

PowerBar Trail Race - 4.5 Mile
Saturday, June 6, 2009 Mendon Ponds Park
Produced/Timed by YellowJacket Racing
Total Finishers - 65 (Male - 36, Female - 29)

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm
Overall Male							
	1	143 Nate Lowe	M	Overall Male	23	Spencerport	0:30:18
Overall Female							
	1	104 Dawn Whitaker	F	Overall Female	24	Rochester	0:40:39
F20-24							
	1	149 Caitlin OConnor	F	F20-24	21	Brockport	0:47:15
	2	21 Roberta DiLeo	F	F20-24	24	Rochester	0:55:20
	3	153 Bridgette Rivers	F	F20-24	21	Victor	1:07:58
F30-34							
	1	163 Julie Lloyd	F	F30-34	32	Pittsford	0:43:50
	2	116 Danyelle Vitello	F	F30-34	34	Webster	0:48:39
	3	117 Cathy Fischer	F	F30-34	33	Fairport	0:51:32
	4	90 Heather Spiegel	F	F30-34	34	Webster	0:51:47
	5	30 Christine Groth	F	F30-34	32	Rochester	0:51:56
F35-39							
	1	69 Karen Osborn	F	F35-39	36	Rockford	0:40:57
	2	3 Heidi Austin	F	F35-39	39	LeRoy	0:47:30
	3	2 Wendy Abbott	F	F35-39	35	Rochester	0:48:35
	4	89 Michele Spampinato	F	F35-39	38	Victor	0:49:16
	5	160 Scott DeGross	M	F35-39	39	Warsaw	0:49:33
	6	19 Erin Degross	F	F35-39	38	Warsaw	0:49:54
	7	58 Casandra May	F	F35-39	38	Webster	0:58:10
F40-44							
	1	168 Lauree Meehan	F	F40-44	42	Farmington	0:44:27
	2	54 Bonnie Mace	F	F40-44	41	Rochester	0:49:16
	3	57 Lisa Mauger	F	F40-44	42	Webster	0:50:05
F45-49							
	1	25 Robin Driver	F	F45-49	45	Henrietta	0:45:03
	2	157 Cherie Delmerico	F	F45-49	46	Honeoye Falls	0:45:29
	3	77 Marie Rando	F	F45-49	48	Warsaw	0:54:47
	4	81 Mari Rivers	F	F45-49	48	Victor	0:54:57
	5	80 Kathy Reddy-Winton	F	F45-49	49	Rochester	0:56:53
	6	162 Sydia Cromer	F	F45-49	45	Rochester	0:59:41
	7	169 Lynn Sullivan	F	F45-49	47	East Rochester	1:07:13
F50-54							
	1	95 Beth Tarduno	F	F50-54	53	Rochester	0:52:58
	2	93 Barbara Sturnick	F	F50-54	51	Rochester	0:56:17
F55-59							
	1	135 Karen Morris	F	F55-59	59	Rochester	1:09:38
F65-69							
	1	47 Carolyn Kriesen	F	F65-69	65	Webster	1:06:11
M19UNDER							

	1	154 Kenny Miller	M	M19UNDER	17	Webster	0:31:53
	2	147 Billy Galetto	M	M19UNDER	14	Spencerport	0:39:07
M20-24							
	1	142 Sean Rahrle	M	M20-24	22	Rochester	0:37:31
	2	148 Michael Davis	M	M20-24	22	Brockport	0:47:15
M25-29							
	1	152 Matt Oakes	M	M25-29	25	Rochester	0:34:54
	2	38 Karl Jaanimagi	M	M25-29	28	Pittsford	0:35:30
	3	132 Nate Corney	M	M25-29	25	Walworth	0:39:51
	4	101 David Wade	M	M25-29	26	Rochester	0:41:17
	5	68 Chad Skarzynski	M	M25-29	29	Webster	0:46:39
M30-34							
	1	31 Matthew Groth	M	M30-34	30	Rochester	0:44:11
	2	128 Brian McGuigan	M	M30-34	34	Rochester	0:50:05
M35-39							
	1	18 James Crocker	M	M35-39	39	Penfield	0:38:04
	2	167 Boots	M	M35-39	39	Rochester	0:38:15
	3	151 Dean Askin	M	M35-39	38	Geneva	0:39:21
	4	43 Christopher Kehoe	M	M35-39	39	Churchville	0:45:15
	5	91 Scott Standhart	M	M35-39	36	Churchville	0:48:36
M40-41							
	1	166 Dahl Angus	M	M40-41	40	Rochester	0:35:36
M40-44							
	1	150 David Valvo	M	M40-44	42	Rochester	0:36:57
	2	118 Jon Barleben	M	M40-44	40	Albion	0:37:46
	3	24 Mark Dougherty	M	M40-44	40	Pittsford	0:43:06
	4	42 Jeffrey Katz	M	M40-44	43	Pittsford	0:47:56
	5	111 Mike Mamo	M	M40-44	42	Rochester	0:57:06
M45-49							
	1	139 Jeff Huntress	M	M45-49	46	Pittsford	0:41:22
	2	96 John Tarduno	M	M45-49	48	Rochester	0:42:10
	3	121 Chuck Giordano	M	M45-49	49	Hilton	0:44:36
	4	17 Robert Cope	M	M45-49	48	Livonia	0:46:24
	5	56 Steve Maier	M	M45-49	46	Brockport	0:56:05
M50-54							
	1	7 Bill Beyerbach	M	M50-54	54	Rochester	0:39:49
	2	12 John Canham	M	M50-54	53	Pittsford	1:12:13
M55-59							
	1	120 Bill Crowe	M	M55-59	59	Rochester	0:41:28
	2	145 Chester Jozefski	M	M55-59	56	Rochester	0:42:39
	3	146 Donald Galetto	M	M55-59	56	Spencerport	0:47:57
	4	65 Philip Nelson	M	M55-59	57	Victor	0:57:25
M60-64							
	1	92 Walter Standhart	M	M60-64	64	Rochester	0:48:44