

Freezero #4 - Hearnish 10K**Saturday January 31, 2009****Rand Lodge, Powder Mill Park, Pittsford, NY****227 Finishers(159 Male, 68 Female)****Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Series	Time
1	20	Dave Bradshaw	M		1	Overall Male	30	Macedon	S	0:36:51
2	252	Matt Tytler	M		2	M35-39	36	Irondequoit	S	0:38:44
3	14	Matt Blodgett	M		3	M30-34	31	Fairport	S	0:39:20
4	79	Tim Dwyer	M		4	M45-49	49	Rochester	S	0:40:29
5	193	Philip Nesbitt	M		5	M20-24	22	Rochester	S	0:40:55
6	137	Matt Kellman	M		6	M40-44	44	Penfield	S	0:41:02
7	160	Mark Madigan	M		7	M45-49	47	Rochester	S	0:41:19
8	269	Edward Juiani	M		8	M45-49	45	Henrietta		0:42:08
9	158	Tony Machulskis	M		9	M45-49	49	Rochester	S	0:42:24
10	304	Matthew Keefe	M		10	M25-29	25	Rochester		0:43:42
11	41	Tim Ciancione	M		11	M40-44	43	Rochester	S	0:43:51
12	240	Steven Smith	M		12	M19UNDER	18	Hilton	S	0:43:55
13	163	Jennifer Malik	F		1	Overall Female	29	Rochester	S	0:43:58
14	288	Yanko Panipinto	M		13	M19UNDER	15	Ontario		0:44:03
15	144	Kevin Korzeniewski	M		14	M30-34	34	Seneca Falls		0:44:14
16	2	Seth Adanit	M		15	M25-29	29	Rochester	S	0:44:24
17	76	Rebecca A Duberry	F		2	F35-39	38	Rochester	S	0:44:41
18	181	Leslie Mentle	M		16	M50-54	50	Rochester	S	0:44:51
19	84	Joe Flanagan	M		17	M30-34	30	Claredon	S	0:45:00
20	32	Steve Cahoon	M		18	M25-29	26	Cheektowaga	S	0:45:08
21	46	Martin Coffey	M		19	M35-39	39	Pittsford	S	0:45:11
22	183	Patrick Milligan	M		20	M40-44	44	Rochester	S	0:45:13
23	92	Tony Gingello	M		21	M60-64	61	Rochester	S	0:45:15
24	82	Amy Fakterowitz	F		3	F40-44	40	Williamsville	S	0:45:23
25	18	Boots	M		22	M35-39	39	Rochester	S	0:45:28
26	24	John Brindamour	M		23	M40-44	42	Rochester	S	0:45:30
27	284	George Fawcett	M		24	M45-49	48	Rochester		0:45:36
28	10	Mark Barry	M		25	M55-59	56	Rochester	S	0:45:40
29	127	Alex Johnson	M		26	M40-44	42	Liverpool	S	0:45:49
30	224	David Sauter	M		27	M40-44	41	Penfield	S	0:45:52
31	271	Robert Watson Jr	M		28	M19UNDER	19	Jersey Shore		0:46:27
32	161	Elizabeth Madore	F		4	F25-29	28	Rochester	S	0:46:42
33	91	Daniel Giblin	M		29	M45-49	47	Rochester	S	0:46:45
34	187	Michael Moore	M		30	M25-29	28	Lackawanna		0:46:56
35	83	Laura Feller	F		5	F25-29	29	Rochester	S	0:47:03
36	78	Michael Dunn	M		31	M50-54	52	Rochester	S	0:47:08
37	147	Peter Lautenslager	M		32	M45-49	47	Victor	S	0:47:10
38	294	Roy Corcoran	M		33	M45-49	45	Brockport		0:47:22
39	213	Frank Quattrone	M		34	M50-54	53	Webster	S	0:47:24
40	303	Steve Tomek	M		35	M35-39	36	East Rochester		0:47:36
41	64	Matt Degma	M		36	M50-54	54	Rochester	S	0:47:56
42	210	Douglas Prindle	M		37	M45-49	48	Fairport	S	0:48:04
43	259	Chris Washburn	M		38	M45-49	47	Newark	S	0:48:36
44	112	Mark Harrison	M		39	M50-54	54	West Henrietta	S	0:48:36
45	309	John Teuschler	M		40	M40-44	41	Buffalo		0:48:40
46	21	Joanne Brandt	F		6	F40-44	44	Scottsville	S	0:48:45
47	80	Dan English	M		41	M50-54	51	Pittsford	S	0:48:56
48	45	Chris Cody	M		42	M35-59	35	Churchville	S	0:49:10

49	272	Brandon Niesler	M	43	M19UNDER	18	Lancaster		0:49:11
50	122	Roger Howe	M	44	M60-64	61	Rochester	S	0:49:12
51	12	Marc Bigsby	M	45	M40-44	40	Rochester	S	0:49:13
52	263	Marie White	F	7	F45-49	48	Henrietta	S	0:49:20
53	277	Adam Cornwell	M	46	M20-24	23	Rochester		0:49:20
54	290	Rob Chamberlin	M	47	M45-49	46	Webster		0:49:27
55	125	Ben Ivie	M	48	M19UNDER	14	Scottsville	S	0:49:31
56	273	Thomas Derkowski	M	49	M19UNDER	18	Rochester		0:49:33
57	13	David Blake	M	50	M55-59	59	Stafford	S	0:49:37
58	88	Jennifer Fosegan	F	8	F35-39	36	Fairport	S	0:49:39
59	178	Kevin McLaughlin	M	51	M35-39	37	Webster	S	0:49:44
60	3	Wilt Alston	M	52	M50-54	50	Rochester	S	0:49:45
61	289	James Beaujon	M	53	M40-44	44	Canandaigua		0:49:46
62	199	Theresa M. Palmieri	F	9	F45-49	45	Buffalo	S	0:50:00
63	186	Muldair Moore	F	10	F25-29	26	W Henrietta	S	0:50:07
64	167	Carolyn Mathis	F	11	F35-39	39	Penifeld	S	0:50:08
65	31	Steve Cackett	M	54	M45-49	45	Pittsford	S	0:50:17
66	117	David Henderson	M	55	M50-54	50	Honeoye Falls	S	0:50:29
67	39	Jeff Chester	M	56	M40-44	43	Rochester	S	0:50:31
68	106	Cheryl Guth	F	12	F50-54	54	Rochester	S	0:50:36
69	251	Robert Tyler	M	57	M50-54	52	Pittsford	S	0:50:39
70	120	Larry Hoffman	M	58	M40-44	40	Ontario	S	0:50:45
71	264	Mary Wojnowski	F	13	F40-44	41	Rochester	S	0:50:47
72	174	Peter McCandlish	M	59	M40-44	44	Rochester	S	0:50:49
73	258	Dan Ward	M	60	M30-34	31	Rochester	S	0:50:56
74	67	Christine Deutsch	F	14	F30-34	34	Rochester	S	0:51:07
75	63	Matthew Davis	M	61	M35-39	36	Rochester	S	0:51:23
76	94	Phil Gleason	M	62	M45-49	45	Geneva	S	0:51:25
77	73	Gary Dill	M	62	M40-44	43	Rochester	S	0:51:26
78	279	Bernie Valento	M	63	M40-44	43	Pavilion		0:51:50
79	9	Chris Barry	M	64	M55-59	56	Newark	S	0:51:53
80	299	Sharon Radak	F	15	F40-44	42	Canandaigua		0:51:58
81	140	Jim Kerr	M	65	M50-54	54	Canandaigua	S	0:51:59
82	27	Glen Burkhartt	M	66	M55-59	58	Fairport	S	0:52:04
83	166	Ann Martin	F	16	F50-54	50	Victor	S	0:52:05
84	58	Lukas Curley	M	67	M19UNDER	18	Churchville	S	0:52:07
85	244	Dainel Taggerty	M	68	M45-49	45	Rochester	S	0:52:07
86	282	Dianne Gwynn	F	17	F40-44	42	Canandaigua		0:52:12
87	297	Matthew Hurley	M	69	M19UNDER	19	Fairport		0:52:35
88	11	Bill Beyerbach	M	70	M50-54	53	Rochester	S	0:52:39
89	62	David Davenport	M	71	M55-59	57	Rochester	S	0:52:48
90	124	Rich Ivie	M	72	M50-54	54	Scottsville	S	0:52:51
91	89	Bob Gates	M	73	M45-49	47	Hamlin	S	0:52:52
92	103	Brian Grant	M	74	M40-44	41	Rochester	S	0:52:58
93	150	Steven Levitski	M	75	M40-44	41	Rochester	S	0:52:59
94	291	Ed Martin	M	76	M45-49	45	Victor		0:52:59
95	278	Chuck Giordano	M	77	M45-49	49	Hilton		0:53:04
96	253	Gary Updyke	M	78	M60-64	60	Pittsford	S	0:53:26
97	52	Jason Conklin	M	79	M30-34	31	Henrietta	S	0:53:26
98	61	Heather Danielson	F	18	F30-34	33	Rochester	S	0:53:27
99	283	Jorge Rodriguez	M	80	M20-24	23	Webster		0:53:28
100	189	Michael Mullane	M	81	M45-49	45	Fairport	S	0:53:43
101	173	Mark McArdle	M	82	M50-54	54	Rochester	S	0:53:46
102	133	Jack Kasperski	M	83	M55-59	57	Fairport	S	0:53:47
103	48	James Collins	M	84	M30-34	33	Penfield	S	0:54:01

104	135	Kevin Kehoe	M	85	M30-34	33	Rochester	S	0:54:02
105	47	Thomas Collins	M	86	M40-44	43	Pittsford	S	0:54:03
106	102	Marissa Gordon	F	19	F35-39	39	Fairport	S	0:54:04
107	260	Barry Watkins	M	87	M60-64	63	Rochester	S	0:54:07
108	128	Pamela Johnson	F	20	F45-49	46	Canandaigua	S	0:54:10
109	81	Rick Erb	M	88	M60-64	60	Rushville	S	0:54:12
110	311	Roger Salmons	M	89	M60-64	60			0:54:17
111	17	Ashlie Bonadonna	F	21	F20-24	23	Henrietta	S	0:54:21
112	295	Mary Ciolkowski	F	22	F45-49	45	Fairport		0:54:34
113	179	Joseph McMahan	M	90	M35-39	39	Rochester	S	0:54:40
114	74	Dale Dimick	M	91	M40-44	41	Webster	S	0:54:40
115	293	Mike Giess	M	92	M40-44	42	Victor		0:55:01
116	37	Michael Cefalo	M	93	M30-34	32	Rochester	S	0:55:15
117	115	Stephen Hedges	M	94	M55-59	59	Rochester	S	0:55:16
118	172	Scott McAllister	M	95	M40-44	41	Webster	S	0:55:23
119	206	Steven Phillips	M	96	M35-39	39	Avon	S	0:55:27
120	35	Joey Carr	M	97	M19UNDER	13	Churchville	S	0:55:28
121	286	John Ghidiu	M	98	M30-34	30	Rochester		0:55:37
122	215	Marty (Martha) Roberts	F	23	F50-54	51	PennYan	S	0:55:39
123	301	Melissa Monahan	F	24	F25-29	26	Rochester		0:55:42
124	182	Bob Merberg	M	99	M45-49	48	Fairport	S	0:55:49
125	306	Judy Beers	F	25	F55-59	55	Honeoye Falls		0:55:54
126	285	Anthony Leonardis	M	100	M40-44	43	Rochester		0:55:57
127	118	Sean Hendrick	M	101	M45-49	46	Rochester	S	0:56:02
128	176	Lynda McGuire	F	26	F60-64	60	Scottsville	S	0:56:03
129	54	Robert Cope	M	102	M45-49	48	Livonia	S	0:56:11
130	93	Brian Glass	M	103	M25-29	29	Rochester	S	0:56:13
131	1	Wendy Abbot	F	27	F35-39	35	Rochester	S	0:56:24
132	237	Chad Skoszynski	M	104	M25-29	28	Rochester	S	0:56:35
133	16	Sid Bolton	M	105	M65-69	66	Albion	S	0:56:39
134	110	Dudley Hallstead	M	106	M45-49	49	Canandaigua	S	0:56:45
135	275	Brendan Wolfert	M	107	M19UNDER	19	Hartsdale		0:56:48
136	19	Bill Boyle	M	108	M50-54	52	Canandaigua		0:56:52
137	65	Rachael DellaPietra	F	28	F25-29	29	Webster	S	0:56:55
138	300	Derek Schmitt	M	109	M25-29	29	Rochester		0:56:56
139	312	Jeff Rook	M	110	M35-39	39	Seneca Falls		0:56:57
140	96	Karen Godshall	F	29	F40-44	44	Spencerport	S	0:56:59
141	267	John Zontich	M	111	M55-59	55	Albion	S	0:57:02
142	129	Kenneth Johnson	M	112	M40-44	44	Canandaigua	S	0:57:05
143	298	Ryan Fosegan	M	113	M35-39	35	Fairport		0:57:10
144	255	David Vandvoorde	M	114	M35-39	36	Fairport	S	0:57:16
145	292	Christine Giess	F	30	F40-44	40	Victor		0:57:17
146	51	James Conklin	M	115	M60-64	60	Walworth	S	0:57:21
147	222	Karen Sable	F	31	F50-54	51	Keuka Park	S	0:57:23
148	136	Christopher Kehoe	M	116	M35-39	38	Churchville		0:57:27
149	70	Daniel Diefendorf	M	117	M30-34	33	Victor	S	0:57:52
150	98	Maria Cordoba Gomez	F	32	F25-29	25	Rochester		0:57:56
151	214	James Rajotte	M	118	M25-29	28	Rochester		0:57:57
152	256	Kathleen Vento	F	33	F25-29	28	Rochester	S	0:57:58
153	26	Kerri Brown	F	34	F40-44	40	Pittsford	S	0:58:11
154	25	Michael Brown	M	119	M40-44	44	Pittsford	S	0:58:12
155	281	Julie Tobolski	F	35	F30-34	31	Oakfield		0:58:15
156	234	Daniel Sillick	M	120	M50-54	52	Hilton	S	0:58:34
157	5	Corey Andalora	M	121	M25-29	28	W Henrietta	S	0:58:47
158	87	Joao Flores	M	122	M40-44	41	Rochester	S	0:59:15

159	86	Joaquim Flores	M	123	M40-44	42	Rochester	S	0:59:21
160	225	John Schaefer	M	124	M50-54	54	Henrietta	S	0:59:24
161	280	Kevin Clary	M	125	M50-54	51	Pavilion		0:59:37
162	268	Andrew Ciaio	M	126	M40-44	43	Victor		0:59:38
163	142	Lexie Klimasewski	F	36	F19UNDER	13	Fairport	S	0:59:39
164	143	Sarah Klimasewski	F	37	F40-44	40	Fairport	S	0:59:42
165	85	Matthew Fleig	M	127	M40-44	42	Rochester	S	0:59:51
166	50	Rob Commisso	M	128	M40-44	43	Pittsford	S	1:00:20
167	287	James Norris	M	129	M45-49	49	Fairport		1:00:29
168	221	Charlie Sabatine	M	130	M75-79	75	Victor	S	1:00:36
169	43	Elizabeth Clark	F	38	F20-24	24	Victor	S	1:00:45
170	307	Pat Prayne	M	131	M30-34	34	Seneca Falls		1:01:02
171	305	Tom Crilly	M	132	M45-49	46	Rochester		1:01:04
172	119	Kathy Henrie	F	39	F55-59	55	Rochester	S	1:01:21
173	36	Doug Caswell	M	133	M35-39	39	Penfield	S	1:01:30
174	198	Ronald R Paeth	M	134	M45-49	45	Kendall	S	1:01:30
175	164	Philip Mann	M	135	M55-59	57	Keuka Park	S	1:01:43
176	310	Rochelle Ruffer	F	40	F40-44	43	Pittsford		1:01:49
177	212	Diane Prystajko	F	41	F40-44	44	Spencerport	S	1:03:00
178	200	Patricia M Palmieri-phelan	F	42	F40-44	40	N. Chili	S	1:03:15
179	274	Matthew KVC	M	136	M20-24	21	Rochester		1:03:58
180	130	Art Jones	M	137			Rochester	S	1:04:08
181	42	Eddy Clark	M	138	M50-54	50	Victor	S	1:04:35
182	302	Terri VanBrooker	F	43	F45-49	46	Canandaigua		1:04:37
183	229	Kathleen Shea	F	44	F30-34	31	Rochester		1:04:43
184	146	Carolyn Kriesen	F	45	F65-69	65	Webster	S	1:04:49
185	220	Geoffrey Rummel	M	139	M50-54	50	Pittsford		1:04:52
186	15	John Boersma	M	140	M45-49	48	Pittsford		1:04:54
187	170	Lynn Maxim	F	46	F55-59	55	Pittsford	S	1:05:16
188	44	Earl M Cliffl	M	141	M65-69	69	Livonia	S	1:05:27
189	152	Mitzie Lewandowski	F	47	F60-64	61	Rochester	S	1:05:44
190	29	Thomas Butler	M	142	M40-44	44	Rochester	S	1:05:49
191	134	Dan Katz	M	143	M50-54	54	Pittsford	S	1:06:01
192	169	Mark Maxim	M	144	M55-59	59	Pittsford	S	1:06:34
193	218	Mary Rowe	F	48	F25-29	29	Rochester	S	1:06:52
194	211	Marilee Pryor	F	49	F50-54	53	Scottsville	S	1:06:53
195	56	Dennis Culhane	M	145	M50-54	54	Rochester	S	1:06:59
196	219	Christina Ruhland	F	50	F40-44	40	North Chili	S	1:07:15
197	191	Kevin Nasman	M	146	M30-34	34	Churchville	S	1:07:19
198	308	Hailey Clark	F	51	F19UNDER	15	Rochester		1:07:19
199	131	Jim Kaiser	M	147	M50-54	50	Webster	S	1:07:32
200	116	Dave Heeks	M	148	M70-74	71	Rochester	S	1:07:35
201	296	John Brady	M	149	M35-39	37	Fairport		1:08:03
202	270	Ellen Brenner	F	52	F35-39	38	Rochester		1:08:15
203	175	Tami McGraw	F	53	F35-39	35	Brockport	S	1:08:24
204	197	Emily OShea	F	54	F30-34	30	Hilton	S	1:08:24
205	276	Eduardo Arreaza	M	150	M55-59	55	Pittsford		1:08:57
206	155	Leslie Lusk	F	55	F35-39	39	Rochester	S	1:10:46
207	314	Ann Lynn	F	56	F35-39	35	Victor		1:10:48
208	185	Renee Monson	F	57	F45-49	46	Geneva	S	1:11:39
209	7	Maura C Arendt	F	58	F40-44	40	Rochester	S	1:11:55
210	261	David S Weiss	M	151	M60-64	64	Rochester	S	1:12:08
211	192	Juliann Nelson	F	59	F50-54	50	Victor	S	1:12:11
212	149	William Lerkins	M	152	M45-49	48	Rochester	S	1:12:18
213	247	Brenda Bolton- Tremblay	F	60	F40-44	40	Brockport	S	1:12:56

214	204	Lisa Perticone	F	61	F40-44	41	Rochester	S	1:13:20
215	145	Fred Krampe	M	153	M40-44	44	Greece	S	1:13:21
216	313	Deborah Slezak	F	62	No Age	?	Victor		1:14:21
217	72	David Dilgard	M	154	M50-54	54	Penfield	S	1:15:01
218	217	Joan Rosati	F	63	F65-69	69	North Chili	S	1:15:03
219	33	Robert Carafice	M	155	M65-69	65	Rochester	S	1:15:21
220	57	Jen Cummings	F	64	F25-29	26	Warsaw		1:18:09
221	201	Nichole Pealo	F	65	F35-39	39	Rochester	S	1:18:49
222	132	Donna Kaplan	F	66	F45-49	46	Rochester	S	1:18:50
223	151	Dick Lewandowski	M	156	M60-64	64	Rochester	S	1:19:39
224	34	Joanne Carr	F	67	F70-74	70	Churchville	S	1:19:59
225	246	Sanford Toole	M	157	M70-74	70	Rochester	S	1:25:16
226	242	Lynn Sullivan	F	68	F45-49	46	E. Rochester	S	1:25:22
227	190	William Murphy	M	158	M60-64	60	Rochester	S	1:33:23