

Pound the Ground for Vets 5K
Sunday, August 30th, 2009 Genesee Valley Park
Timed by YellowJacket Racing

Total Finishers - 177 (Male - 107, Female - 69, Unknown - 1)

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm	Pace
Overall Male								
	1	62 Ryan Moynihan	M	Overall Male	16	Geneseo	0:17:28	05:38
Overall Female								
	1	163 Kristen Cadona	F	Overall Female	37	Rochester	0:22:13	07:10
F10-19								
	1	64 Jessica Mulroy	F	F10-19	16	Pittsford	0:28:34	09:13
	2	143 Kristen Pedrotti	F	F10-19	19	Syracuse	0:31:32	10:10
F20-29								
	1	142 Stephanie Carroll	F	F20-29	20	New Hartford	0:23:51	07:42
	2	93 Nicole Vaughn	F	F20-29	21	Fairport	0:24:02	07:45
	3	3 Chelsea Anderson	F	F20-29	23	Rochester	0:24:42	07:58
	4	46 Amanda Krohn	F	F20-29	24	Newfield	0:24:42	07:58
	5	45 Diana Knyazeva	F	F20-29	22	Rochester	0:24:57	08:03
	6	113 Kayleigh Plumean	F	F20-29	23	Rochester	0:25:33	08:14
	7	96 Amy Voss	F	F20-29	28	Victor	0:26:40	08:36
	8	87 Jennifer Swift	F	F20-29	26	W. Henrietta	0:27:50	08:59
	9	44 Amanda Kessler	F	F20-29	23	Avon	0:29:31	09:31
	10	141 Lauren McKinney	F	F20-29	22	Watertown	0:30:26	09:49
	11	27 Nicole Dunshie	F	F20-29	21	Rochester	0:31:36	10:12
	12	38 Jennifer Gentzke	F	F20-29	29	Macedon	0:34:10	11:01
	13	84 Amiee Story	F	F20-29	27	Rochester	0:35:13	11:21
	14	83 Breena Storke	F	F20-29	28	Rochester	0:35:30	11:27
	15	78 Shannon Sheffield	F	F20-29	28	Rochester	0:41:00	13:13
	16	136 April Adams	F	F20-29	29	Rochester	0:42:59	13:52
	17	20 Tina Cottorone	F	F20-29	25	Rochester	1:02:34	20:11
	18	104 Megan Wilson	F	F20-29	23	Rochester	1:02:35	20:11
F30-39								
	1	116 Kristine Rodriguez	F	F30-39	39	Fairport	0:24:52	08:01
	2	48 Joanne Laudisi	F	F30-39	34	Rochester	0:25:22	08:11
	3	151 Kathleen Cameron	F	F30-39	34	Rochester	0:26:57	08:42
	4	51 Susan Lee	F	F30-39	30	Rochester	0:27:16	08:48
	5	12 Theresa Buick	F	F30-39	36	West Henrietta	0:27:58	09:01
	6	73 Laurie Rivera	F	F30-39	32	Rochester	0:28:00	09:02
	7	169 Carolyn Demko	F	F30-39	35	Rochester	0:28:08	09:05
	8	97 Becky Wager	F	F30-39	33	Lima	0:28:14	09:06
	9	37 Cathy Gartland	F	F30-39	38	Rochester	0:28:39	09:15
	10	186 Michelle Schleker	F	F30-39	36	Spencerport	0:28:59	09:21
	11	28 Deb Edwards	F	F30-39	36	Rochester	0:29:06	09:23
	12	66 Jennifer Nelson	F	F30-39	35	Hilton	0:29:07	09:23
	13	57 Brenda Mastrangelo	F	F30-39	32	Rochester	0:29:36	09:33
	14	69 Laura Parker	F	F30-39	32	Rochester	0:31:08	10:03
	15	5 Kylie Anderson	F	F30-39	30	Rochester	0:31:36	10:12
	16	98 Renee Walker	F	F30-39	37	Rochester	0:32:50	10:35
	17	32 Christine Fitzgerald	F	F30-39	31	Rochester	0:34:10	11:01

18	13 Elizabeth Burns	F	F30-39	37 Rochester	0:35:02	11:18
19	160 Victoria Emper	F	F30-39	39 Phelps	0:35:12	11:21
20	108 Karen Tucker	F	F30-39	39 Rochester	0:35:26	11:26
21	123 Amy Fromm	F	F30-39	38 Chili	0:36:00	11:37
22	174 Katie Thomas	F	F30-39	30 Rochester	0:36:25	11:45
23	150 Melissa Mason	F	F30-39	30 Rochester	0:36:33	11:47
24	140 Shanel Pile	M	F30-39	35 Victor	0:37:14	12:01
25	70 Stacey Pilling	F	F30-39	38 Honeoye Falls	0:37:14	12:01
26	81 Chandra Smith	F	F30-39	30 Rochester	0:41:51	13:30
27	75 Renee Scanlon	F	F30-39	36 Rochester	0:46:32	15:01

F40-49

1	145 Pam Johnson	F	F40-49	Canadagua	0:23:52	07:42
2	117 Holly Williamson	F	F40-49	40 Penfield	0:25:09	08:07
3	90 Lisa Tschiderer	F	F40-49	44 Pittsford	0:25:44	08:18
4	103 Colleen Wiggs	F	F40-49	42 Spencerport	0:27:44	08:57
5	149 Marcy Tobin	F	F40-49	49 Rochester	0:31:54	10:17
6	41 Crystal Holm	F	F40-49	48 Rochester	0:33:53	10:56
7	61 Patty Moynihan	F	F40-49	47 Rochester	0:35:02	11:18
8	122 Brenda Ferris	F	F40-49	44 Chili	0:35:04	11:19
9	19 Samdra Ciaccia	F	F40-49	47 Webster	0:39:16	12:40
10	77 Kristin Setaro	F	F40-49	40 Belmont	0:39:21	12:42
11	189 Margie Kachris	F	F40-49	41 Pittsford	0:44:09	14:15

F50-59

1	152 Sharon Moore	F	F50-59	56 Rochester	0:23:11	07:29
2	159 Karen Johnson	F	F50-59	Rochester	0:28:37	09:14
3	92 Kathy Vaughn	F	F50-59	54 Spencerport	0:31:49	10:16
4	24 Karen Downs	F	F50-59	51 Webster	0:35:11	11:21
5	181 Joyce Plail	F	F50-59	Rochester	1:07:14	21:41
6	1 Rachel Adonis	F	F50-59	54 Rochester	1:07:14	21:41
7	134 Janet Nugent	F	F50-59	58 Rochester	1:07:14	21:41

F60-69

1	54 Mitzie Lewandowski	F	F60-69	62 Rochester	0:28:39	09:14
2	110 Ginny Gullo	F	F60-69	63 Fairport	0:34:43	11:12

M10-19

1	139 Will Runchetti	M	M10-19	14 Rochester	0:17:54	05:46
2	35 Billy Galetto	M	M10-19	13 Spencerport	0:19:11	06:11
3	127 Gabriel Rodriguez	M	M10-19	Geneseo	0:19:26	06:16
4	154 Austin Peters	M	M10-19	Geneseo	0:20:56	06:45
5	128 Frederick Ingalls	M	M10-19	14	0:23:04	07:26
6	120 Kyle Kelly	M	M10-19	Chili	0:27:05	08:44
7	133 Mike Ruiz	M	M10-19	14 Rochester	0:29:26	09:30
8	188 Evan Kachris	M	M10-19	Pittsford	0:30:27	09:49
9	131 Joshua Dailey	M	M10-19	14 Rochester	0:34:15	11:03
10	162 Bart Martin	M	M10-19	14 Phelps	0:42:48	13:49

M20-29

1	34 Matthew Frahm	M	M20-29	28 Geneseo	0:20:34	06:38
2	164 Adam Kellerson	M	M20-29	25 Newfield	0:20:34	06:38
3	72 Bryan Reilly	M	M20-29	25 Fairport	0:22:07	07:08
4	30 Nicholas Elias	M	M20-29	29 Rochester	0:22:20	07:12

5	85 Michael Stout	M	M20-29	28 Rochester	0:23:24	07:33
6	168 Karl Schwab	M	M20-29	29 Rochester	0:24:37	07:56
7	126 Joe Magri	M	M20-29	Rochester	0:25:07	08:06
8	112 Joshua Plumeau	M	M20-29	25 Rochester	0:25:26	08:12
9	157 Shaheen Ruan	F	M20-29	26 Geneseo	0:25:55	08:22
10	59 Patrick Meehan	M	M20-29	27 Rochester	0:26:05	08:25
11	8 Beau Bailey	M	M20-29	27 Rochester	0:26:05	08:25
12	71 Kory Reifenstein	M	M20-29	25 Conesus	0:27:02	08:43
13	86 Ian Swift	M	M20-29	27 W. Henrietta	0:27:41	08:56
14	100 Eric Wheeler	M	M20-29	25 Brockport	0:28:28	09:11
15	31 Matthew Erbland	M	M20-29	28 Rochester	0:30:53	09:58
16	42 Brian Hughes	M	M20-29	27 Rochester	0:32:49	10:35
17	170 Shawn Carbone	M	M20-29	27 Niagara Falls	0:35:07	11:20
18	177 Michael Couch	M	M20-29	27 Buffalo	0:35:07	11:20
19	22 James Dawson	M	M20-29	26 Rochester	0:35:30	11:27
20	137 David Adams	M	M20-29	24 Rochester	0:38:37	12:27
21	183 Jesus Valli	M	M20-29	26 Rochester	1:02:39	20:12

M30-39

1	161 Josh Harter	M	M30-39	34 Avon	0:17:30	05:39
2	172 Seth Malcolm	M	M30-39	32 Rochester	0:20:12	06:31
3	156 Steven Branca	M	M30-39	39 Fairport	0:20:30	06:37
4	184 Alan Horst	M	M30-39	38 Henrietta	0:21:19	06:53
5	29 Shane Eiseman	M	M30-39	32 Rochester	0:23:26	07:34
6	82 James Stiles	M	M30-39	30 Rochester	0:24:06	07:46
7	118 Paul Williamson	M	M30-39	39 Penfield	0:24:49	08:00
8	171 Chris D'Angelo	M	M30-39	37 Rochester	0:24:58	08:03
9	17 Dan Campbell	M	M30-39	38 Penfield	0:25:12	08:08
10	105 Ron Wood	M	M30-39	31 Pittsford	0:25:27	08:13
11	14 Michael Burns	M	M30-39	32 Rochester	0:26:44	08:37
12	165 Michael Jabaut	M	M30-39	39 Rochester	0:27:09	08:46
13	58 Michael Mastrangelo	M	M30-39	34 Rochester	0:27:25	08:51
14	109 Brad Robinson	M	M30-39	39 Rochester	0:31:27	10:09
15	230 Matt Teal	M	M30-39		0:33:18	10:45
16	178 Benjamin McDougall	M	M30-39	Cheektowaga	0:35:08	11:20
17	132 Steven Dailey	M	M30-39	36 Rochester	0:36:38	11:49
18	135 Gary Adams	M	M30-39	30 Rochester	0:38:34	12:27
19	89 Jack Runner	M	M30-39	31 Rochester	0:39:16	12:40
20	76 Sean Scanlon	M	M30-39	38 Rochester	0:46:32	15:01
21	56 Joseph Martinez	M	M30-39	34 Rochester	0:48:50	15:45

M40-49

1	121 Mike Garger	M	M40-49	40 Avon	0:17:39	05:41
2	167 Kevin Sheehan	M	M40-49	47 Victor	0:18:30	05:58
3	138 Edward Juiliani	M	M40-49	46 Henrietta	0:18:38	06:01
4	11 Alan Borelli	M	M40-49	40 Fairport	0:19:52	06:25
5	21 Wayne Crandall	M	M40-49	46 West Henrietta	0:20:28	06:36
6	182 Marc Infantino	M	M40-49	41 Pittsford	0:20:58	06:46
7	52 Steven Levitsky	M	M40-49	42 Rochester	0:21:05	06:48
8	119 Russ Herman	M	M40-49	49 Hilton	0:22:04	07:07
9	180 Ed Martin	M	M40-49	Victor	0:23:15	07:30
10	129 Chad Cottone	M	M40-49	40 Rochester	0:23:28	07:34
11	190 Martin Brancato	M	M40-49	Rochester	0:23:47	07:40
12	2 Christopher Anders	M	M40-49	40 Rochester	0:23:56	07:43

13	49 Richard Laudisi	M	M40-49	49 Rochester	0:24:07	07:47
14	111 Dan Whitcomb	M	M40-49	40 Walworth	0:24:41	07:58
15	115 Mark Stellman	M	M40-49	49 Macedon	0:24:58	08:03
16	175 Chris Mayoros	M	M40-49	40 Rochester	0:25:55	08:22
17	16 Scott Callaghan	M	M40-49	45 Holley	0:26:34	08:34
18	158 Larry Arbeiter	M	M40-49	44 Rochester	0:27:45	08:57
19	125 William McHale	M	M40-49	42 Rochester	0:28:15	09:07
20	187 Ted Kachris	M	M40-49	41 Pittsford	0:28:40	09:15
21	10 Jon Becker	M	M40-49	40 North Chili	0:29:06	09:23
22	60 Jason Moore	M	M40-49	40 Livonia	0:30:42	09:54
23	63 Chris Mulroy	M	M40-49	43 Pittsford	0:30:43	09:55
24	114 Alan Coykendall	M	M40-49	48 Rochester	0:35:24	11:25
25	68 Karen Palotto	F	M40-49	43 Rochester	0:39:16	12:40
26	67 Joe Palma	M	M40-49	41 Rochester	0:41:51	13:30
27	40 Gregg Henderson	M	M40-49	46 Penfield	0:48:51	15:45

M50-59

1	153 Mitch Moore	M	M50-59	56 Rochester	0:21:13	06:51
2	166 Jay Ferrimani	M	M50-59	50 Fairport	0:21:57	07:05
3	124 Mike Henchen	M	M50-59	52 Geneseo	0:22:00	07:06
4	179 Joseph Kandinski	M	M50-59	Rochester	0:23:14	07:30
5	107 Ron Piazza	M	M50-59	50 LeRoy	0:24:54	08:02
6	146 Tom Hawkins	M	M50-59	51 Williamson	0:24:55	08:02
7	94 Julio Vazquez	M	M50-59	50 Rochester	0:25:11	08:07
8	36 Donald Galetto	M	M50-59	57 Spencerport	0:26:00	08:23
9	176 Donald Scheg	M	M50-59	57 Rush	0:26:40	08:36
10	102 William Whyte	M	M50-59	59 Newark	0:28:04	09:03
11	25 Robert Downs	M	M50-59	54 Webster	0:28:13	09:06
12	26 Mark Dunshie	M	M50-59	50 Rochester	0:29:39	09:34
13	50 Marty Leary	M	M50-59	56 Hilton	0:33:18	10:45
14	39 Jan Goldberg	M	M50-59	58 Rochester	0:36:06	11:39
15	106 Jerry Roberts	M	M50-59	59 Rochester	0:36:21	11:44

M60-69

1	144 Rick Erb	M	M60-69	61 Rushville	0:21:50	07:03
2	101 Bill White	M	M60-69	67 Hilton	0:24:46	07:59
3	15 Ken Callaghan	M	M60-69	66 North Chili	0:26:40	08:36
4	55 Patrick Maginn	M	M60-69	66 Geneseo	0:27:31	08:52
5	148 Norm Greiner	M	M60-69	68 Rochester	0:31:07	10:02
6	95 Gregory Vleck	M	M60-69	60 Rochester	0:32:42	10:33
7	130 John Dailey	M	M60-69	60 Rochester	0:36:38	11:49
8	53 Dick Lewandowski	M	M60-69	64 Rochester	0:36:54	11:54
9	147 Michael Looby	M	M60-69	Pittsford	0:37:16	12:01
10	65 William Murphy	M	M60-69	60 Rochester	0:37:43	12:10

M70-79

1	173 Igor Mihajlov	M	M70-79	76 Pittsford	0:29:25	09:29
2	80 Al Smith	M	M70-79	71 Rochester	0:29:52	09:38
3	155 Donald Ducharme	M	M70-79	76 Webster	0:36:21	11:44

M80-89

1	185 Peter Kachris	M	M80-89	Rochester	0:44:10	14:15
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