

GRTC Freezeroo Series - Race #1**Sunday December 13, 2009****Pineway Ponds Park, Spencerport, NY****183 Finishers(127 Male, 56 Female)****Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F Place	Class	Age	City	Series	Time	Pace
1	110	Neal Holtschulte	M	1	M25-29	25	Rochester		25:55	05:11
2	111	Ryan Pauling	M	2	M30-34	33	Rochester	X	26:09	05:14
3	113	Nick End	M	3	M25-29	25	Rochester		26:09	05:14
4	91	Dave Bradshaw	M	4	M30-34	30	Macedon	X	26:41	05:20
5	95	Chad Byler	M	5	M25-29	26	Rochester		28:28	05:42
6	140	Tim Dwyer	M	6	M50-54	50	Rochester	X	29:09	05:50
7	68	Matt Roberts	M	7	M25-29	25	Henrietta	X	29:21	05:52
8	119	Matt Tytler	M	8	M35-39	37	Irondequoit	X	29:26	05:53
9	57	Philip Nesbitt	M	9	M20-24	23	Churchville	X	29:30	05:54
10	97	Matt Blodgett	M	10	M30-34	32	Fairport	X	30:35	06:07
11	130	Daniel Giblin	M	11	M45-49	47	Rochester	X	31:22	06:16
12	48	Tony Machulskis	M	12	M50-54	50	Rochester	X	31:31	06:18
13	30	David Goins	M	13	M50-54	52	Dansville	X	31:54	06:23
14	152	Colby Shores	M	14	M30-34	34	Rochester	X	32:00	06:24
15	153	Michael Coyle	M	15	M30-34	34	Irondequoit	X	32:19	06:28
16	100	Rebecca Duberry	F	1	F35-39	39	Rochester	X	32:28	06:30
17	161	Michael Brown	M	16	M45-49	45	Pittsford		32:31	06:30
18	133	Keith Scott	M	17	M45-49	47	LeRoy		32:38	06:32
19	92	Patrick Milligan	M	18	M45-49	45	Rochester	X	32:40	06:32
20	194	Michelle Marasco	F	2	F40-44	41	Spencerport		32:56	06:35
21	196	Joe Williams	M	19	M35-39	36	Rochester	X	33:05	06:37
22	105	Jen Malik	F	3	F30-34	30	Rochester	X	33:13	06:39
23	81	Dan Ward	M	20	M30-34	32	Rochester	X	33:17	06:39
24	51	Brian McElroy	M	21	M45-49	48	Buffalo	X	33:21	06:40
25	15	Timothy Ciancione	M	22	M40-44	44	Rochester	X	33:27	06:41
26	8	James Brennan	M	23	M40-44	40	Pittsford	X	33:32	06:42
27	27	George Fawcet	M	24	M45-49	49	Rochester	X	33:37	06:43
28	157	David Sauter	M	25	M40-44	42	Penfield	X	33:41	06:44
29	129	Cory Herman	M	26	M19UNDER	18	Hilton		33:46	06:45
30	155	Scott Hoot	M	27	M45-49	49	Medina	X	33:50	06:46
31	184	Josiah Moore	M	28	M20-24	21	Canandaigua	X	33:57	06:47
32	165	Roger Bolton	M	29	M35-39	39	Albion	X	33:59	06:48
33	22	Karl Dilcher	M	30	M40-44	41	Brockport	X	34:03	06:49
34	204	Martin Coffey	M	31	M40-44	40	Pittsford	X	34:21	06:52
35	102	Paul Dittman	M	32	M40-44	41	Hilton		34:30	06:54
36	106	Douglas Prinole	M	33	M45-49	49	Fairport	X	34:34	06:55
37	151	Adam Insalaco	M	34	M25-29	29	Irondequoit	X	34:43	06:57
38	72	Hector Santos Rosario	M	35	M35-39	37	Rochester	X	34:54	06:59
39	34	Keith Hadley	M	36	M50-54	50	Rochester	X	35:01	07:00
40	125	Thomas Lamme	M	37	M60-64	62	Penfield	X	35:07	07:01
41	203	Paul Persia	M	38	M55-59	58	Batavia	X	35:12	07:02
42	154	Tony Gingello	M	39	M60-64	62	Rochester	X	35:12	07:02
43	134	Daniel Homer	M	40	M35-39	35	Rochester	X	35:15	07:03
44	18	Jeffrey L. Crews	M	41	M40-44	43	Rochester	X	35:28	07:06
45	12	Steve Cahoon	M	42	M25-29	27	Orchard Park	X	35:42	07:08
46	158	Kirk Russell	M	43	M50-54	52	Spencerport		35:49	07:10
47	172	John Hair	M	44	M40-44	40	West Henrietta	X	36:08	07:14
48	117	Jonathan Owen	M	45	M25-29	27	Rochester	X	36:10	07:14
49	37	Russ Herman	M	46	M45-49	48	Hilton	X	36:20	07:16
50	167	Phil Gleason	M	47	M45-49	46	Geneva	X	36:36	07:19
51	87	Chris Washburn	M	48	M45-49	48	Newark	X	36:38	07:20
52	40	Ken Katz	M	49	M55-59	55	Pittsford		36:40	07:20
53	90	Dana Gianniny	F	4	F40-44	40	Rochester	X	36:44	07:21

54	50	Peter McCandlish	M	50	M45-49	45	Rochester	X	36:52	07:22
55	164	Jon Barleben	M	51	M40-44	41	Albion	X	36:54	07:23
56	101	David Davenport	M	52	M55-59	58	Rochester	X	37:00	07:24
57	47	Debbie Liana	F	5	F25-29	25	W.Henrietta	X	37:07	07:25
58	115	Joanne Bradt	F	6	F45-49	45	Scottsville	X	37:08	07:26
59	193	Jim Marasw	M	53	M40-44	41	Spencerport		37:10	07:26
60	122	Matt Degma	M	54	M55-59	55	Rochester	X	37:36	07:31
61	138	Anthony Leonardis	M	55	M40-44	43	Rochester	X	37:37	07:31
62	160	Jennifer Katz	F	7	F20-24	23	Spencerport		37:42	07:32
63	93	Roger Howe	M	56	M60-64	62	Rochester	X	37:44	07:33
64	143	Pam Ayers	F	8	F30-34	33	Rochester	X	37:49	07:34
65	61	Theresa Palmieri	F	9	F45-49	46	Buffalo	X	37:52	07:34
66	69	Victoria Rodriguez	F	10	F30-34	31	Buffalo	X	37:53	07:35
67	168	Larry Hoffman	M	57	M40-44	41	Ontario	X	37:54	07:35
68	171	Wilton Alston	M	58	M50-54	51	Rochester	X	38:02	07:36
69	124	Larry Zygo	M	59	M55-59	59	Rochester		38:19	07:40
70	132	Rebecca Porter	F	11	F25-29	27	Rochester	X	38:22	07:40
71	33	Cheryl Guth	F	12	F55-59	55	Rochester	X	38:22	07:40
72	159	Mike Reif	M	60	M60-64	61	Victor	X	38:28	07:42
73	49	Mark McAllister	M	61	M40-44	44	Webster	X	38:34	07:43
74	82	Dawn Whitaker	F	13	F25-29	25	Rochester	X	38:37	07:43
75	142	Mary Wojnowski	F	14	M40-44	42	Rochester	X	38:40	07:44
76	175	Lou Iovoli	M	62	M40-44	44	Victor	X	38:48	07:46
77	120	Mark Woodhams	M	63	M50-54	52	?	X	38:51	07:46
78	205	Marie White	F	15	F45-49	45		X	38:54	07:47
79	41	Kevin Kehoe	M	64	M30-34	34	Rochester	X	38:56	07:47
80	107	Emily Flagg	F	16	F35-39	35	Rochester	X	38:58	07:48
81	80	Michael Viterise	M	65	M50-54	52	Rochester	X	39:10	07:50
82	182	Patrick Vorndran	M	66	M40-44	41	Rochester	X	39:11	07:50
83	148	Karen Godshall	F	17	F45-49	45	Spencerport	X	39:17	07:51
84	146	Amber Rinderknecht	F	18	F35-39	36	Rochester		39:28	07:54
85	5	Bill Beyerbach	M	67	M50-54	54	Rochester	X	39:30	07:54
86	65	Steven Philips	M	68	M30-34	33	Rochester	X	39:38	07:56
87	195	Darlene Saeva	F	19	F50-54	51	Rochester		39:40	07:56
88	189	Joseph Tally Jr	M	69	?	?	Fairport	X	39:43	07:57
89	198	Bill Boula	M	70	M35-39	35	Hilton		39:44	07:57
90	89	Bruce Gianniny	M	71	M55-59	58	Rochester	X	39:54	07:59
91	202	Michael Cefalo	M	72	M30-34	33		X	39:56	07:59
92	162	Kerri Brown	F	20	F40-44	41	Pittsford	X	40:07	08:01
93	126	Brian Matzan	M	73	M30-34	31	Hilton	X	40:10	08:02
94	98	Stephen Noble	M	74	M19UNDER	19	Rochester	X	40:46	08:09
95	109	Gary Updyke	M	75	M60-64	61	Pittsford	X	40:48	08:10
96	83	Andrew Whitaker	M	76	M25-29	29	Rochester	X	40:50	08:10
97	179	John Natale	M	77	M40-44	41	Fairport	X	40:53	08:11
98	201	John Curry	M	78	M50-54	52	Brockport	X	41:05	08:13
99	64	Mariah Pfeiffer	F	21	F20-24	24	Pittsford		41:07	08:13
100	53	Lewis Migliore	M	79	M45-49	49	Pittsford		41:09	08:14
101	145	Ron Paeth	M	80	M45-49	46	Kendall	X	41:20	08:16
102	114	Joaquim Flores	M	81	M40-44	43	Rochester	X	41:21	08:16
103	108	Daniel Sillick	M	82	M50-54	53	Hilton	X	41:30	08:18
104	85	Brendan Wolfert	M	83	M20-24	20	Rochester		41:42	08:20
105	141	Jeff Chester	M	84	M40-44	44	Rochester	X	41:44	08:21
106	10	Tracy Bryce	F	22	F35-39	35	Rochester	X	41:45	08:21
107	128	Carol Eisenman	F	23	F50-54	52	Rochester	X	41:49	08:22
108	178	Jim Reber	M	85	M45-49	49	Penfield		42:15	08:27
109	9	Novis Brewster	M	86	M50-54	50	Rochester	X	42:18	08:28
110	180	Karol Hitchcock	F	24	F40-44	43	Fairport	X	42:18	08:28
111	74	Michael Shortley	M	87	M55-59	55	Fairport	X	42:24	08:29
112	79	Kera Vanham	F	25	F35-39	36	Rochester	X	42:25	08:29
113	86	Amy Burbano	F	26	F35-39	37	Brockport	X	42:25	08:29

114	96	Joseph McMahon	M	88	M40-44	40	Rochester	X	42:32	08:30
115	170	Dale Dimick	M	89	M40-44	42	Webster	X	42:37	08:31
116	116	Joao Flores	M	90	M40-44	42	Greece	X	42:39	08:32
117	4	Judy Beers	F	27	F55-59	56	Honeoye Falls	X	42:41	08:32
118	192	Brian Zimmerman	M	91	M30-34	34	Rochester	X	42:47	08:33
119	67	Marty Roberts	F	28	F50-54	52	Penn Yan	X	43:09	08:38
120	131	Rich Kapp	M	92	M35-39	38	Webster	X	43:10	08:38
121	7	William A. Borrelli	M	93	M40-44	44	Rochester	X	43:10	08:38
122	77	Kathee Tyo	F	29	F30-34	32	Rochester	X	43:34	08:43
123	25	Timothy Elinger	M	94	M45-49	45	Mendon	X	43:38	08:44
124	112	Tom Hawkins	M	95	M50-54	51	Williamson		43:45	08:45
125	66	Diane Prystajko	F	30	F45-49	45	Spencerport	X	43:45	08:45
126	52	Christina McLyman	F	31	F40-44	42	Rochester	X	43:45	08:45
127	20	Tom Demeyers	M	96	M40-44	42	Palmyra	X	43:51	08:46
128	17	Robert D. Cope	M	97	M45-49	49	Livonia	X	44:14	08:51
129	199	Joshua Bowman	M	98	?	?	Rochester		44:32	08:54
130	185	Michael Mullane	M	99	M45-49	46	Fairport	X	44:33	08:55
131	176	Dudley Halstead	M	100	M50-54	50	Canandaigua	X	44:33	08:55
132	42	Lexie Klimasewski	F	32	F19UNDER	14	Fairport	X	44:33	08:55
133	39	Arthur Jones	M	101	M55-59	57	Rochester	X	44:33	08:55
134	147	Ariana Rinderknecht	F	33	F30-34	33	Rochester	X	44:53	08:59
135	191	Sara Petrykiewicz	F	34	F35-39	36	Rochester		44:57	08:59
136	60	Emily OShea	F	35	F30-34	31	Hilton	X	44:59	09:00
137	70	Wes Rosengrant	M	102	M45-49	49	Rochester	X	45:01	09:00
138	127	Mike Hall	M	103	M35-39	39	Rochester	X	45:01	09:00
139	16	Kevin Clary	M	104	M50-54	52	Pavillion	X	45:25	09:05
140	29	Matthew Fleig	M	105	M40-44	43	Rochester	X	45:41	09:08
141	99	Anne Shigley	F	36	F20-24	22	Rochester	X	45:49	09:10
142	118	Roger Klatt	M	106	M45-49	49	Barker		45:59	09:12
143	88	Earl Clifffel	M	107	M70-74	70	Livonia	X	46:02	09:12
144	174	Thomas Collins	M	108	M40-44	44	Plttsford	X	46:04	09:13
145	149	Fred Nash	M	109	M45-49	48	Akron		46:10	09:14
146	28	Brian Ferries	M	110	M50-54	50	Brockport	X	46:10	09:14
147	173	Alan Marciano	M	111	M40-44	43	Spencerport	X	46:21	09:16
148	19	Sarah Davila	F	37	F30-34	33	Rochester	X	46:35	09:19
149	58	Dale ODell	M	112	M55-59	56	Rochester	X	46:37	09:19
150	78	Tom Tytler	M	113	M60-64	61	Webster	X	46:56	09:23
151	14	Lisa Chaloux	F	38	F25-29	26	Rochester	X	47:10	09:26
152	121	Bill McKay	M	114	M35-39	38	Rochester	X	47:13	09:27
153	36	Kathy Henrie	F	39	F55-59	56	Rochester	X	47:17	09:27
154	1	Courtney Abeln	F	40	F30-34	34	Rochester	X	47:17	09:27
155	137	Ann Cunningham	F	41	F45-49	47	Rochester	X	47:18	09:28
156	62	Patricia M. Palmieri - Phelan	F	42	F40-44	41	N. Chili	X	47:38	09:32
157	31	David Gordon	M	115	M60-64	62	Pittsford	X	47:45	09:33
158	200	Dan Katz	M	116	M55-59	55	Plttsford	X	47:50	09:34
159	94	Frederick Plimpton	M	117	M50-54	54	Scottsville	X	48:22	09:40
160	187	Cheyenne DeMarco	F	43	F19UNDER	19	Nunda	X	49:10	09:50
161	186	Joe DeMarco	M	118	M55-59	55	Nunda	X	49:11	09:50
162	73	Coleen Schofield	F	44	F40-44	41	Rochester	X	49:12	09:50
163	169	Christina Ruhland	F	45	F40-44	41	North Chili	X	49:18	09:52
164	177	Colleen Vorndran	F	46	F35-39	38	Rochester	X	49:18	09:52
165	56	Philip Nelson	M	119	M55-59	58	Victor	X	49:47	09:57
166	43	Carolyn Kriesen	F	47	F65-69	66	Webster	X	49:51	09:58
167	166	Katie Achter	F	48	F25-29	25	Rochester	X	49:53	09:59
168	144	William Lerkins	M	120	M45-49	49	Rochester	X	49:56	09:59
169	136	Jennifer Sheehan	F	49	F35-39	39	Rochester	X	50:31	10:06
170	139	Steve Maier	M	121	M45-49	47	Brockport		50:34	10:07
171	35	Dave Heeks	M	122	M70-74	72	Irondequoit	X	50:35	10:07
172	75	Al Smith	M	123	M70-74	71	Rochester	X	52:00	10:24
173	183	Jim VanBrederode	M	124	?	?	Spencerport		52:09	10:26

174	135	Lisa Crews	F	50	F40-44	40	Rochester	X	52:12	10:26
175	55	Juliann Nelson	F	51	F50-54	51	Victor	X	54:19	10:52
176	103	Bob Carafice	M	125	M65-69	66	Rochester	X	54:57	10:59
177	23	David Dilgard	M	126	M55-59	55	Penfield	X	56:29	11:18
178	76	Lynn Sullivan	F	52	F45-49	47	East Rochester	X	58:30	11:42
179	188	Joan Rosati	F	53	F70-74	70	North Chili	X	58:31	11:42
180	2	Maura Arendt	F	54	F40-44	41	Rochester	X	58:35	11:43
181	190	Jerrylynn Johnson	F	55	F35-39	39	Albion	X	58:41	11:44
182	13	Joanne Carr	F	56	F70-74	71	Churchville	X	58:48	11:46
183	54	William Murphy	M	127	M60-64	61	Rochester	X	1:15:23	15:05