

### Freezeroo #3 - 5K

Saturday January 16, 2009

Camp Eastman, Rochester, NY

234 Finishers( 169 Male, 65 Female )

Timed by YellowJacket Racing

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Series	Time	Pace
1	18	Dave Bradshaw	M		1	M30-34	30	Macedon	X	15:48	05:06
2	159	Ryan Pauling	M		2	M30-34	33	Rochester	X	16:03	05:11
3	171	Matt Roberts	M		3	M25-29	25	Henrietta	X	17:25	05:37
4	199	Matt Tytler	M		4	M35-39	37	Irondequoit	X	17:44	05:43
5	67	Tim Dwyer	M		5	M50-54	50	Rochester	X	17:49	05:45
6	150	Philip Nesbitt	M		6	M20-24	23	Churchville	X	17:53	05:46
7	251	Matt Kellman	M		7	M45-49	45	Penfield	X	18:05	05:50
8	255	Karen Blodgett	F		1	F30-34	33	Fairport		18:10	05:52
9	81	Daniel Giblin	M		8	M45-49	47	Rochester	X	18:12	05:52
10	196	Ted Thull	M		9	M45-49	48	Macedon	X	18:34	05:59
11	128	Tony Machulskis	M		10	M50-54	50	Rochester	X	18:36	06:00
12	230	Frank Georges	M		11	M30-34	32	Lowell		18:39	06:01
13	87	David Goins	M		12	M50-54	52	Dansville	X	18:43	06:02
14	227	Jason Knarr	M		13	M30-34	33	Webster		18:45	06:03
15	252	Keith Scott	M		14	M45-49	47	Leroy		18:54	06:06
16	65	Rebecca Duberry	F		2	F35-39	39	Rochester	X	19:04	06:09
17	179	John Salvador	M		15	M35-39	39	Penfield	X	19:05	06:09
18	185	Colby Shores	M		16	M30-34	34	Rochester	X	19:05	06:09
19	43	Michael Coyle	M		17	M30-34	34	Irondequoit	X	19:10	06:11
20	143	Patrick Milligan	M		18	M45-49	45	Rochester	X	19:12	06:12
21	35	Timothy Ciancione	M		19	M40-44	44	Rochester	X	19:30	06:18
22	93	John Hair	M		20	M40-44	40	West Henrietta	X	19:31	06:18
23	212	Joe Williams	M		21	M35-39	36	Rochester	X	19:33	06:19
24	122	Peter Lautenslager	M		22	M45-49	48	Victor	X	19:36	06:19
25	281	Gregory Nowakowski	M		23	M40-44	42	Rochester		19:39	06:20
26	72	George Fawcet	M		24	M45-49	49	Rochester	X	19:48	06:23
27	130	Jen Malik	F		3	F30-34	30	Rochester	X	19:49	06:24
28	207	David Ward	M		25	M55-59	58	Akron	X	19:50	06:24
29	106	Scott Hoot	M		26	M45-49	49	Medina	X	19:50	06:24
30	15	Roger Bolton	M		27	M35-39	39	Albion	X	19:52	06:24
31	205	Dan Ward	M		28	M30-34	32	Rochester	X	19:53	06:25
32	241	Billy Galetto	M		29	M19-under	15	Spencerport		19:56	06:26
33	254	Jake Clements	M		30	M30-34	30	Rush		19:57	06:26
34	39	Martin Coffey	M		31	M40-44	40	Pittsford	X	19:58	06:27
35	181	David Sauter	M		32	M40-44	42	Penfield	X	20:00	06:27
36	172	Victoria Rodriguez	F		4	F30-34	31	Buffalo	X	20:08	06:30
37	206	Matthew Ward	M		33	M45-49	45	Canandigua	X	20:12	06:31
38	20	James Brennan	M		34	M40-44	40	Pittsford	X	20:14	06:32
39	62	Karl Dilcher	M		35	M40-44	41	Brockport	X	20:17	06:33
40	264	Seth Adanti	M		36	M30-34	30	-		20:20	06:33
41	80	Dana Giannini	F		5	F40-44	40	Rochester	X	20:20	06:33
42	261	Audra Naujokas-Knapp	F		6	F40-44	40	Rochester	X	20:24	06:35
43	105	Daniel Homer	M		37	M35-39	35	Rochester	X	20:24	06:35
44	180	Hector Santos Rosario	M		38	M35-39	37	Rochester	X	20:31	06:37
45	248	Brian Mosher	M		39	M30-34	30	Pittsford		20:33	06:38
46	8	Scott Bagley	M		40	M19-under	13	Rochester	X	20:34	06:38
47	73	Laura Feller	F		7	F30-34	30	Rochester	X	20:35	06:38
48	108	Adam Insalaco	M		41	M25-29	29	Irondequoit	X	20:37	06:39
49	83	Tony Gingello	M		42	M60-64	62	Rochester	X	20:38	06:39
50	109	Lou Iovoli	M		43	M40-44	44	Victor	X	20:52	06:44
51	267	Thomas Westfall	M		44	M40-44	42	Walworth		20:53	06:44
52	45	Jeffrey L. Crews	M		45	M40-44	43	Rochester	X	20:55	06:45
53	120	Thomas Lamme	M		46	M60-64	62	Penfield	X	20:58	06:46

54	249 Gary Dill	M	47	M40-44	44	Rochester		21:02	06:47
55	239 Allyson Brown	F	48	F25-29	25	Honeoye Falls		21:07	06:49
56	155 Jonathan Owen	M	49	M25-29	27	Rochester	X	21:08	06:49
57	84 Brian Glass	M	50	M30-34	30	Rochester	X	21:09	06:49
58	101 Russ Herman	M	51	M45-49	48	Hilton	X	21:11	06:50
59	165 Douglas Prindle	M	52	M45-49	49	Fairport	X	21:15	06:51
60	66 Michael Dunn	M	53	M50-54	53	Rochester	X	21:17	06:52
61	90 Jonathan Griffiths	M	54	M25-29	25	Rochester	X	21:18	06:52
62	138 Brian McElroy	M	55	M45-49	48	Buffalo	X	21:22	06:53
63	92 Keith Hadley	M	56	M50-54	50	Rochester	X	21:26	06:55
64	259 Ian Schickling	M	57	M25-29	26	Rochester	X	21:29	06:56
65	160 Paul Persia	M	58	M55-59	58	Batavia	X	21:32	06:57
66	268 Michel Bermudez	M	59	M35-39	39	Webster		21:36	06:58
67	208 Chris Washburn	M	60	M45-49	48	Newark	X	21:38	06:59
68	9 Jon Barleben	M	61	M40-44	41	Albion	X	21:40	06:59
69	247 Bob Gates	M	62	M45-49	48	Hamlin		21:47	07:02
70	27 Steve Cahoon	M	63	M25-29	27	Orchard Park	X	21:54	07:04
71	258 Steven Derks	M	64	M45-49	46	W. Henrietta		21:56	07:04
72	55 Matt Degma	M	65	M55-59	55	Rochester	X	22:02	07:06
73	107 Roger Howe	M	66	M60-64	62	Rochester	X	22:02	07:07
74	42 Matthew Corbett	M	67	M25-29	28	Rochester	X	22:03	07:07
75	123 Athony Leonardis	M	68	M40-44	43	Rochester	X	22:06	07:08
76	52 Heather Danielson	F	8	F30-34	34	Rochester	X	22:08	07:08
77	53 David Davenport	M	69	M55-59	58	Rochester	X	22:10	07:09
78	6 Alex Ashe	M	70	M35-39	39	Spencerport	X	22:13	07:10
79	19 Joanne Bradt	F	9	F45-49	45	Scottsville	X	22:16	07:11
80	116 Kevin Kehoe	M	71	M30-34	34	Rochester	X	22:21	07:13
81	134 Mark McAllister	M	72	M40-44	44	Webster	X	22:27	07:14
82	17 Bill Boula	M	73	M35-39	35	Hilton	X	22:35	07:17
83	236 Christine Deutsch	F	10	F35-39	35	Rochester	X	22:35	07:17
84	283 Chris Leonardi	M	74	M45-49	49	Pittsford		22:37	07:18
85	223 Don Ehinger	M	75	M40-44	42	Honeoye Falls		22:39	07:19
86	214 Mary Wojnowski	F	11	F40-44	42	Rochester	X	22:40	07:19
87	228 Alexa Harding	F	12	F25-29	25	Rochester		22:44	07:20
88	157 Theresa Palmieri	F	13	F45-49	46	Buffalo	X	22:47	07:21
89	136 Peter McCandlish	M	76	M45-49	45	Rochester	X	22:48	07:21
90	204 Patrick Vorndran	M	77	M40-44	41	Rochester	X	22:49	07:22
91	215 Mark Woodhams	M	78	M50-54	52	E. Rochester	X	22:52	07:23
92	7 Pam Ayers	F	14	F30-34	33	Rochester	X	22:56	07:24
93	34 Andrew Ciaio	M	79	M40-44	44	Victor	X	22:59	07:25
94	104 Larry Hoffman	M	80	M40-44	41	Ontario	X	23:04	07:27
95	145 Michael Mullane	M	81	M45-49	46	Fairport	X	23:08	07:28
96	151 Stephen Noble	M	82	M19-under	19	Rochester	X	23:20	07:32
97	79 Bruce Giannini	M	83	M55-59	58	Rochester	X	23:23	07:32
98	237 Chet Jozefski	M	84	M55-59	?	Rochester	X	23:26	07:33
99	187 Daniel Sillick	M	85	M50-54	53	Hilton	X	23:30	07:35
100	287 Trevor Ertel	M	86	M-19under	18	Rochester		23:30	07:35
101	31 Michael Cefalo	M	87	M30-34	33		X	23:33	07:36
102	142 Joseph McMahoun	M	88	M40-44	40	Rochester	X	23:35	07:36
103	211 Marie White	F	15	F45-49	45	Henrietta	X	23:41	07:38
104	280 Michael John	M	89	M55-59	56	Buffalo		23:43	07:39
105	168 Amber Rinderknecht	F	16	F35-39	36	Rochester	X	23:45	07:40
106	257 Molasses Montgomery	M	90	M45-49	49	Rochester		23:46	07:40
107	170 Marty Roberts	F	17	F50-54	52	Penn Yan	X	23:49	07:41
108	202 Michael Viterise	M	91	M50-54	52	Rochester	X	23:51	07:42
109	191 Walter Standhart	M	92	M65-69	65	Rochester	X	23:57	07:43
110	24 Tracy Bryce	F	18	F35-39	35	Rochester	X	24:06	07:47
111	3 Wilt Alston	M	93	M50-54	51	Rochester	X	24:08	07:47
112	250 Brendon Wolfert	M	94	M20-24	20	Henrietta		24:10	07:48
113	64 Dale Dimick	M	95	M40-44	42	Webster	X	24:13	07:49

114	13	Bill Beyerbach	M	96	M50-54	54	Rochester	X	24:14	07:49
115	147	John Natale	M	97	M40-44	41	Fairport	X	24:14	07:49
116	216	Brian Zimmerman	M	98	M30-34	34	Rochester	X	24:16	07:50
117	231	Mike Beechey	M	99	M35-39	39	Rochester		24:18	07:50
118	82	Tom Gibson	M	100	M45-49	47	Canandigua	X	24:20	07:51
119	86	Karen Godshall	F	19	F45-49	45	Spencerport	X	24:21	07:51
120	260	Michael Ryan	M	101	M30-34	30	Rochester		24:23	07:52
121	97	Stephen Hedges	M	102	M60-64	60	Rochester	X	24:29	07:54
122	256	James Collins	M	103	M30-34	34	Penfield		24:31	07:55
123	169	Ariana Rinderknecht	F	20	F30-34	33	Rochester	X	24:33	07:55
124	94	Mike Hall	M	104	M35-39	39	Rochester	X	24:34	07:55
125	10	Christopher Barry	M	105	M55-59	57	Newark	X	24:37	07:57
126	186	Michael Shortley	M	106	M55-59	55	Fairport	X	24:39	07:57
127	56	Rachael DellaPietra	F	21	F30-34	30	Webster	X	24:41	07:58
128	270	Kenneth Johnson	M	107	M45-49	45	Canandigua		24:42	07:58
129	162	Steven Philips	M	108	M30-34	33	Rochester	X	24:46	07:59
130	16	William A. Borrelli	M	109	M40-44	44	Rochester	X	24:51	08:01
131	21	Novis Brewster	M	110	M50-54	50	Rochester	X	24:53	08:02
132	201	Kera Vanham	F	22	F35-39	36	Rochester	X	24:57	08:03
133	286	Barry Watkins	M	111	M60-64	64		X	25:00	08:04
134	245	Steven Rowe	M	112	M50-54	50	Rochester		25:08	08:07
135	68	Carolyn Eismenman	F	23	F50-54	52	Rochester	X	25:10	08:07
136	133	Brian Matzan	M	113	M30-34	31	Hilton	X	25:27	08:13
137	96	Dudley Hallstead	M	114	M50-54	50	Canandigua	X	25:29	08:13
138	59	Tom Demeyers	M	115	M40-44	42	Palmyra	X	25:31	08:14
139	224	Marlene Paeth	F	24	F45-49	46	Kendall		25:36	08:16
140	279	Bruce Corsetta	M	116	M55-59	56	Rochester		25:38	08:16
141	200	Gary Updyke	M	117	M60-64	61	Pittsford	X	25:46	08:19
142	131	Philip Mann	M	118	M55-59	58	Keuka Park	X	25:51	08:20
143	273	Scott Crosier	M	119	M45-49	45	Brockport		25:59	08:23
144	69	Timothy Elinger	M	120	M45-49	45	Mendon	X	26:03	08:24
145	269	Mary Westfall	F	25	F35-39	37	Walworth		26:06	08:25
146	175	Wes Rosengrant	M	121	M45-49	49	Rochester	X	26:06	08:25
147	184	Anne Shigley	F	26	F20-24	22	Rochester	X	26:08	08:26
148	278	Mark Strassell	M	122	M25-29	25	Pittsford		26:09	08:26
149	139	Lynda McGuire	F	27	F60-64	61	Scottsville	X	26:12	08:27
150	51	Daniel Curtin	M	123	M35-39	38	Cohocton	X	26:17	08:29
151	282	Bob Otto	M	124	M70-74	70	Rochester		26:22	08:30
152	226	Fred Nash	M	125	M45-49	48	Akron		26:23	08:31
153	141	Christina McLyman	F	28	F40-44	42	Rochester	X	26:23	08:31
154	76	Matthew Fleig	M	126	M40-44	43	Rochester	X	26:28	08:32
155	234	Tim Peterson	M	127	M45-49	49	Avoca	X	26:33	08:34
156	114	Rich Kapp	M	128	M35-39	38	Webster	X	26:34	08:34
157	178	Karen Sable	F	29	F50-54	52	Keuka Park	X	26:36	08:35
158	113	Roman T. Kamola	M	129	M40-44	40	Rochester	X	26:46	08:38
159	197	Kathee Tyo	F	30	F30-34	32	Rochester	X	26:51	08:40
160	100	Kathy Henrie	F	31	F55-59	56	Rochester	X	26:51	08:40
161	40	Thomas Collins	M	130	M40-44	44	Pittsford	X	26:53	08:40
162	4	April Amodei	F	32	F45-49	45	Cayuga	X	26:54	08:41
163	220	Theresa Hendrick	F	33	F20-24	21	Rochester		27:01	08:43
164	99	Sean Hendrick	M	131	M45-49	47	Rochester	X	27:01	08:43
165	154	Emily OShea	F	34	F30-34	31	Hilton	X	27:10	08:46
166	163	Frederick Plimpton	M	132	M50-54	54	Rochester	X	27:14	08:47
167	243	Paul Hebert	M	133	M50-54	50	Hilton		27:16	08:48
168	213	Patrick Wilson	M	134	M50-54	53	Bergen	X	27:27	08:51
169	30	Douglas Caswell	M	135	M40-44	40	Penfield	X	27:29	08:52
170	156	Ron Paeth	M	136	M45-49	46	Kendall	X	27:29	08:52
171	112	Arthur Jones	M	137	M55-59	57	Rochester	X	27:38	08:55
172	277	Jennifer Moxa	F	35	F30-34	34	Fairport		27:46	08:57
173	253	Sarah Clements	F	36	F20-24	24	Rush		27:51	08:59

174	70	Krista Aukeman Englert	F	37	F35-39	35	Rochester	X	27:56	09:01
175	38	Earl M. Cliffel	M	138	M70-74	70	Livonia	X	28:00	09:02
176	49	Ann Cunningham	F	38	F45-49	47	Rochester	X	28:02	09:03
177	221	Coley Webb	M	139	M40-44	42	Leroy		28:04	09:03
178	229	Jeffrey Coppini	M	140	M30-34	30	Rochester		28:06	09:04
179	242	Donald Galetto	M	141	M55-59	57	Spencerport		28:07	09:04
180	274	Jennifer Kerr	F	39	F30-34	31	Rochester		28:08	09:04
181	263	Andrea Leri	F	40	F25-29	29	Rochester		28:08	09:04
182	266	Kelly Stevenson	F	41	F25-29	28	Rochester		28:09	09:05
183	26	Michael Burns	M	142	M30-34	32	Rochester	X	28:09	09:05
184	203	Colleen Vorndran	F	42	F35-39	38	Rochester	X	28:11	09:05
185	158	Patricia M. Palmieri - Phelan	F	43	F40-44	41	N. Chili	X	28:16	09:07
186	12	Leisel Bernfield	F	44	F35-39	35	Rochester	X	28:23	09:09
187	88	David Gordon	M	143	M60-64	62	Pittsford	X	28:29	09:11
188	177	Charlie Sabatine	M	144	M75-79	76	Victor	X	28:39	09:15
189	126	Mitzie Lewandowski	F	45	F60-64	62	Rochester	X	28:46	09:17
190	2	Katie Achter	F	46	F25-29	25	Rochester	X	28:50	09:18
191	262	Gary Muisus	M	145	M55-59	57	Rochester		28:55	09:20
192	129	Jane Mahoney	F	47	F60-64	60	Rochester	X	29:00	09:21
193	140	Bill McKay	M	146	M35-39	38	Rochester	X	29:04	09:22
194	276	Melissa Pulcino	F	48	F40-44	40	Rochester		29:08	09:24
195	149	Philip Nelson	M	147	M55-59	58	Victor	X	29:11	09:25
196	275	Maureen Girven	F	49	F19-Under	16	Scottsville		29:16	09:27
197	288	Dave Christa	M	148	M50-54	54	Victor		29:18	09:27
198	240	Michelle Curtin	F	50	F35-39	37	Cohocton		29:19	09:27
199	95	Mark Hall	M	149	M35-39	38	Rochester		29:22	09:28
200	232	Patrick Byrne	M	150	M19-under	13	Sodus		29:23	09:29
201	233	Jack Byrne	M	151	M40-44	43	Sodus		29:24	09:29
202	235	Steve Maier	M	152	M45-49	47	Brockport		29:29	09:31
203	117	Chris Kehoe	M	153	M35-39	39	Churchville	X	29:30	09:31
204	1	Courtney Abeln	F	51	F30-34	34	Rochester	X	29:36	09:33
205	36	Eddy Clark	M	154	M50-54	51	Victor	X	29:39	09:34
206	189	David Smith	M	155	M45-49	46	Hilton	X	29:47	09:37
207	271	Amy Crosier	F	52	F35-39	39	Brockport		30:00	09:41
208	58	Cheyenne DeMarco	F	53	F19-under	19	Nunda	X	30:03	09:42
209	57	Joe DeMarco	M	156	M55-59	55	Nunda	X	30:03	09:42
210	115	Dan Katz	M	157	M55-59	55	Pittsford	X	30:09	09:43
211	124	William Lerkins	F	54	F45-49	49	Rochester	X	30:10	09:44
212	222	Colleen Sears	F	55	F20-24	24	Rochester		30:13	09:45
213	182	Coleen Schofield	F	56	F40-44	41	Rochester	X	30:19	09:47
214	219	Bruce Alexander	M	158	M50-54	51	Webster		30:21	09:47
215	238	Erek Jozefski	M	159	M30-34	33	West Hollywood	X	30:22	09:48
216	46	Lisa Crews	F	57	F40-44	40	Rochester	X	30:28	09:50
217	48	Robert Crumrine	M	160	M60-64	60	Fairport	X	30:47	09:56
218	188	Al Smith	M	161	M70-74	71	Rochester	X	31:05	10:01
219	218	Jim Kaiser	M	162	M50-54	51	Webster		31:12	10:04
220	161	Lisa Peticone	F	58	F40-44	42	Rochester	X	31:20	10:07
221	272	Stacey Crosier	F	59	F19-Under	18	Brockport		31:59	10:19
222	285	Amy Degro	F	60	F30-34	31	Rochester		32:00	10:19
223	284	Jorge Degro Jr.	M	163	M30-34	33	Rochester		32:00	10:19
224	244	Denise Rowe	F	61	F50-54	53	Rochester		32:20	10:26
225	63	David Dilgard	M	164	M55-59	55	Penfield	X	33:15	10:44
226	225	Jim Duffy	M	165	M75-79	77	Rochester		33:22	10:46
227	173	Joanne Rosati	F	62	F70-74	70	North Chili	X	34:06	11:00
228	28	Bob Carafice	M	166	M65-69	66	Rochester	X	34:14	11:03
229	5	Maura Arendt	F	63	F40-44	41	Rochester	X	34:27	11:07
230	246	Melissa Jadlos	F	64	F45-49	48	Avon		36:16	11:42
231	29	Joanne Carr	F	65	F70-74	71	Churchville	X	38:14	12:20
232	265	Sandy Toole	M	167	M20-24	21	-		39:11	12:38
233	146	William Murphy	M	168	M60-64	61	Rochester	X	39:23	12:42

