:07:49
22	478	Andrew Smith	M	M45-49	47	Pittsford	1:12:59	0:07:51
23	465	John Ryan	M	M45-49	47	Victor	1:13:36	0:07:55
24	100	John Ferrini	M	M45-49	45	Baldwinsville	1:15:26	0:08:07
25	390	Chris Leonardi	M	M45-49	49	Pittsford	1:15:58	0:08:10
26	219	Lew Migliore	M	M45-49	49	Pittsford	1:16:48	0:08:16
27	479	Scott Hauser	M	M45-49	46	Rochester	1:17:00	0:08:17
28	15	Kevin Bambury	M	M45-49	47	Fairport	1:17:25	0:08:19
29	386	Jeffrey Fink	M	M45-49	49	Pittsford	1:18:01	0:08:23
30	115	Tom Gibson	M	M45-49	48	Canandaigua	1:19:46	0:08:35
31	56	Thomas Collins	M	M45-49	45	Pittsford	1:20:14	0:08:38
32	270	Curtis Rickard	M	M45-49	45	Churchville	1:20:38	0:08:40
33	411	James Masseth	M	M45-49	45	Henrietta	1:23:09	0:08:56
34	383	Sean B. Hendrick	M	M45-49	47	Rochester	1:23:29	0:08:59
35	90	Timothy Eilinger	M	M45-49	45	Mendon	1:24:20	0:09:04
36	339	Joe Wesley	M	M45-49	47	Rochester	1:25:18	0:09:10
37	458	Tom Criily	M	M45-49	48	Rochester	1:28:17	0:09:30
38	118	Mark Golebiewski	M	M45-49	46	Rochester	1:28:45	0:09:33
39	483	Coach DeMay	M	M45-49	48	Rush	1:29:11	0:09:35
40	245	Gary Peakes	M	M45-49	45	Pittsford	1:29:22	0:09:37
41	154	Daniel Isenhardt	M	M45-49	49	Rochester	1:33:01	0:10:00
42	35	Stephen Bragg	M	M45-49	47	Geneva	1:34:08	0:10:07
43	146	Russell Holsopple	M	M45-49	45	Lima	1:37:25	0:10:28
44	378	William Lerkins	M	M45-49	49	Rochester	1:38:27	0:10:35
45	358	Bruce Devlin	M	M45-49	48	Newark	1:39:11	0:10:40
46	348	Steve Woodley	M	M45-49	49	Ontario	1:40:58	0:10:51

M50-54

1	87	Tim Dwyer	M	M50-54	50	Rochester	0:56:22	0:06:04
2	195	Tony Machulskis	M	M50-54	50	Rochester	1:00:03	0:06:27
3	160	Tom Jerris	M	M50-54	52	Livonia	1:05:13	0:07:01
4	86	Michael Dunn	M	M50-54	53	Rochester	1:07:50	0:07:18
5	449	Keith Hadley	M	M50-54	50	Rochester	1:10:01	0:07:32
6	439	John Wilcox	M	M50-54	50	Henrietta	1:11:37	0:07:42
7	485	Donald Dow	M	M50-54	53	Rochester	1:11:37	0:07:42
8	74	Chuck DePoint	M	M50-54	53	Palmyra	1:11:46	0:07:43
9	319	Lawrence Taylor	M	M50-54	53	Fairport	1:12:21	0:07:47
10	446	Jay Ferrimani	M	M50-54	51	Fairport	1:12:47	0:07:50
11	209	Mike McCullough	M	M50-54	53	Spencerport	1:12:55	0:07:50
12	126	Rory Gumina	M	M50-54	51	Rochester	1:13:57	0:07:57
13	234	William A. Novak	M	M50-54	51	Pittsford	1:14:20	0:08:00
14	141	Patrick Herron	M	M50-54	52	LeRoy	1:14:40	0:08:02
15	333	Michael Viterise	M	M50-54	52	Rochester	1:16:15	0:08:12

16	389	Mark Monachino	M	M50-54	50	Macedon	1:16:56	0:08:16
17	76	Douglas DeWeaver	M	M50-54	52	Rochester	1:17:05	0:08:17
18	364	Richard Metzger	M	M50-54	51	Webster	1:17:22	0:08:19
19	8	Hugh Arthur	M	M50-54	53	Buffalo	1:17:28	0:08:20
20	435	Chuck Giordano	M	M50-54	50	Hilton	1:18:13	0:08:25
21	214	John McGowan	M	M50-54	50	Fairport	1:20:06	0:08:37
22	190	Bob Lonsberry	M	M50-54	50	Mt. Morris	1:22:46	0:08:54
23	6	Wilton Alston	M	M50-54	51	Rochester	1:23:32	0:08:59
24	25	Steve Bernardini	M	M50-54	50	Rochester	1:24:46	0:09:07
25	233	James Norris	M	M50-54	50	Fairport	1:24:57	0:09:08
26	344	Tim Williams	M	M50-54	52	Rochester	1:26:55	0:09:21
27	59	Gary Craig	M	M50-54	50	Rochester	1:28:21	0:09:30
28	12	John D. Bailey	M	M50-54	54	Webster	1:31:31	0:09:50
29	52	Eddy Clark	M	M50-54	52	Victor	1:36:51	0:10:25
30	267	John Riccione	M	M50-54	52	Clifton Springs	1:40:06	0:10:46
31	19	Duane Basch	M	M50-54	50	Honeoye Falls	1:42:43	0:11:03
32	243	Joseph Pasquarelli	M	M50-54	53	Rochester	1:55:57	0:12:28
33	323	Chuck Traub	M	M50-54	50	Rochester	1:58:15	0:12:43

M55-59

1	58	David A. Coyne	M	M55-59	58	Avon	1:05:59	0:07:06
2	365	Mark Barry	M	M55-59	57	Rochester	1:06:04	0:07:06
3	341	Bruce Wilkins	M	M55-59	56	Fairport	1:06:37	0:07:10
4	165	Ken Katz	M	M55-59	55	Pittsford	1:11:13	0:07:40
5	68	David Davenport	M	M55-59	59	Rochester	1:12:05	0:07:45
6	433	Mitch Moore	M	M55-59	55	Rochester	1:12:47	0:07:50
7	312	Dennis Stearns	M	M55-59	56	Rochester	1:15:55	0:08:10
8	201	Hugh Mason	M	M55-59	56	Marion	1:16:01	0:08:10
9	429	Lou Katz	M	M55-59	58	Spencerport	1:16:28	0:08:13
10	226	Tom Mulligan	M	M55-59	59	Naples	1:16:41	0:08:15
11	134	Alan Hayter	M	M55-59	58	Victor	1:16:52	0:08:16
12	113	Bill Gertzog	M	M55-59	59	Rochester	1:21:03	0:08:43
13	301	Michael Shortley	M	M55-59	55	Fairport	1:22:39	0:08:53
14	217	John Melville	M	M55-59	55	Honeoye Falls	1:23:14	0:08:57
15	207	Mark McArdle	M	M55-59	55	Rochester	1:25:10	0:09:09
16	176	Richard Kurchyne	M	M55-59	56	Rochester	1:29:49	0:09:39
17	304	Bob Singer	M	M55-59	56	Webster	1:30:53	0:09:46
18	31	Doug Bloom	M	M55-59	57	Albion	1:31:19	0:09:49
19	111	Donald L. Galetto	M	M55-59	57	Spencerport	1:33:59	0:10:06
20	164	Dan Katz	M	M55-59	55	Pittsford	1:35:57	0:10:19
21	469	Dennis Culhane	M	M55-59	55	Rochester	1:38:21	0:10:34

M60-64

1	116	Tony Gingello	M	M60-64	63	Rochester	1:06:23	0:07:08
2	117	Jim Glinsky	M	M60-64	63	Pittsford	1:12:35	0:07:48
3	427	Keith Yeates	M	M60-64	62	Pittsford	1:12:47	0:07:50
4	272	Jerry Roberts	M	M60-64	60	Rochester	1:14:09	0:07:58
5	135	Stephen Hedges	M	M60-64	61	Rochester	1:15:43	0:08:08
6	96	Rick Erb	M	M60-64	62	Rushville	1:18:21	0:08:25
7	275	Ron Rodemerk	M	M60-64	62	Rochester	1:25:03	0:09:09
8	170	Sibatu Khahaifa	M	M60-64	64	Buffalo	1:32:42	0:09:58
9	121	David Gordon	M	M60-64	62	Pittsford	1:33:54	0:10:06
10	72	George DeHaas	M	M60-64	63	Manlius	1:38:12	0:10:34
11	63	Robert E. Crumrine	M	M60-64	61	Fairport	1:43:31	0:11:08
12	227	William Murphy	M	M60-64	61	Rochester	2:31:51	0:16:20

M65-69

1	236	Roger Odell	M	M65-69	65	Hilton	1:11:35	0:07:42
2	371	Barry Watkins	M	M65-69	65	Rochester	1:20:42	0:08:41
3	13	Rod Bailey	M	M65-69	67	Rochester	1:24:24	0:09:05
4	138	James Hendy	M	M65-69	66	Webster	1:31:32	0:09:51

	5	334 Bob Volk	M	M65-69	65	Port Bibson	1:45:15	0:11:19
M70UP	1	421 Earl Cliffl	M	M70UP	71	Livonia	1:34:20	0:10:09
	2	306 Al Smith	M	M70UP	72	Rochester	1:40:48	0:10:50