

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

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Race	Time	Pace
1	639	Jake McAndrew	M		1	Overall Male	20	Oswego	5K Run	16:00	05:10
2	738	Brad DePoint	M		2	Overall Male	27	Fulton	5K Run	16:36	05:21
3	700	Leo Enwright Smith	M		3	Overall Male	22	Oswego	5K Run	16:40	05:22
4	701	Phillip Goodwin	M		4	M25-29	27	Minetto	5K Run	17:39	05:42
5	635	Matthew Slight	M		5	M19-24	19	Oswego	5K Run	17:40	05:42
6	726	Mike Ruggio	M		6	M45-49	47	Oswgo	5K Run	17:45	05:44
7	762	Eric Smith	M		7	M35-39	38	Baldwinsville	5K Run	17:46	05:44
8	581	Robert Baird	M		8	M13-18	16	Holland Patent	5K Run	18:06	05:50
9	685	Jim Nicholson	M		9	M40-44	43	Fulton	5K Run	18:13	05:53
10	572	Cody Netzband	M		10	M19-24	20	Cleveland	5K Run	18:28	05:57
11	640	Abraham McAndrew	M		11	M19-24	19	Oswego	5K Run	18:57	06:07
12	666	Eric Stevens	M		12	M13-18	15	Rome	5K Run	19:03	06:09
13	637	Josh Graves	M		13	M19-24	21	Oswego	5K Run	19:32	06:18
14	732	Derrick Smith	M		14	M19-24	22	Oswego	5K Run	19:38	06:20
15	713	Gary Spears	M		15	M40-44	44	Phoenix	5K Run	19:41	06:21
16	733	Dan Johnson	M		16	M45-49	46	Brewerton	5K Run	20:22	06:34
17	613	Tia Bullard	F		1	Overall Female	15	Oswego	5K Run	20:26	06:36
18	708	Patrick Holland	M		17	M13-18	17	Oswego	5K Run	20:32	06:37
19	663	Todd Stevens	M		18	M13-18	13	Rome	5K Run	20:40	06:40
20	625	Zach McQuaid	M		19	M13-18	17	Oswego	5K Run	20:50	06:43
21	752	Jack Crouch	M		20	M13-18	16	Oswego	5K Run	20:50	06:43
22	598	Leah Rice	F		2	Overall Female	16	Prospect	5K Run	21:07	06:49
23	730	James Reynolds	M		21	M13-18	17	Oswgo	5K Run	21:17	06:52
24	578	Beth Foederer	F		3	Overall Female	41	Fulton	5K Run	21:19	06:53
25	644	Erwin Learned	M		22	M35-39	37	Oswego	5K Run	21:27	06:55
26	769	Tom Bunker	M		23	M30-34	32	Bladwinsville	5K Run	21:31	06:56
27	579	Zachary LaBarbera	M		24	M13-18	15	Trenton	5K Run	21:36	06:58
28	560	Matt Drohan	M		25	M40-44	40	Butler	5K Run	21:46	07:01
29	675	Jim Earle	M		26	M55-59	57	E Brockville, Ont.	5K Run	21:51	07:03
30	677	Nathan Opet	M		27	M19-24	19	Oswego	5K Run	21:55	07:04
31	665	Kevin Sidoran	M		28	M13-18	14	Holland Patent	5K Run	21:57	07:05
32	562	MacKenzie Robinson	F		4	F13-18	14	Oswego	5K Run	22:00	07:06
33	696	Gus Branch	M		29	M60-64	62	New Haven	5K Run	22:08	07:08
34	746	James Vandish	M		30	M35-39	38	Oswego	5K Run	22:14	07:10
35	636	Austin DeMott	M		31	M13-18	14	Oswego	5K Run	22:18	07:11
36	768	Paul VanGeet	M		32	M40-44	43	Fulton	5K Run	22:27	07:14
37	765	Cathleen Pilon	F		5	F25-29	25	Syracuse	5K Run	22:29	07:15
38	643	Al Stancampiano	M		33	M40-44	40	Waban	5K Run	22:30	07:16
39	595	Deb Patterson	F		6	F40-44	40	Parish	5K Run	22:30	07:16
40	727	Jim Cox	M		34	M45-49	48	Liverpool	5K Run	22:31	07:16
41	616	Erikka Nuffer	F		7	F13-18	18	Pennellville	5K Run	22:37	07:18
42	697	Rachel Verdoliva	F		8	F19-24	19	Mexico	5K Run	22:40	07:19
43	731	Thomas Reynolds	M		35	M50-54	51	Oswgo	5K Run	22:41	07:19
44	569	Chris Kobos	M		36	M50-54	50	E. Syracuse	5K Run	22:49	07:22
45	656	Sean Gardella	M		37	M30-34	34	Oswego	5K Run	23:03	07:26
46	655	Ann Gardella	F		9	F30-34	33	Oswego	5K Run	23:11	07:29
47	662	Adam Stevens	M		38	M13-18	15	Rome	5K Run	23:17	07:31
48	753	Debbie Smith	F		10	F45-49	47	Mexico	5K Run	23:19	07:31
49	634	Ed Slight	M		39	M01-12	4	Oswego	5K Run	23:27	07:34
50	668	Richard Andring	M		40	M19-24	22	Oswego	5K Run	23:30	07:35
51	645	Jeremy Kerling	M		41	M25-29	27	East Syracuse	5K Run	23:31	07:35

52	583	Joseph McAndrew	M	42	M40-44	43	Lock Haven	5K Run	23:45	07:40
53	702	Ernie Mears	M	43	M55-59	56	Oswego	5K Run	23:48	07:41
54	754	Tom Smith	M	44	M45-49	47	Oswego	5K Run	23:56	07:43
55	593	Liz Besio	F	11	F50-54	51	Camillus	5K Run	24:03	07:46
56	631	Nicholas Rank	M	45	M19-24	21	Oswego	5K Run	24:10	07:48
57	589	Bryan Schenk	M	46	M13-18	13	Clay	5K Run	24:22	07:52
58	604	Cheyenne Petrillo	F	12	F13-18	13	Poland	5K Run	24:29	07:54
59	594	Zack Patterson	M	47	M19-24	19	Parish	5K Run	24:29	07:54
60	744	Patrick Dillon	M	48	M01-12	12	Oswego	5K Run	24:30	07:54
61	699	Farah Jadran	F	13	F19-24	23	Syracuse	5K Run	24:30	07:54
62	557	Dee Penoyer	F	14	F45-49	48	Minetto	5K Run	24:30	07:54
63	705	Bennet Farrell	M	49	M01-12	10	Sturbridge	5K Run	24:33	07:55
64	559	Samantha Drohan	F	15	F40-44	40	Butler	5K Run	24:36	07:56
65	538	Taylor Giglio	F	16	F13-18	15	Oswego	5K Run	24:42	07:58
66	715	Sally Daniels	F	17	F50-54	53	Pennellville	5K Run	24:49	08:00
67	724	Jason Mansfield	M	50	M35-39	35	Newmarket	5K Run	24:51	08:01
68	596	Jason Taylor	M	51	M40-44	43	Avon	5K Run	25:01	08:04
69	606	Anna Lamendola	F	18	F13-18	14	Barneveld	5K Run	25:04	08:05
70	544	Richard Stanley	M	52	M65-69	69	Clinton	5K Run	25:08	08:06
71	728	Dave Howe	M	53	M65-69	65	Tully	5K Run	25:22	08:11
72	693	Eric Koproski	M	54	M35-39	37	Oswego	5K Run	25:22	08:11
73	556	Samuel Cary	M	55	M01-12	6	Fulton	5K Run	25:26	08:12
74	555	Mitch Cary	M	56	M35-39	39	Fulton	5K Run	25:27	08:13
75	522	Jerry Collins	M	57	M50-54	50	Oswego	5K Run	25:28	08:13
76	657	Richard Semione	M	58	M45-49	45	Oswego	5K Run	25:33	08:14
77	600	Alyssa Hoffman	F	19	F13-18	14	Holland Patent	5K Run	25:34	08:15
78	763	Kyle Austin	M	59	M30-34	33	Oswego	5K Run	25:34	08:15
79	570	Kathy Hatter	F	20	F45-49	49	Fulton	5K Run	25:35	08:15
80	736	Dana Shannon	F	21	F19-24	20	Oswego	5K Run	25:43	08:18
81	638	Deb McAndrew	F	22	F50-54	52	Oswego	5K Run	25:50	08:20
82	714	Benjamin Schell	M	60	M25-29	27	Syracuse	5K Run	25:53	08:21
83	621	Nick Mirizio	M	61	M13-18	13	Cicero	5K Run	26:00	08:23
84	767	Greg Hadwick	M	62	M01-12	12	Hannibal	5K Run	26:02	08:24
85	680	Erica Rybinski	F	23	F19-24	20	Manlius	5K Run	26:04	08:24
86	603	Courtney Benedict	F	24	F13-18	18	Prospect	5K Run	26:07	08:25
87	719	Joseph Fennessy	M	63	M30-34	33	Auburn	5K Run	26:10	08:26
88	609	Laura Meyer	F	25	F13-18	14	Rome	5K Run	26:10	08:27
89	571	Andrew MacDonald	M	64	M45-49	48	Mexico	5K Run	26:10	08:27
90	580	Evan Smith	M	65	M13-18	15	Remsen	5K Run	26:12	08:27
91	723	John Kuppermann	M	66	M45-49	46	Manlius	5K Run	26:13	08:27
92	565	Ben Ocean	M	67	M19-24	23	Binghamton	5K Run	26:14	08:28
93	623	Amanda LaBernardo	F	26	F25-29	29	Youongstown	5K Run	26:16	08:28
94	667	Cory Parsons	M	68	M13-18	16	Rome	5K Run	26:16	08:28
95	660	John Powers	M	69	M60-64	60	Red Creek	5K Run	26:17	08:29
96	737	Donna Auyer	F	27	F45-49	45	Oswego	5K Run	26:17	08:29
97	694	Brandy Koproski	F	28	F35-39	35	Oswego	5K Run	26:20	08:30
98	546	Felicia Moore	F	29	F50-54	50	Slatington	5K Run	26:26	08:32
99	592	Kevin Delaney	M	70	M45-49	49	Solvay	5K Run	26:26	08:32
100	605	Kelsey Stevens	F	30	F13-18	13	Rome	5K Run	26:35	08:34
101	764	Bob Otto	M	71	M70UP	70	Rochester	5K Run	26:42	08:37
102	741	Ian MacCallum	M	72	M25-29	29	Oswego	5K Run	26:44	08:38
103	761	Sara Phillips	F	31	F35-39	37	Salisbury	5K Run	26:48	08:39
104	629	Karen Crisafulli	F	32	F60-64	63	Fulton	5K Run	26:49	08:39
105	584	Dylan McAndrew	M	73	M13-18	15	Lock Haven	5K Run	26:51	08:40
106	588	Robert Domachowski	M	74	M65-69	65	Liverpool	5K Run	26:58	08:42
107	695	Ellen Nicholson	F	33	F25-29	28	Oswego	5K Run	27:05	08:44
108	617	Katelyn Lagatella	F	34	F13-18	16	Phoenix	5K Run	27:06	08:45

109	608	Stephanie Schmidt	F	35	F13-18	15	Holland Patent	5K Run	27:17	08:48
110	561	Brittany Ross	F	36	F13-18	17	Oswego	5K Run	27:24	08:50
111	751	Dick Ashley	M	75	M65-69	68	Myrtle Beach	5K Run	27:24	08:50
112	687	Dakota Norrison	M	76	M13-18	14	Oswego	5K Run	27:25	08:51
113	614	Jodi Mullen	F	37	F35-39	39	Oswego	5K Run	27:25	08:51
114	703	Robert Nicholson	M	77	M70UP	70	Oswego	5K Run	27:25	08:51
115	672	Ted Smith	M	78	M40-44	44	Pennelville	5K Run	27:46	08:57
116	698	Paul Grimshaw	M	79	M40-44	40	Fulton	5K Run	27:49	08:58
117	615	Mike Murray	M	80	M40-44	42	Rochester	5K Run	28:00	09:02
118	745	James Dillon	M	81	M13-18	14	Oswego	5K Run	28:09	09:05
119	582	Elizabeth Spina	F	38	F19-24	19	Baldwinsville	5K Run	28:30	09:12
120	620	Abby Weaver	F	39	F25-29	29	Fulton	5K Run	28:30	09:12
121	551	Elizabeth Stockdale	F	40	F45-49	46	Atlanta	5K Run	28:31	09:12
122	647	Ashley Law	F	41	F19-24	24	Whitesboro	5K Run	28:35	09:13
123	648	Kosta Makris	M	82	M25-29	28	Waverly	5K Run	28:39	09:15
124	690	Sean Madden	M	83	M25-29	26	Oswego	5K Run	28:47	09:17
125	729	Caroline Reynolds	F	42	F13-18	15	Oswego	5K Run	28:56	09:20
126	692	John Stancampiano	M	84	M35-39	39	Oswego	5K Run	29:02	09:22
127	573	John Dalziel	M	85	M30-34	32	Auburn	5K Run	29:17	09:27
128	558	Ron Jacobson	M	86	M60-64	60	Oswego	5K Run	29:18	09:27
129	749	Hannah Morey	F	43	F25-29	27	Oswego	5K Run	29:20	09:28
130	525	Rick Brandes	M	87	M60-64	60	Sandy Creek	5K Run	29:21	09:28
131	586	Elizabeth Lucason	F	44	F01-12	5	Holland Patent	5K Run	29:30	09:31
132	607	John Reilley	M	88	M55-59	58	Holland Patent	5K Run	29:30	09:31
133	651	Jon Braiman	M	89	M45-49	49	Oswego	5K Run	29:31	09:31
134	633	Laura Cooper	F	45	F25-29	28	Martville	5K Run	29:31	09:31
135	743	Ellen Dillon	F	46	F45-49	48	Oswego	5K Run	29:31	09:31
136	748	Sarah Johnson	F	47	F25-29	28	Mexico	5K Run	29:55	09:39
137	757	Chris Anzalone	M	90	M30-34	33	Oswego	5K Run	30:06	09:43
138	646	Stephanie Law	F	48	F25-29	27	Oswego	5K Run	30:07	09:43
139	521	Angela Stoutenger	F	49	F30-34	34	Fulton	5K Run	30:09	09:43
140	709	Karen Heckethorn	F	50	F50-54	51	Oswego	5K Run	30:21	09:47
141	568	Nathan Stuart	M	91	M01-12	7	Hannibal	5K Run	30:24	09:48
142	528	Dan McNeil	M	92	M45-49	49	Oswego	5K Run	30:25	09:49
143	574	Rachel Newman	F	51	F19-24	21	Auburn	5K Run	30:31	09:51
144	684	Kaela Shafer	F	52	F13-18	14	Oswego	5K Run	30:34	09:52
145	554	Nicholas Cary	M	93	M01-12	8	Fulton	5K Run	30:37	09:53
146	566	Jennifer Cary	F	53	F35-39	39	Fulton	5K Run	30:38	09:53
147	585	Morgan Lucason	F	54	F01-12	6	Holland Patent	5K Run	30:41	09:54
148	758	Maggie Glass	F	55	F50-54	53	Oswego	5K Run	30:41	09:54
149	718	Jan Heisler	F	56	F45-49	49	Baldwinsville	5K Run	30:44	09:55
150	717	John Heisler, Jr.	M	94	M60-64	61	Baldwinsville	5K Run	30:44	09:55
151	735	Robert Mateja	M	95	M35-39	35	Colonie	5K Run	30:49	09:56
152	628	Judy Dunsmoor	F	57	F45-49	46	Oswego	5K Run	30:53	09:58
153	669	Anne Hoffman	F	58	F45-49	45	Canandaigua	5K Run	30:53	09:58
154	658	Brian Semione	M	96	M13-18	16	Oswego	5K Run	31:02	10:01
155	661	James Elmer	M	97	M35-39	35	Red Creek	5K Run	31:03	10:01
156	654	Amanda Young	F	59	F13-18	18	Oswego	5K Run	31:04	10:01
157	734	Kelly Mateja	F	60	F30-34	34	Colonie	5K Run	31:06	10:02
158	597	Audrey Gregway-Taylor	F	61	F45-49	45	Avon	5K Run	31:08	10:03
159	707	Chuck Gorman	M	98	M55-59	59	Fulton	5K Run	31:13	10:04
160	577	Olivia Drohan	F	62	F01-12	11	B utlr	5K Run	31:25	10:08
161	587	Phillip Lucason	M	99	M30-34	34	Holland Patent	5K Run	31:27	10:09
162	632	Ariana Rank	F	63	F13-18	14	Oswego	5K Run	31:33	10:11
163	747	Maureen Lapus	F	64	F35-39	38	Oswego	5K Run	31:34	10:11
164	642	Bindiya Stancampiano	F	65	F35-39	37	Waban	5K Run	31:43	10:14
165	652	Beth Young	F	66	F50-54	53	Oswego	5K Run	31:44	10:14

166	742	Marguerite Dillon	F	67	F01-12	12	Oswego	5K Run	31:48	10:16
167	683	Megan McBride	F	68	F25-29	27	Dewitt	5K Run	31:54	10:17
168	563	Valerice Stuart	F	69	F30-34	34	Hannibal	5K Run	31:57	10:18
169	689	Beth Rando	F	70	F25-29	26	Oswego	5K Run	32:03	10:20
170	688	Jeremy Raponi	M	100	M25-29	29	Fulton	5K Run	32:03	10:20
171	547	Emily Treubig	F	71	F19-24	23	Oneonta	5K Run	32:16	10:24
172	725	Sarah Mansfield	F	72	F30-34	30	Newmarket	5K Run	32:19	10:25
173	619	Phyllis Albrecht	F	73	F50-54	50	Baldwinsville	5K Run	32:50	10:35
174	712	Gregory Rodgers	M	101	M55-59	55	Baldwinsville	5K Run	32:59	10:38
175	535	Shannon Cilento	F	74	F13-18	16	Oswego	5K Run	33:22	10:46
176	676	R. Scott Chubon	M	102	M50-54	50	Oswego	5K Run	33:22	10:46
177	759	Rhonda Hollenbeck	F	75	F45-49	45	Oswego	5K Run	33:39	10:51
178	760	Kevin Gilman	M	103	M55-59	57	Oswego	5K Run	33:44	10:53
179	650	Keren Greene	F	76	F25-29	27	Baldwinsville	5K Run	33:54	10:56
180	770	Spencer McGrath	M	104	M25-29	26	Oswego	5K Run	33:54	10:56
181	564	Ashley Mears	F	77	F19-24	24	Oswego	5K Run	33:58	10:57
182	686	Beth Nicholson	F	78	F45-49	46	Fulton	5K Run	33:59	10:58
183	710	Ella Briand	F	79	F45-49	47	Syracuse	5K Run	34:29	11:07
184	720	Tom Roerden	M	105	M45-49	48	Syracuse	5K Run	34:29	11:07
185	704	Janet Farrell	F	80	F50-54	50	Sturbridge	5K Run	34:47	11:13
186	706	Mark Dristy	M	106	M45-49	47	Oswego	5K Run	34:48	11:13
187	682	Megan Hoffman	F	81	F01-12	9	Canandaigua	5K Run	35:19	11:24
188	670	Laura Hoffman	F	82	F13-18	15	Canandaigua	5K Run	35:19	11:24
189	627	MacKenzie Dunsmoor	F	83	F13-18	16	Oswego	5K Run	35:19	11:24
190	622	Dan LaBernardo	M	107	M30-34	32	Youngstown	5K Run	35:31	11:27
191	722	Anne Proppe	F	84	F55-59	58	Baldwinsville	5K Run	35:45	11:32
192	679	Jamie Turtura	F	85	F25-29	28	Oswego	5K Run	36:00	11:37
193	536	Deanna Cilento	F	86	F45-49	46	Oswego	5K Run	36:05	11:38
194	756	Stephanie Cilento	F	87	F19-24	23	Oswego	5K Run	36:05	11:38
195	590	Linda Segal	F	88	F55-59	55	Oswego	5K Run	36:11	11:40
196	674	Emily Becker	F	89	F13-18	13	Oswego	5K Run	36:13	11:41
197	552	Hannah Stockdale	F	90	F01-12	10	Atlanta	5K Run	36:17	11:42
198	641	Barb Westcott	F	91	F30-34	30	Oswego	5K Run	36:27	11:46
199	523	Elena Brandes	F	92	F55-59	58	Sandy Creek	5K Run	36:36	11:48
200	653	Michelle Young	F	93	F13-18	16	Oswego	5K Run	36:41	11:50
201	678	Rachel Ladd	F	94	F01-12	12	Mexico	5K Run	36:59	11:56
202	599	Kelly Malone-Eveleth	F	95	F30-34	34	Westdale	5K Run	37:02	11:57
203	766	Janis Dufrane	F	96	F35-39	35	Mexico	5K Run	37:22	12:03
204	602	Nicole Adamo	F	97	F13-18	16	Holland Patent	5K Run	37:39	12:09
205	721	Jeremy Shaw	M	108	M13-18	15	Syracuse	5K Run	38:38	12:28
206	530	Lee Godfrey	M	109	M60-64	62	Bolivia	5K Run	38:40	12:28
207	553	Margaret Stockdale	F	98	F01-12	12	Atlanta	5K Run	39:01	12:35
208	626	Garrett Dunsmoor	M	110	M13-18	13	Oswego	5K Run	39:31	12:45
209	526	Jill Swayze	F	99	F60-64	64	Baldwinsville	5K Run	39:40	12:48
210	527	Wayne Weiss	M	111	M65-69	66	Syracuse	5K Run	39:41	12:48
211	691	Michaela Cosares	F	100	F13-18	15	Oakland	5K Run	40:03	12:55
212	524	Roger Dausman	M	112	M60-64	63	Phoenix	5K Run	40:25	13:02
213	711	Debra Rodgers	F	101	F55-59	55	Baldwinsville	5K Run	40:31	13:04
214	750	Betsy Photos	F	102	F50-54	52	Oswego	5K Run	40:32	13:04
215	531	Howard Godfrey	M	113	M65-69	65	Mexico	5K Run	41:56	13:31
216	659	Bonnie Powers	F	103	F55-59	58	Red Creek	5K Run	42:20	13:39
217	618	Karen Murray	F	104	F40-44	43	Rochester	5K Run	43:11	13:56
218	630	Joseph Familo	M	114	M70UP	85	Oswego	5K Run	1:08:51	22:12