

36th Annual Forks XV
Fifteen Kilometer Road Race
Triple Cities Runners Club
Course USATF Certified NY01053AM
Chenango Forks, NY March 29, 2009 2:00 P.M.

Order of Finish

Place	Div/Tot	Name	Ag	S	City	St	Club	Time	Pace	PerF
1	1/10	Michael Murphy	35	M	Warren Cente	PA	Pro Care	53:42	5:46	779
2	1/6	Steve Esposito	19	M	Hallstead	PA	TCRC	55:04	5:55	759
3	1/10	Daniel Ver	24	M	Liverpool	NY	Oz and half AC	55:27	5:57	754
4	2/6	Ben Reynolds	18	M	Endicott	NY	TCRC	55:37	5:59	752
5	1/16	Boris Dzikovski	44	M	Ithaca	NY	High Noon A C	55:47	6:00	750
6	1/11	Katie Radzik	21	F	Binghamton	NY	Tcrc	55:56	6:01	837
7	2/10	Tim Andrus	28	M	Horseheads	NY		55:59	6:01	747
8	2/10	John Evangelista	39	M	Blakley	PA	WV Striders	56:35	6:05	739
9	3/10	Jason Mintz	29	M	Syracuse	NY		57:19	6:09	730
10	4/10	Dillon Lockwood	24	M	Rome	PA		57:29	6:11	727
11	1/12	Katie Aldridge	35	F	Alpine	NY	GVH	58:10*	6:15	805
12	5/10	Phil Kwasney	27	M	Johnson City	NY	TCRC	1:00:26	6:30	692
13	6/10	Joshua Cross	29	M	Ithaca	NY	High Noon A C	1:01:50	6:39	676
14	1/18	Chungsik Choi	48	M	Johnson City	NY	TCRC	1:02:09	6:41	673
15	3/10	Chris Cowden	35	M	Johnson City	NY	TCRC	1:02:24	6:42	670
16	1/9	Doug Wood	58	M	Canastota	NY		1:02:41	6:44	667
17	1/27	Vince Fox	50	M	Vestal	NY	TCRC	1:03:08	6:47	662
18	4/10	Mark Thompson	38	M	Ithaca	NY	FLRC	1:03:24	6:49	660
19	2/11	Erica Riecke	25	F	Great Bend	PA	TCRC	1:03:28	6:49	738
20	2/16	Dan Pierson	40	M	Oriskany	NY		1:03:36	6:50	658
21	3/6	Dan Conklin	17	M	Binghamton	NY		1:03:52	6:52	655
22	1/15	Bong Joon Yoon	62	M	Vestal	NY	TCRC	1:04:09*	6:53	652
23	2/18	Mike Sopinski	48	M	Binghamton	NY		1:04:11	6:54	652
24	3/18	Randy Reynolds	46	M	Binghamton	NY	TCRC	1:04:22	6:55	650
25	1/1	Megan Jacoby	17	F	Endwell	NY		1:04:22	6:55	728
26	7/10	Brad Wertz	29	M	Central Squa	NY		1:04:35	6:56	648
27	5/10	Kevin Tripp	38	M	Bainbridge	NY		1:04:37	6:56	647
28	1/9	Paul Hamlin	34	M	Clementon	NJ		1:04:47	6:58	646
29	4/18	Bill Ross	48	M	Endicott	NY	TCRC	1:05:03	6:59	643
30	3/16	Fred Malloy	43	M	Montrose	PA	TCRC	1:05:14	7:00	641
31	8/10	Richard Nichols	24	M	Apalachin	NY	TCRC	1:05:32	7:02	638
32	2/27	David Jones	50	M	Interlaken	NY	FLRC	1:05:38	7:03	637
33	3/27	Mark Dixson	50	M	Candor	NY	TCRC	1:05:55	7:05	634
34	4/27	Brian Cummins	54	M	Cortland	NY	TCRC	1:06:05	7:06	633
35	1/12	Charlene Lyford	43	F	Greene	NY	TCRC	1:06:15	7:07	707
36	5/27	Chuck Hein	50	M	Vestal	NY	TCRC	1:06:26	7:08	629
37	4/16	Jeff Felice	41	M	Endicott	NY	TCRC	1:06:41	7:10	627
38	2/9	Jeremy Corcoran	34	M	Apalachin	NY		1:06:44	7:10	627
39	3/11	Allison Lawruk	28	F	Bethesda	MD		1:06:49	7:11	701
40	6/27	Ed Gavin	50	M	Lake Ariel	PA		1:06:54	7:11	625
41	7/27	Ron Hulslander	52	M	Cortland	NY	TCRC	1:07:00	7:12	624
42	9/10	Jason Riesbeck	27	M	Endicott	NY		1:07:06	7:12	623
43	1/2	Tony Cerminano	72	M	Jermyn	PA		1:07:26*	7:15	620
44	4/11	Rachel Boardman	28	F	Wyalusing	PA		1:07:30	7:15	694
45	8/27	Graham Upton	54	M	Binghamton	NY	TCRC	1:07:42	7:16	618
46	2/9	Drew Wasko	55	M	Binghamton	NY	Early Air	1:07:44	7:17	617
47	3/9	Christopher Tucker	31	M	Cortland	NY	TCRC	1:08:02	7:18	615
48	4/9	J.Michael Clapp	34	M	Vestal	NY	TCRC	1:08:04	7:19	614
49	1/4	Melody Hamlin	32	F	Clementon	NJ		1:08:06	7:19	688
50	5/18	Larry Bosket	49	M	Apalachin	NY	TCRC	1:08:29	7:21	611
51	6/18	Steve Hoover	48	M	Pine City	NY		1:08:41	7:23	609
52	9/27	Kevin Reynolds	54	M	Syracuse	NY		1:08:51	7:24	607
53	3/9	Joseph Gwizdaloski	56	M	Endwell	NY	TCRC	1:09:32	7:28	601
54	10/27	Jeffrey Hall	51	M	Jackson	PA	TCRC	1:09:42	7:29	600
55	4/9	Dennis Uhlig	55	M	Sidney	NY	TCRC	1:09:48	7:30	599
56	5/9	Frank Bianco	31	M	Binghamton	NY	TCRC	1:09:54	7:30	598
57	5/9	Paul McMahon	59	M	Binghamton	NY	TCRC	1:09:56	7:31	598
58	2/4	Emily Piza-Taylor	31	F	Binghamton	NY		1:10:16	7:33	667
59	5/11	Valerie Cross	27	F	Ithaca	NY		1:10:28	7:34	665
60	11/27	Ed Jenner	54	M	Vestal	NY	TCRC	1:10:43	7:36	591
61	6/9	Martin Dyson	33	M	Binghamton	NY		1:11:04	7:38	588
62	7/18	Christopher Pilotti	46	M	Vestal	NY	TCRC	1:11:16	7:39	587
63	2/15	Russ Hartman	61	M	Johnson City	NY	TCRC	1:11:46	7:42	583
64	12/27	Kerry Zemek	50	M	Binghamton	NY	TCRC	1:11:51	7:43	582
65	1/9	Nancy Werthmuller	57	F	Scranton	PA	TCRC	1:12:15*	7:46	648
66	2/12	Karen Grover	38	F	Lansing	NY	FLRC	1:12:26	7:47	647
67	5/16	Carl Speicher	41	M	Brackney	NY		1:12:38	7:48	576
68	13/27	Bill Hrostowski	54	M	Binghamton	NY		1:12:43	7:49	575
69	8/18	Robert Kuchera	47	M	Apalachin	NY		1:12:48	7:49	574

70	3/12	Christine Reynolds	39	F	Newfield	NY	FLRC	1:12:49	7:49	643
71	6/16	Abe Nichols	40	M	Barton	NY		1:12:59	7:50	573
72	6/10	John Murdock	39	M	Vestal	NY		1:13:10	7:51	572
73	4/12	Kristin Olson	39	F	Vestal	NY	TCRC	1:13:16	7:52	639
74	2/12	Catherine Klein	44	F	Binghamton	NY		1:13:30	7:54	637
75	7/10	David Losee	38	M	Denver	NY		1:13:41	7:55	568
76	7/16	Ron Knapick	40	M	Endwell	NY	TCRC	1:13:45	7:55	567
77	3/12	Sue Priestley	44	F	Binghamton	NY	TCRC	1:13:46	7:55	635
78	8/16	Jim Harty	40	M	Smyrna	NY		1:14:06	7:58	564
79	6/9	Michael Joyce	56	M	Binghamton	NY	TCRC	1:14:21	7:59	562
80	7/9	Justin Stowill	31	M	Johnson City	NY		1:14:22	7:59	562
81	8/9	Michael Lewis	30	M	Endicott	NY	TCRC	1:14:45	8:02	559
82	7/9	Larry Brooks	57	M	Binghamton	NY	PHAR-otters	1:14:47	8:02	559
83	4/12	Susan Cain	40	F	Maine	NY	TCRC	1:15:10	8:04	623
84	5/12	Kelly Ford	35	F	Binghamton	NY	TCRC	1:15:10	8:04	623
85	9/18	John Wiley	45	M	Binghamton	NY		1:15:11	8:04	556
86	14/27	Kevin Pasterchik	51	M	Binghamton	NY	TCRC	1:15:15	8:05	556
87	15/27	Vince Kelley	52	M	Binghamton	NY	TCRC	1:15:18	8:05	555
88	16/27	Ned Clarke	51	M	Dalton	PA	TCRC	1:15:32	8:07	554
89	1/10	Peggy Eck	47	F	Dryden	NY	FLRC	1:15:45	8:08	618
90	17/27	Robert Hartmann	51	M	Binghamton	NY	TCRC	1:15:46	8:08	552
91	18/27	Vincent Juliano	51	M	Schenectady	NY		1:16:21	8:12	548
92	6/11	Ashley Johnson	23	F	Montrose	PA	TCRC	1:16:42	8:14	611
93	19/27	Kevin Brisson	50	M	Cicero	NY		1:16:48	8:15	545
94	8/10	Mike Wood	39	M	Conklin	NY		1:17:02	8:16	543
95	9/16	Daniel Morgan	43	M	Schnectedy	NY		1:17:08	8:17	542
96	3/4	Whitney Wagner	30	F	Smyrna	NY		1:17:11	8:17	607
97	7/11	Courtney Dymes	29	F	Oneida	NY		1:17:14	8:18	607
98	4/6	Alex Ciaravino	16	M	Vestal	NY		1:17:33	8:20	539
99	3/15	Michael Andersen	60	M	Truxton	NY	Syracuse Track	1:17:35	8:20	539
100	20/27	Patrick McCabe	54	M	Tully	NY		1:18:11	8:24	535
101	10/18	Bob Beavan	45	M	Johnson City	NY	TCRC	1:18:41	8:27	531
102	9/9	Tim Carroll	30	M	Vestal	NY		1:18:44	8:27	531
103	4/15	Michael DeFio	63	M	Camillus	NY	Syr Chargers	1:18:48	8:28	531
104	5/15	Don Robbins	63	M	Liverpool	NY	Syracuse Track	1:18:52	8:28	530
105	2/10	Gail Markstein	47	F	Binghamton	NY		1:19:03	8:29	593
106	10/16	Mark Hendley	41	M	Binghamton	NY	TCRC	1:19:05	8:30	529
107	2/9	Paula Fitch	58	F	Binghamton	NY		1:19:07*	8:30	592
108	6/15	Richard Perkins	60	M	Binghamton	NY		1:19:10	8:30	528
109	3/10	Janie Cregan	49	F	Endicott	NY	TCRC	1:19:12	8:30	591
110	5/12	Shari Nichols	40	F	Barton	NY		1:19:22	8:31	590
111	7/15	Joe Reynolds	64	M	Newfield	NY	FLRC	1:19:28	8:32	526
112	11/16	John Bokal	41	M	Endwell	NY		1:19:35	8:33	525
113	8/15	Joe DiMattina	61	M	Endicott	NY	TCRC	1:19:43	8:34	525
114	11/18	Chris Kamp	47	M	Windsor	NY		1:20:07	8:36	522
115	5/6	David Nichols	17	M	Endicott	NY	TCRC	1:20:09	8:36	522
116	6/12	Candice Poyer	41	F	Greene	NY		1:20:10	8:37	584
117	4/10	Karen Gates	45	F	Vestal	NY	TCRC	1:20:19	8:38	583
118	7/12	Tracy Baumgart	40	F	Endicott	NY	TCRC	1:20:24	8:38	583
119	12/18	Brian Gilbert	47	M	Waterville	NY		1:20:30	8:39	519
120	21/27	Thomas Laboranti	50	M	Scranton	PA		1:20:43	8:40	518
121	13/18	Paul Moss	48	M	Johnson City	NY		1:20:48	8:41	518
122	5/10	Kathleen Lantry	47	F	Whitney Poin	NY	TCRC	1:20:48	8:41	580
123	6/12	Jennifer Stanton	36	F	Waterloo	NY		1:20:54	8:41	579
124	4/4	Heather Rapp	33	F	Greene	NY		1:20:55	8:41	579
125	9/15	Harland Bigelow	62	M	Lisle	NY	TCRC	1:21:01	8:42	516
126	14/18	Michael Vachon	45	M	Johnson City	NY	TCRC	1:21:08	8:43	515
127	22/27	Todd O'Connell	52	M	Corning	NY	FLRC	1:21:13	8:43	515
128	1/3	Barbara Morrissey	61	F	Owego	NY	TCRC	1:21:23*	8:44	576
129	7/12	Colleen Schultz	39	F	Binghamton	NY		1:21:43	8:47	573
130	23/27	Gregory Huck	51	M	Binghamton	NY		1:21:54	8:48	511
131	6/10	Victoria Castellucci	49	F	Apalachin	NY		1:22:00	8:48	571
132	9/10	Joe Schultz	36	M	Binghamton	NY		1:22:04	8:49	510
133	15/18	Dave Talcott	48	M	Kirkwood	NY	Shore AC	1:22:20	8:51	508
134	3/9	Paula Williams	55	F	Johnson City	NY		1:22:29	8:51	568
135	24/27	Ray Brooks	54	M	Johnson City	NY		1:22:44	8:53	505
136	8/11	Sara Gdovin	25	F	Binghamton	NY	TCRC	1:23:02	8:55	564
137	16/18	Patrick Ruehlman	49	M	Endicott	NY	TCRC	1:23:35	8:59	500
138	25/27	Ted Ronsvalle	50	M	Greene	NY		1:24:09	9:02	497
139	4/9	Holly Parkyn	54	F	Whitney Poin	NY	TCRC	1:24:40	9:06	553
140	8/12	Kristine Zuber	44	F	Endicott	NY		1:24:55	9:07	552
141	2/2	Fred Bostrom	71	M	Brackney	PA	TCRC	1:24:59*	9:08	492
142	26/27	Francis Toolan	51	M	Childs	PA		1:25:16	9:09	490
143	12/16	Tim Kamp	44	M	Binghamton	NY	TCRC	1:25:26	9:10	489
144	10/15	Tony Ciccone	60	M	Locke	NY	FLRC	1:25:35	9:11	489
145	2/3	Margret Betz	72	F	Conklin	NY	TCRC	1:26:59*	9:20	539
146	11/15	Anthony Mazza	63	M	Binghamton	NY	TCRC	1:27:23	9:23	479
147	7/10	Kim Melrose-Harty	49	F	Endicott	NY	TCRC	1:27:26	9:23	536
148	27/27	Kevin Harty	51	M	Endicott	NY	TCRC	1:27:26	9:23	478
149	10/10	Mark Fish	25	M	Binghamton	NY		1:27:35	9:24	477
150	6/6	Thomas Planavsky	19	M	Port Crane	NY		1:27:46	9:25	476
151	8/9	Larry Lepak	59	M	Endwell	NY	TCRC	1:27:51	9:26	476
152	5/9	Debbie Grassi	59	F	Johnson City	NY	TCRC	1:27:56	9:27	533
153	12/15	James Miner	60	M	Dryden	NY	FLRC	1:27:56	9:27	476
154	13/15	Glenn Small	63	M	Vestal	NY		1:28:24	9:30	473
155	9/9	Peter Gorton	59	M	Endicott	NY		1:28:44	9:32	471
156	8/12	Heidi Moore	38	F	Waverly	NY	TCRC	1:28:47	9:32	528

157	13/16	Douglas Russell	41 M Vestal	NY TCRC	1:29:25	9:36	468
158	10/10	Dan Ciaravino	37 M Binghamton	NY	1:29:29	9:37	467
159	9/12	Frances Evans	42 F Owego	NY	1:29:35	9:37	523
160	10/12	Amy Pritchard	42 F Owego	NY TCRC	1:29:36	9:37	523
161	9/12	Melissa Aubel	38 F Owego	NY	1:29:36	9:37	523
162	14/16	Ed DeSantis	44 M Binghamton	NY	1:30:00	9:40	465
163	9/11	Danielle Bonsignore	21 F Webster	NY	1:30:45	9:45	516
164	10/11	Adrienne Seccia	20 F Endicott	NY	1:30:57	9:46	515
165	11/11	Kaitlyn Matias	21 F Vestal	NY	1:31:02	9:47	515
166	8/10	Deborah Clough-Gitch	48 F Binghamton	NY	1:31:02	9:47	515
167	11/12	Aimee Andersen	44 F Truxton	NY Syracuse Track	1:31:03	9:47	514
168	10/12	Kara Hendley	39 F Binghamton	NY TCRC	1:31:30	9:50	512
169	11/12	Karen Jones	35 F Nichols	NY	1:33:04	10:00	503
170	15/16	Andrew Hickey	41 M Endicott	NY	1:33:09	10:00	449
171	16/16	Jason Moore	40 M Waverly	NY TCRC	1:33:19	10:01	448
172	12/12	Margo Undercoffer	44 F Binghamton	NY	1:33:21	10:01	502
173	3/3	Lennie Tucker	70 F Fayetteville	NY Syracuse Track	1:34:25*	10:08	496
174	17/18	Michael Welch	49 M Endicott	NY	1:35:08	10:13	440
175	14/15	Alfonso Monaco	61 M Binghamton	NY	1:35:15	10:14	439
176	6/9	Lisa Mack	50 F Binghamton	NY	1:35:49	10:17	489
177	12/12	Michelle DeLucca	39 F Binghamton	NY	1:35:52	10:18	489
178	7/9	Mary Boyle	50 F Conklin	NY CA Fitness	1:39:31	10:41	471
179	8/9	Mary Foley	54 F Binghamton	NY	1:40:05	10:45	468
180	9/10	Carolyn Hall	47 F Jackson	PA TCRC	1:40:37	10:48	466
181	18/18	Joseph Gluck	46 M Susquehanna	PA TCRC	1:40:40	10:49	415
182	10/10	Dawn DeVita	45 F Binghamton	NY TRCR	1:58:44	12:45	395
183	9/9	Karren Bee-Donohoe	50 F Johnson City	NY TCRC	1:59:57	12:53	391
184	15/15	Ron Slocum	65 M Binghamton	NY	2:12:08	14:11	316

Record 0:46:15 by Tom Carter in 1982

* Under USATF Age-Group guideline

Award List

OVERALL MALE WINNER

1	1 Michael Murphy	35 Warren Center	PA	53:42
2	2 Steve Esposito	19 Hallstead	PA	55:04
3	3 Daniel Ver	24 Liverpool	NY	55:27

Record 46:15 by Tom Carter in 1982.

OVERALL FEMALE WINNER

1	6 Katie Radzik	21 Binghamton	NY	55:56
2	11 Katie Aldridge	35 Alpine	NY	58:10
3	19 Erica Riecke	25 Great Bend	PA	1:03:28

Record 54:01 by Cindi Girard in 1994.

MASTERS MALE WINNER

1	5 Boris Dzikovski	44 Ithaca	NY	55:47
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MASTERS FEMALE WINNER

1	35 Charlene Lyford	43 Greene	NY	1:06:15
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FEMALE AGE GROUP: 1 - 19

1	25 Megan Jacoby	17 Endwell	NY	1:04:22
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MALE AGE GROUP: 1 - 19

1	4 Ben Reynolds	18 Endicott	NY	55:37
2	21 Dan Conklin	17 Binghamton	NY	1:03:52

FEMALE AGE GROUP: 20 - 29

1	39 Allison Lawruk	28 Bethesda	MD	1:06:49
2	44 Rachel Boardman	28 Wyalusing	PA	1:07:30

MALE AGE GROUP: 20 - 29

1	7 Tim Andrus	28 Horseheads	NY	55:59
2	9 Jason Mintz	29 Syracuse	NY	57:19

FEMALE AGE GROUP: 30 - 34

1	49 Melody Hamlin	32 Clementon	NJ	1:08:06
2	58 Emily Piza-Taylor	31 Binghamton	NY	1:10:16

MALE AGE GROUP: 30 - 34

1	28 Paul Hamlin	34 Clementon	NJ	1:04:47
2	38 Jeremy Corcoran	34 Apalachin	NY	1:06:44

FEMALE AGE GROUP: 35 - 39

1	66 Karen Grover	38 Lansing	NY	1:12:26
2	70 Christine Reynolds	39 Newfield	NY	1:12:49

MALE AGE GROUP: 35 - 39

1	8 John Evangelista	39 Blakley	PA	56:35
2	15 Chrisn Cowden	35 Johnson City	NY	1:02:24
3	18 Mark Thompson	38 Ithaca	NY	1:03:24
4	27 Kevin Tripp	38 Bainbridge	NY	1:04:37

FEMALE AGE GROUP: 40 - 44

1	74 Catherine Klein	44 Binghamton	NY	1:13:30
2	77 Sue Priestley	44 Binghamton	NY	1:13:46

MALE AGE GROUP: 40 - 44

1	20 Dan Pierson	40 Oriskany	NY	1:03:36
2	30 Fred Malloy	43 Montrose	PA	1:05:14
3	37 Jeff Felice	41 Endicott	NY	1:06:41
4	67 Carl Speicher	41 Brackney	NY	1:12:38
5	71 Abe Nichols	40 Barton	NY	1:12:59
6	76 Ron Knapick	40 Endwell	NY	1:13:45

FEMALE AGE GROUP: 45 - 49

1	89 Peggy Eck	47 Dryden	NY	1:15:45
2	105 Gail Markstein	47 Binghamton	NY	1:19:03

MALE AGE GROUP: 45 - 49

1	14	Chungsik Choi	48	Johnson City	NY	1:02:09
2	23	Mike Sopinski	48	Binghamton	NY	1:04:11
3	24	Randy Reynolds	46	Binghamton	NY	1:04:22
4	29	Bill Ross	48	Endicott	NY	1:05:03
5	50	Larry Bosket	49	Apalachin	NY	1:08:29
6	51	Steve Hoover	48	Pine City	NY	1:08:41
FEMALE AGE GROUP: 50 - 59						
1	65	Nancy Werthmuller	57	Scranton	PA	1:12:15
2	107	Paula Fitch	58	Binghamton	NY	1:19:07
MALE AGE GROUP: 50 - 54						
1	17	Vince Fox	50	Vestal	NY	1:03:08
2	32	David Jones	50	Interlaken	NY	1:05:38
3	33	Mark Dixson	50	Candor	NY	1:05:55
4	34	Brian Cummins	54	Cortland	NY	1:06:05
MALE AGE GROUP: 55 - 59						
1	16	Doug Wood	58	Canastota	NY	1:02:41
2	46	Drew Wasko	55	Binghamton	NY	1:07:44
3	53	Joseph Gwizdaloski	56	Endwell	NY	1:09:32
4	55	Dennis Uhlig	55	Sidney	NY	1:09:48
FEMALE AGE GROUP: 60 - 99						
1	128	Barbara Morrissey	61	Owego	NY	1:21:23
2	145	Margret Betz	72	Conklin	NY	1:26:59
MALE AGE GROUP: 60 - 69						
1	22	Bong Joon Yoon	62	Vestal	NY	1:04:09
2	63	Russ Hartman	61	Johnson City	NY	1:11:46
MALE AGE GROUP: 70 - 99						
1	43	Tony Cerminano	72	Jermyn	PA	1:07:26
2	141	Fred Bostrom	71	Brackney	PA	1:24:59