

Spring Forward 15K
Sunday, April 6, 2008 at Mendon Ponds Park
Produced & Timed by YellowJacket Racing
Total 359 Finishers (Men - 215, Women - 144)

Pos	Bib	Fullname	Gender	Class	Age	City	StartTm	Chip Time	Gun Time	Pace
OVERALL MALE										
	1	125 Neal Holtschulte	M	OVERALL MALE	24	Rochester	0:00:02	0:49:49	0:49:51	0:05:22
	2	257 Dan Verdi	M	OVERALL MALE	25	Rochester	0:00:02	0:52:12	0:52:14	0:05:37
	3	91 Marcus Gage	M	OVERALL MALE	36	W. Henrietta	0:00:00	0:52:38	0:52:38	0:05:40
OVERALL FEMALE										
	1	324 Kristen Veltz	F	OVERALL FEMALE	24	Brockport	0:00:02	1:00:56	1:00:58	0:06:33
	2	59 Beth DeCiantis	F	OVERALL FEMALE	45	Rochester	0:00:03	1:03:25	1:03:28	0:06:49
	3	337 Jen Malik	F	OVERALL FEMALE	29	Rochester	0:00:03	1:03:31	1:03:35	0:06:50
F19UNDER										
	1	357 Kate Callahan	F	F19UNDER	19	Rochester	0:00:07	1:16:37	1:16:44	0:08:15
	2	334 Danielle Brown	F	F19UNDER	16	Pittsford	0:00:10	1:20:27	1:20:37	0:08:40
F20-24										
	1	216 Laura Richenderfer	F	F20-24	22	Rochester	0:00:14	1:08:41	1:08:55	0:07:25
	2	306 Sarah Stanistreet	F	F20-24	23	Victor	0:00:11	1:10:27	1:10:38	0:07:36
	3	132 Kelly Jackson	F	F20-24	22	Rochester	0:00:07	1:17:14	1:17:21	0:08:19
	4	102 Amy Glover	F	F20-24	23	Rochester	0:00:04	1:17:23	1:17:27	0:08:20
	5	224 Kristen Ryan	F	F20-24	23	Rochester	0:00:12	1:21:20	1:21:32	0:08:46
	6	246 Colleen Tomasso	F	F20-24	23	Buffalo	0:00:03	1:22:17	1:22:20	0:08:51
	7	261 Mary Vosburgh	F	F20-24	24	Pittsford	0:00:09	1:23:54	1:24:03	0:09:02
	8	48 Katherine Cooley	F	F20-24	21	Fairport	0:00:13	1:27:15	1:27:28	0:09:24
	9	201 Nina Piccini	F	F20-24	24	Hamlin	0:00:12	1:34:08	1:34:19	0:10:09
	10	30 Kara Brown	F	F20-24	24	Fairport	0:00:18	1:34:03	1:34:21	0:10:09
	11	280 Heather Wolfe	F	F20-24	21	Fairport	0:00:21	1:38:10	1:38:30	0:10:36
	12	199 Erica Perry	F	F20-24	24	Hamlin	0:00:15	1:45:49	1:46:05	0:11:24
F25-29										
	1	65 Christina deVries	F	F25-29	27	Rochester	0:00:03	1:06:25	1:06:28	0:07:09
	2	83 Laura Feller	F	F25-29	28	Rochester	0:00:03	1:07:23	1:07:26	0:07:15
	3	343 Lisa Brassaw	F	F25-29	25	Rochester	0:00:03	1:08:25	1:08:28	0:07:22
	4	178 Jamie Melos	F	F25-29	27	Rochester	0:00:10	1:14:47	1:14:57	0:08:04
	5	236 Jessica Stern	F	F25-29	27	Rochester	0:00:07	1:18:33	1:18:41	0:08:28
	6	211 Nicole Pulcino	F	F25-29	27	Rochester	0:00:13	1:19:52	1:20:05	0:08:37
	7	203 Melinda Pizzo	F	F25-29	29	Penfield	0:00:13	1:20:05	1:20:18	0:08:38
	8	22 Melinda Bewley	F	F25-29	29	Buffalo	0:00:12	1:21:48	1:21:59	0:08:49
	9	63 Rachael Della Pietra	F	F25-29	29	Webster	0:00:06	1:22:03	1:22:09	0:08:50
	10	198 Tracey Perazone	F	F25-29	25	Rochester	0:00:17	1:23:23	1:23:40	0:09:00
	11	189 Hanna Norman	F	F25-29	28	Rochester	0:00:10	1:23:33	1:23:44	0:09:00
	12	320 Sharon Maddock	F	F25-29	29	Henrietta	0:00:11	1:24:13	1:24:25	0:09:05
	13	177 Abby McQueeney Penamonte	F	F25-29	25	Rochester	0:02:07	1:22:33	1:24:40	0:09:06
	14	85 Danielle Fisher	F	F25-29	26	Webster	0:00:10	1:24:48	1:24:58	0:09:08
	15	285 Trisha Zeller	F	F25-29	26	Rochester	0:00:09	1:27:48	1:27:57	0:09:27
	16	326 Lauren Buckpitt	F	F25-29	26	Rochester	0:00:10	1:29:09	1:29:19	0:09:36
	17	327 Katie Prock	F	F25-29	26	Rochester	0:00:10	1:29:10	1:29:20	0:09:36
	18	175 Kelly McNelis	F	F25-29	26	Rochester	0:00:17	1:29:47	1:30:04	0:09:41
	19	182 Kathryn Montinarelli	F	F25-29	26	Rochester	0:00:10	1:33:39	1:33:49	0:10:05
F30-34										
	1	290 Nicole Busschaent	F	F30-34	31	Webster	0:00:04	1:11:23	1:11:27	0:07:41
	2	78 Mary Eggers	F	F30-34	34	Henrietta	0:00:11	1:12:32	1:12:43	0:07:49
	3	169 Sarah McCarthy	F	F30-34	33	Canandaigua	0:00:04	1:12:52	1:12:56	0:07:51
	4	57 Heather Danielson	F	F30-34	33	Rochester	0:00:05	1:14:34	1:14:39	0:08:02
	5	288 Valerie Zombek	F	F30-34	33	Webster	0:00:08	1:15:51	1:15:59	0:08:10
	6	297 Katrin Haase	F	F30-34	34	Pittsford	0:00:06	1:18:49	1:18:55	0:08:29
	7	245 Julie Tobolski	F	F30-34	30	Oakfield	0:00:05	1:21:52	1:21:57	0:08:49
	8	387 Lynn Mullen	F	F30-34	34	Rochester	0:00:08	1:22:27	1:22:35	0:08:53
	9	385 Kelly Sandeen	F	F30-34	30	Rochester	0:00:08	1:22:27	1:22:35	0:08:53
	10	3 Wendy Abbott	F	F30-34	34	Rochester	0:00:19	1:26:10	1:26:29	0:09:18
	11	6 Wendy Amidon	F	F30-34	34	Clifton Springs	0:00:13	1:26:50	1:27:03	0:09:22
	12	148 Kristi Kusak	F	F30-34	31	Rochester	0:00:24	1:27:14	1:27:38	0:09:25
	13	68 Linda Dirksen	F	F30-34	33	Rochester	0:00:09	1:27:49	1:27:57	0:09:27
	14	295 Heather Spiegel	F	F30-34	33	Webster	0:00:11	1:29:12	1:29:23	0:09:37
	15	120 Amy Hibbard	F	F30-34	34	Geneva	0:00:17	1:33:20	1:33:37	0:10:04
	16	139 Gianina Keenan	F	F30-34	30	Rochester	0:00:18	1:34:03	1:34:21	0:10:09
	17	296 Shannon Robinson	F	F30-34	34	Piffard	0:00:20	1:35:13	1:35:33	0:10:16
	18	172 Tami McGraw	F	F30-34	34	Brockport	0:00:19	1:35:33	1:35:52	0:10:18
	19	227 Cheryl Schmidt	F	F30-34	34	Rochester	0:00:19	1:36:09	1:36:28	0:10:22
	20	152 Erin Lawler	F	F30-34	31	W. Henrietta	0:00:15	1:38:22	1:38:37	0:10:36
	21	71 Winona Dixon	F	F30-34	32	W. Henrietta	0:00:17	1:58:27	1:58:43	0:12:46
F35-39										
	1	376 Audra Naujokas-Knapp	F	F35-39	38	Rochester	0:00:02	1:04:40	1:04:43	0:06:57
	2	89 Jennifer Fosegan	F	F35-39	35	Fairport	0:00:08	1:13:40	1:13:48	0:07:56
	3	110 Carol Griffin	F	F35-39	38	Geneva	0:00:13	1:14:41	1:14:55	0:08:03

4	332	Kerri Brown	F	F35-39	39	Pittsford	0:00:09	1:16:53	1:17:02	0:08:17
5	378	Samantha Grenier	F	F35-39	39	East Rochester	0:00:08	1:17:34	1:17:42	0:08:21
6	268	Julie Watkins	F	F35-39	36	Rochester	0:00:14	1:22:44	1:22:58	0:08:55
7	277	Dina Williams	F	F35-39	38	Victor	0:00:08	1:23:52	1:24:00	0:09:02
8	247	Marybeth Tonkery	F	F35-39	35	Livonia	0:00:12	1:24:31	1:24:43	0:09:07
9	31	Nathalie Bruneau	F	F35-39	39	Fairport	0:00:11	1:24:52	1:25:03	0:09:09
10	141	Jennifer Kelly	F	F35-39	36	Rochester	0:00:16	1:25:57	1:26:13	0:09:16
11	298	Rena Senner	F	F35-39	38	Pittsford	0:00:11	1:26:12	1:26:22	0:09:17
12	373	Amy Buerkle	F	F35-39	37	Rochester	0:00:13	1:28:19	1:28:32	0:09:31
13	275	Michelle Wilcox	F	F35-39	39	Brockport	0:00:13	1:28:47	1:29:00	0:09:34
14	312	Sherry Hecker	F	F35-39	36	Rochester	0:00:19	1:29:31	1:29:50	0:09:40
15	25	Kitima Boonvisudhi	F	F35-39	39	Victor	0:00:19	1:29:31	1:29:50	0:09:40
16	12	Margaret Baleno	F	F35-39	36	Rochester	0:00:18	1:30:21	1:30:39	0:09:45
17	109	Suzanne Graney	F	F35-39	38	Spencerport	0:00:10	1:34:52	1:35:02	0:10:13
18	45	Cassandra Coffey	F	F35-39	38	Pittsford	0:00:10	1:37:35	1:37:45	0:10:31
19	158	Kimberly Levitsky	F	F35-39	38	Rochester	0:00:20	1:37:48	1:38:08	0:10:33
20	347	Bonnie Blatner	F	F35-39	36	Tonawanda	0:00:17	1:44:18	1:44:35	0:11:15
21	28	Annette Brenner	F	F35-39	38	Honeoye Falls	0:00:13	1:52:25	1:52:37	0:12:07

F40-44

1	317	Michelle Weiler	F	F40-44	40	Pittsford	0:00:03	1:03:51	1:03:55	0:06:52
2	258	Catalina Vial	F	F40-44	41	Pittsford	0:00:07	1:13:30	1:13:37	0:07:55
3	136	Diane Jozefski	F	F40-44	44	Rochester	0:00:12	1:14:10	1:14:22	0:08:00
4	353	Dianne Gwynn	F	F40-44	41	Canandaigua	0:00:04	1:15:15	1:15:19	0:08:06
5	80	Marcia Enck	F	F40-44	43	Pittsford	0:00:04	1:15:15	1:15:19	0:08:06
6	84	Rebecca Ferraro	F	F40-44	40	Webster	0:00:10	1:17:13	1:17:22	0:08:19
7	278	Mary Wojnowski	F	F40-44	40	Rochester	0:00:12	1:18:21	1:18:34	0:08:27
8	308	Sharon Outler	F	F40-44	44	Rochester	0:00:09	1:18:46	1:18:54	0:08:29
9	379	Karin Kellman	F	F40-45	40	Penfield	0:00:08	1:20:08	1:20:16	0:08:38
10	81	Laurie Enright	F	F40-44	44	Rochester	0:00:10	1:20:17	1:20:27	0:08:39
11	365	Sharon Henderson	F	F45-49	43	Batavia	0:00:05	1:20:34	1:20:39	0:08:40
12	167	Lisa Mauger	F	F40-44	41	Fairport	0:00:18	1:21:12	1:21:30	0:08:46
13	239	Stefani Szalay-Domm	F	F40-44	42	Rochester	0:00:15	1:21:24	1:21:39	0:08:47
14	131	Carolyn Jackson	F	F40-44	40	Rochester	0:00:10	1:21:43	1:21:53	0:08:48
15	15	Lorraine Beach	F	F40-44	40	Webster	0:00:16	1:21:40	1:21:56	0:08:49
16	107	Lisa Gordon	F	F40-44	44	Brockport	0:00:05	1:23:08	1:23:13	0:08:57
17	162	Bonnie Mace	F	F40-44	40	Rochester	0:00:08	1:23:52	1:24:00	0:09:02
18	95	Susan Gardner	F	F40-44	43	Victor	0:00:15	1:24:14	1:24:30	0:09:05
19	386	Cathy Smith	F	F40-44	41	Victor	0:00:15	1:25:54	1:26:09	0:09:16
20	2	Tammy Abbe	F	F40-44	40	Webster	0:00:16	1:26:12	1:26:28	0:09:18
21	263	Judy Ward	F	F40-44	41	Williamson	0:00:16	1:26:12	1:26:28	0:09:18
22	9	Sue Bachorski	F	F40-44	44	Le Roy	0:00:15	1:29:59	1:30:14	0:09:42
23	309	Kim Gaylord	F	F40-44	42	Avon	0:00:11	1:33:17	1:33:27	0:10:03
24	249	Chris Tryon	F	F40-44	40	Rochester	0:00:07	1:39:30	1:39:36	0:10:43
25	104	Molly Golebiewski	F	F40-44	43	Rochester	0:00:14	1:40:38	1:40:52	0:10:51
26	209	Wendy Prince	F	F40-44	43	Palmyra	0:00:20	1:49:42	1:50:02	0:11:50
27	27	Theresa Bowick	F	F40-44	40	Rochester	0:00:21	2:14:54	2:15:14	0:14:33

F45-49

1	90	Anna Fox	F	F45-49	47	Palmyra	0:00:03	1:09:02	1:09:05	0:07:26
2	339	Darlene Saeva	F	F45-49	49		0:00:08	1:12:20	1:12:28	0:07:47
3	256	Julia Varble	F	F45-49	45	Henrietta	0:00:09	1:15:44	1:15:52	0:08:10
4	214	Kathy Reardon	F	F45-49	46	Honeoye Falls	0:00:11	1:21:17	1:21:28	0:08:46
5	380	Heidi Nelson	F	F45-49	49	Pittsford	0:00:11	1:21:37	1:21:49	0:08:48
6	388	Marie White	F	F45-49	47	Rochester	0:00:12	1:24:20	1:24:32	0:09:05
7	301	Susan Schiffhauer	F	F45-49	49	Hilton	0:00:14	1:24:31	1:24:45	0:09:07
8	300	Kelley Stoll	F	F45-49	46	Rochester	0:00:14	1:24:31	1:24:45	0:09:07
9	163	MaryAnn Macintosh	F	F45-49	48	Cazenovia	0:00:11	1:25:08	1:25:19	0:09:10
10	366	Mariana Zanandria	F	F45-49	45	Webster	0:00:09	1:25:50	1:26:00	0:09:15
11	359	Laurie Ehms	F	F45-49	46	Webster	0:00:13	1:31:19	1:31:32	0:09:51
12	160	Donna Loeb	F	F45-49	47	Geneva	0:00:17	1:33:20	1:33:37	0:10:04
13	37	MaryJoan Case	F	F45-49	47	Bloomfield	0:00:19	1:34:17	1:34:36	0:10:10
14	302	Lisa Camillaci	F	F45-49	45	Hilton	0:00:09	1:35:27	1:35:36	0:10:17
15	279	Diane Wolfe	F	F45-49	49	Fairport	0:00:21	1:38:10	1:38:30	0:10:36
16	229	Janet Schultz	F	F45-49	48	Rochester	0:00:17	1:38:22	1:38:40	0:10:37
17	185	Julieann Nelson	F	F45-49	49	Victor	0:00:18	1:44:11	1:44:29	0:11:14
18	124	Crystal Holm	F	F45-49	47	Rochester	0:00:22	1:51:04	1:51:26	0:11:59

F50-54

1	215	Jean Regan	F	F50-54	50	Cazenovia	0:00:11	1:12:05	1:12:17	0:07:46
2	361	Sharon Moore	F	F50-54	53	Rochester	0:00:08	1:13:02	1:13:10	0:07:52
3	72	Linda Drinkwater	F	F50-54	51	Fairport	0:00:08	1:13:33	1:13:41	0:07:55
4	219	Marty Roberts	F	F50-54	51	Penn Yan	0:00:06	1:17:07	1:17:13	0:08:18
5	262	Mary Warchocki	F	F50-54	51	Rochester	0:00:15	1:23:02	1:23:17	0:08:57
6	270	Eileen Weinpress	F	F50-54	53	Spencerport	0:00:07	1:24:00	1:24:08	0:09:03
7	335	Beth Jorgensen	F	F50-54	54	Rochester	0:00:09	1:25:30	1:25:39	0:09:13
8	231	Anne Schwartz	F	F50-54	51	Webster	0:00:17	1:25:37	1:25:54	0:09:14
9	237	Joanne Swetman	F	F50-54	50	Honeoye Falls	0:00:16	1:26:00	1:26:16	0:09:17
10	230	Annie Schuster	F	F50-54	52	Collins	0:00:08	1:26:18	1:26:27	0:09:18
11	349	Linda Depoint	F	F50-54	51	Palmyra	0:00:13	1:33:46	1:34:00	0:10:06
12	241	Beth Tarduno	F	F50-54	51	Rochester	0:00:12	1:35:08	1:35:20	0:10:15
13	318	Connie Haag	F	F50-54	50	Rochester	0:00:20	1:43:47	1:44:07	0:11:12

F55-59	1	202 Colleen Piccone	F	F55-59	56	Pittsford	0:00:16	1:21:45	1:22:01	0:08:49
	2	17 Judy Beers	F	F55-59	55	Honeoye Falls	0:00:07	1:22:56	1:23:03	0:08:56
	3	184 Valerie Myntti	F	F55-59	56	Rochester	0:00:10	1:34:22	1:34:32	0:10:10
	4	39 Dawn Chock	F	F55-59	58	Rochester	0:00:18	1:36:00	1:36:18	0:10:21
	5	165 Jane Mahoney	F	F55-59	58	Rochester	0:00:05	1:36:34	1:36:39	0:10:24
F60-64	1	293 Lynda McGuire	F	F60-64	60	Scottsville	0:00:06	1:20:44	1:20:51	0:08:42
F65-69	1	340 Joan Rosati	F	F65-69	68	N. Chili	0:00:20	1:50:29	1:50:49	0:11:55
F70OVER	1	213 Edey Radice	F	F70OVER	71	Buffalo	0:00:20	1:55:41	1:56:01	0:12:28
M19UNDER	1	370 Luke Perry	M	M19UNDER	17	Rochester	0:00:04	1:04:17	1:04:21	0:06:55
	2	273 Paul Wheeler	M	M19UNDER	19	Rochester	0:00:06	1:05:04	1:05:10	0:07:00
	3	321 Bryce Mankowski	M	M19UNDER	19	Rochester	0:00:05	1:06:06	1:06:11	0:07:07
	4	244 Joshua Thomson	M	M19UNDER	19	Rochester	0:00:13	1:08:37	1:08:51	0:07:24
	5	70 Zack Dix	M	M19UNDER	14	Palmyra	0:00:13	1:09:33	1:09:46	0:07:30
M20-24	1	44 Mike Cocquyt	M	M20-24	21	Hilton	0:00:02	0:56:58	0:57:01	0:06:08
	2	10 Jeremiah Bailey	M	M20-24	22	Lyons	0:00:02	0:58:28	0:58:30	0:06:17
	3	153 Adam Laycock	M	M20-24	23	Rochester	0:00:03	1:01:26	1:01:29	0:06:37
	4	204 Charley Plummer	M	M20-24	24	Rochester	0:00:02	1:03:24	1:03:26	0:06:49
	5	127 Dave Howe	M	M20-24	21	Utica	0:00:08	1:06:39	1:06:47	0:07:11
	6	49 Adam Cornwell	M	M20-24	22	Rochester	0:00:08	1:14:49	1:14:57	0:08:04
	7	356 Andrew Kless	M	M20-24	21	Rochester	0:00:07	1:16:37	1:16:44	0:08:15
	8	4 Brian Adriance	M	M20-24	22	Rochester	0:00:08	1:17:58	1:18:06	0:08:24
	9	342 Zachary Maben	M	M20-24	21	Ithaca	0:00:08	1:22:34	1:22:42	0:08:54
M25-29	1	77 Travis Earley	M	M25-29	25	Rochester	0:00:02	0:55:08	0:55:10	0:05:56
	2	250 Mike Twohig	M	M25-29	28	North Chili	0:00:02	0:57:24	0:57:26	0:06:11
	3	166 Brian Matthews	M	M25-29	27	Rochester	0:00:02	0:59:15	0:59:18	0:06:23
	4	240 David Tannascoli	M	M25-29	25	Webster	0:00:02	0:59:34	0:59:36	0:06:25
	5	259 Justin Voldman	M	M25-29	27	Rochester	0:00:04	1:03:45	1:03:49	0:06:52
	6	181 Travis Money	M	M25-29	27	Canandaigua	0:00:02	1:04:36	1:04:39	0:06:57
	7	322 Robin Mitchell	M	M25-29	29	Rochester	0:00:06	1:07:55	1:08:02	0:07:19
	8	50 Brett Crandall	M	M25-29	28	Rochester	0:00:04	1:08:00	1:08:03	0:07:19
	9	33 Steve Cahoon	M	M25-29	25	Cheektowaga	0:00:05	1:09:25	1:09:30	0:07:28
	10	200 Jonathan Petruccelli	M	M25-29	27	Rochester	0:00:13	1:11:28	1:11:40	0:07:42
	11	252 Mark Valites	M	M25-29	29	Buffalo	0:00:16	1:12:27	1:12:43	0:07:49
	12	222 Greg Rowe	M	M25-29	29	Rochester	0:00:17	1:12:28	1:12:44	0:07:49
	13	331 Josh Keefe	M	M25-29	26	Rochester	0:00:12	1:13:58	1:14:10	0:07:58
	14	99 John Ghidui	M	M25-29	29	Rochester	0:00:16	1:17:53	1:18:10	0:08:24
	15	196 David Parks	M	M25-29	27	Rochester	0:00:09	1:19:20	1:19:29	0:08:33
	16	223 Adam Bates	M	M25-29	29	Rochester	0:00:16	1:19:56	1:20:13	0:08:37
	17	225 Michael Ryan	M	M25-29	28	Rochester	0:00:12	1:26:07	1:26:18	0:09:17
	18	61 Andrew DeHaas	M	M25-29	28	Rochester	0:00:13	1:27:15	1:27:28	0:09:24
	19	7 Corey Andalora	M	M25-29	27	W. Henrietta	0:00:16	1:27:41	1:27:58	0:09:27
M30-34	1	208 Alan Powers	M	M30-34	31	Rochester	0:00:02	0:56:12	0:56:14	0:06:03
	2	304 Michael Coyle	M	M30-34	33	Rochester	0:00:03	1:01:20	1:01:23	0:06:36
	3	115 Alan Hatch	M	M30-34	32	Pittsford	0:00:03	1:01:50	1:01:53	0:06:39
	4	134 Matt Jones	M	M30-34	31	Webster	0:00:06	1:03:01	1:03:06	0:06:47
	5	128 Tim Howland	M	M30-34	30	Rochester	0:00:03	1:04:00	1:04:03	0:06:53
	6	354 Dennis Danella	M	M30-34	33	West Henrietta	0:00:10	1:07:14	1:07:25	0:07:15
	7	121 James Hobbs	M	M30-34	33	Brooklyn	0:00:07	1:07:26	1:07:33	0:07:16
	8	287 David Zimpher	M	M30-34	33	Rochester	0:00:05	1:10:16	1:10:20	0:07:34
	9	328 Matt Asquino	M	M30-34	31	Honeoye	0:00:05	1:14:28	1:14:33	0:08:01
	10	217 Kevin Richman	M	M30-34	32	Webster	0:00:18	1:17:41	1:17:59	0:08:23
	11	147 Brian Kusak	M	M30-34	31	Rochester	0:00:24	1:19:50	1:20:14	0:08:38
	12	140 Kevin Kehoe	M	M30-34	33	Rochester	0:00:11	1:20:18	1:20:29	0:08:39
	13	286 Brian Zimmerman	M	M30-34	32	Rochester	0:00:10	1:22:57	1:23:07	0:08:56
	14	363 Ryan Fosege	M	M30-34	34	Fairport	0:00:12	1:23:21	1:23:33	0:08:59
M35-39	1	316 Kurt Spaker	M	M35-39	36	Spencerport	0:00:02	0:56:05	0:56:07	0:06:02
	2	281 Andy Wooding	M	M35-39	37	North Chili	0:00:03	0:59:55	0:59:58	0:06:27
	3	382 Dahl Angus	M	M35-39	39	Rochester	0:00:07	1:04:55	1:05:02	0:07:00
	4	46 Martin Coffey	M	M35-39	38	Pittsford	0:00:03	1:05:10	1:05:14	0:07:01
	5	319 William Harris	M	M35-39	35	Henrietta	0:00:11	1:05:44	1:05:55	0:07:05
	6	170 Jon McDonough	M	M35-39	37	North Chili	0:00:08	1:06:37	1:06:45	0:07:11
	7	86 Jason Fitzgerald	M	M35-39	36	Livonia	0:00:12	1:06:48	1:07:00	0:07:12
	8	105 David Goodband	M	M35-39	37	Lockport	0:00:03	1:07:04	1:07:07	0:07:13
	9	150 Mark Larson	M	M35-39	38	Rochester	0:00:04	1:07:38	1:07:41	0:07:17

10	384	Kevin Walter	M	M35-39	39	Pittsford	0:00:11	1:08:06	1:08:17	0:07:21
11	345	Daniel Curtis	M	M35-39	36	Cortsville	0:00:07	1:08:42	1:08:49	0:07:24
12	79	Alan Embrey	M	M35-39	36	Webster	0:00:12	1:08:59	1:09:10	0:07:26
13	173	Jim McLaughlin	M	M35-39	38	Webster	0:00:09	1:09:27	1:09:35	0:07:29
14	26	Alan Borrelli	M	M35-39	39	Fairport	0:00:06	1:10:05	1:10:11	0:07:33
15	371	Roger Bolton	M	M35-39	38	Albion	0:00:06	1:12:17	1:12:23	0:07:47
16	194	Bob OShaughnessy	M	M35-39	38	Webster	0:00:09	1:13:35	1:13:44	0:07:56
17	35	Daniel Carmen	M	M35-39	37	North Chili	0:00:06	1:14:05	1:14:11	0:07:59
18	351	Stephen Amato	M	M35-39	36	Rochester	0:00:19	1:14:08	1:14:26	0:08:00
19	282	Thomas Wurzer	M	M35-39	39	Fairport	0:00:13	1:16:06	1:16:19	0:08:12
20	375	Steve Tomek	M	M35-39	35	East Rochester	0:00:11	1:16:54	1:17:05	0:08:17
21	157	David Levitsky	M	M35-39	38	Rochester	0:00:06	1:18:03	1:18:08	0:08:24
22	20	Paul Benz	M	M35-39	39	Webster	0:00:08	1:18:02	1:18:10	0:08:24
23	123	Larry Hoffman	M	M35-39	39	Ontario	0:00:09	1:19:28	1:19:36	0:08:34
24	93	David Gallipeau	M	M35-39	39	Rush	0:00:06	1:19:56	1:20:01	0:08:36
25	360	David VanDeVoorde	M	M35-39	35	Fairport	0:00:12	1:20:00	1:20:12	0:08:37
26	238	David Swinson	M	M35-39	36	Webster	0:00:08	1:20:17	1:20:25	0:08:39
27	329	Gregg Griebel	M	M35-39	35	Pittsford	0:00:14	1:20:19	1:20:33	0:08:40
28	130	Dan Hullihen	M	M35-39	37	Caledonia	0:00:14	1:21:59	1:22:13	0:08:50
29	42	Andrew Claus	M	M35-39	37	Pittsford	0:00:08	1:23:28	1:23:36	0:08:59
30	346	Darren Traub	M	M35-39	35	Rochester	0:00:21	1:24:06	1:24:28	0:09:05
31	174	Joseph McMahon	M	M35-39	38	Rochester	0:00:13	1:24:40	1:24:53	0:09:08
32	92	Jamie Galligan	M	M35-39	36	Pittsford	0:00:17	1:26:07	1:26:24	0:09:17
33	289	Rahul Zutshi	M	M35-39	39	Webster	0:00:10	1:27:31	1:27:42	0:09:26
34	122	Andrew Hoelperl	M	M35-39	35	Hilton	0:00:23	1:27:27	1:27:51	0:09:27
35	310	David Parfitt	M	M35-39	39	Rochester	0:00:14	1:29:25	1:29:39	0:09:38
36	355	Bill Williamson	M	M35-39	37	Rochester	0:00:14	1:32:46	1:33:00	0:10:00
37	352	Jason Polito	M	M35-39	37	Rochester	0:00:20	1:32:43	1:33:03	0:10:00
38	377	Daniel Palka	M	M35-39	39	Pittsford	0:00:13	1:43:25	1:43:38	0:11:09

M40-44

1	133	Carl Johnston	M	M40-44	42	Ontario	0:00:01	0:54:55	0:54:56	0:05:54
2	129	David Hughes	M	M40-44	40	Pittsford	0:00:04	1:04:11	1:04:15	0:06:55
3	179	Patrick Miller	M	M40-44	42	Spencerport	0:00:05	1:04:23	1:04:28	0:06:56
4	36	Sean Carnahan	M	M40-44	43	Rochester	0:00:04	1:05:31	1:05:35	0:07:03
5	264	Steve Ward	M	M40-44	41	Pittsford	0:00:04	1:06:50	1:06:54	0:07:12
6	156	Chris Levey	M	M40-44	42	Penfield	0:00:04	1:06:51	1:06:55	0:07:12
7	38	Jeff Chester	M	M40-44	42	Rochester	0:00:04	1:07:31	1:07:35	0:07:16
8	383	Matt Ward	M	M40-44	44	Rochester	0:00:05	1:08:22	1:08:26	0:07:22
9	368	Ralf Senner	M	M40-44	41	Pittsford	0:00:07	1:09:21	1:09:28	0:07:28
10	94	Doug Gardner	M	M40-44	41	Utica	0:00:11	1:10:21	1:10:32	0:07:35
11	323	John Rose	M	M40-44	43	Rochester	0:00:06	1:10:50	1:10:56	0:07:38
12	372	Doug Buerkle	M	M40-44	41	Rochester	0:00:13	1:10:50	1:11:03	0:07:38
13	159	Steven Levitsky	M	M40-44	41	Rochester	0:00:10	1:10:56	1:11:06	0:07:39
14	29	John BrindAmour	M	M40-44	41	Rochester	0:00:02	1:11:34	1:11:36	0:07:42
15	176	Kevin McPherson	M	M40-44	43	Pittsford	0:00:04	1:12:35	1:12:39	0:07:49
16	16	James Beaujon	M	M40-44	43	Canandaigua	0:00:03	1:12:55	1:12:58	0:07:51
17	276	Steven Wilcox	M	M40-44	42	Brockport	0:00:13	1:13:27	1:13:40	0:07:55
18	210	Douglas Prosser	M	M40-44	44	Rochester	0:00:12	1:13:34	1:13:45	0:07:56
19	192	John OConnor	M	M40-44	42	W. Henrietta	0:00:10	1:13:40	1:13:50	0:07:56
20	305	Gary Dill	M	M40-44	42	Rochester	0:00:05	1:14:35	1:14:39	0:08:02
21	161	Bill Lofquist	M	M40-44	44	Geneseo	0:00:11	1:15:46	1:15:57	0:08:10
22	111	Carmen Gumina	M	M40-44	43	Webster	0:00:08	1:16:08	1:16:17	0:08:12
23	333	Michael Brown	M	M40-44	43	Pittsford	0:00:10	1:16:54	1:17:04	0:08:17
24	274	Glenn Widor	M	M40-44	40	Webster	0:00:08	1:18:15	1:18:23	0:08:26
25	113	Mike Haines	M	M40-44	40	Victor	0:00:15	1:21:28	1:21:43	0:08:47
26	47	Thomas Collins	M	M40-44	43	Pittsford	0:00:06	1:25:16	1:25:23	0:09:11
27	40	Andrew Ciaio	M	M40-44	42	Victor	0:00:15	1:25:20	1:25:34	0:09:12
28	195	Peter Parker	M	M40-44	42	Rochester	0:00:09	1:25:50	1:26:00	0:09:15
29	55	Pat Curran	M	M40-44	43	Rochester	0:00:16	1:26:01	1:26:18	0:09:17
30	103	Mark Golebiewski	M	M40-44	44	Rochester	0:00:11	1:27:42	1:27:53	0:09:27
31	233	Shaun Speicher	M	M40-44	44	Webster	0:00:17	1:28:08	1:28:25	0:09:30
32	69	Scott Dix	M	M40-44	43	Palmyra	0:00:15	1:46:35	1:46:50	0:11:29
33	126	Jamie Howard	M	M40-44	42	Albany	0:00:16	1:54:02	1:54:18	0:12:17

M45-49

1	254	John VanKerkhove	M	M45-49	46	Rochester	0:00:02	0:56:20	0:56:21	0:06:04
2	76	Tim Dwyer	M	M45-49	48	Rochester	0:00:02	0:58:08	0:58:10	0:06:15
3	348	Glenn Kofahl	M	M45-49	47	Farmington	0:00:03	0:59:02	0:59:05	0:06:21
4	164	Mark Madigan	M	M45-49	47	Rochester	0:00:02	0:59:26	0:59:28	0:06:24
5	313	Keith Scott	M	M45-49	45		0:00:03	1:00:27	1:00:30	0:06:30
6	220	James Roche	M	M45-49	47	Fairport	0:00:03	1:01:07	1:01:10	0:06:35
7	56	Tom Curran Jr.	M	M45-49	47	Fayetteville	0:00:02	1:01:16	1:01:18	0:06:35
8	255	Steve VanKerkhove	M	M45-49	45	Webster	0:00:03	1:02:08	1:02:11	0:06:41
9	116	Joe Haungs	M	M45-49	46	Rochester	0:00:00	1:02:28	1:02:28	0:06:43
10	82	George Fawcett	M	M45-49	47	Rochester	0:00:04	1:02:58	1:03:02	0:06:47
11	75	Dennis Dwyer	M	M45-49	45	Batavia	0:00:04	1:03:18	1:03:22	0:06:49
12	100	Daniel Giblin	M	M45-49	46	Rochester	0:00:03	1:03:57	1:04:01	0:06:53
13	143	Mike Kochan	M	M45-49	45	Fairport	0:00:05	1:05:28	1:05:32	0:07:03
14	21	Larry Bernstein	M	M45-49	47	Honeoye Falls	0:00:07	1:06:25	1:06:32	0:07:09
15	32	Michael Burns	M	M45-49	47	Syracuse	0:00:03	1:07:50	1:07:53	0:07:18
16	108	Tim Gordon	M	M45-49	48	Brockport	0:00:05	1:09:14	1:09:19	0:07:27

17	97	Brian Geary	M	M45-49	49	Rochester	0:00:04	1:09:16	1:09:20	0:07:27
18	51	Wayne Crandall	M	M45-49	45	W. Henrietta	0:00:04	1:09:39	1:09:42	0:07:30
19	53	John Creary	M	M45-49	47	Pittsford	0:00:10	1:09:56	1:10:05	0:07:32
20	146	Kevin Krueger	M	M45-49	45	Penfield	0:00:10	1:10:13	1:10:23	0:07:34
21	265	Christopher Washburn	M	M45-49	46	Newark	0:00:06	1:11:57	1:12:03	0:07:45
22	325	Pete Woodams	M	M45-49	45	Pittsford	0:00:05	1:12:15	1:12:20	0:07:47
23	171	Jack McGowan	M	M45-49	48	Fairport	0:00:07	1:13:53	1:14:00	0:07:57
24	284	Bob Young	M	M45-49	46	Pittsford	0:00:06	1:17:09	1:17:15	0:08:18
25	101	Tom Gibson	M	M45-49	46	Canandaigua	0:00:15	1:17:16	1:17:30	0:08:20
26	5	Wilton Alston	M	M45-49	49	Rochester	0:00:12	1:18:21	1:18:33	0:08:27
27	311	Richard Metzger	M	M45-49	49	Webster	0:00:11	1:18:45	1:18:55	0:08:29
28	180	Mark Monachino	M	M45-49	48	Macedon	0:00:14	1:19:30	1:19:44	0:08:34
29	13	Kevin Bambury	M	M45-49	45	Fairport	0:00:10	1:20:17	1:20:27	0:08:39
30	307	Chris Leonardi	M	M45-49	47	Pittsford	0:00:13	1:20:34	1:20:47	0:08:41
31	242	John Tarduno	M	M45-49	47	Rochester	0:00:09	1:21:06	1:21:15	0:08:44
32	235	John Stanford	M	M45-49	47	Rochester	0:00:10	1:21:44	1:21:54	0:08:48
33	364	Craig Watkins	M	M45-49	49	Palmyra	0:00:16	1:21:46	1:22:02	0:08:49
34	188	David Nixon	M	M45-49	47	Lima	0:00:12	1:24:44	1:24:56	0:09:08
35	190	James Norris	M	M45-49	48	Fairport	0:00:21	1:25:10	1:25:31	0:09:12
36	248	Chuck Traub	M	M45-49	48	Rochester	0:00:16	1:29:25	1:29:41	0:09:39
37	367	David Stern	M	M45-49	45	Webster	0:00:10	1:34:22	1:34:32	0:10:10
38	118	Sean Hendrick	M	M45-49	45	Rochester	0:00:21	1:35:02	1:35:23	0:10:15
39	228	Edward Schultz	M	M45-49	45	Rochester	0:00:17	1:38:22	1:38:40	0:10:37
40	14	Duane Basch	M	M45-49	48	Honeoye Falls	0:00:20	1:40:10	1:40:30	0:10:48

M50-54

1	303	Charlie Andrews	M	M50-54	50	Rochester	0:00:02	0:55:22	0:55:24	0:05:57
2	74	Michael Dunn	M	M50-54	51	Rochester	0:00:03	1:04:22	1:04:24	0:06:56
3	212	Frank Quattrone	M	M50-54	52	Webster	0:00:03	1:06:18	1:06:21	0:07:08
4	271	Mike Weinpress	M	M50-54	52	Spencerport	0:00:06	1:07:15	1:07:20	0:07:14
5	243	Lawrence Taylor	M	M50-54	51	Fairport	0:00:04	1:08:56	1:09:00	0:07:25
6	154	Mark Lehman	M	M50-54	53	Honeoye Falls	0:00:10	1:09:47	1:09:56	0:07:31
7	60	Matt Degma	M	M50-54	53	Rochester	0:00:04	1:10:53	1:10:58	0:07:38
8	66	Douglas DeWeaver	M	M50-54	50	Newark	0:00:15	1:11:21	1:11:35	0:07:42
9	362	Mitch Moore	M	M50-54	53	Rochester	0:00:07	1:12:05	1:12:12	0:07:46
10	112	Lawrence Guszkowski	M	M50-54	51	Rochester	0:00:12	1:12:24	1:12:36	0:07:48
11	135	Chet Jozefski	M	M50-54	54	Rochester	0:00:12	1:15:05	1:15:18	0:08:06
12	374	Dennis Flynn	M	M50-54	50	Fairport	0:00:21	1:15:15	1:15:37	0:08:08
13	336	Paul Watkins	M	M50-54	54	Rochester	0:00:04	1:15:48	1:15:52	0:08:09
14	88	Tim Fogal	M	M50-54	52	Pittsford	0:00:11	1:16:22	1:16:34	0:08:14
15	168	Mark McArdle	M	M50-54	53	Rochester	0:00:05	1:16:36	1:16:41	0:08:15
16	8	Steve Anderson	M	M50-54	53	Rochester	0:00:05	1:16:39	1:16:44	0:08:15
17	350	Chuck Depoint	M	M50-54	51	Palmyra	0:00:07	1:16:53	1:17:00	0:08:17
18	205	Bill Politto	M	M50-54	54	Webster	0:00:04	1:18:20	1:18:25	0:08:26
19	381	Ken Katz	M	M50-54	53	Pittsford	0:00:07	1:18:20	1:18:27	0:08:26
20	23	Bill Beyerbach	M	M50-54	52	Rochester	0:00:12	1:18:20	1:18:32	0:08:27
21	207	Bart Power	M	M50-54	52	Scottsville	0:00:14	1:20:54	1:21:08	0:08:43
22	151	Bruce Lavner	M	M50-54	54	Rochester	0:00:14	1:24:09	1:24:23	0:09:04
23	41	Kevin Clary	M	M50-54	50	Pavillion	0:00:15	1:24:15	1:24:30	0:09:05
24	218	James Riley	M	M50-54	52	Fairport	0:00:16	1:26:21	1:26:36	0:09:19
25	338	Timothy Williams	M	M50-54	50	Rochester	0:00:12	1:29:01	1:29:13	0:09:36
26	96	Bob Gathercole	M	M50-54	53	Victor	0:00:14	1:29:17	1:29:31	0:09:38
27	137	Dan Katz	M	M50-54	53	Fairport	0:00:05	1:33:45	1:33:50	0:10:05

M55-59

1	358	Tom Moran	M	M55-59	55	Batavia	0:00:03	1:05:19	1:05:22	0:07:02
2	294	Mark Barry	M	M55-59	55	Rochester	0:00:04	1:07:26	1:07:30	0:07:15
3	344	Lou Katz	M	M55-59	56	Spencerport	0:00:06	1:11:40	1:11:46	0:07:43
4	292	Jerry Roberts	M	M55-59	58	Rochester	0:00:08	1:13:55	1:14:03	0:07:58
5	117	Alan Hayter	M	M55-59	56	Victor	0:00:11	1:14:29	1:14:41	0:08:02
6	58	David Davenport	M	M55-59	57	Rochester	0:00:06	1:14:57	1:15:03	0:08:04
7	54	Bill Crowe	M	M55-59	58	Rochester	0:00:15	1:15:59	1:16:13	0:08:12
8	251	Gary Updyke	M	M55-59	59	Pittsford	0:00:06	1:16:13	1:16:18	0:08:12
9	98	Bill Gertzog	M	M55-59	57	Rochester	0:00:10	1:19:49	1:19:59	0:08:36
10	221	David Ross	M	M55-59	56	Rochester	0:00:09	1:21:43	1:21:52	0:08:48
11	186	Ron Newman	M	M55-59	56	Pittsford	0:00:10	1:25:24	1:25:34	0:09:12
12	183	William Murphy	M	M55-59	59	Rochester	0:00:22	2:20:23	2:20:45	0:15:08

M60-64

1	341	Tom Dutton	M	M60-64	62	Livonia	0:00:03	1:06:53	1:06:56	0:07:12
2	266	Barry Watkins	M	M60-64	63	Rochester	0:00:04	1:17:52	1:17:57	0:08:23
3	291	Tim Doherty	M	M60-64	64	Rochester	0:00:12	1:19:43	1:19:55	0:08:36
4	52	Charles Crary	M	M60-64	60	Syracuse	0:00:07	1:22:52	1:22:59	0:08:55
5	106	David Gordon	M	M60-64	60	Pittsford	0:00:21	1:32:16	1:32:37	0:09:58
6	260	Bob Volk	M	M60-64	63	Port Gibson	0:00:14	1:34:16	1:34:30	0:10:10
7	142	Sibatu Khahaifa	M	M60-64	62	Buffalo	0:00:09	1:36:27	1:36:35	0:10:23
8	62	George DeHaas	M	M60-64	61	Manlius	0:00:13	1:37:05	1:37:17	0:10:28
9	119	James Hendy	M	M60-64	64	Webster	0:00:07	1:38:44	1:38:51	0:10:38
10	34	Robert Carafice	M	M60-64	64	Rochester	0:00:22	1:41:31	1:41:53	0:10:57
11	114	Paul Hassall	M	M60-64	61	Tonawanda	0:00:19	1:56:56	1:57:15	0:12:36

M65-69

1	11	Rod Bailey	M	M65-69	65	Rochester	0:00:16	1:24:02	1:24:18	0:09:04
2	369	Sid Bolton	M	M65-69	65	Albion	0:00:14	1:29:07	1:29:21	0:09:36

M70OVER

1	226	Charles Sabatine	M	M70OVER	74	Victor	0:00:05	1:26:51	1:26:56	0:09:21
2	232	Al Smith	M	M70OVER	70	Rochester	0:00:15	1:46:16	1:46:31	0:11:27