

Forty-Second Annual Vestal XX 20 Kilometer Road Race

Triple Cities Runners Club

USATF Certified. Registration No. NY-07043-JG

Vestal, NY

June 16, 2012

Weather: Sunny, upper 60s to lower 70s

Award List

Overall Male Winners

- 1 Jeff Martinez 20 M 1:09:24
- 2 Earl J. Steinbrecher 47 M 1:12:37
- 3 Stephen Marcin 28 M 1:13:22

Record 1:03:17 by Tom Carter in 1981

Overall Female Winners

- 1 Samantha Snead 23 F 1:22:15
- 2 Casondra Hamilton 29 F 1:27:46
- 3 Emily Piza-Taylor 35 F 1:32:10

Record 1:14:29 by Charlene Lyford in 1999

Tom Carter High School Awards

- Alexander Whitney 15 M Binghamton NY 1:23:36
- Lauren Mullins 18 F Binghamton NY 1:33:50

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	Guntime	Agegrad	Age %
1	Tony Cerminaro	75	M	1:35:08	1:05:15	85.79
2	Paul Leonard	50	M	1:15:24	1:06:37	84.01
3	Joe Cardillo	52	M	1:19:46	1:09:17	80.79
4	Suzanne Myette	55	F	1:35:01	1:18:42	79.17
5	Eric Maki	50	M	1:20:55	1:11:30	78.27
6	Jack Cleland	55	M	1:25:53	1:12:40	77.03
7	Christopher Fernandez	20	M	1:13:54	1:13:03	76.63
8	Ben Snodgrass	20	M	1:14:23	1:13:32	76.13
9	Michael Hamilton	24	M	1:14:17	1:14:17	75.35
10	Doug Stoner	53	M	1:26:39	1:14:37	75.02
11	Randy Gowland	54	M	1:29:41	1:16:33	73.12
12	Gabe Yankowitz	62	M	1:36:57	1:16:56	72.76
13	Stephen Nichols	57	M	1:32:43	1:17:03	72.63
14	Alexander Whitney	15	M	1:23:36	1:17:04	72.62
15	Chuck Hein	53	M	1:29:53	1:17:24	72.33
16	Randy Reynolds	49	M	1:27:24	1:17:54	71.85
17	Andy Coots	47	M	1:26:16	1:18:10	71.61
18	Nancy Werthmuller	61	F	1:54:14	1:27:09	71.50
19	Douglas MacLean	32	M	1:18:24	1:18:22	71.43
20	Chris Cowden	38	M	1:20:33	1:18:26	71.35
21	Kathleen Lantry	50	F	1:39:23	1:27:44	71.01
22	Paul McMahon	63	M	1:40:32	1:19:01	70.83
23	Steve Esposito	22	M	1:19:37	1:19:34	70.35
24	Chungsik Choi	51	M	1:30:49	1:19:34	70.34
25	Karen Fennie	52	F	1:43:30	1:29:07	69.91
26	Frank Michaels	53	M	1:33:01	1:20:06	69.89
27	Ray Mitchell	49	M	1:30:23	1:20:33	69.49

Overall Results

Place	Name	Age	S	City	St	Guntime	Pace
1	Jeff Martinez	20	M	Binghamton	NY	1:09:24	5:36

2	Earl J. Steinbrecher	47	M	Willseyville	NY	1:12:37*	5:51
3	Stephen Marcin	28	M	Binghamton	NY	1:13:22	5:55
4	Christopher Fernandez	20	M	Charlton	NY	1:13:54	5:57
5	Michael Hamilton	24	M	Oneonta	NY	1:14:17	5:59
6	Ben Snodgrass	20	M	Apalachin	NY	1:14:23	6:00
7	Paul Leonard	50	M	Scranton	PA	1:15:24*	6:04
8	Douglas MacLean	32	M	Ithaca	NY	1:18:24	6:19
9	Steve Esposito	22	M	Binghamton	NY	1:19:37	6:25
10	Joe Cardillo	52	M	Dummore	PA	1:19:46	6:26
11	Chris Cowden	38	M	Johnson City	NY	1:20:33	6:29
12	Eric Maki	50	M	Cortland	NY	1:20:55	6:31
13	Samantha Snead	23	F	Moscow	PA	1:22:15	6:38
14	Alexandra Whitney	15	M	Binghamton	NY	1:23:36	6:44
15	Paul O'Hara	40	M	Scranton	NY	1:24:46	6:50
16	Eric Symons	37	M	Greene	NY	1:25:17	6:52
17	Jack Cleland	55	M	Corning	NY	1:25:53	6:55
18	Andy Coots	47	M	Binghamton	NY	1:26:16	6:57
19	Jon Lovesky	43	M	Endicott	NY	1:26:39	6:59
20	Doug Stoner	53	M	Spencer	NY	1:26:39	6:59
21	Dan Young	21	M	Vestal	NY	1:26:46	6:59
22	Jack Hillenbrand	17	M	Afton	NY	1:26:53	7:00
23	Eric Steinbrecher	42	M	Windsor	NY	1:26:56	7:00
24	Timothy Nichols	18	M	Endicott	NY	1:27:00	7:00
25	Randy Reynolds	49	M	Binghamton	NY	1:27:24	7:02
26	Casondra Hamilton	29	F	Harpursville	NY	1:27:46	7:04
27	Michael Olson	46	M	Vestal	NY	1:28:55	7:10
28	Joe Spivak	18	M	Vestal	NY	1:29:13	7:11
29	Wayne Allen II	37	M	Bainbridge	NY	1:29:16	7:11
30	Jeff Daminano	33	M	Belair	MD	1:29:21	7:12
31	Andrew Cody	32	M	Endicott	NY	1:29:37	7:13
32	Randy Gowland	54	M	Binghamton	NY	1:29:41	7:13
33	Chuck Hein	53	M	Vestal	NY	1:29:53	7:14
34	Ray Mitchell	49	M	Mayville	NY	1:30:23	7:17
35	Chungsik Choi	51	M	Johnson City	NY	1:30:49	7:19
36	Colten Steinbrecher	17	M	Windsor	NY	1:31:41	7:23
37	Matt Campbell	24	M	Johnson City	NY	1:31:47	7:24
38	Emily Piza-Taylor	35	F	Binghamton	NY	1:32:10	7:25
39	James Wilson	28	M	Binghamton	NY	1:32:20	7:26
40	Brian Cupp	47	M	Newark Valley	NY	1:32:26	7:27
41	Andrea Prusik	20	F	Endicott	NY	1:32:36	7:28
42	Stephen Nichols	57	M	Endicott	NY	1:32:43	7:28
43	Frank Michaels	53	M	Apalachin	NY	1:33:01	7:30
44	Jim Bagnon	44	M	Greene	NY	1:33:16	7:31
45	Christopher Pilotti	49	M	Vestal	NY	1:33:19	7:31
46	Jim Devona	29	M	Binghamton	NY	1:33:29	7:32
47	Kevin Tripp	41	M	Masonville	NY	1:33:37	7:32
48	Janine Fitzgerald	38	F	Binghamton	NY	1:33:42	7:33
49	Greg Parks	25	M	Johnson City	NY	1:33:48	7:33
50	Michael Lake	16	M	Harpursville	NY	1:33:49	7:33
51	Sydney Williams	19	F	Binghamton	NY	1:33:50	7:33
52	Lauren Mullins	18	F	Binghamton	NY	1:33:50	7:34
53	Bill Trass	43	M	Greene	NY	1:34:18	7:36
54	Benjamin Nichols	22	M	Endicott	NY	1:34:25	7:36
55	Suzanne Myette	55	F	Binghamton	NY	1:35:01	7:39
56	Tony Cerminaro	75	M	Jermyn	PA	1:35:08*	7:40
57	Dominik Maida	18	M	Hallstead	NY	1:35:33	7:42
58	Greg Amend	47	M	Endicott	NY	1:35:41	7:42
59	Adam Van Buren	29	M	Johnson City	NY	1:35:58	7:44
60	William McGovern	52	M	Marathon	NY	1:36:03	7:44
61	Kevin Nelson	47	M	Hershey	PA	1:36:20	7:46
62	John Miller	45	M	Vestal	NY	1:36:36	7:47
63	Robert Kuchera	51	M	Apalachin	NY	1:36:37	7:47
64	Gabe Yankowitz	62	M	Manlius	NY	1:36:57	7:49
65	Matthew Schneider	33	M	Binghamton	NY	1:37:03	7:49
66	Mark Bomysoad	51	M	Vestal	NY	1:37:36	7:52
67	Pete Kresock	29	M	Binghamton	NY	1:37:43	7:52
68	Rich Rigotti	47	M	Vestal	NY	1:38:19	7:55
69	Aaron Wilks	45	M	Endwell	NY	1:38:39	7:57
70	Anthony Congel	36	M	Syracuse	NY	1:38:42	7:57
71	Shari Nichols	43	F	Barton	NY	1:38:44	7:57
72	Jade Marhaba	18	M	Vestal	NY	1:38:57	7:58
73	Alicia Sutphin	18	F	Apalachin	NY	1:38:57	7:58
74	Gretchen Glezen	38	F	Marathon	NY	1:39:17	8:00
75	Kathleen Lantry	50	F	Whitney Point	NY	1:39:23	8:00
76	Carl Speicher	44	M	Brackney	NY	1:39:41	8:02
77	Martin Hahn	53	M	Vestal	NY	1:39:42	8:02
78	George Krauss	48	M	Corning	NY	1:40:28	8:06
79	Paul McMahon	63	M	Binghamton	NY	1:40:32	8:06
80	Scotty Buchanan	45	M	Cortland	NY	1:42:00	8:13
81	Kori Wood	40	F	Montrose	PA	1:42:07	8:14
82	Eric Holmberg	35	M	Binghamton	NY	1:42:22	8:15
83	Stephen Nichols	24	M	Germantown	MD	1:43:03	8:18
84	Paul Moss	51	M	Johnson City	NY	1:43:28	8:20
85	Karen Fennie	52	F	Binghamton	NY	1:43:30	8:20
86	John Dzury	46	M	Vestal	NY	1:43:58	8:22
87	Christopher Coleman	37	M	Binghamton	PA	1:43:58	8:22
88	Vince Fox	53	M	Vestal	NY	1:44:21	8:24

89	Thomas Meagher	56	M	Nicholson	PA	1:44:35	8:25
90	Elisabeth Jeremko	25	F	Vestal	NY	1:44:45	8:26
91	Richard Nichols	27	M	Endicott	NY	1:44:47	8:26
92	John Lomasney	54	M	Apalachin	NY	1:44:51	8:27
93	Robert Damiano	34	M	Tunkhannock	PA	1:45:26	8:29
94	Adam Benning	27	M	Harpursville	NY	1:45:27	8:30
95	Steve Ryan	61	M	Ithaca	NY	1:45:32	8:30
96	Bob Congdon	66	M	Ithaca	NY	1:45:37	8:30
97	Jenn Homa	20	F	North Brunswick	NJ	1:45:49	8:31
98	Robert Leonard	19	M	Windsor	NY	1:46:21	8:34
99	John Kopalek	61	M	Binghamton	NY	1:46:32	8:35
100	David Losee	41	M	Denver	NY	1:46:42	8:36
101	Linda Bosch	44	F	Endwell	NY	1:47:09	8:38
102	John Moomey	57	M	Binghamton	PA	1:48:16	8:43
103	Dennis Uhlig	58	M	Sidney	NY	1:48:25	8:44
104	Dale Fox	60	M	Bainbridge	NY	1:48:25	8:44
105	Ken Weir	58	M	Johnson City	NY	1:48:59	8:47
106	James Crosby	65	M	Vestal	NY	1:49:08	8:47
107	Harland Bigelow	65	M	Lisle	NY	1:49:26	8:49
108	David Stanton	52	M	Mansfield	PA	1:49:37	8:50
109	Lynann Lorenz	32	F	Apalachin	NY	1:49:52	8:51
110	Michael Joyce	59	M	Binghamton	NY	1:50:35	8:54
111	Emily Witherspoon	34	F	Endicott	NY	1:50:51	8:56
112	Steven Button	24	M	Binghamton	NY	1:51:00	8:56
113	Ron Knapick	43	M	Endwell	NY	1:51:21	8:58
114	Brian Hoffman	43	M	Horseheads	NY	1:51:31	8:59
115	Bill Ondrako	59	M	Binghamton	NY	1:52:06	9:02
116	Tom Hanselman	35	M	Endwell	NY	1:52:06	9:02
117	Mike Vachon	49	M	Johnson City	NY	1:52:09	9:02
118	David Favalo	58	M	Phoenix	NY	1:52:12	9:02
119	Mark Ciaravino	48	M	Vestal	NY	1:52:29	9:04
120	Leslie Buchanan	48	M	Cortland	NY	1:52:40	9:04
121	Terry Pritchard	34	M	Binghamton	NY	1:52:40	9:04
122	Julie Perlick	50	F	Brackney	PA	1:53:34	9:09
123	Ashley Bowman	24	F	Castle Creek	NY	1:53:34	9:09
124	Kristin Olson	42	F	Vestal	NY	1:54:07	9:11
125	Nancy Werthmuller	61	F	Scott Twp	PA	1:54:14	9:12
126	Brian Conner	25	M	Scranton	NY	1:54:35	9:14
127	Thomas Sedore	47	M	Apalachin	NY	1:54:53	9:15
128	Gary Obialero	58	M	Binghamton	NY	1:54:57	9:15
129	Denise Yeager	43	F	Windsor	NY	1:55:18	9:17
130	Brian Nedlik	49	M	Binghamton	NY	1:55:33	9:18
131	Lydia Stamato	26	F	Binghamton	NY	1:55:38	9:19
132	Kathleen Rifkin	48	F	Middletown	NY	1:56:24	9:22
133	Shelly Otero	38	F	Binghamton	NY	1:57:18	9:27
134	Kelly Ford	38	F	Binghamton	NY	1:57:20	9:27
135	Margaret Hust	44	F	Endicott	NY	1:57:21	9:27
136	Ryan Both	37	M	Owego	NY	1:57:47	9:29
137	Howard Scott	65	M	Livingston	TX	1:58:06	9:31
138	Kevin Pasterchik	54	M	Binghamton	NY	1:58:16	9:31
139	Kevin Seidl	47	M	Braselton	GA	1:58:32	9:33
140	Debra Hansen	26	F	Oneonta	NY	1:58:51	9:34
141	Ellen Perna	40	F	Binghamton	NY	1:59:26	9:37
142	Jim Reyen	41	M	Binghamton	NY	1:59:27	9:37
143	Ryan Magill	39	M	Binghamton	NY	1:59:52	9:39
144	Scott Schafer	33	M	Windsor	NY	2:00:03	9:40
145	Michael Welch	52	M	Endicott	NY	2:00:11	9:41
146	Bob Crouse	47	M	Binghamton	NY	2:00:26	9:42
147	Andrew Lake	56	M	Chenango Bridge	NY	2:01:40	9:48
148	Dawn Devita	48	F	Binghamton	NY	2:02:32	9:52
149	Dana Schmidt	17	F	Johnson City	NY	2:02:50	9:53
150	Carly Gill	21	F	Conklin	NY	2:02:50	9:53
151	George Groome	72	M	Vestal	NY	2:03:56	9:59
152	Brittany Brewer	25	F	Greene	NY	2:06:09	10:10
153	Dick Litzel	72	M	Newark Valley	NY	2:06:49	10:13
154	Fred Bostrom	74	M	Brackney	PA	2:06:57	10:13
155	Jennifer St John	35	F	Braselton	GA	2:08:59	10:23
156	Susan Ciaravino	41	F	Vestal	NY	2:09:05	10:24
157	Mike Terwilliger	57	M	Brooktondale	NY	2:10:05	10:28
158	Anne Seepersaud	35	F	Binghamton	NY	2:11:09	10:34
159	Jennifer Woltjen	54	F	Endicott	NY	2:11:16	10:34
160	Larry Lepak	62	M	Endicott	NY	2:12:30	10:40
161	Derek Steinbrecher	29	M	Harpursville	NY	2:13:41	10:46
162	Emily Fox	17	F	Vestal	NY	2:21:36	11:24
163	Michael Conlon	31	M	Vestal	NY	2:24:07	11:36
164	Lisa Bideaux	47	F	Binghamton	NY	2:28:06	11:56
165	Ron Slocum	68	M	Windsor	NY	4:04:05	19:39

Record 1:03:17 by Tom Carter in 1981

* Under USATF Age-Group guideline