

# Forty-Fourth Annual Vestal XX 20 Kilometer Road Race

## Triple Cities Runners Club

USATF Certified. Registration No. NY-07043-JG

Vestal, NY

June 21, 2014

Weather: 52 to 68 degrees, partly cloudy

### Award List

#### Overall Male Winners

- 1 Christian Thompson 25 M 1:11:56
- 2 Ben Snodgrass 22 M 1:13:53
- 3 Michael Hamilton 26 M 1:14:03

Record 1:03:17 by Tom Carter in 1981

#### Overall Female Winners

- 1 Ann Mazur 28 F 1:21:47
- 2 Casondra Hamilton 31 F 1:25:43
- 3 Tara Soraghan 32 F 1:25:58

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	Alex Whitney	17	M	Binghamton	NY	1:21:08
2	Dan Schaffer	16	M	Endicott	NY	1:25:57
3	Grayson Hoteling	16	M	Johnson City	NY	1:25:57
4	Michael Lake	18	M	Harpursville	NY	1:29:07
5	Rani Marhaba	16	M	Vestal	NY	1:30:08
6	Josh Lewis	16	M	Vestal	NY	1:33:40
7	Bach Nguyen	16	M	Vestal	NY	1:46:49

#### Top Highschool Girls Finishers

Place	Name	Age	S	City	St	Finalti
None						

### Age Graded Awards

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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  
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Place	Name	Ag	S	Finalti	Agegrad	Age %
1	Tony Cerminaro	77	M	1:40:51	1:06:45	83.85
2	Suzanne Myette	57	F	1:32:46	1:14:49	83.28
3	Brian Cummins	59	M	1:23:10	1:07:52	82.47
4	Joe Cardillo	54	M	1:20:12	1:08:28	81.76
5	Bong Joon Yoon	67	M	1:32:07	1:09:38	80.37
6	Eric Maki	52	M	1:20:23	1:09:49	80.17
7	Ted Larison	61	M	1:28:02	1:10:31	79.37
8	Nancy Werthmuller	63	F	1:48:06	1:20:07	77.78
9	Jack Hillenbrand	19	M	1:14:53	1:13:13	76.46
10	Jordan Varano	35	M	1:14:37	1:13:59	75.66
11	Dan Young	23	M	1:14:33	1:14:33	75.08
12	Christopher Cowden	40	M	1:18:02	1:14:49	74.80
13	Jon Lovesky	45	M	1:21:41	1:15:15	74.38
14	Jade Marhaba	20	M	1:16:11	1:15:19	74.33
15	Ron Hulslander	57	M	1:31:10	1:15:46	73.86
16	Stephen Nichols	59	M	1:33:54	1:16:37	73.05
17	Michael Olson	48	M	1:25:16	1:16:38	73.05
18	Alex Whitney	17	M	1:21:08	1:17:14	72.47
19	Paul McMahon	65	M	1:40:13	1:17:16	72.44
20	Ray Mitchell	51	M	1:29:22	1:18:18	71.49
21	Mike Sopinski	54	M	1:31:51	1:18:24	71.39

22	Emily Piza-Taylor	37	F	1:30:11	1:28:39	70.28
23	Thomas Mullins	46	M	1:27:23	1:19:51	70.10
24	Chuck Hein	55	M	1:34:25	1:19:53	70.07
25	Kyle Boeltz	26	M	1:20:17	1:20:17	69.72
26	Dan Schaffer	16	M	1:25:57	1:20:38	69.43
27	Grayson Hoteling	16	M	1:25:57	1:20:38	69.43

## Overall Results

Place	Name	Age	S	City	St	Time	Pace	E
1	Christian Thompson	25	M	Wyncote	PA	1:11:56	5:48	
2	Ben Snodgrass	22	M	Apalachin	NY	1:13:53	5:57	
3	Michael Hamilton	26	M	Oneonta	NY	1:14:03	5:58	
4	Dan Young	23	M	Vestal	NY	1:14:33	6:00	
5	Jordan Varano	35	M	Vestal	NY	1:14:37	6:01	
6	Jack Hillenbrand	19	M	Harpursville	NY	1:14:53	6:02	
7	Jade Marhaba	20	M	Vestal	NY	1:16:11	6:08	
8	Christopher Cowden	40	M	Johnson City	NY	1:18:02	6:17	
9	Joe Cardillo	54	M	Dummore	PA	1:20:12	6:28	
10	Kyle Boeltz	26	M	Greene	NY	1:20:17	6:28	
11	Eric Maki	52	M	Cortland	NY	1:20:23	6:29	
12	Alex Whitney	17	M	Binghamton	NY	1:21:08	6:32	
13	Jon Lovesky	45	M	Endicott	NY	1:21:41	6:35	
14	Ann Mazur	28	F	Charlottesville	VA	1:21:47	6:35	
15	Brian Cummins	59	M	Cortland	NY	1:23:10	6:42	
16	Aaron Perry	30	M	Vestal	NY	1:23:31	6:44	
17	Philip Maynard	30	M	Montrose	NY	1:23:34	6:44	
18	Daniel Cavalari	39	M	Endicott	NY	1:23:58	6:46	
19	Benjamin Nichols	24	M	Newark	NJ	1:24:49	6:50	
20	Michael Olson	48	M	Vestal	NY	1:25:16	6:52	
21	Chris Hall	19	M	Watertown	NY	1:25:35	6:54	
22	Casondra Hamilton	31	F	Harpursville	NY	1:25:43	6:54	
23	Dan Schaffer	16	M	Endicott	NY	1:25:57	6:55	
24	Grayson Hoteling	16	M	Johnson City	NY	1:25:57	6:55	
25	Tara Soraghan	32	F	Johnson City	NY	1:25:58	6:55	
26	Steve Esposito	24	M	Binghamton	NY	1:26:23	6:57	
27	Trevor Mastronardi	34	M	Endwell	NY	1:26:24	6:58	
28	Scott Hornung	30	M	Bainbridge	NY	1:27:04	7:01	
29	Thomas Mullins	46	M	New York	NY	1:27:23	7:02	
30	Ted Larison	61	M	Cortland	NY	1:28:02	7:05	
31	Eric Symons	39	M	Greene	NY	1:28:12	7:06	
32	Robert Damiano	36	M	Nicholson	PA	1:28:28	7:08	
33	James Wilson	30	M	Vestal	NY	1:28:55	7:10	
34	Michael Lake	18	M	Harpursville	NY	1:29:07	7:11	
35	Pete Kresock	31	M	Binghamton	NY	1:29:13	7:11	
36	Ray Mitchell	51	M	Kingsley	PA	1:29:22	7:12	
37	Rani Marhaba	16	M	Vestal	NY	1:30:08	7:16	
38	Emily Piza-Taylor	37	F	Binghamton	NY	1:30:11	7:16	
39	Peter Saladis	38	M	Vestal	NY	1:30:17	7:16	
40	Courtney Varano	32	F	Apalachin	NY	1:30:34	7:18	
41	Kelly McCarthy	24	F	Endicott	NY	1:30:37	7:18	
42	Lucas Wentzell	19	M	Windsor	NY	1:30:51	7:19	
43	Jim DeVona	31	M	Binghamton	NY	1:31:02	7:20	
44	Ron Hulslander	57	M	Cortland	NY	1:31:10	7:21	
45	Mike Sopinski	54	M	Binghamton	NY	1:31:51	7:24	
46	Brandon David	21	M	Fitchburg	MA	1:32:06	7:25	
47	Bong Joon Yoon	67	M	Vestal	NY	1:32:07*	7:25	
48	Suzanne Myette	57	F	Binghamton	NY	1:32:46	7:28	
49	Jim Mott	48	M	Sauquoit	NY	1:32:48	7:29	
50	Jon McDonough	43	M	North Chili	NY	1:32:55	7:29	
51	John Miller	47	M	Vestal	NY	1:33:32	7:32	
52	Josh Lewis	16	M	Vestal	NY	1:33:40	7:33	
53	Stephen Nichols	59	M	Endicott	NY	1:33:54	7:34	
54	Chuck Hein	55	M	Vestal	NY	1:34:25	7:36	
55	James Gagnon	46	M	Greene	NY	1:34:34	7:37	
56	Tim O'Neill	52	M	Great Bend	PA	1:34:40	7:37	
57	Scott Breen	43	M	Endicott	NY	1:34:46	7:38	
58	Mike Dziok	38	M	Tully	NY	1:35:01	7:39	
59	Greg Amend	49	M	Endicott	NY	1:35:32	7:42	
60	Robert Kuchera	53	M	Apalachin	NY	1:35:46	7:43	
61	Vince Fox	55	M	Vestal	NY	1:36:13	7:45	
62	Rich Rigotti	50	M	Vestal	NY	1:36:19	7:45	
63	James Ayres	28	M	Deposit	NY	1:36:41	7:47	
64	Matt Campbell	26	M	Endicott	NY	1:36:50	7:48	
65	Jennifer Jenks	33	F	Vestal	NY	1:36:54	7:48	
66	Wade Varano	33	M	Apalachin	NY	1:37:14	7:50	
67	Nate Mulcahy	40	M	Vestal	NY	1:37:15	7:50	
68	Joseph Brienze	34	M	Apalachin	NY	1:37:42	7:52	
69	Charles Wellman	36	M	Johnson City	NY	1:37:45	7:52	
70	Patti Trabucco	38	F	Cortland	NY	1:37:48	7:53	
71	John Murdock	45	M	Vestal	NY	1:37:56	7:53	
72	Jennifer Frailey-Cust	35	F	Endwell	NY	1:38:24	7:56	
73	Dave MacEwan	43	M	Binghamton	NY	1:38:43	7:57	

74	Eric Bowerman	35	M	Vestal	NY	1:38:52	7:58
75	Timothy Nichols	20	M	Endicott	NY	1:39:07	7:59
76	Steve Page	58	M	Greene	NY	1:39:08	7:59
77	Alvin Acerbo	30	M	Ithaca	NY	1:39:09	7:59
78	Andrew Cody	34	M	Endicott	NY	1:39:22	8:00
79	Rachel Murphy	33	F	Wyalusing	PA	1:39:27	8:01
80	Ryan Andrews	47	M	Tunkhannock	PA	1:40:01	8:03
81	Paul McMahan	65	M	Binghamton	NY	1:40:13	8:04
82	Mark Dixon	55	M	Soldotna	AK	1:40:18	8:05
83	Graham Upton	59	M	Binghamton	NY	1:40:22	8:05
84	Tony Cerminaro	77	M	Jermyn	PA	1:40:51*	8:07
85	Tom Byers	30	M	Endwell	NY	1:41:07	8:09
86	Scott Savory	29	M	Greene	NY	1:41:52	8:12
87	Everett Vail	52	M	Binghamton	NY	1:41:59	8:13
88	John Dzury	48	M	Vestal	NY	1:42:08	8:14
89	Leo Turissini	62	M	Scott Township	NY	1:42:38	8:16
90	Wayne Alt	41	M	Vestal	NY	1:42:44	8:16
91	Kara Beattie	39	F	Binghamton	NY	1:43:11	8:19
92	Fred Trost	30	M	Endicott	NY	1:43:11	8:19
93	Jim Mitchell	49	M	Binghamton	NY	1:43:27	8:20
94	Brad Anderson	57	M	Utica	NY	1:44:02	8:23
95	Dave Talcott	54	M	Owego	NY	1:44:06	8:23
96	Paul Heiland	54	M	Endicott	NY	1:44:17	8:24
97	Steve Palmer	57	M	Bainbridge	NY	1:44:28	8:25
98	Paul Moss	53	M	Plattsburgh	NY	1:44:33	8:25
99	Steven Button	26	M	Binghamton	NY	1:44:58	8:27
100	Logan Robinson	29	F	Vestal	NY	1:45:03	8:28
101	Rachel Johnson	35	F	Endicott	NY	1:45:06	8:28
102	Ryan Magill	41	M	Binghamton	NY	1:45:25	8:29
103	Kathleen Lantry	52	F	Whitney Point	NY	1:45:43	8:31
104	Richard Nichols	29	M	Vestal	NY	1:46:01	8:32
105	Bach Nguyen	16	M	Vestal	NY	1:46:49	8:36
106	Jenn Homa	32	F	Hightstown	NJ	1:47:05	8:37
107	Mike Halloran	55	M	Red Hill	PA	1:47:32	8:40
108	Faith Rittenburg	31	F	Binghamton	NY	1:47:55	8:41
109	Paul Moore	51	M	Johnson City	NY	1:48:03	8:42
110	Nancy Werthmuller	63	F	Scott Township	PA	1:48:06	8:42
111	Lisa Mullins	48	F	Binghamton	NY	1:48:34	8:45
112	Paige Mullins	23	F	Binghamton	NY	1:48:34	8:45
113	Sandra Randall	46	F	Cincinnati	NY	1:49:00	8:47
114	Teri Olcott	49	F	Montrose	PA	1:49:15	8:48
115	Sam Wilks	20	M	Endwell	NY	1:50:06	8:52
116	Chris Waldenburg	28	M	Endicott	NY	1:50:06	8:52
117	Harry Sherrick	59	M	Endicott	NY	1:50:20	8:53
118	Leigh Dolan	23	F	Endwell	NY	1:50:21	8:53
119	Terry Pritchard	36	M	Endicott	NY	1:50:24	8:53
120	Randy Templeman	59	M	Vestal	NY	1:51:12	8:57
121	Linda Harding	49	F	Vestal	NY	1:51:32	8:59
122	Chuck Stephens	59	M	Maine	NY	1:51:37	8:59
123	Dennis Uhlig	60	M	Sidney	NY	1:51:52	9:01
124	Dale Fox	61	M	Bainbridge	NY	1:51:52	9:01
125	Shelly Otero	40	F	Binghamton	NY	1:51:55	9:01
126	Kevin Nelson	49	M	Hershey	PA	1:52:25	9:03
127	Thad DeMulder	48	M	Endwell	NY	1:52:49	9:05
128	Joyce Zenzel	44	F	Binghamton	NY	1:53:15	9:07
129	Harland Bigelow	67	M	Lisle	NY	1:53:17	9:07
130	Ron Dellapenta	48	M	Endicott	NY	1:53:19	9:08
131	Anne Seepersaud	37	F	Binghamton	NY	1:53:59	9:11
132	Aaron Wilks	47	M	Endwell	NY	1:53:59	9:11
133	Julie Penlick	52	F	Brackney	NY	1:54:21	9:13
134	Rachel Parsons	37	F	Greene	NY	1:54:47	9:15
135	Grant Briggs	46	M	Windsor	NY	1:55:38	9:19
136	Kathleen Rifkin	50	F	Middletown	NY	1:55:40	9:19
137	Joe Betzenhauser	59	M	Endwell	NY	1:55:50	9:20
138	Kim Symons	35	F	Greene	NY	1:56:34	9:23
139	Martin Likewise	28	M	Johnson City	NY	1:56:38	9:24
140	Crystal Granish	32	F	Endicott	NY	1:56:55	9:25
141	Elizabeth Allen	50	F	Endicott	NY	1:56:57	9:25
142	Wendy Buttner	52	F	Vestal	NY	1:57:27	9:27
143	Mike Meagher	52	M	Elmira	NY	1:57:39	9:28
144	Kevin Pasterchik	56	M	Binghamton	NY	1:58:17	9:31
145	Kelly Ford	40	F	Binghamton	NY	1:58:17	9:32
146	Rita Fluharty	41	F	Binghamton	NY	1:58:17	9:32
147	Andrew Lake	58	M	Chenango Bridge	NY	1:58:32	9:33 X
148	Christine McKnight	45	F	Windsor	NY	1:58:59	9:35
149	Andrea Vaioli	33	F	Endicott	NY	1:58:59	9:35
150	Trisha Chambers	27	F	Vestal	NY	1:59:00	9:35
151	Timothy McKnight	51	M	Windsor	NY	1:59:02	9:35
152	Steven Ferrante	50	M	Vestal	NY	1:59:19	9:37
153	Tony Ciccone	65	M	Locke	NY	1:59:28	9:37
154	Ellen Perna	42	F	Binghamton	NY	1:59:33	9:38
155	Jim Reyen	43	M	Binghamton	NY	1:59:38	9:38
156	Dawn Devita	50	F	Binghamton	NY	2:00:02	9:40
157	Mike Terwilliger	59	M	Brooktondale	NY	2:00:07	9:40
158	John Kwiatkowski	44	M	Nicholson	PA	2:00:39	9:43
159	Carl Kobeski	58	M	Factoryville	PA	2:00:56	9:44
160	Giulia Greco	26	F	Binghamton	NY	2:02:01	9:50 X

161	Douglas Dzedzic	52 M	Binghamton	NY	2:03:40	9:58
162	Jennifer Woltjen	56 F	Endicott	NY	2:03:41	9:58
163	Don Slogar	52 M	Vestal	NY	2:04:19	10:01
164	Craig Fox	23 M	Vestal	NY	2:04:41	10:02
165	Leslie Buchanan	50 M	Cortland	NY	2:04:58	10:04
166	Rosalie Mulhollen	64 F	Hornell	NY	2:05:00	10:04
167	Susan Schultz	52 F	Apalachin	NY	2:06:24	10:11
168	Diana Bean	55 F	Brackney	PA	2:09:53	10:27
169	Ed Desantis	49 M	Binghamton	NY	2:09:55	10:28
170	Lawrence Lepak	64 M	Endicott	NY	2:12:29	10:40
171	Theresia Golluscio	48 F	Vestal	NY	2:12:36	10:41
172	Emily Fox	19 F	Vestal	NY	2:12:57	10:42
173	Vincent Colombo	61 M	Deposit	NY	2:13:00	10:43
174	Craig Russell	60 M	Port Crane	NY	2:14:22	10:49 X
175	Fred Bostrom	76 M	Brackney	PA	2:15:20	10:54 X
176	Eileen Mushalla	54 F	Vestal	NY	2:15:37	10:55
177	John Riese	55 M	Central Square	NY	2:15:37	10:55
178	David Groover	52 M	Binghamton	NY	2:17:47	11:06
179	Dick Litzel	74 M	Newark Valley	NY	2:20:19	11:18 X
180	Carmen Marino	45 M	Warren Center	PA	2:20:42	11:20 X
181	Gregg Sandercock	58 M	Dalton	PA	2:21:30	11:24
182	Alyssa Leonard	29 F	Friendsville	PA	2:22:02	11:26 X
183	Lauraine Pittari	51 F	Vestal	NY	2:24:01	11:36 X
184	Anne McGuigan	52 F	Conklin	NY	2:24:16	11:37 X
185	Ann Oneil	57 F	Binghamton	NY	2:24:17	11:37 X
186	Walter Houston	54 M	Waverly	NY	2:25:00	11:40 X
187	Rebecca Dupree	32 F	Johnson City	NY	2:25:51	11:45 X
188	Lisa Dubuque-Heidrich	53 F	Apalachin	NY	2:26:29	11:48 X
189	Robert Gordon	54 M	Apalachin	NY	3:12:25	15:29 X
190	Ron Slocum	70 M	Windsor	NY	4:25:30	21:22 X

\* Under USATF Age-Group guideline

### Disqualified Runners

Some runners were disqualified for use of prohibited items (e.g., headsets or earbuds) during the race. Please refer to the race application for more information.