

# NW YMCA Run for your Life 5K

Sunday, Sept. 21st in Hilton, NY

Timed by YellowJacket Racing

Total Finishers 108 (Male - 50, Female - 58)

Pos	Bib	Fullname	Gender	Age	City	TotalTm	Pace
Overall Over 40 Male							
	1	69 Kevin Sheehan	M	46	Rochester	18:51	06:05
Overall Over 40 Female							
	1	109 Patty Somerville	F	48	Fairport	22:06	07:08
Overall Under 40 Female							
	1	85 Christina Keck	F	27	Rochester	19:20	06:14
Overall Under 40 Male							
	1	32 Dave Penrose	M	39	Rochester	19:44	06:22
F18UNDER							
	1	51 Zoe Camillaci	F	11	Hilton	27:07	08:45
	2	58 Rowen Humphries	F	11	Rochester	31:38	10:12
	3	104 Molly Martin	F	11	Rochester	35:08	11:20
	4	5 Megan Betancourt	F	11	Rochester	40:13	12:59
F20-29							
	1	65 Santina Neary	F	28	Rochester	26:57	08:42
	2	74 Jennifer Bockus	F	23	Rochester	28:34	09:13
	3	115 Erica Nourse	F	29	Rochester	28:36	09:13
	4	28 Erin McNelis	F	24	Rochester	30:03	09:42
	5	73 Meg Miner	F	29	Rochester	31:24	10:08
	6	23 Caitlin Keys	F	20	Rochester	31:45	10:15
	7	98 Anne Russell	F	20	Rochester	53:59	17:25
	8	96 Jennifer Russell	F	26	Rochester	53:59	17:25
F30-39							
	1	33 Kristine Penrose	F	39	Rochester	23:49	07:41
	2	52 Michele Cavallaro	F	31	Rochester	25:08	08:06
	3	21 Christine Janas	F	39	Rochester	26:11	08:27
	4	62 Joanne Laudisi	F	33	Rochester	26:31	08:33
	5	111 Jen Yodice	F	39	Hilton	26:35	08:35
	6	50 Lisa Camillaci	F	34	Hilton	27:07	08:45
	7	16 Diane Evans	F	34	Rocheester	28:30	09:12
	8	114 Tracy Wegman	F	33	Rochester	28:40	09:15
	9	75 Jamie Dugan	F	31	Rochester	28:47	09:17
	10	19 Anela Gebbie	F	34	Rochester	29:16	09:27
	11	36 Melissa Scialdone	F	38	Rochester	29:16	09:27
	12	25 Ann Lynn	F	35	Victor	32:25	10:28
	13	77 Amy Forsythe	F	38	Hilton	32:47	10:35
	14	37 Karen Simpson	F	39	Rochester	33:13	10:43
	15	34 Michelle Rioux	F	32	Rochester	34:48	11:13
	16	10 Angel Colletta	F	35	Spencerport	45:19	14:37
F40-49							
	1	91 Mary Schottmiller	F	43	Spencerport	24:26	07:53
	2	7 Kathleen Buckwell	F	48	Rochester	25:05	08:05
	3	87 Monica Palacio	F	47	Rochester	25:18	08:10
	4	44 Lisa Tschiderer	F	43	Pittsford	25:50	08:20
	5	42 Virginia Trecartin	F	46	Kendall	27:42	08:56

6	70 Terri Statt	F	41 Rochester	28:28	09:11
7	35 Debbie Rizzari	F	41 Rochester	28:42	09:16
8	103 Patricia Anthony	F	48 Rochester	30:18	09:46
9	9 Lisa Clark	F	41 Rochester	30:19	09:47
10	84 Joan Scheuermann	F	47 Rochester	30:23	09:48
11	90 Marcy Tobin	F	46 Rochester	30:39	09:53
12	26 Carol Manning	F	47 Spencerport	34:49	11:14
13	48 Audrey Armani	F	47 Rochester	35:17	11:23
14	59 Regina Humphries	F	41 Rochester	35:24	11:25
15	4 Esther Betancourt	F	40 Rochester	40:14	12:59
16	60 Mary LaRocque	F	41 Rochester	47:30	15:19
17	55 Nancy Cockett	F	43 Rochester	54:41	17:38

F50-59

1	56 Julie Giambrone	F	52 Rochester	26:26	08:32
2	18 Bobbie Freitag	F	54 Pittsford	26:59	08:42
3	66 Susan Nupp	F	50 Rochester	27:11	08:46
4	30 Jan Palumbo	F	52 Rochester	28:42	09:15
5	53 Pam Clark	F	51 Rochester	32:19	10:25
6	79 Kathy Falzone	F	55 Rochester	37:06	11:58
7	64 Connie Neary	F	52 Rochester	39:53	12:52
8	106 Kathy Keyes	F	50 Rochester	42:41	13:46
9	97 Diane Russell	F	51 Rochester	54:41	17:38

F60-69

1	22 Nancy Kaiser	F	61 Rochester	53:44	17:20
2	110 Ann Wegman	F	64 Hilton	54:42	17:39

M18UNDER

1	45 Mark VanAuker	M	18 Rochester	19:47	06:23
2	46 Robert Wright III	M	12 Hilton	23:00	07:25
3	92 Kyle Schottmiller	M	14 Spencerport	23:28	07:34
4	43 Zachary Trecartin	M	15 Kendall	25:25	08:12
5	41 Ross Trecartin	M	17 Kendall	26:09	08:26
6	6 Joshua Brodnick	M	12 Spencerport	27:42	08:56
7	57 Brendan Humphries	M	8 Rochester	35:03	11:18

M20-29

1	2 Kyle Antilla	M	26 Rochester	20:26	06:35
2	15 Robert Ernst	M	26 Rochester	23:40	07:38
3	100 David Russell	M	24 Rochester	23:53	07:42
4	72 Max Zeller	M	22 Rochester	28:27	09:10

M30-39

1	95 Seth Malcolm	M	31 Rochester	20:31	06:37
2	82 Scott Steinberg	M	32 Rochester	21:55	07:04
3	81 Nick Wen	M	38 Webster	24:09	07:47
4	8 Mike Burgio	M	34 Hilton	24:29	07:54
5	78 Drew Forsythe	M	39 Hilton	26:02	08:24
6	89 Jay Wegman	M	30 Hilton	27:46	08:57

M40-49

1	94 Joe Haungs	M	46 Hilton	19:05	06:09
2	93 Bill Sandow	M	49 W. Henrietta	19:25	06:16
3	101 Steve White	M	45 Rochester	20:44	06:41
4	29 Patrick Milligan	M	44 Rochester	21:16	06:52
5	76 Steven Johns	M	48 Rochester	21:22	06:54
6	86 Chuck Giordano	M	48 Hilton	22:25	07:14

7	107 Tom Fasoldt	M	44 Brockport	22:57	07:24
8	47 Robert Wright Jr	M	42 Hilton	24:04	07:46
9	63 Richard Laudisi	M	48 Rochester	25:23	08:11
10	102 Joaquim Flores	M	42 Rochester	25:39	08:17
11	20 Michael Gurski	M	41 Hilton	26:10	08:27
12	108 Steven Mowers	M	42 Williamson	27:48	08:58
13	11 Michael Colletta	M	45 Spencerport	28:11	09:05
14	40 Ralph Trecartin	M	47 Kendall	29:35	09:33
15	105 Mike Martin	M	46 Rochester	35:08	11:20

M50-59

1	49 Rick Borelli	M	50 Rochester	21:43	07:00
2	27 Mark McArdle	M	54 Rochester	22:50	07:22
3	112 Trevor Purdy	M	55 Rochester	24:03	07:45
4	99 Mike Russell	M	51 Rochester	24:19	07:51
5	54 Patrick Clark	M	53 Rochester	25:39	08:16
6	113 Frank Bellavia	M	54 Atlanta	26:24	08:31
7	3 Arun Bellare	M	54 Rochester	26:34	08:34
8	67 John Perrone	M	58 Rochester	27:45	08:57
9	17 Bob Freitag	M	57 Pittsford	28:52	09:19
10	80 Jerry Falzone	M	55 Rochester	42:11	13:36
11	31 Tony Palumbo	M	56 Rochester	43:19	13:58

M60-69

1	83 Bill White	M	66 Rochester	24:24	07:52
2	88 Carlos Palacio	M	61 Rochester	25:02	08:04
3	61 Brian LaRocque	M	69 Rochester	47:31	15:20
4	39 Lon Thompson	M	64 Rochester	51:41	16:40
5	71 Diane Thompson	M	64 Rochester	51:42	16:40