

**PowerBar Trail Race - 9 Mile**  
**Saturday, June 9th at Mendon Ponds Park**  
**Timed and Produced by YellowJacket Racing**  
**Total Finishers - 135 (Men 85, Women 50)**

Pos	Bib	Fullname	Gender	Age	Class	M/F Place	City	TotalTm
1	147	Dan Verdi	M	25	Overall Male Long Course	1	Rochester	0:54:16
2	206	Chris Hine	M	23	M20-24	2	Rochester	0:54:43
3	175	James Oberst	M	44	M40-44	3	Rochester	0:57:16
4	55	William Hawkins	M	30	M30-34	4	Rochester	0:59:44
5	210	Kurt Spaker	M	35	M35-39	5	Spencerport	1:00:31
6	140	Ted Thull	M	46	M45-49	6	Macedon	1:00:50
7	54	Alan Hatch	M	31	M30-34	7	Pittsford	1:00:55
8	215	Mike Twohig	M	27	M25-29	8		1:01:36
9	171	Michael Gardella	M	44	M40-44	9	Rochester	1:01:38
10	91	Zachary Nelson	M	16	M19UNDER	10	Victor	1:02:43
11	112	James Roche	M	46	M45-49	11	Fairport	1:03:07
12	96	Brendan OToole	M	32	M30-34	12	Rochester	1:03:34
13	169	Alan Powers	M	30	M30-34	13	Rochester	1:05:11
14	226	Andrew Burke	M	22	M20-24	14	Amherst	1:05:17
15	134	Ryan St. George	M	20	M20-24	15	Penfield	1:05:26
16	61	Ed Housel	M	48	M45-49	16	Rochester	1:05:33
17	74	Ron Lillis	M	53	M50-54	17	Rochester	1:05:54
18	158	Andy Wooding	M	36	M35-39	18	North Chili	1:06:32
19	45	Peter Francia	M	16	M19UNDER	19	Rochester	1:07:38
20	222	Linda Grossman	F	42	Overall Female Long Course	1	Rochester	1:07:55
21	99	Dave Parrish	M	27	M25-29	20	W. Henrietta	1:08:19
22	214	Jill Skivington	F	27	F25-29	2	Rochester	1:08:20
23	202	John Salvador	M	36	M35-39	21	Penfield	1:08:34
24	164	Robin Lorenzo	F	42	F40-44	3	Rochester	1:08:50
25	71	Thomas Lamme	M	59	M55-59	22	Penfield	1:10:23
26	160	Bob Yax	M	52	M50-54	23	Springwater	1:10:24
27	122	Jean-Paul Scott	M	38	M35-39	24	Rochester	1:11:03
28	165	Leah Valvo	F	31	F30-34	4	Pittsford	1:11:16
29	208	Ralf Senner	M	40	M40-44	25	Pittsford	1:11:28
30	148	Justin Voldman	M	26	M25-29	26	Fairport	1:11:41
31	35	Andy Desmann	M	42	M40-44	27	Pittsford	1:12:15
32	223	Matt Irvine	M	25	M25-29	28	Rochester	1:12:21
33	47	Robert Ganey	M	36	M35-39	29	Rochester	1:12:46
34	207	Marc Consler	M	44	M40-44	30	Rochester	1:12:53
35	77	Matthew Mack	M	27	M25-29	31	Rochester	1:14:04
36	162	Josh Keefe	M	25	M25-29	32	Rochester	1:14:34
37	192	Taryn Hand	F	20	F20-24	5	Rochester	1:14:39
38	11	Lawrence Bernstein	M	47	M45-49	33	Honeoye Falls	1:14:52
39	180	Dennis Flynn	M	49	M45-49	34	Fairport	1:14:52
40	49	Matthew Gillette	M	38	M35-39	35	Hemlock	1:15:05
41	154	Christopher Washburn	M	45	M45-49	36	Newark	1:15:21
42	37	Linda Drinkwater	F	51	F50-54	6	Fairport	1:15:22
43	9	Matthew Benedict	M	22	M20-24	37	Caledonia	1:15:26
44	190	Beth DeCiantis	F	45	F45-49	7	Rochester	1:15:29
45	87	Abbey McQueeney Penamonte	F	24	F20-24	8	Rochester	1:16:57
46	131	Marty Sochia	M	46	M45-49	38	Spencerport	1:17:00
47	27	Robin Cowdery	F	48	F45-49	9	Webster	1:17:16
48	107	Caity Richardson	F	21	F20-24	10	Pittsford	1:17:41
49	16	John Bugajski	M	26	M25-29	39	Rochester	1:17:41
50	230	Trista Holden-Betts	F	33	F30-34	11	Bville	1:17:56
51	146	Keith Van Nostrand	M	27	M25-29	40	Rochester	1:18:02
52	141	Ed Tilley	M	37	M35-39	41	Macedon	1:18:05
53	200	Christine Reynolds	F	37	F35-39	12	Newfield	1:18:11
54	163	David Snyder	M	51	M50-54	42	Pittsford	1:18:33
55	187	Jack McGowan	M	47	M45-49	43	Fairport	1:18:56

56	114	Thomas Rybak	M	42	M40-44	44	Webster	1:19:15
57	168	Dennis Raup	M	47	M45-49	45	Honeoye Falls	1:19:49
58	204	Ethan Willistein	M	24	M20-24	46	Scottsville	1:20:19
59	218	Jenny Bushover	F	35	F35-39	13	East Aurora	1:20:19
60	194	Corey Crawford	M	27	M25-29	47	Rochester	1:20:21
61	65	Dave Johnson	M	49	M45-49	48	Bloomfield	1:20:51
62	5	Heidi Austin	F	37	F35-39	14	Rochester	1:20:53
63	196	Betsy Thomspen	F	33	F30-34	15	Columbus	1:21:43
64	66	Lesley Johnson	F	47	F45-49	16	Bloomfield	1:21:56
65	156	Jonathan Willistein	M	21	M20-24	49	Scottsville	1:22:17
66	84	Sarah McCarthy	F	32	F30-34	17	Canandaigua	1:22:20
67	197	Jill Gardner	F	53	F50-54	18	Rochester	1:22:25
68	118	Adena Schutzberg	F	43	F40-44	19	Somerville	1:22:31
69	150	Ian Waggett	M	33	M30-34	50	Rochester	1:22:34
70	52	Lawrence Guskowski	M	50	M50-54	51	Rochester	1:22:47
71	70	Karen Kryder	F	50	F50-54	20	Rochester	1:22:52
72	53	John Handley	M	50	M50-54	52	Fairport	1:23:13
73	25	Chris Colangelo	M	27	M25-29	53	Penfield	1:23:23
74	199	Joseph Reynolds	M	62	M60-64	54	Newfield	1:23:26
75	42	Marianne Fleckenstein	F	29	F25-29	21	Rochester	1:23:32
76	170	Laura Church	F	37	F35-39	22	Rochester	1:23:37
77	203	Khanh Noo	M	24	M20-24	55	Rochester	1:23:44
78	85	David McManus	M	42	M40-44	56	Rochester	1:23:46
79	68	Jim Kerr	M	52	M50-54	57	Canandaigua	1:24:20
80	51	Juana Guskowski	F	49	F45-49	23	Rochester	1:24:28
81	159	Amber Wyman	F	43	F40-44	24	Farmington	1:24:58
82	34	Michael Derleth	M	47	M45-49	58	Fairport	1:25:09
83	40	Anne Esposito	F	40	F40-44	25	Rochester	1:25:17
84	67	Chester Jozefski	M	54	M50-54	59	Rochester	1:25:50
85	166	Kevin Kehoe	M	32	M30-34	60	Rochester	1:25:52
86	123	Dave Sek	M	64	M60-64	61	Spencerport	1:25:58
87	181	Mark Lehman	M	53	M50-54	62	Honeoye Falls	1:26:02
88	139	Robin Thoman	F	42	F40-44	26	Fairport	1:26:02
89	56	Jeanne Herrick	F	56	F55-59	27	Rochester	1:26:04
90	38	Traci Durgan	F	36	F35-39	28	Rush	1:26:28
91	23	Andrew Ciaio	M	41	M40-44	63	Victor	1:26:28
92	60	Andrew Hoteling	M	38	M35-39	64	Walworth	1:26:32
93	172	Bob Lonsberry	M	47	M45-49	65	Mt Morris	1:28:09
94	173	Joy Dreibelbis	F	29	F25-29	29	Rochester	1:28:27
95	211	John Perhamus	M	60	M60-64	66	Canandaigua	1:28:35
96	167	Scott Basse	M	29	M25-29	67	Rochester	1:28:36
97	224	Steve Levitsky	M	40	M40-44	68	Rochester	1:28:37
98	101	Eileen Penner	F	22	F20-24	30	Fairport	1:28:38
99	21	Christina Chavez	F	35	F35-39	31	Canandaigua	1:28:52
100	36	Doug DeWeaver	M	49	M45-49	69	Newark	1:29:46
101	212	Erica Sagurman	F	26	F25-29	32	Akron	1:30:14
102	120	Joe Scippo	M	33	M30-34	70	Rochester	1:30:20
103	46	Jim Fryer	M	31	M30-34	71	Rochester	1:30:33
104	129	Arnold Siwa	M	34	M30-34	72	Lancaster	1:30:43
105	136	Fred Stringer	M	46	M45-49	73	Canandaigua	1:31:28
106	93	Suzy ODonovan	F	42	F40-44	33	Pittsford	1:31:39
107	29	Jim Craft	M	51	M50-54	74	Canandaigua	1:31:47
108	26	Melanie Cottone	F	34	F30-34	34	Mount Morris	1:35:31
109	152	Stephen Wallace	M	53	M50-54	75	Toronto	1:36:07
110	106	Kathleen Reardon	F	45	F45-49	35	Honeoye Falls	1:36:24
111	110	Michelle Rioux	F	31	F30-34	36	Rochester	1:38:40
112	31	Alison Currie	F	51	F50-54	37	Rochester	1:39:09
113	184	Suzanne Farnsworth	F	39	F35-39	38	Clifton Springs	1:39:26
114	43	Michael Follan	M	42	M40-44	76	Rochester	1:39:31
115	79	Suzanne Maio-Wade	F	49	F45-49	39	Rochester	1:39:33
116	143	Van Tran	F	23	F20-24	40	Rochester	1:40:08

