

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

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Time	Pace
1	157	Dave Bradshaw	M		1	Overall Male Open	30	Macedon	1:12:34	05:50
2	131	Tim Dwyer	M		2	Overall Male Masters	49	Rochester	1:16:54	06:11
3	72	Mark J Rybinski	M		3	M50-54	54	Manlius	1:17:16	06:13
4	9	Andrew Bucci	M		4	M35-39	36	Rochester	1:17:31	06:14
5	209	James Cagie	M		5	M19UNDER	17	Victor	1:18:29	06:19
6	183	Philip Nesbitt	M		6	M20-24	23	Churchville	1:19:01	06:21
7	181	Brandon Cowles	M		7	M19UNDER	16	Newark	1:19:41	06:25
8	7	Zachary Borden	M		8	M19UNDER	18	Rochester	1:21:19	06:32
9	10	Andrew Caffrey	M		9	M30-34	31	Rochester	1:21:34	06:34
10	116	Michael Leshner	M		10	M30-34	32	Fairport	1:21:49	06:35
11	178	Colby Lapresi	M		11	M19UNDER	18	Geneva	1:22:29	06:38
12	80	Ted Thull	M		12	M45-49	48	Macedon	1:22:41	06:39
13	204	Drew Beck	M		13	M19UNDER	18	Canandaigua	1:24:39	06:49
14	256	Jeff Cogan	M		14	M20-24	24	Rochester	1:24:39	06:49
15	120	Marty Maynard	M		15	M25-29	27	Rochester	1:24:51	06:50
16	60	Gregory Nowakowski	M		16	M40-44	41	Rochester	1:24:57	06:50
17	234	Bob Burbank	M		17	M40-44	42	Williston	1:24:58	06:50
18	212	Kerry Lee	F		1	Overall Female Open	34	Cincinnati	1:25:03	06:51
19	119	Chris Boshnack	M		18	M40-44	43	Rochester	1:25:12	06:51
20	104	Steven VanKerkhove	M		19	M45-49	46	Webster	1:25:17	06:52
21	87	Terry Ziegler	M		20	M55-59	59	Richardson	1:25:24	06:52
22	142	Joseph Jaffe	M		21	M45-49	45	Geneva	1:25:46	06:54
23	130	Charley Plummer	M		22	M25-29	25	Rochester	1:26:20	06:57
24	56	Travis Money	M		23	M25-29	29	Canandaigua	1:26:42	06:59
25	196	Jason Mintz	M		24	M25-29	29	Syracuse	1:26:54	06:59
26	102	Ken Merkel	M		25	M40-44	44	Hilton	1:27:13	07:01
27	153	John Salvador	M		26	M35-39	38	Penfield	1:27:25	07:02
28	168	Jen Malik	F		2	F30-34	30	Rochester	1:27:26	07:02
29	5	Roger Bolton	M		27	M35-39	39	Albion	1:27:34	07:03
30	138	Jennifer Rea	F		3	Overall Female Masters	43	Rush	1:27:44	07:03
31	229	Mark Sanson	M		28	M35-39	35	Macedon	1:28:32	07:07
32	214	William Bay	M		29	M40-44	44	Penfield	1:28:50	07:09
33	167	Christopher Sponn	M		30	M19UNDER	19	Rochester	1:29:43	07:13
34	251	Kyle Kunes	M		31	M20-24	20	Stanley	1:29:46	07:13
35	17	Shelly Connors	F		4	F35-39	35	Auburn	1:30:17	07:16
36	192	Andrew Young	M		32	M25-29	26	Seneca Falls	1:31:17	07:21
37	193	Tim Ciancione	M		33	M40-44	43	Rochester	1:31:21	07:21
38	190	David Goins	M		34	M50-54	51	Dansville	1:31:25	07:21
39	173	Steve Blanchard	M		35	M45-49	49	Geneva	1:31:25	07:21
40	115	Joe Williams	M		36	M35-39	36	Rochester	1:31:36	07:22
41	118	Douglas Prindle	M		37	M45-49	48	Fairport	1:32:06	07:25
42	213	Dan Lee	M		38	M30-34	34	Cincinnati	1:32:18	07:26
43	208	Brett Bell	M		39	M35-39	39	Rochester	1:32:53	07:28
44	177	Pat Tyler	M		40	M20-24	20	Lyons	1:33:03	07:29
45	65	Wally Powers	M		41	M55-59	58	Spencer	1:33:23	07:31
46	21	Ralph Day	M		42	M50-54	50	Clifton Springs	1:33:54	07:33
47	134	Jeffrey Ouriel	M		43	M40-44	41	Rochester	1:34:13	07:35
48	100	Robert Bradley	M		44	M25-29	26	Phelps	1:34:20	07:35
49	93	Darlene Saeva	F		5	F50-54	50	Rochester	1:34:35	07:37
50	191	Pete Winnette	M		45	M50-54	52	Big Flats	1:34:59	07:38
51	175	Keith Goins	M		46	M55-59	56	Dansville	1:35:18	07:40
52	12	Laura Church	F		6	F35-39	39	Rochester	1:35:33	07:41
53	57	Tom Mulligan	M		47	M55-59	59	Naples	1:35:34	07:41

54	259	Pete Doerner	M	48	M45-49	45	Webster	1:35:51	07:43
55	218	Justin Hess	M	49	M19UNDER	18	Clyde	1:35:57	07:43
56	71	Greg Rosser	M	50	M50-54	52	Fairport	1:36:03	07:44
57	26	George Fawcett	M	51	M45-49	49	Rochester	1:36:20	07:45
58	6	Chad Borden	M	52	M20-24	23	Rochester	1:36:48	07:47
59	182	William LaMotte	M	53	M19UNDER	17	Clifton Springs	1:36:57	07:48
60	202	Dustin Stiles	M	54	M19UNDER	17	Clyde	1:37:03	07:48
61	30	Michael Frame	M	55	M30-34	30	Syracuse	1:37:09	07:49
62	20	Brett Crandall	M	56	M30-34	30	Rochester	1:37:20	07:50
63	54	Matthew Maslyn	M	57	M35-39	37	Farmington	1:37:31	07:51
64	29	Michael Foster	M	58	M35-39	37	Penfield	1:37:43	07:52
65	1	Patricia Albert	F	7	F45-49	45	Phelps	1:38:02	07:53
66	203	Therese Christo	F	8	F55-59	55	Hilton	1:38:21	07:55
67	197	Wilton Alston	M	59	M50-54	50	Rochester	1:38:23	07:55
68	31	Cassie Goodman	F	9	F19UNDER	16	Phelps	1:38:39	07:56
69	199	Bruce Hedlund	M	60	M35-39	36	Syracuse	1:39:30	08:00
70	246	Rachel Cackett	F	10	F19UNDER	18	Pittsford	1:39:54	08:02
71	245	Steve Cackett	M	61	M45-49	45	Pittsford	1:39:54	08:02
72	200	Mark Fuhry	M	62	M19UNDER	18	Ovid	1:39:55	08:02
73	98	Stephen Amato	M	63	M35-39	38	Rochester	1:40:01	08:03
74	107	Mary Wojnowski	F	11	F40-44	42	Rochester	1:40:09	08:03
75	243	Ryan St. George	M	64	M20-24	22	Rochester	1:40:21	08:04
76	28	Kathleen Foster	F	12	F35-39	36	Penfield	1:40:22	08:04
77	109	Cindy Larson	F	13	F35-39	38	Rochester	1:40:33	08:05
78	49	Donald Lowry	M	65	M55-59	57	Victor	1:40:43	08:06
79	147	Douglas Daeffler	M	66	M50-54	52	Waterloo	1:41:15	08:09
80	232	Bill Beyerbach	M	67	M50-54	54	Rochester	1:41:49	08:11
81	66	Marc Quilty	M	68	M60-64	60	Syracuse	1:41:58	08:12
82	27	Meredith Ferraro	F	14	F30-34	30	Victor	1:42:01	08:12
83	75	Andrew Smith	M	69	M50-54	50	Honeoye Falls	1:42:02	08:13
84	84	John VanderWeide	M	70	M40-44	44	Clifton Springs	1:42:13	08:13
85	8	Bradford Brundage	M	71	M35-39	38	Fort Mill	1:43:09	08:18
86	210	Chris Washburn	M	72	M45-49	47	Newark	1:43:10	08:18
87	85	Dawn Whitaker	F	15	F20-24	24	Rochester	1:43:19	08:19
88	244	Sonya Clark	F	16	F20-24	23	Amherst	1:43:23	08:19
89	158	Bryn Johnston	F	17	F20-24	21	Fairport	1:43:30	08:20
90	103	Stephen Heddes	M	73	M60-64	60	Rochester	1:43:32	08:20
91	90	Christopher Brown	M	74	M40-44	42	W. Henrietta	1:43:32	08:20
92	143	Mark Dougherty	M	75	M40-44	40	Pittsford	1:43:39	08:20
93	219	Tom Rivers	M	76	M35-39	35	Albion	1:43:59	08:22
94	241	John Curry	M	77	M50-54	52	Brockport	1:44:06	08:22
95	224	Dianne Gwynn	F	18	F40-44	42	Canandaigua	1:44:52	08:26
96	47	Steven Leo	M	78	M50-54	54	Lyons	1:44:53	08:26
97	110	David Davenport	M	79	M55-59	58	Rochester	1:45:04	08:27
98	129	Pam Johnson	F	19	F45-49	47	Canandaigua	1:45:32	08:29
99	128	Rick Erb	M	80	M60-64	61	Rushville	1:45:32	08:29
100	170	Johanna Gullo	F	20	F30-34	34	Canandaigua	1:46:00	08:32
101	82	John Turner	M	81	M55-59	59	Baldwinsville	1:46:03	08:32
102	227	Suzanne Clements	F	21	F40-44	44	Clifton Springs	1:46:05	08:32
103	216	Rebecca Dinan	F	22	F25-29	29	Canandaigua	1:46:59	08:36
104	42	Tim Krehling	M	82	M40-44	40	Webster	1:47:07	08:37
105	250	Jim Kerk	M	83	M55-59	55	Canandaigua	1:47:21	08:38
106	144	Stephen Dougherty	M	84	M40-44	40	Seneca Falls	1:47:38	08:40
107	228	Adam DiCicco	M	85	M20-24	23	Seneca Castle	1:47:49	08:40
108	96	Theresa Hendrick	F	23	F20-24	21	Rochester	1:47:59	08:41
109	97	Sean Hendrick	M	86	M45-49	46	Rochester	1:47:59	08:41
110	205	Matt Hortop	M	87	M35-39	35	Pittsford	1:48:11	08:42
111	141	Dave Weiss	M	88	M60-64	60	Corning	1:48:12	08:42
112	52	Jonathan MacKerchar	M	89	M25-29	27	Penn Yan	1:48:16	08:43

113	222	Rick Lemcke	M	90	M55-59	55	Hilton	1:48:18	08:43
114	137	Jeffrey Fink	M	91	M45-49	48	Pittsford	1:48:26	08:43
115	117	Jack Kasperski	M	92	M50-54	51	Fairport	1:48:28	08:44
116	106	Leo Pacanowski	M	93	M45-49	49	Buffalo	1:48:28	08:44
117	258	Richard Meehan	M	94	M35-39	39	Farmington	1:48:40	08:45
118	171	Jo Bunkenburg	M	95	M65-69	67	Victor	1:48:55	08:46
119	68	Kim Reisman	F	24	F25-29	26	Baldwinsville	1:49:05	08:47
120	252	Andrew Whitaker	M	96	M25-29	28	Rochester	1:49:11	08:47
121	149	Eddie Brockhuizen	M	97	M19UNDER	14	Newark	1:49:17	08:48
122	46	Greta Lederwood	F	25	F35-39	36	Penn Yan	1:49:26	08:48
123	61	Ted Pembroke	M	98	M35-39	36	Phelps	1:49:30	08:49
124	136	Bruce Corsette	M	99	M55-59	56	Rochester	1:49:32	08:49
125	152	Andrew Ciaio	M	100	M40-44	44	Victor	1:49:34	08:49
126	108	Lynda McGuire	F	26	F60-64	61	Scottsville	1:49:42	08:49
127	240	Jim Bowdoin	M	101	M55-59	59	Clyde	1:49:57	08:51
128	179	Libo Alexanian	M	102	M40-44	43	Lyons	1:50:03	08:51
129	51	Jill MacKerchar	F	27	F25-29	26	Penn Yan	1:50:07	08:51
130	24	Lynn Ekstrom	F	28	F45-49	48	Palmyra	1:50:10	08:52
131	81	Jessie Tuck	F	29	F20-24	24	Syracuse	1:50:22	08:53
132	247	Pamela Raes	F	30	F35-39	39	Phelps	1:50:59	08:56
133	2	Jane A Arnold	F	31	F45-49	47	Clifton Springs	1:51:03	08:56
134	33	Shawn Halquist	M	103	M45-49	49	Brockport	1:51:05	08:56
135	112	Barry Watkins	M	104	M60-64	64	Rochester	1:51:08	08:56
136	34	Garrett Heusler	M	105	M19UNDER	17	Phelps	1:51:19	08:57
137	69	Martha Roberts	F	32	F50-54	52	Penn Yan	1:51:22	08:58
138	154	Jennifer Fosegan	F	33	F35-39	36	Fairport	1:51:24	08:58
139	50	Byrnn Lucas	F	34	F25-29	27	Pittsford	1:51:30	08:58
140	206	Galyn Schenk	F	35	F45-49	46	Romulus	1:51:39	08:59
141	126	John Ryan	M	106	M45-49	46	Victor	1:51:50	09:00
142	151	Lori Luther	F	36	F45-49	45	Rochester	1:52:16	09:02
143	176	Elaine Erb	F	37	F30-34	34	Phelps	1:53:17	09:07
144	248	Gregory Baker	M	107	M30-34	32	Geneva	1:53:28	09:08
145	125	David Stern	M	108	M45-49	46	Webster	1:53:41	09:09
146	101	Charles Pasquale	M	109	M19UNDER	17	Rochester	1:53:47	09:09
147	53	Karl Marchenese	M	110	M60-64	60	Canandaigua	1:53:51	09:10
148	124	Kerri Brown	F	38	F40-44	41	Pittsford	1:53:55	09:10
149	123	Michael Brown	M	111	M45-49	45	Pittsford	1:53:55	09:10
150	226	James Kennedy	M	112	M50-54	53	Geneva	1:54:24	09:12
151	221	Vinny Aliperti	M	113	M35-39	39	Geneva	1:54:28	09:13
152	76	Pamela Steinmetz	F	39	F50-54	51	Ontario	1:54:31	09:13
153	174	Timothy Williams	M	114	M50-54	51	Rochester	1:54:43	09:14
154	187	Jeannine Rossi	F	40	F20-24	24	Clifton Springs	1:55:00	09:15
155	201	David Brongo	M	115	M55-59	57	Geneseo	1:55:00	09:15
156	19	Steven Craft	M	116	M40-44	44	Freeville	1:55:51	09:19
157	32	Matthew Haintz	M	117	M19UNDER	18	Phelps	1:56:05	09:20
158	114	Rachael DellaPietra	F	41	F30-34	31	Webster	1:56:56	09:24
159	41	Robert Kern	M	118	M65-69	65	Beaver Dams	1:57:33	09:27
160	113	Gary Updyke	M	119	M60-64	61	Pittsford	1:57:35	09:28
161	150	Marty Rodrick	M	120	M19UNDER	15	Newark	1:57:43	09:28
162	74	Susan Sheffer	F	42	F50-54	53	Geneva	1:58:03	09:30
163	48	Donna Loeb	F	43	F45-49	48	Geneva	1:58:07	09:30
164	37	Amy Hibbard	F	44	F35-39	35	Geneva	1:58:09	09:30
165	78	Stefani Szalay-Domm	F	45	F40-44	43	Rochester	1:58:10	09:30
166	11	Elmer Canfield	M	121	M65-69	67	Penn Yan	1:58:14	09:31
167	105	Nancy VanKerkhove	F	46	F45-49	47	Webster	1:59:10	09:35
168	146	Doug Watts	M	122	M50-54	52	Rochester	1:59:19	09:36
169	207	Jim Baehr	M	123	M35-39	37	Victor	1:59:26	09:37
170	70	David Ross	M	124	M55-59	57	Rochester	2:00:24	09:41
171	235	Donna Whitmore	F	47	F45-49	48	Geneva	2:00:31	09:42

172	238	Rick Whitmore	M	125	M50-54	50	Geneva	2:00:32	09:42
173	255	Erin Doudt	F	48	F25-29	29	Rochester	2:00:32	09:42
174	254	Renee Whitmore	F	49	F20-24	23	Geneva	2:00:32	09:42
175	236	David Fisher	M	126	F35-39	37	Granly	2:00:33	09:42
176	148	Gordon Simmons	M	127	M40-44	44	Rochester	2:00:43	09:43
177	18	Robert Cope	M	128	M45-49	48	Livonia	2:00:43	09:43
178	211	Kimberly Gaylord	F	50	F40-44	43	Avon	2:00:49	09:43
179	121	Brad Heutmaker	M	129	M35-39	37	Rochester	2:01:25	09:46
180	133	Bliek Kimberlee	F	51	F45-49	45	Webster	2:01:37	09:47
181	14	Peter Clark	M	130	M55-59	58	Rochester	2:01:58	09:49
182	13	Paul Chwalek	M	131	M55-59	55	Oswego	2:02:22	09:51
183	189	Nicole Rossi	F	52	F20-24	21	Clifton Springs	2:02:39	09:52
184	239	Mark Fragnoli	M	132	M50-54	52	Charlestown	2:02:43	09:52
185	198	Gina Iseman	F	53	F35-39	37	Webster	2:03:13	09:55
186	237	Scott Hopkins	M	133	M20-24	23	Geneva	2:03:40	09:57
187	164	Satera Gonsenhauser	F	54	F30-34	30	Rochester	2:03:40	09:57
188	162	John Graser	M	134	M30-34	31	Rochester	2:03:40	09:57
189	230	Todd Gonzalez	M	135	M25-29	25	Rochester	2:04:21	10:00
190	159	David Nixon	M	136	M45-49	48	Lima	2:04:22	10:00
191	166	Roberta Greco	F	55	F30-34	34	Canandaigua	2:05:17	10:05
192	156	Ed Daubert	M	137	M40-44	42	Spencerport	2:05:23	10:05
193	184	Troy Slocum	M	138	M35-39	38	Geneva	2:06:15	10:09
194	40	Nicholas Iven	M	139	M65-69	65	Horseheads	2:06:37	10:11
195	253	Tom Schweizer	M	140	M45-49	48	Clifton Springs	2:07:15	10:14
196	145	Dan Isenhardt	M	141	M45-49	48	Rochester	2:07:27	10:15
197	111	Jane Mahoney	F	56	F60-64	60	Rochester	2:07:48	10:17
198	83	Terri VanBrooker	F	57	F45-49	47	Canandaigua	2:08:57	10:22
199	217	Kathleen Hall	F	58	F50-54	50	Victor	2:10:31	10:30
200	233	Rajesh Singaravelu	M	142	M30-34	32	Pittsford	2:10:51	10:32
201	132	Alan Knauf	M	143	?	?	Rochester	2:11:09	10:33
202	127	Kevin Bowen	M	144	M50-54	52	Rochester	2:11:37	10:35
203	44	Jody Lanse	F	59	F25-29	27	Newark	2:11:53	10:37
204	67	Gary Reisman	M	145	M50-54	53	Baldwinsville	2:12:14	10:38
205	215	Nicole Marro	F	60	F40-44	40	Victor	2:12:33	10:40
206	180	Bob Mulcock	M	146	M45-49	49	Canandaigua	2:12:54	10:41
207	35	Gigi Heusler	F	61	F19UNDER	17	Phelps	2:13:05	10:42
208	172	Christine Stevens	F	62	F30-34	31	Newark	2:13:08	10:43
209	185	Michelle Wolniewicz	F	63	F50-54	51	Alden	2:14:15	10:48
210	186	John Housel	M	147	M55-59	56	Canandaigua	2:14:43	10:50
211	79	Kimberly Taylor	F	64	F35-39	36	Longmonth	2:14:49	10:51
212	220	Sarah Augustine	F	65	F30-34	31	Kalamazoo	2:15:12	10:53
213	249	Emily Phillips	F	66	F30-34	31	Rochester	2:15:12	10:53
214	223	Zachary Johnson	M	148	M20-24	24	Palmyra	2:16:31	10:59
215	64	Margaret Phillips	F	67	F50-54	50	Worcester	2:17:14	11:02
216	62	Don Phillips	M	149	M55-59	55	Phelps	2:17:18	11:03
217	63	John Phillips	M	150	M55-59	59	Newark	2:17:18	11:03
218	155	Robin Stonebraker	F	68	F40-44	43	Farmington	2:17:19	11:03
219	135	Valerie Myntti	F	69	F55-59	58	Rochester	2:18:38	11:09
220	242	Charles Waterman	M	151	M35-39	35	Rochester	2:20:51	11:20
221	165	Bonnie Jarecke	F	70	F30-34	31	Canandaigua	2:20:51	11:20
222	163	Daniel Jarecke	M	152	M35-39	36	Canandaigua	2:21:24	11:23
223	88	Daniel Zombek	M	153	M40-44	44	Webster	2:21:54	11:25
224	15	Don Clukies	M	154	M65-69	66	Portsmouth	2:22:35	11:28
225	73	Joan Sewert	F	71	F60-64	60	Marion	2:22:40	11:29
226	188	Julie Backus	F	72	F35-39	39	Clifton Springs	2:26:15	11:46
227	95	Andrea Creary	F	73	F45-49	49	Pittsford	2:27:54	11:54
228	36	Morgan Heusler	F	74	F19UNDER	19	Phelps	2:28:02	11:55
229	45	Molly LaPrade	F	75	F40-44	40	Seneca Falls	2:28:12	11:55
230	92	Bob Menz	M	155	M50-54	54	Webster	2:29:27	12:01

231	43	Ed Krenzer	M	156	M30-34	33	Phelps	2:30:33	12:07
232	169	Erika Asquino	F	76	F30-34	31	Honeoye	2:35:24	12:30
233	23	Patricia Edwards-Hobbs	F	77	F55-59	58	Clifton Springs	2:38:03	12:43
234	161	Karen Emmerling	F	78	F55-59	55	Livonia	2:38:32	12:45
235	231	Bonnie Venton	F	79	F40-44	42	Fairport	2:42:30	13:04
236	94	Cassie Adams	F	80	F20-24	24	Rochester	2:42:51	13:06
237	91	David Dilgard	M	157	M50-54	54	Penfield	2:49:59	13:40
238	195	Rick Luce	M	158	M65-69	65	Geneva	2:52:19	13:52
239	194	Judy Luce	F	81	F60-64	64	Geneva	2:52:19	13:52
240	122	Ivette Heutmaker	F	82	F35-39	38	Rochester	2:53:28	13:57
241	25	Thomas Fagan	M	159	M60-64	60	Liverpool	2:56:23	14:11
242	4	Kathy Baker	F	83	F60-64	63	Laurel	3:12:09	15:28
243	58	William Murphy	M	160	M60-64	60	Rochester	3:14:45	15:40
244	139	Cathy Triosi	F	84	F60-64	63	Cohoes	4:07:20	19:54