

42nd Annual Phelps Sauerkraut 20K
Saturday August 2, 2008 **Phelps, NY**
245 Finishers (163 Male, 81 Female, 1 Wheelchair)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
Overall Female	1 181	Judy Johnson	F	Overall Female	31	Rochester	1:19:55	06:26
Overall Male	1 146	Jeffrey Beck	M	Overall Male	26	Fairport	1:06:19	05:20
Overale Female Masters	1 1	Beth DeCiantis	F	Overale Female Masters	46	Rochester	1:27:41	07:03
Overall Male Masters	1 68	Tim Dwyer	M	Overall Male Masters	48	Rochester	1:15:27	06:04
Wheelchair	1 119	David Swaim	M	Wheelchair	62	Strasburg	0:46:58	03:47
F19UNDER	1 249	Julie Dahlkemper	F	F19UNDER	17	Rochester	1:36:39	07:47
	2 248	Kendra Zaffuto	F	F19UNDER	17	Rochester	1:53:33	09:08
	3 82	Gigi Heusler	F	F19UNDER	16	Phelps	2:21:38	11:24
	4 83	Morgan Heusler	F	F19UNDER	18	Phelps	2:29:26	12:01
F20-24	1 211	Dawn Wollschleger	F	F20-24	23	Rochester	1:38:57	07:58
	2 150	Melissa Polakos	F	F20-24	23	Rochester	1:43:24	08:19
	3 182	Mary Hanker	F	F20-24	23	Canandaigua	1:45:20	08:28
	4 242	Emily Leshner	F	F20-24	22	Sherill	2:06:32	10:11
F25-29	1 95	Jen Malik	F	F25-29	29	Rochester	1:25:21	06:52
	2 153	Laura Feller	F	F25-29	29	Rochester	1:31:50	07:23
	3 166	Elizabeth Madore	F	F25-29	28	Madore	1:33:00	07:29
	4 171	Shannon Loewke	F	F25-29	26	Stephens City	1:40:50	08:07
	5 196	Cassie Coyle	F	F25-29	28	Rochester	1:52:03	09:01
	6 232	Meredith Ferraro	F	F25-29	29	Victor	1:52:59	09:05
	7 3	Anna Gandelman	F	F25-29	25	Chapel Hill	1:54:45	09:14
	8 60	Ali Collier	F	F25-29	25	Lancaster	2:19:33	11:14
F30-34	1 139	Karen Guerana	F	F30-34	30	Rochester	1:35:52	07:43
	2 252	Stacie May	F	F30-34	31	Rochester	1:36:39	07:47
	3 63	Heather Danielson	F	F30-34	33	Rochester	1:38:44	07:57
	4 70	Elaine Erb	F	F30-34	33	Phelps	1:44:21	08:24
	5 69	Valerie Zombek	F	F30-34	33	Webster	1:47:46	08:40
	6 138	Joy Dreibelbis	F	F30-34	30	Rochester	1:48:38	08:44
	7 162	Sarah White	F	F30-34	32	Rochester	1:56:03	09:20
	8 118	Christine Stevens	F	F30-34	30	Newark	2:16:50	11:01
	9 36	Kelly Anderson	F	F30-34	31	Seneca Falls	2:29:19	12:01
F35-39	1 132	Paige Wyman-Motice	F	F35-39	38	Hudson	1:38:08	07:54
	2 73	Jennifer Fosegan	F	F35-39	35	Fairport	1:40:01	08:03
	3 56	Christina Chavez	F	F35-39	36	Canandaigua	1:43:50	08:21
	4 129	Lisa Wetherbee	F	F35-39	36	Wayland	1:48:42	08:45
	5 204	Melanie Holland	F	F35-39	35	Ithaca	1:51:16	08:57
	6 183	Krista Jackson	F	F35-39	36	Canandaigua	1:53:01	09:06
	7 210	Gina Iseman	F	F35-39	37	Webster	1:53:05	09:06
	8 247	Angela Kreisman	F	F35-39	38	Pittsford	1:54:49	09:14

	9	250 Pamela Raes	F	F35-39	38	Geneva	1:55:12	09:16
	10	52 Gloria Caratozzolo	F	F35-39	37	Seneca Falls	1:55:15	09:16
	11	145 Katherine Fleming	F	F35-39	37	Brockport	1:59:44	09:38
	12	200 Sara Neary	F	F35-39	39	Rochester	2:03:44	09:57
	13	198 Maureen Murphy	F	F35-39	38	Rochester	2:13:49	10:46
	14	49 Annette Brenner	F	F35-39	38	Honeoye Falls	2:21:28	11:23
F40-44								
	1	86 Diane Jozefski	F	F40-44	44	Rochester	1:34:58	07:38
	2	14 Tania Anderson	F	F40-44	42	Syracuse	1:37:35	07:51
	3	11 Mary Wojnowski	F	F40-44	41	Rochester	1:37:41	07:52
	4	7 Patricia Albert	F	F40-44	44	Phelps	1:37:49	07:52
	5	30 Alice Nichols	F	F40-44	43	Fairport	1:38:17	07:54
	6	236 Sunflower Iachs	F	F40-44	43	Rochester	1:38:35	07:56
	7	202 Suzanne Clements	F	F40-44	43	Clifton Springs	1:39:17	07:59
	8	151 Debra Wyspianski	F	F40-44	41	Penfield	1:41:48	08:11
	9	170 Dianne Gwynn	F	F40-44	41	Canandaigua	1:44:09	08:23
	10	244 Sharon Outer	F	F40-44	44	Henrietta	1:46:30	08:34
	11	169 Nancy Dalton	F	F40-44	44	Silver Spring	2:04:52	10:03
	12	37 Maura C Arendt	F	F40-44	40	Rochester	2:28:41	11:58
F45-49								
	1	112 Darlene Saeva	F	F45-49	49	Rochester	1:35:58	07:43
	2	243 Marie White	F	F45-49	48	Henrietta	1:43:58	08:22
	3	26 Jan McCullough	F	F45-49	49	Spencerport	1:44:57	08:27
	4	154 Pam Johnson	F	F45-49	46	Canandaigua	1:47:34	08:39
	5	106 Lisa Ray	F	F45-49	46	Fairport	1:51:20	08:57
	6	193 Audrey Armani	F	F45-49	46	Rochester	1:53:56	09:10
	7	178 Cherie Delmerico	F	F45-49	46	Honeoye Falls	1:58:49	09:34
	8	137 Catherine Cantwell	F	F45-49	47	Canandaigua	1:59:10	09:35
	9	125 Terri Vanbrooker	F	F45-49	46	Canandaigua	2:00:00	09:39
	10	177 Debra Spade	F	F45-49	48	Webster	2:07:00	10:13
	11	122 Margaret Terry	F	F45-49	49	Hornell	2:08:12	10:19
	12	246 Kathleen Hurley	F	F45-49	47	Rochester	2:14:41	10:50
	13	103 Margaret Phillips	F	F45-49	49	Worcester	2:20:54	11:20
F50-54								
	1	76 Cheryl Guth	F	F50-54	54	Rochester	1:35:53	07:43
	2	58 Therese Christo	F	F50-54	54	Hilton	1:36:01	07:44
	3	109 Martha Robert	F	F50-54	51	Penn Yan	1:46:23	08:34
	4	218 Jan Regan	F	F50-54	52	Geneva	1:47:15	08:38
	5	160 Heidi Nelson	F	F50-54	50	Pittsford	1:49:11	08:47
	6	219 Karen Sable	F	F50-54	50	Keuka Park	1:56:08	09:21
	7	115 Susan M Sheffer	F	F50-54	52	Geneva	1:57:30	09:27
	8	195 Anne Schwartz	F	F50-54	52	Webster	1:59:02	09:35
F55-59								
	1	25 Charlotte Jaanimagi	F	F55-59	55	Pittsford	1:52:04	09:01
	2	94 Jane Mahoney	F	F55-59	59	Rochester	2:07:38	10:16
	3	21 Patricia Edwards-Hobbs	F	F55-59	57	Clifton Springs	2:40:43	12:56
F60-64								
	1	28 Lynda Mcguire	F	F60-64	60	Scottsvilles	1:50:39	08:54
	2	100 Kathy Baker	F	F60-64	62	Laurel	2:58:12	14:20
F65-69								
	1	111 Joan Rosati	F	F65-69	68	North Chilli	2:27:15	11:51
F70-74								
	1	54 Joanne Carr	F	F70-74	70	Churchville	2:28:52	11:59
M19UNDER								
	1	214 Chistopher Sponn	M	M19UNDER	18	Rochester	1:19:56	06:26
	2	206 Aaron Hoven	M	M19UNDER	18	Clifton Springs	1:23:57	06:45

3	46 Zak Borden	M	M19UNDER	17	Rochester	1:24:06	06:46
4	230 Kyle Kunes	M	M19UNDER	19	Seneca Castle	1:27:35	07:03
5	213 Patrick Hilyer	M	M19UNDER	18	Lyons	1:29:34	07:12
6	179 Dustin Stiles	M	M19UNDER	16	Clyde	1:35:36	07:41
7	74 Jesse Germanow	M	M19UNDER	19	Rochester	1:42:05	08:13
8	77 Matt Haintz	M	M19UNDER	17	Phelps	1:56:45	09:24
9	102 Ryan Cross	M	M19UNDER	16	Mesa	2:20:32	11:18
10	78 Garrett Heusler	M	M19UNDER	16	Phelps	2:25:34	11:43

M20-24

1	227 Adam Laycock	M	M20-24	23	Rochester	1:20:44	06:30
2	173 Philip Nesbitt	M	M20-24	22	Churchville	1:22:33	06:38
3	238 Jeremiah Bailey	M	M20-24	22	Lyons	1:24:37	06:48
4	225 Charley Plummer	M	M20-24	24	Rochester	1:28:15	07:06
5	149 Zach Clicquennai	M	M20-24	23	Phelps	1:37:02	07:48
6	184 Richard Adams	M	M20-24	24	Rochester	1:40:20	08:04
7	47 Chad Borden	M	M20-24	22	Rochester	1:40:39	08:06
8	197 Leif Melhus	M	M20-24	22	Rochester	1:42:53	08:17
9	239 Scott Hopkins	M	M20-24	22	Geneva	1:44:29	08:24
10	175 Daniel OConnell	M	M20-24	23	Newark	1:52:43	09:04
11	186 Zachary Johnson	M	M20-24	23	Canandaigua	2:06:32	10:11
12	241 R C Weston	M	M20-24	20	Phelps	2:06:32	10:11
13	228 James Rowley	M	M20-24	23	Phelps	2:28:41	11:58

M21-24

1	107 Gary Reisman Jr	M	M21-24	21	Baldwinsville	1:27:06	07:00
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M25-29

1	2 Dave Bradshaw	M	M25-29	29	Macedon	1:08:34	05:31
2	222 Andy Crawford	M	M25-29	25	Alfred	1:17:13	06:13
3	223 Sean Edmanco	M	M25-29	26	Lyons	1:20:00	06:26
4	48 Robert Bradley	M	M25-29	25	Phelps	1:26:05	06:56
5	158 Brett Crandall	M	M25-29	29	Rochester	1:29:13	07:11
6	164 Andrew Young	M	M25-29	25	Seneca Falls	1:35:27	07:41
7	212 Andrew Whitaker	M	M25-29	27	Rochester	1:38:47	07:57
8	174 Duane Garner	M	M25-29	28	Newark	1:44:45	08:26
9	189 Charles Barkowski	M	M25-29	26	Rochester	1:44:48	08:26
10	64 Steven Dechristopher	M	M25-29	29	Lancaster	1:47:08	08:37
11	221 Josh Newman	M	M25-29	26	New York	1:47:11	08:37
12	217 Keith Olser	M	M25-29	26	Rochester	1:47:12	08:37
13	24 Karl Jaanimagi	M	M25-29	27	Henrietta	1:51:24	08:58
14	199 Ian Coyle	M	M25-29	28	Rochester	1:59:40	09:38
15	142 Joshua Merkle	M	M25-29	26	Waterloo	2:04:42	10:02

M30-34

1	208 Matt Blodgett	M	M30-34	31	Fairport	1:15:22	06:04
2	216 Alan Powers	M	M30-34	31	Rochester	1:15:48	06:06
3	185 Jon Warriner	M	M30-34	31	Farmington	1:27:20	07:02
4	10 Jason Liddle	M	M30-34	31	Webster	1:28:11	07:06
5	201 Tom Schiffert	M	M30-34	31	Rochester	1:45:12	08:28

M35-39

1	113 John Salvador	M	M35-39	37	Penfield	1:23:54	06:45
2	167 Mike Feldstein	M	M35-39	37	Rochester	1:24:38	06:48
3	6 Roger Bolton	M	M35-39	38	Albion	1:28:18	07:06
4	234 Matthew Davis	M	M35-39	36	Rochester	1:32:01	07:24
5	38 Dean Askin	M	M35-39	37	Geneva	1:35:43	07:42
6	53 Brian Carl	M	M35-39	37	Fairport	1:43:27	08:19
7	254 Mark VanHorne	M	M35-39	35	Geneva	1:45:24	08:29
8	33 Ted Pembroke	M	M35-39	35	Phelps	1:50:37	08:54

M40-44

1	187 Scott OConnor	M	M40-44	40	Ontario	1:17:49	06:16
2	180 Tim Ciancione	M	M40-44	42	Rochester	1:27:23	07:02

3	140	Chris Boschnack	M	M40-44	42	Rochester	1:27:32	07:03
4	141	Jeff Chester	M	M40-44	43	Rochester	1:32:16	07:25
5	233	Gary Dill	M	M40-44	43	Rochester	1:32:54	07:28
6	126	David Viggiani	M	M40-44	42	Canandaigua	1:35:02	07:39
7	93	Alain Leblanc	M	M40-44	44	Pittsford	1:39:01	07:58
8	255	Michael Ocque	M	M40-44	41	Lyons	1:39:21	08:00
9	224	Andrew Ciaio	M	M40-44	43	Victor	1:49:24	08:48
10	207	Duncan Bell	M	M40-44	42	Ithaca	1:51:16	08:57
11	61	Chris Collins	M	M40-44	41	Newark	1:53:16	09:07
12	117	Paul Spitzer	M	M40-44	42	Victor	1:55:19	09:17
13	148	Ed Daubert	M	M40-44	41	Spencerport	2:09:58	10:27
14	147	Joe Hibbard	M	M40-44	42	Canandaigua	2:15:18	10:53

M45-49

1	163	Christopher DiRubio	M	M45-49	45	Webster	1:18:03	06:17
2	123	Ted Thull	M	M45-49	47	Macedon	1:18:21	06:18
3	191	Brian Murray	M	M45-49	45	Newfane	1:19:57	06:26
4	35	Hermann Pohl	M	M45-49	45	Buffalo	1:21:18	06:32
5	144	Keith Scott	M	M45-49	46	Leroy	1:22:58	06:40
6	18	George Fawcett	M	M45-49	48	Rochester	1:25:31	06:53
7	172	Michael Alesso	M	M45-49	46	Seneca Falls	1:28:31	07:07
8	92	Kevin Krueger	M	M45-49	46	Rochester	1:33:12	07:30
9	231	John Baret	M	M45-49	48	Canandaigua	1:33:46	07:33
10	87	David Jung	M	M45-49	48	Ithaca	1:33:51	07:33
11	226	Jim Joseph	M	M45-49	46	Rochester	1:36:58	07:48
12	5	Benjamin Yagoda	M	M45-49	46	Rochester	1:37:33	07:51
13	43	John Benson	M	M45-49	49	Rochester	1:38:13	07:54
14	215	Michael Johnson	M	M45-49	46	Avon	1:38:21	07:55
15	256	Art Eichas	M	M45-49	49	Hilton	1:38:27	07:55
16	190	Christopher Washburn	M	M45-49	46	Newark	1:38:34	07:56
17	168	Ronald Crandall	M	M45-49	47	East Rochester	1:39:46	08:02
18	29	John McNamara	M	M45-49	48	Webster	1:41:19	08:09
19	51	Mark Camarata	M	M45-49	45	Rochester	1:41:28	08:10
20	8	Leo Pacanowski	M	M45-49	48	Rochester	1:41:28	08:10
21	62	Robert Cope	M	M45-49	47	Livonia	1:42:06	08:13
22	251	Richard Gammons	M	M45-49	48	Webster	1:42:34	08:15
23	205	Randy Stewart	M	M45-49	45	North Rose	1:45:31	08:29
24	253	Kyle Houser	M	M45-49	49	Newark	1:46:46	08:35
25	13	Marty Sochia	M	M45-49	47	Spencerport	1:47:00	08:37
26	34	Rocco Pizziroso	M	M45-49	45	Manchester	1:47:26	08:39
27	50	Robert Buttner	M	M45-49	48	Camillus	1:48:05	08:42
28	176	Doug Velte	M	M45-49	48	Newark	1:48:15	08:42
29	165	Wilton Alston	M	M45-49	46	Rochester	1:51:08	08:56
30	159	Bob Mulcock	M	M45-49	48	Canandaigua	1:55:46	09:19
31	131	Steve Woodley	M	M45-49	47	Onrario	2:00:33	09:42
32	31	David Nixon	M	M45-49	47	Lima	2:01:59	09:49

M50-54

1	161	Charlie Andrews	M	M50-54	51	West Irondequoit	1:16:22	06:09
2	4	Mark Rybinski	M	M50-54	53	Manlius	1:18:39	06:20
3	121	Lawrence Taylor	M	M50-54	51	Fairport	1:32:52	07:28
4	79	Mark Heberger	M	M50-54	53	Rochester	1:34:04	07:34
5	203	Peter Winnett	M	M50-54	51	Corning	1:34:25	07:36
6	85	Folk Jay	M	M50-54	52	Kent	1:34:34	07:36
7	44	Bill Beyerbach	M	M50-54	53	Rochester	1:35:40	07:42
8	65	Douglas Deweaver	M	M50-54	50	Newark	1:35:48	07:42
9	27	Mike McCullough	M	M50-54	51	Spencerport	1:37:09	07:49
10	152	Mark Lehman	M	M50-54	54	Honeoye Falls	1:38:25	07:55
11	39	Joaquin Aymerich	M	M50-54	52	Naples	1:40:43	08:06
12	57	Greg Christo	M	M50-54	54	Hilton	1:42:25	08:14
13	16	Patrick Herron	M	M50-54	50	Leroy	1:42:36	08:15
14	89	James Kennedy	M	M50-54	52	Geneva	1:43:14	08:18
15	88	Michael Keefer	M	M50-54	52	Rochester	1:49:33	08:49
16	209	Stephen Wallace	M	M50-54	54	Toronto	1:52:59	09:05

17	156	Bill Boyle	M	M50-54	52	Canandaigua	1:53:38	09:08
18	59	Paul Chwalek	M	M50-54	54	Oswego	1:53:48	09:09
19	220	Ron Newman	M	M50-54	52	Pittsford	1:54:43	09:14
20	108	Gary Reisman Sr	M	M50-54	52	Baldwinsville	2:01:49	09:48
21	130	Timothy Williams	M	M50-54	50	Rochester	2:06:16	10:09
22	133	Don Yull	M	M50-54	53	Geneseo	2:11:34	10:35
23	105	Don Phillips	M	M50-54	54	Phelps	2:20:58	11:20
24	66	David Dilcard	M	M50-54	53	Penfield	2:27:09	11:50
25	235	Mark Cook	M	M50-54	52	Rochester	2:58:30	14:22

M55-59

1	127	Jeff Watkins	M	M55-59	55	Lockport	1:26:39	06:58
2	41	Mark Barry	M	M55-59	55	Rochester	1:29:51	07:14
3	98	Tom Mulligan	M	M55-59	58	Naples	1:31:55	07:24
4	19	Bruce Wilkins	M	M55-59	55	Fairport	1:33:35	07:32
5	80	Stephen Hedges	M	M55-59	59	Rochester	1:36:22	07:45
6	134	John Yunker	M	M55-59	55	Wayland	1:42:03	08:13
7	194	Richard Detwiler	M	M55-59	59	Webster	1:42:55	08:17
8	110	Jerry Roberts	M	M55-59	58	Rochester	1:43:25	08:19
9	237	Bill McGuire	M	M55-59	59	Scottsville	1:50:39	08:54
10	192	Ben Frega	M	M55-59	57	Fairport	1:57:20	09:26
11	55	Jim Chastek	M	M55-59	56	Camp Hill	1:58:24	09:32
12	96	Philip Mann	M	M55-59	57	Keuka Park	2:01:13	09:45
13	157	Douglas Jones	M	M55-59	55	Pittsford	2:06:09	10:09
14	104	John Phillips	M	M55-59	58	Newark	2:20:54	11:20
15	22	Thomas Fagan	M	M55-59	59	Liverpool	2:24:44	11:39
16	99	William Murphy	M	M55-59	59	Rochester	3:18:52	16:00

M60-64

1	143	Tom Lamme	M	M60-64	61	Penfield	1:27:18	07:01
2	135	George Zakielarz	M	M60-64	60	Rochester	1:34:57	07:38
3	84	Roger Howe	M	M60-64	60	Rochester	1:35:51	07:43
4	71	Chuck Fahey	M	M60-64	60	Syracuse	1:36:13	07:44
5	114	Buzz Schild	M	M60-64	61	Rochester	1:37:28	07:50
6	9	Jim Glinsky	M	M60-64	61	Pittsford	1:38:14	07:54
7	188	Alan Ryder	M	M60-64	61	Big Flats	1:38:51	07:57
8	116	Richard Spiegel	M	M60-64	61	North Rose	1:39:15	07:59
9	90	Robert Kern	M	M60-64	64	Beaver Dams	1:41:23	08:09
10	155	Rick Erb	M	M60-64	60	Rushville	1:47:34	08:39
11	128	Barry Watkins	M	M60-64	63	Rochester	1:49:10	08:47
12	240	David Gordon	M	M60-64	61	Pittsford	2:07:28	10:15

M65-69

1	245	Jo Bunkenburg	M	M65-69	66	Victor	1:52:13	09:02
2	229	Sid Bolton	M	M65-69	66	Albion	2:00:53	09:44
3	67	Don Clukies	M	M65-69	65	Portsmouth	2:09:32	10:25
4	32	Salisoury Paul	M	M65-69	65	Newark	2:11:35	10:35
5	75	Norm Greiner	M	M65-69	68	Rochester	2:16:38	11:00
6	40	Luke Barnard	M	M65-69	69	Geneva	2:53:12	13:56

M70-74

1	72	Ron Fancher	M	M70-74	72	Batavia	1:57:06	09:25
2	81	Dave Heeks	M	M70-74	71	Rochester	2:21:26	11:23
3	124	Sandy Toole	M	M70-74	70	Rochester	2:48:31	13:33

M75-79

1	136	Marvin Eisenstein	M	M75-79	79	Rochester	2:47:38	13:29
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