

Vestal XX, June 18, 2005

Congratulations to two time overall male winner Fred Joslyn, who ran the fastest Vestal XX since Tom Carter in 1988, and the overall female winner, Katie Danner. Congratulations also to the high school boys winner Clark Holdsworth and two time high school girls winner Jennifer Hastings.

This year three runners established [new single age records](#): Christa Winslow, Nancy Werthmuller, and Bong Joon Yoon. Congratulations are also extended to Graham Upton and Tony LoTempio, the latest inductees into the Vestal 20/20 club. There are now 18 runners who have completed at least 20 Vestal XX's.

These accomplishments are certainly special, but none could happen without the efforts of all the volunteers who make the running of the Vestal XX possible each year. Each year I am in awe by the number of people who respond to the call for Vestal XX volunteers. So many of them volunteer year after year. I and every runner say "Thank You" for allowing us to run the race.

Fred Bostrom, Race Director.

Award List

Tom Carter High School Awards

Clark Holdsworth 18 Apalachin, NY 1:23:30
Jennifer Hastings 18 Vestal, NY 1:38:52

THIRTY-FIFTH ANNUAL VESTAL XX
TWENTY KILOMETER ROAD RACE
Vestal, New York June 18, 2005 8:00 A.M.

Overall Male Winners

1 Fred Joslyn 21 M 1:07:26
2 Aaron Robertson 27 M 1:10:37
3 Gary Fancher 44 M 1:13:45
Record 1:03:17 by Tom Carter in 1981

Overall Female Winners

1 Katie Danner 31 F 1:20:55
2 Annette Acuff 33 F 1:24:37
3 Lynann Lorenz 25 F 1:25:25
Record 1:14:29 by Charlene Lyford in 1999

* RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS ASSOCIATION TABLES *
* This listing is produced by adjusting each finisher's time based on tables *
* produced by Alan Jones for the World Masters Athletics organization. These *
* will replace the old (1994) tables generated by the World Association of *
* Veteran Athletes. *
* 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	Time	Agegrad	Age %
1	Paul Leonard	43	M	1:15:17	1:10:29	79.41
2	Tom Gudas	41	M	1:14:24	1:10:47	79.08
3	Bong Joon Yoon	58	M	1:27:51	1:12:21	77.37
4	Jeffrey Juran	48	M	1:21:01	1:12:49	76.88
5	Boris Dzikovski	40	M	1:16:05	1:12:57	76.71
6	Christa Winslow	42	F	1:27:46	1:23:01	75.05
7	David Winslow	44	M	1:21:20	1:15:33	74.10
8	Gabe Yankowitz	55	M	1:29:26	1:15:41	73.97
9	Francis Attah	19	M	1:17:40	1:15:56	73.71
10	Eric Maki	43	M	1:21:29	1:16:18	73.37
11	Jordan Varano	26	M	1:16:38	1:16:38	73.03
12	Andrew Reardon	20	M	1:17:52	1:16:59	72.71
13	Jon Korte	39	M	1:20:00	1:17:19	72.40
14	Bill McGovern	45	M	1:24:55	1:18:14	71.54
15	Jeff Felice	38	M	1:20:22	1:18:16	71.51
16	Nancy Werthmuller	54	F	1:43:21	1:27:11	71.47
17	Paul McMahan	56	M	1:33:46	1:18:38	71.17
18	Barbara Morrissey	57	F	1:47:25	1:27:41	71.06
19	Graham Upton	50	M	1:29:26	1:19:02	70.82
20	Michael Olson	39	M	1:22:14	1:19:28	70.43
21	John Basel	40	M	1:23:19	1:19:54	70.05
22	Tim Rent	48	M	1:29:34	1:20:30	69.54
23	Clark Holdsworth	18	M	1:23:30	1:20:34	69.48
24	Doake Brown	47	M	1:28:56	1:20:36	69.45
25	Thomas Chobot	49	M	1:30:58	1:21:05	69.04
26	Scott McPherson	46	M	1:29:19	1:21:37	68.58
27	Nick Frankoski	24	M	1:21:46	1:21:46	68.45

THIRTY-fifth ANNUAL VESTAL XX
 TWENTY KILOMETER ROAD RACE
 Triple Cities Runners Club
 USATF Certified. Registration No. NY-05013-AM
 Vestal, New York June 18, 2005 Weather: Low 60s

Place	Name	Age	S City	St Club	Time	Pace	PerF
1	Fred Joslyn	21	M Binghamton	NY TCRC	1:07:26	5:26	842
2	Aaron Robertson	27	M Bainbridge	NY Syracuse C	1:10:37	5:41	804
3	Gary Fancher	44	M Windsor	NY	1:13:45	5:57	770
4	Tom Gudas	41	M Binghamton	NY TCRC	1:14:24	6:00	763
5	Paul Leonard	43	M Scranton	PA SOAR	1:15:17	6:04	754
6	Boris Dzikovski	40	M Ithaca	NY	1:16:05	6:08	746
7	Jordan Varano	26	M Endwell	NY	1:16:38	6:10	741
8	Francis Attah	19	M Binghamton	NY	1:17:40	6:15	731
9	Andrew Reardon	20	M Endicott	NY	1:17:52	6:16	729
10	Jon Korte	39	M Grapevine	TX Lake Grape	1:20:00	6:27	710
11	Jeff Felice	38	M Endicott	NY TCRC	1:20:22	6:29	707
12	Katie Danner	31	F Mecklenberg	NY FLRC	1:20:55	6:31	781
13	Jeffrey Juran	48	M Ithaca	NY	1:21:01	6:32	701
14	David Winslow	44	M Binghamton	NY TCRC	1:21:20	6:33	698
15	Eric Maki	43	M Cortland	NY	1:21:29	6:34	697
16	Nick Frankoski	24	M Newark Valle	NY	1:21:46	6:35	694
17	Michael Olson	39	M Vestal	NY TCRC	1:22:14	6:38	690
18	John Basel	40	M Owego	NY NVRC	1:23:19	6:43	681
19	Clark Holdsworth	18	M Apalachin	NY	1:23:30	6:44	680
20	David Christian	35	M Binghamton	NY	1:24:02	6:46	676
21	Annette Aouff	33	F Binghamton	NY	1:24:37	6:49	747
22	Bill McGovern	45	M Marathon	NY TCRC	1:24:55	6:50	669
23	Lynann Lorenz	25	F Apalachin	NY	1:25:25	6:53	740
24	Greg Derick	33	M Endwell	NY	1:25:28	6:53	664
25	Michael Murphy	31	M Warren Cente	PA Pro Care	1:25:42	6:54	663
26	Ryan Garges	17	M Warren Cente	PA Pro Care	1:25:57	6:55	661
27	Greg Amend	40	M Endicott	NY TCRC	1:26:00	6:56	660
28	Christa Winslow	42	F Binghamton	NY TCRC	1:27:46	7:04	720
29	Bong Joon Yoon	58	M Vestal	NY TCRC	1:27:51	7:05	646
30	Kirk Steinbrecher	36	M Windsor	NY	1:28:53	7:10	639
31	Doake Brown	47	M Cortland	NY	1:28:56	7:10	638
32	Kevin Tripp	34	M Bainbridge	NY	1:28:59	7:10	638
33	Scott McPherson	46	M Vestal	NY	1:29:19	7:12	636
34	Gabe Yankowitz	55	M Manlius	NY Syracuse C	1:29:26	7:12	635
35	Graham Upton	50	M Binghamton	NY TCRC	1:29:26	7:12	635
36	Tim Rent	48	M Endwell	NY TCRC	1:29:34	7:13	634
37	Michael Finch	17	M Rome	PA Pro Care	1:29:50	7:14	632
38	Chuck Hein	46	M Vestal	NY TCRC	1:29:58	7:15	631
39	Paul O'Hara	33	M Scranton	PA	1:30:15	7:16	629
40	Kevin Campbell	16	M Vestal	NY	1:30:24	7:17	628
41	Thomas Chobot	49	M Reading	PA	1:30:58	7:20	624
42	Phil Terpening	36	M Endicott	NY	1:31:42	7:23	619
43	Rich Rigotti	41	M Vestal	NY TCRC	1:31:45	7:23	619
44	Marshall Case	47	M Endwell	NY TCRC	1:32:15	7:26	615
45	Jon McDonough	34	M Nosth Chili	NY Mendon Cyc	1:32:31	7:27	614
46	Vince Fox	46	M Vestal	NY TCRC	1:32:55	7:29	611
47	Paul McMahan	56	M Binghamton	NY TCRC	1:33:46	7:33	606
48	Allison Small	24	F Emmaus	PA	1:33:53	7:34	673
49	Courtney Burchill	23	F Endicott	NY	1:34:00	7:34	673
50	Scott Breen	34	M Endicott	NY	1:34:30	7:37	601
51	Stephen W. Nichols	17	M Endicott	NY TCRC	1:35:11	7:40	597
52	Rick Sanford	38	M Flower Mound	TX RAW	1:35:12	7:40	596
53	Patrick Patterson	26	M Endicott	NY	1:35:30	7:42	595
54	Steven Sherwood	41	M Chenango For	NY	1:35:31	7:42	594
55	Benjamin Nichols	15	M Endicott	NY TCRC	1:35:35	7:42	594
56	Larry Bosket	45	M Apalachin	NY	1:35:46	7:43	593
57	Sarah Joyce	25	F Arlington	VA	1:36:02	7:44	658
58	Richard Nichols	20	M Endicott	NY TCRC	1:36:27	7:46	589
59	Ken Weir	51	M Johnson City	NY Early Air	1:37:02	7:49	585
60	Ron Knapick	36	M Endwell	NY	1:37:09	7:50	584
61	Brendan Sullivan-Sarisa	20	M Johnson City	NY TCRC	1:37:12	7:50	584
62	David Antonaitis	44	M Endicott	NY	1:37:15	7:50	584
63	Bill Hrostowski	50	M Binghamton	NY	1:37:16	7:50	584
64	Michael Lotito	45	M Vestal	NY	1:37:17	7:50	584
65	Kevin Pasterchik	47	M Binghamton	NY TCRC	1:37:42	7:52	581
66	Dennis Gilyard	54	M Endwell	NY TCRC	1:37:49	7:53	580
67	John Murdock	36	M Vestal	NY	1:38:37	7:57	576
68	Jennifer Hastings	18	F Vestal	NY	1:38:52	7:58	639
69	George Gerner, III	16	M Vestal	NY	1:38:59	7:58	574
70	Lisa Gallagher	40	F Vestal	NY	1:39:35	8:01	635
71	Kevin Wessels	39	M Grapevine	TX RAW	1:40:01	8:03	568
72	Brian Deskin	43	M Vestal	NY	1:40:23	8:05	566
73	Richard Begliumini	57	M Brooklyn	PA TCRC	1:40:24	8:05	566
74	Eileen Mushalla	45	F Vestal	NY TCRC	1:40:32	8:06	629
75	Scott Vasisko	43	M Apalachin	NY	1:41:00	8:08	562
76	Ryan Hrebin	23	M Binghamton	NY	1:41:07	8:09	562
77	Norman Card	27	M Binghamton	NY	1:41:21	8:10	560
78	Jordy Asher	45	M Endicott	NY	1:41:21	8:10	560
79	Fran Fitch	54	M Binghamton	NY TCRC	1:42:06	8:13	556
80	Liz Pfeghardt	18	F Tioga Center	NY	1:42:45	8:17	615
81	Nancy Werthmuller	54	F Brooklyn	PA TCRC	1:43:21	8:19	612

82 Paul Moss	44 M Johnson City NY	1:43:36	8:21	548
83 Harland Bigelow	58 M Lisle NY TCRC	1:43:43	8:21	547
84 David Losee	34 M Sydney Cente NY	1:44:07	8:23	545
85 Sue Priestley	40 F Binghamton NY TCRC	1:44:37	8:26	604
86 Jean Ziolkowski	45 F Apalachin NY TCRC	1:44:56	8:27	603
87 Marsha Pulz	44 F Vestal NY TCRC	1:46:10	8:33	596
88 Barbara Morrissey	57 F Owego NY TCRC	1:47:25	8:39	589
89 Meghan Loftus	18 F Binghamton NY	1:47:29	8:39	588
90 Herb Male	52 M Vestal NY	1:47:42	8:40	527
91 Richard Patterson	32 M Tully NY	1:48:16	8:43	524
92 Susan Choi	47 F Johnson City NY	1:48:23	8:44	583
93 Fred Bostrom	67 M Brackney PA TCRC	1:48:35	8:45	523
94 Michael Putney	62 M Vestal NY	1:48:43	8:45	522
95 Kate Auchinachie	39 F Binghamton NY	1:49:38	8:50	577
96 Aaron Wilks	38 M Endwell NY	1:49:48	8:51	517
97 Steve Pawful	47 M Apalachin NY	1:50:50	8:56	512
98 Marla Goyden	39 F Endwell NY	1:51:37	8:59	566
99 Jason Wilks	33 M Endicott NY TCRC	1:52:44	9:05	504
100 Michael Joyce	52 M Binghamton NY	1:52:56	9:06	503
101 Scott Vint	48 M Endicott NY TCRC	1:53:51	9:10	499
102 Glenn Small	60 M Vestal NY	1:55:04	9:16	493
103 Andrew Ciaravino	15 M Vestal NY Vestal XC	1:55:27	9:18	492
104 Bill Mallery	46 M Vestal NY Mallery	1:56:01	9:21	489
105 Pat Palmer	41 M Binghamton NY BPD	1:56:22	9:22	488
106 Dave Talcott	45 M Owego NY Syracuse C	1:56:51	9:25	486
107 Terry Ross	37 M Binghamton NY TCRC	1:56:58	9:25	485
108 Anthony Mazza	59 M Binghamton NY TCRC	1:57:26	9:27	484
109 William Dixon	45 M Apalachin NY	1:57:27	9:28	483
110 Theresia Golluscio	39 F Vestal NY	1:57:33	9:28	538
111 Kim Melrose-Harty	45 F Endicott NY	1:57:46	9:29	537
112 Kevin Harty	47 M Endicott NY	1:57:46	9:29	482
113 Lisa Mallery	46 F Vestal NY Mallery	1:58:02	9:30	536
114 Dan Myers	41 M Apalachin NY	1:58:03	9:30	481
115 Susan Burtis	39 F Binghamton NY	1:58:24	9:32	534
116 Bill Quintin	47 M Binghamton NY	1:58:31	9:33	479
117 Karen Fennie	45 F Binghamton NY TCRC	1:58:36	9:33	533
118 Debbie Brassi	55 F Johnson City NY TCRC	1:58:53	9:34	532
119 Don Burton	53 M Frederick MD	1:59:17	9:36	476
120 Larry Lepak	55 M Greene NY TCRC	2:01:03	9:45	469
121 Mark Ciaravino	41 M Vestal NY	2:03:28	9:57	460
122 Dan Ciaravino	34 M Endicott NY	2:03:28	9:57	460
123 Bill Donovan	39 M Owego NY	2:04:52	10:03	455
124 Nancy LaBare	55 F Endicott NY TCRC	2:04:53	10:03	506
125 Brian Donovan	34 M Shippensburg PA	2:04:59	10:04	454
126 Ronald Burton	53 M Hallstead PA	2:07:32	10:16	445
127 Douglas Dziedzic	43 M Binghamton NY TCRC	2:15:25	10:54	419
128 Mackenzie Dexter	23 F Cortland NY	2:15:45	10:56	466
129 Anthony LoTempio	63 M Binghamton NY TCRC	2:20:40	11:20	404
130 Ann O'Neil	48 F Conklin NY	2:22:36	11:29	443
131 Ron Slocum	61 M Apalachin NY	2:28:33	11:58	382
132 Anne McGuigan	43 F Conklin NY	2:31:35	12:12	417
133 Gwyneth Chobot	48 F Reading PA	2:37:36	12:41	401

Record 1:03:17 by Tom Carter in 1981