

YMCA Harborfest 10K
Saturday July 25, 2009 **Oswego, NY**
91 Finishers(39 Female, 52 Male)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	M/F Place	Class	Age	City	Time	Pace
1	244	Gregory Stowell	M	1	Overall Male	32	Auburn	0:33:58	05:28
2	281	Ryan Gilmore	M	2	Overall Male	20	Oswego	0:35:49	05:46
3	266	Mark Rybinski	M	3	Overall Male	54	Manlius	0:37:33	06:03
4	282	Josh Molinari	M	4	M25-29	28	Oswego	0:38:25	06:11
5	284	Ed Lindo	M	5	M45-49	48	Fulton	0:39:50	06:25
6	277	Terrence Doyle	M	6	M50-54	50	Syracuse	0:40:18	06:29
7	254	Scott Johnson	M	7	M35-39	35	Syracuse	0:42:21	06:49
8	298	David Farrell	M	8	M40-44	42	Brewerton	0:42:32	06:51
9	249	Gretchen Oliver	F	1	Overall Female	35	Guilderland	0:42:55	06:55
10	292	Carissa Stepien	F	2	Overall Female	28	Odenton	0:44:24	07:09
11	272	Ricky Gates	M	9	M25-29	29	Watertown	0:44:56	07:14
12	220	Nate Sweet	M	10	M25-29	29	Oswego	0:45:05	07:16
13	247	Christine Wimmer	F	3	Overall Female	31	Manlius	0:45:11	07:17
14	278	Gary Daniels	M	11	M45-49	46	Pennellville	0:45:23	07:18
15	275	Jesse Weiner	M	12	M19-24	24	Slatington	0:45:31	07:20
16	236	Karen Allen-Turner	F	4	F40-44	41	Oswego	0:45:42	07:22
17	237	Russell Turner	M	13	M45-49	47	Oswego	0:45:42	07:22
18	289	Kevin Brutsch	M	14	M30-34	33	Lafayette	0:45:47	07:22
19	230	Kristen Roosa	F	5	F19-24	22	Syracuse	0:46:05	07:25
20	208	Tom Kearns	M	15	M45-49	49	Fort Worth	0:46:11	07:26
21	240	Angela Affronti	F	6	F19-24	24	Ithaca	0:46:14	07:27
22	268	Patrick Shafer	M	16	M13-18	18	Oswego	0:46:46	07:32
23	276	Rick Moore	M	17	M50-54	53		0:46:56	07:33
24	255	Graham Rogers	M	18	M13-18	18	Little Falls	0:47:02	07:34
25	224	Brian Gallagher	M	19	M25-29	28	Middletown	0:47:06	07:35
26	279	Mark Jauquet	M	20	M40-44	42	Ovid	0:47:07	07:35
27	270	Ron Nelson	M	21	M50-54	53	Oswego	0:47:27	07:38
28	233	Daniel Accumanno	M	22	M25-29	28	Parish	0:48:00	07:44
29	258	Gary Wilson	M	23	M40-44	41	Fulton	0:48:54	07:53
30	257	Ashlie Wilson	F	7	F19-24	19	Fulton	0:50:10	08:05
31	286	Chuck Kessler	M	24	M45-49	46	Oswego	0:50:12	08:05
32	299	J. Stephen Mustico	M	25	M40-44	41	Sterling	0:50:25	08:07
33	253	Ben Gardner	M	26	M30-34	31	Sryacuse	0:50:41	08:10
34	238	Mark Peters	M	27	M50-54	52	Manlius	0:50:54	08:12
35	211	Keith Ridgeway	M	28	M55-59	58	Mannsville	0:51:21	08:16
36	296	Mark Humphrey	M	29	M45-49	45	Oswego	0:51:29	08:17
37	297	Jill Byington	F	8	F25-29	28	Clayton	0:51:57	08:22
38	227	Ronald Spencer	M	30	M50-54	50	Central Square	0:52:14	08:25
39	288	Nathan Morey	M	31	M30-34	33	Massapequa	0:52:17	08:25
40	294	Rick Plasse	M	32	M45-49	49	Oswego	0:52:25	08:26
41	204	Linda Owens	F	9	F50-54	51	Liverpool	0:52:30	08:27
42	219	Shannon Brandes	F	10	F30-34	34	Scottsville	0:52:41	08:29
43	223	Paul Chwalek	M	33	M55-59	55	Oswego	0:52:43	08:29
44	280	Henry Mihalek	M	34	M60-64	60	Fulton	0:52:48	08:30
45	273	Christopher Barry	M	35	M55-59	57	Newark	0:52:51	08:31
46	216	Ronald Phillips	M	36	M25-29	28	Oswego	0:52:52	08:31
47	274	Tom Hetzer	M	37	M50-54	51	Sandy Creek	0:52:52	08:31

48	213	Erin Robbins	F	11	F25-29	28	Black River	0:52:53	08:31
49	228	James Maniccia	M	38	M50-54	50	Oswego	0:52:57	08:32
50	231	Mary Jo Maranghi	F	12	F40-44	43	Grants Pass	0:53:16	08:35
51	243	Mary Baker	F	13	F50-54	52	Columbia	0:53:39	08:38
52	242	Melissa Vassenelli	F	14	F30-34	33	Cicero	0:54:10	08:43
53	251	Jennifer May	F	15	F25-29	27	Cicero	0:54:24	08:46
54	256	Thomas Tracy	M	39	M60-64	60	Cicero	0:55:00	08:51
55	206	Mria Fatiga	F	16	F25-29	26	Fairport	0:55:13	08:54
56	209	Michael Kearns	M	40	M45-49	48	Oswego	0:55:27	08:56
57	267	Brian Clifford	M	41	M30-34	30	Oswego	0:55:41	08:58
58	287	Pete Cullinan	M	42	M40-44	42	Oswego	0:55:59	09:01
59	221	Micah Ilowit	M	43	M25-29	28	Oneonta	0:56:42	09:08
60	301	Mary Daniszewski	F	17	?	?	Baldwinsville	0:56:57	09:10
61	252	Conrad Law	M	44	M45-49	49	Whitesboro	0:57:03	09:11
62	264	Meghan Leonardis	F	18	F35-39	35	Skaneateles	0:57:12	09:13
63	265	Kerry OShea	F	19	F30-34	30	Skaneateles	0:57:12	09:13
64	250	Bridget Kerling	F	20	F25-29	26	East Syracuse	0:58:08	09:22
65	218	Beth Squire	F	21	F25-29	28	Syracuse	0:58:29	09:25
66	210	David Mirabito	M	45	M55-59	59	Fulton	0:58:42	09:27
67	214	Morgan Goodwin	F	22	F19-24	20	Oswego	0:58:49	09:28
68	293	Carrie Piasce	F	23	F45-49	47	Osney	0:58:49	09:28
69	205	Ruth Ripley	F	24	F60-64	62	Pennellville	0:58:58	09:30
70	271	Bridgette Gates	F	25	F30-34	34	Watertown	0:59:16	09:33
71	234	Christy Falso	F	26	F30-34	31	Cazenovia	0:59:46	09:38
72	269	Robert Worrall	M	46	M35-39	37	Syracuse	1:00:16	09:42
73	229	Jackie Koster	F	27	F45-49	45	Oswego	1:00:33	09:45
74	260	Thomas Opet	M	47	M45-49	49	Oswego	1:00:40	09:46
75	235	Charles Smith	M	48	M55-59	59	Clayton	1:00:57	09:49
76	225	Brian Finch	M	49	M35-39	39	Oswego	1:01:25	09:53
77	226	Stephanie Finch	F	28	F30-34	34	Oswego	1:01:25	09:53
78	285	Sue Dunn	F	29	F35-39	39	Mexico	1:02:08	10:00
79	259	Shawna Opet	F	30	F25-29	25	Syracuse	1:02:16	10:02
80	246	Kimberly Hartnett	F	31	F45-49	49	Cazenovia	1:02:17	10:02
81	290	Monica Lemoine	F	32	F25-29	26	Watertown	1:04:19	10:21
82	248	Tami Kinney	F	33	F45-49	46	Oswego	1:04:21	10:22
83	215	Florence Lederle	F	34	F45-49	47	Central Square	1:05:44	10:35
84	241	Kathryn Barresse	F	35	F30-34	31	Syracuse	1:06:07	10:39
85	207	Bob Connelly	M	50	M70UP	70	Oswego	1:07:49	10:55
86	232	Heidi Brown	F	36	F19-24	21	Sodus	1:07:49	10:55
87	291	Matt Cooley	M	51	M25-29	26	Watertown	1:07:54	10:56
88	222	Carol Phillips	F	37	F30-34	32	Schenectady	1:08:44	11:04
89	261	Tessa Opet	F	38	F13-18	17	Oswego	1:12:17	11:38
90	262	Denise Opet	F	39	F45-49	49	Oswego	1:12:18	11:38
91	245	Peter Hartnett	M	52	M50-54	53	Cazenovia	1:19:16	12:46