

**Freezeroo Race #4 - Hearnish 10K (6.385 miles)****Saturday January 30, 2010****Powder Mill Park, Pittsford, NY****174 Finishers( 124 Male, 50 Female )****Timed by YellowJacket Racing**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>Class</b>	<b>M/F Place</b>	<b>Age</b>	<b>City</b>	<b>Series</b>	<b>Time</b>	<b>Pace</b>
1	20	Dave Bradshaw	M	M30-34	1	30	Macedon	X	0:35:31	05:34
2	165	Ryan Pauling	M	M30-34	2	33	Rochester	X	0:35:35	05:34
3	206	Matt Tytler	M	M35-39	3	37	Irondequoit	X	0:39:13	06:09
4	156	Philip Nesbitt	M	M20-24	4	23	Churchville	X	0:39:25	06:10
5	69	Tim Dwyer	M	M50-54	5	50	Rochester	X	0:39:45	06:14
6	121	Matt Kellman	M	M45-49	6	45	Penfield	X	0:40:07	06:17
7	83	Daniel Giblin	M	M45-49	7	47	Rochester	X	0:40:45	06:23
8	234	Jason Knarr	M	M30-34	8	33	Webster		0:40:56	06:25
9	243	Andrew Baker	M	M19UNDER	9	17	Spencerport	X	0:41:29	06:30
10	202	Ted Thull	M	M45-49	10	48	Macedon	X	0:41:34	06:31
11	132	Tony Machulskis	M	M50-54	11	50	Rochester	X	0:41:48	06:33
12	15	Matt Blodgett	M	M30-34	12	32	Fairport	X	0:41:55	06:34
13	89	David Goins	M	M50-54	13	52	Dansville	X	0:42:05	06:35
14	45	Michael Coyle	M	M30-34	14	34	Irondequoit	X	0:42:17	06:37
15	185	John Salvador	M	M35-39	15	39	Penfield	X	0:42:29	06:39
16	191	Colby Shores	M	M30-34	16	34	Rochester	X	0:43:08	06:45
17	148	Patrick Milligan	M	M45-49	17	45	Rochester	X	0:43:09	06:45
18	227	Michael Moore	M	M25-29	18	29	Lackawanna		0:43:13	06:46
19	37	Timothy Ciancione	M	M40-44	19	44	Rochester	X	0:43:24	06:48
20	67	Rebecca Duberry	F	F35-39	1	39	Rochester	X	0:43:30	06:49
21	233	Keith Scott	M	M45-49	20	46	Leroy		0:43:43	06:51
22	134	Jen Malik	F	F30-34	2	30	Rochester	X	0:43:52	06:52
23	212	Dan Ward	M	M30-34	21	32	Rochester	X	0:44:02	06:54
24	187	David Sauter	M	M40-44	22	42	Penfield	X	0:44:07	06:55
25	149	Josiah Moore	M	M20-24	23	21	Canandigua	X	0:44:08	06:55
26	41	Martin Coffey	M	M40-44	24	40	Pittsford	X	0:44:22	06:57
27	245	Bryce Manmowski	M	M20-24	25	21	Rochester		0:44:31	06:58
28	110	Adam Insalaco	M	M25-29	26	29	Irondequoit	X	0:44:33	06:59
29	238	Mark Barry	M	M55-59	27	57	Rochester		0:44:34	06:59
30	22	James Brennan	M	M40-44	28	40	Pittsford	X	0:44:43	07:00
31	126	Peter Lautenslager	M	M45-49	29	48	Victor	X	0:44:51	07:01
32	213	Matthew Ward	M	M45-49	30	45	Canandigua	X	0:45:04	07:03
33	108	Scott Hoot	M	M45-49	31	49	Medina	X	0:45:36	07:08
34	74	George Fawcet	M	M45-49	32	49	Rochester	X	0:45:40	07:09
35	179	Victoria Rodriguez	F	F30-34	3	31	Buffalo	X	0:45:41	07:09
36	214	David Ward	M	M55-59	33	58	Akron	X	0:45:44	07:10
37	124	Thomas Lamme	M	M60-64	34	62	Penfield	X	0:45:44	07:10
38	236	Bob Hamilton	M	M50-54	35	54	Lyons		0:45:48	07:10
39	85	Tony Gingello	M	M60-64	36	62	Rochester	X	0:46:03	07:13
40	142	Brian McElroy	M	M45-49	37	48	Buffalo	X	0:46:21	07:16
41	94	Keith Hadley	M	M50-54	38	50	Rochester	X	0:46:42	07:19
42	107	Daniel Homer	M	M35-39	39	35	Rochester	X	0:47:05	07:22
43	153	Audra Naujokas-Knapp	F	F40-44	4	40	Rochester	X	0:47:13	07:24
44	244	Allyson Brown	F	F25-29	5	25	Honeyoye Falls		0:47:32	07:27
45	248	Michel Bermudez	M	M35-39	40	39	Webster		0:47:39	07:28

46	113	Tom Jerris	M	M50-54	41	51	Livonia	X	0:48:04	07:32
47	230	Ludonic Raymond	M	M30-34	42	31	Buffalo		0:48:07	07:32
48	82	Dana Giannini	F	F40-44	6	40	Rochester	X	0:48:08	07:32
49	54	Heather Danielson	F	F30-34	7	34	Rochester	X	0:48:17	07:34
50	68	Michael Dunn	M	M50-54	43	53	Rochester	X	0:48:20	07:34
51	252	Thom Westfall	M	M40-44	44	42	Walworth		0:48:47	07:38
52	57	Matt Degma	M	M55-59	45	55	Rochester	X	0:48:52	07:39
53	247	Kevin Mesoleila	M	M19UNDER	46	19	Rochester		0:48:53	07:39
54	103	Russ Herman	M	M45-49	47	48	Hilton	X	0:48:53	07:39
55	241	Billy Galetto	M	M19UNDER	48	15	Spencerport		0:49:06	07:41
56	161	Jonathan Owen	M	M25-29	49	27	Rochester	X	0:49:08	07:42
57	55	David Davenport	M	M55-59	50	58	Rochester	X	0:49:36	07:46
58	47	Jeffrey L. Crews	M	M40-44	51	43	Rochester	X	0:49:48	07:48
59	93	Cheryl Guth	F	F55-59	8	55	Rochester	X	0:49:57	07:49
60	6	Alex Ashe	M	M35-39	52	39	Spencerport	X	0:50:05	07:51
61	239	Steven Derks	M	M45-49	53	46	W. Henrietta		0:50:08	07:51
62	62	Christine Deutsch	F	F35-39	9	35	Rochester	X	0:50:15	07:52
63	215	Chris Washburn	M	M45-49	54	48	Newark	X	0:50:21	07:53
64	21	Joanne Bradt	F	F45-49	10	45	Scottsville	X	0:50:26	07:54
65	87	Philip Gleason	M	M45-49	55	46	Geneva	X	0:50:32	07:55
66	203	Jeffery Tress	M	M30-34	56	30	Batavia		0:51:00	07:59
67	106	Larry Hoffman	M	M40-44	57	41	Ontario	X	0:51:10	08:01
68	17	Stephanie E. Boone	F	F25-29	11	27	Buffalo		0:51:12	08:01
69	226	Therese Christo	F	F55-59	12	56	Hilton		0:51:20	08:02
70	109	Roger Howe	M	M60-64	58	62	Rochester	X	0:51:32	08:04
71	77	Emily Flagg	F	F35-39	13	35	Rochester	X	0:51:38	08:05
72	111	Lou Iovoli	M	M40-44	59	44	Victor	X	0:51:41	08:06
73	222	Mary Wojnowski	F	F40-44	14	42	Rochester	X	0:52:02	08:09
74	232	Lento Montgomery	M	M45-49	60	49	Rochester		0:52:07	08:10
75	140	Peter McCandlish	M	M45-49	61	45	Rochester	X	0:52:17	08:11
76	223	Mark Woodhams	M	M50-54	62	52	E. Rochester	X	0:52:34	08:14
77	211	Patrick Vorndran	M	M40-44	63	41	Rochester	X	0:52:37	08:14
78	219	Marie White	F	F45-49	15	45	Henrietta	X	0:52:44	08:16
79	119	Kevin Kehoe	M	M30-34	64	34	Rochester	X	0:52:55	08:17
80	33	Michael Cefalo	M	M30-34	65	33		X	0:53:25	08:22
81	36	Andrew Ciaio	M	M40-44	66	44	Victor	X	0:53:32	08:23
82	66	Dale Dimick	M	M40-44	67	42	Webster	X	0:53:37	08:24
83	8	Pam Ayers	F	F30-34	16	33	Rochester	X	0:54:05	08:28
84	86	Brian Glass	M	M30-34	68	30	Rochester	X	0:54:05	08:28
85	143	Sarah McGrath	F	F30-34	17	31	Syracuse		0:54:09	08:29
86	147	Joseph McMahoun	M	M40-44	69	40	Rochester	X	0:54:22	08:31
87	177	Marty Roberts	F	F50-54	18	52	Penn Yan	X	0:54:51	08:35
88	58	Rachael DellaPietra	F	F30-34	19	30	Webster	X	0:55:01	08:37
89	19	Bill Boula	M	M35-39	70	35	Hilton	X	0:55:03	08:37
90	175	Amber Rinderknecht	F	F35-39	20	36	Rochester	X	0:55:12	08:39
91	79	Joaquim Flores	M	M40-44	71	43	Rochester	X	0:55:15	08:39
92	11	Christopher Barry	M	M55-59	72	57	Newark	X	0:55:18	08:40
93	80	Joao Flores	M	M40-44	73	42	Greece	X	0:55:23	08:40
94	9	Scott Bagley	M	M19UNDER	74	13	Rochester	X	0:55:32	08:42
95	250	David Fedrizzi	M	M45-49	75	49	Pittsford		0:55:33	08:42
96	23	Novis Brewster	M	M50-54	76	50	Rochester	X	0:56:02	08:47
97	216	Barry Watkins	M	M60-64	77	64	Rochester	X	0:56:07	08:47

98	137	Brian Matzan	M	M30-34	78	31	Hilton	X	0:56:09	08:48
99	152	John Natale	M	M40-44	79	41	Fairport	X	0:56:16	08:49
100	246	Brendan Wolfert	M	M20-24	80	20	Henrietta		0:56:27	08:50
101	190	Anne Shigley	F	F20-24	21	22	Rochester	X	0:56:40	08:52
102	162	Ron Paeth	M	M45-49	81	46	Kendall	X	0:56:49	08:54
103	3	Wilt Alston	M	M50-54	82	51	Rochester	X	0:57:13	08:58
104	224	Brian Zimmerman	M	M30-34	83	34	Rochester	X	0:57:36	09:01
105	71	Timothy Elinger	M	M45-49	84	45	Mendon	X	0:57:56	09:04
106	96	Mike Hall	M	M35-39	85	39	Rochester	X	0:58:04	09:06
107	18	William A. Borrelli	M	M40-44	86	44	Rochester	X	0:58:08	09:06
108	208	Kera Vanham	F	F35-39	22	36	Rochester	X	0:58:36	09:11
109	181	Wes Rosengrant	M	M45-49	87	49	Rochester	X	0:58:36	09:11
110	98	Dudley Hallstead	M	M50-54	88	50	Canandigua	X	0:58:37	09:11
111	150	Michael Mullane	M	M45-49	89	46	Fairport	X	0:58:38	09:11
112	105	Karol Hitchcock	F	F40-44	23	43	Fairport	X	0:58:41	09:11
113	114	Debbie Jerris	F	F45-49	24	46	Livonia	X	0:58:45	09:12
114	144	Lynda McGuire	F	F60-64	25	61	Scottsville	X	0:58:54	09:14
115	146	Christina McLyman	F	F40-44	26	42	Rochester	X	0:58:55	09:14
116	99	Stephen Hedges	M	M60-64	90	60	Rochester	X	0:58:56	09:14
117	117	Rich Kapp	M	M35-39	91	38	Webster	X	0:59:11	09:16
118	42	Thomas Collins	M	M40-44	92	44	Pittsford	X	0:59:55	09:23
119	14	Bill Beyerbach	M	M50-54	93	54	Rochester	X	1:00:42	09:30
120	122	Lexie Klimasewski	F	19&under	27	14	Fairport	X	1:00:45	09:31
121	112	Shawn Jackett	M	M25-29	94	29	Fairport		1:00:48	09:31
122	35	Jeff Chester	M	M40-44	95	44	Rochester	X	1:00:54	09:32
123	51	Ann Cunningham	F	F45-49	28	47	Rochester	X	1:00:58	09:33
124	61	Tom Demeyers	M	M40-44	96	42	Palmyra	X	1:01:16	09:36
126	158	Dale ODell	M	M55-59	97	56	Rochester	X	1:01:24	09:37
127	26	Tracy Bryce	F	F35-39	29	35	Rochester	X	1:01:25	09:37
128	173	Diane Prystajko	F	F45-49	30	45	Spencerport	X	1:01:26	09:37
129	116	Roman T. Kamola	M	M40-44	98	40	Rochester	X	1:01:30	09:38
130	235	Paul Hebert	M	M50-54	99	51	Hilton		1:01:31	09:38
131	101	Sean Hendrick	M	M45-49	100	47	Rochester	X	1:01:32	09:38
132	192	Michael Shortley	M	M55-59	101	55	Fairport	X	1:01:34	09:39
133	229	Marlene Paeth	F	F45-49	31	46	Kendall		1:01:45	09:40
134	102	Kathy Henrie	F	F55-59	32	56	Rochester	X	1:01:59	09:42
135	76	Brian Ferries	M	M50-54	102	50	Brockport	X	1:02:13	09:45
136	183	Charlie Sabatine	M	M75-79	103	76	Victor	X	1:02:42	09:49
137	249	Barry Cherney	M	M40-44	104	43	Rochester		1:03:07	09:53
138	204	Kathee Tyo	F	F30-34	33	32	Rochester	X	1:03:11	09:54
139	240	Donald Galetto	M	M55-59	105	57	Spencerport		1:03:12	09:54
140	49	Tom Crilly	M	M45-49	106	47	Rochester	X	1:03:15	09:54
141	2	Katie Achter	F	F25-29	34	25	Rochester	X	1:03:19	09:55
142	90	David Gordon	M	M60-64	107	62	Pittsford	X	1:03:44	09:59
143	160	Emily OShea	F	F30-34	35	31	Hilton	X	1:04:01	10:01
144	72	Krista Aukeman Englert	F	F35-39	36	35	Rochester	X	1:04:07	10:02
145	253	Mary Westfall	F	F35-39	37	37	Walworth		1:04:30	10:06
146	40	Earl M. Cliffl	M	M70-74	108	70	Livonia	X	1:04:49	10:09
147	182	Christina Ruhland	F	F40-44	38	41	North Chili	X	1:05:43	10:18
148	38	Eddy Clark	M	M50-54	109	51	Victor	X	1:06:01	10:20
149	155	Philip Nelson	M	M55-59	110	58	Victor	X	1:06:54	10:29
150	118	Dan Katz	M	M55-59	111	55	Pittsford	X	1:07:17	10:32

151	115	Arthur Jones	M	M55-59	112	57	Rochester	X	1:07:18	10:32
152	251	Michelle Curtin	F	F30-34	39	34	Cohocton		1:07:24	10:33
153	53	Daniel Curtin	M	M35-39	113	38	Cohocton	X	1:07:24	10:33
154	133	Jane Mahoney	F	F60-64	40	60	Rochester	X	1:07:40	10:36
155	237	Dennis Culhane	M	M55-59	114	55	Rochester		1:08:15	10:41
156	59	Joe DeMarco	M	M55-59	115	55	Nunda	X	1:08:23	10:43
157	60	Cheyenne DeMarco	F	F19UNDER	41	19	Nunda	X	1:08:24	10:43
158	188	Coleen Schofield	F	F40-44	42	41	Rochester	X	1:08:30	10:44
159	7	Glen Avery	M	M55-59	116	59	Houghton		1:08:59	10:48
160	123	Carolyn Kriesen	F	F65-70	43	66	Webster	X	1:09:06	10:49
161	128	William Lerkins	M	M45-49	117	49	Rochester	X	1:09:14	10:51
162	189	Jennifer Sheehan	F	F35-39	44	39	Rochester	X	1:09:18	10:51
163	205	Tom Tytler	M	M60-64	118	61	Webster	X	1:11:05	11:08
164	194	Al Smith	M	M70-74	119	71	Rochester	X	1:11:50	11:15
165	50	Robert Crumrine	M	M60-64	120	60	Fairport	X	1:15:55	11:53
166	30	Bob Carafice	M	M65-69	121	66	Rochester	X	1:16:06	11:55
167	65	David Dilgard	M	M55-59	122	55	Penfield	X	1:16:38	12:00
168	5	Maura Arendt	F	F40-44	45	41	Rochester	X	1:16:44	12:01
169	13	Leisel Bernfield	F	F35-39	46	35	Rochester	X	1:17:29	12:08
170	198	Tara Stein	F	F30-34	47	31	Honeoye Falls	X	1:17:29	12:08
171	228	Theresa DeRycke	F	F45-49	48	45	Victor		1:19:18	12:25
172	242	Kara Sobolew	F	F40-44	49	40	Fairport		1:19:18	12:25
173	31	Joanne Carr	F	F70-74	50	71	Churchville	X	1:19:38	12:28
174	231	Sandy Toole	M	M70-74	123	71	-		1:36:33	15:07
175	151	William Murphy	M	M60-64	124	61	Rochester	X	1:41:22	15:53