

**PowerBar Trail Race - 4.5 Mile**  
**Saturday, June 9th, 2007 at Mendon Ponds Park**  
**Produced and Timed by YellowJacket Racing**  
**Total Finishers - 92 (55 Men, 37 Women)**

Pos	Bib	Fullname	Gender	Age	Class	M/F Place	City	FinishTm
1	205	Andy Wigton	M	23	Overall Male Short Course	1	Rochester	0:29:53
2	191	Joseph Baxter	M	21	SM20-24	2	Mt Desert	0:33:19
3	195	Shane Bartholf	M	24	SM20-24	3	Pittsford	0:34:16
4	138	Justin Tetlow	M	21	SM20-24	4	Fairport	0:35:05
5	76	Tony Machulskis	M	47	SM45-49	5	Rochester	0:35:46
6	193	Drew Scoles	M	21	SM20-24	6	Rochester	0:36:08
7	100	Chris Patterson	M	21	SM20-24	7	Henrietta	0:36:24
8	8	Joe Bell	M	21	SM20-24	8	Penn Yan	0:36:36
9	153	Matt Walsh	M	31	SM30-34	9	Rochester	0:39:05
10	186	Scott Hauser	M	43	SM40-44	10	Rochester	0:39:32
11	228	Scott Ingalls	M	45	SM45-49	11	Henrietta	0:39:49
12	7	James Beaujon	M	42	SM40-44	12	Canandaigua	0:39:52
13	19	Jabari Calliste	M	21	SM20-24	13	Rochester	0:41:26
14	50	Carmen Gumina	M	42	SM40-44	14	Webster	0:41:31
15	117	Jeffrey Schumacher	M	46	SM45-49	15	Rochester	0:41:33
16	82	Ed Martin	M	43	SM40-44	16	Victor	0:41:47
17	63	Aaron Hunt	M	33	SM30-34	17	Rochester	0:42:10
18	124	Dan Sepka	M	24	SM20-24	18	Rochester	0:42:12
19	229	Kelly Jackson	F	21	Overall Female Short Course	1	Rochester	0:42:15
20	44	Patrick Francia	M	15	SM19UNDER	19	Rochester	0:43:17
21	221	Jeremy Conner	M	28	SM25-29	20	Honeoye Falls	0:43:19
22	151	Lyndsey Wagner	F	27	SF25-29	2	Rochester	0:43:28
23	220	Mike Bochner	M	25	SM25-29	21	Rochester	0:43:37
24	58	Larry Hoffman	M	39	SM35-39	22	Ontario	0:43:56
25	232	Keith Schneider	M	34	SM30-34	23	Rochester	0:44:13
26	28	Gillian Coykendall	F	39	SF35-39	3	Rochester	0:44:18
27	97	Robert Paradise	M	37	SM35-39	24	Ontario	0:44:22
28	86	Jacob McManus	M	13	SM19UNDER	25	Rochester	0:44:29
29	157	Dawn Wollschleger	F	22	SF20-24	4	Webster	0:44:34
30	231	Gregg Griebel	M	35	SF35-39	26	Pittsford	0:44:34
31	149	Benjamin Wadsworth	M	31	SM30-34	27	Rochester	0:44:35
32	216	Brian Jones	M	33	SM30-34	28	Rochester	0:44:41
33	13	Lisa Braun	F	19	SF19UNDER	5	Amherst	0:45:12
34	2	Lisa Abbott	F	38	SF35-39	6	Freeville	0:45:24
35	24	Ed Ciolkowski	M	41	SM40-44	29	Fairport	0:45:35
36	69	Meghan Kerr	F	22	SF20-24	7	Canandaigua	0:46:07
37	183	Bill Polito	M	54	SM50-54	30	Webster	0:46:24
38	145	Rodolfo Valladeres	M	21	SM20-24	31	Rochester	0:46:43
39	201	Jeffrey Katz	M	41	SM40-44	32	Pittsford	0:47:10
40	227	Gary Prok	M	49	SM45-49	33	Rush	0:47:25
41	78	Michelle Madore	F	36	SF35-39	8	Pittsford	0:47:31
42	4	Steve Anderson	M	52	SM50-54	34	Rochester	0:47:41
43	176	Cherie Delmerico	F	44	SF40-44	9	Henrietta	0:47:42
44	219	Darrell Conner	M	30	SM30-34	35	Canandaigua	0:47:59
45	3	Erin Albert	F	18	SF19UNDER	10	Webster	0:48:14
46	155	Kristin Whitaker	F	20	SF20-24	11	Webster	0:48:48
47	33	Zach DeRidder	M	22	SM20-24	36	Lyons	0:49:05
48	113	Sally Rocks	F	25	SF25-29	12	Rochester	0:49:16
49	15	Travis Brown	M	29	SM25-29	37	Henrietta	0:49:59
50	128	Tim Siverd	M	19	SM19UNDER	38	East Rochester	0:50:04
51	133	Heather Speigel	F	32	SF30-34	13	Webster	0:50:52
52	95	Ryan OLoughlin	M	27	SM25-29	39	Rochester	0:51:08
53	12	Lisa Bozek	F	25	SF25-29	14	Fairport	0:52:08
54	88	Melissa Monahan	F	24	SF20-24	15	Rochester	0:52:08
55	116	Frances Salgado-Givens	F	41	SF40-44	16	Rochester	0:52:10

56	10	Darcy Bernitt	F	33	SF30-34	17	Fairport	0:52:29
57	48	Jennifer Gelfuso	F	32	SF30-34	18	Rochester	0:52:29
58	6	Jon Barleben	M	39	SM35-39	40	Albion	0:52:30
59	178	Ed Owen	M	40	SM40-44	41	Avon	0:52:41
60	22	Christina Cheyne	F	36	SF35-39	19	Pittsford	0:52:48
61	109	Amy Ring	F	34	SF30-34	20	Penfield	0:52:48
62	105	Michael Price	M	48	SM45-49	42	Geneseo	0:53:12
63	108	Robin Richardson	F	53	SF50-54	21	Pittsford	0:53:21
64	14	Jeremy Brown	M	29	SM25-29	43	Henrietta	0:53:24
65	41	Mark Fitzgerald	M	48	SM45-49	44	Rochester	0:54:00
66	62	Jamie Howard	M	41	SM40-44	45	Albany	0:54:00
67	30	Sydia Cromer	F	43	SF40-44	22	Rochester	0:54:06
68	103	Scott Piccola	M	36	SM35-39	46	Pittsford	0:54:18
69	144	Chuck Traub	M	48	SM45-49	47	Rochester	0:55:31
70	188	Kara Gutowski	F	28	SF25-29	23	Rochester	0:55:39
71	189	Kevin Gladstone	M	27	SM25-29	48	Rochester	0:55:40
72	137	Barbara Sturnick	F	49	SF45-49	24	Rochester	0:56:05
73	177	Becky Owen	F	38	SF35-39	25	Avon	0:57:14
74	182	James Hendy	M	63	SM60-64	49	Webster	0:58:08
75	18	Larry Byron	M	48	SM45-49	50	Hamlin	0:58:23
76	92	Ron Newman	M	55	SM55-59	51	Pittsford	0:59:01
77	73	Erin Lawler	F	30	SF30-34	26	West Henrietta	0:59:01
78	75	Alayna Loiselle	F	25	SF25-29	27	Rochester	0:59:04
79	90	Juliann Nelson	F	49	SF45-49	28	Victor	0:59:59
80	179	Colleen Varney	F	35	SF35-39	29	Henrietta	1:01:03
81	17	Laura Bugajski	F	26	SF25-29	30	Rochester	1:01:27
82	174	Melissa Harding	F	27	SF25-29	31	Rochester	1:01:27
83	127	Lynn Siverd	F	45	SF45-49	32	East Rochester	1:02:34
84	135	Mary Stamp	F	56	SF55-59	33	Macedon	1:05:02
85	59	Crystal Holm	F	46	SF45-49	34	Rochester	1:07:00
86	132	Margo Soysa	F	33	SF30-34	35	Rochester	1:07:34
87	20	John Canham	M	51	SM50-54	52	Pittsford	1:08:54
88	213	Frank Van Wely	M	47	SM45-49	53	Fairport	1:10:24
89	102	Doug Pereira	M	38	SM35-39	54	Canandaigua	1:14:39
90	209	Caroline Kenyan	F	28	SF25-29	36	Rochester	1:15:05
91	98	Sandy Parker	F	36	SF35-39	37	Spring Grove	1:16:37
92	80	Mike Maloney	M	59	SM55-59	55	Avon	1:26:03