

**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	M/F	Place	Class	Age	City	TotalTm	Pace
1	82	Mike Insler	M		1	Overall Male	26	Rochester	0:43:52	05:53
2	186	Joshua Perks	M		2	M35-39	36	Fairport	0:44:08	05:55
3	214	Josh Harter	M		3	M35-39	35	Avon	0:44:41	05:59
4	195	Matt Kellman	M		4	M45-49	46	Penfield	0:45:36	06:07
5	198	Chanse Hungerford	M		5	M20-24	22	Rochester	0:46:08	06:11
6	14	Zachary Borden	M		6	M19UNDER	19	Rochester	0:46:17	06:12
7	228	Jennie Hansen	F		1	Overall Female	25	Rochester	0:46:19	06:13
8	127	Gregory L. Nowakowski	M		7	M40-44	42	Rochester	0:47:45	06:24
9	59	Andy Frank	M		8	M25-29	26	Rochester	0:48:05	06:27
10	173	Dana Ward	M		9	M30-34	33	Rochester	0:49:02	06:34
11	223	Keith Scott	M		10	M45-49	48	LeRoy	0:49:21	06:37
12	240	Joe Williams	M		11	M35-39	37	Rochester	0:49:23	06:37
13	174	Rob Weiner	M		12	M40-44	40	Pittsford	0:49:32	06:38
14	196	Charley Plummer	M		13	M25-29	27	Rochester	0:49:37	06:39
15	98	Mark Larson	M		14	M40-44	40	Rochester	0:49:54	06:41
16	221	Kevin Lavare	M		15	M30-34	30	Rochester	0:50:10	06:43
17	199	Peter Brunett	M		16	M50-54	52	Honeoye Falls	0:50:37	06:47
18	243	Michael Brown	M		17	M45-49	46	Pittsford	0:50:54	06:49
19	194	Peter Lautenslager	M		18	M45-49	49	Victor	0:51:18	06:53
20	128	Yoshihiro Nozaki	M		19	M35-39	35	Rochester	0:51:36	06:55
21	159	George Smith	M		20	M45-49	48	Rochester	0:51:46	06:56
22	244	Frank Georges	M		21	M30-34	33	Lowell	0:52:02	06:58
23	229	David Hansen	M		22	M25-29	27	Irondequoit	0:52:08	06:59
24	70	Keith Hadley	M		23	M50-54	51	Rochester	0:52:16	07:00
25	236	Katie Urbonas	F		2	F25-29	25	Mt Morris	0:52:24	07:01
26	181	Mitch Moore	M		24	M55-59	56	Rochester	0:53:37	07:11
27	91	Fred Kobler	M		25	M55-59	57	Holland	0:53:50	07:13
28	203	Frank Quattrone	M		26	M55-59	55	Webster	0:53:52	07:13
29	43	Michael Dunn	M		27	M50-54	53	Rochester	0:54:06	07:15
30	193	Bill Claus	M		28	M55-59	59	Williamson	0:54:09	07:15
31	152	Melissa Senall	F		3	F35-39	38	Fairport	0:54:23	07:17
32	79	John Holt	M		29	M25-29	28	Albany	0:54:42	07:20
33	84	Karl Jaanimagi	M		30	M30-34	30	Henrietta	0:54:51	07:21
34	180	Heather Danielson	F		4	F35-39	35	Rochester	0:54:51	07:21
35	226	Jay Ferrimani	M		31	M50-54	51	Fairport	0:55:09	07:24
36	52	Andrew Farmer	M		32	M35-39	38	Avon	0:55:12	07:24
37	213	Wilton Alston	M		33	M50-54	51	Rochester	0:55:44	07:28
38	245	Jeff Chester	M		34	M45-49	45	Rochester	0:56:09	07:32
39	87	Kevin Kehoe	M		35	M35-39	35	Rochester	0:56:19	07:33
40	25	Marianne Campbell	F		5	F30-34	33	Rochester	0:56:23	07:34
41	56	Andrew Fleming	M		36	M30-34	33	Scottsville	0:56:26	07:34
42	217	Jon Rodibaugh	M		37	M30-34	34	Rochester	0:56:33	07:35
43	241	Dan Crilly	M		38	M20-24	22	Rochester	0:56:38	07:36
44	111	Bill Martens	M		39	M50-54	52	Hughesville	0:57:15	07:40
45	37	Aaron DiCicco	M		40	M30-34	34	Webster	0:57:22	07:41
46	71	Stephen Hedges	M		41	M60-64	61	Rochester	0:57:28	07:42
47	93	Tim Krehling	M		42	M40-44	41	Webster	0:57:33	07:43
48	216	Colleen Orbegoso	F		6	F30-34	33	Webster	0:57:34	07:43
49	2	Wendy Abbott	F		7	F35-39	36	Rochester	0:57:42	07:44
50	28	David Carson	M		43	M35-39	35	Hilton	0:57:44	07:44
51	132	Theresa M. Palmieri	F		8	F45-49	47	Buffalo	0:57:50	07:45

52	227	Mike Weinpress	M	44	M55-59	55	Spencerport	0:58:06	07:47
53	4	Scott Adams	M	45	M45-49	45	Rome	0:58:10	07:48
54	238	Liam O'Boyle	M	46	M20-24	20	Rochester	0:58:49	07:53
55	88	Roger Klatt	M	47	M45-49	49	Barker	0:58:55	07:54
56	131	Peter Pallo	M	48	M25-29	27	East Rochester	0:59:06	07:55
57	211	Steven Cole	M	49	M45-49	47	Lima	0:59:11	07:56
58	26	Catherine Cannon	F	9	F30-34	34	Webster	0:59:16	07:57
59	69	Cheryl Guth	F	10	F55-59	56	Rochester	0:59:17	07:57
60	178	Mary Wojnowski	F	11	F40-44	43	Rochester	0:59:27	07:58
61	138	Jennifer Pratt	F	12	F25-29	28	Rochester	0:59:33	07:59
62	13	Ashlie Bonadonna	F	13	F25-29	25	Henrietta	0:59:36	07:59
63	248	Bill Beyerbach	M	50	M55-59	55	Rochester	0:59:43	08:00
64	101	Peter Leonard	M	51	M65-69	67	Spencerport	0:59:52	08:02
65	139	Susanne Pritchard	F	14	F20-24	24	Rochester	1:00:00	08:03
66	47	Kyle Edmunds	M	52	M19UNDER	18	Rochester	1:00:15	08:05
67	235	Rochelle Monk	F	15	F19Under	19	Rochester	1:00:29	08:06
68	18	John BrindAmour	M	53	M40-44	44	Rochester	1:00:43	08:08
69	175	Gerald White	M	54	M40-44	40	Macedon	1:00:56	08:10
70	220	Doug DeWeaver	M	55	M50-54	52	Rochester	1:01:05	08:11
71	219	Megan Hammersmith	F	16	F25-29	29	Rochester	1:01:13	08:12
72	171	Carey Vick	M	56	M55-59	55	Webster	1:01:27	08:14
73	218	Rob Ring	M	57	M40-44	41	Penfield	1:01:37	08:16
74	17	Sharon Brennan	F	17	F40-44	40	Pittsford	1:01:43	08:16
75	44	Andrea Dye	F	18	F25-29	25	Gambrills	1:01:51	08:17
76	208	Lauren Massaro	F	19	F25-29	29	Rochester	1:02:14	08:21
77	115	Mark McArdle	M	58	M55-59	56	Rochester	1:02:20	08:21
78	212	Derek Merritt	M	59	M25-29	29	Macedon	1:02:25	08:22
79	234	Tommy Weiss	M	60	M25-29	25	Rochester	1:02:29	08:23
80	30	Kathleen Champagne	F	20	F45-49	48	Brockport	1:02:32	08:23
81	57	Brian Ford	M	61	M35-39	39	Webster	1:02:33	08:23
82	143	Martha Roberts	F	21	F50-54	53	Penn Yan	1:02:39	08:24
83	230	Jennifer Fosegan	F	22	F35-39	37	Fairport	1:02:48	08:25
84	35	Thomas Crilly	M	62	M45-49	48	Rochester	1:03:07	08:28
85	232	Mike Grolling	M	63	M25-29	28	Rochester	1:03:13	08:28
86	31	Bridget Clifford	F	23	F19Under	19	Rochester	1:03:25	08:30
87	140	Kathy Reardon	F	24	F45-49	49	Honeoye Falls	1:03:27	08:30
88	5	Diane Ahlman	F	25	F45-49	48	Rochester	1:03:32	08:31
89	192	Pete Dupre	M	64	M45-49	46	Bloomfield	1:03:35	08:31
90	184	John Rotoli	M	65	M45-49	48	Fairport	1:03:37	08:32
91	8	Rod Bailey	M	66	M65-69	68	Rochester	1:03:47	08:33
92	130	Bob Otto	M	67	M70OVER	71	Rochester	1:03:52	08:34
93	65	Rae Glaser	F	26	F25-29	27	Walworth	1:04:02	08:35
94	53	Ethan Faryna	M	68	M25-29	28	Rochester	1:04:08	08:36
95	21	Michael Burns	M	69	M30-34	33	Rochester	1:04:12	08:36
96	151	Jeffrey Scott	M	70	M40-44	41	Rochester	1:04:27	08:38
97	197	Anne Weis	F	27	F25-29	26	Rochester	1:04:34	08:39
98	233	Elizabeth Hutchison	F	28	F30-34	32	Geneva	1:04:37	08:40
99	135	Tom Perry	M	71	M65-69	65	Fairport	1:04:40	08:40
100	96	Nick Lanthier	M	72	M40-44	42	Pittsford	1:04:43	08:40
101	77	Connie Hibbard	F	29	F65-69	66	Hilton	1:04:48	08:41
102	120	Bob Merberg	M	73	M50-54	50	Fairport	1:05:04	08:43
103	189	Alice Nichols	F	30	F45-49	45	Fairport	1:05:07	08:44
104	200	Andy Ball	M	74	M35-39	37	Fairport	1:05:18	08:45
105	38	Maria M. Diehl	F	31	F25-29	28	Rochester	1:05:19	08:45
106	136	Ron Piazza	M	75	M50-54	51	LeRoy	1:05:27	08:46
107	119	Hans Melhus	M	76	M20-24	22	Rochester	1:05:34	08:47
108	222	Ken Lowe	M	77	M65-69	67	Fairport	1:05:41	08:48

109	161	Heather Spiegel	F	32	F35-39	36	Webster	1:06:08	08:52
110	239	Kathy Sukhenko	F	33	F35-39	37	Webster	1:06:13	08:53
111	250	Tim Matthews	M	78	M55-59	58		1:06:29	08:55
112	49	Carol Eisenman	F	34	F50-54	54	Rochester	1:06:32	08:55
113	177	Daniel Wimer	M	79	M55-59	57	Fairport	1:06:38	08:56
114	116	Michelle McDonald	F	35	F25-29	25	Rochester	1:06:57	08:58
115	106	Donna Loeb	F	36	F50-54	50	Geneva	1:06:59	08:59
116	242	Pam Nudd	F	37	F45-49	49	Greece	1:07:00	08:59
117	32	Tom Collins	M	80	M45-49	45	Pittsford	1:07:04	08:59
118	76	Amy Hibbard	F	38	F35-39	37	Geneva	1:07:08	09:00
119	66	Remy Glock	F	39	F20-24	22	Rochester	1:07:11	09:00
120	160	Gwendolyn Snyder	F	40	F35-39	37	Rochester	1:07:25	09:02
121	164	Sandi Stern	F	41	F50-54	51	Pittsford	1:07:32	09:03
122	225	Jan McCullough	F	42	F50-54	51	Spencerport	1:07:35	09:04
123	204	Bridget Brown	F	43	F30-34	31	East Rochester	1:07:41	09:04
124	155	Michael Shortley	M	81	M55-59	56	Fairport	1:07:57	09:07
125	125	Helen Moore	F	44	F45-49	49	Webster	1:07:58	09:07
126	182	Rob Commisso	M	82	M40-44	44	Pittsford	1:07:59	09:07
127	247	Amy Talarico	F	45	F40-44	41		1:08:01	09:07
128	224	Dustina Holt	F	46	F20-24	24	Rochester	1:08:19	09:09
129	169	Loralei Thornburg	F	47	F30-34	34	Rochester	1:08:44	09:13
130	29	Patrick Casey	M	83	M40-44	41	Pittsford	1:08:50	09:14
131	190	Scott Young	M	84	M50-54	50	Honeoye Falls	1:08:51	09:14
132	121	Ann Marie Messner	F	48	F50-54	51	Rochester	1:08:52	09:14
133	246	Dave Christon	M	85	M50-54	54		1:09:07	09:16
134	86	Sara Jaouen	F	49	F25-29	29	Rochester	1:09:23	09:18
135	154	Susan Sheffer	F	50	F50-54	54	Geneva	1:09:26	09:18
136	100	Bruce Lavner	M	86	M55-59	56	Rochester	1:09:27	09:19
137	83	Charlotte Jaanimagi	F	51	F55-59	58	Pittsford	1:09:55	09:22
138	156	Dana Sinnott	M	87	M45-49	48	Wayland	1:09:59	09:23
139	118	Christina McLyman	F	52	F40-44	43	Rochester	1:10:03	09:23
140	16	Mary Jo Braunschweiger	F	53	F45-49	48	Penfield	1:10:10	09:24
141	108	Steve Lynch	M	88	M35-39	35	W. Henrietta	1:10:16	09:25
142	249	Richard Post	M	89	M35-39	35		1:10:20	09:26
143	237	David Farrands	M	90	M35-39	37		1:10:20	09:26
144	187	Bishop Shawn	M	91	M25-29	26	Rochester	1:10:20	09:26
145	68	Scott Grinnell	M	92	M45-49	45	Pittsford	1:10:21	09:26
146	207	Abby Gimino	F	54	F25-29	28	Rochester	1:10:32	09:27
147	99	Christine Latlaye	F	55	F30-34	30	Rochester	1:10:33	09:27
148	251	Dan Whitcomb	M	93	M40-44	41		1:11:14	09:33
149	114	Jennifer Maxa	F	56	F30-34	34	Fairport	1:11:25	09:34
150	58	Peter Fosler	M	94	M35-39	37	Honeoye Falls	1:11:32	09:35
151	126	Julie Murphy	F	57	F30-34	32	Pittsford	1:11:33	09:35
152	112	Melissa Martens	F	58	F50-54	53	Hughesville	1:11:36	09:36
153	50	James Ellwanger	M	95	M40-44	43	Rochester	1:12:00	09:39
154	231	Matt Cole	M	96	M45-49	45	Lima	1:12:04	09:40
155	133	Patricia M. Palmieri-Phelan	F	59	F40-44	42	N Chili	1:12:17	09:41
156	183	Quentin Spiegel	M	97	M40-44	40	Webster	1:12:19	09:42
157	176	William White	M	98	M65-69	68	Hilton	1:12:21	09:42
158	215	Meredith Surdel	F	60	F30-34	31	Rochester	1:12:27	09:43
159	15	Kelly Bosh	F	61	F30-34	32	Rochester	1:12:32	09:43
160	123	Jeff Modzel	M	99	M35-39	35	Fairport	1:12:41	09:45
161	33	Gail Conklin	F	62	F35-39	36	Pittsford	1:12:44	09:45
162	51	Amy Emens	F	63	F35-39	36	Rochester	1:13:09	09:48
163	78	Andrea Hickerson	F	64	F30-34	30	Penfield	1:13:09	09:48
164	90	Richard Knapp	M	100	M30-34	34	Spencerport	1:13:11	09:49
165	10	Nicole Benson	F	65	F25-29	28	Hamden	1:13:20	09:50

166	80 Karen Huntley-Romanow	F	66	F55-59	59	Rochester	1:13:30	09:51
167	74 Kathy Henrie	F	67	F55-59	57	Rochester	1:13:35	09:52
168	165 Katja Stevens	F	68	F40-44	40	Pittsford	1:13:37	09:52
169	63 Donald L. Galetto	M	101	M55-59	58	Spencerport	1:13:49	09:54
170	179 Kathee Tyo	F	69	F30-34	33	Webster	1:13:49	09:54
171	107 Kristi Lynch	F	70	F30-34	31	Rochester	1:13:59	09:55
172	104 Mitzie Lewandowski	F	71	F60-64	63	Rochester	1:14:02	09:55
173	185 Jane Mahoney	F	72	F60-64	61	Rochester	1:14:28	09:59
174	97 Barbara Larson	F	73	F25-29	27	Rochester	1:14:35	10:00
175	24 Carrie Cahill	F	74	F25-29	27	Rochester	1:14:35	10:00
176	19 Andy Brown	M	102	M25-29	27	Rochester	1:14:37	10:00
177	162 Bill Srmack	M	103	M55-59	56	Clifton Springs	1:14:38	10:00
178	61 Angela Freeman	F	75	F30-34	33	Geneva	1:14:44	10:01
179	148 Charlie Sabatine	M	104	M70OVER	77	Victor	1:15:21	10:06
180	163 Wendy Stephany	F	76	F40-44	41	Lima	1:15:50	10:10
181	150 Coleen Schofield	F	77	F40-44	42	Rochester	1:15:51	10:10
182	41 David Drexel	M	105	M55-59	59	Livonia	1:15:57	10:11
183	210 Nancy Allinger	F	78	F50-54	50	Honeoye Falls	1:16:02	10:12
184	89 Laura Knapp	F	79	F30-34	32	Spencerport	1:16:14	10:13
185	201 Julie Crawford	F	80	F30-34	31	Rochester	1:16:48	10:18
186	55 Sara Finley	F	81	F25-29	29	Rochester	1:16:56	10:19
187	141 Christina Riley	F	82	F40-44	43	Pittsford	1:17:08	10:20
188	23 Thomas Butler	M	106	M45-49	45	Rochester	1:17:09	10:20
189	75 Emma Herweg	F	83	F25-29	29	Rochester	1:17:12	10:21
190	22 Susan Bussey	F	84	F45-49	48	E Rochester	1:17:12	10:21
191	105 Alison Liwush	F	85	F30-34	31	Rochester	1:17:14	10:21
192	9 Jessica Bair	F	86	F30-34	30	W. Henrietta	1:17:16	10:21
193	124 Mary Monell	F	87	F40-44	43	Henrietta	1:17:21	10:22
194	36 Mary Delmastro	F	88	F30-34	30	Rochester	1:17:22	10:22
195	206 Jayne Knowlton	F	89	F45-49	45	Honeoye Falls	1:17:53	10:26
196	73 Theresa M. Hendrick	F	90	F20-24	22	Rochester	1:18:10	10:29
197	188 Cleveland Eugene	M	107	M25-29	26	Rochester	1:18:38	10:32
198	168 Debbie Thomas	F	91	F50-54	53	Brockport	1:18:38	10:32
199	142 Michelle Rivera	F	92	F40-44	42	Webster	1:19:00	10:35
200	205 Gina DeRosa	F	93	F35-39	36	Webster	1:19:06	10:36
201	3 Courtney Abeln	F	94	F35-39	35	Rochester	1:19:09	10:37
202	67 David Gordon	M	108	M60-64	63	Pittsford	1:19:09	10:37
203	102 William Lerkins	M	109	M45-49	49	Rochester	1:19:17	10:38
204	85 Patrick Jaouen	M	110	M30-34	30	Rochester	1:19:21	10:38
205	158 Al Smith	M	111	M70OVER	72	Rochester	1:19:26	10:39
206	60 Sara Fraser	F	95	F25-29	29	Spencerport	1:19:40	10:41
207	72 Dave Heeks	M	112	M70OVER	73	Rochester	1:19:50	10:42
208	146 Christina Ruhland	F	96	F40-44	42	N Chili	1:19:56	10:43
209	64 Melissa Ghera	F	97	F30-34	33	Pittsford	1:20:19	10:46
210	147 Mary Ann Rutkowski	F	98	F25-29	28	Brockport	1:20:30	10:47
211	54 Katy Feltner	F	99	F25-29	29	Rochester	1:21:52	10:58
212	209 Duane Bascia	M	113	M50-54	50	Honeoye Falls	1:23:02	11:08
213	172 Sara Walter	F	100	F25-29	29	Rochester	1:23:09	11:09
214	46 Robert T. Ealy	M	114	M70OVER	81	Webster	1:23:11	11:09
215	7 Krista Aukerman-Englert	F	101	F35-39	36	Rochester	1:23:21	11:10
216	39 Michelle Dieter	F	102	F30-34	34	Pittsford	1:25:04	11:24
217	166 Jessica Stilson	F	103	F20-24	24	Rochester	1:25:04	11:24
218	6 Maura Arendt	F	104	F40-44	43	Rochester	1:26:41	11:37
219	103 Dick Lewandowski	M	115	M65-69	66	Rochester	1:29:26	11:59
220	42 Susan Drexel	F	105	F55-59	57	Livonia	1:30:53	12:11
221	113 Nancy Martin	F	106	F50-54	52	Henrietta	1:31:06	12:13
222	27 Joanne Carr	F	107	F70OVER	72	Churchville	1:32:17	12:22

223	40 David Dilgard	M	116	M55-59	55	Penfield	1:32:47	12:26
224	45 Christine Dysart Field	F	108	F55-59	56	Rochester	1:32:54	12:27
225	12 Judy Bodderly	F	109	F40-44	44	Penfield	1:36:24	12:55
226	157 Jill Skedde	F	110	F45-49	45	Rochester	1:36:25	12:55
227	117 Heather McElduff	F	111	F35-39	36	Penfield	1:37:01	13:00
228	134 Mary Patchett	F	112	F55-59	59	Macedon	1:37:16	13:02
229	170 Bronwen Van Hooft	F	113	F25-29	29	Rochester	1:39:53	13:23
230	34 Amanda Conner	F	114	F30-34	32	Rochester	1:41:28	13:36
231	145 Heather Roth	F	115	F35-39	37	Rochester	1:56:59	15:41
232	20 Christie Bryant-Benson	F	116	F30-34	34	scottsville	2:04:32	16:42