

42nd Annual Phelps Sauerkraut 20K
Saturday August 2, 2008 **Phelps, NY**
245 Finishers (163 Male, 81 Female, 1 Wheelchair)
Timed by YellowJacket Racing

Pos	Bib	Name	Gender	M/F Place	Class	Age	City	Time	Pace
1	119	David Swaim	Wheel	1	Wheelchair	62	Strasburg	0:46:58	03:47
2	146	Jeffrey Beck	M	1	Overall Male	26	Fairport	1:06:19	05:20
3	2	Dave Bradshaw	M	2	M25-29	29	Macedon	1:08:34	05:31
4	208	Matt Blodgett	M	3	M30-34	31	Fairport	1:15:22	06:04
5	68	Tim Dwyer	M	4	Overall Male Masters	48	Rochester	1:15:27	06:04
6	216	Alan Powers	M	5	M30-34	31	Rochester	1:15:48	06:06
7	161	Charlie Andrews	M	6	M50-54	51	West Irondequoit	1:16:22	06:09
8	222	Andy Crawford	M	7	M25-29	25	Alfred	1:17:13	06:13
9	187	Scott OConnor	M	8	M40-44	40	Ontario	1:17:49	06:16
10	163	Christopher DiRubio	M	9	M45-49	45	Webster	1:18:03	06:17
11	123	Ted Thull	M	10	M45-49	47	Macedon	1:18:21	06:18
12	4	Mark Rybinski	M	11	M50-54	53	Manlius	1:18:39	06:20
13	181	Judy Johnson	F	1	Overall Female	31	Rochester	1:19:55	06:26
14	214	Christopher Sponn	M	12	M19UNDER	18	Rochester	1:19:56	06:26
15	191	Brian Murray	M	13	M45-49	45	Newfane	1:19:57	06:26
16	223	Sean Edmanco	M	14	M25-29	26	Lyons	1:20:00	06:26
17	227	Adam Laycock	M	15	M20-24	23	Rochester	1:20:44	06:30
18	35	Hermann Pohl	M	16	M45-49	45	Buffalo	1:21:18	06:32
19	173	Philip Nesbitt	M	17	M20-24	22	Churchville	1:22:33	06:38
20	144	Keith Scott	M	18	M45-49	46	Leroy	1:22:58	06:40
21	113	John Salvador	M	19	M35-39	37	Penfield	1:23:54	06:45
22	206	Aaron Hoven	M	20	M19UNDER	18	Clifton Springs	1:23:57	06:45
23	46	Zak Borden	M	21	M19UNDER	17	Rochester	1:24:06	06:46
24	238	Jeremiah Bailey	M	22	M20-24	22	Lyons	1:24:37	06:48
25	167	Mike Feldstein	M	23	M35-39	37	Rochester	1:24:38	06:48
26	95	Jen Malik	F	2	F25-29	29	Rochester	1:25:21	06:52
27	18	George Fawcett	M	24	M45-49	48	Rochester	1:25:31	06:53
28	48	Robert Bradley	M	25	M25-29	25	Phelps	1:26:05	06:56
29	127	Jeff Watkins	M	26	M55-59	55	Lockport	1:26:39	06:58
30	107	Gary Reisman Jr	M	27	M21-24	21	Baldwinsville	1:27:06	07:00
31	143	Tom Lamme	M	28	M60-64	61	Penfield	1:27:18	07:01
32	185	Jon Warriner	M	29	M30-34	31	Farmington	1:27:20	07:02
33	180	Tim Ciancione	M	30	M40-44	42	Rochester	1:27:23	07:02
34	140	Chris Boschnack	M	31	M40-44	42	Rochester	1:27:32	07:03
35	230	Kyle Kunes	M	32	M19UNDER	19	Seneca Castle	1:27:35	07:03
36	1	Beth DeCiantis	F	3	Overale Female Masters	46	Rochester	1:27:41	07:03
37	10	Jason Liddle	M	33	M30-34	31	Webster	1:28:11	07:06
38	225	Charley Plummer	M	34	M20-24	24	Rochester	1:28:15	07:06
39	6	Roger Bolton	M	35	M35-39	38	Albion	1:28:18	07:06
40	172	Michael Alesso	M	36	M45-49	46	Seneca Falls	1:28:31	07:07
41	158	Brett Crandall	M	37	M25-29	29	Rochester	1:29:13	07:11
42	213	Patrick Hilyer	M	38	M19UNDER	18	Lyons	1:29:34	07:12
43	41	Mark Barry	M	39	M55-59	55	Rochester	1:29:51	07:14
44	153	Laura Feller	F	4	F25-29	29	Rochester	1:31:50	07:23
45	98	Tom Mulligan	M	40	M55-59	58	Naples	1:31:55	07:24
46	234	Matthew Davis	M	41	M35-39	36	Rochester	1:32:01	07:24
47	141	Jeff Chester	M	42	M40-44	43	Rochester	1:32:16	07:25
48	121	Lawrence Taylor	M	43	M50-54	51	Fairport	1:32:52	07:28
49	233	Gary Dill	M	44	M40-44	43	Rochester	1:32:54	07:28
50	166	Elizabeth Madore	F	5	F25-29	28	Madore	1:33:00	07:29
51	92	Kevin Krueger	M	45	M45-49	46	Rochester	1:33:12	07:30

52	19	Bruce Wilkins	M	46	M55-59	55	Fairport	1:33:35	07:32
53	231	John Baret	M	47	M45-49	48	Canandaigua	1:33:46	07:33
54	87	David Jung	M	48	M45-49	48	Ithaca	1:33:51	07:33
55	79	Mark Heberger	M	49	M50-54	53	Rochester	1:34:04	07:34
56	203	Peter Winnett	M	50	M50-54	51	Corning	1:34:25	07:36
57	85	Folk Jay	M	51	M50-54	52	Kent	1:34:34	07:36
58	135	George Zakielarz	M	52	M60-64	60	Rochester	1:34:57	07:38
59	86	Diane Jozefski	F	6	F40-44	44	Rochester	1:34:58	07:38
60	126	David Viggiani	M	53	M40-44	42	Canandaigua	1:35:02	07:39
61	164	Andrew Young	M	54	M25-29	25	Seneca Falls	1:35:27	07:41
62	179	Dustin Stiles	M	55	M19UNDER	16	Clyde	1:35:36	07:41
63	44	Bill Beyerbach	M	56	M50-54	53	Rochester	1:35:40	07:42
64	38	Dean Askin	M	57	M35-39	37	Geneva	1:35:43	07:42
65	65	Douglas Deweaver	M	58	M50-54	50	Newark	1:35:48	07:42
66	84	Roger Howe	M	59	M60-64	60	Rochester	1:35:51	07:43
67	139	Karen Guerana	F	7	F30-34	30	Rochester	1:35:52	07:43
68	76	Cheryl Guth	F	8	F50-54	54	Rochester	1:35:53	07:43
69	112	Darlene Saeva	F	9	F45-49	49	Rochester	1:35:58	07:43
70	58	Therese Christo	F	10	F50-54	54	Hilton	1:36:01	07:44
71	71	Chuck Fahey	M	60	M60-64	60	Syracuse	1:36:13	07:44
72	80	Stephen Hedges	M	61	M55-59	59	Rochester	1:36:22	07:45
73	249	Julie Dahlkemper	F	11	F19UNDER	17	Rochester	1:36:39	07:47
74	252	Stacie May	F	12	F30-34	31	Rochester	1:36:39	07:47
75	226	Jim Joseph	M	62	M45-49	46	Rochester	1:36:58	07:48
76	149	Zach Clacquennai	M	63	M20-24	23	Phelps	1:37:02	07:48
77	27	Mike McCullough	M	64	M50-54	51	Spencerport	1:37:09	07:49
78	114	Buzz Schild	M	65	M60-64	61	Rochester	1:37:28	07:50
79	5	Benjamin Yagoda	M	66	M45-49	46	Rochester	1:37:33	07:51
80	14	Tania Anderson	F	13	F40-44	42	Syracuse	1:37:35	07:51
81	11	Mary Wojnowski	F	14	F40-44	41	Rochester	1:37:41	07:52
82	7	Patricia Albert	F	15	F40-44	44	Phelps	1:37:49	07:52
83	132	Paige Wyman-Motice	F	16	F35-39	38	Hudson	1:38:08	07:54
84	43	John Benson	M	67	M45-49	49	Rochester	1:38:13	07:54
85	9	Jim Glinsky	M	68	M60-64	61	Pittsford	1:38:14	07:54
86	30	Alice Nichols	F	17	F40-44	43	Fairport	1:38:17	07:54
87	215	Michael Johnson	M	69	M45-49	46	Avon	1:38:21	07:55
88	152	Mark Lehman	M	70	M50-54	54	Honeoye Falls	1:38:25	07:55
89	256	Art Eichas	M	71	M45-49	49	Hilton	1:38:27	07:55
90	190	Christopher Washburn	M	72	M45-49	46	Newark	1:38:34	07:56
91	236	Sunflower Iachs	F	18	F40-44	43	Rochester	1:38:35	07:56
92	63	Heather Danielson	F	19	F30-34	33	Rochester	1:38:44	07:57
93	212	Andrew Whitaker	M	73	M25-29	27	Rochester	1:38:47	07:57
94	188	Alan Ryder	M	74	M60-64	61	Big Flats	1:38:51	07:57
95	211	Dawn Wollschleger	F	20	F20-24	23	Rochester	1:38:57	07:58
96	93	Alain Leblanc	M	75	M40-44	44	Pittsford	1:39:01	07:58
97	116	Richard Spiegel	M	76	M60-64	61	North Rose	1:39:15	07:59
98	202	Suzanne Clements	F	21	F40-44	43	Clifton Springs	1:39:17	07:59
99	255	Michael Ocque	M	77	M40-44	41	Lyons	1:39:21	08:00
100	168	Ronald Crandall	M	78	M45-49	47	East Rochester	1:39:46	08:02
101	73	Jennifer Fosegan	F	22	F35-39	35	Fairport	1:40:01	08:03
102	184	Richard Adams	M	79	M20-24	24	Rochester	1:40:20	08:04
103	47	Chad Borden	M	80	M20-24	22	Rochester	1:40:39	08:06
104	39	Joaquin Aymerich	M	81	M50-54	52	Naples	1:40:43	08:06
105	171	Shannon Loewke	F	23	F25-29	26	Stephens City	1:40:50	08:07
106	29	John McNamara	M	82	M45-49	48	Webster	1:41:19	08:09
107	90	Robert Kern	M	83	M60-64	64	Beaver Dams	1:41:23	08:09
108	51	Mark Camarata	M	84	M45-49	45	Rochester	1:41:28	08:10

109	8	Leo Pacanowski	M	85	M45-49	48	Rochester	1:41:28	08:10
110	151	Debra Wyspianski	F	24	F40-44	41	Penfield	1:41:48	08:11
111	134	John Yunker	M	86	M55-59	55	Wayland	1:42:03	08:13
112	74	Jesse Germanow	M	87	M19UNDER	19	Rochester	1:42:05	08:13
113	62	Robert Cope	M	88	M45-49	47	Livonia	1:42:06	08:13
114	57	Greg Christo	M	89	M50-54	54	Hilton	1:42:25	08:14
115	251	Richard Gammons	M	90	M45-49	48	Webster	1:42:34	08:15
116	16	Patrick Herron	M	91	M50-54	50	Leroy	1:42:36	08:15
117	197	Leif Melhus	M	92	M20-24	22	Rochester	1:42:53	08:17
118	194	Richard Detwiler	M	93	M55-59	59	Webster	1:42:55	08:17
119	89	James Kennedy	M	94	M50-54	52	Geneva	1:43:14	08:18
120	150	Melissa Polakos	F	25	F20-24	23	Rochester	1:43:24	08:19
121	110	Jerry Roberts	M	95	M55-59	58	Rochester	1:43:25	08:19
122	53	Brian Carl	M	96	M35-39	37	Fairport	1:43:27	08:19
123	56	Christina Chavez	F	26	F35-39	36	Canandaigua	1:43:50	08:21
124	243	Marie White	F	27	F45-49	48	Henrietta	1:43:58	08:22
125	170	Dianne Gwynn	F	28	F40-44	41	Canandaigua	1:44:09	08:23
126	70	Elaine Erb	F	29	F30-34	33	Phelps	1:44:21	08:24
127	239	Scott Hopkins	M	97	M20-24	22	Geneva	1:44:29	08:24
128	174	Duane Garner	M	98	M25-29	28	Newark	1:44:45	08:26
129	189	Charles Barkowski	M	99	M25-29	26	Rochester	1:44:48	08:26
130	26	Jan McCullough	F	30	F45-49	49	Spencerport	1:44:57	08:27
131	201	Tom Schiffert	M	100	M30-34	31	Rochester	1:45:12	08:28
132	182	Mary Hanker	F	31	F20-24	23	Canandaigua	1:45:20	08:28
133	254	Mark VanHorne	M	101	M35-39	35	Geneva	1:45:24	08:29
134	205	Randy Stewart	M	102	M45-49	45	North Rose	1:45:31	08:29
135	109	Martha Robert	F	32	F50-54	51	Penn Yan	1:46:23	08:34
136	244	Sharon Outer	F	33	F40-44	44	Henrietta	1:46:30	08:34
137	253	Kyle Houser	M	103	M45-49	49	Newark	1:46:46	08:35
138	13	Marty Sochia	M	104	M45-49	47	Spencerport	1:47:00	08:37
139	64	Steven Dechristopher	M	105	M25-29	29	Lancaster	1:47:08	08:37
140	221	Josh Newman	M	106	M25-29	26	New York	1:47:11	08:37
141	217	Keith Olser	M	107	M25-29	26	Rochester	1:47:12	08:37
142	218	Jan Regan	F	34	F50-54	52	Geneva	1:47:15	08:38
143	34	Rocco Pizzirosso	M	108	M45-49	45	Manchester	1:47:26	08:39
144	154	Pam Johnson	F	35	F45-49	46	Canandaigua	1:47:34	08:39
145	155	Rick Erb	M	109	M60-64	60	Rushville	1:47:34	08:39
146	69	Valerie Zombek	F	36	F30-34	33	Webster	1:47:46	08:40
147	50	Robert Buttner	M	110	M45-49	48	Camillus	1:48:05	08:42
148	176	Doug Velte	M	111	M45-49	48	Newark	1:48:15	08:42
149	138	Joy Dreibelbis	F	37	F30-34	30	Rochester	1:48:38	08:44
150	129	Lisa Wetherbee	F	38	F35-39	36	Wayland	1:48:42	08:45
151	128	Barry Watkins	M	112	M60-64	63	Rochester	1:49:10	08:47
152	160	Heidi Nelson	F	39	F50-54	50	Pittsford	1:49:11	08:47
153	224	Andrew Ciaio	M	113	M40-44	43	Victor	1:49:24	08:48
154	88	Michael Keefer	M	114	M50-54	52	Rochester	1:49:33	08:49
155	33	Ted Pembroke	M	115	M35-39	35	Phelps	1:50:37	08:54
156	28	Lynda Mcguire	F	40	F60-64	60	Scottsvilles	1:50:39	08:54
157	237	Bill McGuire	M	116	M55-59	59	Scottsville	1:50:39	08:54
158	165	Wilton Alston	M	117	M45-49	46	Rochester	1:51:08	08:56
159	207	Duncan Bell	M	118	M40-44	42	Ithaca	1:51:16	08:57
160	204	Melanie Holland	F	41	F35-39	35	Ithaca	1:51:16	08:57
161	106	Lisa Ray	F	42	F45-49	46	Fairport	1:51:20	08:57
162	24	Karl Jaanimagi	M	119	M25-29	27	Henrietta	1:51:24	08:58
163	196	Cassie Coyle	F	43	F25-29	28	Rochester	1:52:03	09:01
164	25	Charlotte Jaanimagi	F	44	F55-59	55	Pittsford	1:52:04	09:01
165	245	Jo Bunkenburg	M	120	M65-69	66	Victor	1:52:13	09:02

166	175	Daniel OConnell	M	121	M20-24	23	Newark	1:52:43	09:04
167	209	Stephen Wallace	M	122	M50-54	54	Toronto	1:52:59	09:05
168	232	Meredith Ferraro	F	45	F25-29	29	Victor	1:52:59	09:05
169	183	Krista Jackson	F	46	F35-39	36	Canandaigua	1:53:01	09:06
170	210	Gina Iseman	F	47	F35-39	37	Webster	1:53:05	09:06
171	61	Chris Collins	M	123	M40-44	41	Newark	1:53:16	09:07
172	248	Kendra Zaffuto	F	48	F19UNDER	17	Rochester	1:53:33	09:08
173	156	Bill Boyle	M	124	M50-54	52	Canandaigua	1:53:38	09:08
174	59	Paul Chwalek	M	125	M50-54	54	Oswego	1:53:48	09:09
175	193	Audrey Armani	F	49	F45-49	46	Rochester	1:53:56	09:10
176	220	Ron Newman	M	126	M50-54	52	Pittsford	1:54:43	09:14
177	3	Anna Gandelman	F	50	F25-29	25	Chapel Hill	1:54:45	09:14
178	247	Angela Kreisman	F	51	F35-39	38	Pittsford	1:54:49	09:14
179	250	Pamela Raes	F	52	F35-39	38	Geneva	1:55:12	09:16
180	52	Gloria Caratozzolo	F	53	F35-39	37	Seneca Falls	1:55:15	09:16
181	117	Paul Spitzer	M	127	M40-44	42	Victor	1:55:19	09:17
182	159	Bob Mulcock	M	128	M45-49	48	Canandaigua	1:55:46	09:19
183	162	Sarah White	F	54	F30-34	32	Rochester	1:56:03	09:20
184	219	Karen Sable	F	55	F50-54	50	Keuka Park	1:56:08	09:21
185	77	Matt Haintz	M	129	M19UNDER	17	Phelps	1:56:45	09:24
186	72	Ron Fancher	M	130	M70-74	72	Batavia	1:57:06	09:25
187	192	Ben Frega	M	131	M55-59	57	Fairport	1:57:20	09:26
188	115	Susan M Sheffer	F	56	F50-54	52	Geneva	1:57:30	09:27
189	55	Jim Chastek	M	132	M55-59	56	Camp Hill	1:58:24	09:32
190	178	Cherie Delmerico	F	57	F45-49	46	Honeoye Falls	1:58:49	09:34
191	195	Anne Schwartz	F	58	F50-54	52	Webster	1:59:02	09:35
192	137	Catherine Cantwell	F	59	F45-49	47	Canandaigua	1:59:10	09:35
193	199	Ian Coyle	M	133	M25-29	28	Rochester	1:59:40	09:38
194	145	Katherine Fleming	F	60	F35-39	37	Brockport	1:59:44	09:38
195	125	Terri Vanbrooker	F	61	F45-49	46	Canandaigua	2:00:00	09:39
196	131	Steve Woodley	M	134	M45-49	47	Onrario	2:00:33	09:42
197	229	Sid Bolton	M	135	M65-69	66	Albion	2:00:53	09:44
198	96	Philip Mann	M	136	M55-59	57	Keuka Park	2:01:13	09:45
199	108	Gary Reisman Sr	M	137	M50-54	52	Baldwinsville	2:01:49	09:48
200	31	David Nixon	M	138	M45-49	47	Lima	2:01:59	09:49
201	200	Sara Neary	F	62	F35-39	39	Rochester	2:03:44	09:57
202	142	Joshua Merkle	M	139	M25-29	26	Waterloo	2:04:42	10:02
203	169	Nancy Dalton	F	63	F40-44	44	Silver Spring	2:04:52	10:03
204	157	Douglas Jones	M	140	M55-59	55	Pittsford	2:06:09	10:09
205	130	Timothy Williams	M	141	M50-54	50	Rochester	2:06:16	10:09
206	186	Zachary Johnson	M	142	M20-24	23	Canandaigua	2:06:32	10:11
207	242	Emily Leshner	F	64	F20-24	22	Sherill	2:06:32	10:11
208	241	R C Weston	M	143	M20-24	20	Phelps	2:06:32	10:11
209	177	Debra Spade	F	65	F45-49	48	Webster	2:07:00	10:13
210	240	David Gordon	M	144	M60-64	61	Pittsford	2:07:28	10:15
211	94	Jane Mahoney	F	66	F55-59	59	Rochester	2:07:38	10:16
212	122	Margaret Terry	F	67	F45-49	49	Hornell	2:08:12	10:19
213	67	Don Clukies	M	145	M65-69	65	Portsmouth	2:09:32	10:25
214	148	Ed Daubert	M	146	M40-44	41	Spencerport	2:09:58	10:27
215	133	Don Yull	M	147	M50-54	53	Geneseo	2:11:34	10:35
216	32	Salisoury Paul	M	148	M65-69	65	Newark	2:11:35	10:35
217	198	Maureen Murphy	F	68	F35-39	38	Rochester	2:13:49	10:46
218	246	Kathleen Hurley	F	69	F45-49	47	Rochester	2:14:41	10:50
219	147	Joe Hibbard	M	149	M40-44	42	Canandaigua	2:15:18	10:53
220	75	Norm Greiner	M	150	M65-69	68	Rochester	2:16:38	11:00
221	118	Christine Stevens	F	70	F30-34	30	Newark	2:16:50	11:01
222	60	Ali Collier	F	71	F25-29	25	Lancaster	2:19:33	11:14

223	102	Ryan Cross	M	151	M19UNDER	16	Mesa	2:20:32	11:18
224	103	Margaret Phillips	F	72	F45-49	49	Worcester	2:20:54	11:20
225	104	John Phillips	M	152	M55-59	58	Newark	2:20:54	11:20
226	105	Don Phillips	M	153	M50-54	54	Phelps	2:20:58	11:20
227	81	Dave Heeks	M	154	M70-74	71	Rochester	2:21:26	11:23
228	49	Annette Brenner	F	73	F35-39	38	Honeoye Falls	2:21:28	11:23
229	82	Gigi Heusler	F	74	F19UNDER	16	Phelps	2:21:38	11:24
230	22	Thomas Fagan	M	155	M55-59	59	Liverpool	2:24:44	11:39
231	78	Garrett Heusler	M	156	M19UNDER	16	Phelps	2:25:34	11:43
232	66	David Dilcard	M	157	M50-54	53	Penfield	2:27:09	11:50
233	111	Joan Rosati	F	75	F65-69	68	North Chilli	2:27:15	11:51
234	37	Maura C Arendt	F	76	F40-44	40	Rochester	2:28:41	11:58
235	228	James Rowley	M	158	M20-24	23	Phelps	2:28:41	11:58
236	54	Joanne Carr	F	77	F70-74	70	Churchville	2:28:52	11:59
237	36	Kelly Anderson	F	78	F30-34	31	Seneca Falls	2:29:19	12:01
238	83	Morgan Heusler	F	79	F19UNDER	18	Phelps	2:29:26	12:01
239	21	Patricia Edwards-Hobbs	F	80	F55-59	57	Clifton Springs	2:40:43	12:56
240	136	Marvin Eisenstein	M	159	M75-79	79	Rochester	2:47:38	13:29
241	124	Sandy Toole	M	160	M70-74	70	Rochester	2:48:31	13:33
242	40	Luke Barnard	M	161	M65-69	69	Geneva	2:53:12	13:56
243	100	Kathy Baker	F	81	F60-64	62	Laurel	2:58:12	14:20
244	235	Mark Cook	M	162	M50-54	52	Rochester	2:58:30	14:22
245	99	William Murphy	M	163	M55-59	59	Rochester	3:18:52	16:00