

**PowerBar Trail Race - 4.5 Mile**  
**Saturday, June 7, 2008 in Mendon Ponds Park, Mendon, NY**  
**Timed and Produced by YellowJacket Racing**  
**Total Finishers 107 (Male 60, Female 47)**

Pos	Bib	Fullname	Gender	Age	City	FinishTm
Overall Male Short Course						
	1	142 Zachary Nelson	M	17	Victor	0:34:06
Overall Female Short Course						
	1	60 Karen Howe	F	31	Rochester	0:40:18
SF19UNDER						
	1	47 Linda Goodridge	F	18	Marion	0:40:49
	2	174 Kimberly Law	F	19	Newark	0:41:12
	3	20 Margaret Crandall	F	17	W. Henrietta	0:54:28
SF20-24						
	1	189 Kelly Jackson	F	22	Rochester	0:44:44
	2	145 Kristen Ryan	F	23	Rochester	0:46:12
	3	110 Kaitlyn Sennet	F	22	Rochester	0:47:32
	4	102 Jeannine Rossi	F	23	Clifton Springs	0:47:46
	5	96 Laura Rekkerth	F	21	Scottsville	0:52:49
	6	154 Bess Englehardt	F	20	Springwater	1:19:21
SF25-29						
	1	27 Julie Donlon	F	29	Farmington	0:42:33
	2	183 Kelly DArgeto	F	29	Fairport	0:50:26
	3	132 Leah Yates	F	28	Farmington	0:51:29
	4	134 Kathryn Montinarelli	F	26	Rochester	0:53:56
	5	31 Amy Ensign	F	26	Rochester	0:59:01
	6	101 Sally Rocks	F	26	Rochester	0:59:01
	7	40 Tiffany Garnsey	F	26	Honeoye	1:01:10
SF30-34						
	1	24 Heather Danielson	F	33	Rochester	0:44:07
	2	42 Jennifer Gelfuso	F	33	Rochester	0:48:31
	3	46 Michele Goldstein	F	34	Mt. Morris	0:49:21
	4	74 Ann Maine	F	30	Rochester	0:55:17
	5	67 Jessica Kilpatrick	F	32	Rochester	0:57:04
	6	76 Kimberly McGann	F	33	Avon	1:02:12
	7	5 Denise Becker	F	32	Henrietta	1:03:03
SF35-39						
	1	16 Cassandra Coffey	F	38	Pittsford	1:00:34
SF40-44						
	1	29 Robin Driver	F	44	Henrietta	0:46:32
	2	131 Amber Wyman	F	44	Farmington	0:47:57
	3	106 Frances Salgado-Givens	F	42	Rochester	0:49:19
	4	118 Stefani Szalay-Domm	F	42	Rochester	0:51:14
	5	88 Becky Owen	F	40	Avon	0:57:50
	6	191 Anna Janssen	F	40	Pittsford	0:58:14
	7	83 Christine Nabinger	F	42	Honeoye Falls	0:59:31

## SF45-49

1	63 Lesley Johnson	F	48	Bloomfield	0:42:50
2	108 Kathy Schwenk	F	45	Corfu	0:44:02
3	105 Darlene Saeva	F	49	Rochester	0:47:05
4	124 Marie White	F	47	Henrietta	0:49:31
5	99 Mari Rivers	F	47	Victor	0:58:12
6	25 Tamara DiNolfo	F	47	Rochester	0:59:30
7	12 Lauren Burruto	F	48	Pittsford	1:00:44
8	158 Nancy Allinger	F	48	Honeoye Falls	1:01:21
9	164 Lynn Sullivan	F	46	Rochester	1:04:37

## SF50-54

1	28 Linda Drinkwater	F	52	Fairport	0:44:32
2	150 Beth Goldenberg	F	52	Rochester	1:00:35
3	54 Kathy Henrie	F	54	Rochester	1:00:49
4	30 Kimberly Dziabis	F	50	Leesburg	1:01:22
5	84 Juliann Nelson	F	50	Victor	1:02:58

## SF55-59

1	114 Mary Stamp	F	57	Macedon	1:15:31
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## SM19UNDER

1	143 Peter Francia	M	17	Rochester	0:36:35
2	188 Kraig Conner	M	19	Rochester	0:41:24
3	176 Josh Larwin	M	19	Middleburg	1:16:31

## SM20-24

1	181 Tyler Magnan	M	24	Victor	0:40:11
2	6 Matt Benedict	M	23	Caledonia	0:41:12
3	128 Jonathan Willistein	M	22	Scottsville	0:41:21
4	116 Brian Staples	M	22	Shortsville	0:47:46
5	121 Rodolfo Valladares	M	22	Rochester	0:49:09

## SM25-29

1	178 Martin Avila	M	27	Canandaigua	0:40:18
2	195 Chris Achter	M	25	Rochester	0:42:48
3	144 Michael Ryan	M	28	Rochester	0:53:48
4	43 John Ghidui	M	29	Rochester	0:54:12
5	23 Matthew Daniels	M	28	Walworth	1:03:28
6	73 Matthew Mack	M	28	Rochester	1:16:31
7	127 Ethan Willistein	M	25	Scottsville	1:16:31

## SM30-34

1	112 Gabriel Sloane	M	34	Pittsford	0:37:18
2	18 Michael Collins	M	32	Churchville	0:40:37
3	59 Eric Howe	M	30	Rochester	0:41:14
4	90 Richard Pirson	M	31	Rochester	0:47:43
5	77 Ben Melos	M	32	Rochester	0:53:32

## SM35-39

1	32 Andrew T. Farmer	M	36	Avon	0:48:01
2	109 Jean-Paul Scott	M	39	Rochester	0:53:02
3	185 Scott Standhart	M	35	Churchville	0:59:04
4	36 Michael Foster	M	36	Penfield	1:02:48
5	147 Anthony Testa	M	37	Pittsford	1:03:35
6	210 David Boutillier	M	38	Rochester	1:19:21

## SM40-44

1	51 Scott Hauser	M	44 Rochester	0:42:26
2	138 Peter McCandlish	M	43 Rochester	0:44:08
3	35 Michael Follan	M	43 Rochester	0:47:31
4	169 Charles Edkins	M	42 Hunlock Creek	0:48:17
5	136 David Bernacki	M	43 Lima	0:53:43
6	65 Jeffrey Katz	M	42 Pittsford	0:54:34
7	89 Ed Owen	M	41 Avon	0:54:51
8	14 Andrew Ciaio	M	42 Victor	0:56:55
9	58 Jamie Howard	M	42 Albany	0:59:33

## SM45-49

1	103 Rick Royce	M	49 Kingston	0:38:26
2	7 Larry Bernstein	M	48 Honeoye Falls	0:41:20
3	179 Michael Shannon	M	45 Honeoye Falls	0:45:40
4	133 Chuck Giordano	M	48 Hilton	0:46:32
5	80 Mark Monachino	M	49 Macedon	0:48:01
6	115 John Stanford	M	47 Rochester	0:48:48
7	52 Sean Hendrick	M	45 Rochester	0:54:30
8	79 Bob Merberg	M	48 Fairport	0:55:32
9	13 Larry Byron	M	49 Hamlin	1:09:00

## SM50-54

1	171 Dan Schwenk	M	54 Corfu	0:39:09
2	41 Brian J. Geary	M	50 Rochester	0:41:39
3	141 David Snyder	M	52 Pittsford	0:45:49
4	148 William Boyle	M	53 Canandaigua	0:48:42
5	62 David Johnson	M	50 Bloomfield	0:49:30
6	17 Chris Collins	M	52 Penfield	0:51:12

## SM55-59

1	190 Christopher Barry	M	56 Newark	0:45:41
2	45 Dane Gifford	M	59 Penn Yan	0:51:47
3	91 Bill Polito	M	55 Webster	0:52:35
4	92 Gary Preece	M	55 Shortsville	0:56:35
5	175 Nicholas Fuerst	M	59 Washington	1:02:21
6	82 William Murphy	M	59 Rochester	1:24:12

## SM60-64

1	184 Walter Standhart	M	63 Rochester	1:01:43
2	53 James Hendy	M	64 Webster	1:12:20

## SM65-69

1	129 Richard Withrow	M	66 Spencerport	0:57:53
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