

**Mendon Trail Runs - 5K**  
**Saturday November 8, 2009 Mendon Ponds, Mendon, NY**  
**35 Finishers (19 Female, 16 Male)**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Time	Pace
1	835	Eric Stahl	M		1	Overall Male	14	?	25:37	08:16
2	817	Joseph Osso Jr	M		2	M20-29	27	Fairport	28:35	09:13
3	822	Mark Paris	M		3	M30-39	37	Mendon	28:39	09:14
4	812	Brendan Wolfert	M		4	M14-19	19	Henrietta	28:44	09:16
5	816	Mary Holland	F		1	Overall Female	19	Rochester	29:00	09:21
6	819	Marie Bellavia	F		2	F13UNDER	12	Victor	29:11	09:25
7	800	Allen Beaujon	M		5	M13UNDER	13	Canandaigua	29:38	09:34
8	810	Daniel Tracz	M		6	M20-29	25	Cheektowaga	29:40	09:34
9	823	David Nichols	M		7	M40-49	41	Fairport	29:42	09:35
10	824	Mary Ammielle Nichols	F		3	F13UNDER	13	Fairport	31:13	10:04
11	828	Jessica Vay	F		4	F14-19	17	?	31:35	10:11
12	805	Renee Kirk	F		5	F30-39	37	Bloomfield	32:06	10:21
13	804	Paul Kessler	M		8	M30-39	37	Pittsford	32:27	10:28
14	836	Rebecca Westervelt	F		6	F30-39	33	Plttsford	32:45	10:34
15	801	John Bellavia	M		9			Victor	32:54	10:37
16	815	Emily Cutting	F		7	F14-19	19	Rochester	33:21	10:46
17	814	Julie Taylor Ogoen	F		8	F50-59	52	Scio	35:12	11:21
18	820	Sebold Torno	M		10	M30-39	39	?	36:11	11:40
19	818	Kelli Kidler	F		9	F30-39	39	Victor	36:30	11:47
20	833	Connor Judd	M		11	M13UNDER	13	?	36:47	11:52
21	829	Mary Norman	F		10	F30-39	38	?	37:22	12:03
22	802	Heather Cappadonia	F		11	F40-49	44	Brockport	37:25	12:04
23	827	Nathan Sugarman	M		12	M14-19	18	?	37:27	12:05
24	821	Gretchen Bernstein	F		12	F30-39	34		37:28	12:05
25	803	Richard Kapp	M		13	M30-39	37	Webster	37:36	12:08
26	806	Melissa Leopard	F		13	F40-49	41	Rochester	39:49	12:51
27	809	Maryann Roll	F		14	F20-29	27	West Seneca	40:30	13:04
28	834	Sarah Perino	F		15	F20-29	28	?	40:51	13:11
29	830	Lauren Shepenger	F		16	F20-29	22	Syracuse	42:46	13:48
30	831	Heather Dederich	F		17	F20-29	20	?	42:46	13:48
31	825	Zak Gudlin	M		14	M13UNDER	13	?	44:44	14:26
32	813	Katie Wratten	F		18	F20-29	26	Depew	45:04	14:32
33	826	Lawrence Sugarman	M		15	M50-59	54	?	47:12	15:14
34	807	Danielle Maclin	F		19	F14-19	15		47:40	15:22
35	832	Adam Civalier	M		16	M30-39	31	Rochester	58:35	18:54