

Mendon Trail Run 5K, 10K, 20K
Saturday November 10, 2007 Mendon Ponds, Mendon, NY
187 Finishers (132 Males, 55 Females)
Timed By YellowJacket Racing

| Pos | Bib | Fullname | Gender | Race | City | Lap 1 | Lap 2 | Total |
|--------------------|-----|----------------------------|--------|------|---------------|---------|-------|---------|
| 10K Results | | | | | | | | |
| Overall Female 10K | | | | | | | | |
| | 1 | 348 Kim Douglas | F | 10K | Honeoye Falls | 49:52 | | 49:52 |
| Overall Male 10K | | | | | | | | |
| | 1 | 327 Ben Feidner | M | 10K | Farmington | 39:59 | | 39:59 |
| F14-19 | | | | | | | | |
| | 1 | 298 Sarah Wilcox | F | 10K | Rochester | 57:40 | | 57:40 |
| | 2 | 295 Brianna Vazquez | F | 10K | Buffalo | 2:11:00 | | 2:11:00 |
| | 3 | 201 Heather Ryan | F | 10K | Buffalo | 2:11:03 | | 2:11:03 |
| F20-29 | | | | | | | | |
| | 1 | 316 Stephanie Peters | F | 10K | Rochester | 55:02 | | 55:02 |
| | 2 | 313 Stacy Edwards | F | 10K | Hilton | 1:01:29 | | 1:01:29 |
| | 3 | 259 Kelly McNelis | F | 10K | Rochester | 1:06:53 | | 1:06:53 |
| F30-39 | | | | | | | | |
| | 1 | 354 Laura Church | F | 10K | Rochester | 53:16 | | 53:16 |
| | 2 | 236 Kameron Holmes | F | 10K | Fairport | 54:09 | | 54:09 |
| | 3 | 342 Sarah McCarthy | F | 10K | | 56:31 | | 56:31 |
| | 4 | 218 Susan Cushman | F | 10K | Honeoye Falls | 1:00:30 | | 1:00:30 |
| | 5 | 252 Robin Lyle | F | 10K | Honeoye Falls | 1:08:18 | | 1:08:18 |
| | 6 | 258 Tami McGraw | F | 10K | Brockport | 1:14:29 | | 1:14:29 |
| | 7 | 321 Adeline Saliba | F | 10K | Medford | 1:35:54 | | 1:35:54 |
| F40-49 | | | | | | | | |
| | 1 | 351 Patricia Pirnie | F | 10K | | 50:10 | | 50:10 |
| | 2 | 300 Mary Wojnowski | F | 10K | Rochester | 55:18 | | 55:18 |
| | 3 | 221 Jackie Dowdeswell | F | 10K | Pittsford | 55:59 | | 55:59 |
| | 4 | 222 Annette Esposito | F | 10K | Rochester | 59:14 | | 59:14 |
| | 5 | 339 MaryEllen McGraw | F | 10K | Pittsford | 1:02:25 | | 1:02:25 |
| | 6 | 272 Carolyn Privitera Gage | F | 10K | Henrietta | 1:06:45 | | 1:06:45 |
| | 7 | 282 Martha Southard | F | 10K | East Syracuse | 1:10:45 | | 1:10:45 |
| | 8 | 263 Michele Pane | F | 10K | Seneca Falls | 1:11:52 | | 1:11:52 |
| | 9 | 229 Maria Gudlin | F | 10K | Jamesville | 1:39:02 | | 1:39:02 |
| F50-59 | | | | | | | | |
| | 1 | 346 Michelle Marino | F | 10K | | 56:59 | | 56:59 |
| | 2 | 318 Cathy Senecal-Rice | F | 10K | | 1:06:36 | | 1:06:36 |
| | 3 | 302 Cyndi Wcislo | F | 10K | Buffalo | 1:11:29 | | 1:11:29 |
| | 4 | 273 Marilee Pryor | F | 10K | Scottsville | 1:16:28 | | 1:16:28 |
| | 5 | 397 Patti Hahn | F | 10K | | 1:22:57 | | 1:22:57 |
| M14-19 | | | | | | | | |
| | 1 | 234 Jordan Hill | M | 10K | Spencerport | 40:53 | | 40:53 |
| | 2 | 219 Brandon DiPasquale | M | 10K | Conesus | 42:58 | | 42:58 |
| | 3 | 212 Ben Cleeton | M | 10K | Geneseo | 45:53 | | 45:53 |
| | 4 | 278 Dashawn Robinson | M | 10K | Buffalo | 48:56 | | 48:56 |
| | 5 | 357 George DedeRich | M | 10K | | 1:03:29 | | 1:03:29 |
| | 6 | 254 Joel Mancarella | M | 10K | Syracuse | 1:06:02 | | 1:06:02 |
| | 7 | 240 Julian Huyushi | M | 10K | Buffalo | 1:10:13 | | 1:10:13 |
| | 8 | 262 Devon Palmer | M | 10K | Buffalo | 1:54:49 | | 1:54:49 |
| | 9 | 243 Xavier Jones | M | 10K | Buffalo | 1:54:49 | | 1:54:49 |
| | 10 | 213 Micheal Collier | M | 10K | Buffalo | 2:05:45 | | 2:05:45 |
| | 11 | 290 Aerig Turman | M | 10K | Buffalo | 2:05:46 | | 2:05:46 |
| | 12 | 277 Michael Richardson | M | 10K | Buffalo | 2:25:08 | | 2:25:08 |
| M20-29 | | | | | | | | |
| | 1 | 347 Joe Flanagan | M | 10K | Holley | 43:41 | | 43:41 |
| | 2 | 329 Nathan Kauffman | M | 10K | | 45:00 | | 45:00 |
| | 3 | 353 Tyler Magnan | M | 10K | Victor | 48:01 | | 48:01 |
| | 4 | 248 Jared Kuhl | M | 10K | Syracuse | 48:07 | | 48:07 |
| | 5 | 331 Rick Dean | M | 10K | Marion | 50:04 | | 50:04 |
| | 6 | 216 Joshua Crocker | M | 10K | Marion | 50:18 | | 50:18 |
| | 7 | 340 R Matthew Gee | M | 10K | | 50:29 | | 50:29 |
| | 8 | 274 Sean Rahrle | M | 10K | Rochester | 52:44 | | 52:44 |

| | | | | | | |
|----|-------------------|---|-----|------------|---------|---------|
| 9 | 256 Scott Manley | M | 10K | Whitesboro | 58:13 | 58:13 |
| 10 | 341 Bill Woodhams | M | 10K | Rochester | 1:28:05 | 1:28:05 |

M30-39

| | | | | | | |
|----|-----------------------|---|-----|---------------|---------|---------|
| 1 | 322 John Hair | M | 10K | | 45:50 | 45:50 |
| 2 | 276 Jeff Rembold | M | 10K | Webster | 50:16 | 50:16 |
| 3 | 451 Rob Smura | M | 10K | | 50:30 | 50:30 |
| 4 | 237 Robert Holmes | M | 10K | Fairport | 52:13 | 52:13 |
| 5 | 241 Nate Jenny | M | 10K | Macedon | 53:10 | 53:10 |
| 6 | 264 Thomas Parenti | M | 10K | Sarver | 53:47 | 53:47 |
| 7 | 224 Corey Frantz | M | 10K | Rochester | 54:28 | 54:28 |
| 8 | 268 Steve Phillips | M | 10K | Avon | 57:03 | 57:03 |
| 9 | 356 Larry Hoffman | M | 10K | Ontario | 57:21 | 57:21 |
| 10 | 337 Mike Hall | M | 10K | Rochester | 1:00:25 | 1:00:25 |
| 11 | 289 Michael Torpey | M | 10K | Honeoye Falls | 1:03:22 | 1:03:22 |
| 12 | 452 David Prest | M | 10K | Holley | 1:05:11 | 1:05:11 |
| 13 | 343 Rich Kapp | M | 10K | Webster | 1:06:05 | 1:06:05 |
| 14 | 333 Bob Timkey | M | 10K | Lockport | 1:06:31 | 1:06:31 |
| 15 | 281 Jonathan Schwandt | M | 10K | Macedon | 1:06:42 | 1:06:42 |
| 16 | 350 John Bradley | M | 10K | Fairport | 1:09:03 | 1:09:03 |
| 17 | 299 Rahul Witshi | M | 10K | Webster | 1:12:39 | 1:12:39 |
| 18 | 288 Alex Tong | M | 10K | Rochester | 1:14:53 | 1:14:53 |

M40-49

| | | | | | | |
|----|------------------------|---|-----|---------------|---------|---------|
| 1 | 301 Mark Johnson | M | 10K | Webster | 42:45 | 42:45 |
| 2 | 205 Lawrence Bernstein | M | 10K | Honeoye Falls | 47:52 | 47:52 |
| 3 | 349 Jay Ferriman | M | 10K | Fairport | 50:32 | 50:32 |
| 4 | 332 Michael Biron | M | 10K | Fairport | 53:01 | 53:01 |
| 5 | 204 James Beaujon | M | 10K | Canandaigua | 53:02 | 53:02 |
| 6 | 257 Ed Martin | M | 10K | Victor | 53:25 | 53:25 |
| 7 | 334 Joe Coppeta | M | 10K | Greece | 54:59 | 54:59 |
| 8 | 335 John Wilcox | M | 10K | W. Henrietta | 55:35 | 55:35 |
| 9 | 324 Harry DeLahunta | M | 10K | Pittsford | 55:55 | 55:55 |
| 10 | 220 Raymond DiPasquale | M | 10K | Conesus | 57:07 | 57:07 |
| 11 | 245 Dan Judd | M | 10K | Rochester | 57:10 | 57:10 |
| 12 | 323 Andrew Ciao | M | 10K | Victor | 58:17 | 58:17 |
| 13 | 227 Chuck Giordano | M | 10K | Hilton | 58:23 | 58:23 |
| 14 | 326 Bob Baldino | M | 10K | Spencerport | 58:43 | 58:43 |
| 15 | 209 James Bongard | M | 10K | Webster | 58:51 | 58:51 |
| 16 | 286 Kevin Sullivan | M | 10K | Rush | 59:04 | 59:04 |
| 17 | 336 Steven Rowe | M | 10K | | 1:00:25 | 1:00:25 |
| 18 | 308 John Tarduno | M | 10K | Rochester | 1:01:49 | 1:01:49 |
| 19 | 338 Ty Hookway | M | 10K | | 1:02:25 | 1:02:25 |
| 20 | 352 Mike Allen | M | 10K | Rochester | 1:04:00 | 1:04:00 |
| 21 | 231 Dudley Hallstead | M | 10K | Canandaigua | 1:06:43 | 1:06:43 |
| 22 | 292 Brian VandeMortel | M | 10K | Webster | 1:10:53 | 1:10:53 |
| 23 | 225 Mike Friedler | M | 10K | Ontario | 1:14:55 | 1:14:55 |

M50-59

| | | | | | | |
|---|------------------------|---|-----|-----------------|---------|---------|
| 1 | 207 David Blake | M | 10K | Stafford | 49:40 | 49:40 |
| 2 | 344 Mark Woodhams | M | 10K | | 51:58 | 51:58 |
| 3 | 330 Timothy Bantle | M | 10K | Walworth | 52:53 | 52:53 |
| 4 | 355 Matt Degma | M | 10K | | 53:15 | 53:15 |
| 5 | 230 Lawrence Guskowski | M | 10K | Rochester | 59:15 | 59:15 |
| 6 | 345 Jeff VanRiper | M | 10K | Farmington | 1:07:21 | 1:07:21 |
| 7 | 246 Len Kataskas | M | 10K | Clifton Springs | 1:09:56 | 1:09:56 |
| 8 | 325 Gary Preece | M | 10K | Shortsville | 1:10:26 | 1:10:26 |
| 9 | 250 Mark Lehman | M | 10K | Honeoye Falls | 1:11:29 | 1:11:29 |

M60-69

| | | | | | | |
|---|----------------|---|-----|--|---------|---------|
| 1 | 328 Carl Grimm | M | 10K | | 0:51:55 | 0:51:55 |
|---|----------------|---|-----|--|---------|---------|

| Pos | Bib | Fullname | Gender | Race | City | Lap 1 | Lap 2 | Total |
|--------------------|-----|------------------------|--------|------|----------------|---------|---------|---------|
| 20K Results | | | | | | | | |
| Overall Female 20K | | | | | | | | |
| | 1 | 384 Christa Meyer | F | 20K | Fairport | 46:30 | 48:40 | 1:35:10 |
| Overall Male 20K | | | | | | | | |
| | 1 | 437 Carl Johnston | M | 20K | Ontario | 41:44 | 43:09 | 1:24:52 |
| F20-29 | | | | | | | | |
| | 1 | 386 Danielle Snyder | F | 20K | Pittsford | 56:05 | 55:47 | 1:51:52 |
| | 2 | 453 Gaylee Saliba | F | 20K | Medford | 1:17:21 | 1:32:11 | 2:49:32 |
| F30-39 | | | | | | | | |
| | 1 | 399 Shannon Manzo | F | 20K | Rochester | 52:15 | 55:38 | 1:47:53 |
| | 2 | 210 Christina Chavez | F | 20K | Canandaigua | 1:03:04 | 1:04:21 | 2:07:25 |
| | 3 | 303 Julie Bell | F | 20K | Pittsford | 1:05:00 | 1:12:59 | 2:17:59 |
| | 4 | 310 Jen Newman | F | 20K | Pittsford | 1:08:09 | 1:12:42 | 2:20:52 |
| | 5 | 315 Kelly Nash | F | 20K | Rochester | 1:10:48 | 1:22:11 | 2:32:58 |
| F40-49 | | | | | | | | |
| | 1 | 378 Kathy Schwenk | F | 20K | Corfu | 55:47 | 57:35 | 1:53:22 |
| | 2 | 306 Nancy Heilemann | F | 20K | Clemson | 58:11 | 1:00:37 | 1:58:48 |
| | 3 | 275 Lisa Ray | F | 20K | Fairport | 1:01:33 | 1:05:59 | 2:07:31 |
| | 4 | 279 Darlene Saeva | F | 20K | Rochester | 1:06:28 | 1:04:36 | 2:11:04 |
| | 5 | 385 Nancy VanKerkhove | F | 20K | Rochester | 1:06:46 | 1:13:40 | 2:20:25 |
| | 6 | 285 Teresa Sukiennicki | F | 20K | Rochester | 1:05:06 | 1:18:06 | 2:23:12 |
| | 7 | 208 Kimberlee Blik | F | 20K | Webster | 1:07:51 | 1:18:24 | 2:26:16 |
| | 8 | 317 Maria Durkin | F | 20K | Pittsford | 1:10:48 | 1:22:11 | 2:32:59 |
| F50-59 | | | | | | | | |
| | 1 | 319 Anne Schwartz | F | 20K | Webster | 1:09:47 | 1:14:35 | 2:24:22 |
| | 2 | 217 Alison Currie | F | 20K | Rochester | 1:11:26 | 1:19:31 | 2:30:57 |
| M20-29 | | | | | | | | |
| | 1 | 235 Joseph Holler | M | 20K | Jamestown | 43:29 | 46:25 | 1:29:54 |
| | 2 | 458 Andrew Olson | M | 20K | Syracuse | 45:41 | 46:55 | 1:32:36 |
| | 3 | 462 Josh Keefe | M | 20K | Rochester | 51:46 | 57:30 | 1:49:16 |
| M30-39 | | | | | | | | |
| | 1 | 396 Alan Powers | M | 20K | Rochester | 41:48 | 44:32 | 1:26:21 |
| | 2 | 383 Matthew Doyle | M | 20K | Rochester | 44:27 | 48:57 | 1:33:24 |
| | 3 | 312 Christian Jones | M | 20K | Hilton | 49:14 | 51:18 | 1:40:32 |
| | 4 | 311 Steven Snyder | M | 20K | Hamlin | 46:31 | 55:01 | 1:41:33 |
| | 5 | 202 Rich Angell | M | 20K | Rochester | 50:42 | 52:06 | 1:42:49 |
| | 6 | 380 Egils Robs | M | 20K | East Rochester | 52:21 | 56:18 | 1:48:40 |
| | 7 | 382 Jon McDonough | M | 20K | North Chili | 52:04 | 57:11 | 1:49:15 |
| | 8 | 215 Michael Collins | M | 20K | Rochester | 53:51 | 1:02:03 | 1:55:54 |
| M40-49 | | | | | | | | |
| | 1 | 293 Dennis VanKerkhove | M | 20K | Rochester | 44:37 | 46:14 | 1:30:51 |
| | 2 | 463 Larry Creatura | M | 20K | | 48:03 | 50:13 | 1:38:15 |
| | 3 | 373 Rick Schopinski | M | 20K | Victor | 47:55 | 52:31 | 1:40:26 |
| | 4 | 314 Scott McNitt | M | 20K | | 49:14 | 51:18 | 1:40:33 |
| | 5 | 242 David Jones | M | 20K | Interlaken | 48:59 | 52:09 | 1:41:08 |
| | 6 | 376 Mike Mundy | M | 20K | | 52:13 | 57:04 | 1:49:16 |
| | 7 | 377 John McKenna | M | 20K | | 56:15 | 1:06:56 | 2:03:11 |
| M50-59 | | | | | | | | |
| | 1 | 456 Frank Quattrone | M | 20K | Webster | 49:55 | 53:30 | 1:43:26 |
| | 2 | 291 Rob Tyler | M | 20K | Pittsford | 53:05 | 57:21 | 1:50:27 |
| | 3 | 459 Jim Kerr | M | 20K | Canandaigua | 56:29 | 59:36 | 1:56:06 |
| | 4 | 233 Patrick Herron | M | 20K | LeRoy | 57:54 | 1:01:53 | 1:59:47 |
| | 5 | 244 Chester Jozefski | M | 20K | Rochester | 58:41 | 1:03:08 | 2:01:48 |
| | 6 | 374 Gregory Hyatt | M | 20K | Amherst | 1:03:16 | 1:01:15 | 2:04:31 |
| | 7 | 454 Daniel Sillick | M | 20K | Hiton | 1:03:41 | 1:10:08 | 2:13:49 |
| | 8 | 372 Dave Fergusson | M | 20K | | 1:06:07 | 1:21:34 | 2:27:40 |
| M60-69 | | | | | | | | |
| | 1 | 379 Hector Bauza | M | 20K | Fredonia | 51:20 | 55:04 | 1:46:24 |
| | 2 | 395 Buzz Schild | M | 20K | Rochester | 52:12 | 57:31 | 1:49:43 |
| | 3 | 307 Jim Glinsky | M | 20K | | 56:06 | 56:41 | 1:52:47 |
| | 4 | 280 Fouad Saliba | M | 20K | Westmount | 1:13:25 | 1:17:10 | 2:30:36 |

| Pos | Bib | Fullname | Gender | Race | City | Lap 1 | Lap 2 | Total |
|-------------------|-----|---------------------|--------|------|---------------|-------|-------|-------|
| 5K Results | | | | | | | | |
| Overall Female 5K | | | | | | | | |
| | 1 | 375 Aria McKusick | F | 5K | Mendon | 30:56 | | 30:56 |
| Overall Male 5K | | | | | | | | |
| | 1 | 226 Marcus Gage | M | 5K | Henrietta | 23:29 | | 23:29 |
| F14UNDER | | | | | | | | |
| | 1 | 467 Hannah Fickett | F | 5K | | 54:02 | | 54:02 |
| F20-29 | | | | | | | | |
| | 1 | 294 Athena Visel | F | 5K | Roc | 39:29 | | 39:29 |
| | 2 | 284 Tara Stein | F | 5K | Honeoye Falls | 40:56 | | 40:56 |
| F30-39 | | | | | | | | |
| | 1 | 381 Margaux Judge | F | 5K | Fayetteville | 35:49 | | 35:49 |
| | 2 | 388 Martha McKenna | F | 5K | | 38:06 | | 38:06 |
| | 3 | 270 Traci Phillips | F | 5K | Avon | 42:57 | | 42:57 |
| F40-49 | | | | | | | | |
| | 1 | 465 Kate Creatura | F | 5K | | 32:27 | | 32:27 |
| | 2 | 387 Shari Kinel | F | 5K | | 38:06 | | 38:06 |
| M14UNDER | | | | | | | | |
| | 1 | 468 Eric Bigenwald | M | 5K | | 25:29 | | 25:29 |
| | 2 | 393 Ross Pirnie | M | 5K | | 28:26 | | 28:26 |
| | 3 | 203 Allen Beaujon | M | 5K | Canandaigua | 29:10 | | 29:10 |
| | 4 | 469 Jacob Bigenwald | M | 5K | | 31:07 | | 31:07 |
| | 5 | 390 Enrich Spaker | M | 5K | Spencerport | 31:33 | | 31:33 |
| | 6 | 394 Evan Pirnie | M | 5K | Hilton | 34:35 | | 34:35 |
| | 7 | 464 Jack Creatura | M | 5K | | 35:30 | | 35:30 |
| | 8 | 389 Ahren Spaker | M | 5K | Spencerport | 48:37 | | 48:37 |
| | 9 | 466 Jack Fickett | M | 5K | | 52:29 | | 52:29 |
| M14-19 | | | | | | | | |
| | 1 | 271 Joshua Platt | M | 5K | Kent | 28:22 | | 28:22 |
| M20-29 | | | | | | | | |
| | 1 | 267 Scott Phillips | M | 5K | Rochester | 30:58 | | 30:58 |
| | 2 | 269 Tim Phillips | M | 5K | Newark | 37:30 | | 37:30 |
| | 3 | 455 Sean Metz | M | 5K | | 40:34 | | 40:34 |
| M30-39 | | | | | | | | |
| | 1 | 398 Tom Regan | M | 5K | Victor | 23:53 | | 23:53 |
| | 2 | 391 Sebold Torno | M | 5K | | 34:51 | | 34:51 |
| | 3 | 265 Douglas Pereira | M | 5K | Canandaigua | 35:18 | | 35:18 |
| | 4 | 247 Renee Kirk | M | 5K | Bloomfield | 36:08 | | 36:08 |
| | 5 | 239 Paul Hutkowski | M | 5K | Pittsford | 36:12 | | 36:12 |
| | 6 | 251 Jason Lyle | M | 5K | Honeoye Falls | 39:25 | | 39:25 |
| | 7 | 283 Jeremy Stein | M | 5K | Honeoye Falls | 40:56 | | 40:56 |
| | 8 | 304 Rob Hayes | M | 5K | Avon | 41:23 | | 41:23 |
| M40-49 | | | | | | | | |
| | 1 | 214 Chris Collins | M | 5K | Newark | 30:27 | | 30:27 |
| | 2 | 461 Chris Bigenwald | M | 5K | | 31:08 | | 31:08 |
| | 3 | 457 Tim Mulhall | M | 5K | | 44:55 | | 44:55 |
| M50-59 | | | | | | | | |
| | 1 | 392 Barryn Caresto | M | 5K | Livonia | 38:09 | | 38:09 |
| | 2 | 297 Jeff Weber | M | 5K | Rochester | 38:54 | | 38:54 |