

**YMCA Harborfest 5K**  
**Saturday July 25, 2009**                      **Oswego, NY**  
**218 Finishers( 104 Female, 114 Male )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Race	Time	Pace
Overall Female									
1	613	Tia Bullard	F	Overall Female	15	Oswego	5K Run	20:26	06:36
2	598	Leah Rice	F	Overall Female	16	Prospect	5K Run	21:07	06:49
3	578	Beth Foederer	F	Overall Female	41	Fulton	5K Run	21:19	06:53
Overall Male									
1	639	Jake McAndrew	M	Overall Male	20	Oswego	5K Run	16:00	05:10
2	738	Brad DePoint	M	Overall Male	27	Fulton	5K Run	16:36	05:21
3	700	Leo Enwright Smith	M	Overall Male	22	Oswego	5K Run	16:40	05:22
F01-12									
1	586	Elizabeth Lucason	F	F01-12	5	Holland Patent	5K Run	29:30	09:31
2	585	Morgan Lucason	F	F01-12	6	Holland Patent	5K Run	30:41	09:54
3	577	Olivia Drohan	F	F01-12	11	B utlr	5K Run	31:25	10:08
4	742	Marguerite Dillon	F	F01-12	12	Oswego	5K Run	31:48	10:16
5	682	Megan Hoffman	F	F01-12	9	Canandaigua	5K Run	35:19	11:24
6	552	Hannah Stockdale	F	F01-12	10	Atlanta	5K Run	36:17	11:42
7	678	Rachel Ladd	F	F01-12	12	Mexico	5K Run	36:59	11:56
8	553	Margaret Stockdale	F	F01-12	12	Atlanta	5K Run	39:01	12:35
F13-18									
1	562	MacKenzie Robinson	F	F13-18	14	Oswego	5K Run	22:00	07:06
2	616	Erikka Nuffer	F	F13-18	18	Pennellville	5K Run	22:37	07:18
3	604	Cheyenne Petrillo	F	F13-18	13	Poland	5K Run	24:29	07:54
4	538	Taylor Giglio	F	F13-18	15	Oswego	5K Run	24:42	07:58
5	606	Anna Lamendola	F	F13-18	14	Barneveld	5K Run	25:04	08:05
6	600	Alyssa Hoffman	F	F13-18	14	Holland Patent	5K Run	25:34	08:15
7	603	Courtney Benedict	F	F13-18	18	Prospect	5K Run	26:07	08:25
8	609	Laura Meyer	F	F13-18	14	Rome	5K Run	26:10	08:27
9	605	Kelsey Stevens	F	F13-18	13	Rome	5K Run	26:35	08:34
10	617	Katelyn Lagatella	F	F13-18	16	Phoenix	5K Run	27:06	08:45
11	608	Stephanie Schmidt	F	F13-18	15	Holland Patent	5K Run	27:17	08:48
12	561	Brittany Ross	F	F13-18	17	Oswego	5K Run	27:24	08:50
13	729	Caroline Reynolds	F	F13-18	15	Oswego	5K Run	28:56	09:20
14	684	Kaela Shafer	F	F13-18	14	Oswego	5K Run	30:34	09:52
15	654	Amanda Young	F	F13-18	18	Oswego	5K Run	31:04	10:01
16	632	Ariana Rank	F	F13-18	14	Oswego	5K Run	31:33	10:11
17	535	Shannon Cilento	F	F13-18	16	Oswego	5K Run	33:22	10:46
18	670	Laura Hoffman	F	F13-18	15	Canandaigua	5K Run	35:19	11:24
19	627	MacKenzie Dunsmoor	F	F13-18	16	Oswego	5K Run	35:19	11:24
20	674	Emily Becker	F	F13-18	13	Oswego	5K Run	36:13	11:41
21	653	Michelle Young	F	F13-18	16	Oswego	5K Run	36:41	11:50
22	602	Nicole Adamo	F	F13-18	16	Holland Patent	5K Run	37:39	12:09
23	691	Michaela Cosares	F	F13-18	15	Oakland	5K Run	40:03	12:55
F19-24									
1	697	Rachel Verdoliva	F	F19-24	19	Mexico	5K Run	22:40	07:19
2	699	Farah Jadran	F	F19-24	23	Syracuse	5K Run	24:30	07:54
3	736	Dana Shannon	F	F19-24	20	Oswego	5K Run	25:43	08:18

4	680 Erica Rybinski	F	F19-24	20	Manlius	5K Run	26:04	08:24
5	582 Elizabeth Spina	F	F19-24	19	Baldwinsville	5K Run	28:30	09:12
6	647 Ashley Law	F	F19-24	24	Whitesboro	5K Run	28:35	09:13
7	574 Rachel Newman	F	F19-24	21	Auburn	5K Run	30:31	09:51
8	547 Emily Treubig	F	F19-24	23	Oneonta	5K Run	32:16	10:24
9	564 Ashley Mears	F	F19-24	24	Oswego	5K Run	33:58	10:57
10	756 Stephanie Cilento	F	F19-24	23	Oswego	5K Run	36:05	11:38
F25-29								
1	765 Cathleen Pilon	F	F25-29	25	Syracuse	5K Run	22:29	07:15
2	623 Amanda LaBernardo	F	F25-29	29	Youongstown	5K Run	26:16	08:28
3	695 Ellen Nicholson	F	F25-29	28	Oswego	5K Run	27:05	08:44
4	620 Abby Weaver	F	F25-29	29	Fulton	5K Run	28:30	09:12
5	749 Hannah Morey	F	F25-29	27	Oswego	5K Run	29:20	09:28
6	633 Laura Cooper	F	F25-29	28	Martville	5K Run	29:31	09:31
7	748 Sarah Johnson	F	F25-29	28	Mexico	5K Run	29:55	09:39
8	646 Stephanie Law	F	F25-29	27	Oswego	5K Run	30:07	09:43
9	683 Megan McBride	F	F25-29	27	Dewitt	5K Run	31:54	10:17
10	689 Beth Rando	F	F25-29	26	Oswego	5K Run	32:03	10:20
11	650 Keren Greene	F	F25-29	27	Baldwinsville	5K Run	33:54	10:56
12	679 Jamie Turtura	F	F25-29	28	Oswego	5K Run	36:00	11:37
F30-34								
1	655 Ann Gardella	F	F30-34	33	Oswego	5K Run	23:11	07:29
2	521 Angela Stoutenger	F	F30-34	34	Fulton	5K Run	30:09	09:43
3	734 Kelly Mateja	F	F30-34	34	Colonie	5K Run	31:06	10:02
4	563 Valerice Stuart	F	F30-34	34	Hannibal	5K Run	31:57	10:18
5	725 Sarah Mansfield	F	F30-34	30	Newmarket	5K Run	32:19	10:25
6	641 Barb Westcott	F	F30-34	30	Oswego	5K Run	36:27	11:46
7	599 Kelly Malone-Eveleth	F	F30-34	34	Westdale	5K Run	37:02	11:57
F35-39								
1	694 Brandy Koproski	F	F35-39	35	Oswego	5K Run	26:20	08:30
2	761 Sara Phillips	F	F35-39	37	Salisbury	5K Run	26:48	08:39
3	614 Jodi Mullen	F	F35-39	39	Oswego	5K Run	27:25	08:51
4	566 Jennifer Cary	F	F35-39	39	Fulton	5K Run	30:38	09:53
5	747 Maureen Lopus	F	F35-39	38	Oswego	5K Run	31:34	10:11
6	642 Bindiya Stancampiano	F	F35-39	37	Waban	5K Run	31:43	10:14
7	766 Janis Dufrane	F	F35-39	35	Mexico	5K Run	37:22	12:03
F40-44								
1	595 Deb Patterson	F	F40-44	40	Parish	5K Run	22:30	07:16
2	559 Samantha Drohan	F	F40-44	40	Butler	5K Run	24:36	07:56
3	618 Karen Murray	F	F40-44	43	Rochester	5K Run	43:11	13:56
F45-49								
1	753 Debbie Smith	F	F45-49	47	Mexico	5K Run	23:19	07:31
2	557 Dee Penoyer	F	F45-49	48	Minetto	5K Run	24:30	07:54
3	570 Kathy Hatter	F	F45-49	49	Fulton	5K Run	25:35	08:15
4	737 Donna Auyer	F	F45-49	45	Oswego	5K Run	26:17	08:29
5	551 Elizabeth Stockdale	F	F45-49	46	Atlanta	5K Run	28:31	09:12
6	743 Ellen Dillon	F	F45-49	48	Oswego	5K Run	29:31	09:31
7	718 Jan Heisler	F	F45-49	49	Baldwinsville	5K Run	30:44	09:55
8	628 Judy Dunsmoor	F	F45-49	46	Oswego	5K Run	30:53	09:58
9	669 Anne Hoffman	F	F45-49	45	Canandaigua	5K Run	30:53	09:58
10	597 Audrey Gregway-Taylor	F	F45-49	45	Avon	5K Run	31:08	10:03
11	759 Rhonda Hollenbeck	F	F45-49	45	Oswego	5K Run	33:39	10:51

12	686 Beth Nicholson	F	F45-49	46	Fulton	5K Run	33:59	10:58
13	710 Ella Briand	F	F45-49	47	Syracuse	5K Run	34:29	11:07
14	536 Deanna Cilento	F	F45-49	46	Oswego	5K Run	36:05	11:38
F50-54								
1	593 Liz Besio	F	F50-54	51	Camillus	5K Run	24:03	07:46
2	715 Sally Daniels	F	F50-54	53	Pennellville	5K Run	24:49	08:00
3	638 Deb McAndrew	F	F50-54	52	Oswego	5K Run	25:50	08:20
4	546 Felicia Moore	F	F50-54	50	Slatington	5K Run	26:26	08:32
5	709 Karen Heckethorn	F	F50-54	51	Oswego	5K Run	30:21	09:47
6	758 Maggie Glass	F	F50-54	53	Oswego	5K Run	30:41	09:54
7	652 Beth Young	F	F50-54	53	Oswego	5K Run	31:44	10:14
8	619 Phyllis Albrecht	F	F50-54	50	Baldwinsville	5K Run	32:50	10:35
9	704 Janet Farrell	F	F50-54	50	Sturbridge	5K Run	34:47	11:13
10	750 Betsy Photos	F	F50-54	52	Oswego	5K Run	40:32	13:04
F55-59								
1	722 Anne Proppe	F	F55-59	58	Baldwinsville	5K Run	35:45	11:32
2	590 Linda Segal	F	F55-59	55	Oswego	5K Run	36:11	11:40
3	523 Elena Brandes	F	F55-59	58	Sandy Creek	5K Run	36:36	11:48
4	711 Debra Rodgers	F	F55-59	55	Baldwinsville	5K Run	40:31	13:04
5	659 Bonnie Powers	F	F55-59	58	Red Creek	5K Run	42:20	13:39
F60-64								
1	629 Karen Crisafulli	F	F60-64	63	Fulton	5K Run	26:49	08:39
2	526 Jill Swayze	F	F60-64	64	Baldwinsville	5K Run	39:40	12:48
M01-12								
1	634 Ed Slight	M	M01-12	4	Oswego	5K Run	23:27	07:34
2	744 Patrick Dillon	M	M01-12	12	Oswego	5K Run	24:30	07:54
3	705 Bennet Farrell	M	M01-12	10	Sturbridge	5K Run	24:33	07:55
4	556 Samuel Cary	M	M01-12	6	Fulton	5K Run	25:26	08:12
5	767 Greg Hadwick	M	M01-12	12	Hannibal	5K Run	26:02	08:24
6	568 Nathan Stuart	M	M01-12	7	Hannibal	5K Run	30:24	09:48
7	554 Nicholas Cary	M	M01-12	8	Fulton	5K Run	30:37	09:53
M13-18								
1	581 Robert Baird	M	M13-18	16	Holland Patent	5K Run	18:06	05:50
2	666 Eric Stevens	M	M13-18	15	Rome	5K Run	19:03	06:09
3	708 Patrick Holland	M	M13-18	17	Oswego	5K Run	20:32	06:37
4	663 Todd Stevens	M	M13-18	13	Rome	5K Run	20:40	06:40
5	625 Zach McQuaid	M	M13-18	17	Oswego	5K Run	20:50	06:43
6	752 Jack Crouch	M	M13-18	16	Oswego	5K Run	20:50	06:43
7	730 James Reynolds	M	M13-18	17	Oswego	5K Run	21:17	06:52
8	579 Zachary LaBarbera	M	M13-18	15	Trenton	5K Run	21:36	06:58
9	665 Kevin Sidoran	M	M13-18	14	Holland Patent	5K Run	21:57	07:05
10	636 Austin DeMott	M	M13-18	14	Oswego	5K Run	22:18	07:11
11	662 Adam Stevens	M	M13-18	15	Rome	5K Run	23:17	07:31
12	589 Bryan Schenk	M	M13-18	13	Clay	5K Run	24:22	07:52
13	621 Nick Mirizio	M	M13-18	13	Cicero	5K Run	26:00	08:23
14	580 Evan Smith	M	M13-18	15	Remsen	5K Run	26:12	08:27
15	667 Cory Parsons	M	M13-18	16	Rome	5K Run	26:16	08:28
16	584 Dylan McAndrew	M	M13-18	15	Lock Haven	5K Run	26:51	08:40
17	687 Dakota Norrison	M	M13-18	14	Oswego	5K Run	27:25	08:51
18	745 James Dillon	M	M13-18	14	Oswego	5K Run	28:09	09:05
19	658 Brian Semione	M	M13-18	16	Oswego	5K Run	31:02	10:01
20	721 Jeremy Shaw	M	M13-18	15	Syracuse	5K Run	38:38	12:28

21	626	Garrett Dunsmoor	M	M13-18	13	Oswego	5K Run	39:31	12:45
M19-24									
1	635	Matthew Slight	M	M19-24	19	Oswego	5K Run	17:40	05:42
2	572	Cody Netzbund	M	M19-24	20	Cleveland	5K Run	18:28	05:57
3	640	Abraham McAndrew	M	M19-24	19	Oswego	5K Run	18:57	06:07
4	637	Josh Graves	M	M19-24	21	Oswego	5K Run	19:32	06:18
5	732	Derrick Smith	M	M19-24	22	Oswego	5K Run	19:38	06:20
6	677	Nathan Opet	M	M19-24	19	Oswego	5K Run	21:55	07:04
7	668	Richard Andring	M	M19-24	22	Oswego	5K Run	23:30	07:35
8	631	Nicholas Rank	M	M19-24	21	Oswego	5K Run	24:10	07:48
9	594	Zack Patterson	M	M19-24	19	Parish	5K Run	24:29	07:54
10	565	Ben Ocean	M	M19-24	23	Binghamton	5K Run	26:14	08:28
M25-29									
1	701	Phillip Goodwin	M	M25-29	27	Minetto	5K Run	17:39	05:42
2	645	Jeremy Kerling	M	M25-29	27	East Syracuse	5K Run	23:31	07:35
3	714	Benjamin Schell	M	M25-29	27	Syracuse	5K Run	25:53	08:21
4	741	Ian MacCallum	M	M25-29	29	Oswego	5K Run	26:44	08:38
5	648	Kosta Makris	M	M25-29	28	Waverly	5K Run	28:39	09:15
6	690	Sean Madden	M	M25-29	26	Oswego	5K Run	28:47	09:17
7	688	Jeremy Raponi	M	M25-29	29	Fulton	5K Run	32:03	10:20
8	770	Spencer McGrath	M	M25-29	26	Oswego	5K Run	33:54	10:56
M30-34									
1	769	Tom Bunker	M	M30-34	32	Bladwinsville	5K Run	21:31	06:56
2	656	Sean Gardella	M	M30-34	34	Oswego	5K Run	23:03	07:26
3	763	Kyle Austin	M	M30-34	33	Oswego	5K Run	25:34	08:15
4	719	Joseph Fennessy	M	M30-34	33	Auburn	5K Run	26:10	08:26
5	573	John Dalziel	M	M30-34	32	Auburn	5K Run	29:17	09:27
6	757	Chris Anzalone	M	M30-34	33	Oswego	5K Run	30:06	09:43
7	587	Phillip Lucason	M	M30-34	34	Holland Patent	5K Run	31:27	10:09
8	622	Dan LaBernardo	M	M30-34	32	Youngstown	5K Run	35:31	11:27
M35-39									
1	762	Eric Smith	M	M35-39	38	Baldwinsville	5K Run	17:46	05:44
2	644	Erwin Learned	M	M35-39	37	Oswego	5K Run	21:27	06:55
3	746	James Vandish	M	M35-39	38	Oswego	5K Run	22:14	07:10
4	724	Jason Mansfield	M	M35-39	35	Newmarket	5K Run	24:51	08:01
5	693	Eric Koproski	M	M35-39	37	Oswego	5K Run	25:22	08:11
6	555	Mitch Cary	M	M35-39	39	Fulton	5K Run	25:27	08:13
7	692	John Stancampiano	M	M35-39	39	Oswego	5K Run	29:02	09:22
8	735	Robert Mateja	M	M35-39	35	Colonie	5K Run	30:49	09:56
9	661	James Elmer	M	M35-39	35	Red Creek	5K Run	31:03	10:01
M40-44									
1	685	Jim Nicholson	M	M40-44	43	Fulton	5K Run	18:13	05:53
2	713	Gary Spears	M	M40-44	44	Phoenix	5K Run	19:41	06:21
3	560	Matt Drohan	M	M40-44	40	Butler	5K Run	21:46	07:01
4	768	Paul VanGeet	M	M40-44	43	Fulton	5K Run	22:27	07:14
5	643	Al Stancampiano	M	M40-44	40	Waban	5K Run	22:30	07:16
6	583	Joseph McAndrew	M	M40-44	43	Lock Haven	5K Run	23:45	07:40
7	596	Jason Taylor	M	M40-44	43	Avon	5K Run	25:01	08:04
8	672	Ted Smith	M	M40-44	44	Pennelville	5K Run	27:46	08:57
9	698	Paul Grimshaw	M	M40-44	40	Fulton	5K Run	27:49	08:58
10	615	Mike Murray	M	M40-44	42	Rochester	5K Run	28:00	09:02

## M45-49

1	726 Mike Ruggio	M	M45-49	47	Oswego	5K Run	17:45	05:44
2	733 Dan Johnson	M	M45-49	46	Brewerton	5K Run	20:22	06:34
3	727 Jim Cox	M	M45-49	48	Liverpool	5K Run	22:31	07:16
4	754 Tom Smith	M	M45-49	47	Oswego	5K Run	23:56	07:43
5	657 Richard Semione	M	M45-49	45	Oswego	5K Run	25:33	08:14
6	571 Andrew MacDonald	M	M45-49	48	Mexico	5K Run	26:10	08:27
7	723 John Kuppermann	M	M45-49	46	Manlius	5K Run	26:13	08:27
8	592 Kevin Delaney	M	M45-49	49	Solvay	5K Run	26:26	08:32
9	651 Jon Braiman	M	M45-49	49	Oswego	5K Run	29:31	09:31
10	528 Dan McNeil	M	M45-49	49	Oswego	5K Run	30:25	09:49
11	720 Tom Roerden	M	M45-49	48	Syracuse	5K Run	34:29	11:07
12	706 Mark Dristy	M	M45-49	47	Oswego	5K Run	34:48	11:13

## M50-54

1	731 Thomas Reynolds	M	M50-54	51	Oswego	5K Run	22:41	07:19
2	569 Chris Kobos	M	M50-54	50	E. Syracuse	5K Run	22:49	07:22
3	522 Jerry Collins	M	M50-54	50	Oswego	5K Run	25:28	08:13
4	676 R. Scott Chubon	M	M50-54	50	Oswego	5K Run	33:22	10:46

## M55-59

1	675 Jim Earle	M	M55-59	57	E Brockville, Ont.	5K Run	21:51	07:03
2	702 Ernie Mears	M	M55-59	56	Oswego	5K Run	23:48	07:41
3	607 John Reilley	M	M55-59	58	Holland Patent	5K Run	29:30	09:31
4	707 Chuck Gorman	M	M55-59	59	Fulton	5K Run	31:13	10:04
5	712 Gregory Rodgers	M	M55-59	55	Baldwinsville	5K Run	32:59	10:38
6	760 Kevin Gilman	M	M55-59	57	Oswego	5K Run	33:44	10:53

## M60-64

1	696 Gus Branch	M	M60-64	62	New Haven	5K Run	22:08	07:08
2	660 John Powers	M	M60-64	60	Red Creek	5K Run	26:17	08:29
3	558 Ron Jacobson	M	M60-64	60	Oswego	5K Run	29:18	09:27
4	525 Rick Brandes	M	M60-64	60	Sandy Creek	5K Run	29:21	09:28
5	717 John Heisler, Jr.	M	M60-64	61	Baldwinsville	5K Run	30:44	09:55
6	530 Lee Godfrey	M	M60-64	62	Bolivia	5K Run	38:40	12:28
7	524 Roger Dausman	M	M60-64	63	Phoenix	5K Run	40:25	13:02

## M65-69

1	544 Richard Stanley	M	M65-69	69	Clinton	5K Run	25:08	08:06
2	728 Dave Howe	M	M65-69	65	Tully	5K Run	25:22	08:11
3	588 Robert Domachowski	M	M65-69	65	Liverpool	5K Run	26:58	08:42
4	751 Dick Ashley	M	M65-69	68	Myrtle Beach	5K Run	27:24	08:50
5	527 Wayne Weiss	M	M65-69	66	Syracuse	5K Run	39:41	12:48
6	531 Howard Godfrey	M	M65-69	65	Mexico	5K Run	41:56	13:31

## M70UP

1	764 Bob Otto	M	M70UP	70	Rochester	5K Run	26:42	08:37
2	703 Robert Nicholson	M	M70UP	70	Oswego	5K Run	27:25	08:51
3	630 Joseph Familo	M	M70UP	85	Oswego	5K Run	1:08:51	22:12