

# June 12th, 2009

## 5K Results

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Age Grp</u>	<u>Time</u>	<u>Pace</u>
1	Nick Orłowski	Lancaster	15 *****	M 15-17	16:53.7	5:27/M
2	Jeremy Rushok	Alden	15	1 M 15-17	18:00.5	5:48/M
3	Anthony Cinotti	Akron	35	1 M 35-40	18:12.7	5:52/M
4	Joseph Peresan	Alden	30	1 M 29-34	18:16.1	5:54/M
5	Adam Dembrow	Tonawanda	23	1 M 23-28	18:34.9	5:59/M
6	Eric Kowalik	Akron	17	2 M 15-17	18:35.3	6:00/M
7	Adam Nizioł	Lancaster	25	2 M 23-28	19:28.4	6:17/M
8	Brandon Cole	Alden	17	3 M 15-17	19:31.1	6:18/M
9	Zachery Grant	Lancaster	16	4 M 15-17	19:45.8	6:22/M
10	Cory King	Alden	17	5M 15-17	20:07.2	6:29/M
11	Terry Sweeney	Alden	52	1 M 47-52	20:17.4	6:33/M
12	Michelle Fox	Cheektowaga	27 *****	F 23-28	20:29.7	6:36/M
13	Steve Cunningham	Cortland	46	1 M 41-46	20:33.0	6:38/M
14	Nicholas Mayrose	Akron	15	6 M 15-17	20:37.0	6:39/M
15	Dominic Cinafrini	Akron	17	7 M 15-17	20:38.7	6:39/M
16	Luke Sweet	Buffalo	22	1 M 18-22	20:41.0	6:40/M
17	Patrick O'Connor	Alden	15	8 M 15-17	20:45.1	6:42/M
18	Nathan Wool	Lancaster	22	2 M 18-22	21:03.1	6:47/M
19	Eric Beback	Alden	15	9 M 15-17	21:06.1	6:48/M
20	Travis Demuth	Darien	15	10 M 15-17	21:14.4	6:51/M
21	Dylan Schall	Darien	16	11 M 15-17	21:14.6	6:51/M
22	Tom Kapturowski	Cheektowaga	40	2 M 35-40	21:19.3	6:53/M
23	Steve Smith	Alden	52	2 M 47-52	21:21.5	6:53/M
24	Mark Cinotti	Akron	32	2 M 29-34	21:22.1	6:54/M
25	Garrett Rutan	Alden	13	1 M 2-14	21:26.4	6:55/M
26	Robert Krug	Buffalo	40	3 M 35-40	21:28.2	6:55/M
27	Mary Lawrence	Buffalo	30	1 F 29-34	21:31.3	6:56/M
28	Brian Grant	Lancaster	44	2 M 41-46	21:40.7	6:59/M
29	Kevin Powers	Depew	44	3 M 41-46	21:41.1	7:00/M
30	Tim Renaud	Alden	45	4 M 41-46	21:41.6	7:00/M
31	Tom Meka	Angola	57	1 M 53-59	21:52.2	7:03/M
32	Colin Sweeney	Alden	23	3 M 23-28	22:03.8	7:07/M
33	Gregory Tripp	Hamburg	42	5 M 41-46	22:06.7	7:08/M
34	Brad Karpie	Alden	24	4 M 23-28	22:21.6	7:13/M
35	Mark Lawrence	Buffalo	40	4 M 35-40	22:26.2	7:14/M
36	Mark Cansdale	Alden	43	6 M 41-46	22:30.3	7:15/M
37	Eric Swoboda	West Seneca	35	5 M 35-40	22:47.0	7:21/M
38	Jennifer Geck	Alden	33	2 F 29-34	23:08.0	7:28/M
39	Michael Pirog	Alden	30	3 M 29-34	23:17.3	7:31/M
40	Mumbels Fidel	Ripley	56	2 M 53-59	23:21.2	7:32/M
41	Tom Nizioł	Lancaster	54	3 M 53-59	23:37.7	7:37/M
42	Tim Attea	Synder	42	7 M 41-46	23:54.1	7:43/M
43	Ami Cole Stribing	Lancaster	33	3 F 29-34	24:11.3	7:48/M
44	Rachael Walter	Lancaster	42	1 F 41-46	24:12.8	7:48/M

45	Todd Kreutzek	Lancaster	33	4 M 29-34	24:19.3	7:51/M
46	Matthew Minotti	Alden	12	2 M 2-14	24:20.6	7:51/M
47	Nicholas Kron	Alden	12	3 M 2-14	24:31.6	7:55/M
48	Mike Stribing	Lancaster	46	8 M 41-46	24:38.2	7:57/M
49	Marisa Godsdeck	Alden	12	1 F 2-14	24:39.2	7:57/M
50	Sandra Fudala	Alden	47	1 F 47-52	24:46.7	7:59/M
51	Laurie McGorry	Hamburg	44	2 F 41-46	24:56.3	8:03/M
52	David Skrill	Buffalo	15	11 M 15-17	24:57.5	8:03/M
53	Toby Mazur	Tonawanda	48	3 M 47-52	25:08.7	8:06/M
54	Brad Maderer	Alden	22	4 M 18-22	25:10.7	8:07/M
55	Tom Stancliffe	Tonawanda	27	5 M 23-28	25:13.3	8:08/M
56	Jamie Fox	Alden	43	9 M 41-46	25:16.5	8:09/M
57	James Pautler	Alden	24	6 M 23-28	25:24.5	8:12/M
58	Thomas Riddoch	Alden	32	5 M 29-34	25:28.1	8:13/M
59	Savannah Bobeck	Alden	12	2 F 2-14	25:35.8	8:15/M
60	Tammy Weisbeck	Alden	40	1 F 35-40	25:37.8	8:16/M
61	Ray Castawik	West Falls	58	4 M 53-59	25:38.2	8:16/M
62	Colleen Ritchie	Alden	43	3 F 41-46	25:38.8	8:16/M
63	Jodi Cansdale	Alden	41	4 F 41-46	25:41.0	8:17/M
64	Jill Peresan	Alden	30	4 F 29-34	25:48.2	8:19/M
65	Matt Libroek	Depew	24	7 M 23-28	25:48.5	8:19/M
66	Nicholas Kibler	Alden	13	4 M 2-14	25:48.8	8:19/M
67	Bob Kowalik	Akron	55	5 M 53-59	25:54.1	8:21/M
68	Julia Rodo	Orchard Park	30	5 F 29-34	25:54.4	8:21/M
69	Leigh Ann Gantz	Buffalo	15	1 F 15-17	25:55.8	8:22/M
70	John Seitz	Alden	48	4 M 47-52	25:57.4	8:22/M
71	Tyler Glaser	Alden	12	5 M 2-14	25:59.1	8:23/M
72	Jennifer Ziegler	Lancaster	31	6 F 29-34	26:00.3	8:23/M
73	Daniel Penski		0	1 M 0- 1	26:00.9	8:23/M
74	Thomas Owczarzak	Orchard Park	38	6 M 35-40	26:02.4	8:24/M
75	Deborah Lerner	Alden	40	2 F 35-40	26:02.9	8:24/M
76	Parker Woodard	Alden	13	6 M 2-14	26:03.2	8:24/M
77	Steven Woodard	Alden	45	10 M 41-46	26:03.5	8:24/M
78	Pam Reuter	Darien	48	2 F 47-52	26:05.0	8:25/M
79	Vinnie Fazio	Alden	35	7 M 35-40	26:12.0	8:27/M
80	Karen Chiosta	Hamburg	14	3 F 2-14	26:14.8	8:28/M
81	Mauricio Chivante	Amherst	26	8 M 23-28	26:19.0	8:29/M
82	Mark Campanelli	Lancaster	50	5 M 47-52	26:24.1	8:31/M
83	Deanna Kocher	Alden	14	4 F 2-14	26:27.7	8:32/M
84	George Gantz	Buffalo	48	6 M 47-52	26:28.8	8:32/M
85	Erin Sheehan	Cheektowaga	24	1 F 23-28	26:29.9	8:33/M
86	Jeremy Desjardins	Alden	12	7 M 2-14	26:36.8	8:35/M
87	Robert Fox II	Cheektowaga	28	9 M 23-28	26:37.6	8:35/M
88	Kristine Fazio	Alden	35	3 F 35-40	26:49.7	8:39/M
89	Kate Bender	Lancaster	23	2 F 23-28	27:07.0	8:45/M
90	Ronald Smith	West Seneca	39	8 M 35-40	27:07.8	8:45/M
91	Pattie Kerl	Akron	36	4 F 35-40	27:16.9	8:48/M
92	Dawn Dinatale	East Amherst	43	5 F 41-46	27:17.2	8:48/M
93	Daniel Maltbie	Alden	57	6 M 53-59	27:23.0	8:50/M
94	Participant 153	No Name	0	2 M 0- 1	27:24.2	8:50/M
95	Rochelle Gerstung	Akron	28	3 F 23-28	27:28.0	8:52/M
96	Raymond Couper	Alden	21	5 M 18-22	27:35.8	8:54/M

97	Jennifer Etzel	Lancaster	37	5 F 35-40	27:43.2	8:56/M
98	Melissa Houck	Alden	22	1 F 18-22	27:48.9	8:58/M
99	Bryce Criscitello	Akron	10	8 M 2-14	27:50.5	8:59/M
100	Craig Bieniek	Alden	38	9 M 35-40	27:51.0	8:59/M

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Age Grp</u>	<u>Time</u>	<u>Pace</u>
101	Melissa Kreutzer	Lancaster	32	7 F 29-34	27:52.6	8:59/M
102	Johnny Bell	Elma	39	10 M 35-40	27:54.2	9:00/M
103	Markenzy Cesar	Cheektowaga	35	11 M 35-40	27:58.8	9:01/M
104	Joe Piniewski	Lancaster	59	7 M 53-59	28:06.9	9:04/M
105	Lianne Minotti	Alden	41	6 F 41-46	28:13.3	9:06/M
106	Barb Robets	Alden	41	7 F 41-46	28:13.6	9:06/M
107	Corinna Dabek	East Aurora	31	8 F 29-34	28:14.2	9:06/M
108	Michelle Wolniewicz	Alden	51	3 F 47-52	28:16.7	9:07/M
109	Cindy Cole	Alden	14	5 F 2-14	28:30.8	9:12/M
110	Dale Roselle	Lancaster	47	7 M 47-52	28:31.4	9:12/M
111	Jamie Strasser	Alden	38	12 M 35-40	28:35.6	9:13/M
112	Susan Kubiak	Alden	45	8 F 41-46	28:40.3	9:15/M
113	Sue Barber	Lake View	48	4 F 47-52	28:44.1	9:16/M
114	Mark Casell	Alden	46	11 M 41-46	28:48.9	9:17/M
115	Andrew Schalberg Jr	Lancaster	52	8 M 47-52	28:51.1	9:18/M
116	Jackie Meyers	Lancaster	58	1 F 53-59	28:59.3	9:21/M
117	David Harty	Lancaster	51	9 M 47-52	28:59.8	9:21/M
118	Kay Ritchie	Alden	39	6 F 35-40	29:01.3	9:22/M
119	Amanda Peaski	Buffalo	26	4 F 23-28	29:04.3	9:23/M
120	Kathryn Jarnot	Buffalo	28	5 F 23-28	29:16.7	9:26/M
121	Dawn Bieniek	Alden	43	9 F 41-46	29:17.8	9:27/M
122	Diane Casell	Alden	45	10 F 41-46	29:36.2	9:33/M
123	Rovert Hammond	Alden	66	1 M 60-99	29:43.4	9:35/M
124	Joey Ruderman	Cheektowaga	19	2 F 18-22	29:43.8	9:35/M
125	Jennifer Szachura	Lancaster	38	7 F 35-40	29:51.1	9:38/M
126	Jeff Carpenter	Newfane	28	10 M 23-28	29:53.2	9:38/M
127	Gary Guzek	Lancaster	45	12 M 41-46	29:57.0	9:40/M
128	Robert Collins	Alden	54	8 M 53-59	30:02.8	9:41/M
129	Pat Carroll	Clarence Ctr	57	9 M 53-59	30:15.6	9:45/M
130	Jill Chlosta	Hamburg	10	6 F 2-14	30:17.9	9:46/M
131	Brad Kochanski	Alden	19	6 M 18-22	30:26.5	9:49/M
132	Kyle Bingman	Alden	21	7 M 18-22	30:35.2	9:52/M
133	Alex Setlock	Alden	12	9 M 2-14	30:36.6	9:52/M
134	Jill Carollo	Lancaster	38	8 F 35-40	30:49.7	9:56/M
135	Kristen Anna	Cheektowaga	24	6 F 23-28	30:55.5	9:58/M
136	Anthony Witkowski	Lancaster	22	8 M 18-22	30:56.2	9:59/M
137	Cyndi Perry	Alden	40	9 F 35-40	31:02.7	10:01/M
138	Karen Kochanski	Alden	42	11 F 41-46	31:02.9	10:01/M
139	Steven Kibler	Alden	43	13 M 41-46	31:03.4	10:01/M
140	Michiaki Ishii	Amherst	41	14 M 41-46	31:09.5	10:03/M
141	Chris Sims	Williamsville	31	6 M 29-34	31:11.3	10:04/M
142	Morgan Preziosi	Hamburg	17	2 F 15-17	31:32.5	10:10/M
143	Andrea Roney	Lancaster	20	3 F 18-22	31:34.6	10:11/M
144	Leah MacKen	Alden	40	10 F 35-40	31:54.3	10:17/M
145	Paul Hassall	Buffalo	62	2 M 60-99	32:17.9	10:25/M

146	Tamara Storch	Alden	39	11 F 35-40	32:20.1	10:26/M
147	Ronald Morlock	Cheektowaga	37	13 M 35-40	32:33.0	10:30/M
148	Carmen Miloto	West Seneca	53	10 M 53-59	32:33.4	10:30/M
149	Emma Klak	Kenmore	15	3 F 15-17	32:43.3	10:33/M
150	Sue Pernick		53	2 F 53-59	32:52.2	10:36/M
151	Michael Karpie	Alden	55	11 M 53-59	32:53.5	10:36/M
152	Taylor Grant	Lancaster	14	10 M 2-14	32:54.0	10:37/M
153	Marguerite Hoover	Buffalo	14	7 F 2-14	32:56.3	10:37/M
154	Jessica Kislvk	Alden	11	8 F 2-14	32:59.1	10:38/M
155	Carrie Zekowski	Lancaster	41	12 F 41-46	33:49.0	10:55/M
156	Sandra Starbird	East Aurora	47	5 F 47-52	34:15.4	11:03/M
157	Kim Grant	Lancaster	44	13 F 41-46	35:03.3	11:18/M
158	Rik Yates	Alden	41	15 M 41-46	35:16.8	11:23/M
159	Amber Hammonds	East Amherst	19	4 F 18-22	36:37.7	11:49/M
160	Daniel Hammonds	East Amherst	16	12 M 15-17	36:38.3	11:49/M
161	Sullivan Keller	Alden	11	11 M 2-14	36:53.6	11:54/M
162	Chris Fedfle	East Aurora	36	14 M 35-40	38:05.6	12:17/M
163	Jennifer Koziel	Buffalo	31	9 F 29-34	38:06.1	12:17/M
164	Gina Criscitello	Akron	35	12 F 35-40	38:27.8	12:24/M
165	Carl Matthies	Alden	67	3 M 60-99	38:28.2	12:25/M
166	Shey Doane	Fayetteville	42	14 F 41-46	38:33.8	12:26/M
167	Patricia Overhoff	Alden	52	6 F 47-52	38:50.0	12:32/M
168	Maria Guzzo	West Seneca	41	15 F 41-46	38:50.8	12:32/M
169	Sharon Ritchie	Alden	12	9 F 2-14	39:17.0	12:40/M
170	Amy Sheehan	Alden	36	13 F 35-40	39:26.0	12:43/M
171	Michael Sheehan	Alden	40	15 M 35-40	39:26.5	12:43/M
172	Al Hammonds	East Amherst	47	10 M 47-52	39:27.5	12:44/M
173	Sarah Fox	Lancaster	16	4 F 15-17	40:02.6	12:55/M
174	Jennifer Kacalski	Tonawanda	36	14 F 35-40	40:05.7	12:56/M
175	Kelly Hopcia	Alden	38	15 F 35-40	40:07.5	12:56/M
176	Rachel Garguilo		21	5 F 18-22	40:18.3	13:00/M
177	Barb Desjardins	Alden	46	16 F 41-46	40:24.8	13:02/M
178	Cindy Dorminy	Alden	47	7 F 47-52	40:26.3	13:03/M
179	Linda Hall	Cheektowaga	46	17 F 41-46	40:28.9	13:03/M
180	Bridget Pawelczk	Alden	60	1 F 60-99	40:39.5	13:07/M
181	Heather Ruderman	Hamburg	23	7 F 23-28	41:12.7	13:17/M
182	Elizabeth Radoszewski	Williamsville	0	1 F 0- 1	42:16.3	13:38/M
183	Kathy Trusso	West Falls	59	3 F 53-59	42:25.4	13:41/M
184	Participant 190	No Name	0	1 M 0- 0	42:26.2	13:41/M
185	Patti Mooney	Clarence	33	10 F 29-34	42:27.4	13:42/M
186	Barbara Adams	Ten Mile TN	61	2 F 60-99	46:58.8	15:09/M
187	George Porter	Alden	74	4 M 60-99	47:44.0	15:24/M
188	David Whisnant	Cheektowaga	37	16 M 35-40	48:43.5	15:43/M
189	Deanna Kocher	Alden	14	10 F 2-14	48:43.8	15:43/M
190	Mary Donna Beck	Williamsville	47	8 F 47-52	49:02.4	15:49/M
191	Sandy Behlmaier	Elma	40	16 F 35-40	49:02.7	15:49/M
192	Karen McIntyre	Lockport	37	17 F 35-40	49:15.4	15:53/M
193	Polly Zydel	Elma	41	18 F 41-46	49:15.7	15:53/M
194	Stephanie Riddoch	Alden	33	11 F 29-34	49:32.4	15:59/M
195	Abby Kugler	Lancaster	27	8 F 23-28	49:48.6	16:04/M
196	Tara Sheehan	Alden	21	6 F 18-22	49:48.9	16:04/M
197	Donna Sheehan	Alden	59	4 F 53-59	49:58.1	16:07/M

198	Mike Boling	Alden	50	11 M 47-52	50:00.3	16:08/M
199	Courtney Boling	Alden	20	7 F 18-22	50:13.0	16:12/M
200	Dorene Yates	Alden	37	18 F 35-40	50:13.5	16:12/M
201	Sarah Madden	Copley OH	29	12 F 29-34	51:50.2	16:43/M
202	Beth Richter	West Seneca	39	19 F 35-40	51:50.6	16:43/M
203	Patrick Farrar	Lancaster	32	7 M 29-34	51:51.1	16:44/M
204	Phyllis Meides	Alden	60	3 F 60-99	51:51.5	16:44/M
205	Dona Eisel	Richland	59	5 F 53-59	1:04:20.7	20:45/M
206	Barbara Maples	Darien	56	6 F 53-59	1:04:21.1	20:45/M
207	Roberta Janis	Alden	51	9 F 47-52	1:04:21.9	20:45/M