

**PowerBar Trail Race - 9 Mile**  
**Saturday, June 6, 2009 Mendon Ponds Park**  
**Produced/Timed by YellowJacket Racing**  
**Total Finishers - 92 (Male - 65, Female - 27)**

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm
Overall Male							
	1	119 Eric Sambolec	M	Overall Male	31	Ithaca	0:56:21
Overall Female							
	1	159 Michelle Weiler	F	Overall Female	41	Pittsford	1:07:27
F20-24							
	1	107 Sarah Wilcox	F	F20-24	20	W. Henrietta	1:12:50
	2	115 Liz Pflughardt	F	F20-24	23	Rochester	1:22:30
	3	73 Melissa Polakos	F	F20-24	24	Rochester	1:23:28
F25-29							
	1	48 Holly Kuzmiak	F	F25-29	27	Rochester	1:17:26
	2	72 Kara Pettie	F	F25-29	27	Huntersville	1:18:06
	3	62 Melissa Monahan	F	F25-29	26	Rochester	1:25:44
	4	75 Nicole Pulcino	F	F25-29	28	Rochester	1:27:51
	5	127 Lisa Bozek	F	F25-29	27	Rochester	1:32:03
	6	51 Andrea Leri	F	F25-29	29	Rochester	1:43:40
F30-34							
	1	170 Cardine Kenyan	F	F30-34	34	Rochester	1:20:57
	2	45 Jennifer Kerr	F	F30-34	30	Rochester	1:43:40
F35-39							
	1	13 Christina Chavez	F	F35-39	37	Canandaigua	1:20:59
F40-44							
	1	27 Anne Esposito	F	F40-44	42	Rochester	1:25:42
	2	50 Amy Lembo	F	F40-44	44	Webster	1:28:58
	3	78 Kimberly Rapp	F	F40-44	44	Macedon	1:30:26
	4	71 Patricia Palmieri-Phelan	F	F40-44	41	N. Chili	1:46:17
	5	60 Carleen Meers	F	F40-44	44	Rochester	1:48:41
	6	141 Teresa Sukienikki	F	F40-44	43	Rochester	1:54:13
F45-49							
	1	40 Lesley Johnson	F	F45-49	49	Bloomfield	1:21:00
	2	70 Theresa Palmieri	F	F45-49	46	Buffalo	1:23:14
	3	79 Kathy Reardon	F	F45-49	47	Honeoye Falls	1:26:46
	4	165 Sharon Outler	F	F45-49	45	Rochester	1:38:02
	5	88 Laurie Snyder	F	F45-49	46	Rochester	1:47:15
F50-54							
	1	85 Anne Schwartz	F	F50-54	52	Webster	1:38:36
	2	158 Patti Hahn	F	F50-54	52	Rochester	2:03:18
F55-59							

1	35	Jeanne Herrick	F	F55-59	58	Rochester	1:37:03
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M19UNDER

1	110	Christopher Sponn	M	M19UNDER	19	Rochester	1:04:12
2	66	Zachary Nelson	M	M19UNDER	18	Victor	1:04:57
3	112	Ben Young	M	M19UNDER	19	Rochester	1:09:53

M20-24

1	16	Jeff Cogan	M	M20-24	23	Rochester	1:03:37
2	114	Taylor Smith	M	M20-24	23	Rochester	1:06:04
3	5	Andrew Baxter	M	M20-24	23	Webster	1:08:02
4	161	Jorge Rodriquez	M	M20-24	24	Webster	1:12:38
5	109	Jonathan Willistein	M	M20-24	23	Scottsville	1:22:35

M25-29

1	136	Jason Hettenbaugh	M	M25-29	28	Lima	0:57:35
2	138	Chad Day	M	M25-29	25	Rochester	0:59:11
3	137	Phillip Goodwin	M	M25-29	27	Minetto	0:59:41
4	10	John Bugajski	M	M25-29	28	Rochester	1:14:27
5	133	Keith VanNostrand	M	M25-29	29	Scottsville	1:15:33
6	134	Cody Newton	M	M25-29	27	Rochester	1:17:27
7	55	Matthew Mack	M	M25-29	29	Rochester	1:17:49
8	103	Andrew Whitaker	M	M25-29	28	Rochester	1:20:55
9	108	Ethan Willistein	M	M25-29	26	Scottsville	1:21:02

M30-34

1	33	Alan Hatch	M	M30-34	33	Pittsford	1:03:35
2	44	Kevin Kehoe	M	M30-34	34	Rochester	1:21:36

M35-39

1	126	Dave Cohen	M	M35-39	37	Rochester	1:18:02
2	99	Douglas Tuck	M	M35-39	38	Victor	1:18:19
3	28	Robert Ganey	M	M35-39	38	Rochester	1:19:40
4	123	Todd Kolodzioski	M	M35-39	39	Livonia	1:21:17
5	4	Jim Baehr	M	M35-39	37	Victor	1:23:27
6	32	Mike Hall	M	M35-39	38	Rochester	1:27:12
7	130	Eric Malone	M	M35-39	38	Penfield	1:30:48
8	122	Bradley Heumaker	M	M35-39	37	Rochester	1:36:03

M40-44

1	124	John Hair	M	M40-44	40	W. Henrietta	1:06:27
2	59	Jim McLaughlin	M	M40-44	40	Fairport	1:08:53
3	22	Gary Dill	M	M40-44	44	Rochester	1:12:45
4	29	Matt Gillette	M	M40-44	40	Hemlock	1:13:45
5	52	Chris Levey	M	M40-44	44	Penfield	1:13:45
6	105	Kenneth White	M	M40-44	42	Victor	1:18:08
7	36	Larry Hoffman	M	M40-44	41	Ontario	1:19:39
8	53	Steven Levitsky	M	M40-44	42	Rochester	1:21:03
9	129	Dale Dimick	M	M40-44	41	Webster	1:23:12
10	15	Andrew Ciaio	M	M40-44	43	Victor	1:27:11
11	11	Thomas Butler	M	M40-44	44	Rochester	1:45:24

## M45-49

1	83 James Roche	M	M45-49	48 Fairport	1:03:20
2	97 Ted Thull	M	M45-49	48 Macedon	1:06:33
3	164 George Smith	M	M45-49	47 Rochester	1:10:53
4	82 Steven Rivers	M	M45-49	48 Victor	1:14:04
5	106 John Wilcox	M	M45-49	49 W. Henrietta	1:14:20
6	74 Doug Prindle	M	M45-49	48 Victor	1:17:47
7	6 Lawrence Bernstein	M	M45-49	49 Honeoye Falls	1:18:29
8	102 Christopher Washburn	M	M45-49	47 Newark	1:20:20
9	34 Sean Hendrick	M	M45-49	46 Rochester	1:24:34

## M50-54

1	37 Edward Housel	M	M50-54	50 Rochester	1:04:33
2	144 Charles Richter	M	M50-54	50 Honeoye Falls	1:06:14
3	76 Frank Quattrone	M	M50-54	53 Webster	1:11:53
4	39 David Johnson	M	M50-54	51 Bloomfield	1:17:45
5	46 Jim Kerr	M	M50-54	54 Canandaigua	1:23:28
6	20 Douglas Deweaver	M	M50-54	51 Rochester	1:25:08
7	113 Mark Fitzgerald	M	M50-54	50 Rochester	1:49:21

## M55-59

1	125 Mark Barry	M	M55-59	56 Rochester	1:10:33
2	140 Bruce Corsette	M	M55-59	56 Rochester	1:25:29
3	8 Doug Bloom	M	M55-59	56 Albion	1:33:45
4	67 Jeff Northrup	M	M55-59	56 Canandaigua	1:40:09
5	49 Bruce Lavner	M	M55-59	55 Rochester	1:48:37

## M60-64

1	100 Gary Updyke	M	M60-64	60 Pittsford	1:24:51
2	63 William Murphy	M	M60-64	60 Rochester	2:51:13

## M65-69

1	87 Dave Sek	M	M65-69	66 Spencerport	1:37:20
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## M70UP

1	84 Charles Sabatine	M	M70UP	76 Victor	1:48:32
2	98 Sandy Toole	M	M70UP	71 Rochester	2:05:29