

**ROC Mendon Trail Runs - 5K**  
**Saturday November 7, 2009**      **Mendon Ponds Park, Mendon, NY**  
**37 Finishers( 21 Female, 16 Male )**  
**Timed by YellowJacket Racing**

Pos	Bib	Name	Gender	M/F	Place	Class	Age	City	Time	Pace
1	14	Carl Palmer	M		1	Overall Male	45	Pittsford	25:49	08:20
2	30	Chad Borden	M		2	M20-29	24		28:37	09:14
3	28	Ben Dressner	M		3	M30-39	37	Rochester	28:53	09:19
4	4	Peter Evans	M		4	M50-59	51	Webster	29:05	09:23
5	24	David Chiriro	M		5	M20-29	20	Dewitt	31:13	10:04
6	18	Becky Adrid	F		1	Overall Female	32	Farmington	33:24	10:47
7	5	Ryan Faulkner	M		6	M19UNDER	16	Beaver Falls	34:31	11:08
8	15	Mary Westfall	F		2	F30-39	37		35:40	11:30
9	33	Meghan Curtin	F		3	F19UNDER	11		35:42	11:31
10	19	Colleen Weldgen	F		4	F30-39	31		35:42	11:31
11	22	Joel Mancarella	M		7	M19UNDER	16		35:51	11:34
12	27	Connor Mayoros	M		8	M19UNDER	12		35:56	11:35
13	26	Christian Mavoros	M		9	M40-49			35:58	11:36
14	7	Stephanie Moon	F		5	F30-39	34	Clayton	36:04	11:38
15	21	Suzanne Dale	F		6	F30-39	32	Webster	36:15	11:42
16	29	Jessica Hishman	F		7	F20-29	21		36:22	11:44
17	12	Julie Wynkoop	F		8	F20-29	25	Buffalo	37:25	12:04
18	64	Martha Schipp	F		9	F40-49	42	North Rose	37:41	12:09
19	57	Mary Norman	F		10	F30-39	39	Canandaigua	38:20	12:22
20	2	George Cole	M		10	M40-49	40	Niagara Falls	39:41	12:48
21	23	Laura Paul	F		11	F40-49	49		40:21	13:01
22	17	Paige Timlhey	F		12	F19UNDER	13	Lockport	40:34	13:05
23	13	Lindsay DelAngelo	F		13	F20-29	24		40:36	13:06
24	10	Michelle Wissick	F		14	F40-49	40	Fairport	41:01	13:14
25	20	Lin Dey	M		11	M40-49	41		41:06	13:15
26	179	Sean Rahrle	M		12	M20-29	22	Rochester	42:36	13:45
27	6	Tiffany Faulkner	F		15	F19UNDER	15	Beaver Falls	42:37	13:45
28	25	Chris Endecott	M		13	M40-49	40	Webster	43:38	14:04
29	11	Barbara Wynkocp	F		16	F50-59	55	Cato	46:09	14:53
30	32	Mackenzie Curtin	F		17	F19UNDER	9	Cohocton	47:21	15:16
31	8	Pam Mortensen	F		18	F60-69	62	Rochester	47:21	15:16
32	35	Jamie Schnieder	M		14	M30-39	32	Rochester	47:41	15:23
33	34	Michelle Curtin	F		19	F30-39	37	Cohocton	47:43	15:24
34	31	Antonio Flores	M		15	M20-29	20	Cicero	47:50	15:26
35	1	Jacqueline Bryers	F		20	F19UNDER	16	Manlius	47:57	15:28
36	47	Gary Gudlin	M		16	M50-59	54	Jamesville	50:52	16:24
37	9	Sherry Nau	F		21	F40-49	47	Rochester	52:13	16:51