

**Fleet Feet Sports SummerFest 12K**  
**Saturday, September 4th 2010 Mendon Ponds Park, NY**  
**Produced by YellowJacket Racing**

**Total Finishers - 232 (Male - 116, Female - 116)**

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm	Pace
<b>Overall Male</b>								
1	82	Mike Insler	M	Overall Male	26	Rochester	0:43:52	0:05:53
<b>Overall Female</b>								
1	228	Jennie Hansen	F	Overall Female	25	Rochester	0:46:19	0:06:13
<b>F19Under</b>								
1	235	Rochelle Monk	F	F19Under	19	Rochester	1:00:29	0:08:06
2	31	Bridget Clifford	F	F19Under	19	Rochester	1:03:25	0:08:30
<b>F20-24</b>								
1	139	Susanne Pritchard	F	F20-24	24	Rochester	1:00:00	0:08:03
2	66	Remy Glock	F	F20-24	22	Rochester	1:07:11	0:09:00
3	224	Dustina Holt	F	F20-24	24	Rochester	1:08:19	0:09:09
4	73	Theresa M. Hendrick	F	F20-24	22	Rochester	1:18:10	0:10:29
5	166	Jessica Stilson	F	F20-24	24	Rochester	1:25:04	0:11:24
<b>F25-29</b>								
1	236	Katie Urbonas	F	F25-29	25	Mt Morris	0:52:24	0:07:01
2	138	Jennifer Pratt	F	F25-29	28	Rochester	0:59:33	0:07:59
3	13	Ashlie Bonadonna	F	F25-29	25	Henrietta	0:59:36	0:07:59
4	219	Megan Hammersmith	F	F25-29	29	Rochester	1:01:13	0:08:12
5	44	Andrea Dye	F	F25-29	25	Gambrills	1:01:51	0:08:17
6	208	Lauren Massaro	F	F25-29	29	Rochester	1:02:14	0:08:21
7	65	Rae Glaser	F	F25-29	27	Walworth	1:04:02	0:08:35
8	197	Anne Weis	F	F25-29	26	Rochester	1:04:34	0:08:39
9	38	Maria M. Diehl	F	F25-29	28	Rochester	1:05:19	0:08:45
10	116	Michelle McDonald	F	F25-29	25	Rochester	1:06:57	0:08:58
11	86	Sara Jaouen	F	F25-29	29	Rochester	1:09:23	0:09:18
12	207	Abby Gimino	F	F25-29	28	Rochester	1:10:32	0:09:27
13	10	Nicole Benson	F	F25-29	28	Hamden	1:13:20	0:09:50
14	97	Barbara Larson	F	F25-29	27	Rochester	1:14:35	0:10:00
15	24	Carrie Cahill	F	F25-29	27	Rochester	1:14:35	0:10:00
16	55	Sara Finley	F	F25-29	29	Rochester	1:16:56	0:10:19
17	75	Emma Herweg	F	F25-29	29	Rochester	1:17:12	0:10:21
18	60	Sara Fraser	F	F25-29	29	Spencerport	1:19:40	0:10:41
19	147	Mary Ann Rutkowski	F	F25-29	28	Brockport	1:20:30	0:10:47
20	54	Katy Feltner	F	F25-29	29	Rochester	1:21:52	0:10:58
21	172	Sara Walter	F	F25-29	29	Rochester	1:23:09	0:11:09
22	170	Bronwen Van Hoof	F	F25-29	29	Rochester	1:39:53	0:13:23
<b>F30-34</b>								
1	25	Marianne Campbell	F	F30-34	33	Rochester	0:56:23	0:07:34
2	216	Colleen Orbegoso	F	F30-34	33	Webster	0:57:34	0:07:43
3	26	Catherine Cannon	F	F30-34	34	Webster	0:59:16	0:07:57
4	233	Elizabeth Hutchison	F	F30-34	32	Geneva	1:04:37	0:08:40
5	204	Bridget Brown	F	F30-34	31	East Rochester	1:07:41	0:09:04
6	169	Loralei Thornburg	F	F30-34	34	Rochester	1:08:44	0:09:13
7	99	Christine Latlaye	F	F30-34	30	Rochester	1:10:33	0:09:27
8	114	Jennifer Maxa	F	F30-34	34	Fairport	1:11:25	0:09:34
9	126	Julie Murphy	F	F30-34	32	Pittsford	1:11:33	0:09:35

10	215	Meredith Surdel	F	F30-34	31	Rochester	1:12:27	0:09:43
11	15	Kelly Bosh	F	F30-34	32	Rochester	1:12:32	0:09:43
12	78	Andrea Hickerson	F	F30-34	30	Penfield	1:13:09	0:09:48
13	179	Kathee Tyo	F	F30-34	33	Webster	1:13:49	0:09:54
14	107	Kristi Lynch	F	F30-34	31	Rochester	1:13:59	0:09:55
15	61	Angela Freeman	F	F30-34	33	Geneva	1:14:44	0:10:01
16	89	Laura Knapp	F	F30-34	32	Spencerport	1:16:14	0:10:13
17	201	Julie Crawford	F	F30-34	31	Rochester	1:16:48	0:10:18
18	105	Alison Liwush	F	F30-34	31	Rochester	1:17:14	0:10:21
19	9	Jessica Bair	F	F30-34	30	W. Henrietta	1:17:16	0:10:21
20	36	Mary Delmastro	F	F30-34	30	Rochester	1:17:22	0:10:22
21	64	Melissa Ghera	F	F30-34	33	Pittsford	1:20:19	0:10:46
22	39	Michelle Dieter	F	F30-34	34	Pittsford	1:25:04	0:11:24
23	34	Amanda Conner	F	F30-34	32	Rochester	1:41:28	0:13:36
24	20	Christie Bryant-Benson	F	F30-34	34	scottsville	2:04:32	0:16:42

#### F35-39

1	152	Melissa Senall	F	F35-39	38	Fairport	0:54:23	0:07:17
2	180	Heather Danielson	F	F35-39	35	Rochester	0:54:51	0:07:21
3	2	Wendy Abbott	F	F35-39	36	Rochester	0:57:42	0:07:44
4	230	Jennifer Fosegan	F	F35-39	37	Fairport	1:02:48	0:08:25
5	161	Heather Spiegel	F	F35-39	36	Webster	1:06:08	0:08:52
6	239	Kathy Sukhenko	F	F35-39	37	Webster	1:06:13	0:08:53
7	76	Amy Hibbard	F	F35-39	37	Geneva	1:07:08	0:09:00
8	160	Gwendolyn Snyder	F	F35-39	37	Rochester	1:07:25	0:09:02
9	33	Gail Conklin	F	F35-39	36	Pittsford	1:12:44	0:09:45
10	51	Amy Emens	F	F35-39	36	Rochester	1:13:09	0:09:48
11	205	Gina DeRosa	F	F35-39	36	Webster	1:19:06	0:10:36
12	3	Courtney Abeln	F	F35-39	35	Rochester	1:19:09	0:10:37
13	7	Krista Aukerman-Englert	F	F35-39	36	Rochester	1:23:21	0:11:10
14	117	Heather McElduff	F	F35-39	36	Penfield	1:37:01	0:13:00
15	145	Heather Roth	F	F35-39	37	Rochester	1:56:59	0:15:41

#### F40-44

1	178	Mary Wojnowski	F	F40-44	43	Rochester	0:59:27	0:07:58
2	17	Sharon Brennan	F	F40-44	40	Pittsford	1:01:43	0:08:16
3	247	Amy Talarico	F	F40-44	41		1:08:01	0:09:07
4	118	Christina McLyman	F	F40-44	43	Rochester	1:10:03	0:09:23
5	133	Patricia M. Palmieri-Phelan	F	F40-44	42	N Chili	1:12:17	0:09:41
6	165	Katja Stevens	F	F40-44	40	Pittsford	1:13:37	0:09:52
7	163	Wendy Stephany	F	F40-44	41	Lima	1:15:50	0:10:10
8	150	Coleen Schofield	F	F40-44	42	Rochester	1:15:51	0:10:10
9	141	Christina Riley	F	F40-44	43	Pittsford	1:17:08	0:10:20
10	124	Mary Monell	F	F40-44	43	Henrietta	1:17:21	0:10:22
11	142	Michelle Rivera	F	F40-44	42	Webster	1:19:00	0:10:35
12	146	Christina Ruhland	F	F40-44	42	N Chili	1:19:56	0:10:43
13	6	Maura Arendt	F	F40-44	43	Rochester	1:26:41	0:11:37
14	12	Judy Boddery	F	F40-44	44	Penfield	1:36:24	0:12:55

#### F45-49

1	132	Theresa M. Palmieri	F	F45-49	47	Buffalo	0:57:50	0:07:45
2	30	Kathleen Champagne	F	F45-49	48	Brockport	1:02:32	0:08:23
3	140	Kathy Reardon	F	F45-49	49	Honeoye Falls	1:03:27	0:08:30
4	5	Diane Ahlman	F	F45-49	48	Rochester	1:03:32	0:08:31
5	189	Alice Nichols	F	F45-49	45	Fairport	1:05:07	0:08:44
6	242	Pam Nudd	F	F45-49	49	Greece	1:07:00	0:08:59
7	125	Helen Moore	F	F45-49	49	Webster	1:07:58	0:09:07

8	16	Mary Jo Braunschweiger	F	F45-49	48	Penfield	1:10:10	0:09:24
9	22	Susan Bussey	F	F45-49	48	E Rochester	1:17:12	0:10:21
10	206	Jayne Knowlton	F	F45-49	45	Honeoye Falls	1:17:53	0:10:26
11	157	Jill Skeddle	F	F45-49	45	Rochester	1:36:25	0:12:55

F50-54

1	143	Martha Roberts	F	F50-54	53	Penn Yan	1:02:39	0:08:24
2	49	Carol Eisenman	F	F50-54	54	Rochester	1:06:32	0:08:55
3	106	Donna Loeb	F	F50-54	50	Geneva	1:06:59	0:08:59
4	164	Sandi Stern	F	F50-54	51	Pittsford	1:07:32	0:09:03
5	225	Jan McCullough	F	F50-54	51	Spencerport	1:07:35	0:09:04
6	121	Ann Marie Messner	F	F50-54	51	Rochester	1:08:52	0:09:14
7	154	Susan Sheffer	F	F50-54	54	Geneva	1:09:26	0:09:18
8	112	Melissa Martens	F	F50-54	53	Hughesville	1:11:36	0:09:36
9	210	Nancy Allinger	F	F50-54	50	Honeoye Falls	1:16:02	0:10:12
10	168	Debbie Thomas	F	F50-54	53	Brockport	1:18:38	0:10:32
11	113	Nancy Martin	F	F50-54	52	Henrietta	1:31:06	0:12:13

F55-59

1	69	Cheryl Guth	F	F55-59	56	Rochester	0:59:17	0:07:57
2	83	Charlotte Jaanimagi	F	F55-59	58	Pittsford	1:09:55	0:09:22
3	80	Karen Huntley-Romanow	F	F55-59	59	Rochester	1:13:30	0:09:51
4	74	Kathy Henrie	F	F55-59	57	Rochester	1:13:35	0:09:52
5	42	Susan Drexel	F	F55-59	57	Livonia	1:30:53	0:12:11
6	45	Christine Dysart Field	F	F55-59	56	Rochester	1:32:54	0:12:27
7	134	Mary Patchett	F	F55-59	59	Macedon	1:37:16	0:13:02

F60-64

1	104	Mitzie Lewandowski	F	F60-64	63	Rochester	1:14:02	0:09:55
2	185	Jane Mahoney	F	F60-64	61	Rochester	1:14:28	0:09:59

F65-69

1	77	Connie Hibbard	F	F65-69	66	Hilton	1:04:48	0:08:41
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F70OVER

1	27	Joanne Carr	F	F70OVER	72	Churchville	1:32:17	0:12:22
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M19UNDER

1	14	Zachary Borden	M	M19UNDER	19	Rochester	0:46:17	0:06:12
2	47	Kyle Edmunds	M	M19UNDER	18	Rochester	1:00:15	0:08:05

M20-24

1	198	Chanse Hungerford	M	M20-24	22	Rochester	0:46:08	0:06:11
2	241	Dan Crilly	M	M20-24	22	Rochester	0:56:38	0:07:36
3	238	Liam O'Boyle	M	M20-24	20	Rochester	0:58:49	0:07:53
4	119	Hans Melhus	M	M20-24	22	Rochester	1:05:34	0:08:47

M25-29

1	59	Andy Frank	M	M25-29	26	Rochester	0:48:05	0:06:27
2	196	Charley Plummer	M	M25-29	27	Rochester	0:49:37	0:06:39
3	229	David Hansen	M	M25-29	27	Irondequoit	0:52:08	0:06:59
4	79	John Holt	M	M25-29	28	Albany	0:54:42	0:07:20
5	131	Peter Pallo	M	M25-29	27	East Rochester	0:59:06	0:07:55
6	212	Derek Merritt	M	M25-29	29	Macedon	1:02:25	0:08:22
7	234	Tommy Weiss	M	M25-29	25	Rochester	1:02:29	0:08:23
8	232	Mike Grolling	M	M25-29	28	Rochester	1:03:13	0:08:28
9	53	Ethan Faryna	M	M25-29	28	Rochester	1:04:08	0:08:36

10	187 Bishop Shawn	M	M25-29	26	Rochester	1:10:20	0:09:26
11	19 Andy Brown	M	M25-29	27	Rochester	1:14:37	0:10:00
12	188 Cleveland Eugene	M	M25-29	26	Rochester	1:18:38	0:10:32

#### M30-34

1	173 Dana Ward	M	M30-34	33	Rochester	0:49:02	0:06:34
2	221 Kevin Lavare	M	M30-34	30	Rochester	0:50:10	0:06:43
3	244 Frank Georges	M	M30-34	33	Lowell	0:52:02	0:06:58
4	84 Karl Jaanimagi	M	M30-34	30	Henrietta	0:54:51	0:07:21
5	56 Andrew Fleming	M	M30-34	33	Scottsville	0:56:26	0:07:34
6	217 Jon Rodibaugh	M	M30-34	34	Rochester	0:56:33	0:07:35
7	37 Aaron DiCicco	M	M30-34	34	Webster	0:57:22	0:07:41
8	21 Michael Burns	M	M30-34	33	Rochester	1:04:12	0:08:36
9	90 Richard Knapp	M	M30-34	34	Spencerport	1:13:11	0:09:49
10	85 Patrick Jaouen	M	M30-34	30	Rochester	1:19:21	0:10:38

#### M35-39

1	186 Joshua Perks	M	M35-39	36	Fairport	0:44:08	0:05:55
2	214 Josh Harter	M	M35-39	35	Avon	0:44:41	0:05:59
3	240 Joe Williams	M	M35-39	37	Rochester	0:49:23	0:06:37
4	128 Yoshihiro Nozaki	M	M35-39	35	Rochester	0:51:36	0:06:55
5	52 Andrew Farmer	M	M35-39	38	Avon	0:55:12	0:07:24
6	87 Kevin Kehoe	M	M35-39	35	Rochester	0:56:19	0:07:33
7	28 David Carson	M	M35-39	35	Hilton	0:57:44	0:07:44
8	57 Brian Ford	M	M35-39	39	Webster	1:02:33	0:08:23
9	200 Andy Ball	M	M35-39	37	Fairport	1:05:18	0:08:45
10	108 Steve Lynch	M	M35-39	35	W. Henrietta	1:10:16	0:09:25
11	249 Richard Post	M	M35-39	35		1:10:20	0:09:26
12	237 David Farrands	M	M35-39	37		1:10:20	0:09:26
13	58 Peter Fosler	M	M35-39	37	Honeoye Falls	1:11:32	0:09:35
14	123 Jeff Modzel	M	M35-39	35	Fairport	1:12:41	0:09:45

#### M40-44

1	127 Gregory L. Nowakowski	M	M40-44	42	Rochester	0:47:45	0:06:24
2	174 Rob Weiner	M	M40-44	40	Pittsford	0:49:32	0:06:38
3	98 Mark Larson	M	M40-44	40	Rochester	0:49:54	0:06:41
4	93 Tim Krehling	M	M40-44	41	Webster	0:57:33	0:07:43
5	18 John BrindAmour	M	M40-44	44	Rochester	1:00:43	0:08:08
6	175 Gerald White	M	M40-44	40	Macedon	1:00:56	0:08:10
7	218 Rob Ring	M	M40-44	41	Penfield	1:01:37	0:08:16
8	151 Jeffrey Scott	M	M40-44	41	Rochester	1:04:27	0:08:38
9	96 Nick Lanthier	M	M40-44	42	Pittsford	1:04:43	0:08:40
10	182 Rob Commisso	M	M40-44	44	Pittsford	1:07:59	0:09:07
11	29 Patrick Casey	M	M40-44	41	Pittsford	1:08:50	0:09:14
12	251 Dan Whitcomb	M	M40-44	41		1:11:14	0:09:33
13	50 James Ellwanger	M	M40-44	43	Rochester	1:12:00	0:09:39
14	183 Quentin Spiegel	M	M40-44	40	Webster	1:12:19	0:09:42

#### M45-49

1	195 Matt Kellman	M	M45-49	46	Penfield	0:45:36	0:06:07
2	223 Keith Scott	M	M45-49	48	LeRoy	0:49:21	0:06:37
3	243 Michael Brown	M	M45-49	46	Pittsford	0:50:54	0:06:49
4	194 Peter Lautenslager	M	M45-49	49	Victor	0:51:18	0:06:53
5	159 George Smith	M	M45-49	48	Rochester	0:51:46	0:06:56
6	245 Jeff Chester	M	M45-49	45	Rochester	0:56:09	0:07:32
7	4 Scott Adams	M	M45-49	45	Rome	0:58:10	0:07:48
8	88 Roger Klatt	M	M45-49	49	Barker	0:58:55	0:07:54

9	211 Steven Cole	M	M45-49	47	Lima	0:59:11	0:07:56
10	35 Thomas Crilly	M	M45-49	48	Rochester	1:03:07	0:08:28
11	192 Pete Dupre	M	M45-49	46	Bloomfield	1:03:35	0:08:31
12	184 John Rotoli	M	M45-49	48	Fairport	1:03:37	0:08:32
13	32 Tom Collins	M	M45-49	45	Pittsford	1:07:04	0:08:59
14	156 Dana Sinnott	M	M45-49	48	Wayland	1:09:59	0:09:23
15	68 Scott Grinnell	M	M45-49	45	Pittsford	1:10:21	0:09:26
16	231 Matt Cole	M	M45-49	45	Lima	1:12:04	0:09:40
17	23 Thomas Butler	M	M45-49	45	Rochester	1:17:09	0:10:20
18	102 William Lerkins	M	M45-49	49	Rochester	1:19:17	0:10:38

M50-54

1	199 Peter Brunett	M	M50-54	52	Honeoye Falls	0:50:37	0:06:47
2	70 Keith Hadley	M	M50-54	51	Rochester	0:52:16	0:07:00
3	43 Michael Dunn	M	M50-54	53	Rochester	0:54:06	0:07:15
4	226 Jay Ferrimani	M	M50-54	51	Fairport	0:55:09	0:07:24
5	213 Wilton Alston	M	M50-54	51	Rochester	0:55:44	0:07:28
6	111 Bill Martens	M	M50-54	52	Hughesville	0:57:15	0:07:40
7	220 Doug DeWeaver	M	M50-54	52	Rochester	1:01:05	0:08:11
8	120 Bob Merberg	M	M50-54	50	Fairport	1:05:04	0:08:43
9	136 Ron Piazza	M	M50-54	51	LeRoy	1:05:27	0:08:46
10	190 Scott Young	M	M50-54	50	Honeoye Falls	1:08:51	0:09:14
11	246 Dave Christon	M	M50-54	54		1:09:07	0:09:16
12	209 Duane Bascia	M	M50-54	50	Honeoye Falls	1:23:02	0:11:08

M55-59

1	181 Mitch Moore	M	M55-59	56	Rochester	0:53:37	0:07:11
2	91 Fred Kobler	M	M55-59	57	Holland	0:53:50	0:07:13
3	203 Frank Quattrone	M	M55-59	55	Webster	0:53:52	0:07:13
4	193 Bill Clauss	M	M55-59	59	Williamson	0:54:09	0:07:15
5	227 Mike Weinpress	M	M55-59	55	Spencerport	0:58:06	0:07:47
6	248 Bill Beyerbach	M	M55-59	55	Rochester	0:59:43	0:08:00
7	171 Carey Vick	M	M55-59	55	Webster	1:01:27	0:08:14
8	115 Mark McArdle	M	M55-59	56	Rochester	1:02:20	0:08:21
9	250 Tim Matthews	M	M55-59	58		1:06:29	0:08:55
10	177 Daniel Wimer	M	M55-59	57	Fairport	1:06:38	0:08:56
11	155 Michael Shortley	M	M55-59	56	Fairport	1:07:57	0:09:07
12	100 Bruce Lavner	M	M55-59	56	Rochester	1:09:27	0:09:19
13	63 Donald L. Galetto	M	M55-59	58	Spencerport	1:13:49	0:09:54
14	162 Bill Srmack	M	M55-59	56	Clifton Springs	1:14:38	0:10:00
15	41 David Drexel	M	M55-59	59	Livonia	1:15:57	0:10:11
16	40 David Dilgard	M	M55-59	55	Penfield	1:32:47	0:12:26

M60-64

1	71 Stephen Hedges	M	M60-64	61	Rochester	0:57:28	0:07:42
2	67 David Gordon	M	M60-64	63	Pittsford	1:19:09	0:10:37

M65-69

1	101 Peter Leonard	M	M65-69	67	Spencerport	0:59:52	0:08:02
2	8 Rod Bailey	M	M65-69	68	Rochester	1:03:47	0:08:33
3	135 Tom Perry	M	M65-69	65	Fairport	1:04:40	0:08:40
4	222 Ken Lowe	M	M65-69	67	Fairport	1:05:41	0:08:48
5	176 William White	M	M65-69	68	Hilton	1:12:21	0:09:42
6	103 Dick Lewandowski	M	M65-69	66	Rochester	1:29:26	0:11:59

M70OVER

1	130 Bob Otto	M	M70OVER	71	Rochester	1:03:52	0:08:34
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2	148	Charlie Sabatine	M	M70OVER	77	Victor	1:15:21	0:10:06
3	158	Al Smith	M	M70OVER	72	Rochester	1:19:26	0:10:39
4	72	Dave Heeks	M	M70OVER	73	Rochester	1:19:50	0:10:42
5	46	Robert T. Ealy	M	M70OVER	81	Webster	1:23:11	0:11:09