

**Fast & Furriest 10K**  
**Saturday, June 12th, 2010 Rochester, NY**  
**Timed by YellowJacket Racing**

**Total Finishers 199**

<b>Pos</b>	<b>Bib</b>	<b>Fullname</b>	<b>Gender</b>	<b>Class</b>	<b>Age</b>	<b>City</b>	<b>TotalTm</b>	<b>Pace</b>
1	149	Matt Roberts	M	Overall Male	25	Henrietta	0:36:49	05:56
2	173	Phil Nesbitt	M	Overall Male	23		0:36:57	05:58
3	141	Jason Ross	M	Overall Male	38	Macedon	0:38:09	06:09
4	24	Paul Dolan	M	M30-34	32	New Millford	0:38:24	06:12
5	182	Kevin Sheehan	M	Masters Male	48		0:38:53	06:16
6	90	Antoni Izquierdo	M	M30-34	32	Rochester	0:40:01	06:27
7	16	Austin Peters	M	M14UNDER	14		0:40:35	06:33
8	187	Michael Collins	M	M30-34	34		0:40:38	06:33
9	132	Michael Brown	M	Masters Male	45	Pittsford	0:41:03	06:37
10	220	John Brind'amour	M	M40-44	43		0:41:13	06:39
11	26	George Fawcett	M	Masters Male	49	Rochester	0:41:17	06:39
12	6	Mark Barry	M	M55-59	57	Rochester	0:42:04	06:47
13	175	Dick Moriarty	M	M50-54	53		0:42:09	06:48
14	203	Steve Cackett	M	M45-49	46		0:42:23	06:50
15	43	Steven Levitsky	M	M40-44	43	Rochester	0:42:52	06:55
16	146	Erik Mart	M	M30-34	33	N. Syracuse	0:43:04	06:57
17	189	Tishae Griffin	F	Overall Female	12		0:43:22	07:00
18	29	Billy Galetto	M	M15-19	15	Spencerport	0:43:22	07:00
19	155	Russ Herman	M	M45-49	48		0:43:37	07:02
20	180	Joe Dumphry	M	M35-39	35		0:43:37	07:02
21	171	Scott Bagley	M	M14UNDER	13		0:43:44	07:03
22	188	Alexsia Peters	F	Overall Female	10		0:43:45	07:03
23	42	Holly Kuzmiak-Ngiom	F	Overall Female	28	Rochester	0:43:45	07:03
24	196	Daniel Homer	M	M35-39	35		0:44:00	07:06
25	150	Tom Jerris	M	M50-54	52		0:44:52	07:14
26	216	Laura Anderson	F	F20-24	22		0:45:09	07:17
27	91	Brian Beha	M	M35-39	37	Rochester	0:45:36	07:21
28	144	Kristine Mallory	F	Masters Female	44	Wilten	0:45:47	07:23
29	190	Liam OBoyle	M	M25-29	26		0:45:51	07:24
30	153	Rick Erb	M	M60-64	62		0:46:01	07:25
31	58	Rachel Noel	F	F20-24	21	Hamlin	0:46:08	07:26
32	145	Shawn Nedwidek	M	M35-39	35	Rochester	0:46:26	07:29
33	128	Richard Adams	M	M25-29	26	Rochester	0:46:26	07:29
34	156	Jim Kerr	M	M55-59	55		0:46:38	07:31
35	96	James Whorton	M	M40-44	42	Rochester	0:46:49	07:33
36	17	Andrew Ciaio	M	M40-44	44	Victor	0:46:59	07:35
37	214	Larry Hoffman	M	M40-44	42		0:47:03	07:35
38	197	Tim Meehan	M	M25-29	26		0:47:03	07:35
39	218	Yicheng Liang	M	M15-19	17		0:47:09	07:36
40	151	Alan Roome	M	M45-49	46		0:47:16	07:37
41	11	Jacqueline Borcyk	F	F20-24	22	Rochester	0:47:18	07:38
42	82	Mary Vosburgh	F	F25-29	26	Rochester	0:47:24	07:39
43	212	Joe Patralia	M	M20-24	24		0:47:51	07:43
44	100	John Barsic	M	M30-34	33	Rochester	0:47:51	07:43
45	138	Joe Kontur	M	M30-34	30	Webster	0:47:56	07:44
46	157	Ashlie Bonadonna	F	F25-29	25		0:47:58	07:44

47	23	Matthew Doell	M	M25-29	28	Rochester	0:48:02	07:45
48	2	Wendy Abbott	F	F35-39	36	Rochester	0:48:06	07:46
49	142	Karlyn Alvarado	F	F30-34	33	Rochester	0:48:07	07:46
50	152	Pam Johnson	F	Masters Female	48		0:48:14	07:47
51	164	JoAnne Bradt	F	Masters Female	46		0:48:21	07:48
52	198	Shannon Meehan	F	F20-24	23		0:48:28	07:49
53	22	Joel Davis	M	M25-29	29	Rochester	0:48:58	07:54
54	12	Joseph Boyd	M	M30-34	32	Rochester	0:49:00	07:54
55	172	Bill Beyerbach	M	M55-59	55		0:49:03	07:55
56	53	Melissa Monahan	F	F25-29	27	Rochester	0:49:07	07:55
57	79	Susan Thoen	F	F35-39	39	Penfield	0:49:10	07:56
58	38	Rebecca Johnson	F	F25-29	25	Rochester	0:49:35	08:00
59	195	David Coene	M	M40-44	40		0:49:55	08:03
60	147	Dan Campbell	M	M35-39	38	Penfield	0:50:00	08:04
61	121	Corey Andalora	M	M25-29	29	West Henrietta	0:50:15	08:06
62	106	Jared Kittinger	M	M14UNDER	11	Rochester	0:50:26	08:08
63	105	Susan Carr	F	F20-24	21	Rochester	0:50:27	08:08
64	97	Jim Reber	M	M45-49	49	Penfield	0:50:34	08:09
65	33	Kristi Gaylord	F	F30-34	34	Rochester	0:50:41	08:11
66	131	Kerri Brown	F	F40-44	41	Pittsford	0:50:47	08:11
67	194	Paul Kessler	M	M35-39	39		0:50:50	08:12
68	46	Kristen Love	F	F25-29	28	Pittsford	0:50:55	08:13
69	136	Mike Mazanec	M	M40-44	42	Rochester	0:51:12	08:15
70	20	Michael Crosnicker	M	M25-29	29	West Henrietta	0:51:14	08:16
71	148	Bob Merberg	M	M50-54	50	Fairport	0:51:25	08:18
72	18	Michael Connolly	M	M45-49	48	Rochester	0:51:32	08:19
73	170	Janelle Sedlack	F	F25-29	25		0:51:32	08:19
74	28	Brian Ford	M	M35-39	38	Webster	0:51:55	08:22
75	168	Michael Jabaal	M	M40-44	40		0:52:00	08:23
76	67	Kathy Reardon	F	F45-49	48	Honeoye Falls	0:52:18	08:26
77	80	Susan Thomas	F	F30-34	34	Fairport	0:52:19	08:26
78	4	Brian Andrews	M	M45-49	45	Fairport	0:52:25	08:27
79	59	Hiro Oba	M	M25-29	28	Rochester	0:52:26	08:27
80	7	Scott Bell	M	M30-34	32	Rochester	0:52:32	08:28
81	140	Sharon Outler	F	F45-49	46	Rochester	0:52:38	08:29
82	83	Paul Vosburgh	M	M55-59	56	Pittsford	0:52:38	08:29
83	166	Bart Power	M	M50-54	54		0:52:44	08:30
84	113	Patricia Reeder	F	F25-29	27	Rochester	0:52:46	08:31
85	99	Jeremy Hadley	M	M20-24	24	Marion	0:52:54	08:32
86	165	Tom Hawkins	M	M50-54	52		0:52:55	08:32
87	3	Sebold Torno	M	M40-44	41		0:52:58	08:33
88	9	Ed Blance	M	M60-64	62	Canandaigua	0:53:18	08:36
89	211	Pepper Ziccarelli	F	F40-44	40		0:53:18	08:36
90	160	Celia Salisbury	F	F15-19	16		0:53:18	08:36
91	210	Amy Ziccarelli	F	F35-39	37		0:53:19	08:36
92	158	Mark Baker	M	M40-44	41		0:53:27	08:37
93	159	Abby Williams	F	F15-19	15		0:53:30	08:38
94	14	Albert Burke	M	M45-49	45	Rochester	0:53:35	08:38
95	184	Stephen Wallace	M	M50-54	53		0:53:37	08:39
96	204	Megan Cackett	F	F15-19	16		0:53:44	08:40
97	162	Jessica Lipari	F	F15-19	15		0:53:54	08:42
98	77	David Spoto	M	M40-44	43	Penfield	0:53:56	08:42

99	163 Pam Nudd	F	F45-49	49		0:54:12	08:45
100	21 Benjamin Dates	M	M20-24	21	Martville	0:54:19	08:46
101	181 Thomas Collins	M	M45-49	45		0:54:21	08:46
102	15 Michael Burns	M	M30-34	33	Rochester	0:54:47	08:50
103	48 Christina McLyman	F	F40-44	42	Rochester	0:54:51	08:51
104	52 Kevin Miller	M	M25-29	28	Rochester	0:55:04	08:53
105	27 MaryBeth Foote	F	F30-34	30	Fairport	0:55:09	08:54
106	72 Christine Sibilio	F	F35-39	36	Rochester	0:55:16	08:55
107	49 Jamie Melos	F	F25-29	29	Rochester	0:55:38	08:58
108	61 Lisa Palmieri	F	F20-24	23	Rochester	0:55:48	09:00
109	202 Lucy Milliken	F	F40-44	42		0:55:48	09:00
110	36 Igna Grote	F	F25-29	26	Pittsford	0:55:55	09:01
111	35 Hubertus Grote	M	M55-59	59	Pittsford	0:55:56	09:01
112	116 Inga Rojas	F	F55-59	55	Walworth	0:56:13	09:04
113	129 Kathleen Vosburgh	F	F50-54	54	Pittsford	0:56:15	09:04
114	69 Marilee Sercu	F	F35-39	38	Pittsford	0:56:17	09:05
115	102 April Jefferson	F	F40-44	41	Churchville	0:56:20	09:05
116	84 Douglas Watts	M	M50-54	53	Rochester	0:56:24	09:06
117	207 Matthew Daneman	M	M35-39	39		0:56:30	09:07
118	169 Emily Rowe	F	F30-34	32		0:56:33	09:07
119	115 Marin Duffy	M	M50-54	53	Pittsford	0:56:34	09:07
120	5 Elizabeth Baroody-Solom	F	F35-39	35	Rochester	0:56:36	09:08
121	191 Alisa Parmiter	F	F25-29	27		0:56:40	09:08
122	51 Jaime Miller	F	F30-34	31	Rochester	0:56:58	09:11
123	201 Kelly Lincoln	F	F25-29	25		0:56:59	09:12
124	209 Emily Lewis	F	F25-29	29		0:56:59	09:12
125	47 Brenda Lyaski-Pierce	F	F45-49	46	Webster	0:57:21	09:15
126	25 Karen Eichele	F	F50-54	53	Scottsville	0:57:22	09:15
127	60 Keri Pahls	F	F20-24	20	Rochester	0:57:38	09:18
128	154 Heather Cappadonia	F	F45-49	45		0:57:42	09:18
129	119 Kyra Mancine	F	F40-44	43	W. Henrietta	0:57:43	09:19
130	55 Cristina Muller	F	F45-49	45	Fairport	0:57:45	09:19
131	208 Jamie Martin	F	F30-34	33		0:57:48	09:19
132	104 Kathee Tyo	F	F30-34	33	Rochester	0:57:53	09:20
133	110 Jason Foe	M	M30-34	31	Fairport	0:58:05	09:22
134	109 Brannon Fay	M	M35-39	35	Rochester	0:58:05	09:22
135	37 Michael Guy	M	M30-34	32	Rochester	0:58:08	09:23
136	114 Joan Entwistle	F	F35-39	39	Rochester	0:58:13	09:23
137	30 Donald L. Galetto	M	M55-59	57	Spencerport	0:58:21	09:25
138	45 Mitzie Lewandowski	F	F60-64	63	Rochester	0:58:28	09:26
139	32 Karen Gartley	F	F35-39	37	Victor	0:58:47	09:29
140	118 Doug Boyd	M	M35-39	38	Rochester	0:58:53	09:30
141	10 Jean Blance	F	F55-59	59	Canandaigua	0:58:57	09:30
142	71 Michael Shortley	M	M55-59	55	Fairport	0:59:03	09:32
143	215 Jeff Ludwis	M	M25-29	28		0:59:04	09:32
144	120 Ember Couture	F	F40-44	43	Rochester	0:59:10	09:33
145	56 John Muller	M	M40-44	42	Fairport	0:59:11	09:33
146	78 Stefani Szalay-Domm	F	F40-44	44	Rochester	0:59:24	09:35
147	200 Jane Mahoney	F	F60-64	60		0:59:37	09:37
148	103 William Lerkins	M	M45-49	49	Rochester	0:59:39	09:37
149	112 Emily Iannello	F	F25-29	25	Ontario	0:59:46	09:38
150	111 Kaley Ostanek	F	F25-29	26	Rochester	0:59:46	09:38

151	137 Colleen Schofield	F	F40-44	41	Rochester	0:59:53	09:39
152	179 Jason Peterson	M	M35-39	35		1:00:16	09:43
153	183 Alex Breuilly	M	M20-24	22		1:00:36	09:46
154	19 Caitlin Cooley	F	F20-24	21	Kent	1:00:36	09:46
155	199 John Peters	M	M14UNDER	14		1:01:20	09:54
156	186 Amy Steed	F	F45-49	45		1:01:22	09:54
157	174 Gregory DeTamble	M	M45-49	48		1:01:22	09:54
158	135 David Everson	M	M30-34	31	Rochester	1:01:52	09:59
159	81 Bob Volk	M	M65-69	65	Port Gibson	1:02:00	10:00
160	54 Rose Muir	F	F45-49	46	Rochester	1:02:12	10:02
161	178 Chris Donohue	F	F45-49	45		1:02:51	10:08
162	124 Rochelle Mont	F	F15-19	19	Rochester	1:03:05	10:11
163	125 Lisa Sampsell	F	F20-24	23	Rochester	1:03:05	10:11
164	93 Alicia Natale	F	F30-34	33	Churchville	1:03:10	10:11
165	98 Julie Damdar	F	F25-29	27	Rochester	1:03:20	10:13
166	177 Hollie Lynch	F	F30-34	34		1:03:43	10:17
167	74 Al Smith	M	M70OVER	72	Rochester	1:03:49	10:18
168	86 Emily Wolf	F	F30-34	32	Dansville	1:03:52	10:18
169	50 Kevin Mialky	M	M35-39	38	Dansville	1:03:53	10:18
170	193 Rachel Deblieck	F	F30-34	33		1:03:53	10:18
171	176 Erin Eder	F	F40-44	40		1:03:53	10:18
172	65 Heather Ralph	F	F40-44	40	Rochester	1:03:54	10:18
173	75 Lauren Sparrazza	F	F20-24	22	Penfield	1:04:01	10:20
174	76 Lucy Sparrazza	F	F55-59	55	Penfield	1:04:12	10:21
175	107 Beth Goldenberg	F	F50-54	54	Rochester	1:04:25	10:23
176	185 Gretchen Stahlman	F	F50-54	51		1:04:30	10:24
177	192 Matthew Erbland	M	M25-29	29		1:04:40	10:26
178	95 Amber Cone	F	F35-39	35	Penfield	1:04:49	10:27
179	117 Jen Ross	F	F30-34	34	New York	1:04:53	10:28
180	63 Janet Pitt	F	F30-34	31	Rochester	1:04:55	10:28
181	134 Linda Kausch	F	F35-39	38	Rochester	1:05:09	10:30
182	57 Laura Murdock	F	F30-34	31	Rochester	1:05:16	10:32
183	70 David Shipmon	M	M40-44	41	Rochester	1:05:18	10:32
184	94 Kim Gillis	F	F30-34	34	Rochester	1:07:36	10:54
185	161 Megan Dunn	F	F15-19	15		1:09:20	11:11
186	167 Bob Carafice	M	M65-69	66		1:09:33	11:13
187	101 David Adams	M	M25-29	28	Rochester	1:12:39	11:43
188	68 John Reimann	M	M30-34	30	Rush	1:13:19	11:50
189	73 Crystal Silsby	F	F25-29	26	Rush	1:13:19	11:50
190	62 Mary Patchett	F	F55-59	59	Macedon	1:13:36	11:52
191	133 Janet Anderson-Seaquis	F	F45-49	48	Pittsford	1:13:41	11:53
192	34 Sarah Glantz	F	F20-24	24	Rochester	1:14:00	11:56
193	108 Baxley Speed	M	M30-34	34	E. Rochester	1:14:08	11:57
194	66 Steven Ralph	M	M35-39	39	Rochester	1:14:27	12:00
195	44 Dick Lewandowski	M	M65-69	65	Rochester	1:15:31	12:11
196	88 Kelly Wyatt	F	F30-34	33	Waterloo	1:15:32	12:11
197	143 Brenda M. Vigil-Trim	F	F40-44	43	Rochester	1:20:32	12:59
198	8 John Bisognano	M	M50-54	50	Pittsford	1:21:00	13:04
199	130 Joann Campbell	F	F45-49	46	Pittsford	1:21:38	13:10