

Vestal XX 20 Kilometer Road Race June 17, 2006

Congratulations to overall male winner Bryan Morseman and the overall female winner, Diane Matthews. Congratulations also to the high school boys winner (and third overall) Branden Morseman and the high school girls winner Alexis Stanley.

This year three runners established new single age records: Suzanne Myette, Diane Matthews, and Fred Bostrom. Congratulations also to Eileen Mushalla and Tim Rent, the latest inductees into the Vestal 20/20 club. There are now 20 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.

Fred Bostrom, Race Director.

THIRTY-SIXTH ANNUAL VESTAL XX
TWENTY KILOMETER ROAD RACE
USATF Certified. Registration No. NY-05013-AM
Vestal, New York June 17, 2006 8:00 A.M.

Award List

Tom Carter High School Awards

Branden Morseman 17 Addison, NY 1:12:39
Alexis Stanley 18 F Vestal, NY 1:46:31

Open Awards

Overall Male Winners
1 Bryan Morseman 20 M 1:09:12
2 Jordan Varano 27 M 1:12:02
3 Branden Morseman 17 M 1:12:39
Record 1:03:17 by Tom Carter in 1981

Overall Female Winners
1 Diane Matthews 24 F 1:22:22
2 Stacy Kramer 22 F 1:23:39
3 Suzanne Myette 49 F 1:28:40
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 and Rex Harvey for the World Masters Athletics *
* organization. These replaced 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	44	M	1:13:13	1:08:00	82.31
2	Jeffrey Juran	49	M	1:17:37	1:09:11	80.91
3	Gary Fancher	45	M	1:15:06	1:09:11	80.89
4	Bong Joon Yoon	59	M	1:27:14	1:11:11	78.62
5	Eric Maki	44	M	1:17:45	1:12:13	77.51
6	Boris Dzikovski	41	M	1:16:29	1:12:46	76.92
7	Kellen Wadach	24	M	1:12:52	1:12:52	76.81
8	Tom Powers	56	M	1:28:16	1:14:02	75.60
9	Todd Votapka	43	M	1:20:49	1:15:40	73.97
10	Dirk Elliott	50	M	1:25:37	1:15:40	73.97
11	Nancy Werthmuller	55	F	1:45:26	1:25:09	73.17
12	Chungsik Choi	45	M	1:23:24	1:16:50	72.84
13	Andy Allstadt	23	M	1:16:54	1:16:54	72.78
14	Steve Cammisa	38	M	1:19:14	1:17:10	72.53
15	Fred Bostrom	68	M	1:44:55	1:18:32	71.28
16	Paul McMahon	57	M	1:34:38	1:18:39	71.15
17	Michael Olson	40	M	1:22:18	1:18:55	70.92
18	George Groome	66	M	1:43:32	1:19:03	70.81
19	Mark Brugger	46	M	1:26:48	1:19:19	70.56
20	Clark Holdsworth	19	M	1:21:24	1:19:35	70.33
21	Charlene Lyford	40	F	1:32:17	1:28:38	70.29
22	Thomas D'Onofrio	43	M	1:26:46	1:21:14	68.90

23 Martin Hahn	47 M	1:30:00	1:21:34	68.63
24 Jennifer Hastings	19 F	1:31:22	1:30:53	68.55
25 Tim Rent	49 M	1:31:37	1:21:39	68.55
26 Allison Lawruk	25 F	1:31:07	1:31:07	68.37
27 Carl Kobeski	50 M	1:32:47	1:21:59	68.26

Overall Results

Place Name	Age S	City	St Club	Time	Pace	PerF
1 Bryan Morseman	20 M	Addison	NY	1:09:12	5:35	821
2 Jordan Varano	27 M	Endicott	NY TCRC	1:12:02	5:48	788
3 Branden Morseman	17 M	Addison	NY	1:12:39*	5:51	782
4 Kellen Wadach	24 M	Johnson City	NY	1:12:52	5:52	779
5 Paul Leonard	44 M	Pittston	PA SOAR	1:13:13	5:54	776
6 Gary Fancher	45 M	Windsor	NY	1:15:06	6:03	756
7 Boris Dzikovski	41 M	Ithaca	NY	1:16:29	6:10	742
8 Andy Allstadt	23 M	Endicott	NY	1:16:54	6:12	738
9 Jeffrey Juran	49 M	Ithaca	NY FLRC	1:17:37	6:15	732
10 Eric Maki	44 M	Cortland	NY	1:17:45	6:16	730
11 Steve Cammisa	38 M	Vestal	NY TCRC	1:19:14	6:23	717
12 Todd Votapka	43 M	Binghamton	NY TCRC	1:20:49	6:31	703
13 Clark Holdsworth	19 M	Apalachin	NY	1:21:24	6:33	698
14 Michael Olson	40 M	Vestal	NY TCRC	1:22:18	6:38	690
15 Diane Matthews	24 F	Johnson City	NY	1:22:22	6:38	768
16 Brian Matthews	25 M	Rochester	NY	1:22:59	6:41	684
17 Steve Darrow	33 M	Endicott	NY	1:23:11	6:42	683
18 Chungsik Choi	45 M	Vestal	NY	1:23:24	6:43	681
19 Stacy Kramer	22 F	Johnson City	NY	1:23:39	6:44	756
20 Dirk Elliott	50 M	Marathon	NY Redline Ra	1:25:37	6:54	663
21 Chris Hansen	25 M	Binghamton	NY	1:26:00	6:56	660
22 David Christian	36 M	Binghamton	NY	1:26:26	6:58	657
23 Thomas D'Onofrio	43 M	Endicott	NY TCRC	1:26:46	6:59	654
24 Mark Brugger	46 M	Vestal	NY	1:26:48	7:00	654
25 Greg Amend	41 M	Endicott	NY TCRC	1:26:52	7:00	654
26 Bong Joon Yoon	59 M	Vestal	NY TCRC	1:27:14	7:02	651
27 Ryan Garges	18 M	Warren Cente	PA Pro Care	1:28:05	7:06	645
28 Tom Powers	56 M	Newfield	NY FLRC	1:28:16	7:07	643
29 Suzanne Myette	49 F	Endicott	NY TCRC	1:28:40*	7:09	713
30 Kevin Tripp	35 M	Bainbridge	NY	1:28:54	7:10	639
31 Paul O'Hara	34 M	Scranton	PA	1:29:12	7:11	637
32 Martin Hahn	47 M	Vestal	NY Early Air	1:30:00	7:15	631
33 Jon McDonough	35 M	Nosth Chili	NY Mendon Cyc	1:30:34	7:18	627
34 Allison Lawruk	25 F	Emmaus	PA	1:31:07	7:20	694
35 Jennifer Hastings	19 F	Vestal	NY	1:31:22	7:22	692
36 Tim Rent	49 M	Endwell	NY TCRC	1:31:37	7:23	620
37 Charlene Lyford	40 F	Greene	NY TCRC	1:32:17	7:26	685
38 Chuck Hein	47 M	Vestal	NY TCRC	1:32:38	7:28	613
39 Carl Kobeski	50 M	Factoryville	PA	1:32:47	7:28	612
40 Robert Bowen	42 M	St. Thomas	VI	1:33:04	7:30	610
41 Ryan Hrebin	24 M	Binghamton	NY	1:33:15	7:31	609
42 Vince Fox	47 M	Vestal	NY TCRC	1:33:17	7:31	609
43 Kirk Steinbrecher	37 M	Windsor	NY	1:33:40	7:33	606
44 Stephen Gaug	17 M	Vestal	NY	1:34:06	7:35	603
45 Mike Sopinski	46 M	Binghamton	NY	1:34:14	7:35	603
46 Ed Jenner	51 M	Vestal	NY TCRC	1:34:22	7:36	602
47 Michael Finch	18 M	Rome	PA Pro Care	1:34:32	7:37	601
48 Paul McMahon	57 M	Binghamton	NY TCRC	1:34:38	7:37	600
49 Graham Upton	51 M	Binghamton	NY TCRC	1:35:24	7:41	595
50 Amy Rhodes	32 F	Sidney	NY	1:35:52	7:43	660
51 Paul Heiland	46 M	Endicott	NY	1:35:58	7:44	592
52 Brian Tolan	47 M	Binghamton	NY TCRC	1:36:24	7:46	589
53 George Gerner, III	17 M	Vestal	NY	1:37:15	7:50	584
54 Erin Kelly	33 F	Cazenovia	NY	1:37:26	7:51	649
55 Ned Clarke	49 M	Dalton	PA TCRC	1:37:59	7:54	579
56 Bill Hrostowski	51 M	Binghamton	NY	1:38:02	7:54	579
57 Mark Dixon	47 M	Owego	NY TCRC	1:38:12	7:55	578
58 Larry Bosket	46 M	Apalachin	NY	1:38:42	7:57	575
59 Andrew Ciaravino	16 M	Vestal	NY Vestal XC	1:39:10	7:59	573
60 Steve Sherwood	42 M	Chenango For	NY	1:39:31	8:01	571
61 Kevin Pasterchik	48 M	Binghamton	NY TCRC	1:39:35	8:01	570
62 Carl Speicher	38 M	Brackney	PA	1:39:52	8:03	569
63 Richard Nichols	21 M	Endicott	NY	1:40:17	8:05	566
64 John Riese	46 M	Central Squa	NY	1:41:01	8:08	562
65 Paul McCabe	60 M	Binghamton	NY TCRC	1:41:43	8:12	558
66 Darryl Stephenson	39 M	Vestal	NY	1:42:18	8:14	555
67 Russ Hartman	58 M	Johnson City	NY TCRC	1:42:26	8:15	554
68 John Murdock	37 M	Vestal	NY	1:43:11	8:19	550
69 George Groome	66 M	Vestal	NY TCRC	1:43:32	8:20	548
70 Dennis Gilyard	55 M	Endwell	NY TCRC	1:44:03	8:23	546
71 Scott Breen	35 M	Endicott	NY	1:44:05	8:23	546
72 Paul Moss	45 M	Johnson City	NY	1:44:45	8:26	542
73 David Losee	35 M	Denver	NY	1:44:49	8:27	542
74 Stephen W. Nichols	18 M	Endicott	NY TCRC	1:44:54	8:27	541
75 Fred Bostrom	68 M	Brackney	PA TCRC	1:44:55	8:27	541
76 Michael Lewis	27 M	Endicott	NY	1:45:12	8:28	540
77 Patrick Knight	18 M	Vestal	NY	1:45:19	8:29	539
78 Nancy Werthmuller	55 F	Scranton	PA	1:45:26	8:30	600
79 Eileen Mushalla	46 F	Vestal	NY TCRC	1:45:58	8:32	597

80	Bill Canini	49 M Binghamton NY	1:46:21	8:34	534
81	Alexis Stanley	18 F Vestal NY vestal hig	1:46:31	8:35	594
82	Timothy Nevinger	25 M Vestal NY	1:47:14	8:38	529
83	Richard Begliumini	58 M Uniondale PA TCRC	1:47:23	8:39	529
84	Aaron Wilks	39 M Endwell NY TCRC	1:47:41	8:40	527
85	Jean Ziolkowski	46 F Apalachin NY TCRC	1:48:32	8:44	583
86	John Kopalek	55 M Binghamton NY	1:49:04	8:47	521
87	Ron Knapick	37 M Endwell NY TCRC	1:49:08	8:47	520
88	Brian Dodge	42 M Endicott NY	1:49:43	8:50	518
89	Brendan Flynn	66 M Binghamton NY TCRC	1:49:59	8:51	516
90	Ray Brooks	51 M Johnson City NY UAC	1:50:21	8:53	515
91	Sue Priestley	41 F Binghamton NY TCRC	1:50:24	8:54	573
92	William Ondrako	53 M Binghamton NY TCRC	1:51:53	9:01	507
93	Susan Choi	48 F Johnson City NY	1:52:37	9:04	561
94	Sarah White	16 F Vestal NY	1:53:21	9:08	558
95	Erika Gates	16 F Vestal NY	1:53:21	9:08	558
96	Christine Wozniak	45 F owego NY	1:53:24	9:08	558
97	Anne Williams	42 F Endwell NY	1:53:26	9:08	557
98	Thomas Forrest	32 M Vestal NY	1:53:32	9:09	500
99	Kathy Anderson	44 F Endwell NY TCRC	1:53:51	9:10	555
100	Vicki Becker	46 F Binghamton NY	1:54:12	9:12	554
101	Liz Pfehhardt	20 F Tioga Center NY	1:54:42	9:14	551
102	Molly Hanford	18 F Nichols NY	1:54:43	9:14	551
103	Lisa Mallery	47 F Vestal NY Mallery	1:54:58	9:16	550
104	Karen Fennie	46 F Binghamton NY TCRC	1:55:33	9:18	547
105	Melissa Kavelding	36 F Endwell NY	1:56:33	9:23	542
106	Kelee Green-Alston	38 F Vestal NY	1:56:33	9:23	542
107	Herb Male	53 M Vestal NY	1:56:48	9:24	486
108	Don Slogar	44 M Vestal NY	1:58:17	9:32	480
109	Candice Poyer	38 F Greene NY	1:58:25	9:32	534
110	Harland Bigelow	59 M Lisle NY TCRC	1:58:25	9:32	479
111	Joseph Betzenhauser	51 M Endicott NY TCRC	1:59:08	9:36	477
112	Steve Willett	44 M Vestal NY	1:59:16	9:36	476
113	Larry Lepak	56 M Greene NY TCRC	1:59:29	9:37	475
114	Glenn Small	61 M Vestal NY	2:03:09	9:55	461
115	Kim Melrose-Harty	46 F Endicott NY	2:03:29	9:57	512
116	Kevin Harty	48 M Endicott NY	2:03:32	9:57	460
117	Jason Wilks	34 M Endicott NY TCRC	2:03:46	9:58	459
118	Dan Gates	41 M Vestal NY	2:03:50	9:58	459
119	Brittany Doolittle	19 F Greene NY	2:04:24	10:01	508
120	Geoffrey Doolittle	45 M Greene NY	2:04:24	10:01	456
121	Ronald Burton	54 M Hallstead PA	2:05:09	10:05	454
122	Douglas Dziedzic	44 M Binghamton NY TCRC	2:07:25	10:16	446
123	David Nichols	14 M Endicott NY TCRC	2:08:01	10:19	444
124	Terry Ross	38 M Binghamton NY OTB	2:10:33	10:31	435
125	Don Burton	54 M Frederick MD	2:12:25	10:40	429
126	Zoe Mahlum	17 F Endwell NY	2:13:39	10:46	473
127	Kristen McComb	33 F Ballston Spa NY	2:13:42	10:46	473
128	Tim Vymislicky	36 M Johnson City NY	2:13:56	10:47	424
129	Derek French	30 M Ossining NY	2:21:10	11:22	402
130	Pearl French	31 F Ossining NY	2:33:11	12:20	413
131	Ron Slocum	62 M Apalachin NY	2:48:03	13:32	338
132	Dan Dougherty	44 M Johnson City NY TCRC	2:48:05	13:32	338

Record 1:03:17 by Tom Carter in 1981

* Under USATF Age-Group guideline