

Forty-Third Annual Vestal XX 20 Kilometer Road Race

Triple Cities Runners Club

USATF Certified. Registration No. NY-07043-JG

Vestal, NY

June 15, 2013

Weather: Sunny, 58 to 68 degrees

Award List

Overall Male Winners

- 1 Cole Crosby 24 M 1:11:29
- 2 Stephen Marcin 29 M 1:12:16
- 3 Ben Snodgrass 21 M 1:15:02

Record 1:03:17 by Tom Carter in 1981

Overall Female Winners

- 1 Tara Soraghan 31 F 1:26:36
- 2 Casondra Hamilton 30 F 1:31:11
- 3 Sarah Krizan 19 F 1:34:58

Record 1:14:29 by Charlene Lyford in 1999

Tom Carter High School Awards

Top Highschool Boys Finishers

Place	Name	Age	S	City	St	Finalti
1	Jack Hillenbrand	18	M	Harpursville	NY	1:17:31
2	Colten Steinbrecher	18	M	Windsor	NY	1:28:36
3	Alex Whitney	16	M	Binghamton	NY	1:30:40
4	William Ferrante	18	M	Vestal	NY	1:41:01

Top Highschool Girls Finishers

Place	Name	Age	S	City	St	Finalti
None						

Age Graded Awards

 RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS ATHLETICS / USATF
 2010 MEN AND WOMEN TABLES.

This listing is produced by adjusting each finisher's time based on tables produced by Alan Jones for the WMA and USATF.
 The resulting time is theoretically what each runner should be able to run at about age 27. The last column shows, as a percent, how close each runner came to a world-class performance after adjusting for age.
 The overall 3 male and 3 female winners have been excluded from this list

Place	Name	Ag	S	Finalti	Agegrad	Age %
1	Earl J. Steinbrecher	48	M	1:15:21	1:07:43	82.67
2	Lee Anderson	56	M	1:22:42	1:09:21	80.70
3	Joe Cardillo	53	M	1:20:46	1:09:33	80.48
4	Suzanne Myette	56	F	1:36:30	1:18:53	78.99
5	Doug Stoner	54	M	1:26:17	1:13:39	76.00
6	Nancy Werthmuller	62	F	1:49:15	1:22:10	75.84
7	Jack Hillenbrand	18	M	1:17:31	1:14:48	74.85
8	Mike Green	51	M	1:26:21	1:15:40	73.98
9	Jon Lovesky	44	M	1:21:38	1:15:49	73.84
10	Stephen R. Nichols	58	M	1:33:00	1:16:35	73.09
11	Steve Esposito	23	M	1:16:45	1:16:45	72.92
12	Christopher Cowden	39	M	1:19:57	1:17:16	72.44
13	John Salva	20	M	1:18:18	1:17:25	72.31
14	Jade Marhaba	19	M	1:19:50	1:18:03	71.72
15	Chuck Hein	54	M	1:32:04	1:18:36	71.22
16	Paul McMahon	64	M	1:40:57	1:18:36	71.21
17	Vince Fox	54	M	1:32:38	1:19:04	70.79
18	Anthony Gaetani	21	M	1:19:42	1:19:22	70.53
19	Michael Olson	47	M	1:27:36	1:19:23	70.52
20	Steve Cammisa	45	M	1:26:15	1:19:27	70.45
21	Ray Mitchell	50	M	1:30:12	1:19:42	70.22
22	Thomas Mullins	45	M	1:27:42	1:20:48	69.28
23	Byron Labare	39	M	1:23:50	1:21:01	69.09

24	Mike Sopinski	53	M	1:34:23	1:21:17	68.87
25	Kathleen Lantry	51	F	1:44:16	1:30:54	68.54
26	Eric Maki	51	M	1:33:19	1:21:46	68.46
27	Dan Young	22	M	1:22:03	1:22:01	68.26

Overall Results

Place	Name	Age	S	City	St	Finalti	Pace	Early Start
1	Cole Crosby	24	M	Cortland	NY	1:11:29	5:46	
2	Stephen Marcin	29	M	Binghamton	NY	1:12:16	5:49	
3	Ben Snodgrass	21	M	Apalachin	NY	1:15:02	6:03	
4	Earl J. Steinbrecher	48	M	Willseyville	NY	1:15:21	6:04	
5	Steve Esposito	23	M	Binghamton	NY	1:16:45	6:11	
6	Jack Hillenbrand	18	M	Harpursville	NY	1:17:31	6:15	
7	John Salva	20	M	Conklin	NY	1:18:18	6:19	
8	Anthony Gaetani	21	M	Binghamton	NY	1:19:42	6:25	
9	Jade Marhaba	19	M	Vestal	NY	1:19:50	6:26	
10	Christopher Cowden	39	M	Johnson City	NY	1:19:57	6:26	
11	Joe Cardillo	53	M	Dummore	PA	1:20:46	6:30	
12	Jon Lovesky	44	M	Endicott	NY	1:21:38	6:35	
13	Dan Young	22	M	Vestal	NY	1:22:03	6:37	
14	Lee Anderson	56	M	Endwell	NY	1:22:42	6:40	
15	Byron Labare	39	M	Binghamton	NY	1:23:50	6:45	
16	Jordan Varano	34	M	Vestal	NY	1:23:51	6:45	
17	Steve Cammisa	45	M	Vestal	NY	1:26:15	6:57	
18	Doug Stoner	54	M	Spencer	NY	1:26:17	6:57	
19	Mike Green	51	M	Dalton	PA	1:26:21	6:57	
20	Michael Hamilton	25	M	Oneonta	NY	1:26:35	6:59	
21	Kyle Breier	34	M	Oneonta	NY	1:26:36	6:59	
22	Tara Soraghan	31	F	Johnson City	NY	1:26:36	6:59	
23	Michael Olson	47	M	Vestal	NY	1:27:36	7:03	
24	Thomas Mullins	45	M	New York	NY	1:27:42	7:04	
25	Colten Steinbrecher	18	M	Windsor	NY	1:28:36	7:08	
26	Jeff Damiano	34	M	Belair	MD	1:29:31	7:13	
27	Jon McDonough	42	M	North Chili	NY	1:29:56	7:15	
28	Ray Mitchell	50	M	Kingsley	PA	1:30:12	7:16	
29	Eric Steinbrecher	43	M	Windsor	NY	1:30:29	7:17	
30	Alex Whitney	16	M	Binghamton	NY	1:30:40	7:18	
31	Dave Comstock	27	M	Vestal	NY	1:30:57	7:20	
32	Casondra Hamilton	30	F	Harpursville	NY	1:31:11	7:21	
33	Chuck Hein	54	M	Vestal	NY	1:32:04	7:25	
34	James Wilson	29	M	Vestal	NY	1:32:17	7:26	
35	Robert Damiano	35	M	Tunkhannock	PA	1:32:28	7:27	
36	Vince Fox	54	M	Vestal	NY	1:32:38	7:28	
37	Dominik Moida	19	M	Hallstead	PA	1:32:44	7:28	
38	Stephen R. Nichols	58	M	Endicott	NY	1:33:00	7:29	
39	Eric Maki	51	M	Cortland	NY	1:33:19	7:31	
40	Jake Bigelow	40	M	Binghamton	NY	1:34:00	7:34	
41	Mike Sopinski	53	M	Binghamton	NY	1:34:23	7:36	
42	Aaron Perry	29	M	Vestal	NY	1:34:25	7:36	
43	Sarah Krizan	19	F	Binghamton	NY	1:34:58	7:39	
44	John Miller	46	M	Vestal	NY	1:35:22	7:41	
45	Jim DeVona	30	M	Binghamton	NY	1:35:44	7:43	
46	Patti Trabucco	37	F	Cortland	NY	1:35:59	7:44	
47	Robert Moore	50	M	Leraysville	PA	1:36:07	7:45	
48	Suzanne Myette	56	F	Binghamton	NY	1:36:30	7:46	
49	Scott Breen	42	M	Endicott	NY	1:36:45	7:48	
50	Robert Kuchera	52	M	Apalachin	NY	1:36:50	7:48	
51	Greg Amend	48	M	Endicott	NY	1:37:21	7:50	
52	William McGovern	53	M	Marathon	NY	1:37:35	7:52	
53	Timothy Nichols	19	M	Endicott	NY	1:38:05	7:54	
54	Rich Rigotti	49	M	Vestal	NY	1:38:39	7:57	
55	Kelly McCarthy	23	F	Endicott	NY	1:39:21	8:00	
56	Benjamin Nichols	23	M	Endicott	NY	1:39:43	8:02	
57	Michael Stone	47	M	Cortland	NY	1:40:28	8:05	
58	Paul McMahan	64	M	Binghamton	NY	1:40:57	8:08	
59	William Ferrante	18	M	Vestal	NY	1:41:01	8:08	
60	Kenneth Moss	29	M	Johnson City	NY	1:41:29	8:10	
61	Steve Page	57	M	Greene	NY	1:41:43	8:12	
62	Paul Moss	52	M	Johnson City	NY	1:41:45	8:12	
63	Bryce Honken	44	M	Endicott	NY	1:41:49	8:12	
64	Michael Jr. Green	30	M	Dunmore	PA	1:42:09	8:14	
65	Kevin Nelson	48	M	Hershey	PA	1:42:14	8:14	
66	Nate Mulcahy	39	M	Vestal	NY	1:42:20	8:15	
67	Brian Hatch	42	M	Endicott	NY	1:42:24	8:15	
68	Emily Witherspoon	35	F	Endicott	NY	1:42:35	8:16	
69	John Dzury	47	M	Vestal	NY	1:42:49	8:17	
70	Elisabeth Jeremko	26	F	Vestal	NY	1:43:59	8:22	
71	John Riese	54	M	Central Square	NY	1:44:10	8:23	
72	Kathleen Lantry	51	F	Whitney Point	NY	1:44:16	8:24	
73	Christopher Piletti	50	M	Vestal	NY	1:44:33	8:25	
74	Aaron Wilks	46	M	Endwell	NY	1:44:40	8:26	
75	Graham Upton	58	M	Binghamton	NY	1:45:04	8:28	

76	Sara Korba	26	F	Binghamton	NY	1:45:10	8:28
77	Ariana Rife	38	F	Little Meadows	PA	1:45:23	8:29
78	John Lomasney	55	M	Apalachin	NY	1:45:52	8:32
79	Dale Fox	60	M	Bainbridge	NY	1:46:30	8:35
80	Charles Wellman	35	M	Endicott	NY	1:46:39	8:35
81	Kayla Wilt	25	F	Vestal	NY	1:46:40	8:35
82	Harry Sherick	58	M	Endicott	NY	1:47:34	8:40
83	David Chambers	50	M	Binghamton	NY	1:47:43	8:40
84	John Murdock	44	M	Vestal	NY	1:47:48	8:41
85	Andrew Lake	57	M	Chenango Bridge	NY	1:48:52	8:46
86	Nancy Werthmuller	62	F	Scott Twp	PA	1:49:15	8:48
87	Carrie Rizzi	42	F	Vestal	NY	1:49:48	8:51
88	Richard Nichols	28	M	Vestal	NY	1:50:16	8:53
89	Teri Olcott	48	F	Montrose	NY	1:50:26	8:54
90	Joe Betzenhauser	58	M	Endwell	NY	1:50:45	8:55
91	Tina Bingel	35	F	Vestal Avenue	NY	1:51:01	8:56 X
92	Wayne Alt	40	M	Vestal	NY	1:51:05	8:57
93	Scotty Buchanan	46	M	Cortland	NY	1:51:06	8:57
94	Rachel Johnson	34	F	Endicott	NY	1:51:53	9:01
95	Jenn Homa	31	F	Heightstown	NJ	1:51:54	9:01
96	Vincent Kelley	56	M	Ny	NY	1:52:07	9:02
97	Susan Cain	45	F	Maine	NY	1:52:18	9:03
98	Thomas Meagher	57	M	Nicholson	PA	1:52:19	9:03
99	Daniel Burch	22	M	Binghamton	NY	1:52:55	9:06
100	Julie Perlick	51	F	Brackney	PA	1:53:25	9:08
101	Terry Pritchard	35	M	Endicott	NY	1:53:34	9:09
102	Kathleen Rifkin	49	F	Middletown	NY	1:53:37	9:09
103	Leigh Dolan	22	F	Endwell	NY	1:54:33	9:14
104	Ron Hulslander	56	M	Cortland	NY	1:55:36	9:19
105	Scott Savory	28	M	Greene	NY	1:55:37	9:19
106	Don Slogar	51	M	Vestal	NY	1:55:51	9:20
107	Trisha Chambers	26	F	Vestal	NY	1:56:01	9:21
108	Debra Hansen	27	F	Oneonta	NY	1:56:17	9:22
109	Thad DeMulder	47	M	Endwell	NY	1:56:18	9:22
110	Harland Bigelow	66	M	Lisle	NY	1:56:24	9:22
111	Roy Williams	47	M	Johnson City	NY	1:56:39	9:24 X
112	Dawn Devita	49	F	Binghamton	NY	1:57:22	9:27
113	Karen Currier	39	F	Apalachin	NY	1:57:35	9:28
114	Tom Hanselman	36	M	Endwell	NY	1:57:54	9:30
115	Anne Seepersaud	36	F	Binghamton	NY	1:59:21	9:37
116	Charles Stephens	58	M	Maine	NY	1:59:26	9:37
117	Mike Terwilliger	58	M	Brooktondale	NY	2:00:07	9:40
118	Brian Hoffman	44	M	Horseheads	NY	2:00:27	9:42
119	Gary obialero	59	M	Binghamton	NY	2:00:28	9:42
120	Les Buchanan	49	M	Cortland	NY	2:00:38	9:43
121	Bob Crounse	48	M	Binghamton	NY	2:00:55	9:44
122	Stacey Axtell-Whiting	41	F	Deposit	NY	2:00:56	9:44
123	Kevin Pasterchik	55	M	Binghamton	NY	2:01:27	9:47
124	Kristin Olson	43	F	Vestal	NY	2:01:36	9:48
125	Craig Russell	59	M	Port Crane	NY	2:01:46	9:48 X
126	Chris Waldenburg	27	M	Endicott	NY	2:02:12	9:50
127	Wendy Buttner	51	F	Vestal	NY	2:02:39	9:53
128	Michael Welch	53	M	Endicott	NY	2:02:56	9:54
129	Randy Templeton	58	M	Vestal	NY	2:03:21	9:56
130	Jennifer Woltjen	55	F	Endicott	NY	2:05:03	10:04
131	Rosalie Mulhollen	63	F	Hornell	NY	2:05:44	10:08
132	Vincent Colombo	60	M	Deposit	NY	2:06:16	10:10
133	Steven Ferrante	48	M	Vestal	NY	2:06:47	10:13
134	Kevin McGuigan	52	M	Conklin	NY	2:07:02	10:14
135	Diana Bean	54	F	Brackney	PA	2:07:26	10:16
136	Bob Beavan	49	M	Johnson City	NY	2:07:26	10:16
137	Bria Stydinger	26	F	Bainbridge	NY	2:10:09	10:29
138	Deborah Page	57	F	Bainbridge	NY	2:10:09	10:29
139	Dick Litzel	73	M	Newark Valley	NY	2:10:39	10:31
140	Rita Fluharty	39	F	Binghamton	NY	2:12:33	10:40
141	Joyce Zenzel	43	F	Binghamton	NY	2:12:41	10:41
142	Grant Briggs	45	M	Windsor	NY	2:12:53	10:42
143	Richard Mattson	34	M	Bainbridge	NY	2:13:46	10:46
144	Theresia Golluscio	47	F	Vestal	NY	2:14:02	10:48
145	Fred Bostrom	75	M	Brackney	PA	2:14:07	10:48
146	Larry Lepak	63	M	Endicott	NY	2:14:35	10:50
147	Brian Homa	37	M	Summit	NJ	2:16:34	11:00
148	Lauraine Pittari	50	F	Vestal	NY	2:18:37	11:10 X
149	Ann O'Neil	56	F	Binghamton	NY	2:23:03	11:31 X
150	Anne McGuigan	51	F	Conklin	NY	2:28:09	11:56 X
151	Nicki Conroy	51	F	Endicott	NY	2:34:03	12:24 X
152	Jonathan Devita	23	M	Binghamton	NY	2:43:49	13:11
153	Ron Slocum	69	M	Windsor	NY	3:43:20	17:59 X