

**Shamrock 5k**  
**Saturday, September 25th, 2010 Rochester, NY**  
**Timed By YellowJacket Racing**  
**Total Finishers - 237 (85 Male, 71 Female)**

Pos	Bib	Fullname	Gender	M/F	Place	Class	Age	City	Time	Pace
1	79	Travis Kroot	M		1	Overall Male	21	Rochester	15:08	04:53
2	217	Jimmy Rogers	M		2	M20-29	20	Rochester	15:35	05:02
3	44	Jonathan Cyganik	M		3	M19UNDER	17	Scottsville	15:48	05:06
4	163	David Zuckerman	M		4	M19UNDER	19	Rochester	15:51	05:07
5	247	Chanse Hungerford	M		5	M20-29	22	Rochester	16:02	05:10
6	186	Matt Domenick	M		6	M20-29	20	Philadelphia	16:56	05:28
7	93	Lorenzo Mendez	M		7	M20-29	20	Brooklyn	17:26	05:37
8	124	Jon Richardson	M		8	M19UNDER	19	Syracuse	17:44	05:43
9	12	Mike Beato	M		9	M20-29	20	Getzville	17:59	05:48
10	35	Brian Cool	M		10	M40-49	45	Rochester	18:00	05:49
11	255	Matthew Schulman	M		11	M20-29	20	Chevy Chase	18:16	05:54
12	24	Ki Cheng	M		12	M19UNDER	19	Rochester	18:25	05:56
13	121	Lucas Piazza	M		13	M20-29	20	Rochester	18:34	05:59
14	90	Brandon McDonald	M		14	M19UNDER	19	Rochester	18:35	06:00
15	9	Zack Bacher	M		15	M20-29	21	East Rochester	18:48	06:04
16	85	Michael Longley	M		16	M20-29	21	Madison	19:08	06:10
17	84	Mitchell Long	M		17	M19UNDER	19	Rochester	19:12	06:12
18	254	Matthew Stillman	M		18	M19UNDER	19	Palmyra	19:17	06:13
19	231	Adam Ginsberg	M		19	M19UNDER	19	Arlington	19:24	06:16
20	53	Eric Dong	M		20	M19UNDER	19	Greeley	19:28	06:17
21	219	Elie Farah	M		21	M20-29	20	Rochester	19:33	06:19
22	75	Yupeng Jia	F		1	Overall Female	29	Rochester	19:36	06:19
23	129	Stephanie Schwartz	F		2	F20-29	21	Rochester	19:48	06:23
24	182	Lawrence Barrett	M		22	M19UNDER	18	Portland	19:52	06:25
25	72	Chris Haynes	M		23	M20-29	21	Malden	19:54	06:25
26	142	Travis Talerico	M		24	M19UNDER	19	Rome	19:57	06:26
27	162	Evan Zorowitz	M		25	M20-29	20	West Husky	19:57	06:26
28	95	Jacob Mitchell	M		26	M20-29	21	Akron	20:10	06:30
29	250	250 250			?				20:12	06:31
30	59	William Finnie	M		27	M20-29	20	Wilton	20:14	06:32
31	263	Andrew Wescott	M		28	M20-29	20	Rochester	20:14	06:32
32	270	270 270			78				20:23	06:35
33	223	Sean Hendrick	M		29	M40-49	48	Rochester	20:30	06:37
34	18	Alissa Brill	F		3	F20-29	20	Needham	20:37	06:39
35	234	James Pendergrast	M		30	M20-29	21	Rome	20:44	06:41
36	98	David Narrow	M		31	M20-29	20	Owings Mills	20:48	06:43
37	253	Brian Rock	M		32	M20-29	20	Pittsford	20:55	06:45
38	185	Erin Schnellinger	F		4	F19UNDER	19	Rochester	20:56	06:45
39	82	Ruth Lindemann	F		5	F19UNDER	18	Syracuse	21:02	06:47
40	168	Kathleen Reto	F		6	F20-29	23	Hamlin	21:23	06:54
41	216	Casey Gould	M		33	M19UNDER	18	Portland	21:29	06:56
42	58	Sheridan Finnie	F		7	F19UNDER	18	Wilton	21:29	06:56
43	137	Joe Soucy	M		34	M19UNDER	18	Rochester	21:32	06:57
44	256	256 256			?				21:33	06:57
45	49	Colin Desrosiers	M		35	M20-29	20	Webster	21:35	06:58
46	133	Dan Shedd	M		36	M20-29	21	Rochester	21:36	06:58
47	179	Spencer Luke	M		37	M20-29	21	Rochester	21:36	06:58
48	218	Don Reto	M		38	M50-59	50	Hamlin	21:40	06:59
49	251	Andrew Katz	M		39	M20-29	21		21:41	07:00
50	141	Nobiru Suzuki	F		8	F19UNDER	19	Williamsville	21:44	07:01

51	229	Tom Turtaglia	M	40	M20-29	23	Webster	21:45	07:01
52	245	Nubari Kogbara	M	41	M20-29	21	St. Louis	21:46	07:01
53	184	Jerome Natuddies	M	42	M20-29	20	Rochester	21:46	07:01
54	215	Ryan Baptiste	M	43	M19UNDER	18	Chapel Hill	21:52	07:03
55	153	Zuzana Vuova	F	9	F19UNDER	19	Rochester	21:58	07:05
56	177	Travis Block	M	44	M20-29	20	Rochester	22:18	07:12
57	180	John Killoren	M	45	M20-29	22	Rochester	22:18	07:12
58	20	Kate Canny	M	46	M20-29	20	Rochester	22:19	07:12
59	88	Ian Manwaring	M	47	M19UNDER	19	Pulaski	22:21	07:13
60	150	Adam Towsley	M	48	M20-29	29	Brighton	22:28	07:15
61	248	248 248		?				22:30	07:15
62	154	Jackie Walker	M	49	M19UNDER	19	Rochester	22:32	07:16
63	21	Sarah Canny	F	10	F19UNDER	19	Binghamton	22:51	07:22
64	191	Susan Adler	F	11	F20-29	21	Wayland	22:53	07:23
65	222	Ashley Wilson	F	12	F20-29	21	Rochester	22:56	07:24
66	224	Christopher Mackoul	M	50	M19UNDER	19	Lake Loral	22:58	07:25
67	214	Greg Nasso	M	51	M20-29	22	Rochester	23:04	07:26
68	26	Kathie Chiz	F	13	F40-49	46	Amherst	23:09	07:28
69	269	Katie Braun	F	14	F20-29	21		23:13	07:29
70	230	John Breeze	M	52	M30-39	36	Auburn	23:14	07:30
71	10	Trevor Baisden	M	53	M20-29	20	Rittman	23:24	07:33
72	193	Michael Skarlinski	M	54	M20-29	21	Erie	23:25	07:33
73	187	Dontae Mears	M	55	M20-29	20	Rochester	23:28	07:34
74	239	Kathryn Hunt	F	15	F20-29	21	Wading River	23:35	07:37
75	78	Jennifer Kraus	F	16	F30-39	35	Rochester	23:46	07:40
76	38	Brittany Crowley	F	17	F20-29	22	Rochester	23:59	07:44
77	127	Nick Rogers	M	56	M30-39	32	Rochester	24:01	07:45
78	6	Rich Ashford	M	57	M20-29	23	Rochester	24:01	07:45
79	227	Robert Franklin	M	58	M30-39	31	Poplar Ridge	24:03	07:46
80	73	Sandy Herrera	F	18	F20-29	27	Rochester	24:20	07:51
81	74	Kayleigh Hogan	F	19	F20-29	20	Geneva	24:21	07:51
82	135	Sarah Skinner	F	20	F19UNDER	18	Osweyo	24:21	07:51
83	36	Beth Coughlin	F	21	F20-29	20	Rochester	24:24	07:52
84	249	Alexander Murray	M	59	M19UNDER	18	Morristown	24:25	07:53
85	164	Allison Nichols	F	22	F30-39	36	Rochester	24:34	07:56
86	233	Kate Solano	F	23	F30-39	31	Rochester	24:35	07:56
87	5	Evan Alter	M	60	M20-29	20	Rochester	24:35	07:56
88	130	Philip Sellstrom	M	61	M19UNDER	19	Rochester	24:35	07:56
89	235	Thaddeus Hokula	M	62	M20-29	21	Catskill	24:37	07:56
90	197	Keith Lippert	M	63	M20-29	21	Whitestone	24:37	07:56
91	228	Grace Weinstein	F	24	F20-29	20		25:03	08:05
92	213	Steven Senger	M	64	M20-29	28	Rochester	25:08	08:07
93	149	Russell Tobias	M	65	M19UNDER	19	Elmsford	25:38	08:16
94	143	Sarah Tannery	F	25	F20-29	21	Rochester	25:45	08:19
95	3	Jill Adler	F	26	F20-29	20	Short Hills	25:50	08:20
96	210	Hayley Craner	F	27	F20-29	21	Syracuse	25:50	08:20
97	226	Kristen Shanley	M	66	M40-49	44	Rochester	25:52	08:20
98	165	Cheryl Seligman	F	28	F20-29	20	Rochester	25:52	08:21
99	212	Krystal Taylor	F	29	F20-29	27	Rochester	25:54	08:21
100	262	Taryn Mockus	F	30	F19UNDER	19		26:08	08:26
101	14	Colleen Blanton	F	31	F19UNDER	19	Lubbock	26:18	08:29
102	252	Daniel Schernfeld	M	67	M19UNDER	19	New Rochelle	26:32	08:34
103	241	Kevin Kolbay	M	68	M20-29	21	Delmar	26:49	08:39
104	99	Ashley Nelson	F	32	F19UNDER	19	Aspen	26:53	08:40
105	225	Maya Godbole	F	33	F20-29	20		26:53	08:40
106	71	Bridget Hannon	F	34	F19UNDER	18	Riverside	27:03	08:44

107	61	Louisa Gag	F	35	F20-29	20	Rochester	27:03	08:44
108	238	Lizzy Sieverding	F	36	F20-29	20		27:06	08:44
109	138	Marissa Stanger	F	37	F19UNDER	18	Rochester	27:09	08:46
110	259	Jessica Specht	F	38	F19UNDER	19		27:12	08:46
111	201	Evalyn Gleason	F	39	F19UNDER	19	Rochester	27:12	08:46
112	246	246 246		?				27:18	08:49
113	62	Katarina Gardner	F	40	F20-29	21	North Ridgeville	27:19	08:49
114	273	Bryan Eisenberg	M	69	M20-29	22	Pittsford	27:35	08:54
115	19	Deepa Brown	F	41	F30-39	37	Victor	27:44	08:57
116	152	Susanna Virgilio	F	42	F20-29	20	Rochester	27:52	08:59
117	87	Sura Lutvak	F	43	F19UNDER	19	Rochester	28:02	09:03
118	272	Margaret Gould	F	44	F20-29	22	Pittsford	28:03	09:03
119	243	Jack McAndrew	M	70	M19UNDER	19	Syracuse	28:16	09:07
120	97	Andrea Morrell	F	45	F20-29	20	Marilla	28:18	09:08
121	221	Amy Postal	F	46	F19UNDER	18		29:10	09:25
122	46	Melanie Day	F	47	F20-29	25	Rochester	29:25	09:29
123	118	James Parry	M	71	M20-29	27	Amherst	29:26	09:30
124	220	Kathleen Shannon	F	48	F19UNDER	19		29:35	09:33
125	200	Jackie Gardner	F	49	F19UNDER	17	Rye	30:01	09:41
126	151	Catherine Towsley	F	50	F30-39	31	Brighton	31:17	10:05
127	240	Amy Flack	F	51	F30-39	35		31:17	10:06
128	8	Natalie Astor	F	52	F19UNDER	18	Potomac	31:22	10:07
129	211	Ariana Goodman	F	53	F19UNDER	18	Rochester	31:22	10:07
130	208	Natalie Karafiol	F	54	F19UNDER	18	Scarsdale	31:23	10:07
131	242	242 242		?				31:23	10:07
132	83	Julia Liston	F	55	F20-29	20	Medina	31:29	10:09
133	4	Birx Allen	F	56	F20-29	20	Syracuse	31:29	10:09
134	91	Chelsea McMahon	F	57	F19UNDER	18	Rochester	32:01	10:20
135	117	Olga Nikolayeva	F	58	F19UNDER	18	Rochester	32:01	10:20
136	166	Kenneth Coleman	M	72	M30-39	31	Rochestter	32:29	10:29
137	41	Diane Cunningham	F	59	F50-59	51	Pittsford	33:46	10:53
138	15	Cheryl Bodensteiner	F	60	F50-59	53	Rochester	34:41	11:11
139	295	295 295		?				37:42	12:10
140	139	Brett Sternfield	M	73	M20-29	21	Rochester	37:42	12:10
141	167	Margaret Coleman	F	61	F30-39	30	Rochester	39:54	12:52
142	68	Hilary Grayko	F	62	F30-39	36	Rochester	40:17	13:00
143	37	Kevin Cousin	M	74	M30-39	33	Rochester	40:18	13:00
144	131	Elyssa Sham	F	63	F19UNDER	19	Rochester	46:13	14:55
145	237	237 237		84				46:13	14:55
146	181	Stephanie Dworkin	F	64	F19UNDER	18	Newton	46:13	14:55
147	156	Jennifer Weintraub	F	65	F20-29	20	Rochester	46:36	15:02
148	257	257 257		?				46:50	15:06
149	170	Becky Young	F	66	F19UNDER	18	New Rochelle	46:50	15:06
150	173	Jenna Hart	F	67	F19UNDER	18	Villanova	46:50	15:06
151	172	Johanna Goldman	F	68	F19UNDER	18	Short Hills	46:50	15:07
152	76	Jenna Kole	F	69	F19UNDER	18	Reston	47:33	15:20
153	260	Marion Ting	F	70	F19UNDER	18	Glen Rock	47:34	15:21
154	232	Marissa Balonon-Rosen	F	71	F19UNDER	19	Rochester	51:25	16:35
155	209	Terrance Dolan	M	75	M19UNDER	19	Glen Rock	51:26	16:35
156	202	Calvin Yoon	M	76	M19UNDER	18	Wayne	51:26	16:36