

**33rd Annual Forks XV
Fifteen Kilometer Road Race
Triple Cities Runners Club
Course USATF Certified NY01053AM
Chenango Forks, NY March 26, 2006 2:00 P.M.
Weather: 38 deg, cloudy**

Order of Finish

Place	Div/Tot	Name	Ag	S City	St	Club	Time	Pace	PerF
1	1/6	Fred Joslyn	22	M	Binghamton	NY TCRC	52:10	5:36	802
2	1/7	Michael Anderson	19	M	Liverpool	NY	53:29	5:45	782
3	2/6	Jordan Varano	26	M	Endicott	NY TCRC	53:39	5:46	779
4	3/6	Joshua Cross	26	M	Ithaca	NY High Noon A C	55:51	6:00	749
5	1/12	Russell Derick	38	M	Bain	NY	56:08	6:02	745
6	1/17	Boris Dzikovski	41	M	Ithaca	NY High Noon A C	56:16	6:03	743
7	1/10	Bob Giambalvo	56	M	Delhi	NY	56:26*	6:04	741
8	2/12	Jeff Felice	38	M	Endicott	NY TCRC	56:32	6:04	740
9	1/24	Jeffrey Juran	49	M	Ithaca	NY FLRC	56:38	6:05	738
10	2/17	Michael Olson	40	M	Vestal	NY TCRC	56:59	6:07	734
11	1/11	Matthew Vanlilerop	32	M	Thompson	PA	57:19	6:09	730
12	2/11	Randy McDermott	34	M	Lansing	NY High Noon A C	57:47	6:12	724
13	3/12	David Christian	36	M	Binghamton	NY	58:31	6:17	715
14	3/11	Greg Derick	34	M	Endwell	NY	58:39	6:18	713
15	2/7	Clark Holdsworth	19	M	Apalachin	NY	58:53	6:20	710
16	1/9	John Whitman	51	M	Ithaca	NY High Noon AC	59:01	6:20	709
17	4/11	Matt Conant	30	M	Oneonta	NY	59:35	6:24	702
18	4/12	John Evangelista	36	M	Blakley	PA SOAR	1:00:01	6:27	697
19	3/7	Mike Finch	18	M	Rome	PA Pro Care	1:00:11	6:28	695
20	4/6	Nicholas Frankoski	24	M	Newark Valle	NY	1:00:16	6:28	694
21	1/7	Kelly Dworak	43	F	Carlisle Bar	PA Syracuse Chgrs	1:00:31*	6:30	774
22	1/6	Murphee Hayes-Falls	32	F	Marathon	NY Syracuse Chgrs	1:00:48	6:32	770
23	5/6	Jonathan Healey	23	M	Ithaca	NY	1:00:51	6:32	687
24	5/11	Tom Benoit	34	M	Oneonta	NY Syracuse Chgrs	1:01:11	6:34	683
25	2/24	Ron Hulslander	49	M	Cortland	NY TCRC	1:01:16	6:35	683
26	3/24	Ed Eppler	46	M	Bethlehem	PA	1:01:29	6:36	680
27	4/7	Ryan Garges	17	M	Warren Cente	PA Pro Care	1:01:35	6:37	679
28	5/12	Kevin Tripp	35	M	Bainbridge	NY	1:01:38	6:37	679
29	6/11	Steve Darrow	33	M	Endicott	NY	1:01:50	6:39	676
30	5/7	Christian Thompson	17	M	Candor	NY	1:01:54	6:39	676
31	4/24	Chungsik Choi	45	M	Johnson City	NY TCRC	1:01:58	6:39	675
32	2/7	Charlene Lyford	40	F	Greene	NY TCRC	1:02:23*	6:42	751
33	2/9	Drew Wasko	52	M	Binghamton	NY Early Air	1:02:44	6:44	667
34	3/17	Geoff Hassard	42	M	Oneonta	NY	1:02:54	6:45	665
35	2/6	Katie Danner	32	F	Mecklenberg	NY FLRC	1:03:10	6:47	742
36	3/9	Dirk Elliott	50	M	Marathon	NY Red Line	1:03:16	6:48	661
37	2/10	Bong Joon Yoon	59	M	Vestal	NY TCRC	1:03:34	6:50	658
38	4/17	Fred Malloy	40	M	Montrose	PA Two Big Sanwich	1:03:50	6:51	655
39	5/24	David Jones	47	M	Interlaken	NY FLRC	1:04:08	6:53	652
40	1/12	Valerie Cross	24	F	Ithaca	NY	1:04:10	6:54	730
41	6/12	Kirk Steinbrecher	37	M	Windsor	NY	1:04:14	6:54	651
42	5/17	Randy Reynolds	43	M	Binghamton	NY TCRC	1:04:57	6:59	644
43	2/12	Allison Lawruk	25	F	Emmaus	PA	1:05:30	7:02	715
44	7/11	Michael Murphy	32	M	Warren Cente	PA Pro Care	1:05:31	7:02	638
45	1/7	Emily Bryans	38	F	Schenectady	NY	1:05:44	7:04	713
46	6/24	Mark Brugger	46	M	Vestal	NY	1:05:50	7:04	635
47	7/24	Vince Fox	47	M	Vestal	NY TCRC	1:06:13	7:07	632
48	4/9	Bill Hrostowski	51	M	Binghamton	NY	1:06:16	7:07	631
49	7/12	Michael Constable	36	M	Delhi	NY	1:06:23	7:08	630
50	1/2	Jennifer Hastings	19	F	Vestal	NY	1:06:26	7:08	705
51	3/7	Cheryl DeBraccio	40	F	Scotia	NY	1:06:33	7:09	704
52	3/12	Aimee Milks	20	F	Binghamton	NY	1:07:33	7:15	693
53	6/17	Thomas D'Onofrio	42	M	Endicott	NY	1:07:38	7:16	618
54	8/24	Brian Tolan	46	M	Binghamton	NY TCRC	1:08:02	7:18	615
55	3/10	Paul McMahon	56	M	Binghamton	NY TCRC	1:08:43	7:23	609
56	8/12	Patrick Joyce	38	M	Apalachin	NY	1:08:56	7:24	607
57	9/24	Martin Hahn	46	M	Vestal	NY Early Air	1:09:36	7:29	601
58	8/11	Jeremy Corcoran	31	M	Apalachin	NY	1:09:45	7:30	600
59	2/7	Alaina Dietz	35	F	Dunmore	PA	1:09:52	7:30	670
60	5/9	Ron Westbrook	51	M	Baldwinsvill	NY Syr Track Club	1:10:00	7:31	597
61	4/12	Sarah Newmann	26	F	Endicott	NY	1:10:35	7:35	664
62	9/12	Ron Knapick	37	M	Endwell	NY TCRC	1:10:41	7:36	592
63	10/24	Vince Kelley	49	M	Binghamton	NY TCRC	1:11:03	7:38	589
64	7/17	Ron Havens	44	M	Vestal	NY	1:11:05	7:38	588
65	6/6	Jim Lawruk	26	M	Emmaus	PA	1:11:20	7:40	586
66	6/9	Larry Brooks	54	M	Binghamton	NY PHAR-Otters	1:11:28	7:41	585
67	11/24	Ned Clarke	48	M	Dalton	PA TCRC	1:11:35	7:41	584
68	12/24	Larry Bosket	46	M	Apalachin	NY TCRC	1:12:28	7:47	577
69	10/12	Jim Samsel	38	M	Syracuse	NY	1:12:38	7:48	576
70	8/17	John Wiley	42	M	Binghamton	NY	1:12:49	7:49	574
71	13/24	Kevin Pasterchik	48	M	Binghamton	NY TCRC	1:13:07	7:51	572

72	9/17	Scott Vasisko	44 M Apalachin	NY TCRC	1:13:13	7:52	571
73	4/10	Peter McClure	56 M Preble	NY Syracuse	Chgrs	1:13:21	7:53 570
74	1/11	Paul McCabe	60 M Binghamton	NY TCRC	1:13:36	7:54	568
75	2/11	Brendan Flynn	66 M Binghamton	NY TCRC	1:13:45*	7:55	567
76	14/24	Mark Dixon	47 M Owego	NY TCRC	1:13:50	7:56	566
77	10/17	Steven Sherwood	42 M Chenango	For NY	1:13:58	7:57	565
78	7/9	Ed Jenner	51 M Vestal	NY TCRC	1:14:37	8:01	560
79	1/4	Jean Ziolkowski	45 F Apalachin	NY	1:14:56	8:03	625
80	3/7	Ashley Bezek	35 F Binghamton	NY	1:14:59	8:03	625
81	5/10	Richard Begliumini	57 M Uniondale	PA TCRC	1:15:05	8:04	557
82	15/24	Tim Rent	49 M Endwell	NY TCRC	1:15:12	8:05	556
83	11/17	Robert Egglar	42 M Oneonta	NY	1:15:14	8:05	556
84	8/9	Dennis Uhlig	52 M Sidney	NY TCRC	1:15:16	8:05	556
85	4/7	Christine Reynolds	36 F Newfield	NY FLRC	1:15:23	8:06	621
86	4/7	Sue Priestley	41 F Binghamton	NY TCRC	1:15:49	8:09	618
87	16/24	Dan MacCracken	49 M Ithaca	NY FLRC	1:16:03	8:10	550
88	12/17	Brian Nedlik	43 M Binghamton	NY TCRC	1:16:11	8:11	549
89	3/11	Joe Reynolds	61 M Newfield	NY FLRC	1:16:19	8:12	548
90	4/11	George Groome	65 M Vestal	NY TCRC	1:16:31	8:13	547
91	13/17	Chris Kamp	44 M Windsor	NY	1:16:40	8:14	545
92	6/10	Paul Hamlin	55 M Owego	NY	1:16:47	8:15	545
93	6/7	Andrew Ciaravino	15 M Vestal	NY	1:16:52	8:15	544
94	14/17	Michael McFadden	42 M Endwell	NY	1:16:58	8:16	543
95	17/24	John Lomasney	48 M Apalachin	NY	1:17:26	8:19	540
96	15/17	Mark Ciaravino	41 M Vestal	NY	1:17:37	8:20	539
97	2/4	Eileen Mushalla	45 F Vestal	NY TCRC	1:17:45	8:21	602
98	9/9	William Ondrako	53 M Binghamton	NY TCRC	1:18:09	8:24	535
99	5/7	Michelle Winsor	39 F Endicott	NY	1:18:31	8:26	597
100	11/12	Mike Romanovitch	39 M Olyphant	PA	1:18:41	8:27	531
101	18/24	Patrick Ruehlman	46 M Endicott	NY TCRC	1:18:42	8:27	531
102	1/3	Michelle Marino	53 F Ithaca	NY	1:18:46	8:28	595
103	5/11	Don Robbins	60 M Liverpool	NY	1:18:59	8:29	529
104	5/12	Danielle Olsen	21 F Walton	NY	1:19:20	8:31	590
105	6/12	Sarah Dake	22 F Walton	NY	1:19:21	8:31	590
106	7/12	Becca Robbins	24 F N. Syracuse	NY	1:19:33	8:33	589
107	19/24	Daniel Viviano	45 M Endicott	NY	1:19:36	8:33	525
108	8/12	Colleen Mazzye	21 F Clay	NY	1:19:42	8:34	588
109	20/24	Gregory Huck	48 M Binghamton	NY	1:19:44	8:34	524
110	16/17	Steve Willett	43 M Vestal	NY	1:20:07	8:36	522
111	7/10	Joe DiMattina	58 M Endicott	NY TCRC	1:20:25	8:38	520
112	1/1	Lennie Tucker	67 F Baldwinsville	NY	1:20:39*	8:40	581
113	12/12	Aaron Wilks	39 M Endwell	NY TCRC	1:21:06	8:43	516
114	21/24	Vincent Juliano	48 M Schenectady	NY	1:21:22	8:44	514
115	9/12	Angela Hoffman	27 F Saranac Lake	NY	1:22:00	8:48	571
116	17/17	Tim Kamp	41 M Binghamton	NY	1:22:37	8:52	506
117	8/10	John kopalek	55 M Binghamton	NY	1:23:55	9:01	498
118	6/11	Mike Nielsen	60 M Endwell	NY TCRC	1:24:05	9:02	497
119	3/4	Christine Wozniak	45 F Owego	NY	1:24:26	9:04	555
120	6/7	Lisa Abbott	37 F Binghamton	NY TCRC	1:24:56	9:07	552
121	9/11	Jason Wilks	34 M Endicott	NY TCRC	1:26:03	9:14	486
122	1/2	Francis Nicosia	71 M Vestal	NY TCRC	1:26:09	9:15	485
123	7/7	Matthew Jacobsen	18 M Vestal	NY	1:26:29	9:17	484
124	5/7	Kathy Anderson	44 F Endwell	NY TCRC	1:27:02	9:21	538
125	9/10	Harland Bigelow	59 M Lisle	NY TCRC	1:27:28	9:24	478
126	22/24	Mark Kirkland	46 M Forestville	NY	1:27:30	9:24	478
127	7/11	Ron Ruffo	60 M Binghamton	NY	1:28:10	9:28	474
128	10/10	Larry Lepak	56 M Greene	NY TCRC	1:28:14	9:28	474
129	3/6	Jennifer Stanton	33 F Waterloo	NY	1:29:20	9:36	524
130	10/11	Ilija Arar	33 M Waterloo	NY	1:29:21	9:36	468
131	4/4	Vicki Becker	45 F Binghamton	NY TCRC	1:29:47	9:38	522
132	2/2	Zoe Mahlum	17 F Endwell	NY	1:30:15	9:41	519
133	8/11	Anthony Mazza	60 M Binghamton	NY TCRC	1:30:16	9:42	463
134	23/24	James Mahlum	49 M Endwell	NY	1:30:17	9:42	463
135	10/12	Kelly Gates	29 F Walton	NY	1:30:31	9:43	518
136	4/6	Michelle Lehr	34 F Binghamton	NY	1:31:17	9:48	513
137	11/12	Sara Cirba	22 F Binghamton	NY	1:31:17	9:48	513
138	12/12	Christina Stracuzzi	22 F Binghamton	NY	1:31:17	9:48	513
139	6/7	Susan Schultz	43 F Apalachin	NY TCRC	1:31:22	9:49	513
140	7/7	Kathy Purtell	37 F Kirkwood	NY	1:37:22	10:27	481
141	24/24	Lucas Somerwil	46 M Binghamton	NY TCRC	1:39:35	10:42	420
142	5/6	Maureen Somerwil	32 F Binghamton	NY TCRC	1:39:36	10:42	470
143	2/3	Holly Parkyn	51 F Conklin	NY TCRC	1:41:02	10:51	464
144	9/11	Dave Clutz	68 M Binghamton	NY Link RR	1:41:38	10:55	411
145	2/2	Richard deFrances	73 M Franklin	NY	1:42:34	11:01	408
146	6/6	Amy Andi Swaine	33 F Huntington	B CA	1:44:30	11:13	448
147	11/11	Dan Ciaravino	34 M Binghamton	NY	1:44:31	11:13	400
148	10/11	Ron Slocum	62 M Apalachin	NY	1:56:47	12:32	358
149	7/7	Dawn DeVita	42 F Binghamton	NY	1:58:13	12:41	396
150	11/11	Daniel Dodson	61 M Methuen	MA N. Medford	1:59:42	12:51	349
151	3/3	Chufi Giaffo	75 M Gillett	PA	2:09:46	13:56	322

Record 0:46:15 by Tom Carter in 1982

* Under USATF Age-Group guideline

Award List

OVERALL MALE WINNER

1	1	Fred Joslyn	22 Binghamton	NY	52:10
2	2	Michael Anderson	19 Liverpool	NY	53:29
3	3	Jordan Varano	26 Endicott	NY	53:39

Record 46:15 by Tom Carter in 1982.

OVERALL FEMALE WINNER

- 1 21 Kelly Dworak 43 Carlisle Barracks PA 1:00:31
- 2 22 Murphee Hayes-Falls 32 Marathon NY 1:00:48
- 3 32 Charlene Lyford 40 Greene NY 1:02:23

Record 54:01 by Cindi Girard in 1994.

MASTERS MALE WINNER

- 1 6 Boris Dzikovski 41 Ithaca NY 56:16

MASTERS FEMALE WINNER

- 1 51 Cheryl DeBraccio 40 Scotia NY 1:06:33

FEMALE AGE GROUP: 1 - 19

- 1 50 Jennifer Hastings 19 Vestal NY 1:06:26
- 2 132 Zoe Mahlum 17 Endwell NY 1:30:15

MALE AGE GROUP: 1 - 19

- 1 15 Clark Holdsworth 19 Apalachin NY 58:53
- 2 19 Mike Finch 18 Rome PA 1:00:11

FEMALE AGE GROUP: 20 - 29

- 1 40 Valerie Cross 24 Ithaca NY 1:04:10
- 2 43 Allison Lawruk 25 Emmaus PA 1:05:30

MALE AGE GROUP: 20 - 29

- 1 4 Joshua Cross 26 Ithaca NY 55:51
- 2 20 Nicholas Frankoski 24 Newark Valley NY 1:00:16

FEMALE AGE GROUP: 30 - 34

- 1 35 Katie Danner 32 Mecklenberg NY 1:03:10
- 2 129 Jennifer Stanton 33 Waterloo NY 1:29:20

MALE AGE GROUP: 30 - 34

- 1 11 Matthew Vanlilerop 32 Thompson PA 57:19
- 2 12 Randy McDermott 34 Lansing NY 57:47
- 3 14 Greg Derick 34 Endwell NY 58:39
- 4 17 Matt Conant 30 Oneonta NY 59:35

FEMALE AGE GROUP: 35 - 39

- 1 45 Emily Bryans 38 Schenectady NY 1:05:44
- 2 59 Alaina Dietz 35 Dunmore PA 1:09:52

MALE AGE GROUP: 35 - 39

- 1 5 Russell Derick 38 Bain NY 56:08
- 2 8 Jeff Felice 38 Endicott NY 56:32
- 3 13 David Christian 36 Binghamton NY 58:31
- 4 18 John Evangelista 36 Blakley PA 1:00:01

FEMALE AGE GROUP: 40 - 44

- 1 86 Sue Priestley 41 Binghamton NY 1:15:49
- 2 124 Kathy Anderson 44 Endwell NY 1:27:02

MALE AGE GROUP: 40 - 44

- 1 10 Michael Olson 40 Vestal NY 56:59
- 2 34 Geoff Hassard 42 Oneonta NY 1:02:54
- 3 38 Fred Malloy 40 Montrose PA 1:03:50
- 4 42 Randy Reynolds 43 Binghamton NY 1:04:57
- 5 53 Thomas D'Onofrio 42 Endicott NY 1:07:38

FEMALE AGE GROUP: 45 - 49

- 1 79 Jean Ziolkowski 45 Apalachin NY 1:14:56
- 2 97 Eileen Mushalla 45 Vestal NY 1:17:45

MALE AGE GROUP: 45 - 49

- 1 9 Jeffrey Juran 49 Ithaca NY 56:38
- 2 25 Ron Hulslander 49 Cortland NY 1:01:16
- 3 26 Ed Eppler 46 Bethlehem PA 1:01:29
- 4 31 Chungsik Choi 45 Johnson City NY 1:01:58
- 5 39 David Jones 47 Interlaken NY 1:04:08

FEMALE AGE GROUP: 50 - 59

- 1 102 Michelle Marino 53 Ithaca NY 1:18:46
- 2 143 Holly Parkyn 51 Conklin NY 1:41:02

MALE AGE GROUP: 50 - 54

- 1 16 John Whitman 51 Ithaca NY 59:01
- 2 33 Drew Wasko 52 Binghamton NY 1:02:44
- 3 36 Dirk Elliott 50 Marathon NY 1:03:16
- 4 48 Bill Hrostowski 51 Binghamton NY 1:06:16

MALE AGE GROUP: 55 - 59

- 1 7 Bob Giambalvo 56 Delhi NY 56:26
- 2 37 Bong Joon Yoon 59 Vestal NY 1:03:34
- 3 55 Paul McMahon 56 Binghamton NY 1:08:43
- 4 73 Peter McClure 56 Preble NY 1:13:21

FEMALE AGE GROUP: 60 - 99

- 1 112 Lennie Tucker 67 Baldwinsville NY 1:20:39

MALE AGE GROUP: 60 - 69

- 1 74 Paul McCabe 60 Binghamton NY 1:13:36
- 2 75 Brendan Flynn 66 Binghamton NY 1:13:45

MALE AGE GROUP: 70 - 99

- 1 122 Francis Nicosia 71 Vestal NY 1:26:09
- 2 145 Richard deFrances 73 Franklin NY 1:42:34