

Sara's Race 5K
Sunday October 5, 2008 **Genessee Valley Park, Rochester, NY**
154 Finishers (79 Male, 75 Female)
Timed by YellowJacket Racing

| Pos | Bib | Name | Gender | Class | Age | City | Time | Pace |
|----------------|-----|---------------------|--------|----------------|-----|----------------|---------|-------|
| Overall Female | | | | | | | | |
| | 1 | 129 Lyndsie Harper | F | Overall Female | 17 | Savannah | 0:21:49 | 07:02 |
| Overall Male | | | | | | | | |
| | 1 | 116 Mike Nier | M | Overall Male | 43 | Rochester | 0:18:01 | 05:49 |
| F13UNDER | | | | | | | | |
| | 1 | 8 Sarah Butler | F | F13UNDER | 12 | Rochester | 0:25:02 | 08:04 |
| | 2 | 157 Margaret Kneuer | F | F13UNDER | 11 | Pittsford | 0:31:50 | 10:16 |
| | 3 | 162 Ashley Plantone | F | F13UNDER | 9 | Rochester | 0:43:26 | 14:01 |
| F14-17 | | | | | | | | |
| | 1 | 46 Sarah McAdam | F | F14-17 | 16 | Rochester | 0:26:25 | 08:31 |
| | 2 | 105 Olivia Ondeck | F | F14-17 | 14 | Rochester | 0:32:17 | 10:25 |
| F18-23 | | | | | | | | |
| | 1 | 94 Holly Palmeri | F | F18-23 | 19 | Rochester | 0:29:18 | 09:27 |
| | 2 | 56 Sarah Schroeder | F | F18-23 | 21 | Caledonia | 0:30:03 | 09:42 |
| | 3 | 150 Leilani Colon | F | F18-23 | 23 | Rochester | 0:42:41 | 13:46 |
| | 4 | 136 Minu Rivazfar | F | F18-23 | 20 | Rochester | 0:46:34 | 15:01 |
| | 5 | 29 Katherine Hall | F | F18-23 | 19 | Hall | 1:13:56 | 23:51 |
| F24-29 | | | | | | | | |
| | 1 | 82 Andrea Zaffino | F | F24-29 | 29 | Rochester | 0:22:48 | 07:21 |
| | 2 | 97 April Miller | F | F24-29 | 29 | Penfield | 0:24:56 | 08:03 |
| | 3 | 151 Kaela Pitts | F | F24-29 | 28 | Rochester | 0:25:51 | 08:20 |
| | 4 | 62 Sarah Spain | F | F24-29 | 27 | Rochester | 0:26:39 | 08:36 |
| | 5 | 52 Sayeh Rivazfar | F | F24-29 | 28 | Webster | 0:41:42 | 13:27 |
| | 6 | 23 Wendy Gilmore | F | F24-29 | 28 | Rochester | 0:47:08 | 15:12 |
| | 7 | 144 Jayme Fantauzzo | F | F24-29 | 27 | Scottsville | 0:51:58 | 16:46 |
| | 8 | 89 Brittany Campese | F | F24-29 | 25 | Rochester | 0:52:24 | 16:54 |
| F30-34 | | | | | | | | |
| | 1 | 124 Karen Guevard | F | F30-34 | 30 | Rochester | 0:22:40 | 07:19 |
| | 2 | 128 Kate RicePorter | F | F30-34 | 30 | Savannah | 0:24:07 | 07:47 |
| | 3 | 141 Kelly Zito | F | F30-34 | 30 | Pittsford | 0:25:08 | 08:06 |
| | 4 | 4 Bridget Brown | F | F30-34 | 30 | East Rochester | 0:26:40 | 08:36 |
| | 5 | 18 Diane Evans | F | F30-34 | 34 | Rochester | 0:28:23 | 09:09 |
| | 6 | 53 Robyn Roberts | F | F30-34 | 32 | Rochester | 0:31:44 | 10:14 |
| | 7 | 10 Nicole Cookinham | F | F30-34 | 30 | Webster | 0:42:14 | 13:37 |
| | 8 | 90 Tiffany Insel | F | F30-34 | 30 | Rochester | 0:52:24 | 16:54 |
| | 9 | 41 Leia Malone | F | F30-34 | 30 | Penfield | 0:53:53 | 17:23 |
| F35-39 | | | | | | | | |
| | 1 | 54 Jen Rybak | F | F35-39 | 38 | Rochester | 0:23:36 | 07:37 |

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|----|-----------------------------|---|--------|----|-----------|---------|-------|
| 2 | 35 Heidi Kestenblatt | F | F35-39 | 37 | Pittsford | 0:24:28 | 07:54 |
| 3 | 31 Christine Janas | F | F35-39 | 39 | Rochester | 0:26:23 | 08:31 |
| 4 | 130 Stephanie Richards | F | F35-39 | 39 | Victor | 0:28:10 | 09:05 |
| 5 | 60 Jacki Sobiewski | F | F35-39 | 38 | Kent | 0:28:11 | 09:06 |
| 6 | 49 Jennifer Powers | F | F35-39 | 36 | Rochester | 0:29:30 | 09:31 |
| 7 | 91 Ellen Brenner-Boutillier | F | F35-39 | 38 | Rochester | 0:30:17 | 09:46 |
| 8 | 22 Shannon Gardner | F | F35-39 | 35 | Pittsford | 0:30:33 | 09:51 |
| 9 | 156 Colleen Vorndran | F | F35-39 | 36 | Rochester | 0:31:55 | 10:18 |
| 10 | 45 Leigh Marr | F | F35-39 | 38 | Rochester | 0:39:57 | 12:53 |
| 11 | 51 Kim Rasbeck | F | F35-39 | 38 | Bergen | 0:43:25 | 14:00 |
| 12 | 79 Robbin Alexander | F | F35-39 | 35 | Hilton | 0:49:26 | 15:57 |

F40-44

| | | | | | | | |
|----|------------------------|---|--------|----|-------------|---------|-------|
| 1 | 71 Kelly Urckfitz | F | F40-44 | 42 | Mendon | 0:24:00 | 07:45 |
| 2 | 70 Lisa Tschiderer | F | F40-44 | 43 | Pittsford | 0:26:16 | 08:28 |
| 3 | 66 Robin Stonebraker | F | F40-44 | 42 | Farmington | 0:27:50 | 08:59 |
| 4 | 64 Terri Statt | F | F40-44 | 41 | Rochester | 0:28:20 | 09:08 |
| 5 | 24 Jennifer Goldenberg | F | F40-44 | 41 | Rochester | 0:29:44 | 09:36 |
| 6 | 27 Liz Gudonis | F | F40-44 | 40 | Hilton | 0:31:13 | 10:04 |
| 7 | 155 Lisa Kneuer | F | F40-44 | 41 | Pittsford | 0:31:50 | 10:16 |
| 8 | 39 Cindy Logan | F | F40-44 | 42 | Farmington | 0:33:49 | 10:54 |
| 9 | 102 Kim Piccininni | F | F40-44 | 41 | North Chili | 0:49:15 | 15:53 |
| 10 | 175 Cindy Saedi | F | F40-44 | 40 | Rochester | 0:51:02 | 16:28 |
| 11 | 103 Lateja Morsell | F | F40-44 | 44 | Rochester | 0:51:56 | 16:45 |

F45-49

| | | | | | | | |
|---|-------------------------|---|--------|----|-----------------|---------|-------|
| 1 | 7 Jo Bussler | F | F45-49 | 46 | Rochester | 0:24:01 | 07:45 |
| 2 | 47 Anne McAdam | F | F45-49 | 46 | Rochester | 0:25:20 | 08:10 |
| 3 | 48 Cheryl Paine-OConnor | F | F45-49 | 45 | Webster | 0:30:20 | 09:47 |
| 4 | 72 Kandy Valimont | F | F45-49 | 45 | Clifton Springs | 0:40:18 | 13:00 |
| 5 | 171 Madeline Williams | F | F45-49 | 48 | Rochester | 0:47:07 | 15:12 |

F50-54

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|---|-----------------------|---|--------|----|-----------------|---------|-------|
| 1 | 20 Bobbie Freitag | F | F50-54 | 54 | Pittsford | 0:27:27 | 08:51 |
| 2 | 14 Fran DeNardo | F | F50-54 | 50 | Clifton Springs | 0:28:56 | 09:20 |
| 3 | 17 Karen Eichele | F | F50-54 | 51 | Scottsville | 0:30:33 | 09:51 |
| 4 | 168 Janine Quinlan | F | F50-54 | 53 | Sodus Point | 0:32:16 | 10:24 |
| 5 | 164 Deborah Rhinehart | F | F50-54 | 54 | North Chili | 0:51:51 | 16:44 |

F55-59

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|---|---------------------------|---|--------|----|-----------|---------|-------|
| 1 | 140 Karen Huntley-Romanow | F | F55-59 | 57 | Rochester | 0:28:27 | 09:11 |
| 2 | 120 Carol Arieno | F | F55-59 | 58 | Rochester | 0:40:40 | 13:07 |
| 3 | 55 Barbara Schreiner | F | F55-59 | 55 | Conesus | 0:40:42 | 13:08 |
| 4 | 87 Jeannette Giagios | F | F55-59 | 58 | Rochester | 0:47:05 | 15:11 |
| 5 | 88 Linda Campese | F | F55-59 | 55 | Hornell | 0:52:25 | 16:54 |

F60-64

| | | | | | | | |
|---|----------------|---|--------|----|-----------|---------|-------|
| 1 | 121 Peggy Karn | F | F60-64 | 64 | Rochester | 0:52:39 | 16:59 |
| 2 | 122 Ida Siegel | F | F60-64 | 61 | Rochester | 0:52:39 | 16:59 |

F60-69

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|---|-----------------------|---|--------|----|-----------|---------|-------|
| 1 | 38 Mitzie Lewandowski | F | F60-69 | 61 | Rochester | 0:27:36 | 08:54 |
| 2 | 78 Marie Owens | F | F60-69 | 68 | Henrietta | 0:30:36 | 09:52 |

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|----------|---|-----|-------------------|---|----------|----|-------------|---------|-------|
| | 3 | 131 | Joan Rosati | F | F60-69 | 69 | North Chili | 0:32:39 | 10:32 |
| M13UNDER | 1 | 114 | Brenden Thompson | M | M13UNDER | 12 | Williamson | 0:28:25 | 09:10 |
| M14-17 | 1 | 92 | Nicholas Watson | M | M14-17 | 15 | Rochester | 0:18:51 | 06:05 |
| | 2 | 59 | Zack Sobiewski | M | M14-17 | 17 | Kent | 0:20:49 | 06:43 |
| | 3 | 95 | Jeff Palmeri | M | M14-17 | 15 | Rochester | 0:22:38 | 07:18 |
| | 4 | 2 | Alex Baldwin | M | M14-17 | 14 | Rochester | 0:23:49 | 07:41 |
| | 5 | 58 | Gabe Sobiewski | M | M14-17 | 15 | Kent | 0:26:46 | 08:38 |
| | 6 | 153 | Keith Sheehan | M | M14-17 | 15 | Rochester | 0:33:26 | 10:47 |
| M18-23 | 1 | 148 | Christopher Sponn | M | M18-23 | 18 | Rochester | 0:19:44 | 06:22 |
| | 2 | 113 | Matt Carrera | M | M18-23 | 22 | Scottsville | 0:22:05 | 07:07 |
| | 3 | 104 | Alex Benknight | M | M18-23 | 20 | Rochester | 0:40:25 | 13:02 |
| | 4 | 177 | Andrew Miller | M | M18-23 | 19 | Rochester | 0:51:01 | 16:27 |
| M24-29 | 1 | 30 | John Holt | M | M24-29 | 26 | Rochester | 0:20:38 | 06:40 |
| | 2 | 158 | Andy Frank | M | M24-29 | 24 | Hilton | 0:21:21 | 06:53 |
| | 3 | 9 | Chuck Conway | M | M24-29 | 28 | Spencerport | 0:28:24 | 09:10 |
| | 4 | 135 | Brandon Hoyt | M | M24-29 | 25 | Rochester | 0:46:30 | 15:00 |
| | 5 | 137 | Angel Maldonado | M | M24-29 | 24 | Rochester | 0:46:53 | 15:08 |
| M30-34 | 1 | 127 | Josh Harter | M | M30-34 | 33 | Avon | 0:18:31 | 05:58 |
| | 2 | 134 | Seth Malcolm | M | M30-34 | 31 | Rochester | 0:20:42 | 06:41 |
| | 3 | 159 | Chun Lo | M | M30-34 | 30 | Fairport | 0:21:03 | 06:47 |
| | 4 | 138 | Erik Mort | M | M30-34 | 32 | Rush | 0:24:06 | 07:47 |
| | 5 | 142 | Rob Cooke | M | M30-34 | 30 | Rochester | 0:26:23 | 08:31 |
| | 6 | 163 | Emanuel Marcano | M | M30-34 | 32 | Rochester | 0:30:00 | 09:41 |
| | 7 | 166 | Aaron Cain | M | M30-34 | 32 | Rochester | 0:43:30 | 14:02 |
| | 8 | 169 | Domenic Alampi | M | M30-34 | 32 | Sodus | 0:50:36 | 16:19 |
| | 9 | 50 | Jeffrey Price | M | M30-34 | 32 | WALWORTH | 0:51:57 | 16:45 |
| M35-39 | 1 | 108 | Jay Laitenberger | M | M35-39 | 35 | Rochester | 0:19:01 | 06:08 |
| | 2 | 36 | Joby Knapp | M | M35-39 | 37 | Rochester | 0:23:00 | 07:25 |
| | 3 | 3 | Keith Becker | M | M35-39 | 39 | Mendon | 0:24:56 | 08:03 |
| | 4 | 167 | Michael DiPaula | M | M35-39 | 35 | Webster | 0:30:00 | 09:41 |
| | 5 | 42 | William Malone | M | M35-39 | 38 | Penfield | 0:53:41 | 17:19 |
| | 6 | 44 | Matt Marion | M | M35-39 | 39 | Canandaigua | 1:06:15 | 21:22 |
| M40-44 | 1 | 119 | Michael Mertens | M | M40-44 | 44 | Farmington | 0:20:09 | 06:30 |
| | 2 | 154 | Michael Knapp | M | M40-44 | 42 | Henrietta | 0:20:58 | 06:46 |
| | 3 | 61 | Brett Sobiewski | M | M40-44 | 42 | Kent | 0:22:05 | 07:08 |
| | 4 | 63 | David Statt | M | M40-44 | 41 | Rochester | 0:22:14 | 07:10 |
| | 5 | 33 | Lawrence Jones | M | M40-44 | 43 | Rochester | 0:25:48 | 08:19 |
| | 6 | 28 | Mike Gurski | M | M40-44 | 41 | Hilton | 0:26:21 | 08:30 |
| | 7 | 84 | Tim Mullen | M | M40-44 | 40 | Rochester | 0:26:28 | 08:32 |

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|----|-----|------------------|---|--------|----|------------|---------|-------|
| 8 | 118 | Steve Mowers | M | M40-44 | 42 | Williamson | 0:27:26 | 08:51 |
| 9 | 43 | Michael Mamo | M | M40-44 | 41 | Rochester | 0:30:30 | 09:50 |
| 10 | 93 | Craig Papke | M | M40-44 | 41 | Rochester | 0:32:28 | 10:29 |
| 11 | 101 | Michele Marinaro | F | M40-44 | 42 | Rochester | 0:48:58 | 15:48 |
| 12 | 173 | Dan Grillo | M | M40-44 | 44 | Rochester | 0:50:47 | 16:23 |
| 13 | 143 | Jim Fantauzzo | M | M40-44 | 43 | Rochester | 0:51:58 | 16:46 |
| 14 | 170 | Andrew Chen | M | M40-44 | 42 | Rochester | 0:52:23 | 16:54 |

M45-49

| | | | | | | | | |
|---|-----|------------------|---|--------|----|-------------|---------|-------|
| 1 | 149 | Joe Lamanna | M | M45-49 | 47 | Rochester | 0:22:06 | 07:08 |
| 2 | 112 | Tom Gibson | M | M45-49 | 46 | Canandaigua | 0:23:29 | 07:34 |
| 3 | 160 | Brian Clements | M | M45-49 | 45 | | 0:24:03 | 07:45 |
| 4 | 74 | Tim Wadsworth | M | M45-49 | 45 | Walworth | 0:24:19 | 07:50 |
| 5 | 99 | Sean Hendrick | M | M45-49 | 46 | Rochester | 0:24:36 | 07:56 |
| 6 | 80 | Mark Donovan | M | M45-49 | 48 | Rochester | 0:24:36 | 07:56 |
| 7 | 147 | Mark Snyder | M | M45-49 | 49 | Rochester | 0:25:52 | 08:21 |
| 8 | 115 | Patrick Bielecki | M | M45-49 | 48 | Buffalo | 0:28:39 | 09:15 |

M50-54

| | | | | | | | | |
|---|-----|-----------------|---|--------|----|------------|---------|-------|
| 1 | 123 | Mark McArdle | M | M50-54 | 54 | Rochester | 0:22:30 | 07:16 |
| 2 | 125 | Richard Metzger | M | M50-54 | 50 | Webster | 0:22:43 | 07:20 |
| 3 | 83 | Tom Hawkins | M | M50-54 | 50 | Williamson | 0:25:32 | 08:14 |
| 4 | 6 | Donald Burns | M | M50-54 | 50 | Rochester | 0:28:09 | 09:05 |
| 5 | 15 | John Dennis | M | M50-54 | 52 | Rochester | 0:28:36 | 09:14 |
| 6 | 34 | Jay Jones | M | M50-54 | 50 | Caledonia | 0:29:25 | 09:29 |
| 7 | 76 | Ahmad Rivazfar | M | M50-54 | 52 | Rochester | 0:33:33 | 10:49 |
| 8 | 176 | Siamak Saedi | M | M50-54 | 50 | Rochester | 0:57:57 | 18:41 |

M55-59

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|---|-----|--------------|---|--------|----|-----------|---------|-------|
| 1 | 85 | Mark Barry | M | M55-59 | 56 | Rochester | 0:19:51 | 06:24 |
| 2 | 146 | Paul Persia | M | M55-59 | 57 | Batavia | 0:20:34 | 06:38 |
| 3 | 139 | Donald Scheg | M | M55-59 | 56 | Rush | 0:25:17 | 08:09 |
| 4 | 73 | Greg Vleck | M | M55-59 | 59 | Rochester | 0:26:49 | 08:39 |
| 5 | 21 | Bob Freitag | M | M55-59 | 57 | Pittsford | 0:29:06 | 09:23 |
| 6 | 86 | Rusty Tyson | M | M55-59 | 59 | Rochester | 0:41:20 | 13:20 |

M60-69

| | | | | | | | | |
|---|-----|------------------|---|--------|----|-----------|---------|-------|
| 1 | 98 | Tom Dutton | M | M60-69 | 63 | Livonia | 0:20:41 | 06:40 |
| 2 | 96 | Jim Palmeri | M | M60-69 | 66 | Rochester | 0:23:26 | 07:34 |
| 3 | 132 | Mike Barber | M | M60-69 | 60 | Holley | 0:24:27 | 07:53 |
| 4 | 77 | Norm Greiner | M | M60-69 | 68 | Rochester | 0:30:32 | 09:51 |
| 5 | 37 | Dick Lewandowski | M | M60-69 | 64 | Rochester | 0:33:15 | 10:43 |

M70UP

| | | | | | | | | |
|---|-----|--------------|---|-------|----|-----------|---------|-------|
| 1 | 126 | Robert Ealy | M | M70UP | 79 | Webster | 0:27:07 | 08:45 |
| 2 | 107 | Bill Stanley | M | M70UP | 70 | Victor | 0:28:50 | 09:18 |
| 3 | 109 | Al Smith | M | M70UP | 70 | Rochester | 0:31:33 | 10:11 |
| 4 | 69 | Sandy Toole | M | M70UP | 70 | Rochester | 0:32:59 | 10:38 |
| 5 | 117 | David Halter | M | M70UP | 73 | Rochester | 1:01:21 | 19:47 |