

**Mendon Trail Runs - 50K**  
**Saturday November 8, 2009 Mendon Ponds, Mendon, NY**  
**36 Finishers ( 5 Female, 31 Male )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F Place	Class	Age	Place in Class	City	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Total	Pace
1	532	Yassine Diboun	M	1	Overall Male	30	1	Ithaca	0:47:07	0:46:16	0:49:34	0:48:03	0:47:47	<b>3:58:46</b>	07:42
2	502	Mark Andrews	M	2	M30-39	38	1	Rochester	0:53:25	0:51:42	0:50:54	0:52:31	0:55:11	<b>4:23:44</b>	08:30
3	516	Ed Housel	M	3	M40-49	49	1	Rochester	0:51:15	0:53:20	0:53:25	0:57:17	1:01:10	<b>4:36:28</b>	08:55
4	527	Jill Perry	F	1	Overall Female	37	1	Manlius	0:56:49	0:57:57	0:57:24	0:55:50	0:58:07	<b>4:46:08</b>	09:14
5	543	Lvey Amory	F	2	F20-29	27	1	?	0:56:56	0:57:51	0:57:53	0:58:59	1:03:14	<b>4:54:53</b>	09:31
6	517	Richard Kruse	M	4	M50-59	54	1	Newark	1:00:23	0:58:08	1:00:04	1:05:40	1:00:23	<b>5:04:38</b>	09:50
7	544	Martin Coffey	M	5	M30-39	39	2	?	0:52:48	0:56:28	1:00:36	1:07:21	1:10:46	<b>5:07:59</b>	09:56
8	507	Michael Bohl	M	6	M20-29	26	1	Rochester	0:49:22	0:51:22	0:56:01	1:16:22	1:15:33	<b>5:08:40</b>	09:57
9	535	James Myers	M	7	M40-49	45	2	Webster	1:00:22	0:59:11	1:01:07	1:07:33	1:13:24	<b>5:21:36</b>	10:22
10	531	Kevin Woodruff	M	8	M50-59	51	2	Barker	0:56:25	0:58:17	1:03:45	1:13:55	1:21:38	<b>5:34:00</b>	10:46
11	545	Alan Bowman	M	9	M50-59	50	3	?	0:57:23	1:17:41	1:06:01	1:07:27	1:07:03	<b>5:35:36</b>	10:50
12	519	Chris McDonald	M	10	M40-49	40	3	Troy	1:18:07	1:04:10	1:03:00	1:07:16	1:10:57	<b>5:43:29</b>	11:05
13	512	Shey Doane	M	11	M40-49	41	4	East Syracuse	1:08:17	1:09:37	1:07:42	1:13:05	1:10:04	<b>5:48:45</b>	11:15
14	538	Luke Strauss	M	12	M20-29	24	2	Irondequoit	1:06:54	1:06:20	1:07:03	1:12:14	1:18:40	<b>5:51:10</b>	11:20
15	534	Dave George	M	13	M30-39	35	3	N. Syracuse	1:05:55	1:09:33	1:08:19	1:14:52	1:13:57	<b>5:52:36</b>	11:22
16	533	Donny Andreas	M	14	M40-49	41	5	Seneca Falls	1:00:31	1:01:59	1:07:30	1:17:13	1:26:18	<b>5:53:31</b>	11:24
17	537	Chris Washburn	M	15	M40-49	46	6	Newark	1:18:07	1:04:45	1:08:47	1:17:58	1:18:49	<b>6:08:26</b>	11:53
18	514	Kellie Gregoire	F	3	F40-49	40	1	Murray	1:08:07	1:10:09	1:15:07	1:21:35	1:18:43	<b>6:13:41</b>	12:03
19	511	Richard Cronise	M	16	M50-59	54	4	Victor	1:09:56	1:10:33	1:13:46	1:18:36	1:22:03	<b>6:14:53</b>	12:06
20	523	Graham Noble	M	17	M50-59	59	5	Welland	1:16:07	1:06:10	1:10:03	1:19:54	1:27:19	<b>6:19:34</b>	12:15
21	530	Tony Schiffert	M	18	M30-39	31	4	Rocheste	1:07:56	1:11:03	1:17:15	1:23:24	1:27:48	<b>6:27:27</b>	12:30
22	536	Andrew Carney	M	19	M40-49	40	7		1:07:11	1:10:41	1:12:04	1:25:19	1:32:14	<b>6:27:29</b>	12:30
23	528	Kimberly Rapp	F	4	F40-49	44	2	Macedon	1:09:51	1:13:01	1:17:29	1:23:12	1:24:00	<b>6:27:34</b>	12:30
24	540	Richard Detwiler	M	20	M50-59	59	6	Webster	1:12:45	1:13:51	1:15:34	1:25:56	1:25:26	<b>6:33:32</b>	12:42
25	541	Pete Donovan	M	21	M40-49	43	8	?	1:14:47	1:17:53	1:20:57	1:27:45	1:20:21	<b>6:41:43</b>	12:58
26	546	David McManus	M	22	M40-49	44	9	Rochester	1:07:14	1:10:58	1:30:15	1:30:46	1:32:08	<b>6:51:21</b>	13:16
27	518	Robert Majors	M	23	M30-39	33	5	Summit	1:03:19	1:11:21	1:22:48	1:44:54	1:39:18	<b>7:01:40</b>	13:36
28	508	Thomas Butler	M	24	M40-49	43	10	Rochester	1:11:26	1:16:52	1:26:11	1:34:58	1:39:34	<b>7:09:01</b>	13:50
29	547	Karen Fennie	F	5	F40-49	49	3	Binghamton	1:41:46	1:17:52	1:27:34	1:33:29	1:37:56	<b>7:11:38</b>	13:55
30	539	Joe Cleary	M	25	M60-69	68	1	Georgetown	1:27:11	1:28:26	1:28:41	1:33:30	1:38:39	<b>7:36:27</b>	14:43
31	542	Daniel Dohovan	M	26	M50-59	54	7	Lockport	1:14:48	1:21:07	1:44:24	1:51:39	1:47:02	<b>7:58:59</b>	15:27
32	520	Arthur Moore	M	27	M70-79	71	1	Strongsville	1:26:09	1:29:29	1:35:31	1:44:33	1:44:41	<b>8:00:22</b>	15:30
33	510	Andrew Clark	M	28	M20-29	28	3	Whitesboro	1:14:46	1:26:38	1:42:48	1:49:32	2:00:02	<b>8:13:47</b>	15:56
34	503	Alexander Bliss	M	29	M20-29	20	4	Rochester	1:12:15	1:31:01	1:51:46	2:10:28	2:06:24	<b>8:51:55</b>	17:10

Pos	Bib	Name	Gender	M/F Place	Class	Age	Place in Class	City	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Total	Pace
35	504	Andrew Bliss	M	30	M14-19	19	1	Fredericksburg	1:22:07	1:33:32	1:49:35	2:01:13	2:05:43	<b>8:52:10</b>	17:10
36	505	Foster Bliss	M	31	M50-59	52	8	Fredericksburg	1:21:39	1:31:38	1:51:27	2:01:31	2:05:58	<b>8:52:13</b>	17:10
DNF	522	Carrie Neveldine	F		F30-39	37		Fayetteville	1:03:16	1:03:27	1:08:25	1:23:10			
DNF	529	Michael Robertson	M		M30-39	36		Mechanicville	0:55:54	0:58:15	1:07:11	1:29:03			
DNF	509	Tony Ciccone	M		M60-69	60		Locke	1:13:05	1:17:33	1:28:17	1:38:54			
DNF	506	Brent Blue	M		M30-39	34		San Diego	1:15:47	1:20:06	1:30:56				
DNF	521	Tom Nesterick	M		M40-49	43			1:45:13	1:02:59	1:12:38				
DNF	524	Dana Ozimek	F		F20-29	26		Colchester	1:08:11	1:12:54					

**Mendon Trail Runs - 20K**  
**Saturday November 8, 2009 Mendon Ponds, Mendon, NY**  
**57 Finishers ( 18 Female, 39 Male)**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F Place	Class	Age	Place in Class	City	Lap 1	Lap 2	Total	Pace
1	630	Jonathan Good	M	1	Overall Male	29	1	?	0:40:53	0:43:07	1:24:00	06:46
2	644	Ted Thull	M	2	M40-49	47	1	?	0:44:23	0:46:56	1:31:19	07:21
3	613	Joseph Holler	M	3	M20-29	27	1	Buffalo	0:44:35	0:48:11	1:32:47	07:28
4	660	Steve Perino	M	4	M30-39	30	1	Rochester	0:47:13	0:48:06	1:35:19	07:40
5	635	Brent Williams	M	5	M30-39	33	2	?	0:47:21	0:49:58	1:37:18	07:50
6	638	Fran Magri	F	1	Overall Female	24	1	Rochester	0:47:54	0:50:14	1:38:09	07:54
7	646	Keith Cona	M	6	M30-39	34	3	?	0:51:20	0:51:59	1:43:19	08:19
8	615	David Howe	M	7	M20-29	22	2	Utica	0:52:24	0:51:31	1:43:54	08:22
9	632	Jacob McManus	M	8	M14-19	15	1	Rochester	0:52:44	0:55:43	1:48:27	08:43
10	654	Jon McDonough	M	9	M30-39	37	4	?	0:52:03	0:56:49	1:48:52	08:45
11	658	Casey McGraw	F	2	F20-29	24	1	?	0:54:06	0:54:52	1:48:58	08:46
12	609	Robert Ganey	M	10	M30-39	37	5	Rochester	0:52:23	0:57:07	1:49:29	08:49
13	789	Lawrence Creatura	M	11	M40-49	43	2	?	1:01:02	0:49:24	1:50:26	08:53
14	626	Andrew Sullivan	M	12	M30-39	34	6	Oneida	0:53:38	0:57:45	1:51:23	08:58
15	643	Dennis Stearns	M	13	M50-59	55	1	Rochester	0:55:47	0:56:47	1:52:34	09:03
16	607	Eric Ekholm	M	14	M40-49	40	3	Victor	0:56:50	0:56:16	1:53:05	09:06
17	647	Tony Power	M	15	M40-49	45	4	St. Catherines	0:54:37	0:58:34	1:53:11	09:06
18	656	Paul Smarsh	M	16	M40-49	49	5	?	0:55:34	0:58:39	1:54:13	09:11
19	642	Carmen Gumina	M	17	M40-49	43	6	?	0:56:59	0:58:48	1:55:46	09:19
20	651	Wilt Alston	M	18	M40-49	49	7	?	0:58:45	0:57:19	1:56:03	09:20
21	639	John Wilcox	M	19	M40-49	48	8	?	0:58:01	0:58:57	1:56:58	09:25
22	611	Patrick Herron	M	20	M50-59	51	2	LeRoy	0:56:55	1:01:10	1:58:06	09:30
23	622	Sarah McGrath	F	3	F30-39	30	1	Syracuse	0:58:23	1:02:16	2:00:39	09:42
24	652	Therese Christo	F	4	F50-59	54	1	?	1:00:36	1:00:32	2:01:08	09:45
25	600	Richard Adams	M	21	M20-29	25	3	Rochester	1:00:31	1:00:39	2:01:10	09:45
26	636	Russell Charleston	M	22	M40-49	49	9	Onieda	0:55:00	1:07:01	2:02:01	09:49
27	650	Sarah Wilcox	F	5	F14-19	19	1	?	0:58:09	1:04:29	2:02:38	09:52
28	621	Chuck Martin	M	23	M40-49	44	10	Niagara Falls	0:59:24	1:04:32	2:03:56	09:58
29	662	Annette Holahan	F	6	F40-49	42	1	Marion	1:00:09	1:04:13	2:04:23	10:00
30	608	Anne Esposito	F	7	F40-49	41	2	Rochester	1:01:26	1:04:56	2:06:23	10:10

## 20K

31	601	James Baker	M	24	M40-49	40	11	Honeoye Falls	0:59:45	1:07:05	2:06:50	10:12
32	653	Normand Gratton	M	25	M50-59	50	3	?	1:00:33	1:06:28	2:07:01	10:13
33	661	Dave Buschner	M	26	M50-59	54	4	?	0:58:51	1:08:45	2:07:36	10:16
34	655	Amy Taylor	F	8	F20-29	25	2	Rochester	1:01:28	1:07:46	2:09:14	10:24
35	624	Patrick O'Neill	M	27	M50-59	56	5	niagara on the lake	0:59:06	1:11:10	2:10:16	10:29
36	637	Paul Gavin	M	28	M40-49	40	12	Dunkirk	0:59:44	1:11:08	2:10:51	10:32
37	634	Dan Daugherty	M	29	M40-49	46	13		1:04:40	1:07:44	2:12:24	10:39
38	610	Bruce Gianniny	M	30	M50-59	57	6	Rochester	1:04:09	1:08:22	2:12:31	10:40
39	619	Heidi Kestenblatt	F	9	F30-39	37	2	Pittsford	1:05:42	1:08:11	2:13:53	10:46
40	604	Cathy Belic	F	10	F40-49	47	3	St. Catharines	1:05:52	1:09:49	2:15:41	10:55
41	664	Kevin Sullivan	M	31	M40-49	49	14	Ontario, CA	1:18:15	1:02:09	2:20:23	11:18
42	648	David Brongo	M	32	M50-59	57	7		1:06:41	1:16:20	2:23:02	11:30
43	649	Dennis Smith	M	33	M40-49	42	15	Pittsford	1:06:42	1:16:29	2:23:11	11:31
44	657	Joe Hibbard	M	34	M40-49	42	16	Canandaigua	1:07:38	1:15:50	2:23:28	11:33
45	659	Ken Bridgman	M	35	M40-49	44	17	Geneva	1:07:39	1:15:50	2:23:29	11:33
46	633	Mary Quinn	F	11	F40-49	46	4	Mechanicville	1:12:53	1:17:33	2:30:25	12:06
47	605	Beth Bidstrup	F	12	F40-49	45	5	Manlius	1:12:44	1:18:33	2:31:17	12:10
48	628	Shannon Dolls	F	13	F30-39	35	3	?	1:13:34	1:19:22	2:32:56	12:18
49	640	Mark Fitzgerald	M	36	M40-49	49	18	Rochester	1:12:06	1:20:56	2:33:02	12:19
50	663	David Ross	M	37	M50-59	57	8	?	1:10:00	1:24:30	2:34:30	12:26
51	617	Debbie Iovoli	F	14	F40-49	44	6	Victor	1:13:20	1:23:18	2:36:38	12:36
52	641	Jeanne Morgarino	F	15	F40-49	44	7	Pittsford	1:13:20	1:23:19	2:36:38	12:36
53	602	Andrew Bayley	M	38	M40-49	47	19	St. Catharines	1:26:50	1:11:29	2:38:19	12:44
54	603	Rachel Bayley	F	16	F40-49	46	8	St. Catharines	1:29:26	1:11:28	2:40:54	12:57
55	614	Jamie Howard	M	39	F40-49	43	9	Albany	1:17:39	1:29:53	2:47:32	13:29
56	623	Debra Mimaroglu	F	17	F40-49	45	10	Jamesville	1:13:02	1:35:54	2:48:57	13:35
57	625	Laurie Snyder	F	18	F40-49	46	11		1:19:43	1:31:04	2:50:47	13:44
DNF	627	Kelly Urckfitz	F		F40-49	42	14	Mendon	1:00:32			
DNF	606	Wendy Bliss	F		F40-49	43	12	Fredericksburg	1:49:48			
DNF	620	Donna Loeb	F		F40-49	48	13	Geneva	1:12:47			
DNF	612	Amy Hibbard	F		F30-39	35		Geneva	1:12:51			
DNF	645	Jackie Daniel	F		F30-39	30		?	1:05:10			

**Mendon Trail Runs - 10K**  
**Saturday November 8, 2009 Mendon Ponds, Mendon, NY**  
**91 Finishers ( 18 Female, 71 Male, 2 Unknown)**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F Place	Class	Age	Place in Class	City	Time	Pace
1	782	Dennis Moriarty	M	1	Overall Male	51	1	Webster	0:43:37	07:02
2	729	Maria Mancarella	F	1	Overall Female	20	1	Syracuse	0:44:46	07:13
3	723	Jared Kuhl	M	2	M20-29	21	1	Buffalo	0:46:53	07:34
4	740	DaShawn Robinson	M	3	M14-19	17	1		0:47:00	07:35
5	784	Joshua Egerton	M	4	M30-39	32	1	?	0:47:05	07:36
6	761	Jason Pane	M	5	M30-39	36	2	Oriskany	0:47:19	07:38
7	739	Matthew Ripke	M	6	M20-29	24	2	Syracuse	0:47:38	07:41
8	795	Dahl Angus	M	7	M40-49	40	1	?	0:47:42	07:42
9	750	John Sullivan	M	8	M50-59	59	1	Sherrill	0:47:59	07:44
10	631	Hugh Anstett	M	9	M30-39	34	3		0:48:07	07:46
11	722	Imre Knausz	M	10	M30-39	31	4	Fairport	0:48:54	07:53
12	720	Tim Kane	M	11	M40-49	49	2	Sherrill	0:49:19	07:57
13	752	Robert Watson	M	12	M14-19	19	2	Jersey Shore	0:49:36	08:00
14	704	Larry Bernstein	M	13	M40-49	48	3	Honeoye Falls	0:49:45	08:01
15	713	Rebecca Duberry	F	2	F30-39	38	1	Rochester	0:49:46	08:02
16	763	Billy Galetto	M	14	M14-19	14	3	Spencerport	0:50:32	08:09
17	707	Adam Cornwell	M	15	M20-29	23	3	Bethel	0:51:17	08:16
18	712	Paul Dittman	M	16	M40-49	40	4	Hilton	0:52:17	08:26
19	718	Larry Hoffman	M	17	M40-49	40	5	Ontario	0:53:29	08:38
20	781	Matt Degma	M	18	M50-59	54	2	?	0:53:36	08:39
21	703	James Beaujon	M	19	M40-49	44	6	Canandaigua	0:53:45	08:40
22	753	Frank Dewitt	M	20	M30-39	33	5	Lima	0:53:57	08:42
23	786	Bill Beyerbach	M	21	M50-59	53	3	Rochester	0:54:56	08:52
24	767	Denny Pooler	M	22	M30-39	38	6	Victor	0:55:27	08:57
25	738	Luke Ripke	M	23	M14-19	17	4	Syracuse	0:56:04	09:03
26	751	John Tarduno	M	24	M40-49	47	7	Rochester	0:56:08	09:03
27	776	Michael Munoy	M	25	M40-49	45	8	?	0:56:31	09:07
28	721	Jay Keyes	M	26	M30-39	31	7	Rochester	0:56:37	09:08
29	754	Shawn Knisely	M	27	M30-39	37	8	Hawley	0:56:42	09:09
30	742	Jeff Schumacker	M	28	M40-49	48	9	Rochester	0:57:01	09:12

## 10K

31	760	Robert Andrus	M	29	M40-49	48	10	Canandaigua	0:57:05	09:12
32	719	Emily Iannello	F	3	F20-29	24	1	Webster	0:57:09	09:13
33	768	Brian Snepenger	M	30	M20-29	24	4	?	0:57:12	09:14
34	726	Daniel Lockwood	M	31	M20-29	26	5	Syracuse	0:57:12	09:14
35	716	Keith Gregoire	M	32	M40-49	42	11	Williamsville	0:57:13	09:14
36	787	Caroline Kenyan	F	4	F20-29	29	2	?	0:57:13	09:14
37	777	Ed Martin	M	33	M40-49	45	12	?	0:57:29	09:16
38	780	Alastar Moore	M	34	M20-29	29	6	San Francisco	0:57:29	09:16
39	758	Steve Anderson	M	35	M50-59	53	4	?	0:57:47	09:19
40	733	Benjamin Oakleaf	M	36	M20-29	22	7	Syracuse	0:58:11	09:23
41	629	John Ghidiu	M	37	M30-39	30	9	?	0:58:27	09:26
42	745	Allen Smith	M	38	M40-49	42	13	Buffalo	0:58:40	09:28
43	772	Michelle Dietz	F	5	F14-19	16	1	?	0:58:42	09:28
44	783	Patrick Brannon	M	39	M40-49	44	14	?	0:59:31	09:36
45	762	Michael Cefalo	M	40	M30-39	32	10	Rochester	0:59:42	09:38
46	779	Dale Dimick	M	41	M40-49	41	15	?	0:59:45	09:38
47	702	Derek Bakay	M	42	M30-39	35	11	Camillus	0:59:46	09:38
48	701	Timothy Ashley	M	43	M20-29	29	8	Ontario	0:59:50	09:39
49	778	Chris Barry	M	44	M50-59	56	5	?	0:59:54	09:40
50	764	Donald Galetto	M	45	M50-59	56	6	Spencerport	1:00:29	09:45
51	788	Dan Judd	M	46	M40-49	48	16	?	1:00:40	09:47
52	757	Andrew Ciaio	M	47	M40-49	43	17	?	1:00:52	09:49
53	790	Jack Creatura	M	48	M13UNDER	11	1	?	1:01:02	09:51
54	789	Lawrence Creatura	M	49	M40-49	43	18	?	1:01:02	09:51
55	765	Daniel Curtis	M	50	M30-39	37	12	Cohocton	1:01:03	09:51
56	749	Walter Standhart	M	51	M60-69	64	1	Rochester	1:01:27	09:55
57	766	Tim Peterson	M	52	M40-49	48	19	Avoca	1:02:05	10:01
58	710	Jeremy Dietz	M	53	M14-19	14	5	Woodbridge	1:02:06	10:01
59	744	Chad Skarzynski	M	54	M20-29	28	9	Cheektowaga	1:02:13	10:02
60	706	Leslie Carlson	F	6	F40-49	44	1	Avon	1:02:33	10:05
61	775	Kurt Vay	M	55	M50-59	50	7	?	1:02:35	10:06
62	794	Kathyrn Mancarella	F	7	F20-29	22	3	?	1:04:17	10:22
63	736	Gary Preece	M	71	M50-59	55	8	Shortsville	1:04:43	10:26
64	759	Laura Williams	F	8	F30-39	36	2	Leroy	1:05:04	10:30
65	715	Brian Ferries	M	56	M40-49	49	20	Brockport	1:05:53	10:38
66	711	Peter Dietz	M	57	M40-49	46	21	Woodbridge	1:05:55	10:38
67	737	Allen Ripke	M	58	M50-59	57	9	Syracuse	1:06:08	10:40

## 10K

68	728	Joseph Mancarella	M	59	M14-19	15	6	Syracuse	1:07:27	10:53
69	732	Timothy Martinez	M	60	M14-19	17	7	Baldwinsville	1:07:30	10:53
70	792	Stephanie Pagano	F	9	F30-39	39	3	Pittsford	1:08:56	11:07
71	791	Marla Cilento	F	10	F30-39	39	4	?	1:08:58	11:07
72	793	Lauren Pulli	F	11	F40-49	42	2		1:09:19	11:11
73	756	David Chirico	M	61	M14-19	19	8	Camillus	1:09:43	11:15
74	741	Geoffrey Rummel	M	62	M50-59	50	10	Pittsford	1:13:38	11:53
75	747	Martha Southard	F	12	F50-59	50	1	East Syracuse	1:14:08	11:57
76	705	John Boersma	M	63	M40-49	48	22	Pittsford	1:14:14	11:58
77	770	Unknown							1:14:18	11:59
78	714	Dan Dupprey	M	64	M50-59	50	11	Victor	1:14:38	12:02
79	708	George Cretelos	M	65	M50-59	50	12	Farmington	1:14:39	12:02
80	785	Stacey VanDenburgh	F	13	F40-49	45	3	Palmyra	1:17:30	12:30
81	755	Jeannie Chirico	F	14	F20-29	24	4	Camillus	1:17:34	12:31
82	731	Mary Marron	F	15	F50-59	50	2	Syracuse	1:20:00	12:54
83	730	Edward Marron	M	66	M50-59	50	13	Syracuse	1:20:01	12:54
84	734	Devon Palmer	M	67	M14-19	16	9		1:22:07	13:15
85	773	Bob Carafice	M	68	M60-69	65	2	?	1:22:46	13:21
86	709	Gabriel Del Vecchio	M	69	M30-39	30	13	Rochester	1:27:43	14:09
87	774	Lisa Gudlin	F	16	F13UNDER	13	1	?	1:29:11	14:23
88	769	Lydia Ripke	F	17	F20-29	27	5	Syracuse	1:29:11	14:23
89	771	Unknown							1:29:11	14:23
90	735	Nichole Pealo	F	18	F30-39	38	5	Rochester	1:33:50	15:08
91	724	Hugh Lambert	M	70	M40-49	41	23	Rochester	2:02:48	19:48

**Mendon Trail Runs - 5K**  
**Saturday November 8, 2009 Mendon Ponds, Mendon, NY**  
**35 Finishers (19 Female, 16 Male)**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F Place	Class	Age	Place in Class	City	Time	Pace
1	835	Eric Stahl	M	1	Overall Male	14	1	?	25:37	08:16
2	817	Joseph Osso Jr	M	2	M20-29	27	1	Fairport	28:35	09:13
3	822	Mark Paris	M	3	M30-39	37	1	Mendon	28:39	09:14
4	812	Brendan Wolfert	M	4	M14-19	19	1	Henrietta	28:44	09:16
5	816	Mary Holland	F	1	Overall Female	19	1	Rochester	29:00	09:21
6	819	Marie Bellavia	F	2	F13UNDER	12	1	Victor	29:11	09:25
7	800	Allen Beaujon	M	5	M13UNDER	13	1	Canandaigua	29:38	09:34
8	810	Daniel Tracz	M	6	M20-29	25	2	Cheektowaga	29:40	09:34
9	823	David Nichols	M	7	M40-49	41	1	Fairport	29:42	09:35
10	824	Mary Ammielle Nichols	F	3	F13UNDER	13	2	Fairport	31:13	10:04
11	828	Jessica Vay	F	4	F14-19	17	1	?	31:35	10:11
12	805	Renee Kirk	F	5	F30-39	37	1	Bloomfield	32:06	10:21
13	804	Paul Kessler	M	8	M30-39	37	2	Pittsford	32:27	10:28
14	836	Rebecca Westervelt	F	6	F30-39	33	2	Plttsford	32:45	10:34
15	801	John Bellavia	M	9	M30-39	36	3	Victor	32:54	10:37
16	815	Emily Cutting	F	7	F14-19	19	2	Rochester	33:21	10:46
17	814	Julie Taylor Ogoen	F	8	F50-59	52	1	Scio	35:12	11:21
18	820	Sebold Torno	M	10	M30-39	39	4	?	36:11	11:40
19	818	Kelli Kidler	F	9	F30-39	39	3	Victor	36:30	11:47
20	833	Connor Judd	M	11	M13UNDER	13	2	?	36:47	11:52
21	829	Mary Norman	F	10	F30-39	38	4	?	37:22	12:03
22	802	Heather Cappadonia	F	11	F40-49	44	1	Brockport	37:25	12:04
23	827	Nathan Sugarman	M	12	M14-19	18	2	?	37:27	12:05
24	821	Gretchen Bernstein	F	12	F30-39	34	5		37:28	12:05
25	803	Richard Kapp	M	13	M30-39	37	5	Webster	37:36	12:08
26	806	Melissa Leopard	F	13	F40-49	41	2	Rochester	39:49	12:51
27	809	Maryann Roll	F	14	F20-29	27	1	West Seneca	40:30	13:04
28	834	Sarah Perino	F	15	F20-29	28	2	?	40:51	13:11
29	830	Lauren Shepenger	F	16	F20-29	22	3	Syracuse	42:46	13:48
30	831	Heather Dederich	F	17	F20-29	20	4	?	42:46	13:48



## 5K

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>M/F Place</b>	<b>Class</b>	<b>Age</b>	<b>Place in Class</b>	<b>City</b>	<b>Time</b>	<b>Pace</b>
31	825	Zak Gudlin	M	14	M13UNDER	13	3	?	44:44	14:26
32	813	Katie Wratten	F	18	F20-29	26	5	Depew	45:04	14:32
33	826	Lawrence Sugarman	M	15	M50-59	54	2	?	47:12	15:14
34	807	Danielle Maclin	F	19	F14-19	15	3		47:40	15:22
35	832	Adam Civalier	M	16	M30-39	31	6	Rochester	58:35	18:54