

**Run for Health 5K**  
**Saturday, April 19th, 2008 at Genesee Valley Park**  
**Timed by YellowJacket Racing**

**Total Finishers - 353 (Male - 185, Female 160, No Name - 8)**

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm	Pace
<b>Overall Male</b>								
1	293	Ryan Pauling	M	Overall Male	31	Rochester	0:15:52	0:05:07
<b>Overall Female</b>								
1	120	Sarah Nazarian-Elliott	F	Overall Female	36	Fairport	0:19:01	0:06:08
<b>F19UNDER</b>								
1	104	Kristina Martin	F	F19UNDER	16	Holley	0:20:29	0:06:36
2	302	Stephanie Milici	F	F19UNDER	14		0:24:21	0:07:51
3	128	Caitlin Perry	F	F19UNDER	19	Avon	0:27:06	0:08:44
4	220	Michelle Spiegel	F	F19UNDER	18	Pittsford	0:31:11	0:10:04
5	143	Iana Schnauffer	F	F19UNDER	12	Rochester	0:32:00	0:10:19
6	16	Sydney Burrows	F	F19UNDER	12	Roch	0:32:00	0:10:20
7	76	Neena Johnson	F	F19UNDER	18		0:32:01	0:10:20
8	211	Emily Coyle	F	F19UNDER	14	N. Chili	0:32:12	0:10:23
9	383	Christine Schmitt	F	F19UNDER	12		0:33:58	0:10:57
10	154	Yelena Slobard	F	F19UNDER	17	pittsford	0:35:09	0:11:20
11	388	Mary Humphrey	F	F19UNDER	19		0:49:42	0:16:02
12	230	Jenna Rosati	F	F19UNDER	12	Rochester	0:52:17	0:16:52
<b>F20-24</b>								
1	295	Jessica Snyder	F	F20-24	23	Rochester	0:19:39	0:06:20
2	301	Katie Passarell	F	F20-24	23		0:21:12	0:06:50
3	67	Julie Herman	F	F20-24	22	Rochester	0:23:08	0:07:28
4	91	Rebecca Light	F	F20-24	24	Rochester	0:24:54	0:08:02
5	262	Anne Whitehead	F	F20-24	22		0:26:12	0:08:27
6	294	Serena Hor	F	F20-24	23	Rochester	0:26:29	0:08:32
7	71	Claire Hoffmire	F	F20-24	23		0:26:42	0:08:37
8	367	Mercedes Szpiner	F	F20-24	24	Rochester	0:27:13	0:08:47
9	203	Kate Denny	F	F20-24	22	Rochester	0:27:47	0:08:58
10	138	Julie Sahler	F	F20-24	22	Webster	0:27:59	0:09:02
11	131	Alyssa Pignato	F	F20-24	20	Rochester	0:28:51	0:09:18
12	82	Jamie Kerr	F	F20-24	22	Rochester	0:28:56	0:09:20
13	66	Jocelyn Heim	F	F20-24	21	Rochester	0:28:56	0:09:20
14	240	Karen Hoch	F	F20-24	21	Rochester	0:29:59	0:09:40
15	239	Meredith Brod	F	F20-24	21	Rochester	0:30:00	0:09:41
16	349	Adifi Kadakia	F	F20-24	21	Rochester	0:30:38	0:09:53
17	200	Catherine Woeller	F	F20-24	24	Skaneateles	0:30:48	0:09:56
18	202	Renee Bonneau	F	F20-24	23	Rochester	0:30:48	0:09:56
19	32	Nicole DeMarco	F	F20-24	22	Webster	0:31:28	0:10:09
20	132	Amanda Pollock	F	F20-24	20	Rochester	0:32:24	0:10:27
21	204	Marilyn Cole	F	F20-24	24	Rochester	0:33:16	0:10:44
22	189	Maria Finkelmeier	F	F20-24	22	Rochester	0:33:16	0:10:44
23	276	Danielle Dahle	F	F20-24	24	Rochester	0:33:43	0:10:53
24	173	Krystle Williams	F	F20-24	24	Rochester	0:38:07	0:12:18
25	29	Jessica Davis	F	F20-24	24	Conshohocken	0:38:50	0:12:32
26	94	Alyssa Litto	F	F20-24	21	Webster	0:49:31	0:15:58
27	50	Xanthia Garcia	F	F20-24	24		0:50:01	0:16:08

## F25-29

1	278	Christina Keck	F	F25-29	26	Rochester	0:19:23	0:06:15
2	139	Leah Samson	F	F25-29	29	Rochester	0:20:51	0:06:43
3	363	Holly Kuzmiak	F	F25-29	25	Rochester	0:22:49	0:07:22
4	252	Kristen Love	F	F25-29	26	Rochester	0:24:02	0:07:45
5	345	Kelli Grabowski	F	F25-29	25		0:24:03	0:07:46
6	140	Dannie Sanasie	F	F25-29	27	Rochester	0:24:37	0:07:56
7	249	Sarah Van Cor-Hosmer	F	F25-29	25	Rochester	0:25:09	0:08:07
8	8	Olivia Block	F	F25-29	26	Rochester	0:25:49	0:08:20
9	286	Lora Cutarella	F	F25-29	25	Rochester	0:26:18	0:08:29
10	172	Sarah Wilcox	F	F25-29	26	Webster	0:26:21	0:08:30
11	288	Sara Williford	F	F25-29	28	Rochester	0:26:53	0:08:40
12	385	Jamie Reynolds	F	F25-29	27		0:27:32	0:08:53
13	313	Nichole Marinaccio	F	F25-29	27	Rochester	0:28:31	0:09:12
14	300	Heidi Morales	F	F25-29	28	Rochester	0:28:51	0:09:18
15	125	Lindsay Oswald	F	F25-29	28	Rochester	0:29:13	0:09:26
16	306	Marissa Matarrese	F	F25-29	26	Rochester	0:30:00	0:09:41
17	247	Amanda Lachiusa	F	F25-29	26	Webster	0:30:18	0:09:47
18	253	Ariane Jay	F	F25-29	29	Brooktondale	0:31:36	0:10:12
19	317	Jennifer Pascoe	F	F25-29	29	Rochester	0:31:52	0:10:17
20	157	Lynn Sniderhan	F	F25-29	28	East Rochester	0:33:00	0:10:39
21	198	Nikki Rudd	F	F25-29	27	Rochester	0:33:01	0:10:39
22	184	Gina Biondolillo	F	F25-29	29	Rochester	0:33:11	0:10:42
23	90	Denisse Licon	F	F25-29	27	Rochester	0:34:02	0:10:59
24	33	Emily Desmet	F	F25-29	27	Rochester	0:36:20	0:11:43
25	81	Heather-Ree Kennedy	F	F25-29	28	Rochester	0:37:43	0:12:10
26	327	Debbie Dao	F	F25-29	28		0:41:32	0:13:24
27	299	Jennifer Copp	F	F25-29	28		0:41:55	0:13:31
28	243	Jessica Bougie	F	F25-29	25	Dansville	0:53:32	0:17:16

## F30-34

1	256	Nicole Bussenaert	F	F30-34	31	Webster	0:22:34	0:07:17
2	304	Pam Ayers	F	F30-34	31	Rochester	0:22:36	0:07:18
3	88	Joanne Laudisi	F	F30-34	32	Rochester	0:26:40	0:08:36
4	377	Kristi Kusak	F	F30-34	31		0:26:50	0:08:39
5	4	Stephanie Ashenfelder	F	F30-34	34	Honeoye Falls	0:26:55	0:08:41
6	194	Kara Krause	F	F30-34	30	Rochester	0:27:17	0:08:48
7	344	Kellin King	F	F30-34	31		0:27:23	0:08:50
8	375	Jen Prest	F	F30-34	31		0:27:47	0:08:58
9	386	Jocelyn Reatiraza	F	F30-34	31		0:28:13	0:09:06
10	18	Amy Cassata-Widera	F	F30-34	31	Rochester	0:28:37	0:09:14
11	84	Darcy Kresge	F	F30-34	34	York	0:29:23	0:09:29
12	51	Shannon Gardner	F	F30-34	34	Rochester	0:30:06	0:09:42
13	365	Katie Torres	F	F30-34	34		0:30:08	0:09:43
14	259	Dana Mallaber	F	F30-34	33	Brockport	0:30:10	0:09:44
15	147	Kathleen Shea	F	F30-34	31		0:30:12	0:09:44
16	372	Nicole Burr	F	F30-34	31		0:31:24	0:10:08
17	235	Tracy Fickess	F	F30-34	33	Rochester	0:32:25	0:10:27
18	5	Melissa Ashline	F	F30-34	32	Webster	0:33:37	0:10:51
19	234	Lisa Boyle	F	F30-34	33	Rochester	0:38:56	0:12:34
20	77	Summer Johnson	F	F30-34	31	Rochester	0:40:28	0:13:03
21	60	Laurie Grove	F	F30-34	34	Webster	0:49:31	0:15:58

## F35-39

1	339	Josie Cancilla-Spadafora	F	F35-39	36		0:21:16	0:06:52
2	179	Kim Hutchings	F	F35-39	39	Rochester	0:24:40	0:07:57
3	261	Katherine Fleming	F	F35-39	37	Brockport	0:25:26	0:08:12
4	136	Jen Rybak	F	F35-39	37	Rochester	0:25:40	0:08:17
5	144	Coleen Schofield	F	F35-39	39	Rochester	0:27:20	0:08:49
6	185	Debbie Valion	F	F35-39	39	Rochester	0:28:01	0:09:02
7	222	Kelly Wilkins	F	F35-39	36	Rochester	0:28:44	0:09:16
8	166	Ellen Volpe	F	F35-39	35	Rochester	0:29:24	0:09:29
9	112	Diane Mortimer	F	F35-39	36	Rochester	0:31:21	0:10:07
10	199	Melissa Camman	F	F35-39	38	Rochester	0:34:24	0:11:06
11	164	Kris VanDuyne	F	F35-39	35	Shortsville	0:37:46	0:12:11
12	334	Kimberly Fleming	F	F35-39	35		0:41:03	0:13:14

## F40-44

1	305	Joanne Bradt	F	F40-44	44	Chili	0:22:45	0:07:20
2	336	Debbie Wyspianski	F	F40-44	40		0:24:29	0:07:54
3	335	Karen Ritter	F	F40-44	41	Webster	0:24:40	0:07:57
4	371	Judith Shea	F	F40-44	43		0:26:05	0:08:25
5	159	Stefani Szalay-Domm	F	F40-44	42	Rochester	0:26:09	0:08:26
6	109	Lauree Meehan	F	F40-44	41	Farmington	0:27:10	0:08:46
7	113	Krista Motsinger	F	F40-44	44	Pittsford	0:28:31	0:09:12
8	352	Blynn Nelson	F	F40-44	42		0:30:11	0:09:44
9	26	Amanda Coyle	F	F40-44	44	N Chili	0:33:03	0:10:40
10	219	Rebecca Gilbert	F	F40-44	41	Rochester	0:33:23	0:10:46

## F45-49

1	30	Beth DeCiantis	F	F45-49	46	Rochester	0:20:13	0:06:31
2	46	Anna Fox	F	F45-49	47	Palmyra	0:21:14	0:06:51
3	229	Lisa Ray	F	F45-49	46	Fairport	0:24:36	0:07:56
4	212	Jan McCullough	F	F45-49	48	Spencerport	0:25:20	0:08:10
5	215	Carolyn Privitera-Gage	F	F45-49	47	W. Henrietta	0:26:51	0:08:40
6	368	Celia Applegate	F	F45-49	48		0:27:00	0:08:43
7	119	Pam Nudd	F	F45-49	47	Brockport	0:27:25	0:08:51
8	258	Brenda Cackett	F	F45-49	46	Pittsford	0:27:56	0:09:01
9	223	Joan Scheuermann	F	F45-49	47	Rochester	0:29:57	0:09:40
10	55	Annette Grape	F	F45-49	46		0:32:01	0:10:20
11	13	Lynda Brunner	F	F45-49	46	Scottsville	0:33:35	0:10:50
12	320	Marcy Tobin	F	F45-49	45	Rochester	0:33:41	0:10:52
13	64	Linda Harrison	F	F45-49	49	Rochester	0:43:51	0:14:09
14	73	Cathy Humphrey	F	F45-49	48	Rochester	0:49:42	0:16:02

## F50-54

1	61	Cheryl Guth	F	F50-54	54		0:22:36	0:07:17
2	237	Sharon Moore	F	F50-54	53	Rochester	0:22:40	0:07:19
3	134	Martha Roberts	F	F50-54	51	Penn Yan	0:23:49	0:07:41
4	216	Anne Lytwynec	F	F50-54	54	Farmington	0:24:08	0:07:47
5	58	Susan Groth	F	F50-54	54	Victor	0:28:13	0:09:06
6	78	Natalie Johnstone	F	F50-54	51	West Henrietta	0:28:14	0:09:06
7	23	Pamela Cooper-Vince	F	F50-54	54	Rochester	0:29:09	0:09:24
8	39	Karen Eichele	F	F50-54	51	Scottsville	0:30:07	0:09:43
9	193	Darlene Eastland	F	F50-54	50	Rochester	0:38:06	0:12:17
10	25	Carol Courtright	F	F50-54	51	Rochester	0:38:35	0:12:27
11	44	Sally E Fletcher	F	F50-54	53	W Henrietta	0:43:34	0:14:03
12	35	Cathy DiNoto	F	F50-54	53	Pittsford	0:43:51	0:14:09
13	279	Michelle SanFilipo	F	F50-54	50	Spencerport	0:46:41	0:15:03
14	257	Lynn Maxim	F	F50-54	54	Pittsford	0:46:41	0:15:04
15	197	Tobie Hewitt	F	F50-54	52	Rochester	0:47:55	0:15:27
16	11	Linda Brodell	F	F50-54	52	Warren	0:48:02	0:15:30

## F55-59

1	245	Annette Schaff	F	F55-59	58	Penfield	0:26:46	0:08:38
2	226	Jane Mahoney	F	F55-59	58	Rochester	0:29:18	0:09:27
3	74	Karen Huntley-Romanow	F	F55-59	57	Rochester	0:30:54	0:09:58
4	24	Maureen Costanza	F	F55-59	55	Rochester	0:33:56	0:10:57
5	318	Karen Evans	F	F55-59	57	Pittsford	0:36:30	0:11:47
6	188	Jeanne Gates	F	F55-59	58	Webster	0:47:01	0:15:10
7	163	Jane Tuttle	F	F55-59	55	Rochester	0:57:40	0:18:36
8	127	Nancy J Panzer	F	F55-59	58	Rush	1:03:07	0:20:22
9	346	Barbara Zima	F	F55-59	56	Rush	1:03:08	0:20:22
10	2	Paula Anderson	F	F55-59	59	Rush	1:03:09	0:20:22

## F60-64

1	207	Lynda McGuire	F	F60-64	60	Scottsville	0:24:34	0:07:56
2	85	Carolyn Kriesen	F	F60-64	64	Webster	0:26:42	0:08:37
3	290	Mitzie Lewandowski	F	F60-64	61	Rochester	0:28:26	0:09:10
4	330	Betsy Friedman	F	F60-64	64		0:53:33	0:17:16

F65-69							
1	126	Marie Owens	F	F65-69	68	Henrietta	0:33:07 0:10:41
2	228	Joan Rosati	F	F65-69	68	N. Chili	0:33:53 0:10:56
3	56	Elaine Greene	F	F65-69	68		0:40:34 0:13:05

M19UNDER							
1	325	Colby Burke	M	M19UNDER	14		0:18:41 0:06:02
2	218	Patrick Coyle	M	M19UNDER	16	N. Chili	0:21:07 0:06:49
3	312	Luke Curley	M	M19UNDER	17	Churchville	0:21:30 0:06:56
4	267	Kevin Palmeri	M	M19UNDER	12	Rochester	0:21:49 0:07:02
5	205	Patrick Ryan	M	M19UNDER	14	Victor	0:23:54 0:07:42
6	351	Jarrett Cook	M	M19UNDER	10		0:25:24 0:08:12
7	59	Brandan Grove	M	M19UNDER	14	Webster	0:26:50 0:08:39
8	43	Luke Fitzpatrick	M	M19UNDER	19	Rochester	0:26:58 0:08:42
9	370	Henry Weaver	M	M19UNDER	16		0:27:10 0:08:46
10	217	John Coyle	M	M19UNDER	18	N. Chili	0:29:10 0:09:25
11	168	Tony Wagner	M	M19UNDER	15	Rochester	0:31:21 0:10:07
12	15	Simon Burrows	M	M19UNDER	9	Roch	0:31:58 0:10:19

M20-24							
1	68	Chris Hine	M	M20-24	24	Rochester	0:16:34 0:05:21
2	34	Glenn Diller	M	M20-24	21	Rochester	0:17:32 0:05:39
3	227	Adam Laycock	M	M20-24	23	Rochester	0:18:45 0:06:03
4	309	Philip Nesbitt	M	M20-24	21	Churchville	0:18:49 0:06:04
5	102	Daniel Marker	M	M20-24	23	Rochester	0:19:36 0:06:19
6	103	Ryan Marker	M	M20-24	22	Geneseo	0:19:37 0:06:20
7	329	Daniel Scantlebury	M	M20-24	23		0:20:54 0:06:45
8	48	Andy Frank	M	M20-24	24	Hilton	0:23:06 0:07:27
9	169	Johnathan Wetherbee	M	M20-24	23	Rochester	0:23:38 0:07:37
10	21	Corey Chmiel	M	M20-24	21	Johnson City	0:23:44 0:07:39
11	311	Matthew Adams	M	M20-24	22	Churchville	0:23:47 0:07:40
12	106	Matthew McLaughlin	M	M20-24	24	Rochester	0:24:13 0:07:49
13	191	Todd Gonzalez	M	M20-24	23	Rochester	0:25:02 0:08:04
14	145	Rian Shannon	M	M20-24	23	Rochester	0:25:07 0:08:06
15	393	Mehul Malik	M	M20-24	24	Rochester	0:25:11 0:08:07
16	319	Will Inman	M	M20-24	22		0:26:02 0:08:24
17	331	Jeremy Patterson	M	M20-24	23		0:26:50 0:08:39
18	321	Chris Chang	M	M20-24	23		0:26:50 0:08:39
19	364	Ben Misemer	M	M20-24	21	Rochester	0:27:26 0:08:51
20	181	Evon Warney	M	M20-24	21	Rochester	0:27:30 0:08:52
21	99	Alexey Lubyshev	M	M20-24	24	Rochester	0:27:34 0:08:54
22	340	Brian Jenssen	M	M20-24	24	Rochester	0:28:04 0:09:03
23	314	Mark Carney	M	M20-24	22		0:30:35 0:09:52
24	348	Rajiv Shah	M	M20-24	24	Rochester	0:31:31 0:10:10
25	116	Justin Murden	M	M20-24	23	Rochester	0:33:03 0:10:40
26	63	Orlando Harris	M	M20-24	24	Rochester	0:43:39 0:14:05

M25-29							
1	324	Mike Barnes	M	M25-29	28		0:18:20 0:05:55
2	10	Nick Braus	M	M25-29	25	Rochester	0:19:56 0:06:26
3	343	Daniel King	M	M25-29	27		0:20:36 0:06:39
4	328	Bill Gensheimer	M	M25-29	26	Rochester	0:20:53 0:06:44
5	380	David Ulmer	M	M25-29	25		0:21:59 0:07:05
6	42	Aaron Finch	M	M25-29	27	Rochester	0:22:15 0:07:11
7	355	Paul Jarosz	M	M25-29	26		0:22:19 0:07:12
8	209	Corey Crawford	M	M25-29	28	Rochester	0:22:39 0:07:19
9	356	Michael Nabozny	M	M25-29	25		0:23:02 0:07:26
10	70	Brian Hoffmire	M	M25-29	28		0:23:11 0:07:29
11	248	Geoffrey Henderson	M	M25-29	28	Rochester	0:24:05 0:07:46
12	75	Karl Jaanimagi	M	M25-29	27	Henrietta	0:24:18 0:07:50
13	117	Matthew Murphy	M	M25-29	27	Rochester	0:24:30 0:07:54
14	338	Zac Lill	M	M25-29	26		0:25:27 0:08:13
15	333	Sean Iwamoto	M	M25-29	27		0:25:51 0:08:20
16	316	Andrew Merrill	M	M25-29	29	Rochester	0:26:06 0:08:25
17	307	Jared Tomlinson	M	M25-29	26	Rochester	0:26:58 0:08:42
18	244	John Welch	M	M25-29	27	Dansville	0:27:13 0:08:47
19	342	Constantine Farmakinn	M	M25-29	29		0:27:21 0:08:49
20	366	Kof Mensah	M	M25-29	25	Rochester	0:27:34 0:08:54
21	291	Bela Denes	M	M25-29	25		0:28:11 0:09:05
22	310	Derek Sung	M	M25-29	28		0:28:33 0:09:13
23	373	Brant Hager	M	M25-29	28		0:31:24 0:10:08
24	7	Noah Block	M	M25-29	27	Rochester	0:33:18 0:10:45
25	274	Mark Skasko	M	M25-29	27	Rochester	0:37:22 0:12:03
26	149	Jordan Silberman	M	M25-29	26	Rochester	0:38:50 0:12:32
27	298	David Copp	M	M25-29	28		0:41:55 0:13:31

## M30-34

1	303	Matt Blodgett	M	M30-34	31	Penfield	0:18:13	0:05:53
2	79	Matt Jones	M	M30-34	31		0:19:15	0:06:13
3	17	Andrew Caffrey	M	M30-34	30	Rochester	0:20:41	0:06:40
4	292	Matt Kennedy	M	M30-34	30		0:20:50	0:06:43
5	283	Michael Collins	M	M30-34	32	Churchville	0:21:50	0:07:02
6	22	James Collins	M	M30-34	32	Penfield	0:23:15	0:07:30
7	183	Mike Danger	M	M30-34	33	Rochester	0:23:46	0:07:40
8	37	Kevin Dwyer	M	M30-34	34	Rochester	0:23:47	0:07:40
9	86	Joe Lachiusa	M	M30-34	31	Webster	0:23:58	0:07:44
10	186	Eric Shoen	M	M30-34	31	Rochester	0:23:58	0:07:44
11	275	Rick Black	M	M30-34	33	Penfield	0:24:43	0:07:58
12	111	Mark Mitchell	M	M30-34	30	Rochester	0:25:03	0:08:05
13	170	Mitchell Wharton	M	M30-34	31	Rochester	0:25:26	0:08:12
14	315	Philip Garofolo	M	M30-34	32		0:26:02	0:08:24
15	100	John MacArthur	M	M30-34	33	Fairport	0:26:44	0:08:38
16	376	Brian Kusak	M	M30-34	31		0:26:51	0:08:40
17	384	Michael Mancenio	M	M30-34	33		0:28:14	0:09:06
18	251	Brady Stephens	M	M30-34	33	Rochester	0:35:17	0:11:23
19	101	Kevin Makino	M	M30-34	30	Rochester	0:41:32	0:13:24

## M35-39

1	214	Marcus Gage	M	M35-39	36	W. Henrietta	0:16:28	0:05:19
2	92	Patrick Liles	M	M35-39	37	Rochester	0:18:51	0:06:05
3	54	David Goodband	M	M35-39	37	Lockport	0:21:36	0:06:58
4	354	Derek Harrilou	M	M35-39	36		0:22:20	0:07:12
5	41	Sheldon D Fields	M	M35-39	38	Fairport	0:22:31	0:07:16
6	381	Michael Muzanec	M	M35-39	39		0:22:57	0:07:24
7	160	Joseph Tally	M	M35-39	37	Fairport	0:23:01	0:07:25
8	148	Robert Shelton	M	M35-39	39	Rochester	0:23:07	0:07:28
9	360	Aaron Schaeffer	M	M35-39	36	Rochester	0:23:45	0:07:40
10	210	Tim Oertel	M	M35-39	37	Rochester	0:24:01	0:07:45
11	182	Glen Ziccarelli	M	M35-39	38	Rochester	0:25:36	0:08:15
12	121	James Nells	M	M35-39	35	Rochester	0:26:02	0:08:24
13	9	Kelly Brady	M	M35-39	36	Webster	0:27:06	0:08:44
14	195	Mark Krause	M	M35-39	35	Rochester	0:28:02	0:09:03
15	28	Matthew Daneman	M	M35-39	37	Rochester	0:29:20	0:09:28
16	130	Kerm Peterson	M	M35-39	37	Henrietta	0:30:06	0:09:42
17	137	Sridhar Sadasivan	M	M35-39	36	Rochester	0:36:13	0:11:41

## M40-44

1	232	Mike Nier	M	M40-44	43	Rochester	0:17:45	0:05:43
2	272	Edward Juliani	M	M40-44	44	Henrietta	0:19:10	0:06:11
3	326	Steve Cackett	M	M40-44	44		0:19:25	0:06:16
4	287	Tim Ciancione	M	M40-44	42	Rochester	0:19:54	0:06:25
5	379	Michael Boucher	M	M40-44	40		0:20:34	0:06:38
6	180	John Hutchings	M	M40-44	40	Rochester	0:21:04	0:06:48
7	361	Peter McCandlish	M	M40-44	43	Rochester	0:21:19	0:06:53
8	96	Griff Long	M	M40-44	40	Rochester	0:21:34	0:06:57
9	167	Mike Wagner	M	M40-44	44	Rochester	0:21:37	0:06:59
10	284	John BrindAmour	M	M40-44	41	Rochester	0:21:43	0:07:00
11	105	Peter McCarthy	M	M40-44	40	Canandaigua	0:23:54	0:07:43
12	206	Brian Quinn	M	M40-44	41	Rochester	0:24:12	0:07:48
13	337	Stephen Du	M	M40-44	44		0:24:16	0:07:50
14	246	Thomas Rybak	M	M40-44	43	Rochester	0:24:30	0:07:54
15	176	Gordon Wright	M	M40-44	43	Fairport	0:24:50	0:08:01
16	374	Scott McAllister	M	M40-44	40		0:24:54	0:08:02
17	178	Thomas Collins	M	M40-44	43	Pittsford	0:24:55	0:08:02
18	95	Yang Liu	M	M40-44	40	Rochester	0:25:34	0:08:15
19	142	Martin Schiavenato	M	M40-44	40	Rochester	0:25:48	0:08:19
20	341	Bryan Busacco	M	M40-44	44		0:30:06	0:09:43
21	52	Luke George	M	M40-44	43	Rochester	0:31:36	0:10:11

## M45-49

1	362	Randy Dunham	M	M45-49	46	Spencerport	0:19:18	0:06:14
2	347	Joe Haungs	M	M45-49	46		0:19:32	0:06:18
3	296	Kevin Sheehan	M	M45-49	46	Hamlin	0:19:42	0:06:21
4	260	Tony Machulskis	M	M45-49	48	Rochester	0:19:52	0:06:24
5	133	John Puskas	M	M45-49	46	Rochester	0:20:15	0:06:32
6	129	Michael Perry	M	M45-49	48	Avon	0:20:36	0:06:39
7	273	Michael Alessio	M	M45-49	46	Seneca Falls	0:20:54	0:06:44
8	47	Roger Fox	M	M45-49	48	Palmyra	0:21:17	0:06:52
9	359	John Benson	M	M45-49	49		0:21:47	0:07:02
10	322	Baek Kim	M	M45-49	49	Rochester	0:21:57	0:07:05
11	280	David Ferriter	M	M45-49	49	Penfield	0:22:27	0:07:14
12	45	Thomas Fogg	M	M45-49	48	Pittsford	0:23:02	0:07:26
13	114	Rick Motsinger	M	M45-49	45	Pittsford	0:23:07	0:07:27
14	89	Richard Laudisi	M	M45-49	48	Rochester	0:26:43	0:08:37
15	107	Jim McMahon	M	M45-49	48	Rochester	0:26:48	0:08:39
16	241	Sean Hendrick	M	M45-49	45	Rochester	0:27:23	0:08:50
17	80	Philip Katzman	M	M45-49	45	Rochester	0:27:44	0:08:57
18	27	Peter Coyle	M	M45-49	49	N Chili	0:33:06	0:10:41
19	231	Timothy Rosati	M	M45-49	48	Rochester	0:52:17	0:16:52

## M50-54

1	281	Mark Lehman	M	M50-54	53	Honeoye Falls	0:21:16	0:06:51
2	213	Mike McCullough	M	M50-54	51	Spencerport	0:21:19	0:06:52
3	242	Bill Beyerbach	M	M50-54	52	Rochester	0:21:43	0:07:00
4	238	Mitch Moore	M	M50-54	53	Rochester	0:21:45	0:07:01
5	3	Steve Anderson	M	M50-54	53	Rochester	0:23:07	0:07:28
6	297	Barry Beck	M	M50-54	51	Rochester	0:26:49	0:08:39
7	369	Stewart Weaver	M	M50-54	50		0:27:04	0:08:44
8	12	Robert Brodell	M	M50-54	54	Warren	0:28:19	0:09:08
9	224	Donald Burns	M	M50-54	50	Rochester	0:28:39	0:09:15
10	350	Mark Cook	M	M50-54	52		0:37:14	0:12:01
11	153	James Slobard	M	M50-54	51	pittsford	0:38:53	0:12:33
12	49	Angel Garcia	M	M50-54	50		0:50:01	0:16:08
13	123	Tobie Olsan	M	M50-54	53	Rochester	0:57:40	0:18:36

## M55-59

1	221	Mark Barry	M	M55-59	55	Rochester	0:20:33	0:06:38
2	353	Paul Persia	M	M55-59	57		0:20:47	0:06:42
3	282	Lou Katz	M	M55-59	56	Spencerport	0:22:10	0:07:09
4	208	Bill Clauss	M	M55-59	56	Williamson	0:23:18	0:07:31
5	236	Gary Updyke	M	M55-59	59	Pittsford	0:23:58	0:07:44
6	158	Donald Symer	M	M55-59	55	Rochester	0:25:20	0:08:10
7	271	Donald Gaietto	M	M55-59	55	Spencerport	0:26:26	0:08:32
8	165	Roger Vince	M	M55-59	56		0:27:10	0:08:46
9	277	Mike Keating	M	M55-59	58	Rochester	0:27:40	0:08:55
10	115	Tim Mulvaney	M	M55-59	57	West Henrietta	0:27:56	0:09:01
11	382	Ronald Schmidt	M	M55-59	57		0:35:23	0:11:25
12	233	Mike Guenther	M	M55-59	55	Honeoye Falls	0:35:57	0:11:36
13	118	William Murphy	M	M55-59	59	Rochester	0:42:02	0:13:34
14	285	John Olsan	M	M55-59	57	Rochester	0:52:18	0:16:52

## M60-64

1	53	Tony Gingello	M	M60-64	61	Rochester	0:20:08	0:06:30
2	177	George Zakielarz	M	M60-64	60	Rochester	0:21:04	0:06:48
3	270	Tom Lamme	M	M60-64	60		0:21:23	0:06:54
4	225	Barry Watkins	M	M60-64	63	Rochester	0:23:29	0:07:35
5	156	Fran Sniderhan	M	M60-64	63	Penfield	0:34:21	0:11:05
6	289	Dick Lewandowski	M	M60-64	63	Rochester	0:38:43	0:12:29
7	135	Ted Rosen	M	M60-64	60		0:40:02	0:12:55

## M65-69

1	266	Joe Madonia	M	M65-69	66	Rochester	0:23:34	0:07:36
2	268	Jim Palmeri	M	M65-69	66	Rochester	0:24:13	0:07:49
3	269	Earl Cliffl	M	M65-69	69		0:28:10	0:09:05
4	57	Norm Grenier	M	M65-69	67		0:31:33	0:10:11

## M70OVER

1	38	Robert Ealy	M	M70OVER	79	Webster	0:28:22	0:09:09
2	65	Dave Heeks	M	M70OVER	70	Rochester	0:31:21	0:10:07
3	155	Al Smith	M	M70OVER	70	Rochester	0:34:06	0:11:00
4	162	Sandy Toole	M	M70OVER	70	Rochester	0:36:43	0:11:51
5	40	Marvin Eisenstein	M	M70OVER	79	Rochester	0:40:34	0:13:05