

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	M/F	Place	Class	Age	City	TotalTm	Pace
1	62	Ryan Moynihan	M		1	Overall Male	16	Geneseo	17:28	0:05:38
2	161	Josh Harter	M		2	M30-39	34	Avon	17:30	0:05:39
3	121	Mike Garger	M		3	M40-49	40	Avon	17:39	0:05:41
4	139	Will Runchetti	M		4	M10-19	14	Rochester	17:54	0:05:46
5	167	Kevin Sheehan	M		5	M40-49	47	Victor	18:30	0:05:58
6	138	Edward Juliani	M		6	M40-49	46	Henrietta	18:38	0:06:01
7	35	Billy Galetto	M		7	M10-19	13	Spencerport	19:11	0:06:11
8	127	Gabriel Rodriguez	M		8	M10-19		Geneseo	19:26	0:06:16
9	11	Alan Borelli	M		9	M40-49	40	Fairport	19:52	0:06:25
10	172	Seth Malcolm	M		10	M30-39	32	Rochester	20:12	0:06:31
11	21	Wayne Crandall	M		11	M40-49	46	West Henrietta	20:28	0:06:36
12	156	Steven Branca	M		12	M30-39	39	Fairport	20:30	0:06:37
13	34	Matthew Frahm	M		13	M20-29	28	Geneseo	20:34	0:06:38
14	164	Adam Kellerson	M		14	M20-29	25	Newfield	20:34	0:06:38
15	154	Austin Peters	M		15	M10-19		Geneseo	20:56	0:06:45
16	182	Marc Infantino	M		16	M40-49	41	Pittsford	20:58	0:06:46
17	52	Steven Levitsky	M		17	M40-49	42	Rochester	21:05	0:06:48
18	153	Mitch Moore	M		18	M50-59	56	Rochester	21:13	0:06:51
19	184	Alan Horst	M		19	M30-39	38	Henrietta	21:19	0:06:53
20	144	Rick Erb	M		20	M60-69	61	Rushville	21:50	0:07:03
21	166	Jay Ferrimani	M		21	M50-59	50	Fairport	21:57	0:07:05
22	124	Mike Henchen	M		22	M50-59	52	Geneseo	22:00	0:07:06
23	119	Russ Herman	M		23	M40-49	49	Hilton	22:04	0:07:07
24	72	Bryan Reilly	M		24	M20-29	25	Fairport	22:07	0:07:08
25	163	Kristen Cadona	F		1	Overall Female	37	Rochester	22:13	0:07:10
26	30	Nicholas Elias	M		25	M20-29	29	Rochester	22:20	0:07:12
27	128	Frederick Ingalls	M		26	M10-19	14		23:04	0:07:26
28	152	Sharon Moore	F		2	F50-59	56	Rochester	23:11	0:07:29
29	179	Joseph Kandinski	M		27	M50-59		Rochester	23:14	0:07:30
30	180	Ed Martin	M		28	M40-49		Victor	23:15	0:07:30
31	85	Michael Stout	M		29	M20-29	28	Rochester	23:24	0:07:33
32	29	Shane Eiseman	M		30	M30-39	32	Rochester	23:26	0:07:34
33	129	Chad Cottone	M		31	M40-49	40	Rochester	23:28	0:07:34
34	190	Martin Brancato	M		32	M40-49		Rochester	23:47	0:07:40
35	142	Stephanie Carroll	F		3	F20-29	20	New Hartford	23:51	0:07:42
36	145	Pam Johnson	F		4	F40-49		Canadaguaia	23:52	0:07:42
37	2	Christopher Anders	M		33	M40-49	40	Rochester	23:56	0:07:43
38	93	Nicole Vaughn	F		5	F20-29	21	Fairport	24:02	0:07:45
39	82	James Stiles	M		34	M30-39	30	Rochester	24:06	0:07:46
40	49	Richard Laudisi	M		35	M40-49	49	Rochester	24:07	0:07:47
41	168	Karl Schwab	M		36	M20-29	29	Rochester	24:37	0:07:56
42	111	Dan Whitcomb	M		37	M40-49	40	Walworth	24:41	0:07:58
43	3	Chelsea Anderson	F		6	F20-29	23	Rochester	24:42	0:07:58
44	46	Amanda Krohn	F		7	F20-29	24	Newfield	24:42	0:07:58
45	101	Bill White	M		38	M60-69	67	Hilton	24:46	0:07:59
46	118	Paul Williamson	M		39	M30-39	39	Penfield	24:49	0:08:00

47	116	Kristine Rodriguez	F	8	F30-39	39	Fairport	24:52	0:08:01
48	107	Ron Piazza	M	40	M50-59	50	LeRoy	24:54	0:08:02
49	146	Tom Hawkins	M	41	M50-59	51	Williamson	24:55	0:08:02
50	45	Diana Knyazeva	F	9	F20-29	22	Rochester	24:57	0:08:03
51	171	Chris D'Angelo	M	42	M30-39	37	Rochester	24:58	0:08:03
52	115	Mark Stelman	M	43	M40-49	49	Macedon	24:58	0:08:03
53	126	Joe Magri	M	44	M20-29		Rochester	25:07	0:08:06
54	117	Holly Williamson	F	10	F40-49	40	Penfield	25:09	0:08:07
55	94	Julio Vazquez	M	45	M50-59	50	Rochester	25:11	0:08:07
56	17	Dan Campbell	M	46	M30-39	38	Penfield	25:12	0:08:08
57	48	Joanne Laudisi	F	11	F30-39	34	Rochester	25:22	0:08:11
58	112	Joshua Plumean	M	47	M20-29	25	Rochester	25:26	0:08:12
59	105	Ron Wood	M	48	M30-39	31	Pittsford	25:27	0:08:13
60	113	Kayleigh Plumean	F	12	F20-29	23	Rochester	25:33	0:08:14
61	90	Lisa Tschiderer	F	13	F40-49	44	Pittsford	25:44	0:08:18
62	175	Chris Mayoros	M	49	M40-49	40	Rochester	25:55	0:08:22
63	157	Shaheen Ruan	F	14	M20-29	26	Geneseo	25:55	0:08:22
64	36	Donald Galetto	M	50	M50-59	57	Spencerport	26:00	0:08:23
65	59	Patrick Meehan	M	51	M20-29	27	Rochester	26:05	0:08:25
66	8	Beau Bailey	M	52	M20-29	27	Rochester	26:05	0:08:25
67	16	Scott Callaghan	M	53	M40-49	45	Holley	26:34	0:08:34
68	96	Amy Voss	F	15	F20-29	28	Victor	26:40	0:08:36
69	15	Ken Callaghan	M	54	M60-69	66	North Chili	26:40	0:08:36
70	176	Donald Scheg	M	55	M50-59	57	Rush	26:40	0:08:36
71	14	Michael Burns	M	56	M30-39	32	Rochester	26:44	0:08:37
72	151	Kathleen Cameron	F	16	F30-39	34	Rochester	26:57	0:08:42
73	71	Kory Reifenstein	M	57	M20-29	25	Conesus	27:02	0:08:43
74	120	Kyle Kelly	M	58	M10-19		Chili	27:05	0:08:44
75	165	Michael Jabaut	M	59	M30-39	39	Rochester	27:09	0:08:46
76	51	Susan Lee	F	17	F30-39	30	Rochester	27:16	0:08:48
77	58	Michael Mastrangelo	M	60	M30-39	34	Rochester	27:25	0:08:51
78	55	Patrick Maginn	M	61	M60-69	66	Geneseo	27:31	0:08:52
79	86	Ian Swift	M	62	M20-29	27	W. Henrietta	27:41	0:08:56
80	103	Colleen Wiggs	F	18	F40-49	42	Spencerport	27:44	0:08:57
81	158	Larry Arbeiter	M	63	M40-49	44	Rochester	27:45	0:08:57
82	87	Jennifer Swift	F	19	F20-29	26	W. Henrietta	27:50	0:08:59
83	12	Theresa Buick	F	20	F30-39	36	West Henrietta	27:58	0:09:01
84	73	Laurie Rivera	F	21	F30-39	32	Rochester	28:00	0:09:02
85	102	William Whyte	M	64	M50-59	59	Newark	28:04	0:09:03
86	169	Carolyn Demko	F	22	F30-39	35	Rochester	28:08	0:09:05
87	25	Robert Downs	M	65	M50-59	54	Webster	28:13	0:09:06
88	97	Becky Wager	F	23	F30-39	33	Lima	28:14	0:09:06
89	125	William McHale	M	66	M40-49	42	Rochester	28:15	0:09:07
90	100	Eric Wheeler	M	67	M20-29	25	Brockport	28:28	0:09:11
91	64	Jessica Mulroy	F	24	F10-19	16	Pittsford	28:34	0:09:13
92	159	Karen Johnson	F	25	F50-59		Rochester	28:37	0:09:14
93	54	Mitzie Lewandowski	F	26	F60-69	62	Rochester	28:39	0:09:14
94	37	Cathy Gartland	F	27	F30-39	38	Rochester	28:39	0:09:15
95	187	Ted Kachris	M	68	M40-49	41	Pittsford	28:40	0:09:15
96	186	Michelle Schleker	F	28	F30-39	36	Spencerport	28:59	0:09:21
97	10	Jon Becker	M	69	M40-49	40	North Chili	29:06	0:09:23
98	28	Deb Edwards	F	29	F30-39	36	Rochester	29:06	0:09:23

99	66	Jennifer Nelson	F	30	F30-39	35	Hilton	29:07	0:09:23
100	173	Igor Mihajlov	M	70	M70-79	76	Pittsford	29:25	0:09:29
101	133	Mike Ruiz	M	71	M10-19	14	Rochester	29:26	0:09:30
102	44	Amanda Kessler	F	31	F20-29	23	Avon	29:31	0:09:31
103	57	Brenda Mastrangelo	F	32	F30-39	32	Rochester	29:36	0:09:33
104	26	Mark Dunshie	M	72	M50-59	50	Rochester	29:39	0:09:34
105	80	Al Smith	M	73	M70-79	71	Rochester	29:52	0:09:38
106	141	Lauren McKinney	F	33	F20-29	22	Watertown	30:26	0:09:49
107	188	Evan Kachris	M	74	M10-19		Pittsford	30:27	0:09:49
108	60	Jason Moore	M	75	M40-49	40	Livonia	30:42	0:09:54
109	63	Chris Mulroy	M	76	M40-49	43	Pittsford	30:43	0:09:55
110	31	Matthew Erbland	M	77	M20-29	28	Rochester	30:53	0:09:58
111	148	Norm Greiner	M	78	M60-69	68	Rochester	31:07	0:10:02
112	69	Laura Parker	F	34	F30-39	32	Rochester	31:08	0:10:03
113	109	Brad Robinson	M	79	M30-39	39	Rochester	31:27	0:10:09
114	143	Kristen Pedrotti	F	35	F10-19	19	Syracuse	31:32	0:10:10
115	5	Kylie Anderson	F	36	F30-39	30	Rochester	31:36	0:10:12
116	27	Nicole Dunshie	F	37	F20-29	21	Rochester	31:36	0:10:12
117	92	Kathy Vaughn	F	38	F50-59	54	Spencerport	31:49	0:10:16
118	149	Marcy Tobin	F	39	F40-49	49	Rochester	31:54	0:10:17
119	95	Gregory Vleck	M	80	M60-69	60	Rochester	32:42	0:10:33
120	42	Brian Hughes	M	81	M20-29	27	Rochester	32:49	0:10:35
121	98	Renee Walker	F	40	F30-39	37	Rochester	32:50	0:10:35
122	230	Matt Teal	M	82	M30-39	31	Rochester	33:18	0:10:45
123	50	Marty Leary	M	83	M50-59	56	Hilton	33:18	0:10:45
124	41	Crystal Holm	F	41	F40-49	48	Rochester	33:53	0:10:56
125	38	Jennifer Gentzke	F	42	F20-29	29	Macedon	34:10	0:11:01
126	32	Christine Fitzgerald	F	43	F30-39	31	Rochester	34:10	0:11:01
127	131	Joshua Dailey	M	84	M10-19	14	Rochester	34:15	0:11:03
128	110	Ginny Gullo	F	44	F60-69	63	Fairport	34:43	0:11:12
129	61	Patty Moynihan	F	45	F40-49	47	Rochester	35:02	0:11:18
130	13	Elizabeth Burns	F	46	F30-39	37	Rochester	35:02	0:11:18
131	122	Brenda Ferris	F	47	F40-49	44	Chili	35:04	0:11:19
132	170	Shawn Carbone	M	85	M20-29	27	Niagara Falls	35:07	0:11:20
133	177	Michael Couch	M	86	M20-29	27	Buffalo	35:07	0:11:20
134	178	Benjamin McDougall	M	87	M30-39		Cheektowaga	35:08	0:11:20
135	24	Karen Downs	F	48	F50-59	51	Webster	35:11	0:11:21
136	160	Victoria Emper	F	49	F30-39	39	Phelps	35:12	0:11:21
137	84	Amiee Story	F	50	F20-29	27	Rochester	35:13	0:11:21
138	114	Alan Coykendall	M	88	M40-49	48	Rochester	35:24	0:11:25
139	108	Karen Tucker	F	51	F30-39	39	Rochester	35:26	0:11:26
140	83	Breena Storke	F	52	F20-29	28	Rochester	35:30	0:11:27
141	22	James Dawson	M	89	M20-29	26	Rochester	35:30	0:11:27
142	123	Amy Fromm	F	53	F30-39	38	Chili	36:00	0:11:37
143	39	Jan Goldberg	M	90	M50-59	58	Rochester	36:06	0:11:39
144	155	Donald Ducharme	M	91	M70-79	76	Webster	36:21	0:11:44
145	106	Jerry Roberts	M	92	M50-59	59	Rochester	36:21	0:11:44
146	174	Katie Thomas	F	54	F30-39	30	Rochester	36:25	0:11:45
147	150	Melissa Mason	F	55	F30-39	30	Rochester	36:33	0:11:47
148	130	John Dailey	M	93	M60-69	60	Rochester	36:38	0:11:49
149	132	Steven Dailey	M	94	M30-39	36	Rochester	36:38	0:11:49
150	53	Dick Lewandowski	M	95	M60-69	64	Rochester	36:54	0:11:54

151	140	Shanel Pile	M	96	F30-39	35	Victor	37:14	0:12:01
152	70	Stacey Pilling	F	56	F30-39	38	Honeoye Falls	37:14	0:12:01
153	147	Michael Looby	M	97	M60-69		Pittsford	37:16	0:12:01
154	65	William Murphy	M	98	M60-69	60	Rochester	37:43	0:12:10
155	135	Gary Adams	M	99	M30-39	30	Rochester	38:34	0:12:27
156	137	David Adams	M	100	M20-29	24	Rochester	38:37	0:12:27
157	89	Joe/Jill Runner				31	Rochester	39:16	0:12:40
158	68	Karen Palotto	F	57	M40-49	43	Rochester	39:16	0:12:40
159	19	Samdra Ciaccia	F	58	F40-49	47	Webster	39:16	0:12:40
160	77	Kristin Setaro	F	59	F40-49	40	Belmont	39:21	0:12:42
161	78	Shannon Sheffield	F	60	F20-29	28	Rochester	41:00	0:13:13
162	81	Chandra Smith	F	61	F30-39	30	Rochester	41:51	0:13:30
163	67	Joe Palma	M	101	M40-49	41	Rochester	41:51	0:13:30
164	162	Bart Martin	M	102	M10-19	14	Phelps	42:48	0:13:49
165	136	April Adams	F	62	F20-29	29	Rochester	42:59	0:13:52
166	189	Margie Kachris	F	63	F40-49	41	Pittsford	44:09	0:14:15
167	185	Peter Kachris	M	103	M80-89		Rochester	44:10	0:14:15
168	75	Renee Scanlon	F	64	F30-39	36	Rochester	46:32	0:15:01
169	76	Sean Scanlon	M	104	M30-39	38	Rochester	46:32	0:15:01
170	56	Joseph Martinez	M	105	M30-39	34	Rochester	48:50	0:15:45
171	40	Gregg Henderson	M	106	M40-49	46	Penfield	48:51	0:15:45
172	20	Tina Cottorone	F	65	F20-29	25	Rochester	1:02:34	0:20:11
173	104	Megan Wilson	F	66	F20-29	23	Rochester	1:02:35	0:20:11
174	183	Jesus Valli	M	107	M20-29	26	Rochester	1:02:39	0:20:12
175	181	Joyce Plail	F	67	F50-59		Rochester	1:07:14	0:21:41
176	1	Rachel Adonis	F	68	F50-59	54	Rochester	1:07:14	0:21:41
177	134	Janet Nugent	F	69	F50-59	58	Rochester	1:07:14	0:21:41