

**Pound The Ground For Vets 5k**  
**Sunday, August 29th, 2010. Rochester, NY**  
**Timed By YellowJacket Racing**  
**Total Finishers - 193 (112 Male, 81 Female)**

Pos	Bib	Fullname	Gender	M/F	Place	Class	Age	City	FinishTm	Pace
1	168	Kyle Heath	M		1	Overall Male	24	Farmington	13:44	04:26
2	622	Phil Nesbitt	M		2	M20-29	24		16:13	05:14
3	166	Jay Laitenberger	M		3	M30-39	37	Rochester	16:35	05:21
4	153	Edward Juliani	M		4	M40-49	47	Henrietta	17:04	05:30
5	130	Rob Weiner	M		5	M40-49	40	Pittsford	17:14	05:33
6	154	Kenneth Scott	M		6	M40-49	48	Leroy	17:43	05:43
7	26	George Fawcett	M		7	M50-59	50	Rochester	17:44	05:43
8	630	Scott Bagley	M		8	M19UNDER	13	Rochester	17:46	05:44
9	613	Joe Haungs	M		9	M40-49	48	Hilton	17:52	05:46
10	606	Joe Cosci	M		10	M30-39	33	Rochester	18:13	05:52
11	31	Daniel Fletcher	M		11	M40-49	42	Spencerport	18:28	05:57
12	48	Karl Jaanimagi	M		12	M20-29	29	Pittsford	18:31	05:58
13	123	Alan Colton Borrelli	M		13	M40-49	41	Rochester	18:35	06:00
14	151	Tom Duzzon	M		14	M60-69	64	Livonia	18:49	06:04
15	612	Russ Herman	M		15	M40-49	49	Hilton	19:00	06:08
16	625	Jeff Kosakowski	M		16	M19UNDER	15	Livonia	19:20	06:14
17	642	Sean Phillips	M		17	M19UNDER	19	Groveland	19:40	06:21
18	174	Colby Crockford	F		1	Overall Female	25	Newark	19:43	06:22
19	639	Aaron Mosley	M		18	M30-39	30	Rochester	19:46	06:22
20	617	Tom Tufts	M		19	M20-29	25	Rochester	19:49	06:24
21	609	Rick Erb	M		20	M60-69	62	Rushville	19:50	06:24
22	18	Joel Davis	M		21	M20-29	29	Rochester	20:01	06:27
23	624	Mike Swain	M		22	M20-29	29	Lakeville	20:13	06:31
24	77	Damien Metcalfe	M		23	M19UNDER	16	Williamson	20:16	06:32
25	635	Dan Crilly	M		24	M20-29	22	Rochester	20:49	06:43
26	641	Greg Ertel	M		25	M40-49	45	Rochester	20:59	06:46
27	60	Shane LaDue	M		26	M20-29	27	Rochester	21:08	06:49
28	126	Stephanie Lawson	F		2	F20-29	24	Rochester	21:10	06:50
29	161	Warren Stoutz	M		27	M40-49	48		21:14	06:51
30	50	Ken Kaseman	M		28	M30-39	38	East Rochester	21:16	06:52
31	173	Ted Bolan	M		29	M30-39	38	Bloomfield	21:29	06:56
32	104	Lamar Sizer	M		30	M40-49	44	Rochester	21:39	06:59
33	149	Kevin Kennelly	M		31	M50-59	55	Rochester	21:41	07:00
34	610	Pam Johnson	F		3	F40-49	48	Canandaigua	21:49	07:02
35	141	Rich Laudisi	M		32	M50-59	50		21:56	07:05
36	142	Bobby Laudisi	M		33	M19UNDER	14		21:56	07:05
37	118	Mark Vaughn	F		4	F20-29	22	Spencerport	22:03	07:07
38	62	Michael Larche	M		34	M50-59	52	Victor	22:05	07:08
39	139	Chris Cooper	M		35	M30-39	34	Rochester	22:15	07:11
40	633	Martin Miklos	M		36	M40-49	40	Webster	22:18	07:11
41	615	Mike Schultz	M		37	M20-29	28		22:20	07:12
42	143	Tom Hawkins	M		38	M50-59	52	Williamson	22:24	07:13
43	97	Mark Saile	M		39	M19UNDER	13	Williamson	22:29	07:15
44	627	Stephanie Barbeno	F		5	F40-49	46	Fairport	22:31	07:16
45	35	Jennifer Gates	F		6	F30-39	39	Pittsford	22:33	07:17
46	74	Mark McIntyre	M		40	M30-39	35	Hilton	22:35	07:17
47	70	Jim McDonough	M		41	M50-59	51	Gansevoort	22:36	07:18
48	618	Christopher Brown	M		42	M40-49	44	West Henrietta	22:45	07:20

49	17 Tom Crilly	M	43	M40-49	48		22:50	07:22
50	134 Casey Mulroy	F	7	F19UNDER	14	Pittsford	22:57	07:24
51	87 Jason Peterson	M	44	M30-39	36	Rochester	23:07	07:27
52	127 Suzanne Pollard	F	8	F40-49	46	Rochester	23:08	07:28
53	82 Pamela Nudd	F	9	F40-49	49	Greece	23:12	07:29
54	150 Jonathon Hall	M	45	M20-29	23	Greece	23:13	07:29
55	13 Scott Callaghan	M	46	M40-49	46	Holley	23:13	07:29
56	172 Nicole Bolan	F	10	F30-39	35	Spencerport	23:15	07:30
57	91 Devin Preston	M	47	M20-29	27	Pavilion	23:16	07:30
58	632 Roman Divezur	M	48	M40-49	44	Rochester	23:28	07:34
59	115 Lisa Tschiderer	F	11	F40-49	45	Pittsford	23:33	07:36
60	170 Carl Cumille	M	49	M50-59	50	Spencerport	23:41	07:38
61	601 Brad DeVelder	M	50	M20-29	28	Newark	23:46	07:40
62	63 Kasey Lewis	F	12	F20-29	22	Pittsford	23:52	07:42
63	72 Timothy McInerney	M	51	M20-29	28	Rochester	23:52	07:42
64	637 Joseph Rodibaugh	M	52	M30-39	31	West Henrietta	23:58	07:44
65	66 Jim MacKecknie	M	53	M40-49	45	Penfield	24:11	07:48
66	146 Margaret LaDue	F	13	F50-59	56	Ontario	24:19	07:51
67	95 Dennis Roach	M	54	M60-69	63	Hamlin	24:19	07:51
68	28 Brian Ferries	M	55	M50-59	51	Brockport	24:22	07:52
69	85 Laura Peet	F	14	F20-29	27	Rochester	24:22	07:52
70	109 James Stiles	M	56	M30-39	31	rochester	24:35	07:56
71	43 Holly Hindman	F	15	F30-39	34	Rochester	24:37	07:56
72	16 Spencer Cook	M	57	M30-39	35	Rochester	24:37	07:56
73	94 Jason Richards	M	58	M30-39	39	Webster	24:46	08:00
74	628 Emily Rowe	F	16	F30-39	32	N. Chili	24:47	08:00
75	629 Wendy Sears	F	17	F30-39	34	Rochester	24:47	08:00
76	638 Tom Arnone	M	59	M50-59	50	Hilton	24:59	08:03
77	33 Steven Gall	M	60	M40-49	40	Macedon	25:00	08:04
78	107 Stacey Snyder	F	18	F20-29	24	Rochester	25:04	08:05
79	3 Maria Anderson	F	19	F50-59	57	Fairport	25:05	08:05
80	124 Donald Gaiette	M	61	M50-59	58	Spencerport	25:14	08:09
81	76 Kelley McLaughlin	F	20	F40-49	49	Lima	25:23	08:11
82	110 James Stiles	M	62	M60-69	62	rochester	25:29	08:13
83	7 Jon Becker	M	63	M40-49	41	N. Chili	25:30	08:13
84	121 Angela Wozniak	F	21	F20-29	23	Cheektowaga	25:32	08:14
85	160 Michael Storti	M	64	M30-39	30	Rochester	25:35	08:15
86	29 Jacob Fisler	M	65	M19UNDER	12	Webster	25:39	08:16
87	119 Gregory Vleck	M	66	M60-69	61	Rochester	25:40	08:17
88	30 Michele Fisler	F	22	F40-49	42	Webster	25:40	08:17
89	125 Karen Huntley-Romanow	F	23	F50-59	59	Rochester	25:44	08:18
90	636 Tim Hern	M	67	M30-39	33		25:53	08:21
91	114 Julia Taylor	F	24	F20-29	20	Buffalo	25:58	08:23
92	152 Wai Hon Chan	M	68	M19UNDER	19	Shirley	26:07	08:26
93	171 Shawn Bishop	M	69	M20-29	26	Rochester	26:13	08:27
94	75 James McLaughlin	M	70	M50-59	57	Lima	26:22	08:30
95	145 Mike Konzel	M	71	M20-29	25	Pittsford	26:30	08:33
96	144 Mike Keating	M	72	M60-69	61	Rochester	26:30	08:33
97	169 Ken Hurley	M	73	M40-49	43	Webster	26:34	08:34
98	616 Steven Mowers	M	74	M40-49	44	Williamson	26:36	08:35
99	102 Melissa Scialdone	F	25	F40-49	40	Rochester	26:44	08:37
100	92 Deborah Raymond	F	26	F40-49	47	Rochester	26:48	08:39
101	162 Dennis Froio	M	75	M40-49	46	Macedon	26:50	08:39
102	34 Richard Gardner	M	76	M30-39	36	Hemlock	26:52	08:40
103	9 John Buckley	M	77	M50-59	54	Honeoye Falls	26:52	08:40

104	58 Michael Kozlowski	M	78	M40-49	49	Penfield	26:58	08:42
105	138 William Lerkins	M	79	M40-49	49	Rochester	27:07	08:45
106	21 Julie D'Ovidio	F	27	F30-39	36	Rochester	27:11	08:46
107	159 Al Smith	M	80	M70-79	72	Rochester	27:16	08:48
108	42 Warren Hern	M	81	M50-59	58	Rochester	27:17	08:48
109	5 Krista Aukeman Englert	F	28	F30-39	36	Rochester	27:34	08:53
110	81 Matthew Nauerth	M	82	M20-29	23	Brockport	27:55	09:00
111	614 Dennis Mowers	M	83	M19UNDER	13	Williamson	28:01	09:02
112	93 Tiffany Reichman	F	29	F20-29	29	Rochester	28:06	09:04
113	24 Elizabeth Escobar	F	30	F20-29	26	Rochester	28:07	09:04
114	25 Joseph Escobar	M	84	M20-29	25	Rochester	28:07	09:04
115	132 Grethel Mulroy	F	31	F40-49	40	Pittsford	28:07	09:04
116	101 Jonathan Schmidt	M	85	M40-49	40	Rochester	28:09	09:05
117	6 Elaine Bagley	F	32	F30-39	35	Rochester	28:10	09:05
118	22 Nicole Dunshie	F	33	F20-29	22	Rochester	28:25	09:10
119	619 Melissa Tanger-Brown	F	34	F40-49	43	West Henrietta	28:49	09:18
120	133 Chris Mulroy	M	86	M40-49	44	Pittsford	28:52	09:19
121	98 Tom Saile	M	87	M19UNDER	13	Williamson	29:02	09:22
122	47 Megin Insalaco	F	35	F30-39	33	Rochester	29:03	09:22
123	65 Michael Lupiani	M	88	M50-59	54	Rochester	29:06	09:23
124	79 Heidi Montondo	F	36	F30-39	39	Williamson	29:08	09:24
125	605 Alyssa Truelove	F	37	F30-39	30		29:24	09:29
126	631 Iryna Divezur	F	38	F30-39	37	Rochester	29:37	09:33
127	38 Sarah Guagliardi	F	39	F20-29	28	Cheektowaga	29:41	09:34
128	80 Tim Montondo	M	89	M40-49	42	Williamson	29:53	09:38
129	634 Laura Bobin	F	40	F20-29	28	Penfield	29:53	09:38
130	86 Tina Pellegrin	F	41	F30-39	36	Rochester	30:08	09:43
131	117 Kathleen Vaughn	F	42	F50-59	55	Spencerport	30:28	09:50
132	611 Susan Shay	F	43	F50-59	52	Canandaigua	30:28	09:50
133	140 Adrienne Cooper	F	44	F30-39	32	Rochester	30:41	09:54
134	36 Donald Gibson	M	90	M50-59	54	Rochester	30:56	09:59
135	163 Norman Congdon	M	91	M60-69	66	Fairport	31:38	10:12
136	39 Virginia (Ginny) Gullo	F	45	F60-69	64	Fairport	31:46	10:15
137	167 Matt Zeller	M	92	M30-39	28	Victor	31:53	10:17
138	156 Jeremy Basley	M	93	M30-39	33		31:53	10:17
139	73 Loretta McIntyre	F	46	F30-39	30	Hilton	32:04	10:21
140	604 Allison Linskey	F	47	F19UNDER	9	Rochester	32:08	10:22
141	603 Julia Linskey	F	48	F19UNDER	11	Rochester	32:14	10:24
142	602 Todd Linskey	M	94	M30-39	39	Rochester	32:17	10:25
143	96 Sergio Rodriguez	M	95	M30-39	30	Buffalo	32:20	10:26
144	12 Jennifer Butler	F	49	F30-39	33	Rochester	32:31	10:29
145	122 Norm Greiner	M	96	M	70	Rochester	32:50	10:35
146	147 Hui Mien Lee	F	50	F30-39	30	Rochester	32:54	10:37
147	148 Karen Morris	F	51	F60-69	60	Rochester	32:59	10:38
148	100 Tim Schliff	M	97	M30-39	36	Churchville	33:01	10:39
149	44 Crystal Holm	F	52	F40-49	49	Rochester	33:24	10:47
150	11 Lara Hasse	F	53	F20-29	29	Rochester	33:32	10:49
151	27 Allison Feasey	F	54	F40-49	43	Rochester	33:47	10:54
152	37 Bob Guagliardi	M	98	M20-29	29	Cheektowaga	34:18	11:04
153	59 Kenneth Kraus	M	99	M30-39	30	Rochester	34:18	11:04
154	607 Elizabeth Dunn Marshall	F	55	F40-49	44	Rush	34:51	11:15
155	136 Steven Hanson	M	100	M60-69	63	Derby	34:57	11:17
156	137 Andrew Hanson	M	101	M60-69	61	Caledonia	34:57	11:17
157	99 Julia Schliff	F	56	F30-39	37	Churchville	34:57	11:17
158	623 Jolie Pilat	F	57	F30-39	34		35:17	11:23

159	56 Brian Kowalczyk	M	102	M20-29	25	Rochester	35:40	11:30
160	53 Mary Alice Keller	F	58	F50-59	52	Pittsford	36:06	11:39
161	164 Nate Talley	M	103	M19UNDER	9	Bloomfield	36:09	11:40
162	175 Bambi Barnard-Talley	F	59	F30-39	39	Bloomfield	36:14	11:41
163	131 Melissa Jadlos	F	60	F40-49	49	Avon	36:42	11:50
164	129 Bernadette Smith	F	61	F50-59	52	Spencerport	37:02	11:57
165	120 Carla Wahls	F	62	F40-49	48	Batavia	38:21	12:22
166	19 Sue DeRosa	F	63	F50-59	56	Penfield	38:24	12:23
167	32 Laurel Frenette	F	64	F40-49	49	Groveland	38:24	12:23
168	71 Ronnie McGee	M	104	M50-59	51	Rochester	38:29	12:25
169	57 Peter Kowalczyk	M	105	M50-59	58	Ferndale	38:43	12:29
170	90 Michael Pope	M	106	M40-49	49	Webster	39:11	12:38
171	89 Kristine Pope	F	65	F40-49	43	Webster	39:11	12:38
172	626 Nancy Lopez	F	66				40:15	12:59
173	608 Karen Wolgast	F	67	F40-49	40	Henrietta	40:44	13:08
174	113 Wendy Sullivan	F	68	F50-59	57	Rochester	42:48	13:48
175	112 Peter Sullivan	M	107	M60-69	65	Rochester	42:51	13:49
176	20 Lan Diep	F	69	F20-29	29	Rochester	45:54	14:48
177	78 Lisa Minchak	F	70	F40-49	48	Rochester	45:54	14:48
178	4 Andy Asproulis	M	108	M60-69	64	Rochester	46:00	14:50
179	69 Michael Mateo	M	109	M50-59	50	Rochester	46:01	14:51
180	155 Hannah Henderson	F	71	F19UNDER	10	Penfield	46:06	14:52
181	40 Ali Henderson	F	72	F19UNDER	14	Penfield	46:06	14:52
182	41 Gregg Henderson	M	110	M40-49	47	Penfield	46:09	14:53
183	157 Michael Flynn	M	111	M20-29	26	Rochester	48:36	15:41
184	158 Angelynn Flynn	F	73	F20-29	24	Rochester	48:37	15:41
185	54 Mary Kieffer	F	74	F60-69	63	Rochester	50:30	16:17
186	45 Peg Hurst	F	75	F60-69	60	Spencerport	50:30	16:17
187	51 James Keene	M	112	M40-49	45	Rochester	51:22	16:34
188	52 Patricia Keene	F	76	F40-49	46	Rochester	51:24	16:35
189	640 Jessica Caramellen	F	77	F20-29	23	Rochester	53:04	17:07
190	103 Janet Sformo	F	78	F40-49	48	Spencerport	53:46	17:21
191	116 Sandy Tyler	F	79	F60-69	66	Rochester	53:46	17:21
192	108 Terry Steele	F	80	F30-39	39	Brockport	55:09	17:47
193	83 Deann Osborne	F	81	F50-59	51	Rochester	55:09	17:48