

**Forty-First Annual Vestal XX 20 Kilometer Road Race**  
**Triple Cities Runners Club**  
**USATF Certified. Registration No. NY-07043-JG**  
**Vestal, NY**  
**June 18, 2011**  
**Weather: 73 degrees, Partly Cloudy**

Note: Complete, searchable results of ALL Vestal 20's are available from [Active.com](#). Search for Vestal XX.

**Award List**

Overall Male Winners  
1 Christopher Gaube 23 M 1:10:29  
2 Andy Crawford 28 M 1:13:28  
3 Stephen Marcin 27 M 1:15:35  
Record 1:03:17 by Tom Carter in 1981  
Overall Female Winners  
1 Katie Aldridge 37 F 1:24:20  
2 Sarah Antonaitis 25 F 1:31:51  
3 Emily Piza-Taylor 34 F 1:32:22  
Record 1:14:29 by Charlene Lyford in 1999

**Tom Carter High School Awards**

Jeremy Anderson 18 M Endwell NY 1:18:40  
Alicia Sutphin 17 F Apalachin NY 1:50:11

**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	Time	Agegrad	Age %
1	Jack Cleland	54	M	1:23:25	1:11:13	78.60
2	Suzy Myette	54	F	1:35:30	1:20:09	77.74
3	Lee Anderson	54	M	1:24:36	1:12:13	77.52
4	Eric Maki	49	M	1:21:08	1:12:18	77.42
5	Bong Joon Yoon	64	M	1:33:01	1:12:25	77.29
6	Ron Hulsander	54	M	1:25:22	1:12:52	76.81
7	Nancy Werthmuller	60	F	1:46:40	1:22:33	75.48
8	Jeremy Anderson	18	M	1:18:40	1:15:53	73.76
9	Jeffrey Juran	54	M	1:29:35	1:16:28	73.20
10	Doug Stoner	52	M	1:28:12	1:16:37	73.06
11	Michael Olson	45	M	1:25:06	1:18:24	71.39
12	Chris Cowden	37	M	1:20:14	1:18:41	71.14
13	Chungsik Choi	50	M	1:29:08	1:18:45	71.06
14	Paul McMahon	62	M	1:39:17	1:18:47	71.05
15	Paula Fitch	61	F	1:55:01	1:27:45	71.01
16	Mookey Kent	46	M	1:26:34	1:19:06	70.76
17	Nathan Snodgrass	21	M	1:19:37	1:19:18	70.59
18	Barbara Ann Morrissey	63	F	1:59:30	1:28:34	70.36
19	Karen Fennie	51	F	1:41:53	1:28:50	70.14
20	Stephen Nichols	56	M	1:35:19	1:19:56	70.02
21	Chuck Hein	52	M	1:32:06	1:20:00	69.97
22	Randy Reynolds	48	M	1:29:02	1:20:01	69.96
23	Chris Kaufman	34	M	1:20:29	1:20:06	69.88
24	John Salva	18	M	1:23:52	1:20:55	69.18
25	Steve Cammisa	43	M	1:27:11	1:21:37	68.58
26	Kathleen Lantry	49	F	1:41:51	1:31:02	68.45
27	Paul Jensen	20	M	1:22:44	1:21:47	68.44

**Overall Results**

Place	Name	Age	S	City	St	Time	Pace	PerF
1	Christopher Gaube	23	M	Vestal	NY	1:10:29	5:41	806
2	Andy Crawford	28	M	Almond	NY	1:13:28	5:55	773
3	Stephen Marcin	27	M	Binghamton	NY	1:15:35	6:05	751
4	Jeremy Anderson	18	M	Endwell	NY	1:18:40	6:20	722
5	Nathan Snodgrass	21	M	Apalachin	NY	1:19:37	6:25	713
6	Chris Cowden	37	M	Johnson City	NY	1:20:14	6:28	708
7	Chris Kaufman	34	M	Ft. Wayne	IN	1:20:29	6:29	705
8	Eric Maki	49	M	Cortland	NY	1:21:08	6:32	700
9	Paul Jensen	20	M	Binghamton	NY	1:22:44	6:40	686
10	Jack Cleland	54	M	Corning	NY	1:23:25	6:43	681
11	John Salva	18	M	Conklin	NY	1:23:52	6:45	677
12	Jim Warner	25	M	Ithaca	NY	1:24:05	6:46	675
13	Katie Aldridge	37	F	Alpine	NY	1:24:20	6:48	750
14	Lee Anderson	54	M	Endwell	NY	1:24:36	6:49	671
15	Michael Olson	45	M	Vestal	NY	1:25:06	6:51	667
16	Ben Snodgrass	19	M	Apalachin	NY	1:25:07	6:51	667
17	Ron Hulsander	54	M	Cortland	NY	1:25:22	6:53	665
18	Mookey Kent	46	M	Binghamton	NY	1:26:34	6:58	656
19	Andrew Cody	31	M	Endicott	NY	1:26:52	7:00	654
20	Steve Cammisa	43	M	Vestal	NY	1:27:11	7:01	651
21	Jade Marhaba	17	M	Vestal	NY	1:27:12	7:01	651
22	Prahlad Gerung	28	M	Binghamton	NY	1:27:37	7:03	648
23	Nate Culver	23	M	Chemung	NY	1:27:42	7:04	647
24	Eric Symons	36	M	Greene	NY	1:27:57	7:05	646
25	Doug Stoner	52	M	Spencer	NY	1:28:12	7:06	644
26	Randy Reynolds	48	M	Binghamton	NY	1:29:02	7:10	638
27	Chungsik Choi	50	M	Johnson City	NY	1:29:08	7:11	637
28	Brendan Pancheri	29	M	Binghamton	NY	1:29:13	7:11	636
29	Jeffrey Juran	54	M	Spencer	NY	1:29:35	7:13	634
30	Jon McDonough	40	M	North Chili	NY	1:30:30	7:17	627
31	Benjamin Nichols	21	M	Endicott	NY	1:30:43	7:18	626
32	Sarah Antonaitis	25	F	Endicott	NY	1:31:51	7:24	688
33	Chuck Hein	52	M	Vestal	NY	1:32:06	7:25	617
34	Emily Piza-Taylor	34	F	Binghamton	NY	1:32:22	7:26	685
35	John Kwiatkowski	41	M	Nicholson	PA	1:32:30	7:27	614
36	Bong Joon Yoon	64	M	Vestal	NY	1:33:01	7:30	610
37	James Gagnon	43	M	Greene	NY	1:33:25	7:31	608
38	Patti Trabucco	35	F	Cortland	NY	1:33:41	7:33	675
39	Martin Hahn	52	M	Vestal	NY	1:34:20	7:36	602
40	Vince Fox	52	M	Vestal	NY	1:34:31	7:37	601
41	Theresa Hunter	29	F	Endicott	NY	1:34:49	7:38	667
42	Dan Cavalari	36	M	Vestal	NY	1:34:51	7:38	599
43	Jennifer Hastings	24	F	Vestal	NY	1:35:03	7:39	665
44	Stephen Nichols	56	M	Endicott	NY	1:35:19	7:41	596
45	Suzy Myette	54	F	Binghamton	NY	1:35:30	7:42	662
46	Janine Fitzgerald	37	F	Binghamton	NY	1:35:38	7:42	661
47	Jim Devona	28	M	Binghamton	NY	1:36:17	7:45	590
48	Tom Gaube	28	M	Binghamton	NY	1:36:41	7:47	587
49	Tim Greer	53	M	Endicott	NY	1:37:01	7:49	585
50	Greg Amend	46	M	Endicott	NY	1:37:35	7:52	582
51	Anthony Disalvo	46	M	Vestal	NY	1:37:50	7:53	580
52	Mark Hendley	44	M	Binghamton	NY	1:38:43	7:57	575
53	John Lomasney	53	M	Apalachin	NY	1:38:48	7:57	575
54	Stephen Nichols	23	M	Germantown	NY	1:38:57	7:58	574
55	Brian Hatch	40	M	Endicott	NY	1:39:15	8:00	572
56	John Miller	44	M	Vestal	NY	1:39:16	8:00	572
57	Steve Himka	38	M	Nicholson	PA	1:39:17	8:00	572
58	Paul McMahan	62	M	Binghamton	NY	1:39:17	8:00	572
59	Shari Nichols	42	F	Barton	NY	1:39:20	8:00	636
60	Frank Bianco	33	M	Binghamton	NY	1:40:39	8:06	564
61	Andrew Davis	24	M	Charleson	SC	1:41:05	8:08	562
62	Colten Steinbrecher	16	M	Windsor	NY	1:41:09	8:09	561
63	Jeremiach Shaw	30	M	Owego	NY	1:41:14	8:09	561
64	Dave MacEwan	40	M	Binghamton	NY	1:41:15	8:09	561
65	Kerry Zemek	53	M	Binghamton	NY	1:41:22	8:10	560
66	Michelle Winsor	44	F	Endicott	NY	1:41:41	8:11	622
67	Kathleen Lantry	49	F	Whitney Point	NY	1:41:51	8:12	621
68	Karen Fennie	51	F	Binghamton	NY	1:41:53	8:12	621
69	Scotty Buchanan	44	M	Cortland	NY	1:41:54	8:12	557
70	William Thompson	24	M	Johnson City	NY	1:42:11	8:14	556
71	Larry Bosket	51	M	Apalachin	NY	1:42:32	8:15	554
72	Melissa Haahr	21	F	Owego	NY	1:42:35	8:16	616
73	Elisabeth Jeremko	24	F	Vestal	NY	1:42:36	8:16	616
74	Bill Trass	42	M	Greene	NY	1:42:38	8:16	553
75	Robert Lenonard	18	M	Windsor	NY	1:42:56	8:17	552
76	Dan Dofton	36	M	Binghamton	NY	1:43:10	8:19	550
77	Richard Nichols	26	M	Endicott	NY	1:43:16	8:19	550
78	Jerry Keene	55	M	Waverly	NY	1:43:27	8:20	549
79	Harry Sherick	56	M	Endicott	NY	1:43:29	8:20	549
80	Timothy Nichols	17	M	Endicott	NY	1:43:46	8:21	547
81	Kenneth Moss	27	M	Johnson City	NY	1:43:50	8:22	547
82	Daniel Wells	50	M	Nicholson	PA	1:44:00	8:23	546
83	Ken Weir	57	M	Johnson City	NY	1:44:07	8:23	545
84	Sue Priestley	46	F	Binghamton	NY	1:44:26	8:25	605
85	Erika Washington	32	F	Lake Havasu Cit	AZ	1:44:42	8:26	604

86	Faith Rittenburg	28	F	Binghamton	NY	1:45:05	8:28	602
87	Josh Axtell	25	M	Deposit	NY	1:45:05	8:28	540
88	John Riese	52	M	Central Square	NY	1:45:17	8:29	539
89	Jim Wetekamp	36	M	Endwell	NY	1:45:48	8:31	537
90	Jenn Homa	29	F	Somerset	NJ	1:46:06	8:33	596
91	Graham Upton	56	M	Binghamton	NY	1:46:12	8:33	535
92	Nancy Werthmuller	60	F	Scott Twp	PA	1:46:40	8:35	593
93	Adena Schutzbart	47	F	Somerville	MA	1:47:19	8:39	589
94	Paul Moss	50	M	Johnson City	NY	1:47:45	8:41	527
95	Robert Hartmann	53	M	Binghamton	NY	1:47:46	8:41	527
96	Carly Gill	20	F	Conklin	NY	1:47:47	8:41	587
97	Harland Bigelow	64	M	Lisle	NY	1:47:48	8:41	527
98	Kelly Ford	37	F	Binghamton	NY	1:47:50	8:41	586
99	Matt Richards	44	M	Endicott	NY	1:47:56	8:42	526
100	George White	61	M	Bath	NY	1:48:02	8:42	526
101	Mark Ciaravino	47	M	Vestal	NY	1:48:04	8:42	525
102	Susan Cain	43	F	Maine	NY	1:48:15	8:43	584
103	Robert Damiano	33	M	Tunkhannock	PA	1:48:19	8:43	524
104	Kevin Pasterchik	53	M	Binghamton	NY	1:48:29	8:44	523
105	Debra Avery	44	F	Johnson City	NY	1:49:01	8:47	580
106	Carl Kobeski	55	M	Factoryville	PA	1:49:26	8:49	519
107	Lisa Gallagher	46	F	Vestal	NY	1:49:26	8:49	578
108	Michelle Milkovich	22	F	Vestal	NY	1:49:31	8:49	577
109	Roy Kiekel	47	M	Vestal	NY	1:49:44	8:50	517
110	David Mitchell	39	M	Apalachin	NY	1:50:06	8:52	516
111	Dennis Gilyard	60	M	Endwell	NY	1:50:10	8:52	515
112	Alicia Sutphin	17	F	Apalachin	NY	1:50:11	8:52	574
113	Kathy Anderson	49	F	Endwell	NY	1:50:21	8:53	573
114	Rachael Grubb	31	F	Vestal	NY	1:50:25	8:54	573
115	Shanna Andrews	24	F	Whitney Point	NY	1:50:38	8:55	571
116	Ned Clarke	54	M	Dalton	PA	1:50:59	8:56	512
117	Joanne Weir	54	F	Johnson City	NY	1:51:06	8:57	569
118	Andrew Ciaravino	21	M	Vestal	NY	1:51:52	9:01	508
119	Vince Kelley	54	M	Binghamton	NY	1:52:10	9:02	506
120	Ife Ojetayo	28	M	Binghamton	NY	1:52:14	9:02	506
121	Marla Goyden	45	F	Endwell	NY	1:52:14	9:02	563
122	Joe Betzenhauser	56	M	Endwell	NY	1:52:23	9:03	505
123	Kristin Olson	41	F	Vestal	NY	1:53:02	9:06	559
124	Lisa Mallery	52	F	Vestal	NY	1:53:24	9:08	558
125	Brian Deskin	49	M	Vestal	NY	1:53:26	9:08	501
126	Ryan Andrew	28	M	Binghamton	NY	1:53:28	9:08	500
127	Phyllis Wells	51	F	Nicholson	PA	1:53:29	9:08	557
128	Julie Perlick	49	F	Brackney	PA	1:54:10	9:12	554
129	Linda Harding	46	F	Vestal	NY	1:54:15	9:12	553
130	Bill Ondrako	58	M	Binghamton	NY	1:54:15	9:12	497
131	Kathleen Rifkin	47	F	Middletown	NY	1:54:34	9:14	552
132	Les Buchanan	47	M	Cortland	NY	1:54:45	9:14	495
133	Thomas Meagher	55	M	Nicholson	PA	1:54:48	9:15	495
134	Kevin Tripp	40	M	Masonville	NY	1:54:51	9:15	494
135	David Losee	40	M	Denver	NY	1:54:53	9:15	494
136	Paula Fitch	61	F	Binghamton	NY	1:55:01	9:16	550
137	Michael Welch	51	M	Endicott	NY	1:55:03	9:16	494
138	John Burns	39	M	Cortland	NY	1:55:08	9:16	493
139	Karen Gates	47	F	Vestal	NY	1:56:06	9:21	545
140	Carla Williams-Drake	33	F	Endicott	NY	1:56:21	9:22	543
141	Terry Ross	43	M	Vestal	NY	1:57:06	9:26	485
142	Daniele Vick	41	F	Binghamton	NY	1:57:18	9:27	539
143	Joe Dimattina	63	M	Endicott	NY	1:58:10	9:31	481
144	Melissa Gravelding	41	F	Endwell	NY	1:59:10	9:36	531
145	Adam Van Buren	28	M	Johnson City	NY	1:59:10	9:36	476
146	Barbara Ann Morrissey	63	F	Owego	NY	1:59:30	9:37	529
147	Rebecca Broderick	18	F	Binghamton	NY	2:00:49	9:44	523
148	Paula Williams	58	F	Johnson City	NY	2:01:09	9:45	522
149	Scott Kavulich	30	M	Johnson City	NY	2:01:35	9:47	467
150	Stephanie Figary	25	F	Syracuse	NY	2:01:49	9:49	519
151	Steve Willett	49	M	Altoona	PA	2:02:10	9:50	465
152	Fred Bostrom	73	M	Brackney	PA	2:03:03	9:55	461
153	Deb James	39	F	Lisle	NY	2:03:23	9:56	512
154	Eileen Mushalla	51	F	Vestal	NY	2:03:57	9:59	510
155	Ed Desantis	46	M	Binghamton	NY	2:04:51	10:03	455
156	Jennifer Bramsh	44	F	Endicott	NY	2:06:20	10:10	500
157	Michael Majewski	28	M	Vestal	NY	2:06:55	10:13	447
158	Mike Golembesks	64	M	Endicott	NY	2:07:27	10:16	446
159	Stacey Axtell-Whiting	39	F	Deposit	NY	2:10:27	10:30	485
160	Karen Currier	37	F	Apalachin	NY	2:10:33	10:31	484
161	Douglas Dziedzic	49	M	Binghamton	NY	2:11:06	10:33	433
162	Kalindi Naslund	18	F	Vestal	NY	2:12:31	10:40	477
163	Lori Haskell	40	F	Endicott	NY	2:13:10	10:43	475
164	Mike Terwilliger	56	M	Brooktondale	NY	2:13:57	10:47	424
165	Kathy Cook	41	F	Tioga Center	NY	2:14:50	10:51	469
166	Jerry Patton	76	M	Sayre	NY	2:18:13	11:08	411
167	Kevin Seidl	46	M	Canaan	CT	2:21:19	11:23	402
168	Craig Fox	20	M	Vestal	NY	2:21:22	11:23	402
169	Jennifer St John	34	F	Canaan	CT	2:21:48	11:25	446
170	Kristina Hayes	28	F	Windsor	NY	2:24:31	11:38	437
171	Diana Hayes	49	F	Harpursville	NY	2:24:31	11:38	437
172	Emily Fox	16	F	Vestal	NY	2:25:31	11:43	434

173 Brian Homa	35 M Summit	NJ 2:25:56	11:45	389
174 Dorean Sherwood	41 F Vestal	NY 2:27:10	11:51	430
175 Gary Obialero	57 M Binghamton	NY 2:27:14	11:51	386
176 Nicki Conroy	49 F Endicott	NY 2:41:30	13:00	391
177 Dawn Devita	47 F Binghamton	NY 2:52:21	13:53	367
178 Ron Slocum	67 M Binghamton	NY 3:18:02	15:57	287

Record 1:03:17 by Tom Carter in 1981