

Phelps Sauerkraut 20K
Saturday August 1, 2009 **Phelps, NY**
244 Finishers(160 Male, 84 Female)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Time	Pace
Overall Female Masters								
1	138	Jennifer Rea	F	Overall Female Masters	43	Rush	1:27:44	07:03
Overall Female Open								
1	212	Kerry Lee	F	Overall Female Open	34	Cincinnati	1:25:03	06:51
Overall Male Masters								
1	131	Tim Dwyer	M	Overall Male Masters	49	Rochester	1:16:54	06:11
Overall Male Open								
1	157	Dave Bradshaw	M	Overall Male Open	30	Macedon	1:12:34	05:50
F19UNDER								
1	31	Cassie Goodman	F	F19UNDER	16	Phelps	1:38:39	07:56
2	246	Rachel Cackett	F	F19UNDER	18	Pittsford	1:39:54	08:02
3	35	Gigi Heusler	F	F19UNDER	17	Phelps	2:13:05	10:42
4	36	Morgan Heusler	F	F19UNDER	19	Phelps	2:28:02	11:55
F20-24								
1	85	Dawn Whitaker	F	F20-24	24	Rochester	1:43:19	08:19
2	244	Sonya Clark	F	F20-24	23	Amherst	1:43:23	08:19
3	158	Bryn Johnston	F	F20-24	21	Fairport	1:43:30	08:20
4	96	Theresa Hendrick	F	F20-24	21	Rochester	1:47:59	08:41
5	81	Jessie Tuck	F	F20-24	24	Syracuse	1:50:22	08:53
6	187	Jeannine Rossi	F	F20-24	24	Clifton Springs	1:55:00	09:15
7	254	Renee Whitmore	F	F20-24	23	Geneva	2:00:32	09:42
8	189	Nicole Rossi	F	F20-24	21	Clifton Springs	2:02:39	09:52
9	94	Cassie Adams	F	F20-24	24	Rochester	2:42:51	13:06
F25-29								
1	216	Rebecca Dinan	F	F25-29	29	Canandaigua	1:46:59	08:36
2	68	Kim Reisman	F	F25-29	26	Baldwinsville	1:49:05	08:47
3	51	Jill MacKerchar	F	F25-29	26	Penn Yan	1:50:07	08:51
4	50	Byrnn Lucas	F	F25-29	27	Pittsford	1:51:30	08:58
5	255	Erin Doudt	F	F25-29	29	Rochester	2:00:32	09:42
6	44	Jody Lanse	F	F25-29	27	Newark	2:11:53	10:37
F30-34								
1	168	Jen Malik	F	F30-34	30	Rochester	1:27:26	07:02
2	27	Meredith Ferraro	F	F30-34	30	Victor	1:42:01	08:12
3	170	Johanna Gullo	F	F30-34	34	Canandaigua	1:46:00	08:32
4	176	Elaine Erb	F	F30-34	34	Phelps	1:53:17	09:07
5	114	Rachael DellaPietra	F	F30-34	31	Webster	1:56:56	09:24
6	164	Satera Gonsenhauser	F	F30-34	30	Rochester	2:03:40	09:57
7	166	Roberta Greco	F	F30-34	34	Canandaigua	2:05:17	10:05
8	172	Christine Stevens	F	F30-34	31	Newark	2:13:08	10:43
9	220	Sarah Augustine	F	F30-34	31	Kalamazoo	2:15:12	10:53
10	249	Emily Phillips	F	F30-34	31	Rochester	2:15:12	10:53
11	165	Bonnie Jarecke	F	F30-34	31	Canandaigua	2:20:51	11:20
12	169	Erika Asquino	F	F30-34	31	Honeoye	2:35:24	12:30
F35-39								
1	17	Shelly Connors	F	F35-39	35	Auburn	1:30:17	07:16
2	12	Laura Church	F	F35-39	39	Rochester	1:35:33	07:41
3	28	Kathleen Foster	F	F35-39	36	Penfield	1:40:22	08:04
4	109	Cindy Larson	F	F35-39	38	Rochester	1:40:33	08:05
5	46	Greta Lederwood	F	F35-39	36	Penn Yan	1:49:26	08:48
6	247	Pamela Raes	F	F35-39	39	Phelps	1:50:59	08:56
7	154	Jennifer Fosegan	F	F35-39	36	Fairport	1:51:24	08:58
8	37	Amy Hibbard	F	F35-39	35	Geneva	1:58:09	09:30

9	236 David Fisher	M	F35-39	37	Granly	2:00:33	09:42
10	198 Gina Iseman	F	F35-39	37	Webster	2:03:13	09:55
11	79 Kimberly Taylor	F	F35-39	36	Longmonth	2:14:49	10:51
12	188 Julie Backus	F	F35-39	39	Clifton Springs	2:26:15	11:46
13	122 Ivette Heutmaker	F	F35-39	38	Rochester	2:53:28	13:57
F40-44							
1	107 Mary Wojnowski	F	F40-44	42	Rochester	1:40:09	08:03
2	224 Dianne Gwynn	F	F40-44	42	Canandaigua	1:44:52	08:26
3	227 Suzanne Clements	F	F40-44	44	Clifton Springs	1:46:05	08:32
4	124 Kerri Brown	F	F40-44	41	Pittsford	1:53:55	09:10
5	78 Stefani Szalay-Domm	F	F40-44	43	Rochester	1:58:10	09:30
6	211 Kimberly Gaylord	F	F40-44	43	Avon	2:00:49	09:43
7	215 Nicole Marro	F	F40-44	40	Victor	2:12:33	10:40
8	155 Robin Stonebraker	F	F40-44	43	Farmington	2:17:19	11:03
9	45 Molly LaPrade	F	F40-44	40	Seneca Falls	2:28:12	11:55
10	231 Bonnie Venton	F	F40-44	42	Fairport	2:42:30	13:04
F45-49							
1	1 Patricia Albert	F	F45-49	45	Phelps	1:38:02	07:53
2	129 Pam Johnson	F	F45-49	47	Canandaigua	1:45:32	08:29
3	24 Lynn Ekstrom	F	F45-49	48	Palymra	1:50:10	08:52
4	2 Jane A Arnold	F	F45-49	47	Clifton Springs	1:51:03	08:56
5	206 Galyn Schenk	F	F45-49	46	Romulus	1:51:39	08:59
6	151 Lori Luther	F	F45-49	45	Rochester	1:52:16	09:02
7	48 Donna Loeb	F	F45-49	48	Geneva	1:58:07	09:30
8	105 Nancy VanKerkhove	F	F45-49	47	Webster	1:59:10	09:35
9	235 Donna Whitmore	F	F45-49	48	Geneva	2:00:31	09:42
10	133 Blied Kimberlee	F	F45-49	45	Webster	2:01:37	09:47
11	83 Terri VanBrooker	F	F45-49	47	Canandaigua	2:08:57	10:22
12	95 Andrea Creary	F	F45-49	49	Pittsford	2:27:54	11:54
F50-54							
1	93 Darlene Saeva	F	F50-54	50	Rochester	1:34:35	07:37
2	69 Martha Roberts	F	F50-54	52	Penn Yan	1:51:22	08:58
3	76 Pamela Steinmetz	F	F50-54	51	Ontario	1:54:31	09:13
4	74 Susan Sheffer	F	F50-54	53	Geneva	1:58:03	09:30
5	217 Kathleen Hall	F	F50-54	50	Victor	2:10:31	10:30
6	185 Michelle Wolniewicz	F	F50-54	51	Alden	2:14:15	10:48
7	64 Margaret Phillips	F	F50-54	50	Worcester	2:17:14	11:02
F55-59							
1	203 Therese Christo	F	F55-59	55	Hilton	1:38:21	07:55
2	135 Valerie Myntti	F	F55-59	58	Rochester	2:18:38	11:09
3	23 Patricia Edwards-Hobbs	F	F55-59	58	Clifton Springs	2:38:03	12:43
4	161 Karen Emmerling	F	F55-59	55	Livonia	2:38:32	12:45
F60-64							
1	108 Lynda McGuire	F	F60-64	61	Scottsville	1:49:42	08:49
2	111 Jane Mahoney	F	F60-64	60	Rochester	2:07:48	10:17
3	73 Joan Sewert	F	F60-64	60	Marion	2:22:40	11:29
4	194 Judy Luce	F	F60-64	64	Geneva	2:52:19	13:52
5	4 Kathy Baker	F	F60-64	63	Laurel	3:12:09	15:28
6	139 Cathy Triosi	F	F60-64	63	Cohoes	4:07:20	19:54
M19UNDER							
1	209 James Cagie	M	M19UNDER	17	Victor	1:18:29	06:19
2	181 Brandon Cowles	M	M19UNDER	16	Newark	1:19:41	06:25
3	7 Zachary Borden	M	M19UNDER	18	Rochester	1:21:19	06:32
4	178 Colby Lapresi	M	M19UNDER	18	Geneva	1:22:29	06:38
5	204 Drew Beck	M	M19UNDER	18	Canandaigua	1:24:39	06:49
6	167 Christopher Spohn	M	M19UNDER	19	Rochester	1:29:43	07:13
7	218 Justin Hess	M	M19UNDER	18	Clyde	1:35:57	07:43
8	182 William LaMotte	M	M19UNDER	17	Clifton Springs	1:36:57	07:48
9	202 Dustin Stiles	M	M19UNDER	17	Clyde	1:37:03	07:48
10	200 Mark Fuhry	M	M19UNDER	18	Ovid	1:39:55	08:02
11	149 Eddie Brockhuizen	M	M19UNDER	14	Newark	1:49:17	08:48
12	34 Garrett Heusler	M	M19UNDER	17	Phelps	1:51:19	08:57

13	101 Charles Pasquale	M	M19UNDER	17	Rochester	1:53:47	09:09
14	32 Matthew Haintz	M	M19UNDER	18	Phelps	1:56:05	09:20
15	150 Marty Rodrick	M	M19UNDER	15	Newark	1:57:43	09:28
M20-24							
1	183 Philip Nesbitt	M	M20-24	23	Churchville	1:19:01	06:21
2	256 Jeff Cogan	M	M20-24	24	Rochester	1:24:39	06:49
3	251 Kyle Kunes	M	M20-24	20	Stanley	1:29:46	07:13
4	177 Pat Tyler	M	M20-24	20	Lyons	1:33:03	07:29
5	6 Chad Borden	M	M20-24	23	Rochester	1:36:48	07:47
6	243 Ryan St. George	M	M20-24	22	Rochester	1:40:21	08:04
7	228 Adam DiCicco	M	M20-24	23	Seneca Castle	1:47:49	08:40
8	237 Scott Hopkins	M	M20-24	23	Geneva	2:03:40	09:57
9	223 Zachary Johnson	M	M20-24	24	Palmyra	2:16:31	10:59
M25-29							
1	120 Marty Maynard	M	M25-29	27	Rochester	1:24:51	06:50
2	130 Charley Plummer	M	M25-29	25	Rochester	1:26:20	06:57
3	56 Travis Money	M	M25-29	29	Canandaigua	1:26:42	06:59
4	196 Jason Mintz	M	M25-29	29	Syracuse	1:26:54	06:59
5	192 Andrew Young	M	M25-29	26	Seneca Falls	1:31:17	07:21
6	100 Robert Bradley	M	M25-29	26	Phelps	1:34:20	07:35
7	52 Jonathan MacKerchar	M	M25-29	27	Penn Yan	1:48:16	08:43
8	252 Andrew Whitaker	M	M25-29	28	Rochester	1:49:11	08:47
9	230 Todd Gonzalez	M	M25-29	25	Rochester	2:04:21	10:00
M30-34							
1	10 Andrew Caffrey	M	M30-34	31	Rochester	1:21:34	06:34
2	116 Michael Leshner	M	M30-34	32	Fairport	1:21:49	06:35
3	213 Dan Lee	M	M30-34	34	Cincinnati	1:32:18	07:26
4	30 Michael Frame	M	M30-34	30	Syracuse	1:37:09	07:49
5	20 Brett Crandall	M	M30-34	30	Rochester	1:37:20	07:50
6	248 Gregory Baker	M	M30-34	32	Geneva	1:53:28	09:08
7	162 John Graser	M	M30-34	31	Rochester	2:03:40	09:57
8	233 Rajesh Singaravelu	M	M30-34	32	Pittsford	2:10:51	10:32
9	43 Ed Krenzer	M	M30-34	33	Phelps	2:30:33	12:07
M35-39							
1	9 Andrew Bucci	M	M35-39	36	Rochester	1:17:31	06:14
2	153 John Salvador	M	M35-39	38	Penfield	1:27:25	07:02
3	5 Roger Bolton	M	M35-39	39	Albion	1:27:34	07:03
4	229 Mark Sanson	M	M35-39	35	Macedon	1:28:32	07:07
5	115 Joe Williams	M	M35-39	36	Rochester	1:31:36	07:22
6	208 Brett Bell	M	M35-39	39	Rochester	1:32:53	07:28
7	54 Matthew Maslyn	M	M35-39	37	Farmington	1:37:31	07:51
8	29 Michael Foster	M	M35-39	37	Penfield	1:37:43	07:52
9	199 Bruce Hedlund	M	M35-39	36	Syracuse	1:39:30	08:00
10	98 Stephen Amato	M	M35-39	38	Rochester	1:40:01	08:03
11	8 Bradford Brundage	M	M35-39	38	Fort Mill	1:43:09	08:18
12	219 Tom Rivers	M	M35-39	35	Albion	1:43:59	08:22
13	205 Matt Hortop	M	M35-39	35	Pittsford	1:48:11	08:42
14	258 Richard Meehan	M	M35-39	39	Farmington	1:48:40	08:45
15	61 Ted Pembroke	M	M35-39	36	Phelps	1:49:30	08:49
16	221 Vinny Aliperti	M	M35-39	39	Geneva	1:54:28	09:13
17	207 Jim Baehr	M	M35-39	37	Victor	1:59:26	09:37
18	121 Brad Heutmaker	M	M35-39	37	Rochester	2:01:25	09:46
19	184 Troy Slocum	M	M35-39	38	Geneva	2:06:15	10:09
20	242 Charles Waterman	M	M35-39	35	Rochester	2:20:51	11:20
21	163 Daniel Jarecke	M	M35-39	36	Canandaigua	2:21:24	11:23
M40-44							
1	60 Gregory Nowakowski	M	M40-44	41	Rochester	1:24:57	06:50
2	234 Bob Burbank	M	M40-44	42	Williston	1:24:58	06:50
3	119 Chris Boshnack	M	M40-44	43	Rochester	1:25:12	06:51
4	102 Ken Merkel	M	M40-44	44	Hilton	1:27:13	07:01
5	214 William Bay	M	M40-44	44	Penfield	1:28:50	07:09
6	193 Tim Ciancione	M	M40-44	43	Rochester	1:31:21	07:21
7	134 Jeffrey Ouriel	M	M40-44	41	Rochester	1:34:13	07:35

8	84 John VanderWeide	M	M40-44	44	Clifton Springs	1:42:13	08:13
9	90 Christopher Brown	M	M40-44	42	W. Henrietta	1:43:32	08:20
10	143 Mark Dougherty	M	M40-44	40	Pittsford	1:43:39	08:20
11	42 Tim Krehling	M	M40-44	40	Webster	1:47:07	08:37
12	144 Stephen Dougherty	M	M40-44	40	Seneca Falls	1:47:38	08:40
13	152 Andrew Ciaio	M	M40-44	44	Victor	1:49:34	08:49
14	179 Libo Alexanian	M	M40-44	43	Lyons	1:50:03	08:51
15	19 Steven Craft	M	M40-44	44	Freeville	1:55:51	09:19
16	148 Gordon Simmons	M	M40-44	44	Rochester	2:00:43	09:43
17	156 Ed Daubert	M	M40-44	42	Spencerport	2:05:23	10:05
18	88 Daniel Zombek	M	M40-44	44	Webster	2:21:54	11:25
M45-49							
1	80 Ted Thull	M	M45-49	48	Macedon	1:22:41	06:39
2	104 Steven VanKerkhove	M	M45-49	46	Webster	1:25:17	06:52
3	142 Joseph Jaffe	M	M45-49	45	Geneva	1:25:46	06:54
4	173 Steve Blanchard	M	M45-49	49	Geneva	1:31:25	07:21
5	118 Douglas Prindle	M	M45-49	48	Fairport	1:32:06	07:25
6	259 Pete Doerner	M	M45-49	45	Webster	1:35:51	07:43
7	26 George Fawcett	M	M45-49	49	Rochester	1:36:20	07:45
8	245 Steve Cackett	M	M45-49	45	Pittsford	1:39:54	08:02
9	210 Chris Washburn	M	M45-49	47	Newark	1:43:10	08:18
10	97 Sean Hendrick	M	M45-49	46	Rochester	1:47:59	08:41
11	137 Jeffrey Fink	M	M45-49	48	Pittsford	1:48:26	08:43
12	106 Leo Pacanowski	M	M45-49	49	Buffalo	1:48:28	08:44
13	33 Shawn Halquist	M	M45-49	49	Brockport	1:51:05	08:56
14	126 John Ryan	M	M45-49	46	Victor	1:51:50	09:00
15	125 David Stern	M	M45-49	46	Webster	1:53:41	09:09
16	123 Michael Brown	M	M45-49	45	Pittsford	1:53:55	09:10
17	18 Robert Cope	M	M45-49	48	Livonia	2:00:43	09:43
18	159 David Nixon	M	M45-49	48	Lima	2:04:22	10:00
19	253 Tom Schweizer	M	M45-49	48	Clifton Springs	2:07:15	10:14
20	145 Dan Isenhart	M	M45-49	48	Rochester	2:07:27	10:15
21	180 Bob Mulcock	M	M45-49	49	Canandaigua	2:12:54	10:41
M50-54							
1	72 Mark J Rybinski	M	M50-54	54	Manlius	1:17:16	06:13
2	190 David Goins	M	M50-54	51	Dansville	1:31:25	07:21
3	21 Ralph Day	M	M50-54	50	Clifton Springs	1:33:54	07:33
4	191 Pete Winnette	M	M50-54	52	Big Flats	1:34:59	07:38
5	71 Greg Rosser	M	M50-54	52	Fairport	1:36:03	07:44
6	197 Wilton Alston	M	M50-54	50	Rochester	1:38:23	07:55
7	147 Douglas Daeffler	M	M50-54	52	Waterloo	1:41:15	08:09
8	232 Bill Beyerbach	M	M50-54	54	Rochester	1:41:49	08:11
9	75 Andrew Smith	M	M50-54	50	Honeoye Falls	1:42:02	08:13
10	241 John Curry	M	M50-54	52	Brockport	1:44:06	08:22
11	47 Steven Leo	M	M50-54	54	Lyons	1:44:53	08:26
12	117 Jack Kasperski	M	M50-54	51	Fairport	1:48:28	08:44
13	226 James Kennedy	M	M50-54	53	Geneva	1:54:24	09:12
14	174 Timothy Williams	M	M50-54	51	Rochester	1:54:43	09:14
15	146 Doug Watts	M	M50-54	52	Rochester	1:59:19	09:36
16	238 Rick Whitmore	M	M50-54	50	Geneva	2:00:32	09:42
17	239 Mark Fragnoli	M	M50-54	52	Charlestown	2:02:43	09:52
18	127 Kevin Bowen	M	M50-54	52	Rochester	2:11:37	10:35
19	67 Gary Reisman	M	M50-54	53	Baldwinsville	2:12:14	10:38
20	92 Bob Menz	M	M50-54	54	Webster	2:29:27	12:01
21	91 David Dilgard	M	M50-54	54	Penfield	2:49:59	13:40
M55-59							
1	87 Terry Ziegler	M	M55-59	59	Richardson	1:25:24	06:52
2	65 Wally Powers	M	M55-59	58	Spencer	1:33:23	07:31
3	175 Keith Goins	M	M55-59	56	Dansville	1:35:18	07:40
4	57 Tom Mulligan	M	M55-59	59	Naples	1:35:34	07:41
5	49 Donald Lowry	M	M55-59	57	Victor	1:40:43	08:06
6	110 David Davenport	M	M55-59	58	Rochester	1:45:04	08:27
7	82 John Turner	M	M55-59	59	Baldwinsville	1:46:03	08:32
8	250 Jim Kerk	M	M55-59	55	Canandaigua	1:47:21	08:38
9	222 Rick Lemcke	M	M55-59	55	Hilton	1:48:18	08:43

10	136 Bruce Corsette	M	M55-59	56	Rochester	1:49:32	08:49
11	240 Jim Bowdoin	M	M55-59	59	Clyde	1:49:57	08:51
12	201 David Brongo	M	M55-59	57	Geneseo	1:55:00	09:15
13	70 David Ross	M	M55-59	57	Rochester	2:00:24	09:41
14	14 Peter Clark	M	M55-59	58	Rochester	2:01:58	09:49
15	13 Paul Chwalek	M	M55-59	55	Oswego	2:02:22	09:51
16	186 John Housel	M	M55-59	56	Canandaigua	2:14:43	10:50
17	62 Don Phillips	M	M55-59	55	Phelps	2:17:18	11:03
18	63 John Phillips	M	M55-59	59	Newark	2:17:18	11:03

M60-64

1	66 Marc Quilty	M	M60-64	60	Syracuse	1:41:58	08:12
2	103 Stephen Heddes	M	M60-64	60	Rochester	1:43:32	08:20
3	128 Rick Erb	M	M60-64	61	Rushville	1:45:32	08:29
4	141 Dave Weiss	M	M60-64	60	Corning	1:48:12	08:42
5	112 Barry Watkins	M	M60-64	64	Rochester	1:51:08	08:56
6	53 Karl Marchenese	M	M60-64	60	Canandaigua	1:53:51	09:10
7	113 Gary Updyke	M	M60-64	61	Pittsford	1:57:35	09:28
8	25 Thomas Fagan	M	M60-64	60	Liverpool	2:56:23	14:11
9	58 William Murphy	M	M60-64	60	Rochester	3:14:45	15:40

M65-69

1	171 Jo Bunkenburg	M	M65-69	67	Victor	1:48:55	08:46
2	41 Robert Kern	M	M65-69	65	Beaver Dams	1:57:33	09:27
3	11 Elmer Canfield	M	M65-69	67	Penn Yan	1:58:14	09:31
4	40 Nicholas Iven	M	M65-69	65	Horseheads	2:06:37	10:11
5	15 Don Clukies	M	M65-69	66	Portsmouth	2:22:35	11:28
6	195 Rick Luce	M	M65-69	65	Geneva	2:52:19	13:52