

**GRTC Freezeroo Race 1 Age Group & Overall Results**  
**Saturday December 13, 2008**      **Pineway Ponds Park, Spencerport, NY**  
**213 Finishers( 149 Male, 64 Female )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	Class	Age	City	Series	Time	Pace
Overall Female									
1	117	Dana Woody	F	Overall Female	39	Webster	S	0:33:12	06:38
Overall Male									
1	155	Dave Bradshaw	M	Overall Male	30	Macedon	S	0:27:20	05:28
F19UNDER									
1	67	Lexie Klimasewski	F	F19UNDER	13	Fairport	S	0:42:54	08:35
2	176	Shannon Toot	F	F19UNDER	14	Rochester	S	0:43:41	08:44
3	178	Shannon Trudeau	F	F19UNDER	15	Rochester	S	0:55:59	11:12
F20-24									
1	74	Debbie Liana	F	F20-24	24	Rochester	S	0:39:27	07:53
2	152	Ashlie Bonadonna	F	F20-24	23	Henrietta	S	0:40:41	08:08
F25-29									
1	174	Elizabeth Madore	F	F25-29	28	Rochester	S	0:35:50	07:10
2	82	Muldair Moore	F	F25-29	26	W. Henrietta	S	0:36:19	07:16
3	206	Joanna Touger Olsen	F	F25-29	25	Rochester	S	0:40:01	08:00
4	27	Rachael DellaPietra	F	F25-29	29	Webster	S	0:42:31	08:30
5	66	Jennifer Kerr	F	F25-29	29	Rochester	S	0:43:16	08:39
6	101	Mary Rowe	F	F25-29	29	Rochester	S	0:50:03	10:01
7	230	Erin McNelis	F	F25-29	25	Rochester	S	0:57:27	11:29
8	48	Lara Haas	F	F25-29	28	Rochester	S	1:01:45	12:21
9	2	Marie Andalora	F	F25-29	28	W. Henrietta	S	1:13:06	14:37
F30-34									
1	167	Pam Ayers	F	F30-34	32	Rochester	S	0:36:45	07:21
2	28	Christine Deutsch	F	F30-34	34	Rochester	S	0:38:32	07:42
3	201	Heather Danielson	F	F30-34	33	Rochester	S	0:39:00	07:48
4	90	Emily OShea	F	F30-34	30	Hilton	S	0:42:34	08:31
F35-39									
1	35	Rebecca A Duberry	F	F35-39	38	Rochester	S	0:33:57	06:47
2	197	Jennifer Fosegan	F	F35-39	36	Fairport	S	0:37:54	07:35
3	137	Marissa Gordon	F	F35-39	39	Fairport	S	0:40:10	08:02
4	1	Wendy Abbot	F	F35-39	35	Rochester	S	0:41:44	08:21
5	86	Mari Niver-Gennarino	F	F35-39	38	Rochester	S	0:43:02	08:36
6	70	Kathleen Leonard	F	F35-39	35	Pittsford	S	0:43:46	08:45
7	12	Annette Brenner	F	F35-39	39	Honeoye Falls	S	0:49:57	09:59
8	184	Leslie Lusk	F	F35-39	39	Rochester	S	0:50:25	10:05
9	203	Tami McGraw	F	F35-39	35	Brockport	S	0:51:47	10:21
F40-44									
1	121	Amy Fakterowitz	F	F40-44	40	Williamsville	S	0:34:39	06:56
2	131	Joanne Bradt	F	F40-44	44	Scottsville	S	0:36:25	07:17
3	157	Karin Kellman	F	F40-44	41	Penfield	S	0:36:29	07:18
4	171	Kerri Brown	F	F40-44	44	Pittsford	S	0:41:23	08:17
5	235	Karen Godshall	F	F40-44	40	Spencerport	S	0:41:52	08:22
6	68	Sarah Klimasewski	F	F40-44	40	Fairport	S	0:43:00	08:36
7	98	Diane Prystajko	F	F40-44	44	Spencerport	S	0:43:25	08:41
8	92	Patricia M Palmieri-phelan	F	F40-44	40	N. Chili	S	0:46:24	09:17
9	186	Christina Ruhland	F	F40-44	40	North Chili	S	0:47:42	09:32
10	196	Molly Golebiewski	F	F40-44	44	Rochester	S	0:48:39	09:44
11	93	Lisa Perticone	F	F40-44	41	Rochester	S	0:52:21	10:28
12	182	Brenda Tremblay	F	F40-44	40	Brockport	S	0:53:13	10:39
13	4	Maura C Arendt	F	F40-44	40	Rochester	S	0:54:04	10:49
F45-49									
1	124	Pam Johnson	F	F45-49	46	Canandaigua	S	0:39:42	07:56
2	42	Lisa Gordon	F	F45-49	45	Brockport	S	0:42:17	08:27
3	23	Emily Cook	F	F45-49	45	Pittsford	S	0:43:33	08:43
4	30	Amy Deyaegar	F	F45-49	46	Rochester	S	0:53:27	10:41
5	227	Donna Kaplan	F	F45-49	48	Rochester	S	0:58:19	11:40
6	181	Amy Butler	F	F45-49	49	Rochester	S	0:59:48	11:58
F50-54									
1	47	Cheryl Guth	F	F50-54	54	Rochester	S	0:37:05	07:25
2	99	Marty (Martha) Roberts	F	F50-54	51	PennYan	S	0:41:11	08:14
3	179	Karen Sable	F	F50-54	51	Keuka Park	S	0:42:07	08:25
4	89	Mary Norman	F	F50-54	52	Canandaigua	S	0:46:52	09:22
5	213	Nancy Phillips	F	F50-54	50	North Chili	S	0:49:47	09:57
6	97	Marilee Pryor	F	F50-54	53	Scottsville	S	0:51:19	10:16

	7	85 Juliann Nelson	F	F50-54	50	Victor	S	0:53:49	10:46
	8	163 Sarah Schifferle	F	F50-54	51	Rochester	S	0:57:15	11:27
F55-59									
	1	216 Lynn Maxim	F	F55-59	55	Pittsford	S	0:45:42	09:08
	2	148 Kathy Henrie	F	F55-59	55	Rochester	S	0:47:10	09:26
	3	198 Jane Mahoney	F	F55-59	59	Rochester	S	0:49:06	09:49
F60-64									
	1	164 Lynda Mcguire	F	F60-64	60	Scottsville	S	0:41:42	08:20
	2	73 Mitzie Lewandowski	F	F60-64	61	Rochester	S	0:46:51	09:22
F65-69									
	1	69 Carolyn Kriesen	F	F65-69	65	Webster	S	0:46:17	09:15
	2	100 Joan Rosati	F	F65-69	69	North Chili	S	0:53:33	10:43
F70-74									
	1	16 Joanne Carr	F	F70-74	70	Churchville	S	0:57:28	11:30
M19UNDER									
	1	58 Ben Ivie	M	M19UNDER	14	Scottsville	S	0:36:54	07:23
	2	204 Lukas Curley	M	M19UNDER	18	Churchville	S	0:37:43	07:33
	3	161 Joey Carr	M	M19UNDER	13	Churchville	S	0:40:57	08:11
	4	29 Jack Deyaegar	M	M19UNDER	13	Rochester	S	0:48:26	09:41
	5	175 Matt Trudeau	M	M19UNDER	13	Rochester	S	1:00:03	12:01
M20-24									
	1	150 Matthew Roberts	M	M20-24	24	Henrietta	S	0:29:04	05:49
	2	129 Philip Nesbitt	M	M20-24	22	Rochester	S	0:32:55	06:35
	3	127 Andy Frank	M	M20-24	24	Hilton	S	0:33:50	06:46
M25-29									
	1	15 Steve Cahoon	M	M25-29	26	Cheektowaga	S	0:32:51	06:34
	2	170 Seth Adanti	M	M25-29	29	Rochester	S	0:33:27	06:41
	3	51 Joe Halter	M	M25-29	27	West Seneca	S	0:34:02	06:48
	4	205 Keith Olson	M	M25-29	26	Rochester	S	0:34:15	06:51
	5	144 Adam Insalaco	M	M25-29	28	Irondequoit	S	0:38:04	07:37
	6	207 Brian Glass	M	M25-29	29	Rochester	S	0:41:21	08:16
	7	3 Corey Andalora	M	M25-29	28	W. Henrietta	S	0:44:46	08:57
M30-34									
	1	153 Matt Blodgett	M	M30-34	31	Fairport	S	0:29:11	05:50
	2	40 Paul Glor	M	M30-34	30	Rochester	S	0:30:00	06:00
	3	223 Alan Powers	M	M30-34	32	Rochester	S	0:31:07	06:13
	4	145 Michael Coyle	M	M30-34	33	Irondequoit	S	0:31:36	06:19
	5	146 Colby Shores	M	M30-34	33	Irondequoit	S	0:32:16	06:27
	6	219 Kevin Nasman	M	M30-34	34	Churchville	S	0:32:19	06:28
	7	220 Joe Flanigan	M	M30-34	30	Claredon	S	0:34:55	06:59
	8	34 Raymond Dry	M	M30-34	34	Rochester	S	0:38:19	07:40
	9	123 James Collins	M	M30-34	33	Penfield	S	0:39:10	07:50
	10	75 Steve Lynch	M	M30-34	34	w. Henrietta	S	0:40:34	08:07
	11	190 Kevin Kehoe	M	M30-34	33	Rochester	S	0:41:43	08:21
	12	194 Eric Shoen	M	M30-34	32	Rochester	S	0:45:15	09:03
M35-39									
	1	158 Matt Tytler	M	M35-39	36	Irondequoit	S	0:29:22	05:52
	2	224 John Farrell	M	M35-39	39	Penfield	S	0:30:44	06:09
	3	135 John Hair	M	M35-39	39	West Henrietta	S	0:31:34	06:19
	4	55 Matt Hortop	M	M35-39	35	Pittsford	S	0:32:38	06:32
	5	185 Boots	M	M35-39	39	Rochester	S	0:32:59	06:36
	6	19 Martin Coffey	M	M35-39	39	Pittsford	S	0:33:08	06:38
	7	132 Alan McAllister	M	M35-39	39	Rochester	S	0:34:40	06:56
	8	128 Matthew Davis	M	M35-39	36	Rochester	S	0:35:01	07:00
	9	218 Chris Cody	M	M35-39	35	Churchville	S	0:36:15	07:15
	10	103 Jean-Paul Scott	M	M35-39	39	Rochester	S	0:36:37	07:19
	11	208 Paul Sikorski	M	M35-39	36	Rochester	S	0:37:30	07:30
	12	187 Joseph McMahon	M	M35-39	39	Rochester	S	0:38:52	07:46
	13	154 Steve Phillips	M	M35-39	39	Avon	S	0:39:22	07:52
	14	156 Paul Fiorica	M	M35-39	35	Rochester	S	0:40:23	08:05
	15	193 David VanDeVoorde	M	M35-39	36	Fairport	S	0:40:34	08:07
	16	17 Doug Caswell	M	M35-39	39	Penfield	S	0:44:08	08:50
M40-44									
	1	160 Matt Kellman	M	M40-44	44	Penfield	S	0:30:03	06:01
	2	172 Michael Brown	M	M40-44	44	Pittsford	S	0:32:41	06:32
	3	18 Tim Ciancione	M	M40-44	43	Rochester	S	0:32:46	06:33
	4	13 John Brindamonr	M	M40-44	42	Rochester	S	0:33:44	06:45
	5	149 Patrick Milligan	M	M40-44	44	Rochester	S	0:33:46	06:45
	6	60 Alex Johnson	M	M40-44	42	Liverpool	S	0:34:18	06:52
	7	192 Jeff Chester	M	M40-44	43	Rochester	S	0:35:23	07:05

8	199 Gary Dill	M	M40-44	43	Rochester	S	0:35:47	07:09
9	71 Steven Levitski	M	M40-44	41	Rochester	S	0:36:08	07:14
10	8 Marc Bigsby	M	M40-44	40	Rochester	S	0:36:17	07:15
11	151 Paul Dittman	M	M40-44	40	Hilton		0:36:24	07:17
12	80 Peter McCandlish	M	M40-44	44	Rochester	S	0:36:40	07:20
13	87 Bill Nobes	M	M40-44	40	Fairport		0:37:23	07:29
14	226 David Sauter	M	M40-44	41	Penfield	S	0:37:41	07:32
15	20 Thomas Collins	M	M40-44	43	Pittsford	S	0:39:27	07:53
16	44 Brian Grant	M	M40-44	41	Rochester	S	0:39:27	07:53
17	168 Scott McAllister	M	M40-44	41	Webster	S	0:39:55	07:59
18	188 Kenneth Johnson	M	M40-44	44	Canandaigua	S	0:40:12	08:02
19	159 Dale Dimick	M	M40-44	41	Webster	S	0:40:47	08:09
20	191 Al Marciano	M	M40-44	42	Spencerport	S	0:44:59	09:00
21	211 George Barido	M	M40-44	41	Bethesda		0:45:27	09:05
22	37 Matthew Fleig	M	M40-44	42	Rochester	S	0:45:35	09:07
23	21 Rob Commisso	M	M40-44	43	Pittsford	S	0:45:45	09:09
24	228 Fred Krampe	M	M40-44	44	Hilton	S	0:52:17	10:27
25	217 Shannon Silvus	M	M40-44	41	Penfield	S	0:54:25	10:53
26	183 Thomas Butler	M	M40-44	44	Rochester	S	0:59:13	11:51

M45-49

1	162 Tim Dwyer	M	M45-49	49	Rochester	S	0:29:46	05:57
2	77 Mark Madigan	M	M45-49	47	Rochester	S	0:30:15	06:03
3	76 Tony Machulskis	M	M45-49	49	Rochester	S	0:31:15	06:15
4	122 Don Seitz	M	M45-49	49	Williamsville		0:31:50	06:22
5	113 Randy Dunham	M	M45-49	47	Spencerport	S	0:33:23	06:41
6	115 Daniel Giblin	M	M45-49	47	Rochester	S	0:34:49	06:58
7	43 Tim Gordon	M	M45-49	49	Brockport	S	0:36:01	07:12
8	210 Lee Cohen	M	M45-49	48	Brockport		0:36:30	07:18
9	114 Chris Washburn	M	M45-49	47	Newark	S	0:37:17	07:27
10	134 Douglas Prindle	M	M45-49	48	Fairport	S	0:37:46	07:33
11	119 Mark Monachino	M	M45-49	49	Macedon	S	0:37:48	07:34
12	14 Steve Cackett	M	M45-49	45	Pittsford	S	0:37:58	07:36
13	209 Daniel Taggerty	M	M45-49	45	Rochester	S	0:38:16	07:39
14	130 Chuck Giordano	M	M45-49	49	Hilton		0:38:16	07:39
15	38 Bob Gates	M	M45-49	47	Hamlin	S	0:38:16	07:39
16	173 Jim Broderick	M	M45-49	47	Canandaigua		0:39:10	07:50
17	81 Bob Merberg	M	M45-49	48	Fairport	S	0:39:36	07:55
18	138 John Tarduno	M	M45-49	47	Rochester	S	0:39:43	07:57
19	112 Sean Hendrick	M	M45-49	46	Rochester	S	0:40:46	08:09
20	24 Robert Cope	M	M45-49	48	Livonia	S	0:41:01	08:12
21	50 Dudley Hallstead	M	M45-49	49	Canandaigua	S	0:42:37	08:31
22	189 Michael Mullane	M	M45-49	45	Fairport	S	0:42:38	08:32
23	91 Ronald R Paeth	M	M45-49	45	Kendall	S	0:44:08	08:50
24	142 William Lerkins	M	M45-49	48	Rochester	S	0:47:13	09:27
25	222 James VanBrederode	M	M45-49	45	Spencerport		0:47:55	09:35
26	212 Steve Maier	M	M45-49	46	Brockport		0:50:11	10:02
27	231 Dave Smith	M	M45-49	45	Hilton	S	0:52:39	10:32
28	177 Mark Trudeau	M	M45-49	46	Rochester	S	1:03:15	12:39

M50-54

1	133 Leslie Stephen Mentel	M	M50-54	50	Rochester	S	0:32:16	06:27
2	111 Bob Yax	M	M50-54	54	Springwater	S	0:34:06	06:49
3	116 Dick Moriarty	M	M50-54	52	Churchville		0:34:19	06:52
4	166 Rod Potter	M	M50-54	53	Rochester	S	0:34:47	06:57
5	143 Frank Quattrone	M	M50-54	53	Webster	S	0:35:09	07:02
6	26 Matt Degma	M	M50-54	54	Rochester	S	0:35:34	07:07
7	233 Wilt Alston	M	M50-54	50	Rochester	S	0:36:31	07:18
8	136 Mark Harrison	M	M50-54	54	West Henrietta	S	0:37:22	07:28
9	54 David Henderson	M	M50-54	50	Honeoye Falls	S	0:37:54	07:35
10	79 Mark McArdle	M	M50-54	54	Rochester	S	0:38:02	07:36
11	46 Lawrence P Guskowski	M	M50-54	52	Rochester	S	0:38:39	07:44
12	169 Dan English	M	M50-54	51	Pittsford	S	0:38:42	07:44
13	7 Bill Beyerbach	M	M50-54	53	Rochester	S	0:38:50	07:46
14	65 Jim Kerr	M	M50-54	54	Canandaigua	S	0:39:03	07:49
15	57 Rich Ivie	M	M50-54	54	Scottsville	S	0:39:17	07:51
16	221 John Curry	M	M50-54	51	Brockport	S	0:39:59	08:00
17	141 John Schaefer	M	M50-54	54	Henrietta	S	0:40:07	08:01
18	140 Tom Hawkins	M	M50-54	50	Williamson	S	0:41:48	08:22
19	234 Mark Lincoln	M	M50-54	51	Pittsford	S	0:43:42	08:44
20	118 Daniel Silick	M	M50-54	52	Hilton	S	0:43:49	08:46
21	62 Jim Kaiser	M	M50-54	50	Webster	S	0:47:21	09:28
22	165 Dan Katz	M	M50-54	54	Pittsford	S	0:47:51	09:34
23	229 Dennis Culhane	M	M50-54	54	Rochester	S	0:48:12	09:38
24	33 David Dilgard	M	M50-54	54	Penfield	S	0:54:52	10:58

M55-59

1	202 Mark Barry	M	M55-59	56	Rochester	S	0:33:33	06:43
2	232 Paul Persia	M	M55-59	57	Batavia	S	0:34:33	06:55
3	9 David Blake	M	M55-59	59	Stafford	S	0:35:36	07:07

4	139	Glen Burkhart	M	M55-59	58	Fariport	S	0:37:03	07:25
5	52	Stephen Hedges	M	M55-59	59	Rochester	S	0:38:30	07:42
6	214	David Davenport	M	M55-59	57	Rochester	S	0:38:45	07:45
7	6	Chris Barry	M	M55-59	56	Newark	S	0:39:14	07:51
8	63	Jack Kasperski	M	M55-59	57	Fairport	S	0:39:25	07:53
9	200	John Zonitch	M	M55-59	55	Albion	S	0:41:00	08:12
10	180	Philip Mann	M	M55-59	57	Keuka Park	S	0:44:23	08:53
11	215	Mark Maxim	M	M55-59	59	Pittsford	S	0:46:35	09:19

M60-64

1	147	Tony Gingello	M	M60-64	61	Rochester	S	0:33:02	06:36
2	56	Roger Howe	M	M60-64	61	Rochester	S	0:36:04	07:13
3	120	Rick Erb	M	M60-64	60	Rushville	S	0:36:20	07:16
4	106	Gary Updyke	M	M60-64	60	Pittsford	S	0:39:15	07:51
5	195	Barry Watkins	M	M60-64	63	Rochester	S	0:39:29	07:54
6	22	James Conklin	M	M60-64	60	Walworth	S	0:42:13	08:27
7	72	Dick Lewandowski	M	M60-64	64	Rochester	S	0:56:00	11:12
8	84	William Murphy	M	M60-64	60	Rochester	S	1:04:07	12:49

M65-69

1	110	Bill White	M	M65-69	66	Hilton	S	0:41:39	08:20
2	10	Sid Bolton	M	M65-69	66	Albion	S	0:44:10	08:50
3	225	Robert Carafice	M	M65-69	65	Rochester	S	0:53:36	10:43

M70-74

1	53	Dave Heeks	M	M70-74	71	Rochester	S	0:51:19	10:16
2	105	Al Smith	M	M70-74	70	Rochester	S	0:52:52	10:34
3	126	Sanford Toole	M	M70-74	70	Rochester	S	0:59:01	11:48

No Age

1	64	Jennifer Kelly	F	No Age	?	Rochester		0:44:38	08:56
2	125	Michael Burns	M	No Age	?	Rochester	S	0:46:15	09:15
3	61	Art Jones	M	No Age	?	Rochester	S	0:48:16	09:39

Overall Results

Pos	Bib	Name	Gender	M/F Place	Class	Age	City	Series	Time	Pace
1	155	Dave Bradshaw	M	1	Overall Male	30	Macedon	S	0:27:20	05:28
2	150	Matthew Roberts	M	2	M20-24	24	Henrietta	S	0:29:04	05:49
3	153	Matt Blodgett	M	3	M30-34	31	Fairport	S	0:29:11	05:50
4	158	Matt Tytler	M	4	M35-39	36	Irondequoit	S	0:29:22	05:52
5	162	Tim Dwyer	M	5	M45-49	49	Rochester	S	0:29:46	05:57
6	40	Paul Glor	M	6	M30-34	30	Rochester	S	0:30:00	06:00
7	160	Matt Kellman	M	7	M40-44	44	Penfield	S	0:30:03	06:01
8	77	Mark Madigan	M	8	M45-49	47	Rochester	S	0:30:15	06:03
9	224	John Farrell	M	9	M35-39	39	Penfield		0:30:44	06:09
10	223	Alan Powers	M	10	M30-34	32	Rochester	S	0:31:07	06:13
11	76	Tony Machulskis	M	11	M45-49	49	Rochester	S	0:31:15	06:15
12	135	John Hair	M	12	M35-39	39	West Henrietta	S	0:31:34	06:19
13	145	Michael Coyle	M	13	M30-34	33	Irondequoit	S	0:31:36	06:19
14	122	Don Seitz	M	14	M45-49	49	Williamsville		0:31:50	06:22
15	146	Colby Shores	M	15	M30-34	33	Irondequoit	S	0:32:16	06:27
16	133	Leslie Stephen Mentel	M	16	M50-54	50	Rochester	S	0:32:16	06:27
17	219	Kevin Nasman	M	17	M30-34	34	Churchville	S	0:32:19	06:28
18	55	Matt Hortop	M	18	M35-39	35	Pittsford	S	0:32:38	06:32
19	172	Michael Brown	M	19	M40-44	44	Pittsford	S	0:32:41	06:32
20	18	Tim Ciancione	M	20	M40-44	43	Rochester	S	0:32:46	06:33
21	15	Steve Cahoon	M	21	M25-29	26	Cheektowaga	S	0:32:51	06:34
22	129	Philip Nesbitt	M	22	M20-24	22	Rochester	S	0:32:55	06:35
23	185	Boots	M	23	M35-39	39	Rochester	S	0:32:59	06:36
24	147	Tony Gingello	M	24	M60-64	61	Rochester	S	0:33:02	06:36
25	19	Martin Coffey	M	25	M35-39	39	Pittsford	S	0:33:08	06:38
26	117	Dana Woody	F	1	Overall Female	39	Webster	S	0:33:12	06:38
27	113	Randy Dunham	M	26	M45-49	47	Spencerport	S	0:33:23	06:41
28	170	Seth Adanti	M	27	M25-29	29	Rochester	S	0:33:27	06:41
29	202	Mark Barry	M	28	M55-59	56	Rochester	S	0:33:33	06:43
30	13	John Brindamonr	M	29	M40-44	42	Rochester	S	0:33:44	06:45
31	149	Patrick Milligan	M	30	M40-44	44	Rochester	S	0:33:46	06:45
32	127	Andy Frank	M	31	M20-24	24	Hilton		0:33:50	06:46
33	35	Rebecca A Duberry	F	2	F35-39	38	Rochester	S	0:33:57	06:47
34	51	Joe Halter	M	32	M25-29	27	West Seneca	S	0:34:02	06:48
35	111	Bob Yax	M	33	M50-54	54	Springwater	S	0:34:06	06:49
36	205	Keith Olson	M	34	M25-29	26	Rochester		0:34:15	06:51
37	60	Alex Johnson	M	35	M40-44	42	Liverpool	S	0:34:18	06:52
38	116	Dick Moriarty	M	36	M50-54	52	Churchville		0:34:19	06:52
39	232	Paul Persia	M	37	M55-59	57	Batavia	S	0:34:33	06:55
40	121	Amy Fakterowitz	F	3	F40-44	40	Williamsville	S	0:34:39	06:56
41	132	Alan McAllister	M	38	M35-39	39	Rochester	S	0:34:40	06:56
42	166	Rod Potter	M	39	M50-54	53	Rochester	S	0:34:47	06:57

43	115	Daniel Giblin	M	40	M45-49	47	Rochester	S	0:34:49	06:58
44	220	Joe Flanigan	M	41	M30-34	30	Claredon	S	0:34:55	06:59
45	128	Matthew Davis	M	42	M35-39	36	Rochester	S	0:35:01	07:00
46	143	Frank Quattrone	M	43	M50-54	53	Webster	S	0:35:09	07:02
47	192	Jeff Chester	M	44	M40-44	43	Rochester	S	0:35:23	07:05
48	26	Matt Degma	M	45	M50-54	54	Rochester	S	0:35:34	07:07
49	9	David Blake	M	46	M55-59	59	Stafford	S	0:35:36	07:07
50	199	Gary Dill	M	47	M40-44	43	Rochester	S	0:35:47	07:09
51	174	Elizabeth Madore	F	4	F25-29	28	Rochester	S	0:35:50	07:10
52	43	Tim Gordon	M	48	M45-49	49	Brockport	S	0:36:01	07:12
53	56	Roger Howe	M	49	M60-64	61	Rochester	S	0:36:04	07:13
54	71	Steven Levitski	M	50	M40-44	41	Rochester	S	0:36:08	07:14
55	218	Chris Cody	M	51	M35-39	35	Churchville	S	0:36:15	07:15
56	8	Marc Bigsby	M	52	M40-44	40	Rochester	S	0:36:17	07:15
57	82	Muldair Moore	F	5	F25-29	26	W. Henrietta	S	0:36:19	07:16
58	120	Rick Erb	M	53	M60-64	60	Rushville	S	0:36:20	07:16
59	151	Paul Dittman	M	54	M40-44	40	Hilton	S	0:36:24	07:17
60	131	Joanne Bradt	F	6	F40-44	44	Scottsville	S	0:36:25	07:17
61	157	Karin Kellman	F	7	F40-44	41	Penfield	S	0:36:29	07:18
62	210	Lee Cohen	M	55	M45-49	48	Brockport	S	0:36:30	07:18
63	233	Wilt Alston	M	56	M50-54	50	Rochester	S	0:36:31	07:18
64	103	Jean-Paul Scott	M	57	M35-39	39	Rochester	S	0:36:37	07:19
65	80	Peter McCandlish	M	58	M40-44	44	Rochester	S	0:36:40	07:20
66	167	Pam Ayers	F	8	F30-34	32	Rochester	S	0:36:45	07:21
67	58	Ben Ivie	M	59	M19UNDER	14	Scottsville	S	0:36:54	07:23
68	139	Glen Burkhartt	M	60	M55-59	58	Fariport	S	0:37:03	07:25
69	47	Cheryl Guth	F	9	F50-54	54	Rochester	S	0:37:05	07:25
70	114	Chris Washburn	M	61	M45-49	47	Newark	S	0:37:17	07:27
71	136	Mark Harrison	M	62	M50-54	54	West Henrietta	S	0:37:22	07:28
72	87	Bill Nobes	M	63	M40-44	40	Fairport	S	0:37:23	07:29
73	208	Paul Sikorski	M	64	M35-39	36	Rochester	S	0:37:30	07:30
74	226	David Sauter	M	65	M40-44	41	Penfield	S	0:37:41	07:32
75	204	Lukas Curley	M	66	M19UNDER	18	Churchville	S	0:37:43	07:33
76	134	Douglas Prindle	M	67	M45-49	48	Fariport	S	0:37:46	07:33
77	119	Mark Monachino	M	68	M45-49	49	Macedon	S	0:37:48	07:34
78	54	David Henderson	M	69	M50-54	50	Honeoye Falls	S	0:37:54	07:35
79	197	Jennifer Fosegan	F	10	F35-39	36	Fairport	S	0:37:54	07:35
80	14	Steve Cackett	M	70	M45-49	45	Pittsford	S	0:37:58	07:36
81	79	Mark McArdle	M	71	M50-54	54	Rochester	S	0:38:02	07:36
82	144	Adam Insalaco	M	72	M25-29	28	Irondequoit	S	0:38:04	07:37
83	209	Daniel Taggerty	M	73	M45-49	45	Rochester	S	0:38:16	07:39
84	130	Chuck Giordano	M	74	M45-49	49	Hilton	S	0:38:16	07:39
85	38	Bob Gates	M	75	M45-49	47	Hamlin	S	0:38:16	07:39
86	34	Raymond Dry	M	76	M30-34	34	Rochester	S	0:38:19	07:40
87	52	Stephen Hedges	M	77	M55-59	59	Rochester	S	0:38:30	07:42
88	28	Christine Deutsch	F	11	F30-34	34	Rochester	S	0:38:32	07:42
89	46	Lawrence P Guskowski	M	78	M50-54	52	Rochester	S	0:38:39	07:44
90	169	Dan English	M	79	M50-54	51	Pittsford	S	0:38:42	07:44
91	214	David Davenport	M	80	M55-59	57	Rochester	S	0:38:45	07:45
92	7	Bill Beyerbach	M	81	M50-54	53	Rochester	S	0:38:50	07:46
93	187	Joseph McMahon	M	82	M35-39	39	Rochester	S	0:38:52	07:46
94	201	Heather Danielson	F	12	F30-34	33	Rochester	S	0:39:00	07:48
95	65	Jim Kerr	M	83	M50-54	54	Canandaigua	S	0:39:03	07:49
96	173	Jim Broderick	M	84	M45-49	47	Canandaigua	S	0:39:10	07:50
97	123	James Collins	M	85	M30-34	33	Penfield	S	0:39:10	07:50
98	6	Chris Barry	M	86	M55-59	56	Newark	S	0:39:14	07:51
99	106	Gary Updyke	M	87	M60-64	60	Pittsford	S	0:39:15	07:51
100	57	Rich Ivie	M	88	M50-54	54	Scottsville	S	0:39:17	07:51
101	154	Steve Phillips	M	89	M35-39	39	Avon	S	0:39:22	07:52
102	63	Jack Kasperski	M	90	M55-59	57	Fairport	S	0:39:25	07:53
103	20	Thomas Collins	M	91	M40-44	43	Pittsford	S	0:39:27	07:53
104	44	Brian Grant	M	92	M40-44	41	Rochester	S	0:39:27	07:53
105	74	Debbie Liana	F	13	F20-24	24	Rochester	S	0:39:27	07:53
106	195	Barry Watkins	M	93	M60-64	63	Rochester	S	0:39:29	07:54
107	81	Bob Merberg	M	94	M45-49	48	Fairport	S	0:39:36	07:55
108	124	Pam Johnson	F	14	F45-49	46	Canandaigua	S	0:39:42	07:56
109	138	John Tarduno	M	95	M45-49	47	Rochester	S	0:39:43	07:57
110	168	Scott McAllister	M	96	M40-44	41	Webster	S	0:39:55	07:59
111	221	John Curry	M	97	M50-54	51	Brockport	S	0:39:59	08:00
112	206	Joanna Touger Olsen	F	15	F25-29	25	Rochester	S	0:40:01	08:00
113	141	John Schaefer	M	98	M50-54	54	Henrietta	S	0:40:07	08:01
114	137	Marissa Gordon	F	16	F35-39	39	Fairport	S	0:40:10	08:02
115	188	Kenneth Johnson	M	99	M40-44	44	Canandaigua	S	0:40:12	08:02
116	156	Paul Fiorica	M	100	M35-39	35	Rochester	S	0:40:23	08:05
117	193	David VanDeVoorde	M	101	M35-39	36	Fairport	S	0:40:34	08:07
118	75	Steve Lynch	M	102	M30-34	34	w. Henrietta	S	0:40:34	08:07
119	152	Ashlie Bonadonna	F	17	F20-24	23	Henrietta	S	0:40:41	08:08
120	112	Sean Hendrick	M	103	M45-49	46	Rochester	S	0:40:46	08:09
121	159	Dale Dimick	M	104	M40-44	41	Webster	S	0:40:47	08:09
122	161	Joey Carr	M	105	M19UNDER	13	Churchville	S	0:40:57	08:11

123	200	John Zonitch	M	106	M55-59	55	Albion	S	0:41:00	08:12
124	24	Robert Cope	M	107	M45-49	48	Livonia	S	0:41:01	08:12
125	99	Marty (Martha) Roberts	F	18	F50-54	51	PennYan	S	0:41:11	08:14
126	207	Brian Glass	M	108	M25-29	29	Rochester	S	0:41:21	08:16
127	171	Kerri Brown	F	19	F40-44	40	Pittsford	S	0:41:23	08:17
128	110	Bill White	M	109	M65-69	66	Hilton	S	0:41:39	08:20
129	164	Lynda Mcguire	F	20	F60-64	60	Scottsville	S	0:41:42	08:20
130	190	Kevin Kehoe	M	110	M30-34	33	Rochester	S	0:41:43	08:21
131	1	Wendy Abbot	F	21	F35-39	35	Rochester	S	0:41:44	08:21
132	140	Tom Hawkins	M	111	M50-54	50	Williamson	S	0:41:48	08:22
133	235	Karen Godshall	F	22	F40-44	44	Spencerport	S	0:41:52	08:22
134	179	Karen Sable	F	23	F50-54	51	Keuka Park	S	0:42:07	08:25
135	22	James Conklin	M	112	M60-64	60	Walworth	S	0:42:13	08:27
136	42	Lisa Gordon	F	24	F45-49	45	Brockport	S	0:42:17	08:27
137	27	Rachael DellaPietra	F	25	F25-29	29	Webster	S	0:42:31	08:30
138	90	Emily OShea	F	26	F30-34	30	Hilton	S	0:42:34	08:31
139	50	Dudley Hallstead	M	113	M45-49	49	Canandaigua	S	0:42:37	08:31
140	189	Michael Mullane	M	114	M45-49	45	Fairport	S	0:42:38	08:32
141	67	Lexie Klimasewski	F	27	F19UNDER	13	Fairport	S	0:42:54	08:35
142	68	Sarah Klimasewski	F	28	F40-44	40	Fairport	S	0:43:00	08:36
143	86	Mari Niver-Gennarino	F	29	F35-39	38	Rochester	S	0:43:02	08:36
144	66	Jennifer Kerr	F	30	F25-29	29	Rochester	S	0:43:16	08:39
145	98	Diane Prystajko	F	31	F40-44	44	Spencerport	S	0:43:25	08:41
146	23	Emily Cook	F	32	F45-49	45	Pittsford	S	0:43:33	08:43
147	176	Shannon Toot	F	33	F19UNDER	14	Rochester	S	0:43:41	08:44
148	234	Mark Lincoln	M	115	M50-54	51	Pittsford	S	0:43:42	08:44
149	70	Kathleen Leonard	F	34	F35-39	35	Pittsford	S	0:43:46	08:45
150	118	Daniel Silick	M	116	M50-54	52	Hilton	S	0:43:49	08:46
151	91	Ronald R Paeth	M	117	M45-49	45	Kendall	S	0:44:08	08:50
152	17	Doug Caswell	M	118	M35-39	39	Penfield	S	0:44:08	08:50
153	10	Sid Bolton	M	119	M65-69	66	Albion	S	0:44:10	08:50
154	180	Philip Mann	M	120	M55-59	57	Keuka Park	S	0:44:23	08:53
155	64	Jennifer Kelly	F	35	No Age	?	Rochester	S	0:44:38	08:56
156	3	Corey Andalora	M	121	M25-29	28	W. Henrietta	S	0:44:46	08:57
157	191	Al Marciano	M	122	M40-44	42	Spencerport	S	0:44:59	09:00
158	194	Eric Shoen	M	123	M30-34	32	Rochester	S	0:45:15	09:03
159	211	George Barido	M	124	M40-44	41	Bethesda	S	0:45:27	09:05
160	37	Matthew Fleig	M	125	M40-44	42	Rochester	S	0:45:35	09:07
161	216	Lynn Maxim	F	36	F55-59	55	Pittsford	S	0:45:42	09:08
162	21	Rob Commisso	M	126	M40-44	43	Pittsford	S	0:45:45	09:09
163	125	Michael Burns	M	127	No Age	?	Rochester	S	0:46:15	09:15
164	69	Carolyn Kriesen	F	37	F65-69	65	Webster	S	0:46:17	09:15
165	92	Patricia M Palmieri-phelan	F	38	F40-44	40	N. Chili	S	0:46:24	09:17
166	215	Mark Maxim	M	128	M55-59	59	Pittsford	S	0:46:35	09:19
167	73	Mitzie Lewandowski	F	39	F60-64	61	Rochester	S	0:46:51	09:22
168	89	Mary Norman	F	40	F50-54	52	Canandaigua	S	0:46:52	09:22
169	148	Kathy Henrie	F	41	F55-59	55	Rochester	S	0:47:10	09:26
170	142	William Lerkins	M	129	M45-49	48	Rochester	S	0:47:13	09:27
171	62	Jim Kaiser	M	130	M50-54	50	Webster	S	0:47:21	09:28
172	186	Christina Ruhland	F	42	F40-44	40	North Chili	S	0:47:42	09:32
173	165	Dan Katz	M	131	M50-54	54	Pittsford	S	0:47:51	09:34
174	222	James VanBrederode	M	132	M45-49	45	Spencerport	S	0:47:55	09:35
175	229	Dennis Culhane	M	133	M50-54	54	Rochester	S	0:48:12	09:38
176	61	Art Jones	M	134	No Age	?	Rochester	S	0:48:16	09:39
177	29	Jack Deyaegar	M	135	M19UNDER	13	Rochester	S	0:48:26	09:41
178	196	Molly Golebiewski	F	43	F40-44	44	Rochester	S	0:48:39	09:44
179	198	Jane Mahoney	F	44	F55-59	59	Rochester	S	0:49:06	09:49
180	213	Nancy Phillips	F	45	F50-54	50	North Chili	S	0:49:47	09:57
181	12	Annette Brenner	F	46	F35-39	39	Honeoye Falls	S	0:49:57	09:59
182	101	Mary Rowe	F	47	F25-29	29	Rochester	S	0:50:03	10:01
183	212	Steve Maier	M	136	M45-49	46	Brockport	S	0:50:11	10:02
184	184	Leslie Lusk	F	48	F35-39	39	Rochester	S	0:50:25	10:05
185	53	Dave Heeks	M	137	M70-74	71	Rochester	S	0:51:19	10:16
186	97	Marilee Pryor	F	49	F50-54	53	Scottsville	S	0:51:19	10:16
187	203	Tami McGraw	F	50	F35-39	35	Brockport	S	0:51:47	10:21
188	228	Fred Krampe	M	138	M40-44	44	Hilton	S	0:52:17	10:27
189	93	Lisa Perticone	F	51	F40-44	41	Rochester	S	0:52:21	10:28
190	231	Dave Smith	M	139	M45-49	45	Hilton	S	0:52:39	10:32
191	105	Al Smith	M	140	M70-74	70	Rochester	S	0:52:52	10:34
192	182	Brenda Tremblay	F	52	F40-44	40	Brockport	S	0:53:13	10:39
193	30	Amy Deyaegar	F	53	F45-49	48	Rochester	S	0:53:27	10:41
194	100	Joan Rosati	F	54	F65-69	69	North Chili	S	0:53:33	10:43
195	225	Robert Carafice	M	141	M65-69	65	Rochester	S	0:53:36	10:43
196	85	Juliann Nelson	F	55	F50-54	50	Victor	S	0:53:49	10:46
197	4	Maura C Arendt	F	56	F40-44	40	Rochester	S	0:54:04	10:49
198	217	Shannon Silvus	M	142	M40-44	41	Penfield	S	0:54:25	10:53
199	33	David Dilgard	M	143	M50-54	54	Penfield	S	0:54:52	10:58
200	178	Shannon Trudeau	F	57	F19UNDER	15	Rochester	S	0:55:59	11:12
201	72	Dick Lewandowski	M	144	M60-64	64	Rochester	S	0:56:00	11:12
202	163	Sarah Schiffler	F	58	F50-54	51	Rochester	S	0:57:15	11:27

203	230 Erin McNelis	F	59	F25-29	25	Rochester	S	0:57:27	11:29
204	16 Joanne Carr	F	60	F70-74	70	Churchville	S	0:57:28	11:30
205	227 Donna Kaplan	F	61	F45-49	46	Rochester	S	0:58:19	11:40
206	126 Sanford Toole	M	145	M70-74	70	Rochester	S	0:59:01	11:48
207	183 Thomas Butler	M	146	M40-44	44	Rochester	S	0:59:13	11:51
208	181 Amy Butler	F	62	F45-49	49	Rochester	S	0:59:48	11:58
209	175 Matt Trudeau	M	147	M19UNDER	13	Rochester	S	1:00:03	12:01
210	48 Lara Haas	F	63	F25-29	28	Rochester	S	1:01:45	12:21
211	177 Mark Trudeau	M	148	M45-49	46	Rochester	S	1:03:15	12:39
212	84 William Murphy	M	149	M60-64	60	Rochester	S	1:04:07	12:49
213	2 Marie Andalora	F	64	F25-29	28	W. Henrietta	S	1:13:06	14:37