

Fleet Feet Sports Spring Forward Distance Run 15K Presented by Mizuno
Sunday April 5, 2009 Stewart Lodge, Mendon Ponds Park, Mendon, NY
378 Finishers(250 Male, 127 Female, 1 Unknown)
Timed and Produced by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Total	Pace
Overall Female								
	1	38 Trisha Byler	F	Overall Female	24	Rochester	0:59:14	06:22
	2	75 Jennie Donofrio	F	Overall Female	24	Irondequoit	0:59:42	06:25
	3	29 Karen Blodgett	F	Overall Female	32	Fairport	1:00:31	06:30
Overall Male								
	1	133 Neal Holtschulte	M	Overall Male	25	Rochester	0:49:14	05:17
	2	376 Dave Bradshaw	M	Overall Male	30	Macedon	0:50:10	05:23
	3	395 Ryan Pauling	M	Overall Male	32	Rochester	0:50:47	05:27
F19UNDER								
	1	250 Katie Saxton	F	F19UNDER	15	Spencerport	1:15:14	08:05
F20-24								
	1	383 Mary Hankin	F	F20-24	23	Canandaigua	1:10:26	07:34
	2	363 Holly Savage	F	F20-24	22	Farmington	1:11:04	07:38
	3	246 Kristen Ryan	F	F20-24	24	Rochester	1:12:38	07:48
	4	269 Colleen Tomasso	F	F20-24	24	Buffalo	1:16:10	08:11
	5	194 Kim Melchert	F	F20-24	21	Rochester	1:17:47	08:21
	6	368 Jeannine Rossi	F	F20-24	24	Clifton Springs	1:22:12	08:49
	7	24 Leah Bennett	F	F20-24	23	Buffalo	1:25:27	09:10
	8	391 Heather Enos	F	F20-24	24	Canandaigua	1:27:42	09:25
	9	249 Allison Sams	F	F20-24	22	Rochester	1:29:11	09:34
F25-29								
	1	91 Laura Feller	F	F25-29	29	Rochester	1:05:28	07:02
	2	71 Christina deVries	F	F25-29	28	Rochester	1:06:53	07:11
	3	178 Elizabeth Madore	F	F25-29	28	Rochester	1:06:53	07:11
	4	156 Holly Kuzmiak	F	F25-29	26	Rochester	1:12:05	07:44
	5	53 Carly Costanza	F	F25-29	28	Rochester	1:13:54	07:56
	6	158 Joanna Laker	F	F25-29	25	Pittsford	1:17:45	08:21
	7	215 Rae Pellegrino	F	F25-29	26	Fariport	1:19:42	08:33
	8	283 Mary Vosburgh	F	F25-29	25	Rochester	1:20:37	08:39
	9	299 Michelle Wright	F	F25-29	25	Rochester	1:21:26	08:45
	10	226 Nicole Pulcino	F	F25-29	28	Rochester	1:24:18	09:03
	11	378 Laura Kassel	F	F25-29	27	Rochester	1:26:13	09:15
	12	398 Erica Mason	F	F25-29	27	Rochetser	1:31:42	09:51
	13	327 Janelle Bosco	F	F25-29	28	Rochester	1:33:51	10:05
	14	358 Kristen Sharp	F	F25-29	28	Gananda	1:36:59	10:25
	15	340 Kate Rouse	F	F25-29	26	Rochester	1:47:41	11:34
F30-34								
	1	37 Nicole Busschaert	F	F30-34	32	East Rochester	1:09:15	07:26
	2	70 Christine Deutsch	F	F30-34	34	Rochester	1:11:45	07:42
	3	151 Susan Kindel	F	F30-34	31	Rochester	1:15:45	08:08
	4	389 Andrea Zaffino	F	F30-34	30	Rochester	1:16:54	08:15
	5	64 Kirsten Davis	F	F30-34	34	Rochester	1:18:06	08:23
	6	9 Jessica Askin	F	F30-34	30	Geneva	1:20:05	08:36
	7	62 Heather Danielson	F	F30-34	34	Rochester	1:20:34	08:39
	8	209 Emily OShea	F	F30-34	30	Hilton	1:20:37	08:39
	9	149 Jennifer Kerr	F	F30-34	30	Rochester	1:20:55	08:41
	10	382 Sharo Maddock	F	F30-34	30	Henrietta	1:21:06	08:42
	11	304 Valerie Zombek	F	F30-34	34	Webster	1:21:16	08:43
	12	295 Mary Winters	F	F30-34	31	Webster	1:21:55	08:48
	13	69 Rachael Della Pietra	F	F30-34	30	Webster	1:23:13	08:56

14	161	Erin Lawless	F	F30-34	30	Buffalo	1:25:48	09:13
15	45	Jennifer Chen	F	F30-34	30	Rochester	1:27:25	09:23
16	131	Cheryl Hokula	F	F30-34	31	Webster	1:28:32	09:30
17	235	Michelle Rioux	F	F30-34	32	Rochester	1:31:42	09:51
18	165	Sarah Lephart	F	F30-34	31	Rochester	1:34:40	10:10
19	183	Jennifer Maxa	F	F30-34	33	Fairport	1:35:19	10:14
20	3	Courtney Abeln	F	F30-34	33	Rochester	1:38:30	10:34
21	96	Michelle French	F	F30-34	30	Rochester	1:39:46	10:43
22	4	Heidi Aguiar	F	F30-34	31	Hamlin	1:42:41	11:01
23	321	Erika Asquito	F	F30-34	30	Honeoye	1:44:07	11:11
24	256	Maria Shivell	F	F30-34	31	Churchville	1:49:10	11:43

F35-39

1	80	Rebecca Duberry	F	F35-39	38	Rochester	1:03:49	06:51
2	298	Dana Woody	F	F35-39	39	Webster	1:04:16	06:54
3	40	Josie Cancilla-Spadafora	F	F35-39	37	Rochester	1:06:10	07:06
4	384	Ken Goold	M	F35-39	38	Lima	1:08:56	07:24
5	313	Rachel Wolfe	F	F35-39	38	Webster	1:10:49	07:36
6	397	Jennifer Fosegan	F	F35-39	36	Fairport	1:14:57	08:03
7	293	Dina Williams	F	F35-39	39	Victor	1:17:52	08:22
8	262	Michele Spampinato	F	F35-39	38	Victor	1:17:53	08:22
9	224	Tiffany Polino	F	F35-39	35	Fairport	1:18:45	08:27
10	2	Wendy Abbott	F	F35-39	35	Rochester	1:18:54	08:28
11	270	Marybeth Tonkery	F	F35-39	36	Livonia	1:19:23	08:31
12	243	Michele Rowcliffe	F	F35-39	38	Farmington	1:28:29	09:30
13	231	Laura Rebell Gross	F	F35-39	36	Rochester	1:29:51	09:39
14	167	Kimberly Levitsky	F	F35-39	38	Rochester	1:30:33	09:43
15	76	Shannon Dotts	F	F35-39	35	Rochester	1:36:19	10:20
16	369	Leslie Lusk	F	F35-39	39	Rochester	1:41:04	10:51
17	10	Nicole Askin	F	F35-39	37	Geneva	1:44:06	11:11
18	19	Nicole Bayly Henshaw	F	F35-39	35	Scottsville	1:44:53	11:16
19	255	Deirdre Shaughnessy	F	F35-39	39	Reston	1:54:55	12:20

F40-44

1	229	Jennifer Rea	F	F40-44	43	Rush	1:01:36	06:37
2	297	Mary Wojnowski	F	F40-44	41	Rochester	1:12:03	07:44
3	11	Ellen Bailey	F	F40-44	42	Fairport	1:14:46	08:02
4	367	Allice Nichols	F	F40-44	43	Fairport	1:18:32	08:26
5	175	Bonnie Mace	F	F40-44	41	Rochester	1:19:35	08:33
6	266	Stefani Szalay-Domm	F	F40-44	43	Rochester	1:22:09	08:49
7	352	Kerri Brown	F	F40-44	40	Pittsford	1:22:15	08:50
8	28	Kimberlee Blied	F	F40-44	44	Webster	1:25:46	09:12
9	335	Diane Prystajko	F	F40-44	44	Spencerport	1:26:25	09:17
10	211	Patricia Palmeri-Phelan	F	F40-44	40	North Chili	1:27:28	09:23
11	20	Nancy Beach	F	F40-44	43	Conesus	1:29:57	09:39
12	330	Kimberly Gaylord	F	F40-44	43	Avon	1:33:33	10:03
13	14	Pamela Baker-Hopkins	F	F40-44	44	Geneseo	1:34:46	10:10
14	77	Heather Dougherty	F	F40-44	43	Rochester	1:38:36	10:35
15	111	Molly Golebiewski	F	F40-44	44	Rochester	1:38:53	10:37
16	350	Beth Ormsby	F	F40-44	43	Penfield	1:39:06	10:38
17	171	Cindy Logan	F	F40-44	42	Farmington	1:44:08	11:11
18	109	Donna Gocher	F	F40-44	42	Churchville	1:46:02	11:23
19	219	Lisa Perticone	F	F40-44	41	Rochester	1:48:10	11:37
20	245	Christina Ruhland	F	F40-44	40	North Chili	1:48:37	11:40
21	7	Maura Arendt	F	F40-44	41	Rochester	1:48:52	11:41

F45-49

1	65	Beth DeCiantis	F	F45-49	46	Rochester	1:04:54	06:58
2	95	Anna Fox	F	F45-49	48	Palmyra	1:10:21	07:33
3	212	Theresa Palmieri	F	F45-49	45	Buffalo	1:12:10	07:45
4	408	Marie White	F	F45-49	48	Henrietta	1:14:09	07:58
5	5	Diane Ahlman	F	F45-49	47	Rochester	1:16:59	08:16
6	282	Julia Varble	F	F45-49	46	Henrietta	1:17:00	08:16

7	186	Jan McCullough	F	F45-49	49	Spencerport	1:19:04	08:29
8	230	Kathy Reardon	F	F45-49	47	Honeoye Falls	1:20:35	08:39
9	225	Carolyn Privitera-Gage	F	F45-49	48	W. Henrietta	1:21:00	08:42
10	141	Debbie Jerris	F	F45-49	46	Livonia	1:22:04	08:49
11	348	Lauren Frank	F	F45-49	46	Ontario	1:52:54	12:07

F50-54

1	337	Darlene Saeva	F	F50-54	50	Rochester	1:11:30	07:41
2	232	Jean Regan	F	F50-54	51	Cazenovia	1:16:40	08:14
3	155	Karen Kryder	F	F50-54	52	Rochester	1:18:04	08:23
4	238	Marty Roberts	F	F50-54	52	Penn Yan	1:18:13	08:24
5	177	MaryAnne MacIntosh	F	F50-54	50	Manlius	1:21:38	08:46
6	284	Mary Warchocki	F	F50-54	52	Rochester	1:21:54	08:48
7	361	Annie Schuster	F	F50-54	53	Collins	1:23:26	08:57
8	399	Heidi Nelson	F	F50-54	50	Pittsford	1:24:09	09:02
9	84	Carol Eisenman	F	F50-54	51	Rochester	1:24:55	09:07
10	287	Eileen Weinpress	F	F50-54	54	Spencerport	1:25:06	09:08
11	103	Julie Giambrone	F	F50-54	52	Spencerport	1:28:06	09:27
12	281	Elaine VanOverbake	F	F50-54	52	Fairport	1:32:31	09:56
13	119	Kathleen Hall	F	F50-54	50	Victor	1:32:48	09:58
14	128	Mary Ellen Hill	F	F50-54	50	Rochester	1:39:45	10:42
15	205	Juliann Nelson	F	F50-54	50	Victor	1:45:25	11:19

F55-59

1	118	Cheryl Guth	F	F55-59	55	Rochester	1:14:31	08:00
2	140	Charlotte Jaanimagi	F	F55-59	56	Pittsford	1:21:34	08:45
3	174	Anne Lytwynec	F	F55-59	55	Farmington	1:22:25	08:51
4	22	Judy Beers	F	F55-59	56	Honeoye Falls	1:23:12	08:56
5	126	Kathy Henrie	F	F55-59	55	Rochester	1:29:00	09:33
6	136	Karen Huntley-Romanow	F	F55-59	58	Rochester	1:38:54	10:37

F60-64

1	190	Lynda McGuire	F	F60-64	61	Scottsville	1:19:52	08:34
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F65-69

1	315	Joan Rosati	F	F65-69	68	N. Chili	1:54:11	12:15
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F70UP

1	42	Joanne Carr	F	F70UP	70	Churchville	1:59:44	12:51
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M19UNDER

1	396	Luke Perry	M	M19UNDER	18	Rochester	1:01:32	06:36
2	371	Robert Watson	M	M19UNDER	19	Rochester	1:05:18	07:01
3	115	Jeff Green	M	M19UNDER	17	Rochester	1:05:21	07:01
4	370	Josh Kramer	M	M19UNDER	18	Rochester	1:05:41	07:03
5	88	Josh Esterley	M	M19UNDER	19	Rochester	1:06:25	07:08
6	373	Brandon Niescier	M	M19UNDER	18	Lancaster	1:06:31	07:08
7	322	Dylan Heuer	M	M19UNDER	19	Des Moines	1:15:34	08:07
8	393	Matthew Lace	M	M19UNDER	13	Webster	1:21:18	08:44
9	372	Brendan Wofert	M	M19UNDER	19	Rochester	1:22:49	08:53

M20-24

1	386	Phil Nesbitt	M	M20-24	22	Churchville	0:58:13	06:15
2	375	Josh Thomson	M	M20-24	20	Rochester	1:06:21	07:07
3	260	Eugene Smith	M	M20-24	20	Great Valley	1:07:16	07:13
4	374	Adam Cornwell	M	M20-24	23	Rochester	1:09:32	07:28
5	407	Ryan Gerise	M	M20-24	22	Penfield	1:13:21	07:52
6	240	Jorge Rodriguez	M	M20-24	24	Webster	1:13:28	07:53
7	296	Jeffrey Wisniewski	M	M20-24	24	Webster	1:14:00	07:57
8	353	Sean Rahrle	M	M20-24	22	Rochester	1:14:38	08:01
9	318	Matthew Hurley	M	M20-24	20	Fairport	1:17:03	08:16
10	339	Alexander Bliss	M	M20-24	21	Rochester	1:39:24	10:40

M25-29

1	366 Chad Byler	M	M25-29	25	Rochester	0:51:10	05:30
2	334 Brian Caldwell	M	M25-29	29	Rochester	0:55:24	05:57
3	83 Travis Earley	M	M25-29	26	Rochester	0:56:33	06:04
4	148 Matt Keefe	M	M25-29	26	Rochester	0:58:37	06:18
5	181 Brian Matthews	M	M25-29	28	Rochester	1:01:01	06:33
6	401 Art Sherry	M	M25-29	26	Victor	1:01:29	06:36
7	147 Josh Keefe	M	M25-29	27	Rochester	1:05:01	06:59
8	56 Brett Crandall	M	M25-29	29	Rochester	1:06:18	07:07
9	222 Jon Petruccelli	M	M25-29	28	Rochester	1:06:34	07:09
10	207 John Nolan	M	M25-29	27	Rochester	1:06:49	07:10
11	364 Andy Frank	M	M25-29	25	Hilton	1:07:32	07:15
12	132 John Holt	M	M25-29	26	Rochester	1:07:35	07:15
13	402 James Rajotte	M	M25-29	28	Rochester	1:09:22	07:27
14	36 John Bugajski	M	M25-29	28	Rochester	1:09:42	07:29
15	263 Michael Sternick	M	M25-29	25	Rochester	1:10:38	07:35
16	89 Asa Farnhum	M	M25-29	28	Rochester	1:11:05	07:38
17	346 Tim Dietrich	M	M25-29	29	Henrietta	1:15:23	08:06
18	143 Doug Johnson Jr	M	M25-29	29	Rochester	1:16:11	08:11
19	213 David Parks	M	M25-29	28	Rochester	1:16:33	08:13
20	108 Brian Glass	M	M25-29	29	Rochester	1:17:07	08:17
21	6 Corey Andalora	M	M25-29	28	West Henrietta	1:17:35	08:20
22	247 Mike Ryan	M	M25-29	29	Rochester	1:18:57	08:29
23	200 Brian Mosher	M	M25-29	29	Pittsford	1:19:18	08:31
24	388 Dan Sepka	M	M25-29	26	Rochester	1:19:55	08:35
25	67 Andrew DeHaas	M	M25-29	29	Rochester	1:21:13	08:43
26	51 Jeff Coppini	M	M25-29	29	Rochester	1:25:21	09:10
27	265 Frederick Strathmann	M	M25-29	29	Rochester	1:27:48	09:25

M30-34

1	400 Darren Mathis	M	M30-34	34	Penfied	0:59:26	06:23
2	257 Colby Shores	M	M30-34	33	Irondequoit	1:00:52	06:32
3	55 Michael Coyle	M	M30-34	34	Irondequoit	1:01:21	06:35
4	328 Alan Hatch	M	M30-34	33	Pittsford	1:01:51	06:38
5	145 Matt Jones	M	M30-34	32	Webster	1:05:09	07:00
6	244 Greg Rowe	M	M30-34	30	Rochester	1:07:34	07:15
7	34 Benjamin Brown	M	M30-34	31	Winter Park	1:08:13	07:19
8	285 Dan Ward	M	M30-34	32	Rochester	1:08:38	07:22
9	199 James Morse	M	M30-34	32	Rochester	1:09:21	07:27
10	179 Brendan Mathis	M	M30-34	32	Fairport	1:10:45	07:36
11	79 Raymond Dry	M	M30-34	34	Rochester	1:11:08	07:38
12	203 John Muoio	M	M30-34	31	Rochester	1:13:10	07:51
13	264 Eric Stewart	M	M30-34	34	Holley	1:15:14	08:05
14	301 Jidong Zhang	M	M30-34	32	Pittsford	1:16:45	08:14
15	289 Paul Welker	M	M30-34	32	Hornell	1:16:54	08:15
16	102 John Ghidui	M	M30-34	30	Rochester	1:16:59	08:16
17	18 John Barsic	M	M30-34	32	Rochester	1:19:57	08:35
18	404 Gregory Napierala	M	M30-34	34	Rochester	1:20:47	08:40
19	273 Michael Tuller	M	M30-34	34	Fairport	1:22:02	08:48
20	8 Timothy Ashley	M	M30-34	30	Ontario	1:26:03	09:14
21	173 Steve Lynch	M	M30-34	34	W Henrietta	1:26:42	09:18
22	221 Alan Petrosky	M	M30-34	30	Rochester	1:27:54	09:26
23	311 Richard Post	M	M30-34	34	Spencerport	1:40:28	10:47
24	333 Cory Tylenda	M	M30-34	32	Rochester	1:42:17	10:59

M35-39

1	98 Marcus Gage	M	M35-39	37	W. Henrietta	0:52:38	05:39
2	274 Matt Tytler	M	M35-39	37	Irondequoit	0:56:52	06:06
3	162 Eric Lees	M	M35-39	38	Webster	1:03:13	06:47
4	48 Martin Coffey	M	M35-39	39	Pittsford	1:03:37	06:50
5	290 Kevin Westrich	M	M35-39	36	Fairport	1:05:50	07:04
6	159 Mark Larson	M	M35-39	39	Rochester	1:05:52	07:04
7	420 Boots	M	M35-39	39	Rochester	1:06:21	07:07

8	253	Jean-Paul Scott	M	M35-39	39	Rochester	1:06:23	07:08
9	93	Jason Fitzgerald	M	M35-39	37	Livonia	1:07:37	07:16
10	32	James Brennan	M	M35-39	39	Pittsford	1:08:10	07:19
11	180	Sean Mathis	M	M35-39	36	Fariport	1:08:10	07:19
12	241	Todd Rogers	M	M35-39	38	Honeoye Falls	1:08:27	07:21
13	259	Daniel Smith	M	M35-39	36	LeRoy	1:08:32	07:21
14	294	Joseph Williams	M	M35-39	35	Rochester	1:08:49	07:23
15	188	Jon McDonough	M	M35-39	38	North Chili	1:09:58	07:31
16	233	Kevin Reilly	M	M35-39	37	Geneseo	1:11:41	07:42
17	87	Alan Embrey	M	M35-39	37	Webster	1:13:42	07:55
18	323	Jeremy Hammond	M	M35-39	38	Macedon	1:16:26	08:12
19	191	Joseph McMahan	M	M35-39	39	Rochester	1:17:27	08:19
20	277	Gregor Vahramian	M	M35-39	37	Toronto	1:17:30	08:19
21	120	William Harris	M	M35-39	36	Henrietta	1:18:30	08:26
22	41	Daniel Carmen	M	M35-39	38	North Chili	1:18:52	08:28
23	228	T. J. Radtke	M	M35-39	38	Reston	1:19:30	08:32
24	39	Dan Campbell	M	M35-39	38	Penfield	1:22:48	08:53
25	280	David VanDeVoorde	M	M35-39	36	Fairport	1:23:18	08:57
26	319	Shaun Welch	M	M35-39	37	Ontario	1:23:56	09:01
27	329	Mark Allen	M	M35-39	38	Webster	1:23:56	09:01
28	347	Doug Caswell	M	M35-39	39	Penfield	1:27:24	09:23
29	12	Kevin Bailey	M	M35-39	35	Spencerport	1:27:58	09:27
30	276	Armen Vahramian	M	M35-39	35	Rochester	1:50:32	11:52

M40-44

1	144	Carl Johnston	M	M40-44	43	Ontario	0:56:14	06:02
2	206	Mike Nier	M	M40-44	44	Rochester	0:57:03	06:07
3	326	Scott Knapp	M	M40-44	40	Rochester	0:59:55	06:26
4	351	Mike Brown	M	M40-44	44	Pittsford	1:02:30	06:43
5	365	Mark Howland	M	M40-44	41	Rochester	1:03:44	06:51
6	52	Jim Cornell	M	M40-44	42	Rochester	1:04:24	06:55
7	100	John Geraci	M	M40-44	44	Honeoye Falls	1:04:39	06:56
8	196	Patrick Milligan	M	M40-44	44	Rochester	1:04:57	06:58
9	362	Dave Hughes	M	M40-44	41	Pittsford	1:06:04	07:06
10	331	Gary Dill	M	M40-44	43	Rochester	1:06:16	07:07
11	332	Ken Koppenhaver	M	M40-44	40	Fairport	1:08:39	07:22
12	168	Steven Levitsky	M	M40-44	42	Rochester	1:09:24	07:27
13	300	Jim Yeager	M	M40-44	42	Rochester	1:09:29	07:28
14	394	Jeff Chester	M	M40-44	43	Rochester	1:10:31	07:34
15	106	Matt Gillette	M	M40-44	40	Hemlock	1:12:37	07:48
16	192	Kevin McPherson	M	M40-44	44	Pittsford	1:12:47	07:49
17	35	Christopher Brown	M	M40-44	42	W Henrietta	1:12:56	07:50
18	117	Carmen Gumina	M	M40-44	44	Webster	1:14:51	08:02
19	220	Tim Peters	M	M40-44	44	Spencerport	1:15:07	08:04
20	17	Dominic Barraclough	M	M40-44	42	Rochester	1:15:52	08:09
21	409	Jon Barlehen	M	M40-44	40	Albion	1:16:02	08:10
22	25	Paul Benz	M	M40-44	40	Webster	1:16:05	08:10
23	129	Robert Hitchcock	M	M40-44	43	Fairport	1:16:47	08:15
24	336	Bill Keister	M	M40-44	42	Henrietta	1:17:00	08:16
25	73	Dale Dimick	M	M40-44	41	Webster	1:17:15	08:18
26	130	Larry Hoffman	M	M40-44	40	Ontario	1:18:10	08:23
27	113	Brian Grant	M	M40-44	42	Rochester	1:18:35	08:26
28	46	Andrew Ciaio	M	M40-44	43	Victor	1:18:39	08:27
29	324	Dan Goodridge	M	M40-44	42	Macedon	1:19:02	08:29
30	302	Larry Zingg	M	M40-44	43	West Seneca	1:19:05	08:29
31	78	Mark Dougherty	M	M40-44	40	Pittsford	1:20:19	08:37
32	185	Peter McCandlish	M	M40-44	44	Rochester	1:20:23	08:38
33	291	Glenn Widor	M	M40-44	41	Webster	1:20:27	08:38
34	139	Louis Iovoli	M	M40-44	43	Victor	1:20:43	08:40
35	385	Joaquim Flores	M	M40-44	43	Rochester	1:22:54	08:54
36	405	Tim Vail	M	M40-44	44	East Aurora	1:30:27	09:43
37	74	Rick Doe	M	M40-44	44	Canandaigua	1:31:42	09:51
38	49	Robert Comisso	M	M40-44	43	Pittsford	1:32:14	09:54

39	325	Al Marciano	M	M40-44	43	Spencerport	1:34:17	10:07
40	303	Daniel Zombek	M	M40-44	44	Webster	1:38:02	10:31
41	135	Jamie Howard	M	M40-44	43	Albany	1:43:38	11:08
42	153	Fred Krampe	M	M40-44	44	Hilton	1:47:57	11:35

M45-49

1	82	Tim Dwyer	M	M45-49	49	Rochester	0:56:08	06:02
2	279	John Van Kerkhove	M	M45-49	47	Rochester	0:56:18	06:03
3	251	Ron Saxton	M	M45-49	48	Spencerport	0:57:56	06:13
4	310	Keith Scott	M	M45-49	46	LeRoy	0:59:28	06:23
5	239	James Roche	M	M45-49	48	Fairport	1:00:09	06:27
6	176	Tony Machulskis	M	M45-49	49	Rochester	1:01:12	06:34
7	360	Glenn Kofahl	M	M45-49	48	Farmington	1:01:42	06:37
8	381	Jeff Coons	M	M45-49	45	Rochester	1:01:58	06:39
9	261	George Smith	M	M45-49	46	Rochester	1:04:30	06:55
10	104	Dan Giblin	M	M45-49	47	Rochester	1:04:36	06:56
11	356	Michael Alessio	M	M45-49	47	Seneca Falls	1:04:43	06:57
12	160	Peter Lautenslager	M	M45-49	48	Victor	1:05:23	07:01
13	90	George Fawcett	M	M45-49	48	Rochester	1:07:43	07:16
14	317	Michael Burns	M	M45-49	48	Syracuse	1:07:49	07:17
15	342	Mike Reinhardt	M	M45-49	45	Webster	1:08:09	07:19
16	236	Steven Rivers	M	M45-49	47	Victor	1:09:02	07:25
17	308	John Creary	M	M45-49	48	Pittsford	1:09:40	07:29
18	170	Bill Lofquist	M	M45-49	45	Geneseo	1:10:20	07:33
19	57	Wayne Crandall	M	M45-49	46	W. Henrietta	1:10:57	07:37
20	197	Mark Monachino	M	M45-49	49	Macedon	1:11:06	07:38
21	390	Jim Broderlir	M	M45-49	47	Canandaigua	1:11:23	07:40
22	403	Matthew Ward	M	M45-49	45	Canandaigua	1:11:36	07:41
23	146	Jim Joseph	M	M45-49	46	Rochester	1:13:16	07:52
24	189	John McGowan	M	M45-49	49	Fairport	1:13:24	07:53
25	292	John Wilcox	M	M45-49	49	W. Henrietta	1:13:31	07:54
26	99	Bob Gates	M	M45-49	48	Hamlin	1:13:41	07:55
27	341	Scott Hauser	M	M45-49	45	Rochester	1:14:26	07:59
28	316	Jack Rosati	M	M45-49	45	Rochester	1:15:30	08:06
29	105	Tom Gibson	M	M45-49	47	Canandaigua	1:15:59	08:09
30	124	Sean Hendrick	M	M45-49	46	Rochester	1:16:07	08:10
31	392	John Ryan	M	M45-49	46	Victor	1:17:43	08:21
32	267	John Tarduno	M	M45-49	48	Rochester	1:20:08	08:36
33	379	Jeffery Fink	M	M45-49	48	Pittsford	1:21:35	08:45
34	15	Kevin Bambury	M	M45-49	46	Fairport	1:22:05	08:49
35	164	Christopher Leonardi	M	M45-49	48	Rochester	1:26:00	09:14
36	208	James Norris	M	M45-49	49	Fairport	1:26:38	09:18
37	210	Ron Paeth	M	M45-49	45	Kendall	1:27:24	09:23
38	172	Daniel Isenhardt	M	M45-49	48	Rochester	1:28:03	09:27
39	110	Mark Golebiewski	M	M45-49	45	Rochester	1:28:14	09:28
40	354	Bob Lonsberry	M	M45-49	49	Mt Morris	1:28:58	09:33
41	31	Stephen Bragg	M	M45-49	46	Gevena	1:30:51	09:45
42	314	Tim Rosati	M	M45-49	49	Rochester	1:33:50	10:04
43	272	Chuck Traub	M	M45-49	49	Rochester	1:35:17	10:14
44	166	William Lerkins	M	M45-49	48	Rochester	1:46:19	11:25

M50-54

1	234	Charles Richter	M	M50-54	50	Honeoye Falls	1:01:36	06:37
2	195	Leslie Mentel	M	M50-54	51	Rochester	1:04:42	06:57
3	81	Michael Dunn	M	M50-54	52	Rochester	1:04:47	06:57
4	227	Frank Quattrone	M	M50-54	53	Webster	1:08:34	07:22
5	406	Alan Vasbinder	M	M50-54	51	Spencerport	1:08:45	07:23
6	142	Tom Jerris	M	M50-54	51	Livonia	1:08:55	07:24
7	66	Matt Degma	M	M50-54	54	Rochester	1:09:01	07:25
8	288	Mike Weinpress	M	M50-54	53	Spencerport	1:09:18	07:26
9	268	Lawrence Taylor	M	M50-54	52	Fairport	1:09:26	07:27
10	121	Mark Heberger	M	M50-54	54	Rochester	1:09:30	07:28
11	27	Bill Beyerbach	M	M50-54	53	Rochester	1:11:07	07:38

12	312	Greg Rosser	M	M50-54	52	Fairport	1:11:11	07:39
13	163	Mark Lehman	M	M50-54	54	Honeoye Falls	1:12:31	07:47
14	187	Michael McCullough	M	M50-54	52	Spencerport	1:12:35	07:48
15	26	Douglas DeWeaver	M	M50-54	51	Rochester	1:12:49	07:49
16	198	Mitch Moore	M	M50-54	54	Rochester	1:13:22	07:53
17	387	Jay Ferrimani	M	M50-54	50	Fairport	1:14:19	07:59
18	127	Patrick Herron	M	M50-54	51	LeRoy	1:15:11	08:04
19	169	Mark Lincoln	M	M50-54	51	Pittsford	1:19:03	08:29
20	92	Brian Filozof	M	M50-54	51	Conesus	1:19:15	08:31
21	134	Michael Horn	M	M50-54	52	Pittsford	1:28:08	09:28
22	94	Mark Fitzgerald	M	M50-54	50	Rochester	1:31:17	09:48
23	97	John Fulkerson	M	M50-54	52	Rochester	1:35:33	10:15
24	338	Foster Bliss	M	M50-54	53	Fredricksburg	1:39:25	10:40
25	21	William Beck	M	M50-54	53	Rochester	1:39:45	10:42
26	72	David Dilgard	M	M50-54	54	Penfield	1:53:26	12:11

M55-59

1	309	Mark Barry	M	M55-59	56	Rochester	1:05:08	07:00
2	377	Fred Kobler	M	M55-59	56	Holland	1:05:54	07:04
3	345	David Coyne	M	M55-59	57	Avon	1:06:52	07:11
4	47	Bill Clauss	M	M55-59	57	Williamson	1:10:10	07:32
5	218	Paul Persia	M	M55-59	57	Batavia	1:10:18	07:33
6	202	Tom Mulligan	M	M55-59	58	Naples	1:10:19	07:33
7	237	Jerry Roberts	M	M55-59	59	Rochester	1:14:24	07:59
8	357	Alan Hayter	M	M55-59	57	Victor	1:14:28	08:00
9	182	Andy Matzan	M	M55-59	57	Rochester	1:14:33	08:00
10	59	Bill Crowe	M	M55-59	59	Rochester	1:15:12	08:04
11	305	John Yunker	M	M55-59	56	Wayland	1:15:47	08:08
12	101	Bill Gertzog	M	M55-59	58	Rochester	1:19:00	08:29
13	242	David Ross	M	M55-59	57	Rochester	1:23:23	08:57

M60-64

1	107	Tony Gingello	M	M60-64	62	Rochester	1:03:48	06:51
2	380	Tom Lamme	M	M60-64	61	Penfield	1:04:46	06:57
3	355	Tom Dutton	M	M60-64	63	Livonia	1:08:44	07:23
4	343	Rick Erb	M	M60-64	61	Rushville	1:12:55	07:50
5	275	Gary Updyke	M	M60-64	60	Pittsford	1:17:30	08:19
6	122	Stephen Hedges	M	M60-64	60	Rochester	1:18:36	08:26
7	286	Barry Watkins	M	M60-64	64	Rochester	1:19:29	08:32
8	359	Bill McGuire	M	M60-64	60	Scottsville	1:19:52	08:34
9	217	Tom Perry	M	M60-64	63	Fairport	1:25:53	09:13
10	58	Charles Crary	M	M60-64	61	Syracuse	1:27:35	09:24
11	112	David Gordon	M	M60-64	61	Pittsford	1:32:25	09:55
12	150	Sibatu Khahaifa	M	M60-64	63	Buffalo	1:34:40	10:10
13	68	George Dehaas	M	M60-64	62	Manlius	1:38:25	10:34
14	204	William Murphy	M	M60-64	60	Rochester	2:20:58	15:08

M65-69

1	13	Rod Bailey	M	M65-69	66	Rochester	1:21:09	08:43
2	125	James Hendy	M	M65-69	65	Webster	1:36:42	10:23
3	307	Norm Greiner	M	M65-69	68	Rochester	1:45:09	11:17

M70UP

1	248	Charlie Sabatine	M	M70UP	75	Victor	1:28:57	09:33
2	123	Dave Heeks	M	M70UP	71	Irondequoit	1:37:48	10:30
3	271	Sandy Toole	M	M70UP	71	Rochester	1:59:49	12:52
4	85	Marvin Eisenstein	M	M70UP	80	Rochester	2:07:26	13:41