

**ROC Mendon Trail Runs - 50K**  
**Saturday November 7, 2009**      **Mendon Ponds Park, Mendon, NY**  
**45 Finishers( 13 Female, 32 Male )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Total	Pace
1	305	Joel Cisne	M		1	Overall Male	27	Ithaca	0:53:42	0:50:47	0:52:42	0:58:51	1:03:28	4:39:30	09:01
2	353	Rich Kruse	M		2	M50-59	55		0:55:20	0:54:23	0:52:40	0:56:34	1:02:41	4:41:38	09:05
3	351	William McGovern	M		3	M50-59	50		0:51:46	0:54:17	0:57:38	1:03:21	1:07:32	4:54:35	09:30
4	355	Craig Sheckler	M		4	M40-49	40	Emmanus	0:52:12	0:53:24	0:56:12	1:05:50	1:09:45	4:57:24	09:36
5	362	Kevin Nasman	M		5	M30-39	34	Fayetteville	0:53:50	0:55:22	1:02:16	1:04:43	1:14:18	5:10:29	10:01
6	319	Scott Maxwell	M		6	M50-59	59	Toronto	1:02:03	1:01:11	1:02:12	1:03:49	1:05:55	5:15:09	10:10
7	322	William Moon	M		7	M30-39	35	Clayton	0:55:07	0:54:11	1:00:57	1:12:08	1:21:19	5:23:42	10:27
8	344	Daniel Gregory	M		8	M20-29	28	Sackets Harbor	0:59:22	1:03:20	1:05:30	1:08:19	1:13:18	5:29:49	10:38
9	308	Andy Desmann	M		9	M40-49	44	Pittsford	0:55:55	0:59:25	1:03:13	1:14:00	1:18:39	5:31:12	10:41
10	302	Chris Bowcutt	M		10	M30-39	33	Ballston Spa	1:02:05	0:59:35	1:01:58	1:09:35	1:18:31	5:31:44	10:42
11	340	Zsuzanna Carlson	F		1	Overall Female	36	Edison	1:01:35	1:04:18	1:06:12	1:09:18	1:10:34	5:31:57	10:42
12	335	Ronald Gehl	M		11	M60-69	62	North Ontario	1:02:19	1:04:06	1:05:50	1:10:15	1:12:22	5:34:53	10:48
13	316	Brian Lauzon	M		12	M40-49	49	Peterborough	0:57:43	1:01:53	1:08:27	1:15:30	1:17:20	5:40:52	11:00
14	337	Heather Danielson	F		2	F30-39	34	Rochester	1:02:22	1:03:20	1:06:39	1:13:10	1:15:54	5:41:25	11:01
15	315	Dan Korff	M		13	M40-49	44	Clifton Park	1:02:23	1:03:29	1:06:50	1:14:22	1:16:46	5:43:50	11:05
16	325	Theresa Palmieri	F		3	F40-49	46	Buffalo	1:00:58	1:07:39	1:08:41	1:15:57	1:21:09	5:54:26	11:26
17	333	Sharon Zelinski	F		4	F40-49	44	Toronto	1:09:07	1:13:05	1:13:24	1:16:22	1:15:50	6:07:48	11:52
18	330	John Turner	M		14	M50-59	50	Burlington	1:09:06	1:13:05	1:13:23	1:16:23	1:15:51	6:07:48	11:52
19	348	John Weyand	M		15	M40-49	45	Hornell	1:04:20	1:05:35	1:11:51	1:19:23	1:26:54	6:08:03	11:52
20	317	James Maxson	M		16	M30-39	38	Shinglehouse	0:59:44	1:04:54	1:07:22	1:34:40	1:25:20	6:12:00	12:00
21	320	Sarah McGrath	F		5	F30-39	31	Syracuse	1:13:05	1:11:36	1:12:42	1:19:41	1:15:52	6:12:57	12:02
22	332	Dan Wynkoop	M		17	M50-59	55	West Cato	0:59:45	1:07:00	1:12:16	1:31:37	1:22:55	6:13:33	12:03
23	339	Chris Washburn	M		18	M40-49	47	Newark	1:03:50	1:10:52	1:14:52	1:23:53	1:28:24	6:21:52	12:19
24	334	Cameron Lutley	M		19	M30-39	32		1:05:53	1:07:54	1:14:26	1:25:07	1:33:12	6:26:32	12:28
25	357	Tyler Quillico	M		20	M20-29	24	Sackets Harbor	0:59:23	1:03:20	1:05:35	1:58:15	1:20:32	6:27:04	12:29
26	356	Annette Holahan	F		6	F40-49	43	Marion	1:11:36	1:11:04	1:14:08	1:22:00	1:31:33	6:30:22	12:36
27	346	Pete Donovan	M		21	M40-49	44	Middleport	1:09:40	1:11:53	1:15:54	1:21:40	1:33:41	6:32:48	12:40
28	324	Roger Niethe	M		22	M50-59	51	Lockport	1:15:52	1:13:36	1:23:05	1:24:58	1:22:13	6:39:44	12:54
29	313	Elaine Guidero	F		7	F20-29	26	Ithaca	1:16:55	1:24:10	1:24:55	1:25:00	1:25:04	6:56:04	13:25
30	307	Frances Davis	F		8	F30-39	31	Danbury	1:52:22	1:12:18	1:15:04	1:16:22	1:21:33	6:57:38	13:28
31	342	Katherine Fleming	F		9	F30-39	38	Brockport	1:15:56	1:14:09	1:22:17	1:27:32	1:38:18	6:58:11	13:29
32	345	Linda Brooks	F		10	F40-49	49	Orchard Park	1:16:23	1:19:03	1:23:01	1:29:09	1:33:55	7:01:29	13:36
33	318	Judy Maxson	F		11	F30-39	31	Shinglehouse	1:12:20	1:16:39	1:22:02	1:31:44	1:39:53	7:02:37	13:38
34	326	Ali Rizvi	M		23	M30-39	34	Matawan	1:01:02	1:08:52	1:29:22	1:44:53	1:45:34	7:09:43	13:52
35	311	Jeff Faulkner	M		24	M30-39	39	Beaver Falls	1:08:11	1:15:36	1:30:21	1:36:48	1:40:42	7:11:39	13:55
36	350	Joe Cleary	M		25	M60-69	69	Georgetown	1:22:51	1:26:21	1:29:32	1:34:14	1:39:27	7:32:24	14:36
37	349	Dhruu Sharma	M		26	M40-49	43	Afred	1:04:40	1:10:42	1:34:50	1:51:07	1:56:12	7:37:30	14:45
38	341	Beth Adams	F		12	F30-39	37	Geneseo	1:15:53	1:19:36	1:36:22	1:46:06	1:41:17	7:39:13	14:49
39	303	Thomas Butler	M		27	M40-49	44	Rochester	1:15:32	1:19:43	1:31:36	1:58:02	1:47:26	7:52:18	15:14
40	309	Greg Farnham	M		28	M50-59	56	Fayetteville	1:16:36	1:17:37	1:38:03	1:45:05	1:56:41	7:54:02	15:17
41	321	Jennifer-Anne Meneray	F		13	F30-39	34	London	1:35:14	1:33:12	1:34:38	1:39:18	1:37:45	8:00:08	15:29
42	336	Ben Clever	M		29	M30-39	33	Ft Drum	1:06:04	1:09:25	1:31:54	1:55:44	2:27:06	8:10:13	15:49
43	323	Arthur Moore	M		30	M70-79	72	Strongsville	1:32:19	1:37:47	1:40:13	1:49:07	1:52:14	8:31:40	16:30
44	359	Robert Kaario	M		31	M30-39	32	Ft Drum	1:08:11	1:19:17	2:39:06	1:51:39	1:33:32	8:31:45	16:30
45	347	Daniel Donovan	M		32	M50-59	55	Lockport	1:11:15	1:27:39	1:52:26	2:07:50	2:03:05	8:42:15	16:51

DNF	329	Lorrie Tily	F	F40-49	48	Locke	1:00:10	1:04:26	1:07:45	1:20:47
DNF	343	Ed Edington	M	M30-39	38	Stanley	0:57:57	1:02:55	1:08:42	1:28:32
DNF	361	Martin Philip	M	M30-39	39	White River Junction	1:16:54	1:24:10	1:32:40	1:34:16
DNF	338	Dave Groff	M	M40-49	47	Erieville	1:02:21	1:08:02	1:29:08	
DNF	354	Erica Sheckler	F	F30-39	31		1:16:54	1:27:34	1:49:26	
DNF	352	Jim Chely	M	M50-59	53	Elmira	0:53:48	0:56:53		
DNF	360	Jonathan Croy	M	M20-29	29		0:59:22	1:08:55		
DNF	312	John Ghidiu	M	M30-39	31	Rochester	1:09:40	1:10:08		
DNF	310	Adam Faulkner	M	M19UNDER	17	Beaver Falls	1:08:12	1:15:36		
DNF	358	Taddeo Mathaise	M	M20-29	24	Pahrump	1:10:23	1:18:22		
DNF	306	Andy Clark	M	M20-29	29	Whitesboro	1:28:11	1:54:39		
DNF	301	Seth Ambruso	M	M20-29	29	Brookfield	1:52:24			