

**32nd Annual Forks XV  
Fifteen Kilometer Road Race  
Triple Cities Runners Club  
Course USATF Certified NY01053AM  
Chenango Forks, NY March 20, 2005 2:00 P.M.  
Weather: 39 deg, light rain**

**Order of Finish**

Place	Div/Tot	Name	Age	Sex	City	State	Club	Time	Pace	PerF
1	1/5	Chuck Terry	22	M	Cortland	NY	Cortland XC	49:49	5:21	839
2	2/5	Fred Joslyn	21	M	Binghamton	NY	TCRC	50:41	5:27	825
3	1/10	Steve Cammisa	37	M	Vestal	NY	TCRC	53:39	5:46	779
4	3/5	Adam Zimmerman	21	M	Westbury	NY	CXC	53:53	5:47	776
5	1/21	Gary Fancher	43	M	Windsor	NY		53:57	5:48	775
6	1/10	Bob Giambalvo	55	M	Delhi	NY		56:21*	6:03	742
7	4/5	Sam Fox	20	M	Merrick	NY	CXC	56:59	6:07	734
8	1/6	Michael Murphy	31	M	Warren Cente	PA	Pro Care	57:21	6:10	729
9	1/7	Colin Carson	18	M	Binghamton	NY		58:10	6:15	719
10	2/10	Jeff Felice	37	M	Endicott	NY	TCRC	58:29	6:17	715
11	2/7	David Bacon	17	M	Warren Cente	PA	Pro Care	58:38	6:18	713
12	2/21	David Winslow	44	M	Binghamton	NY	TCRC	58:56	6:20	710
13	1/10	John Whitman	50	M	Ithaca	NY	High Noon AC	59:02	6:21	708
14	1/17	Jeffrey Juran	48	M	Ithaca	NY	FLRC/High Noon	59:34	6:24	702
15	3/21	Chungsik Choi	44	M	Johnson City	NY	TCRC	59:37	6:24	701
16	2/6	Tom Benoit	33	M	Oneonta	NY	Syracuse Chgrs	59:53	6:26	698
17	5/5	Matt LoPiccolo	29	M	Oneonta	NY	Syracuse Chgrs	59:53	6:26	698
18	3/10	Brian DeBraccio	39	M	Scotia	NY		1:00:22	6:29	693
19	4/21	Geoff Hassard	41	M	Oneonta	NY		1:00:42	6:31	689
20	5/21	Kevin Nelson	40	M	Owego	NY	TCRC	1:00:48	6:32	688
21	1/6	Murphee Hayes-Falls	31	F	Marathon	NY	Syracuse Chgrs	1:01:26	6:36	762
22	2/10	Drew Wasko	51	M	Binghamton	NY	Early Air	1:01:47	6:38	677
23	2/17	Kevin Coughlin	47	M	Elmira	NY	FLRC	1:01:56	6:39	675
24	3/7	Eric Stermer	16	M	Binghamton	NY	Par Otters	1:01:59	6:40	675
25	3/10	Fred Miller	54	M	Liverpool	NY	FLRC	1:02:12	6:41	672
26	1/4	Christa Winslow	41	F	Binghamton	NY	TCRC	1:02:20*	6:42	751
27	1/3	Fiona Cundy	17	F	Endwell	NY		1:02:25*	6:42	750
28	3/17	Bill McGovern	45	M	Marathon	NY	TCRC	1:02:39	6:44	667
29	4/17	Ken Klemp	47	M	Rensselaer	NY	HMRRC	1:02:55	6:45	665
30	4/7	Benjamin Nichols	15	M	Endicott	NY	TCRC	1:03:11	6:47	662
31	4/10	Dan Mullins	39	M	Binghamton	NY		1:03:17	6:48	661
32	5/7	Mike Finch	17	M	Rome	PA	Pro Care	1:03:55	6:52	654
33	5/10	Kirk Steinbrecher	36	M	Windsor	NY		1:04:24	6:55	649
34	3/6	Kevin Tripp	34	M	Bainbridge	NY		1:04:25	6:55	649
35	5/17	Mark Dixon	46	M	Owego	NY	TCRC	1:04:52	6:58	645
36	1/5	Christine Reynolds	35	F	Newfield	NY	FLRC	1:05:10	7:00	719
37	6/21	Scott Shephard	40	M	Binghamton	NY		1:05:16	7:01	641
38	7/21	Patrick Kapinus	40	M	Chenango For	NY		1:05:41	7:03	637
39	2/5	Cheryl DeBraccio	39	F	Scotia	NY		1:05:59	7:05	710
40	6/10	Michael Constable	35	M	Delhi	NY		1:07:14	7:13	622
41	8/21	Tom Lewis	44	M	Hallstead	PA	TooBigSandwich	1:07:53	7:17	616
42	1/4	Jyl MacNeal	24	F	Waverly	NY		1:08:31	7:21	684
43	2/4	Jennifer MacNeal	24	F	Waverly	NY		1:08:31	7:22	684
44	2/6	Alaina Dietz	34	F	Dunmore	PA		1:08:34	7:22	683
45	7/10	Fred Malloy	39	M	Montrose	PA	Two Big Sandwich	1:08:49	7:23	608
46	6/17	Dan MacCracken	48	M	Ithaca	NY	FLRC	1:08:57	7:24	607
47	3/4	Kelly Flanagan	24	F	Johnson City	NY		1:09:23	7:27	675

48	7/17	Kevin Pasterchik	47 M	Binghamton	NY	TCRC	1:09:27	7:27	602
49	2/3	Johanna Roth	18 F	Cortland	NY		1:09:58	7:31	669
50	1/2	Joe Reynolds	60 M	Newfield	NY	FLRC	1:10:08	7:32	596
51	9/21	Ron Havens	43 M	Vestal	NY		1:10:10	7:32	596
52	8/17	Steve Page	49 M	Greene	NY	TCRC	1:10:30	7:34	593
53	4/10	Ron Westbrook	50 M	Baldwinsvill	NY	Syr Track Club	1:10:34	7:35	593
54	9/17	Larry Bosket	45 M	Apalachin	NY		1:10:46	7:36	591
55	6/7	Andrew Ciaravino	14 M	Endicott	NY		1:11:00	7:38	589
56	2/10	Peter McClure	55 M	Prebel	NY	Syracuse Chgrs	1:11:05	7:38	588
57	5/10	Larry Brooks	53 M	Binghamton	NY	PHAR-Otters	1:11:07	7:38	588
58	3/6	Amy Rhodes	31 F	Sidney	NY		1:11:22	7:40	656
59	10/17	Vince Kelley	48 M	Binghamton	NY	TCRC	1:11:33	7:41	584
60	3/3	Stephanie Lasner	19 F	New City	NY	CXC	1:12:07	7:45	650
61	8/10	Phil Terpening	35 M	Endicott	NY		1:12:08	7:45	580
62	1/2	Theresa Fulgieri	49 F	Endicott	NY	TCRC	1:12:09	7:45	649
63	6/10	Tony Fulgieri	53 M	Endicott	NY	TCRC	1:12:14	7:45	579
64	11/17	Tim Rent	48 M	Endwell	NY	TCRC	1:12:41	7:48	575
65	9/10	Mike Romanovitch	38 M	Olyphant	PA		1:12:53	7:50	574
66	3/10	Richard Begliumini	56 M	Brooklyn	PA	TCRC	1:13:21	7:53	570
67	4/4	Heather Bacon	23 F	Warren Cente	PA	Pro Care	1:13:26	7:53	638
68	12/17	Vincent Juliano	47 M	Schenectady	NY		1:13:31	7:54	569
69	4/10	Paul McCabe	59 M	Binghamton	NY	TCRC	1:13:40	7:55	568
70	7/7	Ryan Garges	16 M	Warren Cente	PA	Pro Care	1:14:01	7:57	565
71	10/21	Douglas Dziedzic	43 M	Binghamton	NY	TCRC	1:14:13	7:58	563
72	3/5	Lisa Mullins	39 F	Binghamton	NY		1:14:13	7:58	631
73	2/4	Eileen Mushalla	44 F	Vestal	NY	TCRC	1:14:46	8:02	627
74	3/4	Jean Ziolkowski	44 F	Apalachin	NY		1:14:59	8:03	625
75	7/10	Paul Hamlin	54 M	Owego	NY		1:15:50	8:09	551
76	8/10	Robert Zimmerman	52 M	Endwell	NY	TCRC	1:16:40	8:14	545
77	1/2	Margret Betz	68 F	Conklin	NY	TCRC	1:17:02*	8:16	608
78	9/10	Ed Jenner	50 M	Vestal	NY	TCRC	1:17:07	8:17	542
79	4/5	Linda Glowacki	35 F	Liverpool	NY	Syracuse TC	1:17:27	8:19	605
80	11/21	John Wiley	41 M	Binghamton	NY		1:17:55	8:22	537
81	4/6	Margo Martin	33 F	Endicott	NY		1:17:55	8:22	601
82	12/21	Scott Vasisko	43 M	Apalachin	NY	TCRC	1:18:31	8:26	533
83	13/17	Greg Martin	45 M	Endicott	NY		1:18:33	8:26	532
84	10/10	William Ondrako	52 M	Binghamton	NY	TCRC	1:19:01	8:29	529
85	4/6	Jeremy Corcoran	30 M	Apalachin	NY		1:19:06	8:30	529
86	13/21	Mark Ciaravino	40 M	Endicott	NY		1:19:25	8:32	527
87	14/17	Jerry Brundage	45 M	Binghamton	NY		1:19:44	8:34	524
88	14/21	Gary Brundage	44 M	Binghamton	NY		1:19:45	8:34	524
89	5/6	Edward Golluscio	34 M	Vestal	NY		1:19:50	8:34	524
90	15/21	Brian Nedlik	42 M	Binghamton	NY	TCRC	1:19:52	8:35	524
91	2/2	Fred Bostrom	67 M	Vestal	NY	TCRC	1:20:08	8:36	522
92	2/2	Lennie Tucker	66 F	Baldwinsvill	NY	Syracuse Chgrs	1:20:52*	8:41	579
93	4/4	Sue Priestley	40 F	Binghamton	NY	TCRC	1:21:01	8:42	578
94	16/21	Daniel Viviano	44 M	Endicott	NY		1:21:10	8:43	515
95	17/21	Steve Willett	42 M	Vestal	NY		1:22:01	8:48	510
96	10/10	Daniel Griffis	38 M	Vestal	NY		1:22:06	8:49	509
97	5/5	Theresia Golluscio	38 F	Vestal	NY		1:22:38	8:52	567
98	6/6	Dan Ciaravino	33 M	Binghamton	NY		1:23:23	8:57	502
99	18/21	Chris Kamp	43 M	Windsor	NY		1:23:28	8:58	501
100	5/6	Susan Ashline	31 F	Endwell	NY	TCRC	1:23:39	8:59	560
101	5/10	Don Robbins	59 M	Liverpool	NY		1:23:50	9:00	499
102	6/10	Glenn Small	59 M	Vestal	NY		1:23:57	9:01	498
103	19/21	Dave Talcott	44 M	Owego	NY	Syracuse Chgrs	1:24:49	9:06	493
104	15/17	Gregory Huck	47 M	Binghamton	NY		1:24:56	9:07	492
105	7/10	Charlie Crary	56 M	Syracuse	NY	Syracuse Chgrs	1:24:57	9:07	492
106	8/10	Ron Arno	56 M	Conklin	NY	TCRC	1:25:28	9:11	489
107	20/21	Scott Strong	44 M	Binghamton	NY		1:27:11	9:22	480
108	2/2	Kim Melrose-Harty	45 F	Endicott	NY		1:27:42	9:25	534
109	16/17	Kevin Harty	47 M	Endicott	NY		1:27:44	9:25	477

110	21/21	Tim Kamp	40 M	Binghamton	NY		1:27:45	9:25	477
111	1/1	Debbie Grassi	55 F	Johnson City	NY	TCRC	1:28:22	9:29	530
112	9/10	Ron Ruffo	59 M	Binghamton	NY		1:33:02	9:59	450
113	6/6	Maureen Somerwil	31 F	Binghamton	NY	TCRC	1:34:42	10:10	495
114	10/10	Harland Bigelow	58 M	Lisle	NY	TCRC	1:34:43	10:10	442
115	1/2	Richard deFrances	72 M	Franklin	NY		1:42:18	10:59	409
116	17/17	Jerome Lewis	45 M	Binghamton	NY	TCRC	1:49:00	11:42	384
117	2/2	Joseph Familo	81 M	Oswego	NY	Syracuse Chgrs			

Record 0:46:15 by Tom Carter in 1982 \* Under USATF Age-Group guideline

## AWARD LIST

### OVERALL MALE WINNER

- 1 1 Chuck Terry 22 Cortland NY 49:49
- 2 2 Fred Joslyn 21 Binghamton NY 50:41
- 3 3 Steve Cammisa 37 Vestal NY 53:39

Record 46:15 by Tom Carter in 1982.

### OVERALL FEMALE WINNER

- 1 21 Murphee Hayes-Falls 31 Marathon NY 1:01:26
- 2 26 Christa Winslow 41 Binghamton NY 1:02:20
- 3 27 Fiona Cundy 17 Endwell NY 1:02:25

Record 54:01 by Cindi Girard in 1994.

### MASTERS MALE WINNER

- 1 5 Gary Fancher 43 Windsor NY 53:57

### MASTERS FEMALE WINNER

- 1 62 Theresa Fulgieri 49 Endicott NY 1:12:09

### FEMALE AGE GROUP: 1 - 19

- 1 49 Johanna Roth 18 Cortland NY 1:09:58
- 2 60 Stephanie Lasner 19 New City NY 1:12:07

### MALE AGE GROUP: 1 - 19

- 1 9 Colin Carson 18 Binghamton NY 58:10
- 2 11 David Bacon 17 Warren Center PA 58:38

### FEMALE AGE GROUP: 20 - 29

- 1 42 Jyl MacNeal 24 Waverly NY 1:08:31
- 2 43 Jennifer MacNeal 24 Waverly NY 1:08:31

### MALE AGE GROUP: 20 - 29

- 1 4 Adam Zimmerman 21 Westbury NY 53:53
- 2 7 Sam Fox 20 Merrick NY 56:59

### FEMALE AGE GROUP: 30 - 34

- 1 44 Alaina Dietz 34 Dunmore PA 1:08:34
- 2 58 Amy Rhodes 31 Sidney NY 1:11:22

### MALE AGE GROUP: 30 - 34

- 1 8 Michael Murphy 31 Warren Center PA 57:21
- 2 16 Tom Benoit 33 Oneonta NY 59:53
- 3 34 Kevin Tripp 34 Bainbridge NY 1:04:25
- 4 85 Jeremy Corcoran 30 Apalachin NY 1:19:06

### FEMALE AGE GROUP: 35 - 39

- 1 36 Christine Reynolds 35 Newfield NY 1:05:10
- 2 39 Cheryl DeBraccio 39 Scotia NY 1:05:59

### MALE AGE GROUP: 35 - 39

- 1 10 Jeff Felice 37 Endicott NY 58:29
- 2 18 Brian DeBraccio 39 Scotia NY 1:00:22
- 3 31 Dan Mullins 39 Binghamton NY 1:03:17
- 4 33 Kirk Steinbrecher 36 Windsor NY 1:04:24

### FEMALE AGE GROUP: 40 - 44

- 1 73 Eileen Mushalla 44 Vestal NY 1:14:46
- 2 74 Jean Ziolkowski 44 Apalachin NY 1:14:59

### MALE AGE GROUP: 40 - 44

- 1 12 David Winslow 44 Binghamton NY 58:56
- 2 15 Chungsik Choi 44 Johnson City NY 59:37
- 3 19 Geoff Hassard 41 Oneonta NY 1:00:42
- 4 20 Kevin Nelson 40 Owego NY 1:00:48
- 5 37 Scott Shephard 40 Binghamton NY 1:05:16

### FEMALE AGE GROUP: 45 - 49

- 1 108 Kim Melrose-Harty 45 Endicott NY 1:27:42

### MALE AGE GROUP: 45 - 49

- 1 14 Jeffrey Juran 48 Ithaca NY 59:34
- 2 23 Kevin Coughlin 47 Elmira NY 1:01:56
- 3 28 Bill McGovern 45 Marathon NY 1:02:39
- 4 29 Ken Klemp 47 Rensselaer NY 1:02:55
- 5 35 Mark Dixson 46 Owego NY 1:04:52

### FEMALE AGE GROUP: 50 - 59

- 1 111 Debbie Grassi 55 Johnson City NY 1:28:22

### MALE AGE GROUP: 50 - 54

- 1 13 John Whitman 50 Ithaca NY 59:02
- 2 22 Drew Wasko 51 Binghamton NY 1:01:47
- 3 25 Fred Miller 54 Liverpool NY 1:02:12
- 4 53 Ron Westbrook 50 Baldwinsville NY 1:10:34

### MALE AGE GROUP: 55 - 59

- 1 6 Bob Giambalvo 55 Delhi NY 56:21
- 2 56 Peter McClure 55 Prebel NY 1:11:05
- 3 66 Richard Begliumini 56 Brooklyn PA 1:13:21
- 4 69 Paul McCabe 59 Binghamton NY 1:13:40

### FEMALE AGE GROUP: 60 - 99

- 1 77 Margret Betz 68 Conklin NY 1:17:02

2 92 Lennie Tucker 66 Baldwinsville NY 1:20:52  
MALE AGE GROUP: 60 - 69  
1 50 Joe Reynolds 60 Newfield NY 1:10:08  
2 91 Fred Bostrom 67 Vestal NY 1:20:08  
MALE AGE GROUP: 70 - 99  
1 115 Richard deFrances 72 Franklin NY 1:42:18  
2 117 Joseph Familo 81 Oswego NY