

Spring Forward Distance Run 2.5 Mile Fun Run
Sunday April 3, 2011 - Mendon Ponds Park, NY
104 Finishers (88 Female, 16 Male)
Timed and Produced by YellowJacket Racing

Pos	Bib	Fullname	Gender	Ages	Class	City	TotalTm
F19UNDER							
1	713	Meghan DioGuardi	F	14	F19UNDER	Hornell	17:02
2	685	Stephanie Wojnowski	F	13	F19UNDER	Rochester	17:42
3	687	Veronica Wojnowski	F	11	F19UNDER	Rochester	19:18
4	602	Bonnie Binggeli	F	16	F19UNDER	Walworth	19:25
5	669	Geneviere Ruhland	F	14	F19UNDER	North Chili	19:39
6	679	Rachel Terry	F	15	F19UNDER	Walworth	19:50
7	686	Suzanna Wojnowski	F	9	F19UNDER	Rochester	20:24
8	642	Teagan Kennedy	F	12	F19UNDER	Le Roy	22:16
9	702	Jessica McLaughlin	F	15	F19UNDER	Fairport	24:50
10	668	Elizabeth Ruhland	F	10	F19UNDER	North Chili	25:28
11	701	Tori McLaughlin	F	12	F19UNDER	Fairport	27:20
12	707	Saliena Mey	F	16	F19UNDER	Pittsford	31:14
F20-24							
1	662	Lindsay Robinson	F	20	F20-24	Springwater	24:38
2	696	Leah Hill	F	23	F20-24	Mt. Morris	26:05
3	695	Caitlin Schmidt	F	22	F20-24	Mt. Morris	26:18
4	630	Sarah Glantz	F	24	F20-24	Rochester	28:43
5	715	Kristen Squire	F	24	F20-24	Rochester	29:43
6	680	Son Thach	F	24	F20-24	Rochester	36:54
F25-29							
1	705	Karyn Lewis	F	25	F25-29	Rochester	18:10
2	704	Lindsay Counts	F	25	F25-29	Rochester	23:00
3	688	Erica Wolfe	F	27	F25-29	Rochester	23:06
4	638	Lindsey Jackson	F	26	F25-29	Rochester	23:20
5	681	Darci Theiste	F	27	F25-29	Avon	24:32
6	608	Kelly Carr	F	25	F25-29	Rochester	27:31
7	609	Amy Clark	F	27	F25-29	Canandaigua	28:24
8	601	Natallia Adriance	F	26	F25-29	Reading	28:25
9	612	Amiee Colangelo-Story	F	28	F25-29	Rochester	28:52
10	660	Amy Preston	F	28	F25-29	Rochester	28:57
11	644	Rosa Koester	F	26	F25-29	Walworth	30:15
12	618	Karla Cushman	F	25	F25-29	Rochester	31:22
13	708	Amy Fitzsimmons	F	27	F25-29	Rochester	32:04
F30-34							
1	711	Lisa Perks	F	30	F30-34	Fairport	19:33
2	610	Shelley Coats	F	34	F30-34	Rochester	23:11

3	614 Katie Coles	F	31	F30-34	Penfield	23:25
4	635 Lisa Hann	F	33	F30-34	Avon	24:41
5	683 Sara Walter	F	30	F30-34	Rochester	28:24
6	643 Holly Kinsey	F	33	F30-34	Rochester	29:41
7	691 Shonna Woodmancy	F	33	F30-34	Fairport	30:36
8	607 Kathryn Camping	F	32	F30-34	North Chili	30:47
9	629 Kerrie Gianvecchio	F	33	F30-34	Rochester	31:22
10	698 April Adams	F	30	F30-34	Donkeyville	32:07
11	647 Channon Loiacano	F	30	F30-34	Webster	32:23

F35-39

1	656 Sarah Newsome	F	36	F35-39	Palmyra	16:59
2	657 Heather Ostrander	F	37	F35-39	Macedon	23:19
3	690 Wennie Tao	F	37	F35-39	Pittsford	24:25
4	636 Megan Haubner	F	35	F35-39	Avon	24:31
5	640 Angela Kennedy	F	38	F35-39	Le Roy	24:34
6	631 Sarah Goff	F	39	F35-39	Rochester	28:38
7	712 Liz Peterty	F	35	F35-39	Rochester	29:31
8	632 Rebecca Graf	F	37	F35-39	Fairport	29:49
9	652 Tuyen Mey	F	36	F35-39	Pittsford	30:09
10	672 Karen Ryan	F	39	F35-39	Rochester	30:30
11	639 Kerri Kanada	F	39	F35-39	Penfield	30:36
12	616 Tonia Cordaro	F	37	F35-39	Rochester	31:43
13	677 Laura Stam	F	39	F35-39	Rochester	32:24
14	661 Krista Prinzi	F	39	F35-39	Avon	39:16
15	666 Heather Roth	F	38	F35-39	Rochester	40:33

F40-44

1	714 Cassandra Coffey	F	41	F40-44	Pittsford	21:54
2	604 Ann Brower	F	40	F40-44	Webster	26:42
3	611 Kelly Coiro	F	42	F40-44	Rochester	27:18
4	650 Maria McCulloch	F	41	F40-44	Rochester	27:23
5	673 Tracey Simonelli	F	44	F40-44	North Chili	27:25
6	703 Anne Steider	F	43	F40-44	W. Henrietta	28:42
7	667 Mary Ruberti	F	42	F40-44	Rochester	29:34
8	706 Barb Boutillier	F	43	F40-44	Rochester	29:36
9	682 Cassandra Valensa	F	40	F40-44	Webster	30:09
10	623 Kimberly Fisher	F	44	F40-44	Rochester	33:14

F45-49

1	658 Marlene Paeth	F	48	F45-49	Kendall	20:52
2	665 Sandra Rosengrant	F	49	F45-49	Churchville	24:33
3	633 Annette Grape	F	49	F45-49	Rochester	25:02
4	689 Monica Guilian	F	46	F45-49	Lakeville	28:53
5	709 Mary Jo Spinosa	F	47	F45-49	Rochester	29:19
6	620 Barbara Disalvo	F	45	F45-49	Rochester	30:04
7	676 Beth Spingar	F	46	F45-49	Webster	31:34

8	606 Donna Cairns	F	48	F45-49	Ontario	32:53
9	651 Heather Melnick	F	45	F45-49	Macedon	35:29
10	617 Kathleen Crowe	F	45	F45-49	Pittsford	37:57
F50-54						
1	653 Mary Moglia-Cannon	F	51	F50-54	Honeoye Falls	29:46
2	694 Christine Fortune	F	52	F50-54	Mt. Morris	30:09
3	605 Beverly Brown	F	54	F50-54	Rochester	30:13
4	637 Barb Infarinato	F	50	F50-54	Rochester	33:44
5	659 Elizabeth Peters	F	52	F50-54	Spencerport	35:46
6	697 Christine Ligas	F	53	F50-54	Rochester	43:00
F55-59						
1	671 Dede Rupley	F	58	F55-59	Rochester	27:49
2	649 Judy Marsocci	F	58	F55-59	Rochester	31:22
3	628 Maureen Gallagher	F	57	F55-59	Ionia	34:31
4	692 Kathy Gilman	F	55	F55-59	Rochester	35:07
F60-64						
1	626 Cheryl Freer	F	60	F60-64	Fairport	35:07
M19UNDER						
1	716 Mike Myztchuk	M	15	M19UNDER	Ontario	18:21
2	641 Bailey Kennedy	M	14	M19UNDER	Le Roy	18:56
3	670 Matthew Ruhland	M	13	M19UNDER	North Chili	19:28
4	699 Matthew Lindke	M	15	M19UNDER	Webster	20:10
5	627 Brendan Gallagher	M	15	M19UNDER	Ionia	22:24
6	693 Matt Doe	M	14	M19UNDER	Fairport	23:16
M20-24						
1	551 Scott Haag	M	20	M20-24	Rochester	16:49
2	624 Danny Flinchum	M	24	M20-24	Rochester	22:00
M25-29						
1	655 Timothy Myers	M	25	M25-29	Rochester	21:42
M30-34						
1	615 Anthony Concessi	M	30	M30-34	Rochester	25:45
2	634 Patrick Guilfoyle	M	33	M30-34	Rochester	27:14
M35-39						
1	717 Levent Kozaci	M	38	M35-39	Avon	20:11
2	646 Philip LaPietra	M	35	M35-39	Rochester	31:43
M40-44						
1	684 Mark Webster	M	44	M40-44	Rochester	25:30

M45-49

1	710 Kevin Spinosa	M	47	M45-49	Rochester	29:17
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M55-59

1	664 Jeff Rose	M	56	M55-59	Honeoye Falls	24:40
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