

1990 McQuaid XC Invitational Open Race – 16th Annual

(Results from Pete Glavin's personal files)

Genesee Valley Park
3-mile course
Saturday, October 6, 1990

Sports Page Team Challenge '90
75 degrees and breezy

1.	Tom Tuori	14:52	O
2.	Scott Bagley	14:57	O
3.	Steve Taylor	15:07	O
4.	Charlie McMullen	15:12	S
5.	Marty Froelich	15:14	S
6.	Peter Glavin	15:17	O
7.	Al Mullan	15:25	O
8.	Tim McMullen	15:28	S
9.	Rick Cordelissen	15:36	S
10.	Steve Stellwagen	15:48	O
11.	Ray Stemmer	16:05	S
12.	Alan Evans	16:07	O
13.	Petri Aho	16:12	O
14.	Mike Platt	16:17	O
15.	Frank Bergin	16:19	S
16.	Kevin Van Boden	16:26	O
17.	Tom Warth	16:29	O
18.	Kevin Dillon	16:32	S
19.	Dave Yendrzkeski	16:34	O
20.	Antonio Eppolito	16:35	O
21.	Roger Messenger	16:36	S
22.	Robin Wheelless	16:40	S
23.	Ralph Mead	16:45	O
24.	Dave Warth	16:50	O
25.	Sid Rhyant	16:51	O
26.	Ray Lawson	16:52	O
27.	Gregg Hider	17:09	S
28.	Scott Weiler	17:20	O
29.	Anne Forbes	17:23	WS
30.	Greg Brooks	17:31	M
31.	Tom Olendorf	17:32	O
32.	Bob Birecree	17:39	S
33.	Barry Sullivan	17:41	S
34.	Ron Reuss	17:43	S
35.	Sandy Foster	17:44	S
36.	Rob Dietrick	17:49	O
37.	Greg King	17:56	S
38.	Sean McDonnell	18:01	O
39.	Harry DeLahunta	18:03	S
40.	Mark Reissig	18:05	S
41.	R. Hamlin	18:06	O
42.	Dave Greenberg	18:09	O
43.	Don Romanek	18:10	O
44.	Steve Hassall	18:11	O
45.	Tom Carr	18:12	M
46.	Don Solarek	18:14	M

47.	Tom Gabruk	18:24	S
48.	Dave Schmitz	18:27	O
49.	Tony Trama	18:29	S
50.	Gerald Rhodes	18:30	O
51.	Tony Greig	18:41	S
52.	Larry Garnett	18:47	O
53.	Bill Kehoe	18:50	M
54.	Kathy Brown	19:00	WM
55.	Mike Reif	19:08	M
56.	Dick Telarico	19:14	M
57.	E. O'Donnell	19:37	S
58.	Karen Soehner	19:40	WS
59.	Charlie Kellogg	19:43	M
60.	Diane Froelick	19:47	WS
61.	Tim Matthews	19:49	S
62.	Joe Spencer	19:50	S
63.	Tom Ryan	19:52	M
64.	Bill Fletcher	19:59	M
65.	Anne Dannhauer	20:02	WO
66.	MaryBeth Hasenauer	20:03	WS
67.	P. Sweet	20:08	O
68.	Charlie Duggert	20:19	M
69.	Renee Rombaut	20:19	WO
70.	Peter Knowlton	20:23	O
71.	Terry Robbins	20:27	O
72.	Rich Hirschland	20:31	O
73.	Chester Hoffman	20:33	O
74.	Dan Quinlisk	20:39	S
75.	Patti Winn	20:41	WO
76.	Lori Reed	20:44	WO
77.	Jack Lyda	21:04	M
78.	Chris Cordts	21:05	O
79.	Cathy H-Duckett	21:09	WS
80.	Rob Smillie	21:11	O
81.	Mary Shaver	21:18	WM
82.	Diane Like	21:21	WS
83.	Hank Van Borden	21:23	M
84.	Brian Keyes	21:29	M
85.	Ed Feder	21:32	S
86.	Steve Cavitt	21:42	O
87.	D. Casaceli	21:46	O
88.	Rich Meehan	21:48	O
89.	Jeanne Salisbury	21:55	WM
90.	Mark Pagnelli	22:05	S
91.	Pam Barr	22:11	WO
92.	Kim Baumer	22:19	WO
93.	Denise Everitt	22:22	WS
94.	Chris Spragge	22:27	WO
95.	William Price	22:28	S
96.	Mike Soldo	22:41	O
97.	J. Aymerich	22:44	S
98.	Steve Sherman	22:53	S
99.	Margit Deichmann	23:14	WO
100.	K. O'Hare	23:21	S
101.	Lu Greig	23:36	WS
102.	Culver Dygert	25:21	M

103. Bruce McDaniel 25:36 O

Age Groups:

O = Open (ages 29 and under)
S = Senior (ages 30-39)
M = Master (ages 40 and over)
W = Women

Team results

Open Men

1. Nautilus of Pittsford 46:30
Peter Glavin 15:17, Al Mullan 15:25, Steve Stellwagen 15:48
2. Half Fast NC (formerly Team Joe) 47:19
Scott Bagley 14:57, Ray Stemmer 16:05, Mike Platt 16:17
3. Team Fred (Rochester) 51:20
Tom Warth 16:29, Dave Warth 16:50, Sean O'Donnell 18:01
4. Resource Financial 60:36
Petri Aho 16:12, M.Pagnelli 22:05, Kelly Baumer 22:19
5. Team Flash (Rochester) 64:56
Chester Hoffman 20:33, Steve Cavitt 21:42, M.Soldo 22:41
6. Case Hoyt (Rochester) 65:58
C.Cordts 21:05, Ed Feder 21:32, Kevin O'Hare 23:21
Admissions, Hungry Harriers, Syracuse TC, Iliopsoas and Team Xerox were all incomplete.

Senior Men

1. McBrew Bros. (Rochester) 47:16
Charlie McMullen 15:12, Tim McMullen 15:28, Roger Messenger 16:36
2. Fleet Feet (Rochester) 54:48
R.Reuss 17:43, Tom Gabruk 18:24, Tony Greig 18:41

Master Men

1. Cats AC (Rochester) 57:01
Tom Carr 18:12, Bill Kehoe 18:50, William Fletcher 19:59

Open Women

1. Cats AC (Rochester) 56:42
Anne Forbes 17:23, Kathy Brown 19:00, Renee Rombaut 20:19
2. Hurcui (Rochester) 63:14
M.B.Hasenauer 20:03, Lori Reed 20:44, Chris Spragge 22:27

Senior Women

1. Sole Harriers (Newark) 62:56
Karen Soehner 19:40, Diane Luke 21:21, Jeanne Salisbury 21:55

Note: The Sports Page Team Challenge was a precursor of the Upstate NY XC Series. The late Pete Glavin organized this series with sponsorship from a Rochester, Monroe Avenue, sports bar. Team scoring was based on the total time of the team's runners, with 3 runners scoring in each division. Race winner, Tom Touri, was an alumnus of the University of Rochester where he was the 1987 NCAA Division III National Champion in the 1500m at 3:46.08.

1991 McQuaid XC Invitational Open Race – 17th Annual

(Results from Pete Glavin's personal files)

Genesee Valley Park

3-mile course

Saturday, September 28, 1991

Sports Page Team Challenge '91

1.	Scott Jones	M31	High Noon AC	Ithaca	14:59.8
2.	Roger Hawks	M24	Brewmasters	Rochester	15:09
3.	Larry Woods	M31	Syracuse TC	Syracuse	15:12
4.	Marty Froelick	M33	High Noon AC	Ithaca	15:17
5.	Karl Staven	M32	High Noon	Kandor	15:19
6.	Allan Evans	M28	Brewmasters	Rochester	15:31
7.	Gerald Scholder	M33	Syracuse TC	Syracuse	15:35
8.	Greg Dale Irwin	M35	unattached	Oshawa,Ont.	15:37
9.	John Cooley	M22	unattached	Rochester	15:41
10.	Scott Roberts	M24	High Noon AC	Ithaca	15:42
11.	Carl Johnston	M26	Brwmasters	Rochester	15:44
12.	Kevin Van Boden	M23	Syracuse TC	Syracuse	15:44
13.	Phil Tschorke	M35	Lake Lodgers	Fairport	15:46
14.	Roger Sayre	M33	High Noon	Ithaca	15:48
15.	Mike Fitzsimmons	M27	Brewmasters	Rochester	15:53
16.	Ralph Mead	M25	Flatliners	Fairport	15:56
17.	Graham Clark	M26	High Noon AC	Ithaca	15:58
18.	Frank Bergin	M31	unattached	Newmarket,Ont.	15:58
19.	Steve Stellwagen	M26	Brewmasters	Rochester	15:59
20.	Dave Coyne	M40	Marathoners	Avon	16:10
21.	Dan Fitch	M31	Syracuse TC	Cazenovia	16:14
22.	Robin Wheelless	M31	Syracuse TC	Syracuse	16:15
23.	Howie Reitz	M34	Team Xerox	Pittsford	16:17
24.	Dave Yendrzski	M30	Lake Lodgers	Fairport	16:18
25.	John Cico	M32	Syracuse TC	Syracuse	16:19
26.	Leo Finucane	M34	unattached	Rochester	16:21
27.	Jerry Smith	M48	Syracuse TC	Syracuse	16:21
28.	Mike Burke	M35	Lake Lodgers	Henrietta	16:23
29.	Tom Greer	M40	Syracuse TC	Port Byron	16:27
30.	Jim Boyle	M41	Marathoners	Rochester	16:28
31.	Ray Stemmer	M31	unattached	Rochester	16:29
32.	Peter Holowka	M27	unattached	Orchard Park	16:31
33.	Frank Goetz	M34	Team Xerox	Fairport	16:32
34.	Roger Messenger	M37	unattached	Hilton	16:34
35.	Dan Rohnke	M26	Flatliners	Webster	16:35
36.	Tim Woodbridge	M34	Syracuse TC	Fayetteville	16:37
37.	Mark Donnelly	M29	Syracuse TC	E.Syracuse	16:42
38.	Mark North	M27	High Noon AC	Ithaca	16:47
39.	Bob Birecree	M33	unattached	Rochester	16:49
40.	Rick Schopinsky	M25	Rationalizers	Palmyra	16:50
41.	Kevin Kelly	M40	Syracuse TC	Syracuse	16:52
42.	Rick Cleary	M35	High Noon AC	Ithaca	16:53
43.	Tom Lamme	M44	Cats AC	Penfield	16:56
44.	Matt Caton	M28	Cats AC	Rochester	17:03
45.	Sandy Foster	M35	unattached	Rochester	17:05
46.	Scott Weiler	M29	Team Xerox	Rochester	17:07
47.	Greg Brooks	M44	Marathoners	Irondequoit	17:12
48.	Mike Rockow	M31	unattached	Holley	17:14

49.	Bruce Monroe	M34	Syracuse TC	Syracuse	17:16
50.	Dave Steele	M25	unattached	Brockport	17:20
51.	Steve Limperis	M25	Team Xerox	Rochester	17:20
52.	Bruce Bush	M41	Syracuse TC	Syracuse	17:25
53.	Mike Colucci	M25	unattached	Rochester	17:29
54.	Charlie Kellogg	M51	Cats AC	Honeoye Falls	17:30
55.	Ray Mann	M19	unattached	Rochester	17:30
56.	Ron McGarvey	M27	Team Xerox	Rochester	17:35
57.	Mike Reif	M42	Marathoners	Fairport	17:38
58.	Tom Carr	M46	Cats AC	Webster	17:39
59.	Tamara Sayre	F29	High Noon AC	Ithaca	17:43
60.	Steven Buckley	M35	unattached	Rochester	17:48
61.	Ed Housel	M32	unattached	Rochester	17:50
62.	Richard Aslin	M42	unattached	Rochester	17:54
63.	Walter Scott	M31	unattached	Rochester	18:00
64.	Dave Schmitz	M24	unattached	Rochester	18:06
65.	Jim Owens	M42	Marathoners	Fairport	18:09
66.	Ken Rasmussen	M39	unattached	Geneseo	18:10
67.	Noel Vanier	M40	unattached	Rochester	18:12
68.	Harry deLahunta	M32	Hungry Harriers	Rochester	18:14
69.	Mark Spelman	M46	unattached	Orchard Park	18:15
70.	Don Solarek	M51	Marathoners	E.Rochester	18:16
71.	Jim Erwin	M29	Lake Lodgers	Rochester	18:17
72.	Joe Spencer	M36	unattached`	Scottsville	18:18
73.	Bob Dattola	M47	unattached	Rochester	18:18
74.	Steve Masterson	M34	unattached	Scarborough,Ont.	18:23
75.	Marc Light	M25	unattached	Rochester	18:25
76.	John Doll	M18	unattached	Webster	18:26
77.	missing				
78.	Dave Lester	M31	unattached	Honeoye Falls	18:30
79.	Paul Nowicki	M33	unattached	Fairport	18:34
80.	Dave McSally	M48	Syracuse TC	Camillus	18:36
81.	Tim Rhoads	M17	unattached	Rochester	18:37
82.	Christian Cordts	M24	Case-Hoyt	Spencerport	18:40
83.	Tim Walters	M28	unattached	Rochester	18:41
84.	Mark Driscoll	M25	unattached	Rochester	18:43
85.	Jim Shoemaker	M33	unattached	Rochester	18:43
86.	Matt Stewart	M18	unattached	Rochester	18:45
87.	Mike Hasenauer	M39	unattached	Shortsville	18:46
88.	Tom Ryan	M42	Blade Runners	Batavia	18:47
89.	Rob Bradley	M16	unattached	Rochester	18:47
90.	Tony Trama	M36	unattached	Rochester	18:48
91.	Bill Kehoe	M50	Cats AC	Rochester	18:50
92.	David Blake	M42	Blade Runners	Stafford	18:52
93.	Richard Wilcox	M26	unattached	Rochester	18:58
94.	Richard Detwiler	M42	unattached	Webster	19:06
95.	Doug Christensen	M32	unattached	Syracuse	19:09
96.	Lee Skipper	M31	unattached	Pittsford	19:11
97.	Jim Mallory	M33	Cats AC	Rochester	19:13
98.	Dennis Buckley	M37	Blade Runners	Batavia	19:14
99.	Jon Schwab	M22	unattached	Rochester	19:15
100.	Dick Telarico	M52	unattached	Henrietta	19:16
101.	Rhonda Bell	F31	High Noon	Ithaca	19:18
102.	R. Hwang-Schweitzer	M31	Carps	Rochester	19:18
103.	Jim Memmott	M49	Cats AC	Rochester	19:19
104.	Rick Lesser	M41	unattached	Rochester	19:20

105.	Leslie Cameron	F26	High Noon	Rochester	19:21
106.	Culver Dygert	M41	unattached	E.Rochester	19:22
107.	Richard Schopinsky	M52	Rationalizers	Farmington	19:23
108.	Rick Seavey	M42	Marathoners	Fairport	19:28
109.	Tim Matthews	M39	Cats AC	Rochester	19:30
110.	Erin Hogan	F32	unattached	Toronto,Ont.	19:31
111.	Marie White	F31	Cats AC	Henrietta	19:32
112.	Tom Birecree	M36	unattached	Rochester	19:34
113.	Jim Palmeri	M49	unattached	Rochester	19:35
114.	William Shaw	M40	Screamin' Gibbons	Brockport	19:36
115.	Terry Robbins	M22	unattached	Honeoye Falls	19:38
116.	Pat Laveck	M40	unattached	Fairport	19:40
117.	Graham Katz	M25	unattached	Rochester	19:43
118.	Ken Newbury	M23	unattached	Ithaca	19:45
119.	Tom Gallagher	M32	Carps	Rochester	19:47
120.	Bob Breary	M38	Carps	Rochester	19:50
121.	Scott Forsyth	M40	City Livin'	Rochester	19:53
122.	Gerald Rhoads	M22	unattached	Rochester	19:56
123.	Robert Black	M29	unattached	Canandaigua	19:56
124.	Rich Iovine	M37	Rationalizers	Rochester	20:02
125.	Scott Reardon	M20	unattached	Adams	20:05
126.	Philip Livingston	M3?	Screamin' Gibbons	Brockport	20:08
127.	Dan Quinlisk	M37	unattached	Rochester	20:14
128.	Dan Hayden	M25	O.T.I.	Rochester	20:16
129.	Jennifer Jensen	F30	Terbo Tri-Sports	Rochester	20:17
130.	Laurie Lester	F29	unattached	Honeoye Falls	20:21
131.	Roberta Baker	F40	unattached	Pittsford	20:23
132.	Rich Hirschland	M29	Hungry Harriers	Rochester	20:25
133.	Doug Ralph	M36	unattached	Rochester	20:26
134.	Ed Feder	M40	Case-Hoyt	Rochester	20:28
135.	Charles Streb	M??	Case-Hoyt	Victor	20:29
136.	Mary Shaver	F50	unattached	Rochester	20:33
137.	Ann Dannhauer	F24	unattached	Rochester	20:36
138.	Barry Brown	M56	G.J.	Henrietta	20:42
139.	Kyle Dappen	M28	unattached	Rochester	20:44
140.	Paul Richards	M45	G.J.	Rochester	20:50
141.	Patrick Tydings	M37	G.J.	Rochester	20:57
142.	Tom Switzer	M42	unattached	Toronto,Ont.	20:58
143.	Kevin Callanan	M33	unattached	Mumford	21:01
144.	Jack Lyda	M48	Cats AC	Fairport	21:07
145.	Sue Zygo	F40	Terbo Tri-Sports	Rochester	21:10
146.	Dave Burke	M31	City Livin'	Rochester	21:21
147.	Hugh Edwards	M32	Screamin' Gibbons	Rochester	21:22
148.	Kelly Brien	F23	unattached	Appleton	21:26
149.	Nancy Emery	F26	Carpettes	Rochester	21:27
150.	Denise Everitt	F38	Terbo Tri-Sports	Marion	21:32
151.	Rod Sheets	F56	unattached	Rochester	21:33
152.	Carolyn Kriessen	F48	Cats AC	Webster	21:34
153.	Jeff Caston	M31	Case-Hoyt	Webster	21:35
154.	Nancy Salatino	F34	Carpettes	Fairport	21:42
155.	Harry Luke	M46	unattached	Macedon	21:47
156.	Steve Moulton	M29	Team Me	Rochester	21:48
157.	Bruce Laidlaw	M58	Syracuse TC	Syracuse	21:49
158.	Chris Spragge	F27	Cats AC	Henrietta	21:59
159.	John Burke	M66	City Livin'	Rochester	22:06
160.	Karen Driscoll	F24	unattached	Rochester	22:09

161.	Jack Wallen	M45	G.J.	Rochester	22:29
162.	Charles McParland	M40	unattached	Fairport	22:41
163.	Leslie Nowicki	F30	Cats AC	Fairport	22:43
164.	April Messenger	F14	unattached	Hilton	22:48
165.	Alan Hamburg	M44	unattached	Rochester	23:07
166.	Elizabeth Murphy	F25	unattached	Rochester	23:11
167.	Kristine Mallory	F25	unattached	Rochester	23:27
168.	Joe Dunn	M29	Hungry Harriers	Rochester	23:31
169.	Judy Wisotke	F24	Carpettes	Rochester	23:32
170.	Susie Choi	F24	unattached	Rochester	25:04
171.	Brendan Hogan	M12	unattached	Penfield	26:00
172.	Lynn Lewis	M48	unattached	Watkins Glen	26:01
173.	Gary Austin	M33	Carps	Rochester	26:19
174.	Carl Salatino	M33	Carps	Fairport	26:20

Note: Once again the McQuaid Invitational Open Race was part of the Sports Page Team Challenge. Team scoring was kept but is not available. As you can see from some of the team names, most teams were not official USATF club teams. Both the Men's winner, Scott Jones and the Women's champion Tamara Sayre competed for the High Noon A.C. out of Ithaca, NY. The club is so-named because daily workouts are held at 12 noon from Barton Hall Field House at Cornell University in Ithaca, NY.

1992 McQuaid XC Invitational Open Race – 18th Annual
(Results from Pete Glavin's personal files)

Genesee Valley Park
3-mile course
Saturday, October 3, 1992
Upstate NY Cross Country Series
65 degrees, partly cloudy.

1.	Jerry Lawson	Syracuse TC	14:10.0
2.	Pat Cauley	Syracuse TC	15:19
3.	Larry Woods	Syracuse TC	15:34
4.	Chris Shepardson	Syracuse TC	15:37
5.	Gerald Scholder	Syracuse TC	15:39
6.	Rick Cornelissen	Alymer, Ont.	15:45
7.	Carl Johnston	Cats AC	15:48
8.	Dan Rohnke	Patruno	15:52
9.	Roger Hawks	Patruno	15:54
10.	Antonio Eppolito	Patruno	15:56
11.	Paul Dodd	Pittsford, NY	16:01
12.	Dave Bischoff	Mud Lite	16:01
13.	Alan Willmes	Patruno	16:05
14.	Rick Hoebeke	High Noon AC	16:05
15.	Steve McMahon	Patruno	16:07
16.	Derek White	Clarence, NY	16:10
17.	Scott Roberts	High Noon AC	16:11
18.	Scott Knapp	Victor, NY	16:12
19.	Allen Mead	Patruno	16:13
20.	Peter Ruel	Oswego RR	16:17
21.	Robin Wheelless	Syracuse TC	16:18
22.	John "Opie" Payne	Wanker Team #4	16:26

23.	Bill McMullen	Blade Runners	16:26
24.	Dave Patruno	Patruno Electric	16:27
25.	Tom Warth	Nixon-Hargrave	16:28
26.	Denis Ingalls	Corning, NY	16:29
27.	Frank Bergin	Newmarket, Ont.	16:30
28.	Derck Frechette	Cats AC	16:32
29.	Dave Yendrzeski	Fairport, NY	16:36
30.	Jim Boyle	Cats AC	16:40
31.	Andrew Mullen	Oneida, NY	16:41
32.	Pat Monahan	Toronto, Ont.	16:43
33.	Jerry Smith	Syracuse TC	16:44
34.	Tom Greer	Syracuse TC	16:45
35.	Bob Birecree	Mud Lite	16:50
36.	Frank Goetz	Team Xerox	16:51
37.	Matt Flinders	Syracuse, NY	17:00
38.	Brian Dodge	Oswego RR	17:07
39.	Ron Jacobus	Corning, NY	17:10
40.	Tom Lamme	Cats AC	17:11
41.	Peter Holowka	Orchard Park, NY	17:12
42.	Mike Lyons	Team Xerox	17:13
43.	David Michelsen	Fairport, NY	17:15
44.	Ron McGarvey	Team Xerox	17:16
45.	Patrick Martin	Rochester, NY	17:19
46.	Christian Cordts	Cats AC	17:21
47.	Bernie Gardner	Honeoye Falls, NY	17:22
48.	John Lamie	Oswego RR	17:24
49.	Mike DeMay	E. Rochester, NY	17:26
50.	Jim Erwin	Rochester, NY	17:31
51.	Joe Chimino	Blade Runners	17:33
52.	Eshetu Setegn	Mud Lite	17:38
53.	Paul Smarsh	Family Values	17:40
54.	John Doll	Webster, NY	17:40
55.	Mike Hoeschele	Mud Lite	17:40
56.	Greg King	Team Xerox	17:41
57.	Ed Housel	Rochester, NY	17:42
58.	Mike O'Connor	Rochester, NY	17:44
59.	Andrew Martin	Rochester, NY	17:46
60.	Damon Pardi	Pittsford, NY	17:48
61.	Craig Coon	Penfield, NY	17:49
62.	Mike Hasenauer	Cats AC	17:53
63.	Steven Buckley	Rochester, NY	17:59
64.	Tony Trama	Family Values	18:02
65.	Larry Zygo	Once a Week RC	18:10
66.	Richard Aslin	Rochester, NY	18:15
67.	Tom Carr	Cats AC	18:20
68.	Tim Walters	Waterloo, NY	18:23
69.	Mark Pacini	Team Wanker #4	18:27
70.	Paul Hiscuitt	Blade Runners	18:30
71.	David Blake	Blade Runners	18:32
72.	Tammy Wilcox	London, Ont.	18:36.3*
73.	Dennis Eidem	Rochester, NY	18:45
74.	Paul Foster	Oswego RR	18:46
75.	Ed Bunce	Rochester, NY	18:49
76.	Tom Gabruk	Cats AC	18:49
77.	Jim Owens	Fairport, NY	18:50
78.	Walter Scott	Once a Week RC	18:51

79.	Don Solarek	E. Rochester, NY	18:51
80.	Jim Davis	Mud Lite	18:54
81.	Shawn Ritchie	Rochester, NY	18:57
82.	Timothy Rhoads	Rochester, NY	18:59
83.	Buzz Cox	Ontario, NY	19:02
84.	Paul Hickey	Rochester, NY	19:03
85.	Tom Ryan	Blade Runners	19:06
86.	Bill Kehoe	Cats AC	19:08
87.	Gail Jones	Rochester, NY	19:10*
88.	William Shaw	Screamin' Gibbons	19:10
89.	Doug Sanger	Team Spit	19:16
90.	Dick Telarico	Henrietta, NY	19:23
91.	David Lawrence	Team Swallow	19:25
92.	Terry Robbins	Honeoye Falls, NY	19:27
93.	Brian McBride	Once a Week RC	19:32
94.	Steve Parrish	Fairport, NY	19:34
95.	Joe Spencer	Family Values	19:38
96.	Lee Skipper	Pittsford, NY	19:44
97.	Ed Wardrop	Team Spit	19:46
98.	Marilyn Brandt	Syracuse Chargers	19:47*
99.	Robert Breary	Team Swallow	19:50
100.	Bob Smith	E. Rochester, NY	19:51
101.	Kevin Welch	Screamin' Gibbons	19:58
102.	Mary Starkweather	Rochester, NY	20:00*
103.	Scott Reardon	Wanker Team #4	20:01
104.	Doug Ralph	Cats AC	20:01
105.	John Ritz	Team Swallow	20:01
106.	Rick Iovine	Rochester, NY	20:06
107.	Dan Hayden	Team O.T.I.	20:06
108.	Ross Miller	Rochester, NY	20:08
109.	Tim Matthews	Cats AC	20:11
110.	Mike Godsen	Team O.T.I.	20:14
111.	Jennifer Jensen	Team Sprite	20:15*
112.	William Pollock	Team O.T.I.	20:15
113.	Dan Quinlisk	Family Values	20:16
114.	Duane Sims	Martville	20:18
115.	Laurie Cuomo	Lady Rats	20:21*
116.	Jim Palmeri	Cats AC	20:23
117.	Phil Livingston	Screamin' Gibbons	20:28
118.	Ed Pettinella	Pittsford, NY	20:31
119.	Stacy Chase	Syracuse TC	20:34*
120.	Mark Salata	Rochester, NY	20:47
121.	Donald Baum	Once a Week RC	20:49
122.	Sue Sandstrom	Syracuse TC	20:55*
123.	Ann Dannhauer	Rochester, NY	20:58*
124.	Culver Dygert	E. Rochester, NY	20:59
125.	Joseph Schlift	Kingston, NY	21:00
126.	Sue Zygo	Lady Rats	21:08*
127.	Dan Dixon	Brockport, NY	21:11
128.	Heather Sanderson	Rochester, NY	21:15*
129.	Chris Lewis	Rochester, NY	21:17
130.	Hugh Edwards	Screamin' Gibbons	21:18
131.	Patrick Tydings	Rochester, NY	21:22
132.	Jennifer Warden	Rochester, NY	21:27*
133.	Neil Trama	E. Rochester, NY	21:27
134.	Dave Kemp	Fairport, NY	21:28

135.	Kevin DeBaise	Honeoye Falls, NY	21:32
136.	Jennifer Treat	Lima, NY	21:41*
137.	Jack Lyda	Cats AC	21:47
138.	Paula Seltzer	Syracuse TC	21:50*
139.	Judy Wisotke	Team Sprite	21:57*
140.	Matthew Gabel	Rochester, NY	22:03
141.	Richie Merriam	Rochester, NY	22:04
142.	Robin DeLorm	Rochester, NY	22:04*
143.	Phillip Esce	Rochester, NY	22:06
144.	Thomas Worden	Pittsford, NY	22:13
145.	Jerry Erb	Team Swallow	22:34
146.	Denise Everitt	Lady Rats	22:41
147.	Bruce Laidlaw	Syracuse TC	22:50
148.	Julie Skipper	Pittsford, NY	23:01*
149.	Harry McRea	Lockport, NY	23:05
150.	Tracy Romano	Lightning Slugs	23:14*
151.	Jeannine Mongeon	Syracuse Chargers	23:19*
152.	Mike Fedele	Rochester, NY	23:28
153.	Kenneth Wright	Corning, NY	23:32
154.	Harvey Palmer	Rochester, NY	23:41
155.	Joel Salatino	Team Spit	23:54
156.	Kay Brummond	Barrington, NY	24:03*
157.	Arthur Muldoon	Fairport, NY	24:14
158.	Paul Milazzo	Brockport, NY	24:34
159.	Gerry Martin	Staunton, VA	25:08
160.	Carl Salatino	Team Spit	25:44
161.	Jane Iaculli	GRTC	26:15*
162.	William Pow	Penfield, NY	26:50
163.	Patricia Hawkes	Team Sprite	27:02*
164.	Susie Choi	Lightning Slugs	27:28*
165.	Gillian Burriack	Team Sprite	27:34*
166.	Julie Rehm	Rochester, NY	28:16*
167.	Tim Deckman	Honeoye Falls, NY	31:28

Team Scores:

Elite Men (5 score)

1.	Syracuse TC	15
2.	Patruno Electric	40
	High Noon	Inc.

Open Men (3 score)

1.	Mud Lite	22
2.	Oswego RR	23
3.	Team Xerox	26
4.	Cats AC	36
5.	Blade Runners	39
6.	Team Wanker #4	60
7.	Family Values	65
8.	Once a Week RC	75
9.	Team Swallow	102
10.	Screamin' Gibbons	106
11.	Team Spit	109
12.	Team O.T.I.	120

Master men (3 score)

- | | | |
|----|-------------|----|
| 1. | Cats AC | 8 |
| 2. | Syracuse TC | 19 |
| 3. | Cats AC II | 27 |

Open Women (3 score)

- | | | |
|----|-------------------|------|
| 1. | Syracuse TC | 9 |
| 2. | Team Sprite | 12 |
| | Lightning Slugs | Inc. |
| | Syracuse Chargers | Inc. |

Senior Women (3 score)

- | | | |
|----|-----------|---|
| 1. | Lady Rats | 6 |
|----|-----------|---|

Note: This was the inaugural season of the Upstate NY Cross Country Series and the McQuaid Invitational Open race was the third race in the series. The great Jerry Lawson of the Syracuse Track Club ran a spectacular 14:10 solo effort for the all-time best time at Genesee Valley Park. Little is known of the Women's champion, Tammy Wilcox, of London, Ontario, who won by over 30 seconds in a very respectable 18:36.3.

All of the times on the original race result's sheet are listed to the nearest 1/10th of a second. I have rounded them to the slower second for reporting purposes here.

I must comment on the team names in the Upstate Series. I understand "Team Spit" made up of a family of Dentists but could anyone explain the "Screamin' Gibbons" and "Team Wanker #4" for me???? Then again maybe we're better off not knowing.

1993 McQuaid XC Invitational Open Race – 19th Annual

(Results from Pete Glavin's personal files)

Genesee Valley Park

3-mile course

Saturday, October 2, 1993

Upstate NY Cross Country Series

55 degrees, cloudy,

course: slick.

1.	Christian Reed	M22	Barker, NY	14:49.1
2.	Dennis Cullinane	M28	High Noon AC	14:54
3.	Peter Glavin	M31	Cats AC	14:57
4.	Jim Bathgate	M26	Cats AC	15:17
5.	Karl Staven	M34	High Noon AC	15:29
6.	Scott Roberts	M26	High Noon AC	15:34
7.	Andrew Flood	M29	Ithaca, NY	15:35
8.	Dan Rohnke	M28	Patruno Electric	15:36
9.	Carl Johnston	M28	Cats AC	15:38
10.	Mark Gaffney	M26	Auburn Pulsars	15:40
11.	Ron Herreid	M28	High Noon AC	15:41
12.	Nathan Sacco	M22	Cats AC	15:42
13.	Jim Oberst	M30	Cats AC	15:45
14.	Rick Cornelissen	M33	Alymer, Ontario	15:46
15.	Joe Simpson	M26	High Noon AC	15:47
16.	Ron Becht	M35	Tillsonburg, Ont.	15:50
17.	Roger Hawkes	M27	Patruno Electric	15:51
18.	Allen Mead	M26	Patruno Electric	15:52
19.	Antonio Eppolito	M25	Patruno Electric	15:54
20.	Glenn Palin	M24	Rochester, NY	15:58
21.	Dave Bischoff	M31	Mud Lite	15:59
22.	Derreck Jones	M22	Cats AC	16:02
23.	Steve Roman	M17	Toronto, Ont.	16:05
24.	Teague Ruder	M18	Fairport, NY	16:06
25.	Dave Yendrzeski	M32	Fairport, NY	16:08
26.	Mark Schneider	M23	Auburn Pulsars	16:14
27.	Pat Monahan	M49	Toronto, Ont.	16:15
28.	Doug Burdick	M39	Auburn Pulsars	16:21
29.	Steve Limperis	M27	Team Xerox	16:25
30.	Peter Holowka	M28	Orchard Park, NY	16:27
31.	Frank Goetz	M36	Team Xerox	16:28
32.	Brian Dodge	M40	Oswego RR	16:29
33.	Chris Burns	M38	Albany, NY	16:32
34.	Dave Grady	Mxx	Syracuse TC	16:38
35.	Bill McMullen	M40	Blade Runners	16:40
36.	Tom Warth	M29	Rochester, NY	16:41
37.	Matt Caton	M30	Tailgunners	16:42
38.	Mike Lyons	M30	Team Xerox	16:44
39.	Jerry Smith	M50	Syracuse TC	16:45
40.	Alan Tarr	M35	Cats AC	16:49
41.	Ted Thull	M32	Mud Lite	16:50
42.	Chris Mansfield	M24	High Noon AC	16:51
43.	Ron Nelson	M37	Oswego RR	16:52
44.	Joe Chimino	M40	Blade Runners	16:53
45.	Terry Lee	M41	Blade Runners	16:54
46.	Ray Stemmer	M32	Cats AC	16:56

47.	Andrew Bourn	M38	Fairfax, VA	16:57
48.	Jeff Rumbaugh	M22	Rochester, NY	17:05
49.	John Lamie	M26	Oswego RR	17:05
50.	Ray Eichmann	M24	Hilton, NY	17:07
51.	Bob Birecree	M35	Mud Lite	17:09
52.	Shawn McDonald	Mxx	High Noon AC	17:14
53.	Ron McGarvey	M28	Team Xerox	17:15
54.	Bob Nessel	M30	Syracuse TC	17:16
55.	Vinny Hogan	M33	Corfu, NY	17:17
56.	Paul Persia	M42	Blade Runners	17:18
57.	Beth DeCiantis	F31	Rochester, NY	17:19
58.	Ibrahim Sirad	M31	Cats AC	17:25
59.	Jim Boyle	M43	Cats AC	17:25
60.	Will Riddell	M25	High Noon AC	17:27
61.	Paul Smarsh	M34	Tailgunners	17:35
62.	Toby Lavigne	M27	High Noon AC	17:36
63.	Tom Carr	M48	Cats AC	17:42
64.	Larry Zygo	M43	Rochester, NY	17:43
65.	Bernie Gardner	M37	Honeoye Falls, NY	17:44
66.	John Furgele	M25	Cats AC	17:46
67.	John Doll	M20	Webster, NY	17:52
68.	Tony Trama	M38	Tailgunners	17:53
69.	Mike Hoeschele	M43	Mud Lite	18:01
70.	Paul Foster	M32	Oswego RR	18:03
71.	Charlie Gardner	M32	Honeoye Falls, NY	18:07
72.	David Blake	M44	Blade Runners	18:10
73.	Anne Forbes	F36	Cats AC	18:10.3*
74.	Paul Hiscuitt	M40	Blade Runners	18:19
75.	Jim Davis	M38	Mud Lite	18:20
76.	Don Solarek	M52	Cats AC	18:21
77.	John Kopcienski	M30	Mud Lite	18:23
78.	Mike Valleriano	M34	Mud Lite	18:28
79.	Tim Walters	M29	Seneca Falls, NY	18:33
80.	Tom Gabruk	M40	Cats AC	18:37
81.	Joe Spencer	M38	Tailgunners	18:46
82.	Tom Ryan	M43	Blade Runners	18:53
83.	Ed Wardrop	M43	Roborunners	18:53
84.	Roger Howe	M45	Rochester, NY	18:57
85.	Terry Robbins	M24	Cats AC	19:02
86.	Dick Telarico	M54	Henrietta, NY	19:05
87.	Tim Matthews	M41	Cats AC	19:10
88.	Marilyn Brandt	F34	Syracuse Chargers	19:11
89.	Bob Sutorius	M39	Cats AC	19:15
90.	Lani Rogers	F27	Ithaca Women	19:19
91.	Walter Scott	M33	Rochester, NY	19:20
92.	Tim Rhoads	M19	Rochester, NY	19:27
93.	Doug Sanger	M35	Roborunners	19:31
94.	Andrea Burke	F43	Skaneateles, NY	19:35
95.	Jennifer Jensen	F32	Cats AC	19:37
96.	Ross Miller	M42	Rochester, NY	19:40
97.	Philip VanPeurse	M11	Rochester, NY	19:42
98.	Karen Soehner	F34	Cats AC	19:53
99.	Dan Quinlisk	M36	Tailgnners	20:00
100.	Robert Brearey	M40	Mud, Blood & Beer	20:08
101.	Richie Merriam	M10	Chili, NY	20:13
102.	Sandi Gregorich	F30	Ithaca Women	20:14

103.	Jim Palmeri	M51	Cats AC	20:15
104.	John Lewis	M19	Stafford, NY	20:16
105.	Kevin Callanan	M35	Mumford, NY	20:18
106.	Mort Nace	M27	Cats AC	20:22
107.	Wilton Alston	M34	Mud, Blood & Beer	20:24
108.	Richard Ball	M34	Pittsford, NY	20:39
109.	Jack Lyda	M50	Cats AC	20:48
110.	Antje Stendel	F20	Germany	20:54
111.	MaryBeth Hasenauer	F41	Cats AC	20:54
112.	Bill Kehoe	M51	Cats AC	20:57
113.	Culver Dygert	M46	E. Rochester, NY	20:59
114.	Richard Jarrett	M57	Cats AC	21:05
115.	Sue Zygo	F42	Rochester, NY	21:13
116.	Jim Memmott	M51	Cats AC	21:29
117.	Bruce Laidlaw	M60	Syracuse TC	21:53
118.	Linda Marchese	F24	Ithaca Women	22:03
119.	Joaquin Gomes	Mxx	Mud, Blood & Beer	22:11
120.	Dan Nolan	M45	Webster, NY	22:16
121.	Judy Wisotke	F26	Roborunners	22:50
122.	Terri Cvetan	F32	Rochester, NY	23:02
123.	Gerry Erb	M36	Mud, Blood & Beer	23:05
124.	Peter Rosenthal	M26	Roborunners	23:14
125.	Chris Dygert	M46	Rochester, NY	23:24
126.	Jana Gardner	F32	Honeoye Falls, NY	23:35
127.	Bob Swinarski	M46	Batavia, NY	24:35
128.	Fran DeNardo	F35	Rushville, NY	24:46
129.	Jane Iaculli	F46	Honeoye Falls, NY	24:46
130.	Bill Pow	M64	Penfield, NY	25:16
131.	Keith Karn	M35	Rochester, NY	25:35
132.	Joel Salatino	M32	Powerlifters	26:24
133.	Gail Hein	F41	Altamont, NY	27:47
134.	Tom Dessauer	M47	Rochester, NY	27:49
135.	Gillian Burriack	F30	Powerlifters	28:10
136.	Gary Austin	M34	Powerlifters	28:11
137.	Carl Salatino	M35	Powerlifters	28:12

Team Scores

Elite Men (5 score)

1.	High Noon AC	27
2.	Cats AC	28

Open Men (3 score)

1.	Patruno Electric	8
2.	Auburn Pulsars	17
3.	Team Xerox	32
4.	Mud Lite	40
5.	Oswego RR	46
6.	High Noon AC	49
7.	Cats AC	62
8.	Tailgunners	63
9.	Roborunners	107

10.	Mud, Blood & Beer	114
11.	The Powerlifters	132

Master Men (3 score)

1.	Blade Runners	6
2.	Cats AC	20
3.	Cats AC Vets	29

Open Women (3 score)

1.	Cats AC	8
2.	Ithaca Women	13

Note: Once again, the McQuaid Invitational Open Race was part of the Upstate NY Cross Country Series. I recall that the race winner, Christian Reed, was a student at the University of Rochester. The highlight of the race was the very fast 17:18.1 (17:19) posted by Rochester's Beth DeCiantis. This remains as the fastest women's time for the McQuaid Invitational Open race.

1994 McQuaid XC Invitational Open Race - 20th Annual

(Bill Quinlisk's personal files yielded these partial results obtained from the November/December, 1994 issue of the Greater Rochester TC Newsletter)

Genesee Valley Park
3-mile course
Saturday, October 1, 1994

Men

1. Dominic Colose	15:49	CATS AC
2. Rick Cornelissen	16:08	Alymer, Ontario
3. Mike Oberholzer	16:12	Rochester
4. John Sullivan	16:49	Rochester
5. Frank Bergin	16:54	Oshawa, Ontario
6. Jeff Peters	16:57	Windsor, Ontario
7. Joseph Grieco	17:03	Toronto, Ontario
8. Leo Finucane	17:07	Rochester-Aquinas
9. Chris Koller	17:22	Buffalo-McQuaid
10. Jeff Rumbaugh	17:28	Rochester

also

1 st Master (40+)		
Dick Withrow	18:05	Pittsford

Women		
1. Karen Lilly	20:59	Fairport
2. Jenny Wells	22:29	Strongsville, Ont.
3. Betsy Gombas	22:55	Strongsville, Ont.
4. Karin Gogolsky	23:02	Chili
5. Jane O'Donnell	23:25	Palmyra
6. Jayne Rader	26:40	Lima
also		
1 st Master (40+)		
Gail Hein	28:23	Aliamont

*Note: The complete results for this race are missing. Any help would be appreciated.
 Anyone having more information about this race should contact Bill Quinlisk at billqxc@verizon.net*

1995 McQuaid XC Invitational Open Race – 21st Annual
 Another missing year - No Results Available.

Anyone having any results from these races should contact Bill Quinlisk at billqxc@verizon.net

1996 McQuaid XC Invitational Open Race – 22nd Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 28, 1996

Note: The 1996 race was part of the Upstate NY Cross Country Series. Some of the clubs listed are USATF member clubs, others are clubs put together for the Upstate XC Series.

Note: Torrential rains inundated the course. After 26 High School races, the course was a mud bath. There were several large foot deep “puddles” to traverse. The first uphill was so slick that several runners were seen grabbing tree branches to pull themselves forward. Quite a few shoes were sucked off in the mud.

1996 USA Olympian at 10,000m, Kate Fonshell, came to town to give a clinic the night before the race. She stayed around to race through the mud for the victory.

Upstate NY Series’ Director Pete Glavin typed the results using capital letters and I did not want to re-type the entire result page, so I only re-did the top 20.

Former University of Rochester star, Dave Boutillier, using his “home” course knowledge won the race decisively by outkicking White and Gaffney in the last half mile. “Boots” is the owner of the successful Rochester area Fleet Feet store.

1.	Dave Boutillier	26	Rochester	CATS AC	16:14.7
2.	Derek White	24	Clarence	Clarence TC	16:21
3.	Mark Gaffney	29	Port Byron	Auburn-Patruno	16:29
4.	Andy Guitard	20	Ontario,Can.	Unattached	16:34
5.	Mark Schneider	x	Ithaca	High Noon AC	16:38
6.	Steve Wirkus	26	Ithaca	High Noon AC	16:47
7.	Dave Hawes	34	Batavia	GVH	16:54
8.	Dan Rohnke	31	Rochester	Auburn-Patruno	17:02
9.	Jeff Clark	18	Victor	McQuaid Alumni	17:05
10.	Rob Colvin	28	E.Syracuse	Auburn-Patruno	17:10
11.	Al Mead	29	Fairport	Auburn-Patruno	17:32
12.	Dave Bischoff	34	Fairport	GVH	17:17
13.	Robin Wheelless	36	Syracuse	Auburn-Patruno	17:18
14.	Peter Ohl	19	Rochester	UR River Runners	17:25
15.	Roger Janezic	32	Rochester	GVH	17:27
16.	Rick Hoebeke	47	Trumansburg	High Noon AC	17:29
17.	Scott Williams	35	Horseheads	unattached	17:32
18.	Don Miller	26	Auburn	Auburn-Patruno	17:35
19.	Jim Oberst	33	Rochester	CATS AC	17:40
20.	Jeff Rumbaugh	26	Geneva	GVH	17:46
21.	KATE FONSHHELL	26	Media, PA	ASICS	17:48.4
22.	TOM WARTH	32	Rochester	GVH	17:55
23.	NATHAN SACCO	25	Rochester	unattached	18:06
24.	DOUG BURDICK	42	Weedsport	A-P	18:06
25.	STEVE SHAW	18	Ithaca	HIGH NOON AC	18:07
26.	CORY ADAMS	22	Locke	A-P	18:09
27.	STEVE LIMPERIS	30	Rochester	GVH	18:10
28.	NATE HEBEL	22	Ithaca	HIGH NOON AC	18:11
29.	NAT SPURR	18	Rochester	UR RIVER RUN.	18:12
30.	JASON BARRY	18	Rochester	UR RIVER RUN.	18:17
31.	FRANK BERGIN	36	Ontario	unattached	18:20
32.	STEVE KETCHUM	40	Brockport	BLADE RUNNERS	18:23
33.	ERIK NORDMAN	23	Syracuse	SYR. CHARGERS	18:25

34.	GARY GRINNELL	24	Wellsburg	unattached	18:26
35.	DAVE PATRUNO	31	Syracuse	A-P	18:27
36.	CHRIS MANSFIELD	27	Freeville	HIGH NOON AC	18:29
37.	CHRIS RYAN	20	Batavia	unattached	18:31
38.	JOHN VAN KERKOVE	34	Rochester	GVH	18:37
39.	NATHAN HEILMAN	18	Rochester	UR RIVER RUN.	18:40
40.	TOM JANSEN	46	Horseheads	unattached	18:43
41.	MIKE LYONS	33	Rochester	GVH	18:45
42.	MIKE HORNAK	43	Greece	GVH MASTERS	18:45
43.	VINNY HOGAN	37	Corfu	ALT. TC	18:46
44.	TOM KNAPP	42	Beaver Dams	HIGH NOON AC	18:51
45.	JOHN LOVELL	19	Greece	GVH	18:52
46.	KEITH CONA	22	W.Henrietta	CATS AC	19:03
47.	CASEY CARLSTROM	37	Ithaca	HIGH NOON AC	19:05
48.	JIM BOYLE	46	Pittsford	CATS AC	19:07
49.	MATT CATON	33	Henrietta	ALT. TC	19:10
50.	LEM LINDER	28	Corning	SLUGS	19:14
51.	BILL McMULLEN	43	Batavia	BLADE RUNNERS	19:17
52.	LUKE REPPONE	19	Rochester	UR. RIVER RUN.	19:20
53.	MARK HARRISON	41	W. Henrietta	CATS AC	19:22
54.	JOHN WHITMAN	42	Ithaca	HIGH NOON AC	19:23
55.	RAY STEMMER	36	Rochester	CATS AC	19:24
56.	MARK MADIGAN	35	Rochester	CATS AC	19:30
57.	RICK CLEARY	40	Vermont	HIGH NOON AC	19:31
58.	FRANK GOETZ	39	Fairport	GVH	19:32
59.	GRAHAM DARROW	20	Rochester	UR RIVER RUN.	19:34
60.	RICK SCHOPINSKY	31	Rochester	ALT. TC	19:34
61.	STEVE McMAHON	31	Syracuse	A-P	19:36
62.	BOB KULWICKI	47	Hilton	GVH MASTERS	19:37
63.	HERB ENGMANN	51	Spencer	HIGH NOON AC	19:40
64.	TOM LAMME	49	Penfield	CATS AC	19:41
65.	TOM GABRUK	42	E. Rochester	CATS AC	19:45
66.	RICHIE MERRIAM	13	N.Chili	GVH	19:46
67.	ANDREW HUGGINS	34	Ohio	McQUAID ALUM.	19:47
68.	BRIAN MILLER	40	Brockport	BLADE RUNNERS	19:49
69.	DAVID BLAKE	47	Stafford	BLADE RUNNERS	20:03
70.	MIKE HASENAUER	44	Shortsville	GVH MASTERS	20:07
71.	<i>CHRIS MORGANTI</i>	31	<i>Syracuse</i>	<i>SYR. CHARGERS</i>	<i>20:09</i>
72.	JIM MALLEY	35	N. Chili	ALT. TC	20:10
73.	KEITH JOHNSON	30	Webster	CATS AC	20:22
74.	JIM BISOGNI	51	Ithaca	HIGH NOON AC	20:28
75.	<i>LINDA GROSSMAN</i>	32	<i>Rochester</i>	<i>CATS AC</i>	<i>20:29</i>
76.	CHRIS GALUPPO	22	Rochester	UR RIVER RUN.	20:30
77.	JOHN DAVIS	19	Rochester	UR RIVER RUN.	20:36
78.	DON CURRAN	37	Rochester	unattached	20:40
79.	<i>A. NAUJOKAS-KNAPP</i>	28	<i>Rochester</i>	<i>CATS AC</i>	<i>20:41</i>
80.	<i>ANN TALARICO</i>	27	<i>Rochester</i>	<i>CATS AC</i>	<i>20:45</i>
81.	MATT HUGGINS	32	Wash., DC	McQUAID ALUM.	20:46
82.	DAN BOWER	40	x	unattached	20:47
83.	<i>BARB BELLOWS</i>	42	<i>Ithaca</i>	<i>HIGH NOON AC</i>	<i>20:48</i>
84.	<i>TRACEY BUNCE</i>	23	<i>Canton</i>	<i>SYR. CHARGERS</i>	<i>20:49</i>
85.	PAUL SMARSH	37	N. Chili	ALT. TC	20:49

86.	MIKE REIF	47	Fairport	GVH MASTERS	21:00
87.	JEFF MELOLING	27	Syracuse	SYR. CHARGERS	21:10
88.	KEN McBRIDE	29	Rochester	unattached	21:18
89.	<i>BETH DWYER</i>	35	<i>Rochester</i>	<i>CATS AC</i>	<i>21:19</i>
90.	TERRY ROBBINS	27	Honeoye Falls	ALT. TC	21:25
91.	HOWARD OCHMAN	42	Rochester	CATS AC	21:30
92.	TOM RYAN	42	Batavia	BLADE RUNNERS	21:34
93.	<i>KIM SNEDDEN</i>	29	<i>Ithaca</i>	<i>HIGH NOON AC</i>	<i>21:38</i>
94.	GREG GOMBAS	47	Ohio	unattached	21:39
95.	DON SOLAREK	55	E. Rochester	CATS AC	21:42
96.	TIM MATTHEWS	44	Rochester	GVH MASTERS	21:44
97.	JOE SPENCER	42	Scottsville	ALT. TC	21:47
98.	BILL SUSAN	57	Rochester	CATS AC	21:48
99.	<i>LAURIE KINSELLA</i>	42	<i>Greece</i>	<i>GVH WOMEN</i>	<i>21:49</i>
100.	JIM DAVIS	41	Rochester	GVH MASTERS	21:58
101.	<i>PATTI FORD</i>	40	<i>Lafayette</i>	<i>SYR. CHARGERS</i>	<i>22:00</i>
102.	<i>BELINDA CONNER</i>	44	<i>Fairport</i>	<i>CATS AC</i>	<i>22:01</i>
103.	<i>LORRIE MARNELL</i>	35	<i>Locke</i>	<i>HIGH NOON AC</i>	<i>22:10</i>
104.	PAUL PERSIA	45	E. Pembroke	BLADE RUNNERS	22:25
105.	<i>JULIE HILSON</i>	25	<i>Ithaca</i>	<i>HIGH NOON AC</i>	<i>22:25</i>
106.	LOU FIORILLO	40	Painted Post	unattached	22:33
107.	<i>KAREN LARKIN</i>	37	<i>Rochester</i>	<i>CATS AC</i>	<i>23:01</i>
108.	DAVE OJA	44	Syracuse	SYR. CHARGERS	23:06
109.	TOM LeBEAU	43	Rochester	unattached	23:11
110.	TOM CARR	51	Webster	GVH Masters	23:16
111.	JOHN MONTGOMERY	36	Rochester	unattached	23:17
112.	<i>SANDY GREGORICH</i>	33	<i>Ithaca</i>	<i>HIGH NOON C</i>	<i>23:20</i>
113.	JOE TRONOLONE	44	Spencerport	unattached	23:23
114.	<i>KRISTEN FARQUAR</i>	24	<i>Rochester</i>	<i>CATS AC</i>	<i>23:30</i>
115.	BILL KEHOE	55	Rochester	CATS AC	23:32
116.	<i>CHRIS KOZIK</i>	32	<i>Mendon</i>	<i>GVH WOMEN</i>	<i>23:34</i>
117.	MARK WILTBERGER	28	Rochester	McQUAID ALUM	23:35
118.	DAVID CREEK	41	Rochester	unattached	23:38
119.	PETER HUGGINS	27	x	McQUAID ALUM	23:40
120.	ROB NORRIS	19	Rochester	McQUAID ALUM	23:41
121.	RICH MERRIAM	41	N.Chili	GVH MASTERS	24:03
122.	<i>KATE HOOKS</i>	18	<i>Ithaca</i>	<i>unattached</i>	<i>24:04</i>
123.	<i>STACEY BENTON</i>	27	<i>Freeville</i>	<i>HIGH NOON AC</i>	<i>24:04</i>
124.	<i>CELESTE BOATWRIGHT</i>	32	<i>Geneseo</i>	<i>HIGH NOON AC</i>	<i>24:05</i>
125.	<i>KARIN GOGOLSKY</i>	41	<i>Rochester</i>	<i>CATS AC</i>	<i>24:18</i>
126.	NOEL CHAVEZ	39	Rochester	GVH	24:37
127.	BILL QUINLISK	45	Rochester	GVH MASTERS	25:27
128.	No name	xx	x	x	26:36
129.	<i>KRISTEN MERRIAM</i>	15	<i>N.Chili</i>	<i>GVH WOMEN</i>	<i>26:40</i>
130.	TOM MURA	45	Phoenix, AZ	CATS AC	26:46
131.	<i>JANE IACULLI</i>	49	<i>Honeoye Falls</i>	<i>GVH WOMEN</i>	<i>26:50</i>
132.	<i>PAT SCHEIBER</i>	59	<i>Rochester</i>	<i>CATS AC</i>	<i>27:55</i>
133.	WILLIAM POW	67	Penfield	GRTC	36:16

1997 McQuaid XC Invitational Open Race – 23rd Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 27, 1997

**Hogan's Tour '97 Fall Cross Country Series
Saturday September 27, 1997 @ Genesee Valley Park
McQuaid Invitational Course 3 miles**

Place	Name	Club	Time
1	JASON QUAGLIATA, 23	GENESEE VALLEY HARRIERS	16:24.4
2	KEITH CONA, 23	GENESEE VALLEY HARRIERS	16:35.8
3	LAWRENCE GROSS, 22	Ithaca	16:49.0
4	DOUG GUNZELMAN, 17	Fairport	17:12.3
5	STEVE LIMPERIS, 31	GENESEE VALLEY HARRIERS	17:23.8
6	RAY LAWSON, 27	Addison	17:26.5
7	RAY STEMMER, 37	CATS AC	17:42.4
8	MATT CATON, 34	ALTERNATIVE T.C.	17:43.8
9	RICHIE MERRIAM, 14	GENESEE VALLEY HARRIERS	18:03.6
10	MIKE VACANTI, 36	Rochester	18:07.0
11	TOM GABRUK, 43	CATS A.C.	18:07.9
12	TIM JONES, 39	McQUAID ALUMNI	18:21.1
13	MIKE HOBAN, 43	Webster	19:19.3
14	TIM RHOADS, 23	Rochester	19:20.1
15	JIM BOYLE, 47	CATS A.C.	19:23.6
16	GREG BROOKS, 50	Irondequoit	19:26.8
17	MIKE LEMCKE, 42	Hilton	19:46.2
18	DON CURRAN, 38	Rochester	19:58.4
19	KARL DILCHER, 29	Brockport	20:21.0
20	TOM RYAN, 48	Batavia	20:22.4
21	BURT BOXWELL, 38	Rochester	20:33.5
22	MIKE LYONS, 34	Rochester	20:34.7
23	JEROME OBERST, 42	Oswego	20:43.8
24	KEN McBRIDE, 30	Rochester	20:48.8
25	REGINALD TURNBORNE, 42	Rochester	21:01.1
26	RICH VAN ALMKERK, 50	Kent	21:04.9
27	JOHN MONTGOMERY, 37	Rochester	21:12.0

28	KEVIN SHAW, 47	Rochester	21:19.5
29	DAN DIEBEL, 45	Rochester	21:22.2
30	LYNN EISMAN, 34	GENESEE VALLEY HARRIERS	21:24.5
31	JOE TRONOLONE, 45	Spencerport	21:35.4
32	BILL CURRAN, 37	Rochester	22:12.1
33	DAN BOWER, 40	Painted Post	22:26.7
34	GAIL WAGNER, 46	Webster	22:34.5
35	TERRY HEISE, 45	Rochester	22:53.6
36	RICH MERRIAM, 42	GENESEE VALLEY HARRIERS	23:08.3
37	BOB MENZ, 42	Webster	26:59.6
38	WILLIAM POW, 68	Penfield	28:22.0
39	PAT MARTIN, 48	Rochester	30:00.0

Note: The 1997 version of the McQuaid Invitational 3-mile Open Race was part of a 5 race series of “off-week” local races held in conjunction with the Upstate NY XC Series. The race and series were sponsored by local restaurant, “Hogan’s Hideaway”. The small field might be attributed to either memories of the previous year’s mud bath or to a racing conflict with the USASTF Niagara Association’s XC Championship race held the same day in Cortland, NY. Talented University of Rochester grad, Jason Quagliatta won the race. Jason would later turn to kayak racing where he would become one of the top paddlers in the U.S.

1998 McQuaid XC Invitational Open Race – 24th Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, October 3, 1998

HOGANS TOUR '98 FALL CROSS COUNTRY SERIES

McQuaid Invitational Open Race

Sat. October 3 @ Genesee Valley Park

Race Distance: 3 Miles

PLACE	NAME, AGE	TOWN/ TEAM	TIME
1	Derek White, 26	Williamsville	15:06
2	Mike DiRienzo, 17	St. Michaels/Toronto	15:39
3	Dmitriy Molokov, 22	RIT	15:44
4	Scott Williams, 37	Horseheads	15:46
5	Dan Rohnke, 33	Genesee Valley Harriers	16:36
6	Adrian Rankin, 17	St. Michaels/Toronto	16:40
7	Frank Bergin, 38	Newmarket, Ont	16:55
8	John Iaculli, 18	Honeoye Falls	17:10
9	Blaine Moore, 18	RIT	17:12
10	David Fitzpatrick, 25	Toronto, Ont	17:17
11	Jim Erwin, 36	Rochester	17:18
12	Tim Jones, 40	Rochester	17:24
13	Ray Lawson, 28	Addison	17:30
14	Troy Widden, 18	Webster	17:37
15	Brian Davis, 21	Williamson	17:55
16	John Lovell, 21	Greece	18:02
17	James Kinton, 23	Fairport	18:03
18	Mike Lyons, 35	Genesee Valley Harriers	18:06
19	Greg Brooks, 51	Irondequoit	18:08
20	John Montgomery, 38	Rochester	18:16
21	Ryan Messenger, 15	Hilton	18:22
22	Jay Reeder, 42	Genesee Valley Harriers	18:23
23	Andy Hartman, 19	RIT	18:24
24	David Valvo, 31	Genesee Valley Harriers	18:25
25	Jim Boyle, 48	Pittsford	18:29
26	Mike Hoban, 44	Webster	18:34
27	Seth Malcolm, 21	Ontario	18:43

28	Aaron Fox, 19	RIT	18:53
29	Mike Lemcke, 43	Hilton	18:54
30	Sandy Foster, 42	Rochester	19:02
31	Ken McBride, 31	Rochester	19:09
32	Tom Gallagher, 36	Springwater	19:59
33	David Capparelli, 17	Webster	20:26
34	Mike Hasenauer, 46	Genesee Valley Harriers	20:48
35	Dan Quinlisk, 41	Rochester	20:53
36	Bill Muffly, 49	Corning	21:23
37	Erin Tyler, 21	RIT	21:34
38	Leah Van Valkenberg, 18	RIT	21:37
39	Gail Wagner, 47	Webster	22:14
40	Walter Lukhaup, 46	Victor	22:35
41	Alan Oates, 16	Webster	22:48
42	Doug Steward, 45	Fairport	22:49
43	Jon Corson-Rikert, 47	Ithaca	23:01
44	Janice Fitton, 24	Fairport	23:20
45	Diane Stack, 19	RIT	23:27
46	Richie Merriam, 15	Genesee Valley Harriers	23:51
47	Rich Merriam, 43	Genesee Valley Harriers	23:52
48	Kari Horowicz, 36	Rochester	23:55
49	Denise Everitt, 45	Marion	24:05
50	Bob Menz, 43	Webster	24:06
51	Joe Lamonna, 37	Rochester	25:11
52	Wayne Sherry, 44	Victor	25:13
53	Marge Gallagher, 36	Springwater	25:20
54	Maryellen Meleca, 36	Rochester	28:03
55	Bill Pow, 69	Penfield	28:09
56	Gail Revell, 45	W. Henrietta	34:50

Note: Once again the McQuaid Invitational 3-mile Open Race was part of a 4 race series of “off-week” local races held in conjunction with the Upstate NY XC Series. The race and series continued to enjoy the sponsorship of local restaurant, “Hogan’s Hideaway”. The men’s champion was Derek White of Williamsville, NY, who ran a fine 15:06 on a beautiful day for racing. Women’s champion was Erin Tyler, a student at Rochester Institute of Technology (RIT). Former Section V XC standout Kari Horowitz (48th place) was in the process of revitalizing the RIT women’s XC program and the young women from RIT ran as a club team. They would be recognized as a varsity program in 2001.

1999 McQuaid XC Invitational Open Race – 25th Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, October 2, 1999

INNOVATIVE EDGE SPORTSWEAR

Fall Cross Country Series

Saturday, October 2, 1999 @ Genesee Valley Park

1	Jason Soja, 18	Lakewood, OH	15:39
2	Mike Oberholzer, 33	GVH	15:42
3	Scott Williams, 38	Corning	15:52
4	Dave Boutillier, 29	Yellowjacket Racing	15:57
5	Jim Robinson, 45	GVH	16:38
6	Ray Lawson, 30	Corning	16:42
7	Dave Fitzpatrick, 26	St Michaels/Toronto	17:20
8	Matt Tytler, 27	GVH	17:31
9	Frank Bergin, 39	Newmarket, Ont.	17:38
10	Richie Merriam, 16	North Chili	17:53
11	Craig Coon, 39	Penfield	18:01
12	Lou Fiorillo, 39	Corning	18:36
13	Mike Hoban, 46	Webster	18:44
14	Jim Boyle, 49	Pittsford	18:47
15	Mark Schiesser, 34	GVH	18:57
16	Rick Worner, 51	GVH	19:05
17	Sandy Foster, 43	Rochester	19:08
18	Greg Brooks, 52	Irondequoit	19:22
19	Mike Koron, 35	GVH	19:33
20	Matt Caton, 36	Alternative TC	19:36
21	Mike DeMay, 37	GVH	19:41
22	Aaron Fox, 20	RIT	19:51
23	Carolyn Smith-Hanna, 48	GVH	20:13
24	Jeff Scribani, 35	Rochester	20:19
25	Thomas Boubert, 26	Rochester	20:20
26	Carolyn Courtright, 26	Rochester	20:21
27	Jim Malley, 38	Alternative TC	20:45
28	Ken Avery, 45	Rochester	20:50

29	Josie Foos, 28	Rochester	20:52
30	Richard Courtright, 51	Rochester	20:53
31	Chris Kozik, 35	Mendon	21:58
32	Vincent Luongo, 39	Rochester	21:09
33	John Penamonte, 48	Mendon	21:28
34	Amy Cuomo-Oberst, 33	Rochester	21:29
35	Dan Quinlisk, 42	Alternative TC	21:40
36	Ashley Thayu, 15	Honeoye Falls	21:41
37	Kari Horowicz, 37	GVH	22:02
38	Jim Erwin, 37	Brighton	22:03
39	Patrick Acer, 49	Rochester	22:22
40	Olivia Tono, 18	St. John Fisher	22:30
41	Jerry Dumont, 29	Rush	22:45
42	Jon Corson-Rikert, 48	Ithaca	22:59
43	Ellen Alkiewicz, 19	RIT	23:22
44	Rich Merriam, 44	North Chili	23:48
45	Andrew Gramlich, 12	Webster	24:06
46	Patricia Martin, 50	Brighton	26:26
47	Maureen Jones, 11	Rochester	27:15
48	Terrance Jones, 44	Rochester	27:16
49	Bill Pow, 70	Penfield	30:12

Note: The 25th Anniversary of the McQuaid Invitational 3-mile Open race featured a surprise victory by local Master runner, Carolyn Smith-Hanna. She would go on to claim several national championships and be named the USATF Master Cross Country National "Runner-of-the-Year". Once again the race was part of a small 2 race series of "off-week" local races held in conjunction with the Upstate NY XC Series. The race and series picked up a new sponsor in Innovative Edge Sportswear, operated by GVH Coach Mike Reif. Little is known of men's champion, Jason Soja from Lakewood, Ohio. He came to town with one of the many High School teams from Ohio competing in the High School Invitational which was celebrating its 35th running.

2000 McQuaid XC Invitational Open Race – 26th Annual
(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 30, 2000

OPEN RACE

Saturday, Sept. 30 @ Genesee Valley Park, Rochester
70 degrees, breezy and sunny
3.0 miles

1	Jerimie Slick	M20	15:04.4
2	Josh Wooten	M17	15:57
3	Peter Glavin	M38	16:01
4	Nick Rendell	M19	16:25
5	Paul Little	M18	16:26
6	Adam Cross	M18	16:27
7	Jeff Gruendike	M22	16:32
8	Matt Tytler	M28	16:44
9	Dale Lapham	M35	16:50
10	Mike Tarantino	M17	16:51
11	Jason Trumble	M30	16:54
12	Mike Oberholzer	M34	16:55
13	Don Medd	M31	16:59
14	Tom Pratt	M16	17:05
15	Doug McAvoy, Jr.	M17	17:06
16	Matt Bowers	M19	17:07
17	Jeff McCabe	M17	17:08
18	Tim Jones	M42	17:14
19	Kevin Brady	M18	17:26
20	Adam Holloway	M17	17:29
21	Tait Hightower	M18	17:31
22	Rich Paprocki	M17	17:36
23	Matt Caton	M37	17:37
24	Alex Mu	M22	17:39
25	Kenny Winn	M19	17:45
26	Keith Cona	M26	17:49

27	Mark Oberst	M17	17:59
28	Tom Volpe	M18	18:01
29	Tim Faubert	M15	18:08
30	Edward Despard	M17	18:21
31	Gerard Porter	M17	18:27
32	Jay Laitenberger	M27	18:45
33	Alex Tarantino	M51	18:48
34	Kevin Nelson	M35	18:50
35	Brad Winn	M15	18:53
36	Oswald Salazar	M33	18:54
37	Jim Boyle	M50	18:57
38	Ken McBride	M33	18:59
39	Dan Heseltine	M15	19:02
40	Manuel Arreaza	M15	19:10
41	Jerry Shea	M40	19:11
42	Tommaso Palermo	M17	19:14
43	Paul Smarsh	M41	19:16
44	David Swan	M16	19:18
45	Heidi Spalholz	F20	19:20
46	John Harder	M48	19:21
47	Lou Lombardo	M43	19:24
48	Ezra Watnik	M17	19:26
49	Chris Bateman	M19	19:32
50	Bryon Kelsey	M23	19:35
51	Tom Carr	M55	19:42
52	Kiel Sick	M16	19:43
53	Terry Jones	M45	19:46
54	Matt Usack	M30	19:47
55	Matt George	M19	19:48
56	Aaron Fox	M21	19:54
57	Larry Zygo	M50	19:55
58	Brad Morgenfield	M16	19:56
59	Pat Puccini	M16	20:10
60	Jason Morris	M21	20:22
61	Corey Robinson	M11	20:23
62	Ellen Alkiewicz	F20	20:42
63	George Schaertl	M43	20:44
64	Nicole Valentine	F18	20:46
65	Megan MacNeri	F18	20:57
66	Tom Boubert	M27	20:58
67	Kevin Meadows	M43	21:01
68	Dan Mazur	M42	21:03
69	Shannon Winnie	F18	21:14
70	Carolynn Jones	F17	21:27
71	Alexandra Jospe	F18	21:35

72	Diane Paule	F31	22:05
73	Justin Whitehouse	M15	22:10
74	Jim Palmeri	M58	22:16
75	Phil Lombardo	M12	22:18
76	Nick Berman	M20	22:30
77	Pat Acer	M50	22:34
78	Randall Shea	M43	22:51
79	Krissy Witt	F19	22:54
80	Jess Conboy	M19	22:56
81	no tag		23:00
82	Rachel Simons	F35	23:16
83	Charlie Marone	M9	23:17
84	Mike Marone	M42	23:18
85	Jessica Udstola	F18	23:27
86	Kelly Fey	F19	23:28
87	Dick Talarico	M61	23:38
88	Bill Dougherty	M47	23:49
89	Christina Schmidt	F20	26:15
90	Randa Jabbour	F19	26:16
91	Richie Merriam	M17	26:48
92	Rich Merriam	M45	26:49
93	Sarah Eastman	F18	26:50
94	Molly Kearns	F19	27:10
95	Eduardo Arreaza	M47	27:20
96	Christa Tytler	F29	27:29
97	Christine Tiger	F24	27:32
98	Lisa Simpson	F34	27:44
99	Heather Dougherty	F34	27:45
100	Christine Tarantino	F47	31:15
101	William Pow	M71	31:31

The 2000 McQuaid Open Race saw victories from 2 college runners. University of Buffalo's Jerimie Slick (15:05) and RIT's Heidi Spalholz (19:20) both claimed the wins on another gorgeous Fall day for running. McQuaid alum and later McQuaid Invitational Meet Director, Pete Glavin, finished a respectable third overall in 16:01.

2001 McQuaid XC Invitational Open Race – 27th Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 29, 2001

McQUAID INVITATIONAL

ALUMNI OPEN RACE

Saturday, Sept. 29 @ Genesee Valley Park
3 miles

PLACE	NAME	AGE	TIME	ALUMNI OF...	
1	Brian Lilly	M22	15:38	Fairport '98	
2	Andy Corman	M21	15:45	Greece Athena '98	
3	Jon Beck	M21	15:52	Fairport '98	
4	Matt Blodget	M24	15:55	Hilton '95	
5	Bill Smith	M18	15:57	East Rochester '02	
6	John Tomac	M20	16:01	Bunel (CT) HS '99	RIT
7	Bill Dennison	M25	16:24	Mentor (OH) HS '94	
8	Craig Lefort	M23	16:29	Northbridge (MA) HS	
9	Matt Tytler	M29	16:31	Bishop Kearney '90	
10	Ryan Pancoast	M18	16:40	Bunel (CT) HS '01	RIT
11	Benjamin Miller	M20	16:43	Plum Senior (PA) HS	RIT
12	Robert McCoy	M18	16:47	Elmira Southside '01	RIT
13	Leo Finucane	M44	17:15	Aquinas '75	
14	David Fitzpatrick	M28	17:20	St. Mike's/ Toronto	
15	Sean McVeigh	M19	17:21	Brunswick (ME) HS '01	RIT
16	Frank Bergin	M41	17:32	Newmarket, ONT	
17	Joe Burke	M35	17:41	RH Sperry '84	
18	Adam McQueen	M18	17:51	Gates Chili '01	RIT
19	Matt Caton	M38	17:53	Pitts-Mendon '81	
20	Art Sherry	M18	17:57	Victor '01	
21	Scott McNitt	M38	18:37	RH Sperry '82	
22	Jim Zagora	M44	18:43	Bishop Turner/Buffalo '75	
23	Jamie Gardner	M16	18:44	Irondequoit HS '04	
24	Robert Giza	M42	18:48	Lancaster (MI) HS '77	
25	Richie Merriam	M18	18:57	Churchville '01	
26	Dave Yendrzski	M40	18:58	Fairport '79	
27	Kim Settle	F18	19:03	Burlington, ONT	
28	Larry Zygo	M51	19:04	NY Mills HS/Utica '68	
29	Dan Goodwin	M33	19:05	Hilton '86	
30	Joe Kent	M43	19:09	Notre Dame HS (MI) '76	
31	Jim Boyle	M51	19:12	Canandaigua HS '68	
32	Robin Merrill-	F37	19:14	Brighton HS '82	

Lorenzo				
33	Mike Shopes	M19	19:17	Greece Arcadia '99
34	Mike Valleriano	M42	19:21	St. John & Paul HS (OH) '77
35	Tom Volpe	M19	19:25	Pitts-Mendon '01
36	Mark Schiesser	M36	19:29	Webster-Thomas '83
37	Terrance Jones	M46	19:31	R-H Sperry '73
38	Andy Smith	M42	19:36	Pitts-Sutherland '77
39	Kasey Hundt	M18	19:51	Gates Chili '01
40	Dave Sauter	M34	19:55	Penfield '85
41	Dan Riley	M18	19:58	Gates Chili '01
42	Antoni Markut	M44	19:59	Hutch Tech/Buffalo '75
43	Mike Hoban	M47	20:06	Penn Yan '73
44	Zachary Burns	M17	20:33	Irondequoit HS '02
45	Ed Saxby	M36	20:42	Bloomfield '83
46	Scott Rogers	M18	20:47	Bloomfield '01
47	Diane Pauli	F32	20:49	McDowell/Erie, Pa '87
48	Paul Hickey	M42	21:09	AquinaS '76
49	Jillian Pienkowski	F18	21:13	Villa Maria/Buffalo '01
50	Matt George	M20	21:22	Shenendehowa '99
51	Joann Rogers	F37	21:23	Bloomfield '82
52	Walter Scott	M41	21:27	Cheltenham (PA) HS 78
53	Jim Palmeri	M59	21:29	Newark HS '60
54	Shana Rosenbaum	F18	21:31	Gates Chili '01
55	Greg Farrell	M42	21:56	Morris Catholic (NJ) '77
56	Amy Capel	F24	21:59	Mentor (OH) HS '95
57	Maureen Wood	F18	24:02	Mercy HS '01
58	Ron Wood	F23	24:03	McQuaid '96
59	Lynn Usack	F38	24:13	Geneva HS '81
60	Alex Tarantino	M52	24:23	Edison Tech '67
61	Mary Harder	F18	24:24	Gates Chili '01
62	Ankur Chawla	M23	24:58	McQuaid '96

Note: Fairport's Brian Lilly, better known as a nationally ranked cross country skier, won the race in a respectable time of 15:38. Kim Settle was the women's champion. The race was buoyed by the presence of the Rochester Institute of Technology's (NCAA Division III) men's cross country team who were doing an up-tempo training run and still managed six runners in the top 18 of the race.

2002 McQuaid XC Invitational Open Race – 28th Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 28, 2002

2002 McQuaid Invitational Open Race
9/28/2002
Genesee Valley Park
Rochester, NY
3 miles

Place	Name	Time	Age	Hometown
1	Peter Fonseca	15:26	M35	Toronto,Ont.
2	Dan Courtney	15:36	M25	Akron,NY
3	Charlie Andrews	16:08	M45	Rochester,NY
4	Gary Fancher	16:13	M41	Windsor,NY
5	Tim Reetz	16:17	M26	Penfield,NY
6	Robert Cattana	16:31	M36	Toronto,Ont.
7	Bill Dennison	16:35	M27	Mentor,OH
8	Paul Glor	16:36	M24	Rochester,NY
9	Sean McVeigh	16:37	M20	Brunswick,ME
10	Leo Finucane	16:42	M45	Rochester,NY
11	Eric Boyce	17:04	M21	Bergen,NY
12	Brian Butler	17:14	M30	Mentor,OH
13	Tony Mastrobeardino	17:27	M27	Rochester,NY
14	Jim VanBuskirk	17:34	M46	Brampton,Ont.
15	Frank Bergin	17:39	M42	Newmarket,Ont.
16	Brendon O'Toole	17:42	M27	Rochester,NY
17	Noah Lushington	17:48	M19	Brighton,NY
18	Bill Burke	17:57	M18	Victor,NY
19	Richie Merriam	17:58	M19	Rochester,NY
20	Christopher Levy	18:01	M31	Rochester,NY
21	Jim Lampman	18:03	M19	Rochester,NY
22	Frank Goetz	18:18	M45	Fairport,NY
23	Joe Kent	18:30	M44	Webster,NY
24	Randy White	18:31	M44	Palmyra,NY
25	Bryan Reilly	18:36	M18	Fairport,NY
26	Thomas Gaborski	18:37	M22	Rochester,NY
27	Keith Scott	18:40	M40	Leroy,NY
28	Robert Bloomer	18:45	M18	Rochester,NY
29	Jessica Lyon	18:51	F32	Bloomfield,NY
30	Eric Estadt	18:53	M14	Mentor,OH
31	Lynann Lorenz	19:01	F22	Apalachin,NY
32	Russell Gabor	19:05	M21	Akron,OH

33	Kurt Cornfield	19:06	M45	Corning,NY
34	Patrick Patterson	19:07	M24	Endicott,NY
35	Benjamin Levine	19:09	M16	Rochester,NY
36	Larry Zygo	19:11	M52	Rochester,NY
37	Jim Boyle	19:12	M52	Pittsford,NY
38	Paul Smarsh	19:16	M43	N.Chili,NY
39	Don Densmore	19:24	M47	Seneca Falls,NY
40	Rick Deren	19:29	M47	Blasdell,NY
41	Pete Telaroli	19:36	M15	Mentor,OH
42	Steve Scott	19:45	M47	Pittsford,NY
43	Lou Fiorillo	20:05	M46	Painted Post,NY
44	Gary Barno	20:06	M42	Rochester,NY
45	Christopher Slayton	20:15	M18	Tanawanda,NY
46	John Garlock	20:17	M40	Pittsford,NY
47	Steve Shaw	20:19	M24	Rutherford,NJ
48	Dan Quinlisk	20:20	M45	Punxsutawney,PA
49	Rick Engelhart	20:26	M34	Akron,OH
50	Charlie Nowicki	20:29	M49	Fairport,NY
51	James Erwin	20:38	M40	Rochester,NY
52	Franklyn Pfeil	20:49	M49	Lockport,NY
53	Mitch Estadt	20:57	M12	Mentor,OH
54	Rob Tyler	21:06	M46	Pittsford,NY
55	Jillian Pienkowski	21:26	F19	Buffalo,NY
56	Dan Keating	21:30	M40	Hilton,NY
57	Diane Pauli	21:31	F33	Kenmore,NY
58	Daniel Whelan	21:31	M44	Kenmore,NY
59	John Boyce	21:32	M49	Bergen,NY
60	Richard Courtright	21:37	M54	Rochester,NY
61	Kristin Bortle	21:42	F21	Webster,NY
62	Marie White	21:45	F42	Henrietta,NY
63	Jim Palmeri	21:47	M60	Rochester,NY
64	Joe Priola	21:50	M45	Fairport,NY
65	Michael Deady	21:51	M45	Fairport,NY
66	Justin Larson	21:52	M19	Corning,NY
67	Pat Acer	22:08	M52	Pittsford,NY
68	Andy Fleming	22:33	M25	Scottsville,NY
69	Robert Wakelee	22:35	M19	Hamburg,NY
70	Martin Cox	22:39	M42	Walworth,NY
71	Ben Curwin	22:54	M13	Pittsford,NY
72	Stephanie Cowles	23:10	F20	Mendon,NY
73	June Tyler	23:13	F13	Pittsford,NY
74	Carl Dubois	23:15	M40	Oconomowoc,WI
75	Jon Chernale	23:17	M46	Pittsford,NY
76	Taylor Scott	23:18	M12	Pittsford,NY
77	Paige Worden	23:18	F12	Pittsford,NY
78	Cassie Weldon	23:20	F11	Lockport,NY
79	Dorothy Dufault	23:22	F43	Fairport,NY
80	Jay Ferrimani	23:24	M43	Fairport,NY
81	Amy Capel	23:32	F25	Mentor,OH
82	Gene Benoit	23:33	M54	Fairport,NY
83	Richard VanAlmkerk	23:59	M55	Rochester,NY
84	Bill Dougherty	24:28.0	M48	Penfield,NY

85	Tracey Perazone	24:30.0	F20	Roxbury,NY
86	Kari Horowicz	24:33.0	F40	Rochester,NY
87	Ken Mittereder	24:37.0	M39	Ijamsville,MD
88	Rick Mittereder	24:45.0	M49	Rochester,NY
89	Michael McIntyre	24:54.0	M49	Penfield,NY
90	Chris Cass	24:54.0	M45	Fairport,NY
91	Kevin Reilly	25:14.0	M45	Fairport,NY
92	Doug Curwin	25:21.0	M12	Pittsford,NY
93	Peter S. Clark	25:37.0	M51	Rochester,NY
94	Mary A. McAvoy	25:44.0	F44	Penfield,NY
95	Thomas Warden	25:54.0	M48	Pittsford,NY
96	Kathy Brown	26:03.0	F5?	Fairport,NY
97	Douglas Steward	26:15.0	M48	Fairport,NY
98	Richard Merriam	26:30.0	M47	Rochester,NY
99	Tracey Goetz	26:46.0	F42	Fairport,NY
100	Jo Roe	27:13.0	F45	Henrietta,NY
101	Joan Rosati	29:14.0	F63	Rochester,NY
102	Inger Williams	30:35.0	F50	Fairport,NY
103	William Pow	31:55.0	M73	Penfield,NY
104	David Martin	32:45.0	M53	Fairport,NY

2003 McQuaid XC Invitational Open Race – 29th Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 27, 2003

29th Annual McQuaid Invitational Open race
3 miles
Genesee Valley Park
27-Sep-
03

66 degrees, Course sloppy in spots after hard rain.

Place	Name	Age	Hometown	Time
1	Andy Corman	M23	Hornell	15:32
2	Duncan Douglas	M37	Honeoye Falls	15:52
3	Bryan Morseman	M18	Addison	15:56
4	Don Miller	M33	Auburn	16:03
5	Brendan Hogan	M24	Arlington,VA	16:07
6	Leo Smith	M16	East Rochester	16:12
7	Patrick Murphy	M19	Binghamton	16:21
8	Jim Bathgate	M36	East Rochester	16:28
9	Gary Fancher	M42	Windsor,Ont.	16:39
10	Justin Thaine	M25	Angelica	16:52
11	Sean Brinkman	M17	Brockport	17:18
12	Leo Finucane	M46	Pittsford	17:20
13	Joey Priola	M15	Fairport	17:37
14	Paul Glor	M25	Rochester	17:42
15	David Swan	M19	Henrietta	17:47
16	Tony Mastroberardino	M28	Rochester	17:52
17	Pat DeMay	M18	East Rochester	17:55
18	Daniel Ver	M19	Hamburg	18:09
19	Michael Insler	M19	Ellington, CT	18:23
20	Seth Malcolm	M26	Ontario	18:26
21	Nick Lowe	M15	Spencerport	18:33
22	Brian Anderson	M19	Rochester	18:33
23	Jay Laitenberger	M30	Rochester	18:34
24	David Coyne	M52	Avon	18:54
25	Matt Kellman	M39	Rochester	19:06
26	Mary Bushallow	F32	Auburn	19:07
27	Spenser McAvoy	M16	Penfield	19:09
28	Todd Strassner	M20	Bergen	19:09
29	Jeff Meeker	M21	Webster	19:22
30	Joe Kent	M45	Webster	19:27
31	Karl Scheible	M41	Spencerport	19:33
32	Kevin Compter	M19	Rochester	19:43
33	Mike Gammariello	M16	Palmyra	19:44

34	Patrick Patterson	M25	Endicott	19:55	
35	Wayne Mason	M46	Auburn	20:05	
36	John Gammariello	M14	Palmyra	20:16	
37	Keith Cona	M29	Rochester	20:16	
38	Paul Fidducia	M48	Walworth	20:18	
39	Andrew Ciaravino	M14	Vestal	20:19	
40	Tim Isganitis	M19	Rochester	20:20	
41	Steve Shaw	M25	Ithaca	20:21	
42	Megan Anderson	F16	Fairport	20:23	
43	Stephen Gaug	M14	Vestal	20:24	
44	Josie Cancilla	F32	Rochester	20:28	
45	Mike Baxter	M48	Webster	20:34	
46	Dan Quinlisk	M46	Rochester	20:39	
47	Vince Fox	M45	Vestal	20:41	
48	Jessica Lyon	F33	Geneva	20:44	
49	Andrew Cholewa	M16	Spencerport	20:52	
50	Gary Raby, Sr.	M50	Lewiston	20:52	
51	Paul Hickey	M44	Rochester	20:56	
52	Jason Beers	M15	Honeoye Falls	21:04	
53	Jim Dolan	M51	Webster	21:06	
54	Patrick Kent	M20	Webster	21:08	
55	Jennifer Katz	F17	Spencerport	21:26	
56	Timothy Vienna	M41	Palmyra	21:34	
57	Mike Hoban	M49	Webster	21:35	
58	Rick Crumb	M45	Spencerport	21:37	
59	Joe Priola	M46	Fairport	21:46	
60	Jim Rolleri	M51	Skaneateles	22:01	
61	Brian Thomas	M19	Rochester	22:07	
62	John Boyce	M50	Bergen	22:18	
63	Patrick Shaw	M26	Arlington, VA	22:24	
64	Ben Bronson	M13	Apalachin	22:33	
65	John Hurley	M49	Victor	22:34	
66	Tim Matthews	M51	Rochester	22:45	
67	Bill Dougherty	M49	Penfield	22:54	
68	Carol McMahon	F42	Webster	23:00	
69	Meaghan Carmody	F21	Webster	23:07	
70	Per Tvetenstrand	M13	Binghamton	23:11	
71	Tom Sproull	M42	Auburn	23:41	
72	Peter Spear	M48	Franklinville	24:03	
73	David Hull	M16	Spencerport	24:04	*
74	Kaylynn Crumb	F14	Spencerport	24:05	*
75	Sean Hickey	M17	Rochester	24:06	*
76	Louis Isganitis	M48	Rochester	24:07	*
77	Sarah Skelly	F15	Spencerport	24:08	*
78	Patricia Johnson	F17	Spencerport	24:09	*
79	Maryanne McQueeney	F48	Mendon	24:10	*
80	Kristin Zimmer	F19	Auburn	24:11	*
81	Rich VanAlmkerk	M56	Rochester	24:12	*
82	Judy Beers	F50	Honeoye Falls	24:13	*
83	Cheryl Whyte	F40	Honeoye Falls	24:14	*
84	MaryAgnes McAvoy	F45	Penfield	24:15	*
85	Heather Cassidy	F17	Spencerport	24:16	*

86	Tracy Webster	F17	Spencerport	24:16	*
87	Danielle Hall	F15	Spencerport	24:16	*

*Printer on the Chronomix timer jammed due to rain after finisher #72.

Finishers #73-87: If you know your time please e-mail billq@frontiernet.net with your name/place/time.

Thanks to timer Robb Smillie and Race Director Bill Quinlisk.

2004 McQuaid XC Invitational Open Race – 30th Annual
(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, October 2, 2004

Weather: 60's, partly cloudy.
Course: Wet, muddy in spots.

1	Jesse Mang	M18	16:02	Orchard Park, NY		1 - M
2	Jon Booth	M22	16:09	Rochester	RIT	1 OpenM
3	Matt Oberst	M23	16:30	Farmington, NY		2 OpenM
4	Gary Fancher	M43	16:42	Windsor, NY		1 40M
5	Kevin Murphy	M29	17:25	Ithaca, NY		3 OpenM
6	Tony Diem	M25	17:30	Baltimore, MD		4 OpenM
7	Dave Coyne	M53	17:37	Avon, NY		1 50M
8	Michael Insler	M20	17:40	Ellington, CT		5 Open M
9	Andrew Marconi	M22	17:58	Kenmore, NY		6 OpenM
10	Ed Lindo	M43	17:59	Fulton, NY		2 40M
11	Seth Malcolm	M27	18:07	Ontario, NY		7 OpenM
12	Jay Laitenberger	M31	18:28	Rochester		8 OpenM
13	Rob Goodwin	M19	18:38	Williamsville, NY		9 OpenM
14	Stephen Gaug	M15	18:42	Vestal, NY		10 OpenM
15	John Montgomery	M44	18:42	Rochester		3 40M
16	Marc Consler	M41	18:46	Rochester		4 40M
17	Mark Morgan	M50	18:48	W.Seneca, NY		2 50M
18	Allen Dise	M45	18:49	Albion, NY		5 40M
19	Christopher Toot	M18	18:53	Rochester		11 OpenM
20	Lynann Lorenz	F25	18:59	Appalachin, NY		1 - F

21	Joe Kent	M46	19:00	Webster, NY	6 40M
22	Steve Shaw	M26	19:12	Ithaca, NY	12 OpenM
23	Edward Juiliani	M41	19:15	Henrietta, NY	7 40M
24	Andrew Cheshire	M20	19:18	Rochester	13 OpenM
25	Jason Bibler	M30	19:23	Batavia, NY	14 OpenM
26	Tim Isganitis	M20	19:31	Rochester	15 OpenM
27	Andrew Ciaravino	M15	19:37	Vestal, NY	16 OpenM
28	Ken McBride	M37	19:47	Rochester	17 OpenM
29	Danielle Snyder	F18	19:58	Pittsford, NY	1 18 OpenF
30	Marc Jabbour	M20	20:00	Rochester	18 OpenM
31	Jim Dolan	M52	20:05	Webster, NY	3 50M
32	Rick Deren	M49	20:11	Blasdell, NY	8 40M
33	Anthony Bishop	M24	20:23	Rochester	19 OpenM
34	Joe Abernethy	M61	20:33	Bloomfield, NY	1 20 60M
35	Dan Deckman	M26	20:38	Mararoneck, NY	20 OpenM
36	Chris Wert	M31	20:38	Horseheads, NY	21 OpenM
37	Patrick Patterson	M26	20:47	Endicott, NY	22 OpenM
38	Erin Graham	F24	20:50	Mendon, NY	2 18 OpenF
39	Marty Martina	M43	21:13	Penfield, NY	9 40M
40	Joe Priola	M47	21:22	Fairport, NY	10 40M
41	Chris McBride	M18	21:40	Penfield, NY	23 OpenM
42	Carmen Rondash	M16	21:47	Rochester	24 OpenM
43	Isaac Goodling	M18	21:51	Corning, NY	25 OpenM
44	Adam Rich	M42	22:03	Rochester	11 40M
45	Paul Richards	M41	22:11	Brockport, NY	12 40M
46	Maggie Russell	F11	22:13	Lockport, NY	3 26 OpenF
47	Patrick Shaw	M27	22:24	Arlington, VA	26 OpenM
48	Rich Blair	M18	22:34	Rochester	27 OpenM
49	Rob McCabe	M42	22:35	Rochester	13 40M
50	Christine Seppler	F19	22:55	Newark, NY	4 28 OpenF
51	Brendan Fitzgerald	M18	23:29	Penfield, NY	28 OpenM
52	Lou Fiorillo	M49	23:33	Painted Post, NY	14 40M
53	Patricia Johns	F18	23:54	Spencerport, NY	5 29 OpenF
54	Joe Murray	M20	23:56	Rochester	29 OpenM

55	Greg Smith	M50	24:10	Camillus, NY	4 50M
56	Jessica Snyder	F16	24:24	Vestal, NY	6 OpenF
57	Jon Chernak	M48	24:31	Penfield, NY	15 40M
58	Kristin Zimmer	F20	24:36	Auburn, NY	7 OpenF
59	Eddy Pfeil	M9	24:40	Lockport, NY	30 OpenM
60	Franklyn Pfeil	M51	24:40	Lockport, NY	5 50M
61	Pete Clark	M53	25:05	Rochester	6 50M
62	Patrick Moore	M23	25:30	Pittsford, NY	31 OpenM
63	John DeSeyn	M59	26:05	Macedon, NY	7 50M
64	Rich VanAlmkerk	M57	26:12	Rochester	8 50M
65	No Name		26:29		
66	John Malnoske	M25	27:19	Horseheads, NY	32 OpenM
67	Nick Pospula	M23	27:54	Hoboken, NJ	33 OpenM
68	Colleen Morschauser	F19	28:16	Utica, NY	8 OpenF
69	Richie Merriam	M21	28:43	Rochester	34 OpenM
70	Rich Merriam	M49	28:44	Rochester	35 OpenM

Age Groups:

M/F Open = ages 39 + Under

M/F 40-49

M/F 50-59

M/F 60+

2005 McQuaid XC Invitational Open Race – 31st Annual

(Results from www.gvh.net)

Genesee Valley Park

3-mile course

Saturday, October 1, 2005

Conditions: Sunny and 75; course: fast

1 Steve Strellick	M22 GVH	15:07
2 Dave Bradshaw	M26 GVH	15:16
3 Tim Avery	M24 Rochester	15:40
4 Chad Bader	M26 Rochester	15:49
5 James Kopcsay	M22 Yorktown Hts.	15:55
6 Chris Hine	M22 Rochester	16:02
7 Gary Francher	M44 Windsor	16:31
8 Matt Oberst	M24 Farmington	16:33
9 George Young	M24 Pennellville	16:34
10 Phil Van Peurseem	M23 Rochester	16:52
11 Geoffrey Koch	M25 Buffalo	16:56
12 Jeff Irwin	M30 Orilla, Ont.	17:10
13 Sean McVeigh	M23 River Road Runners	17:14
14 Todd Ludden	M24 Hornell	17:16
15 Kevin Murphy	M30 Ithaca	17:17
16 Nick Badeau	M15 Bath	17:18
17 Ed Lindo	M44 GVH	17:38
18 Robert Goodwin	M20 Williamsville	17:44
19 Mike Mortimer	M18 Orchard Park	17:54
20 Travis Early	M23 Rochester	17:57
21 Jay Laitenberger	M32 Rochester	18:22
22 David Wegman	M38 Buffalo	18:36
23 Jason Bibler	M31 Batavia	18:40
24 Keith Cona	M31 Rochester	18:44
25 Mark Morgan	M51 Buffalo	18:58
26 Paul Fitzpatrick	M28 Toronto, Ont.	19:08
27 Jim Bathgate	M38 East Rochester	19:12
28 Tim Payne	M55 Orilla, Ont.	19:24
29 Andrew Ciaravino	M16 Vestal	19:27
30 Kevin Campbell	M16 Vestal	19:28
31 Wayne Crandall	M42 W.Henrietta	19:28
32 Stephen Gang	M16 Vestal	19:29
33 Mike Williams	M44 Pittsford	19:30
34 Joe Kent	M47 Webster	19:31
35 Brian Murphy	M18 Rochester	19:39
36 Bob Oates	M54 Duaneburg	19:56
37 Carolynne Jones	F22 Rochester	19:58
38 Nathan Danek	M18 Rochester	19:59
39 Adam Chapin	M19 Macedon	20:06
40 Patrick Kent	M22 Webster	20:09
41 John Montgomery	M45 Rochester	20:10
42 Larry Zygo	M55 GVH	20:14
43 Nick Peterson	M18 Brooklyn	20:26
44 Jim Dolan	M53 Webster	20:32

45 Dan Quinlisk	M48 Alternative TC	20:36
46 Ken Nagamatsu	M18 Rochester	20:41
47 Anthony Yates	M18 Rochester	20:49
48 Amanda Dron	F23 Webster	21:30
49 Joe Lammanna	M44 Rochester	21:45
50 Dan Mahoney	M18 Rochester	22:18
51 Brian Downey	M21 Rochester	22:19
52 Franklin Pfeil	M52 Lockport	22:22
53 Marilyn Robak-Zygo	F48 GVH	22:24
54 Kathryn Jones	F20 Rochester	22:27
55 John Marchand	M43 Kendall	22:32
56 Gary Prok	M47 Rush	23:04
57 Kayleigh Davis	F18 Morgantown, WV	23:06
58 Roger Rurey	M49 Vestal	23:09
59 Marie White	F45 GVH	23:16
60 Jeanne Herrick	F54 GVH	23:20
61 Eddy Pfeil	M10 Lockport	23:21
62 Emily Ryan	F21 Rochester	23:22
63 Frankie Pfeil	M11 Lockport	24:13
64 Megan Clark	F18 Scottsville	24:23
65 Rick Clark	M47 Scottsville	24:24
66 Carmen Rondash	M18 McQuaid	24:29
67 Pete Clark	M54 McQuaid Alumni	24:56
68 Nathaniel Housel	M18 Scottsville	25:23
69 Patricia Johnson	F19 Rochester	25:33
70 Laura Rekkerth	F18 Scottsville	25:39
71 Anthony Lenzi	M13 Churchville	25:42
72 Mike Morone	M47 Rochester	25:44
73 Paul Wegman	M50 Pittsford	25:50
74 Jim Dormeier	M47 East Amherst	26:42
75 Kristen Zimmer	F21 Rochester	26:54
76 Stephen Wegamn	M10 Pittsford	28:27
77 Rich Van Almkerk	M58 GVH	29:03
78 Craig Fox	M14 Vestal	32:17
79 Vince Fox	M47 Vestal	32:17

2006 McQuaid XC Invitational Open Race – 32nd Annual

(Results from www.gvh.net)

Genesee Valley Park
3-mile course
Saturday, September 30, 2006

1	Tim Avery	M25	GVH	15:47
2	Jay Slowik	M27	Toronto, Ont	15:59
3	Eric Boyce	M25	GVH	16:10
4	Josh Wooten	M23	Rochester	16:24
5	George Young	M25	Pennellville	16:32
6	Andrew Weishaar	M30	Ithaca	16:39
7	Richmond Friedrich	M25	Oswego	16:49
8	Gary Fancher	M45	Windsor	16:50
9	Matt Oberst	M25	Farmington	16:56
10	Michael Olson	M41	Vestal	16:57
11	Matthew Saxton	M20	Buffalo	17:15
12	Lex Barker	M25	Lockport	17:17
13	Mike Mortimer	M19	Orchard Park	17:26
14	Jeff Irwin	M31	Orillia, Ont.	17:27
15	Luke Grasmeyer	M18	Chittenango	17:28
16	David Pataloano	M19	Rochester	17:35
17	Jason Kowalik	M29	Webster	17:54
18	John Clements	M23	East Syracuse	18:01
19	RJ Clarke	M18	Chittenango	18:09
20	Jennifer Koepfel	F23	VM Project	18:11
21	Andrew Marconi	M24	Kenmore	18:16
22	Kelli O'Brien	F23	VM Project	18:17
23	Wayne Mason	M49	Auburn	18:19
24	Scott Gypson	M18	Middleport	18:24
25	Matt Salmien	M17	Rochester	18:25
26	John Zinder	M17	Orillia, Ont.	18:28
27	Adam Southorn	M17	Orillia, Ont.	18:34
28	Jay Laitenberger	M33	Rochester	18:37
29	Lynann Lorenz	F26	Apalachian	18:39
30	Adam Zayac	M18	Gasport	18:40
31	John Podeszek	M18		18:46
32	Matt Hilsdorf	M18	Rochester	18:49
33	Mike Moreland	M43	Bloomfield	18:51
34	Ed Monczynski	M18	Rochester	19:22
35	Jessica Snyder	F22	Rochester	19:27
36	Elizabeth Canfield	F25	Rochester	19:28
37	Matt Caton	M43	Alternative TC	19:32
38	Tim Payne	M56	Barrie, Ont.	19:33
39	Carolynne Jones	F23	VM Project	19:34
40	Carolyn Gorczynski	F26	VM Project	19:35
41	Wayne Crandall	M43	W.Henrietta	19:39
42	John Montgomery	M46	Rochester	19:43
43	Jacob Schutt	M18	Jordan	19:46
44	Mike Demay	M44	Henrietta	19:56
45	Leann Donnelly	F23	Waterloo	19:47

46	Richard Deren	M51	Blasdell	19:59
47	Kendra Zaffuto	F16	Chili	20:06
48	Dan Quinlisk	M49	Rochester	20:10
49	Ryan Hasenauer	M18	Shortsville	20:15
50	Kevin Donohue	M29	Jordan	20:33
51	John Wilcox	M46	W.Henrietta	20:47
52	Kim McDowell	F44	Rochester	21:19
53	Kyle Clifton	M17	Jordan	21:29
54	Stephen Gaug	M17	Vestal	21:34
55	Andrew Ciaravino	M17	Vestal	21:42
56	Erika Gates	F16	Vestal	21:43
57	Sarah White	F18	Vestal	21:43
58	Oliver Santa	M17	Midhurst, Ont	21:44
59	Chris Woodward	M16	Vestal	21:45
60	Gabriel Sanna	F15	Vestal	21:46
61	Diana Stanton	F21	Williamsville	22:34
62	Matt Moran	M25	Brockport	22:34
63	Marie White	F46	GVH	22:47
64	Sydney Anderson	F16	Gasport	22:50
65	Patricia Johnson	F18	Spencerport	23:18
66	Steve Snider	M51	Fairport	23:56
67	Jennifer Rook	F20	Tonowanda	24:00
68	Ann Kenna	F18	Willamsville	24:24
69	Bill Fitzpatrick	M49	Westfield, NJ	24:30
70	Brittany Zielinski	F15	Buffalo	24:35
71	Corey Crawford	M26	Rochester	24:49
72	Craig Fox	M15	Vestal	28:11
73	Vince Fox	M47	Vestal	28:11
74	Mike Williams	M45	Pittsford	28:23
75	Kristin Zimmer	F18	Williamsville	28:50
76	Vandra Ruppel	F18	Gasport	28:59
77	Ashley McGuire	F16	Penfield	29:00
78	Rich Van Almkerk	M59	GVH	30:33

Bandit 24:52

Bandit 25:00

Bandit 25:03

Bandit 25:13

Bandit 25:42

Bandit 26:15

Bandit 26:30

2007 McQuaid XC Invitational Open Race – 33rd Annual

(Results from www.grtconline.org)

Overall

McQuaid Invitational - Alumni Race

Saturday, September 29th, 2007 at Genesee Valley Park, Rochester, NY

Timed by YellowJacket Racing

Total Finishers 118 (Men - 78 , Women - 40)

Pos	Bib	Fullname	Gender	Class	Age	City	TotalTm
1	104	Jeff Beck	M	Overall Male	25	Fairport	14:42
2	101	Steve Strelick	M	M20-24	24	Rochester	15:20
3	57	David Rappleyea	M	M20-24	22	Brockport	15:46
4	118	Scott Bagley	M	M40-44	44	Pittsford	16:01
5	78	Evan Williams	M	M20-24	20	Rochester	16:02
6	88	Derrick Jones	M	M35-39	35	Henrietta	16:36
7	49	Mike Nier	M	M40-44	42	Rochester	16:39
8	37	Paul Lancaster	M	M30-34	33	US Army	16:45
9	112	Gary Fancher	M	M45-49	46	Windsor	16:51
10	73	Ed Lindo	M	M45-49	46	Fulton	16:56
11	100	Matt Oberst	M	M25-29	26	Farmington	17:06
12	39	Tony Mastroberadino	M	M30-34	32	Rochester	17:11
13	96	Josh Karpinski	M	M19UNDER	18	Syracuse	17:27
14	2	Dan Andrus	M	M30-34	34	Pittsford	17:41
15	95	Ron Hughes	M	M35-39	37	Walworth	17:45
16	77	Brian Lilly	M	M25-29	28	Fairport	18:08
17	53	Dennis Piechowiak	M	M45-49	46	Darien Center	18:09
18	128	Matt Hilsdorf	M	M19UNDER	19	Rochester	18:13
19	89	Vanessa Martell	F	Overall Female	24	Brockport	18:18
20	63	Daniel Syracuse	M	M20-24	24	Tonawanda	18:20
21	126	Brad Heron	M	M20-24	21	Amherst	18:35
22	15	Wayne Crandall	M	M40-44	44	W.Henrietta	18:37
23	110	Nate Ward	M	M25-29	25	Rochester	18:41
24	85	Tony Machulskis	M	M45-49	47	Rochester	18:44
25	16	Leann Donnelly	F	F20-24	24	Waterloo	18:46
26	27	Bob Hamilton	M	M50-54	51	Lyons	18:50
27	38	Julie Lanning	F	F19UNDER	17	Victor	18:56
28	67	Bryce Walker	M	M50-54	51	Churchville	19:01
29	60	Steve Scott	M	M50-54	52	Pittsford	19:11
30	102	Christina Keck	F	F25-29	26	Rochester	19:13
31	71	Kevin Palmeri	M	M19UNDER	12	Rochester	19:22
32	34	Dan Keating	M	M45-49	45	Hilton	19:22
33	6	Matthew Bowers	M	M25-29	26	Rochester	19:26
34	47	Dick Moriarty	M	M50-54	50	Churchville	19:28
35	35	Daniel Knopp	M	M19UNDER	18	East Rochester	19:31

36	94	Bill McMullen	M	M50-54	54	Batavia	19:38
37	113	Stephen DiMarino	M	M40-44	40	West Henrietta	19:39
38	83	Ryan Hasenauer	M	M19UNDER	19	Shortsville	19:41
39	58	Steve Rivers	M	M45-49	46	Victor	19:43
40	114	Jen Malik	F	F25-29	28	Rochester	19:49
41	127	David Lentine	M	M19UNDER	18	Rochester	19:56
42	13	Andrew Ciaravino	M	M19UNDER	18	Vetsal	20:12
43	125	Andy Smith	M	M45-49	48	Honeoye Falls	20:17
44	20	Anna Fox	F	F45-49	46	Palmyra	20:19
45	43	Mark Minavio	M	M45-49	47	Henrietta	20:30
46	90	Kevin Campbell	M	M19UNDER	18	Vestal	20:30
47	12	Alex Ciaravino	M	M19UNDER	14	Vestal	20:31
48	98	Carolyn Smith-Hanna	F	F55-59	56	Pittsford	20:33
49	124	David Clehr	M	M35-39	35	Webster	20:33
50	74	Jim Dolan	M	M55-59	55	Webster	20:33
51	120	Dan Quinlisk	M	M50-54	50		20:42
52	107	Gail Geiger	F	F40-44	44	Caledonia	20:44
53	103	Jason Bibler	M	M30-34	33	Batavia	20:45
54	84	Robert Owens	M	M55-59	59	Henrietta	20:46
55	56	Bill Quinlisk	M	M55-59	56	Rochester	20:56
56	7	JoAnn Bradt	F	F40-44	43	Scottsville	20:57
57	22	Roger Fox	M	M45-49	48	Palmyra	20:59
58	115	Steve Mann	M			Vestal	21:05
59	44	Maureen Minavio	F	F45-49	47	Henrietta	21:05
60	42	Lyndsey McMillan	F	F25-29	27	Rochester	21:12
61	17	Linda Drinkwater	F	F50-54	51	Fairport	21:14
62	24	Jim Glinsky	M	M60-64	61	Pittsford	21:15
63	116	Thomas Sperber	M	M19UNDER	14	Vestal	21:17
64	65	Brian Vaughn	M	M19UNDER	18	Liverpool	21:21
65	76	Alice Nichols	F	F40-44	42	Fairport	21:24
66	64	Dan Taylor	M	M30-34	34	Rochester	21:37
67	117	Erika Gates	F	F19UNDER	17	Vestal	21:41
68	68	Mary Wojnowski	F	F40-44	40	Rochester	21:48
69	61	Lori Sousa	F	F35-39	39	Rochester	22:01
70	66	Stephen Vaughn	M	M45-49	45	Liverpool	22:12
71	108	Joyce Chu	F	F50-54	51	Fairport	22:22
72	29	Stephen Hedges	M	M55-59	58	Rochester	22:30
73	26	Cheryl Guth	F	F50-54	53	Rochester	22:36
74	72	Jim Palmeri	M	M65-69	65	Rochester	22:50
75	28	Alexa Harding	F	F20-24	23	Rochester	22:59
76	8	Christine Braggins	F	F19UNDER	19	Rochester	23:07
77	52	Farnklyn Pfeil	M	M50-54	54	Lockport	23:08
78	75	Keith Heron	M	M55-59	56	Binghamton	23:10
79	69	Joseph Wokovits	M	M40-44	44	Lancaster	23:20
80	87	Timothy Wilcox	M	M20-24	21	Rochester	23:28
81	33	Alice Kay	F	F55-59	57	Canandaigua	23:29
82	41	Lynda McGuire	F	F55-59	59	Scottsville	23:34
83	86	Jonathon Wilcox	M	M20-24	23	Rochester	23:39
84	93	Jeff Nelson	M	M19UNDER	19	East Amherst	23:49
85	130	Kaneau Gates	F	F40-44	44	Vestal	23:49
86	82	Ron Fancher	M	M70OVER	71	Batavia	23:54

9	79	Rebecca Price	F	17	Fairport	26:41
10	81	Meagan Monroe	F	15	Williamsville	26:49

F20-24

1	16	Leann Donnelly	F	24	Waterloo	18:46
2	28	Alexa Harding	F	23	Rochester	22:59
3	111	Chelsea Carl	F	23	Rochester	25:03
4	14	Nicole Cimino	F	20	Rochester	33:26

F25-29

1	102	Christina Keck	F	26	Rochester	19:13
2	114	Jen Malik	F	28	Rochester	19:49
3	42	Lyndsey McMillan	F	27	Rochester	21:12
4	123	Amy Brown	F	25	Victor	25:41

F35-39

1	61	Lori Sousa	F	39	Rochester	22:01
2	3	Maura Arendt	F	39	Rochester	38:24

F40-44

1	107	Gail Geiger	F	44	Caledonia	20:44
2	7	JoAnn Bradt	F	43	Scottsville	20:57
3	76	Alice Nichols	F	42	Fairport	21:24
4	68	Mary Wojnowski	F	40	Rochester	21:48
5	130	Kaneau Gates	F	44	Vestal	23:49
6	40	Cheryl Mayzak	F	40	Rochester	33:25

F45-49

1	20	Anna Fox	F	46	Palmyra	20:19
2	44	Maureen Minavio	F	47	Henrietta	21:05
3	129	Marie White	F	47	Henrietta	25:34

F50-54

1	17	Linda Drinkwater	F	51	Fairport	21:14
2	108	Joyce Chu	F	51	Fairport	22:22
3	26	Cheryl Guth	F	53	Rochester	22:36

F55-59

1	98	Carolyn Smith-Hanna	F	56	Pittsford	20:33
2	33	Alice Kay	F	57	Canandaigua	23:29
3	41	Lynda McGuire	F	59	Scottsville	23:34
4	59	Annette Schaff	F	57	Penfield	27:08

F60-64

1	30	Connie Hibbard	F	63	Hilton	24:53
2	36	Carolyn Kriesen	F	64	Webster	26:37

F65-69

1	10	Joanne Carr	F	69	Churchville	38:55
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M19UNDER

1	96	Josh Karpinski	M	18	Syracuse	17:27
2	128	Matt Hilsdorf	M	19	Rochester	18:13
3	71	Kevin Palmeri	M	12	Rochester	19:22
4	35	Daniel Knopp	M	18	East Rochester	19:31
5	83	Ryan Hasenauer	M	19	Shortsville	19:41
6	127	David Lentine	M	18	Rochester	19:56
7	13	Andrew Ciaravino	M	18	Vetsal	20:12
8	90	Kevin Campbell	M	18	Vestal	20:30
9	12	Alex Ciaravino	M	14	Vestal	20:31
10	116	Thomas Sperber	M	14	Vestal	21:17
11	65	Brian Vaughn	M	18	Liverpool	21:21
12	93	Jeff Nelson	M	19	East Amherst	23:49
13	50	Michael Palermo	M	18	Rochester	25:32
14	80	Kevin Smith	M	19	Fairport	26:41
15	105	Evan Lavare	M	16	Endicott	28:24
16	45	Jordan Mohr	M	16	Vestal	28:24
17	21	Craig Fox	M	16	Vestal	33:13

M20-24

1	101	Steve Strellick	M	24	Rochester	15:20
2	57	David Rappleyea	M	22	Brockport	15:46
3	78	Evan Williams	M	20	Rochester	16:02
4	63	Daniel Syracuse	M	24	Tonawanda	18:20
5	126	Brad Heron	M	21	Amherst	18:35
6	87	Timothy Wilcox	M	21	Rochester	23:28
7	86	Jonathon Wilcox	M	23	Rochester	23:39
8	62	Andrew Syracuse	M	21	Tonawanda	29:19

M25-29

1	100	Matt Oberst	M	26	Farmington	17:06
2	77	Brian Lilly	M	28	Fairport	18:08
3	110	Nate Ward	M	25	Rochester	18:41
4	6	Matthew Bowers	M	26	Rochester	19:26

M30-34

1	37	Paul Lancaster	M	33	US Army	16:45
2	39	Tony Mastroberadino	M	32	Rochester	17:11
3	2	Dan Andrus	M	34	Pittsford	17:41
4	103	Jason Bibler	M	33	Batavia	20:45
5	64	Dan Taylor	M	34	Rochester	21:37

M35-39

1	88	Derrick Jones	M	35	Henrietta	16:36
2	95	Ron Hughes	M	37	Walworth	17:45
3	124	David Clehr	M	35	Webster	20:33

M40-44

1	118	Scott Bagley	M	44	Pittsford	16:01
2	49	Mike Nier	M	42	Rochester	16:39
3	15	Wayne Crandall	M	44	W.Henrietta	18:37
4	113	Stephen DiMarino	M	40	West Henrietta	19:39

5	69	Joseph Wokovits	M	44	Lancaster	23:20
6	119	Dan Gates	M	42	Vestal	26:07
7	121	Donald Baumbach	M	42	Fairport	29:05

M45-49

1	112	Gary Fancher	M	46	Windsor	16:51
2	73	Ed Lindo	M	46	Fulton	16:56
3	53	Dennis Piechowiak	M	46	Darien Center	18:09
4	85	Tony Machulskis	M	47	Rochester	18:44
5	34	Dan Keating	M	45	Hilton	19:22
6	58	Steve Rivers	M	46	Victor	19:43
7	125	Andy Smith	M	48	Honeoye Falls	20:17
8	43	Mark Minavio	M	47	Henrietta	20:30
9	22	Roger Fox	M	48	Palmyra	20:59
10	66	Stephen Vaughn	M	45	Liverpool	22:12
11	55	Wasył Puhacz	M	47	Lancaster	24:06
12	9	Terry Brown	M	45	Rochester	33:14
13	23	Vincent Fox	M	49	Vestal	33:16

M50-54

1	27	Bob Hamilton	M	51	Lyons	18:50
2	67	Bryce Walker	M	51	Churchville	19:01
3	60	Steve Scott	M	52	Pittsford	19:11
4	47	Dick Moriarty	M	50	Churchville	19:28
5	94	Bill McMullen	M	54	Batavia	19:38
6	120	Dan Quinlisk	M	50		20:42
7	52	Farnklyn Pfeil	M	54	Lockport	23:08
8	70	Bill Noel	M	50	Hamlin	25:13

M55-59

1	74	Jim Dolan	M	55	Webster	20:33
2	84	Robert Owens	M	59	Henrietta	20:46
3	56	Bill Quinlisk	M	56	Rochester	20:56
4	29	Stephen Hedges	M	58	Rochester	22:30
5	75	Keith Heron	M	56	Binghamton	23:10
6	91	Pete Clark	M	56	Rochester	25:15
7	48	William Murphy	M	59	Rochester	47:39

M60-64

1	24	Jim Glinsky	M	61	Pittsford	21:15
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M65-69

1	72	Jim Palmeri	M	65	Rochester	22:50
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M70OVER

1	82	Ron Fancher	M	71	Batavia	23:54
2	18	Marvin Eisenstein	M	78	Rochester	39:04

2008 McQuaid XC Invitational Open Race – 34th Annual

(Results from www.grtconline.org)

2008 McQuaid Invitational Alumni Challenge
September 27 @ Genesee Valley Park, Rochester
3.0 miles

Place Name	Age Town/Club Affiliation	Time Alumnus of
1 Chris Cummings	M23 Mansfield, PA	15:48
2 Chris Hine	M25 GVH	15:52 Mentor (OH) HS
3 Dave Rappleyea	M23 GVH	15:59 Sweet Home HS
4 Steve Strelick	M25 GVH	16:04 Greece Athena
5 George Young	M27 Junkyard Dogs	16:13
6 Kevin Corrigan	M18 Rochester	16:20
7 Tom Benner	M18 Laurens, NY	16:26
8 Max Ferguson	M22 Rochester	16:34
9 Josh Wooten	M25 Henrietta	16:52 Rush Henrietta HS
10 Matt Oberst	M27 Farmington	16:54
11 Ed Lindo	M47 GVH	16:56 Fulton HS
12 James Granata	M18 Armonk, NY	17:02 Byram Hills HS
13 Zachary Nelson	M18 Victor	17:03 Victor HS
14 Gary Fancher	M47 Vestal	17:05 Susquehanna Val. HS
15 Jim Bathgate	M41 East Rochester	17:06
16 Jeremy Cook	M19 Rochester	17:17
17 Mike Nier	M43 Rochester	17:20 Owego HS
18 Michael Olsen	M43 Vestal	17:21 Vestal HS
19 Ahrehf Tineht	M26 Rochester	17:24
20 Scott Jones	M26 N. Syracuse	17:25
21 Jon Leuders	M20 Rochester	17:33
22 Mike Bradley	M18 Rochester	17:34
23 Matt Marion	M19 Lima	17:36
24 Tony Mastroberardino	M33 Rochester	17:37
25 Marc Priddy	M20 Webster	17:38
26 Ethan Bensley	M19 Kittery Point, ME	17:43
27 Stephen Gaug	M19 Vestal	17:45
28 Joe Lapke	M20 Southbury, CT	17:55 Canterbury HS
29 Jeremy Bochert	M28 Reynoldsville, PA	18:04
30 Jay Laitenberger	M35 Rochester	18:11
31 Walter Potocki	M28 Lockport	18:19 Lockport HS
32 John Hair	M39 W. Henrietta	18:20 Hemet HS
33 Zack Hine	M18 Elmira	18:23 Elmira Southside
34 Dan Kearney	M18 Baldwinsville	18:24 Baldwinsville
35 Jason Schultz	M24 Penfield	18:41 Penfield HS
36 Bob Hamilton	M52 GVH	18:44 Lockport HS
37 Nick Cox	M22	18:45
38 Eric Hine	M18 Elmira	18:55 Elmira Southside
39 Bill Doll	M20 Rochester	19:03
40 Andrew Baker	M16 Spencerport	19:10
41 Martin Owczarczyk	M18 Webster	19:11
42 Dan Polino	M18 E. Amherst	19:20 Clarence HS
43 Jason Bibler	M34 Batavia	19:21
44 Leann Donnelly	F25 Waterloo	19:23

45 Tom Planausky	M18 Port Crane	19:31
46 Lynann Lorenz	F28 Apalachian	19:35 Vestal HS
47 Matthew Hurley	M19 St.John Fisher	19:43
48 Ryan Hasenauer	M20 Shortsville	19:56 McQuaid HS
49 Tom Arnold	M18 Rochester	19:58 Gates-Chili HS
50 Doug Bates	M18 Rochester	20:07 Greece Arcadia
51 Bill McMullen	M55 Batavia	20:08
52 Dan Quinlisk	M51 Rochester	20:17
53 Gordon Hunter	M53 Coburg, ON	20:22
54 Michael Palermo	M19 St.John Fisher	20:24
55 Doug Platt	M40 GVH	20:38 Albion HS
56 Ronald Franco	M44 Lockport	21:14 Lockport HS
57 Chris Crooks	M47 Campbellcroft, ON	21:15 Coburg District W.
58 Erika Gates	F18 Vestal	21:17 Vestal HS
59 Zac Saeva	M19 Spencerport	21:19
60 Jordan Mancuso	M17 Batavia	21:22
61 Daniel Letzring	M25 Rochester	21:24 Randolph HS (MA)
62 Heather Warfle	F18 Vestal HS	21:25 Vestal HS
63 Jessica Bradley	F17 St.John Fisher	21:28
64 Bill Quinlisk	M57 Rochester	21:36 McQuaid HS
65 Katherine Mallery	F18 St.John Fisher	21:38
66 Jared Mohr	M15 Vestal	21:39
67 Heather McLendon	F29 Rochester	21:49 Brighton HS
68 Amanda Dron	F26 Brockport DP	22:17 Webster
69 Remy Glock	F20 Rochester	22:19
70 Larry Zygo	M58 GVH	22:22
71 Alex Ciaravino	M15 Vestal	22:23
72 Nina Smith	F19 Rochester	22:32
73 Dani Dwyer	F18 Fairport	22:35 Fairport HS
74 Joseph Wukovits	M45 Lancaster	22:39
75 Rick Hopkins	M48 Williamsville	22:42 Williamsville North
76 Laura Arscott	F20 Dedham, MA	22:47
77 Courtney Theese	F19 Wantage, NJ	22:48
78 Kate Dubuisson	F18 Rochester	22:50
79 Adam Pickering	M18 Rochester	22:52 Greece Arcadia
80 Kelly McNabb	F18 Pendleton, IN	22:54
81 Dawn Watson	F42 Millbrook, ON	22:58 Coburg District East
82 Mary Katherine Kulp	F15 Vestal	23:18
83 Peter Loud	M48 Williamsville	23:20 Williamsville North
84 Tom Sperser	M16 Vestal	23:21
85 Steve Mann	M16 Vestal	23:28
86 Karen Gates	F45 Vestal	23:29
87 Alyssa Pignato	F20 St.John Fisher	23:30
88 Kathleen Cunningham	F37 Buffalo	23:31
89 David Schickler	M39 Rochester	23:35
90 Maressa Forbes	F20 St.John Fisher	23:39
91 Gabriel Sanna	M17 Vestal	23:40
92 Courtney McLaughlin	F19 Chenango Forks	23:42
93 John Cordukes	M50 Coburg, ON	23:43
94 Dave Copeland	M45 E. Amherst	23:44
95 Pete Clark	M57 Rochester	23:45 McQuaid HS
96 Ann Shigley	F21 Atlanta, GA	23:46

97 Daniel Masny	M24 Rochester	23:50 Penfield HS
98 Jim Payne	M25 Rochester	23:56 Greece Athena
99 Danielle Dorogi	F11 Williamsville	24:00
100 Mike Hasenauer	M56 Shortsville	24:01 McQuaid HS
101 Ciena Carhart	F18 St.John Fisher	24:07
102 David Perry	M38 Amherst	24:16 Depew HS
103 Kelley Clark	F18 Rochester	24:17
104 Caitlin Perry	F20 St.John Fisher	24:20
105 Catherine Lewis	F42 Getzville	24:47 Williamsville N. HS
106 Devon Kleinbach	F16 Batavia	24:54
107 bandit		25:14
108 Frank Dorogi	M42 Williamsville	25:34 Williamsville N. HS
109 Mike Hoban	M54 Romulus	25:40
110 Adam Pratt	M17 Vestal	25:58
111 Liz Lanni	F19	26:14
112 Wasyl Puhacz	M48 Lancaster	26:22
113 Dan Gates	M43 Vestal	27:06
114 Tammy Sorber	F13 Vestal	28:19
115 Craig Fox	M17 Vestal	28:21
116 Dan Curry	M51 Getzville	31:26 Williamsville N. HS
117 William Murphy	M60 Rochester	41:36 Our Lady of Lourdes

2009 McQuaid XC Invitational Open Race – 35th Annual

(Results from www.mcquaidinvitational.com)

2009 McQuaid Invitational Alumni Challenge

October 3, 2009 @ Genesee Valley Park, Rochester, NY

3.0 miles

McQuaid Invitational - Open-Alumni Race

1	15:05.3		Ryan Pauling	M33	GVH
2	15:33.8		Brian Lombardo	M32	Syracuse Chargers/Sweet Home Alumni
3	15:43.6		Dave Rapplelea	M24	GVH/Sweet Home Alumni
4	15:56.6	1	Connor Martin	M22	Fairport Alumni
5	16:07.0		Michael Pressler	M18	Montgomery, NY
6	16:10.5		Justin Craddock	M23	Syracuse Chargers/Kenmor e East Alumni
7	16:28.3		Josh Wooten	M26	Rush Henrietta Alumni
8	16:37.7		Isaac Hegen	M18	Sweet Home Alumni
9	16:39.2		Patrick Glassman	M20	Buffalo
10	16:45.6		Andrew Cartwright	M22	Elmira Southside Alumni
11	17:27.1		Bob Duggan	M22	West Seneca Westlumni
12	17:36.6		David Zuckerman	M18	Brighton Alumni
13	17:37.3		Colin Utz-Metzger	M21	Burnt Hills B-L Alumni
14	17:38.6		Raymond Lawson	M29	Addison
15	17:42.2		Bryce Mankowski	M21	Rochester
16	17:43.4		David Knopp	M21	East Rochester Alumni
17	18:01.5		Taylor Wendler	F17	North Syracuse
18	18:06.0		Bandit		
19	18:09.1		Kimberly Mills	F19	Oakfield Alabama Alumni
20	18:13.3		Michael Harold	M18	Webster
21	18:17.2		Geoffrey Koch	M29	Lancaster
22	18:19.7		Dennis Kinney	M49	GVH
23	18:21.1		Alex Mantoura	M18	Patchogue- Medford Alumni
24	18:33.5		Paul Snell	M19	Kendall Alumni
25	18:36.2		Andrew Frank	M25	Hilton Alumni
26	18:42.0		William Mack	M22	Athena Alumni
27	18:42.5		Alex James	M21	Geneseo
28	18:43.5		Jordan Hill	M18	Sppencerport
29	18:43.8		Daniel Polino	M19	East Amherst
30	18:45.3		Matthew	M20	Rochester

31	18:53.1		Salminen Kevin Richard	M18	Athena Alumni
32	18:57.1	2	Mindy Sawnor	F18	Athena Alumni
33	18:59.4		Lynann Lorenz	F30	Vestal Alumni
34	19:04.0		Robert Watson	M19	Jersey Shore, PA
35	19:05.8		Jason Bibler	M35	Batavia Alumni
36	19:06.2		Bob Hamilton	M53	GVH/Lockport Alumni
37	19:07.0	3	Michael Hoffman	M22	Athena Alumni
38	19:08.0	4	Johnathan Greenhalgn	M22	Athena Alumni
39	19:13.9	5	Dan Reilly	M21	Fairport Alumni
40	19:23.4		Alex Lennert	M18	Lockport Alumni
41	19:27.4	6	Kyle Dacey	M20	Fairport Alumni
42	19:31.2		Bri Kelly	F19	Minisink Valley HS Alumni
43	19:40.0		Bill McMullen	M56	Batavia HSAlumni
44	19:41.1	7	Bryan Reilly	M25	Fairport Alumni

Highlights from the 45th McQuaid H.S. Cross Country Invitational, 10/03/09

Special Awards:

Fastest Time of the Day: Steve Prefontaine Award - Cody Pelliccioni, Morgantown - 14:53

Victory Cup Award - Kaylin Mahoney, Saugus - 17:02

Top Section V Times:

Charlie McMullen Memorial Award - Steve Mangan, Honeoye Falls-Lima - 14:58

Katie Harper Memorial Award - Shayln Tuite, Pittsford Mendon - 17:21

Father Mike Wesley Memorial Award - Jr High - Phil Messina, St.Michael's - 8:01

Best Team Cumulative Times: Liverpool, NY Boys

Best Team Cumulative Times: Saugus, CA Girls

Sorry for the formatting but I can't figure out the goofy spacing and I didn't feel like re-typing.

-BQ

2010 McQuaid XC Invitational Open Race – 36th Annual

(Results from www.mcquaidinvitational.com)

2010 McQuaid Invitational Alumni Challenge

October 2, 2010 @ Genesee Valley Park, Rochester, NY

3.0 miles

McQuaid Invitational - Open-Alumni Race

This was our first year for on-line entries. There were some glitches. We ran out of small and medium t-shirts. We had to re-order and ship out late. We finally got it together.. We hope that you are not discouraged with our lack of organization. We promise to get better next year and we hope to see you at the 47th McQuaid Cross Country Invitational featuring the 37th Annual Alumni Challenge race on Saturday, October 1, 2011.

2010 McQuaid Invitational Open Race - 10/2/2010
Genesee Valley Park

Alumni Challenge 3 Mile Cross Country Race

Place	Comp#	Name	Gender/Age	Hometown/HS	Alumni Team/Club	Time
1	52	Houghmaster, Steven	M18	West Genesee HS '10		15:11
2	9	Cowles, Brandon	M18	Newark HS '10		15:18
3	39	Francia, Peter	M20	Greece Olympia HS		15:26
4	74	Rappleyea, David	M25	Sweet Home HS		15:30
5	35	Martin, Connor	M23	Fairport HS		16:12
6	59	Dinan, Ethan	M18	Geneva HS '10		16:20
7	51	Snodgrass, Nathan	M20	Vestal HS		16:21
8	14	Dermody, Patrick	M18	Cazenovia HS '11		16:25
9	41	Cocquot, Michael	M23	Hilton HS		16:29
10	19	Hurley, Geoffrey	M20	Williamsville North HS		16:37
11	84	Borden, Zach	M19	Greece Olympia HS, RIT Club		17:04
12	24	Olson, Michael	M45	Vestal HS		17:07
13	34	Mintz, Jesse	M17	Wayne Central HS '10		17:12
14	67	Newton, Trevor	M18	Rush-Henrietta HS '10		17:29
15	37	Laitenberger, Jay	M37	Victor HS		17:31
16	40	Wehrle, Joe	M18	Webster Schroeder HS '10		17:36
17	20	Lawson, Ray	M40	Jasper-Troupsburg HS		17:40
18	70	Dufault, Tyler	M20	Fairport HS		17:47
19	30	Snell, Paul	M20	Kendall Jr/Sr HS		18:01
20	22	Lumb, Ryan	M18	Rush-Henrietta HS '10		18:17
21	63	Koch, Geoffrey	M30	Gowanda HS		18:19
22	57	Potocki, Walter	M30	Lockport HS		18:23
23	69	Flanagan, Joe	M32	Greece Athena HS		18:29
24	48	Nagle, Greg	M50	Columbia HS		18:35
25	81	Kramer, Josh	M20	Brattleboro HS, RIT Club		18:39
26	23	Mance, Brenden	M19	St. John Fisher College Club		18:40
27	62	Caffrey, Andrew	M32	Lafayette HS		18:40
28	xx	unknown, runner1	Mxx	Unattached		18:41
29	68	Wegman, David	M43	Aquinas HS		18:45
30	73	Hunt, Tina	W24	Marcus Whitman HS		18:46
31	72	Nieslier, Brandon	M20	Lancaster HS, RIT Club		18:52
32	80	Lilly, Brian	M31	Fairport HS		18:59
33	10	Crandall, Wayne	M47	Victor HS		19:05
34	79	Mankowski, Bryce	M22	LVHS, RIT Club		19:12
35	42	Beato, Michael	M20	Williamsville North HS		19:35
36	64	Hamilton, Bob	M54	Lockport HS		19:39
37	53	Lorenz, Lynann	W31	Vestal HS		19:50
38	28	Reilly, Bryan	M26	Fairport HS		19:53
39	29	Rosenblum, Mark	M51	Pittsford Mendon HS		19:58
40	3	Arlington, Judy	W44	Lockport HS		20:06
41	71	Metzger, Jon	M21	Fairport HS		20:11
42	2	Alongi, Nick	M21	Fairport HS		20:18

43	21	Lo, Emma	W23	Lyme-Old Lyme HS	20:30
44	85	Mesolella, Kevin	M19	Greece Olympia HS	20:33
45	18	Hunter, Gordon	M55	Georgetown H.S.	20:43
46	65	Heimberger, Michael	M50	Churchville-Chili HS	21:01
47	47	Planousky, Tom	M20	Binghamton Club	21:14
48	43	Warfle, Heather	W20	Vestal HS	21:22
49	25	Palermo, Michael	M21	St. John Fisher College Club	21:23
50	38	Perdzrak, Eric	M20	Clarence HS	21:27
51	83	Cugno, Alessandra	W20	Narrangansett HS, RIT Club	21:52
52	13	Delehanty, Margaret	W51	Owenton HS	21:52
53	11	Crooks, Chris	M48	Dunbarton HS	22:04
54	33	Williams, Calvin	M47	North Penn HS	22:17
55	76	Wukovits, Joseph	M47	Cleveland Hill HS	22:34
56	26	Pfeil, Franklyn	M57	Lockport HS	22:40
57	45	Irwin, Becka	W17	Webster Schroeder HS `10	22:45
58	77	Heron, Keith	M59	Power Memorial HS	22:45
59	49	Smillie, Rob	M47	McQuaid Jesuit HS	23:03
60	78	Wheeler, Benjamin	M19	South Jefferson HS, RIT Club	23:12
61	82	Bartha, Emily	W19	Lake Shore HS, RIT Club	23:22
62	4	Brackley, Kristen	W19	St. John Fisher College Club	23:24
63	12	Davis, Shannon	W18	St. John Fisher College Club	23:37
64	61	Herrick, Jeanne	W59	Brentwood HS	23:38
65	86	Giarrosso, Alyssa	W18	Chittenango HS, RIT Club	24:29
66	60	Bello, Chuck	M62	Rootstown HS	24:56
67	54	Hawkins, Tom	M52	Bishop Kearney HS	25:02
68	31	Staples, Matt	M19	St. John Fisher College Club	25:04
69	50	Shigley, Anne	W23	North Springs HS, RIT Club	25:17
70	36	Doherty, Alaina	W18	Webster Schroeder HS `10	25:35
71	75	Daniel, Jackie	W32	Gates-Chili HS	25:55
72	xx	unknown, runner2	Wxx	Unattached	25:56
73	1	Airth, Katelyn	W19	St. John Fisher College Club	25:56
74	46	Verdi, Marissa	W17	Webster Schroeder HS `10	26:07
75	6	Burnett, Stephen	M49	McQuaid Jesuit HS	26:07
76	5	Burnett, David	M52	McQuaid Jesuit HS	26:10
77	xx	unknown, runner3	Wxx	Unattached	26:17
78	7	Carry, Susan	W49	Pontiac Catholic HS	26:41
79	66	Baumbach, Donald	M45	Owego HS	27:42
80	55	Mulroy, Chris	M44	The Fordham HS	27:48
81	16	Fox, Emily	W15	Vestal HS `12	28:59
82	xx	unknown, runner4	Wxx	Unattached	31:35
83	87	Daniel, Jan	W64	Calvert HS	32:17
84	44	Bain, Nicole	W34	Mayfield HS	33:33

Entered but Did Not Finish (DNF)

xx	58	Brady, Terence	M18	Rush-Henrietta HS `10	
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Entered but Did Not Start (DNS)

xx	27	Quinlisk, Bill	M59	McQuaid HS	
xx	xx	Wolfert, Brendan	Mxx		
xx	xx	Borden, Zachary	Mxx		
xx	08	Chaxez, Noel	Mxx		
xx	15	Dworak, Keith	Mxx		
xx	32	Geri Weiseler	Fxx		
xx	17	Fox, Vincent	Mxx		

To correct scoring errors please e-mail details to Bill Quinlisk at billqxc@verizon.net

2010 McQuaid Alumni XC Challenge Cup – Team Scores

Alumni Challenge Cup - Masters Division: 3 runners, graduated same HS, class of 1990 & prior or Age 38+.

1st Place Lockport

1,2,3 = 6 points

1	36	64	Hamilton, Bob	M54	Lockport HS	19:39
2	40	3	Arlington, Judy	W44	Lockport HS	20:06
3	56	26	Pfeil, Franklyn	M57	Lockport HS	22:40

2nd Place McQuaid Jesuit

4,5,6 = 15 points

4	59	49	Smillie, Rob	M47	McQuaid Jesuit HS	23:03
5	75	6	Burnett, Stephen	M49	McQuaid Jesuit HS	26:07
6	76	5	Burnett, David	M52	McQuaid Jesuit HS	26:10

Alumni Challenge Cup - Open Division: 3 runners, graduated same HS, any graduation year or <age 38.

1st Place Vestal HS

3,5,7 = 15 points

3	7	51	Snodgrass, Nathan	M20	Vestal HS	16:21
5	12	24	Olson, Michael	M45	Vestal HS	17:07
7	37	53	Lorenz, Lynann	W31	Vestal HS	19:50
12	48	43	Warfle, Heather	W20	Vestal HS	21:22

2nd Place Fairport HS

2,6,8 = 16 points

2	5	35	Martin, Connor	M23	Fairport HS	16:12
6	32	80	Lilly, Brian	M31	Fairport HS	18:59
8	38	28	Reilly, Bryan	M26	Fairport HS	19:53
9	41	71	Metzger, Jon	M21	Fairport HS	20:11
10	42	2	Alongi, Nick	M21	Fairport HS	20:18

3rd Place Greece Olympia HS

1, 4, 11 = 16 points

1	3	39	Francia, Peter	M20	Greece Olympia HS	15:26
4	11	84	Borden, Zach	M19	Greece Olympia HS, RIT Club	17:04
11	44	85	Mesolella, Kevin	M19	Greece Olympia HS	20:33

2011 McQuaid XC Invitational Open Race – 37th Annual

Results from <http://www.mcquaidinvitational.com/results>

McQuaid Invitational Alumni Challenge

October 1, 2011 at Genesee Valley Park, Rochester, NY

3.0 miles

McQuaid Invitational - Open-Alumni Race

This was our 2nd year for on-line entries. We cleared up some bugs and it seemed to work well. Suggestions are always welcome. Thanks once again to Mike and Mary Beth (Glavin) Hasenauer for Open Race event organization. Thanks to Dave Yendrezski and Brian Sparacino for timing/results. Thanks to all Alumni and friends who volunteered to help.

Yen Timing Service

McQuaid Open Race - 10/1/2011

Mixed 3-Mile Cross Country Run – Overall Results

Place	Bib#	Name	Age	Team	Time
1	58	Avery, Matt	M22	Rochester	15:44.87
2	23	Kandt, Joel	M19	Unattached	16:21.91
3	22	Jones, Jesse	M18	Unattached	16:26.40
4	49	Holbrook, Austin	M18	Corning	16:46.54
5	9	Andrianos, Craig	M19	Unattached	16:58.85
6	38	Rizzo, Michael	M18	Unattached	17:08.85
7	46	Blair, Dan	M42	Richmond Hill	17:13.76
8	47	Kovalovsky, Josef	M18	Oswego	17:17.09
9	52	Zubler, Josh	M22	Hamburg	17:18.87
10	40	Sgaglio, Cord	M19	Unattached	17:35.28
11	59	Rossiettie, Anthony	M24	Corning	17:43.16
12	18	Grip, Evan	M19	Unattached	17:58.72
13	27	Lawson, Ray	M41	Unattached	18:03.97
14	48	Carrigan, Kevin	M18	Lockport	18:06.16
15	57	Olson, Michael	M46	Vestal	18:14.36
16	39	Rudd, Brandon	M18	Unattached	18:19.40
17	32	Mintz, Jesse	M18	Unattached	18:23.22
18	20	Hilt, Zachary	M18	Unattached	18:26.95
19	30	Marconi, Andrew	M29	Unattached	18:38.32
20	16	Dacey, Kyle	M22	Unattached	18:39.83
21	56	Metzger, Jon	M22	Victor	18:48.04
22	53	Laitenberger, Jay	M38	Rochester	18:48.58
23	50	Shenal, Justin	M18	Henrietta	18:59.44
24	43	Woodard, Matthew	M18	Unattached	19:06.79
25	60	Borden, Zachary	M20	Rochester	19:09.42
26	51	Wright, Jeremy	M18	Henrietta	19:10.46
27	54	Kubek, Joeseeph	M18	Bedminster NJ	19:15.99
28	29	Lindo, Ed	M50	Unattached	19:19.55
29	14	Crandall, Wayne	M48	Unattached	19:26.25
30	44	Wukovits, Jacob	M18	Lanchaster	19:38.63
31	17	Ernst, Justin	M18	Unattached	19:46.95
32	26	Kramer, Josh	M21	Unattached	19:47.28
33	35	Niescier, Brandon	M21	Unattached	19:53.19
34	5	Phlegar, Casey	W18	Unattached	19:56.71
35	28	Liebers, Robert	M53	Unattached	20:15.20

36	24	Kannen, Jeff	M23 Unattached	20:22.42
37	45	Weeman, David	M44 Buffalo	20:35.97
38	8	Switala, Lauren	W18 Unattached	22:32.56
39	36	Quizhpi, Wilson	M18 Unattached	22:33.89
40	37	Reilly, Bryan	M27 Unattached	23:40.02
41	42	Wolfert, Brendan	M22 Unattached	23:43.47
42	3	Lawson, Jessica	W12 Unattached	23:45.88
43	33	Morris, Parker	M18 Unattached	23:49.09
44	31	Mesoilella, Kevin	M20 Unattached	23:53.32
45	1	Carter, Jennifer	W50 Unattached	24:01.35
46	7	Shigley, Anne	W24 Unattached	25:22.88
47	4	Miles, Jennifer	W36 Unattached	25:34.20
48	19	Hawkins, Tom	M53 Unattached	25:34.57
49	6	Sharpstene, Danielle	W17 Unattached	25:41.59
50	11	Collins, Cian	M11 Unattached	25:54.43
51	41	Wheeler, Benjamin	M20 Unattached	25:56.13
52	25	Kozemko, Bill	M20 Unattached	26:18.14
53	1337	Lillis, Sean	M21 Buffalo	26:19.93
54	2	Crandall, Margaret	W20 Unattached	26:38.70

PS We understand that "official times" in USATF Cross Country results should be rounded to the next longer whole second. Feel free to round your time to obtain the "official" result.

Age Group Results

Men 29&U 3 Mile Run

Name	Age	Team	Time
Results - Men 29 & Under			
1 Avery, Matt	22	Rochester	15:44.87
2 Kandt, Joel	19	Unattached	16:21.91
3 Jones, Jesse	18	Unattached	16:26.40
4 Holbrook, Austin	18	Corning	16:46.54
5 Andrianos, Craig	19	Unattached	16:58.85
6 Rizzo, Michael	18	Unattached	17:08.85
7 Kovalovsky, Josef	18	Oswego	17:17.09
8 Zubler, Josh	22	Hamburg	17:18.87
9 Sgaglio, Cord	19	Unattached	17:35.28
10 Rossiettie, Anthony	24	Corning	17:43.16
11 Grip, Evan	19	Unattached	17:58.72
12 Carrigan, Kevin	18	Lockport	18:06.16
13 Rudd, Brandon	18	Unattached	18:19.40
14 Mintz, Jesse	18	Unattached	18:23.22
15 Hilt, Zachary	18	Unattached	18:26.95
16 Marconi, Andrew	29	Unattached	18:38.32
17 Dacey, Kyle	22	Unattached	18:39.83
18 Metzger, Jon	22	Victor	18:48.04
19 Shenal, Justin	18	Henrietta	18:59.44
20 Woodard, Matthew	18	Unattached	19:06.79
21 Borden, Zachary	20	Rochester	19:09.42
22 Wright, Jeremy	18	Henrietta	19:10.46
23 Kubek, Joeseeph	18	Bedminster NJ	19:15.99
24 Wukovits, Jacob	18	Lanchaster	19:38.63
25 Ernst, Justin	18	Unattached	19:46.95
26 Kramer, Josh	21	Unattached	19:47.28
27 Niescier, Brandon	21	Unattached	19:53.19
28 Kannen, Jeff	23	Unattached	20:22.42

29 Quizhpi, Wilson	18	Unattached	22:33.89
30 Reilly, Bryan	27	Unattached	23:40.02
31 Wolfert, Brendan	22	Unattached	23:43.47
32 Morris, Parker	18	Unattached	23:49.09
33 Mesolella, Kevin	20	Unattached	23:53.32
34 Collins, Cian	11	Unattached	25:54.43
35 Wheeler, Benjamin	20	Unattached	25:56.13
36 Kozemko, Bill	20	Unattached	26:18.14
37 Lillis, Sean	21	Buffalo	26:19.93

Women 29&U 3 Mile Run

Name	Age	Team	Time
Results - Women 29 & Under			
1 Phlegar, Casey	18	Unattached	19:56.71
2 Switala, Lauren	18	Unattached	22:32.56
3 Lawson, Jessica	12	Unattached	23:45.88
4 Shigley, Anne	24	Unattached	25:22.88
5 Sharpstene, Danielle	17	Unattached	25:41.59
6 Crandall, Margaret	20	Unattached	26:38.70

Men 30-39 3 Mile Run

Name	Age	Team	Time
Results - Men 30-39			
1 Laitenberger, Jay	38	Rochester	18:48.58

Women 30-39 3 Mile Run

Name	Age	Team	Time
Results - Women 30-39			
1 Miles, Jennifer	36	Unattached	25:34.20

Men 40-49 3 Mile Run

Name	Age	Team	Time
Results - Men 40-49			
1 Blair, Dan	42	Richmond Hill	17:13.76
2 Lawson, Ray	41	Unattached	18:03.97
3 Olson, Michael	46	Vestal	18:14.36
4 Crandall, Wayne	48	Unattached	19:26.25
5 Weeman, David	44	Buffalo	20:35.97

Men 50-59 3 Mile Run

Name	Age	Team	Time
Results - Men 50-59			
1 Lindo, Ed	50	Unattached	19:19.55
2 Liebers, Robert	53	Unattached	20:15.20
3 Hawkins, Tom	53	Unattached	25:34.57

Women 50-59 3 Mile Run

Name	Age	Team	Time
Results - Women 50-59			
1 Carter, Jennifer	50	Unattached	24:01.35

2012 McQuaid XC Invitational Open Race – 38th Annual

Results from <http://www.mcquaidinvitational.com/results>

McQuaid Invitational Alumni Challenge

September 29, 2012 at Genesee Valley Park, Rochester, NY

3.0 miles

Yen Timing Service

McQuaid Invitational Open Race - 9/29/2012

9/29/2012

Mixed 3 Mile Cross Country Run - Overall Results

Comp#	Name	Team	Time
1	65 Way, Bill	M24 Ihs / S.H.D.P.	14:39.18
2	76 Guarino, Josh	M23 Unattached	15:02.37
3	64 Walker, Sam	M20 Unattached	16:46.64
4	40 Masci, Chris	M28 Fairport High	16:50.79
5	39 Marsico, Joeseeph	M18 The Tome School	16:53.89
6	90 Byler, Chad	M29 Unattached	16:55.29
7	23 Hill, Jordan	M21 Brockport HS	16:58.16
8	67 Weldon, Justin	M25 Unattached	16:59.83
9	46 Olson, Michael	M47 Vestal High Alumni	17:11.04
10	2 Bateman, David	M29 Gates Chili 2001	17:12.94
11	71 Wiseman, John	M19 Unattached	17:20.61
12	84 Curio Jr, Steve	M30 Unattached	17:21.03
13	31 Lawson, Ray	M42 Rathbone Racers	17:36.23
14	11 Dacey, Kyle	M23 Unattached	17:44.35
15	68 Weston, Timothy	M31 Unattached	17:59.16
16	22 Hess, Gavin	M17 Rochester Nordic Racing	18:15.88
17	50 Payan, Angel	M18 Unattached	18:21.54
18	10 Cooper, Alonza	M24 Unattached	18:31.97
19	60 Smith, Douglas	M18 Rit Running Club	18:37.41
20	55 Schultz, Jason	M28 Penfield Chiefs Varsity C	18:42.00
21	33 Lindo, Ed	M51 Fulton	18:43.11
22	21 Hartshorne, Thomas	M58 Ithaca High School/Finger	18:49.43
23	79 Wegman, Joeseeph	M23 Unattached	18:51.70
24	24 Jermyrn, Alexander	M18 Unattached	18:53.43
25	12 Delehanty, Sean	M20 Unattached	18:56.43
26	74 Metzger, Jon	M23 Unattached	19:05.96
27	66 Weinstein, Ezra	M18 Rit Running Club	19:06.62
28	89 Wegman, David	M45 Unattached	19:11.36
29	70 Wilkinson, Ken	M19 Brighton	19:12.26
30	72 zwerger, william	M50 syracuse track club	19:12.51
31	45 Niescier, Brandon	M22 Rit Running Club	19:17.18
32	78 Masters, Aaron	M30 Unattached	19:19.40
33	30 Lawson, Jessica	W13 Rathbone Racers	19:21.81
34	80 Wegman, Andy	M23 Unattached	19:22.55
35	38 Marino, Danielle	W19 Saratoga Springs	19:31.00
36	35 Lorenz, Lynann	W32 Vestal High Alumni	19:35.04
37	91 Zembiec, David	M52 Unattached	19:37.45
38	83 Hasenauer, Ryun	M24 Unattached	19:42.69
39	28 Kramer, Josh	M22 Rit Running Club	19:44.08
40	92 Marconi, Andrew	M30 Unattached	19:44.53
41	63 Terrigino, Steve	M45 Webster Schroeder Parents	19:45.33
42	58 Shaheen, Ashley	W20 Baker HS	19:48.25
43	81 Page, Shannon	W15 Unattached	19:56.36
44	17 Ernst, Justin	M19 Rit Running Club	19:56.97
45	27 Knaul, Emily	W18 Lincoln Sudbury Regional	19:59.19
46	44 Milici, Stephanie	W19 Greece Odyssey	20:09.08
47	73 LaDuca, Christopher	M18 Unattached	20:10.19
48	43 Mesolella, Brian	M18 Unattached	20:15.12

49	25	Johnstone, Erin	W21	Rush-Henrietta	20:18.15
50	52	Pickles, Scott	M36	Unattached	20:19.22
51	88	Hamilton, Bob	M56	Unattached	20:22.60
52	34	Lizotte, Eric	M18	Rit Running Club	20:23.36
53	98	Lilly, Brian	M33	Unattached	20:24.86
54	4	Bucci, Erin	W18	Jim Thorpe HS	20:25.16
55	8	Chrysler, Brandon	M17	Rit Running Club	20:29.58
56	41	McKay, Talia	W18	Rit Running Club	20:29.82
57	3	Bower, Anna	W21	Pittsford	20:35.42
58	16	Episcopo, Steven	M20	Unattached	20:46.00
59	13	Devine, Sierra	W18	Mynderse Academy	21:14.28
60	18	Goodman, Sheila	W19	Colony Central	21:20.58
61	62	Terrigino, Annette	W44	Webster Schroeder Parents	21:23.65
62	36	Mallery, Craig	M47	Vestal High Alumni	21:29.24
63	6	Burke, Kyle	M19	Rit Running Club	21:35.13
64	51	Pelzar, Jonathan	M18	Joel Barlow HS	21:44.42
65	56	Schwab, Christopher	M18	Xaverian Brothers, MA	21:46.48
66	20	Gressel, Grigoriy	M18	Brookline HS	21:49.93
67	32	Lewis, Craig	M50	Unattached	22:09.27
68	94	Clapton, Rachel	W31	Unattached	22:11.95
69	93	Delehanty, Margaret	W54	Unattached	22:12.29
70	77	Hendron, Jimmy	M17	Unattached	22:21.52
71	26	Kim, Alex	M19	Running Club	22:34.87
72	75	Costigan, Anthony	M23	Unattached	22:37.22
73	95	Peck, Mitch	M51	Unattached	22:40.48
74	14	Devries, Chris	M43	Unattached	22:52.49
75	37	Mallery, Ellen	W48	Vestal High Alumni	23:10.50
76	97	Butler, Lindsey	W12	Unattached	24:07.32
77	69	Wheeler, Benjamin	M21	Rit Running Club	24:11.72
78	54	Sammler, Sean	M42	Aaa	24:33.91
79	49	Palermo, Mike	M49	Webster Schroeder Parents	25:00.74
80	82	Heron, Keith	M61	Unattached	25:12.59
81	96	Tucker, Erin	W11	Unattached	25:25.72
82	87	Bello, Chuck	M64	Unattached	25:26.09
83	19	Green, Rachel	W21	Unattached	25:43.89
84	7	Canessa, Kris	W43	Webster Schroeder Parents	25:48.62
85	9	Conrow, Jennifer	W39	Webster Schroeder Parents	26:20.04
86	5	Burgin, Paula	W46	Webster Schroeder Parents	26:45.93
87	59	Shigley, Anne	W25	Rit Running Club	27:22.65
88	29	Krusch, Stephanie	W20	Pittsford	28:18.47
89	48	Palermo, Joanne	W50	Webster Schroeder Parents	28:38.83
90	1	Barry, John	M51	Webster Schroeder Parents	29:37.20
91	15	Eberth, Dan	M53	Webster Schroeder Parents	29:50.27

Age Group Results

W14&U 3 Mile Run

Name	Age Team	Time
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Finals

1	Lawson, Jessica	W13 Rathbone Rac	19:21.81
2	Butler, Lindsey	W12 Unattached	24:07.32
3	Tucker, Erin	W11 Unattached	25:25.72

M15-19 3 Mile Run

Name	Age Team	Time	
1	Marsico, Joeseeph	M18 The Tome Sch	16:53.89
2	Wiseman, John	M19 Unattached	17:20.61

3 Hess, Gavin	M17 Rochester No	18:15.88
4 Payan, Angel	M18 Unattached	18:21.54
5 Smith, Douglas	M18 Rit Running	18:37.41
6 Jermyn, Alexander	M18 Unattached	18:53.43
7 Weinstein, Ezra	M18 Rit Running	19:06.62
8 Wilkinson, Ken	M19 Brighton	19:12.26
9 Ernst, Justin	M19 Rit Running	19:56.97
10 LaDuca, Christopher	M18 Unattached	20:10.19
11 Mesolella, Brian	M18 Unattached	20:15.12
12 Lizotte, Eric	M18 Rit Running	20:23.36
13 Chrysler, Brandon	M17 Rit Running	20:29.58
14 Burke, Kyle	M19 Rit Running	21:35.13
15 Pelzar, Jonathan	M18 Joel Barlow	21:44.42
16 Schwab, Christopher	M18 Xaverian Bro	21:46.48
17 Gressel, Grigoriy	M18 Brookline HS	21:49.93
18 Hendron, Jimmy	M17 Unattached	22:21.52
19 Kim, Alex	M19 Running Club	22:34.87

W15-19 3 Mile Run

Name	Age Team	Time
1 Marino, Danielle	W19 Saratoga Spr	19:31.00
2 Page, Shannon	W15 Unattached	19:56.36
3 Knaul, Emily	W18 Lincoln Sudb	19:59.19
4 Milici, Stephanie	W19 Greece Odyss	20:09.08
5 Bucci, Erin	W18 Jim Thorpe H	20:25.16
6 McKay, Talia	W18 Rit Running	20:29.82
7 Devine, Sierra	W18 Mynderse Aca	21:14.28
8 Goodman, Sheila	W19 Colonie Cent	21:20.58

M20-24 3 Mile Run

Name	Age Team	Time
1 Way, Bill	M24 Ihs / S.H.D.	14:39.18
2 Guarino, Josh	M23 Unattached	15:02.37
3 Walker, Sam	M20 Unattached	16:46.64
4 Hill, Jordan	M21 Brockport HS	16:58.16
5 Dacey, Kyle	M23 Unattached	17:44.35
6 Cooper, Alonza	M24 Unattached	18:31.97
7 Wegman, Joeseeph	M23 Unattached	18:51.70
8 Delehanty, Sean	M20 Unattached	18:56.43
9 Metzger, Jon	M23 Unattached	19:05.96
10 Niescier, Brandon	M22 Rit Running	19:17.18
11 Wegman, Andy	M23 Unattached	19:22.55
12 Hasenauer, Ryun	M24 Unattached	19:42.69
13 Kramer, Josh	M22 Rit Running	19:44.08
14 Episcopo, Steven	M20 Unattached	20:46.00
15 Costigan, Anthony	M23 Unattached	22:37.22
16 Wheeler, Benjamin	M21 Rit Running	24:11.72

W20-24 3 Mile Run

Name	Age Team	Time
1 Shaheen, Ashley	W20 Baker HS	19:48.25
2 Johnstone, Erin	W21 Rush-Henriet	20:18.15
3 Bower, Anna	W21 Pittsford	20:35.42
4 Green, Rachel	W21 Unattached	25:43.89
5 Krusch, Stephanie	W20 Pittsford	28:18.47

M25-29 3 Mile Run

Name	Age Team	Time
1 Masci, Chris	M28 Fairport Hig	16:50.79
2 Byler, Chad	M29 Unattached	16:55.29
3 Weldon, Justin	M25 Unattached	16:59.83
4 Bateman, David	M29 Gates Chili	17:12.94
5 Schultz, Jason	M28 Penfield Chi	18:42.00

W25-29 3 Mile Run

Name	Age Team	Time
1 Shigley, Anne	W25 Rit Running	27:22.65

M30 3 Mile Run

Name	Age Team	Time
1 Curio Jr, Steve	M30 Unattached	17:21.03
2 Weston, Timothy	M31 Unattached	17:59.16
3 Masters, Aaron	M30 Unattached	19:19.40
4 Marconi, Andrew	M30 Unattached	19:44.53
5 Lilly, Brian	M33 Unattached	20:24.86

W30 3 Mile Run

Name	Age Team	Time
1 Lorenz, Lynann	W32 Vestal High	19:35.04
2 Clapton, Rachel	W31 Unattached	22:11.95

M35 3 Mile Run

Name	Age Team	Time
1 Pickles, Scott	M36 Unattached	20:19.22

W35 3 Mile Run

Name	Age Team	Time
1 Conrow, Jennifer	W39 Webster Schr	26:20.04

M40 3 Mile Run

Name	Age Team	Time
1 Lawson, Ray	M42 Rathbone Rac	17:36.23
2 Devries, Chris	M43 Unattached	22:52.49
3 Sammler, Sean	M42 AAA	24:33.91

W40 3 Mile Run

Name	Age Team	Time
1 Terrigino, Annette	W44 Webster Schr	21:23.65
2 Canessa, Kris	W43 Webster Schr	25:48.62

M45 3 Mile Run

Name	Age Team	Time
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1 Olson, Michael	M47 Vestal High	17:11.04
2 Wegman, David	M45 Unattached	19:11.36
3 Terrigino, Steve	M45 Webster Schr	19:45.33
4 Mallery, Craig	M47 Vestal High	21:29.24
5 Palermo, Mike	M49 Webster Schr	25:00.74

W45 3 Mile Run

Name	Age Team	Time
1 Mallery, Ellen	W48 Vestal High	23:10.50
2 Burgin, Paula	W46 Webster Schr	26:45.93

M50 3 Mile Run

Name	Age Team	Time
1 Lindo, Ed	M51 Fulton	18:43.11
2 zwerger, william	M50 syracuse tra	19:12.51
3 Zembiec, David	M52 Unattached	19:37.45
4 Lewis, Craig	M50 Unattached	22:09.27
5 Peck, Mitch	M51 Unattached	22:40.48
6 Barry, John	M51 Webster Schr	29:37.20
7 Eberth, Dan	M53 Webster Schr	29:50.27

W50 3 Mile Run

Name	Age Team	Time
1 Delehanty, Margaret	W54 Unattached	22:12.29
2 Palermo, Joanne	W50 Webster Schr	28:38.83

M55 3 Mile Run

Name	Age Team	Time
1 Hartshorne, Thomas	M58 Ithaca High	18:49.43
2 Hamilton, Bob	M56 Unattached	20:22.60

M60 3 Mile Run

Name	Age Team	Time
1 Heron, Keith	M61 Unattached	25:12.59
2 Bello, Chuck	M64 Unattached	25:26.09

2013 McQuaid XC Invitational Open Race – 39th Annual
 Results from <http://www.mcquaidinvitational.com/results>

McQuaid Invitational Alumni Challenge
 September 28, 2013 at Genesee Valley Park, Rochester, NY
 3.0 miles

McQuaid Alumni Open Race
 Genesee Valley Park
 September 28, 2013

Results by Yen Timing Services
www.yentiming.com

PLACE	PTS	NAME	AGEGROUP	TEAM	TIME	PACE
1	1	Bill Way	M25-29	1 High Noon AC - 1	14:28.4	4:50
2	2	Mike Heymann	M20-24	1 Syracuse TC - 1	14:42.9	4:55
3		Guarino Nicholas	M20-24	2	15:19.6	5:07
4	3	Andrew Dionne	M25-29	2 Syracuse TC - 1	15:22.7	5:08
5	4	C. Fred Joslyn	M25-29	3 Syracuse TC - 1	15:24.8	5:09
6		Guarino Josh	M20-24	3	15:26.6	5:09
7	5	Zach Rivers	M20-24	4 GVH - 1	15:27.4	5:10
8	6	Chip O'Hara	M30-34	1 Syracuse TC - 1	15:28.4	5:10
9	7	Bobby Henchen	M25-29	4 GVH - 1	15:29.4	5:10
10	8	Chris Mateer	M20-24	5 GVH - 1	15:32.8	5:11
11	9	William Hoyne	M30-34	2 Syracuse TC - 1	15:33.5	5:12
12	10	Mark Streb	M20-24	6 GVH - 1	15:39.3	5:14
13	11	Matt Avery	M20-24	7 GVH - 1	15:43.7	5:15
14	12	Joe Bazler	M25-29	5 High Noon AC - 1	15:46.6	5:16
15	13	Mike Kurvich	M20-24	8 GVH - 1	15:47.8	5:16
16	14	Brad Frink	M20-24	9 GVH - 1	15:55.8	5:19
17	15	Joshua Perks	M35-39	1 High Noon AC - 1	15:57.9	5:20
18		Mitchel Boucher	M20-24	10 GVH - 1	16:02.5	5:21
19		Kirt Komocki	M40-44	1 GVH - 1	16:05.5	5:22
20		Jacob Ott	M20-24	11	16:09.7	5:24
21	16	Marty Nicholson	M25-29	6 Syracuse TC - 1	16:13.7	5:25
22		Dan Serriani	M20-24	12 GVH - 1	16:15.9	5:26
23		Mike Nier	M45-49	1 GVH - 1	16:21.8	5:28
24		Alan Evans	M50-54	1 GVH - 1	16:28.0	5:30
25		Dave Bradshaw	M30-34	3	16:31.7	5:31
26	17	Justin Niedzeliak	M35-39	2 Syracuse TC - 1	16:33.9	5:32
27		Jeff Schuler	M30-34	4	16:35.8	5:32
28	18	Josh Harter	M35-39	3 GVH - 2	16:44.2	5:35
29	19	Casey Carlstrom	M50-54	2 High Noon AC - 1	16:51.4	5:38
30	20	Malcolm Wilber	M15-19	1 High Noon AC - 1	16:55.0	5:39
31	21	Steve Folsom	M30-34	5 High Noon AC - 1	16:59.3	5:40
32		Jeremy Gardner	M35-39	4	17:01.2	5:41
33		Carl Johnston	M45-49	2 GVH - 1	17:08.8	5:43
34		Robert Duggan	M25-29	7	17:19.6	5:47
35		Corey Wegman	M15-19	2	17:21.6	5:48
36	22	Eric Choudhary	M25-29	8 High Noon AC - 1	17:22.8	5:48
37		Bret Crane	M30-34	6	17:23.0	5:48
38		Jack Bernard	M40-44	2 Syracuse TC - 1	17:23.8	5:48
39		Dave Bischoff	M50-54	3 GVH - 1	17:24.2	5:49
40		Sean Nicholson	M45-49	3 High Noon AC - 1	17:26.0	5:49
41		Derick Kowalczyk	M15-19	3	17:28.3	5:50
42		John Vankerkhove	M50-54	4 GVH - 1	17:29.1	5:50
43		Connor Cleveland	M15-19	4	17:30.1	5:51
44		Scott Bickham	M45-49	4 GVH - 1	17:30.4	5:51
45		Alan Cushman	M40-44	3 Syracuse TC - 1	17:33.7	5:52
46		Tim Dwyer	M50-54	5 GVH - 1	17:34.7	5:52
47		Joe Mora	M50-54	6 GVH - 1	17:35.9	5:52
48		Andy Hamilton	M15-19	5	17:37.9	5:53
49		Dennis Kinney	M50-54	7 GVH - 1	17:41.9	5:54
50		Kevin Vanboden	M45-49	5 Syracuse TC - 1	17:48.7	5:57
51		Josh Kuelling	M30-34	7	17:53.7	5:58
52		Don Miller	M40-44	4 GVH - 1	17:54.1	5:59
53		Jason Strumble	M40-44	5	17:54.9	5:59
54		Andrew Marconi	M30-34	8	18:00.4	6:01
55		Mark Rybinski	M55-59	1 GVH - 1	18:09.9	6:04
56		Joe Williams	M40-44	6 High Noon AC - 1	18:15.1	6:06
57		Peter Richard	M45-49	6 GVH - 1	18:18.3	6:07
58		Loren Davies	M45-49	7 Syracuse TC - 1	18:20.2	6:07
59		Ari Kramer	M15-19	6	18:21.0	6:07
60		xufeng pan	M15-19	7	18:25.0	6:09

61	23	tony machulskis	M50-54	8	GVH - 2	18:26.3	6:09
62		Jerry Irving	M60-64	1	Checkers AC - 1	18:28.5	6:10
63		Tim Riccardi	M55-59	2	Syracuse TC - 1	18:33.1	6:12
64		Charlie Fay	M60-64	2	High Noon AC - 1	18:36.7	6:13
65		Tom Hartshorne	M55-59	3	High Noon AC - 1	18:39.3	6:14
66		Stan Pryll	M40-44	7		18:40.8	6:14
67		Brian Cummins	M55-59	4	Syracuse TC - 1	18:41.2	6:14
68		Ed Lindo	M50-54	9	Syracuse TC - 1	18:41.6	6:14
69	24	Wayne Crandall	M50-54	10	GVH - 2	18:44.3	6:15
70	25	Matthew Dow	M45-49	8	Greater Buffalo TC -	18:47.7	6:16
71	26	Gary Radford	M55-59	5	GVH - 2	18:49.4	6:17
72		Kraig Connor	M20-24	13		18:51.3	6:18
73		Jim Vandish	M40-44	8	Syracuse TC - 1	18:56.6	6:19
74		Guy George	M50-54	11	Checkers AC - 1	18:57.2	6:20
75		Bruce Roebal	M55-59	6	High Noon AC - 1	19:04.5	6:22
76		Alex Mirra	M15-19	8	Syracuse TC - 1	19:06.2	6:23
77		Robin Wheelless	M50-54	12	Syracuse TC - 1	19:07.9	6:23
78		Greg Gray	M45-49	9	GVH - 1	19:11.2	6:24
79		Bob Raymonda	M50-54	13	Syracuse TC - 1	19:13.2	6:25
80		Wayne Mason	M55-59	7	Syracuse TC - 1	19:15.0	6:25
81	27	Jeremy Wattles	M30-34	9	Syracuse TC - 2	19:18.0	6:26
82		Craig Basel	M15-19	9		19:19.7	6:27
83		Zachary Borden	M20-24	14		19:20.0	6:27
84		Steve Beyers	M50-54	14	High Noon AC - 1	19:22.3	6:28
85		Dan Mckee	M45-49	10	High Noon AC - 1	19:22.9	6:28
86		Paco Royano	M45-49	11	High Noon AC - 1	19:25.6	6:29
87	28	Raymond Clark	M30-34	10	Syracuse TC - 2	19:41.5	6:34
88		Ron Hughes	M40-44	9	GVH - 1	19:43.0	6:35
89		Jeff Watkins	M60-64	3	Checkers AC - 1	19:44.2	6:35
90		John Bugajski	M30-34	11		19:57.1	6:40
91		Christopher Bateman	M30-34	12		19:59.5	6:40
92		Doug Wood	M60-64	4	Syracuse TC - 1	19:59.8	6:40
93		Jim Hodges	M50-54	15		20:00.6	6:41
94		Thomas Doolittle	M20-24	15		20:00.9	6:41
95	29	Michael Pavon	M35-39	5	Greater Buffalo TC -	20:01.2	6:41
96	30	Phil Scaffidi	M45-49	12	Greater Buffalo TC -	20:02.4	6:41
97		Ben Stewart	M15-19	10		20:03.3	6:42
98		Dave Laris	M50-54	16	Syracuse TC - 1	20:05.1	6:42
99		David Bowen	M60-64	5	GVH - 1	20:15.3	6:46
100		Patrick Wrobel	M60-64	6	GVH - 1	20:16.1	6:46
101		Derek Simmonds	M40-44	10	GVH - 1	20:20.1	6:47
102		Jim May	M65-69	1	GVH - 1	20:27.0	6:49
103		Bill Zwerger	M50-54	17		20:30.6	6:51
104		Bill Beyerbach	M55-59	8		20:34.1	6:52
105		Brian Lilly	M30-34	13		20:36.9	6:53
106	31	Marty Gordon	M50-54	18	GVH - 2	20:45.6	6:56
107		Ron Blackmore	M60-64	7	GVH - 1	20:53.3	6:58
108		Kevin Mesolella	M20-24	16		20:58.8	7:00
109		Kevin Kelly	M60-64	8	Syracuse TC - 1	21:08.9	7:03
110	32	Robert Krug	M40-44	11	Greater Buffalo TC -	21:14.3	7:05
111		Pat Vanbeveran	M60-64	9	Syracuse TC - 1	21:16.2	7:06
112	33	Dexter Frank	M55-59	9	Greater Buffalo TC -	21:18.5	7:07
113		John Hawkes	M45-49	13		21:24.4	7:09
114		Spencer Wickens	M0-14	1		21:35.5	7:12
115		Bert Bland	M60-64	10	High Noon AC - 1	21:38.5	7:13
116	34	Mitch Moore	M55-59	10	GVH - 2	21:40.9	7:14
117		Jim Miner	M60-64	11	Syracuse TC - 1	21:42.4	7:15
118		Carl Franck	M60-64	12	High Noon AC - 1	21:43.9	7:15
119		Brendan Wolfert	M20-24	17		21:48.0	7:16
120		Christopher Scott	M25-29	9		21:48.2	7:17
121	35	Mike Reif	M60-64	13	GVH - 2	21:51.5	7:18
122		Keith Yeates	M65-69	2	GVH - 2	21:55.2	7:19
123		Jason Lowden	M20-24	18		21:55.5	7:19

124	36	Joey Giarrusso	M15-19	11	Syracuse TC - 2	21:58.3	7:20
125		Jay Ferrimani	M50-54	19	GVH - 2	21:59.5	7:20
126	37	Patrick O'Connor	M50-54	20	Syracuse TC - 2	22:04.0	7:22
127		Derek Fenn	M15-19	12		22:11.1	7:24
128		Andrew Kurzweil	M15-19	13		22:12.8	7:25
129		Peyton Steigerwald	M15-19	14		22:16.0	7:26
130	38	William Krichbaum	M45-49	14	Syracuse TC - 2	22:17.6	7:26
131		Alexander Jermyn	M15-19	15		22:22.5	7:28
132		Dennis Chauvin	M50-54	21		22:28.3	7:30
133	39	Christopher Connell	M55-59	11	Greater Buffalo TC -	22:36.0	7:32
134		David Keifer	M65-69	3	High Noon AC - 1	22:44.8	7:35
135		Benjamin Wheeler	M20-24	19		23:18.8	7:47
136		Gary Baker	M60-64	14	Syracuse TC - 1	23:21.0	7:47
137		Michael Swain	M50-54	22		23:40.3	7:54
138	40	Jerry Smith	M70-74	1	Syracuse TC - 2	23:54.3	7:59
139		Stephen Berghash	M55-59	12		23:57.8	8:00
140		Mitch Peck	M50-54	23		23:58.7	8:00
141		Keith Heron	M60-64	15		24:55.7	8:19
142		Franco Mance	M35-39	6		26:43.9	8:55
143		Tom Hawkins	M55-59	13		26:54.8	8:59
144		Reggie Henderson	M50-54	24		32:11.2	10:44

OVERALL WOMENS RESULTS 3.0 Mile Cross Country Run

PLACE	PTS	NAME	AGEGROUP	TEAM	TIME	PACE	
1	1	Sarah Loerch	F25-29	1	GVH - 1	17:24.4	5:49
2	2	Karen Simmonds-Brad	F35-39	1	GVH - 1	17:31.9	5:51
3	3	Kaitlin O'Sullivan	F25-29	2	Syracuse TC - 1	17:43.8	5:55
4		Danielle Hunt	F25-29	3		18:05.7	6:02
5	4	Jordyn Naylon	F20-24	1	GVH - 1	18:13.9	6:05
6	5	Kelsey Ryan	F25-29	4	Checkers AC - 1	18:17.4	6:06
7	6	Elaina Mertens	F25-29	5	Checkers AC - 1	18:46.4	6:16
8		Tammy Putt	F25-29	6		18:59.9	6:20
9	7	Amy Fakterowitz	F45-49	1	Checkers AC - 1	19:10.4	6:24
10	8	Kathy Hayden	F45-49	2	GVH - 1	19:11.6	6:24
11	9	Megan Hyland	F30-34	1	GVH - 1	19:25.9	6:29
12	10	Alex Brown	F25-29	7	Checkers AC - 1	19:36.8	6:33
13	11	Heidi Glovack	F30-34	2	Syracuse TC - 1	19:44.9	6:35
14	12	Gill Haines-Sharp	F50-54	1	Finger Lakes RC - 1	19:51.5	6:38
15	13	Audra Naujokas-Knap	F40-44	1	GVH - 1	19:53.7	6:38
16		Lillian Meaney	F15-19	1		19:57.9	6:40
17	14	Kelsey Fitzgerald	F20-24	2	Checkers AC - 1	19:58.9	6:40
18	15	Jade Mills	F30-34	3	Syracuse TC - 1	20:12.0	6:44
19	16	Elizabeth Randell	F45-49	3	Checkers AC - 1	20:13.6	6:45
20	17	Julie Barclay	F40-44	2	Finger Lakes RC - 1	20:14.1	6:45
21	18	Joanne Singer	F50-54	2	Syracuse TC - 1	20:17.6	6:46
22	19	Kris Haines-Sharp	F45-49	4	Finger Lakes RC - 1	20:19.6	6:47
23	20	Susan Lopez	F20-24	3	Syracuse TC - 1	20:32.5	6:51
24	21	Gae Orsini	F45-49	5	GVH - 1	20:34.8	6:52
25		Anna Fox	F50-54	3	GVH - 1	20:40.9	6:54
26	22	Mary Bushallow	F40-44	3	Syracuse TC - 1	21:02.3	7:01
27		Maureen Bischoff	F45-49	6	GVH - 1	21:27.7	7:10
28	23	Bonnie Lindbloom	F45-49	7	GVH - 2	21:54.8	7:19
29		Jamie Farris	F20-24	4	GVH - 1	21:56.5	7:19
30	24	Lizzie Marris	F25-29	8	Syracuse TC - 1	22:00.0	7:20
31		Colleen Magnussen	F50-54	4	GVH - 1	22:15.6	7:26
32		Kathy Wheeler	F40-44	4	Syracuse TC - 1	22:17.1	7:26
33		Patti Ford	F55-59	1	Syracuse TC - 1	22:20.3	7:27
34	25	Wende Cleary	F50-54	5	GVH - 2	22:32.3	7:31

35	Sarah Wilcox	F20-24	5		22:33.5	7:32
36	Jill Gordon	F50-54	6	GVH - 1	22:34.1	7:32
37	26 Margaret Brosnahan	F45-49	8	Finger Lakes RC - 1	22:36.7	7:33
38	27 Marie Harkins	F50-54	7	Finger Lakes RC - 1	22:41.4	7:34
39	28 Lorrie Tily	F50-54	8	Finger Lakes RC - 1	22:43.0	7:35
40	29 Anna Pawlaczyk	F25-29	9	Checkers AC - 1	22:52.9	7:38
41	Sharon Moore	F55-59	2	GVH - 1	23:04.9	7:42
42	Kristine Franklyn	F45-49	9		23:25.2	7:49
43	30 Michelle Marino	F60-64	1	Finger Lakes RC - 1	23:34.3	7:52
44	31 Diana Phillips	F45-49	10	GVH - 2	23:42.9	7:55
45	32 Colleen Daggs	F40-44	5	GVH - 2	23:44.7	7:55
46	Sarah Jane Wegman	F0-14	1		23:49.0	7:57
47	Carolyn Smith-Hanna	F60-64	2	GVH - 1	23:49.2	7:57
48	Zsofia Franck	F60-64	3	Finger Lakes RC - 1	23:58.9	8:00
49	33 Ann Lynn	F40-44	6	GVH - 2	24:06.1	8:03
50	Mary Eggers	F35-39	2	GVH - 1	24:09.9	8:04
51	Jeanne Herrick	F60-64	4	GVH - 1	24:16.3	8:06
52	Sharon Ames	F55-59	3	Syracuse TC - 1	24:17.2	8:06
53	Allison Smith	F25-29	10	Syracuse TC - 1	24:17.6	8:06
54	Holly Coolican	F55-59	4	Syracuse TC - 1	24:20.8	8:07
55	Karen Ingall	F40-44	7	Finger Lakes RC - 1	24:22.1	8:08
56	Stephanie Scott	F30-34	4		24:44.8	8:15
57	Jean Rand	F60-64	5	Finger Lakes RC - 1	24:54.3	8:19
58	Monica Griffiths	F15-19	2		24:56.1	8:19
59	Haley Keene	F15-19	3		24:56.3	8:19
60	Sarah Jones	F15-19	4		24:56.6	8:19
61	Ruth Yanai	F55-59	5	Syracuse TC - 1	24:57.7	8:20
62	theresa Wegman	F45-49	11		25:12.4	8:25
63	Stephanie Benson	F35-39	3		25:21.8	8:28
64	34 Barb Pudiak	F55-59	6	GVH - 2	25:47.0	8:36
65	Lexi Valachovic	F0-14	2		25:50.2	8:37
66	Lynda McGuire	F65-69	1	GVH - 1	25:51.9	8:38
67	Marty Roberts	F55-59	7	Finger Lakes RC - 1	25:53.6	8:38
68	Elena Ziskind	F0-14	3		26:01.4	8:41
69	Marie Fitzsimmons	F50-54	9	Finger Lakes RC - 1	26:11.1	8:44
70	Joan Sussman	F55-59	8		26:51.6	8:58
71	Hannah Gregory	F15-19	5		27:43.3	9:15
72	Elaine Gregory	F40-44	8		27:43.9	9:15
73	Tracie Drew	F45-49	12		28:30.5	9:31
74	Anne Austin	F50-54	10	Syracuse TC - 1	28:37.7	9:33
75	Maria Huber	F0-14	4	GVH - 1	29:07.6	9:43
76	Allison Krichbaum	F40-44	9	Syracuse TC - 1	29:11.6	9:44
77	Megan Lowenguth	F0-14	5		29:42.1	9:55
78	Zoe Masters	F0-14	6		30:19.7	10:07
79	Julia Kokkoris	F0-14	7		33:33.0	11:11
80	McKayla Kardas	F0-14	8		33:35.5	11:12
81	Madeline Lehmann	F0-14	9		33:38.3	11:13

AWARD WINNERS

OVERALL MALE

PLACE	NAME	AGE	TIME	TEAM
1	Bill Way	25	14:28.4	

OVERALL FEMALE

PLACE	NAME	AGE	TIME	TEAM
1	Sarah Loerch	28	17:24.4	

OVERALL MASTERS MALE

PLACE	NAME	AGE	TIME	TEAM
1	Kirt Komocki	40	16:05.5	

OVERALL MASTERS FEMALE

PLACE	NAME	AGE	TIME	TEAM
1	Amy Fakterowitz	45	19:10.4	

MALE AGE GROUP: 0 - 14

PLACE	NAME	AGE	TIME	TEAM
1	Spencer Wickens	14	21:35.5	

FEMALE AGE GROUP: 0 - 14

PLACE	NAME	AGE	TIME	TEAM
1	Sarah Jane Wegman	13	23:49.0	
2	Lexi Valachovic	10	25:50.2	
3	Elena Ziskind	11	26:01.4	

MALE AGE GROUP: 15 - 19

PLACE	NAME	AGE	TIME	TEAM
1	Malcolm Wilber	19	16:55.0	
2	Corey Wegman	18	17:21.6	
3	Derick Kowalczyk	18	17:28.3	

FEMALE AGE GROUP: 15 - 19

PLACE	NAME	AGE	TIME	TEAM
1	Lillian Meaney	18	19:57.9	
2	Monica Griffiths	19	24:56.1	
3	Haley Keene	18	24:56.3	

MALE AGE GROUP: 20 - 24

PLACE	NAME	AGE	TIME	TEAM
1	Mike Heymann	24	14:42.9	
2	Guarino Nicholas	24	15:19.6	
3	Guarino Josh	24	15:26.6	

FEMALE AGE GROUP: 20 - 24

PLACE	NAME	AGE	TIME	TEAM
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1	Jordyn Naylor	22	18:13.9	
2	Kelsey Fitzgerald	21	19:58.9	
3	Susan Lopez	21	20:32.5	

MALE AGE GROUP: 25 - 29

PLACE	NAME	AGE	TIME	TEAM
1	Andrew Dionne	25	15:22.7	
2	C. Fred Joslyn	29	15:24.8	
3	Bobby Henchen	25	15:29.4	

FEMALE AGE GROUP: 25 - 29

PLACE	NAME	AGE	TIME	TEAM
1	Kaitlin O'Sullivan	28	17:43.8	
2	Danielle Hunt	25	18:05.7	
3	Kelsey Ryan	26	18:17.4	

MALE AGE GROUP: 30 - 34

PLACE	NAME	AGE	TIME	TEAM
1	Chip O'Hara	32	15:28.4	
2	William Hoyne	31	15:33.5	
3	Dave Bradshaw	34	16:31.7	Fairport HS XC Alumni

FEMALE AGE GROUP: 30 - 34

PLACE	NAME	AGE	TIME	TEAM
1	Megan Hyland	34	19:25.9	
2	Heidi Glovack	33	19:44.9	
3	Jade Mills	34	20:12.0	

MALE AGE GROUP: 35 - 39

PLACE	NAME	AGE	TIME	TEAM
1	Joshua Perks	39	15:57.9	
2	Justin Niedzeliak	36	16:33.9	
3	Josh Harter	38	16:44.2	

FEMALE AGE GROUP: 35 - 39

PLACE	NAME	AGE	TIME	TEAM
1	Karen Simmonds-Brady	39	17:31.9	
2	Mary Eggers	39	24:09.9	
3	Stephanie Benson	38	25:21.8	

MALE AGE GROUP: 40 - 44

PLACE NAME AGE TIME TEAM

1	Jack Bernard	42	17:23.8	
2	Alan Cushman	41	17:33.7	
3	Don Miller	43	17:54.1	

FEMALE AGE GROUP: 40 - 44

PLACE NAME AGE TIME TEAM

1	Audra Naujokas-Knapp	43	19:53.7	
2	Julie Barclay	40	20:14.1	
3	Mary Bushallow	42	21:02.3	

MALE AGE GROUP: 45 - 49

PLACE NAME AGE TIME TEAM

1	Mike Nier	48	16:21.8	
2	Carl Johnston	48	17:08.8	
3	Sean Nicholson	49	17:26.0	

FEMALE AGE GROUP: 45 - 49

PLACE NAME AGE TIME TEAM

1	Kathy Hayden	47	19:11.6	
2	Elizabeth Randell	46	20:13.6	
3	Kris Haines-Sharp	47	20:19.6	

MALE AGE GROUP: 50 - 54

PLACE NAME AGE TIME TEAM

1	Alan Evans	50	16:28.0	
2	Casey Carlstrom	54	16:51.4	
3	Dave Bischoff	51	17:24.2	

FEMALE AGE GROUP: 50 - 54

PLACE NAME AGE TIME TEAM

1	Gill Haines-Sharp	52	19:51.5	
2	Joanne Singer	53	20:17.6	
3	Anna Fox	51	20:40.9	

MALE AGE GROUP: 55 - 59

PLACE NAME AGE TIME TEAM

1	Mark Rybinski	58	18:09.9	
2	Tim Riccardi	55	18:33.1	
3	Tom Hartshorne	59	18:39.3	

FEMALE AGE GROUP: 55 - 59

PLACE	NAME	AGE	TIME	TEAM
1	Patti Ford	57	22:20.3	
2	Sharon Moore	59	23:04.9	
3	Sharon Ames	56	24:17.2	

MALE AGE GROUP: 60 - 64

PLACE	NAME	AGE	TIME	TEAM
1	Jerry Irving	62	18:28.5	
2	Charlie Fay	60	18:36.7	
3	Jeff Watkins	60	19:44.2	

FEMALE AGE GROUP: 60 - 64

PLACE	NAME	AGE	TIME	TEAM
1	Michelle Marino	60	23:34.3	
2	Carolyn Smith-Hanna	62	23:49.2	
3	Zsofia Franck	60	23:58.9	

MALE AGE GROUP: 65 - 69

PLACE	NAME	AGE	TIME	TEAM
1	Jim May	67	20:27.0	
2	Keith Yeates	66	21:55.2	
3	David Keifer	67	22:44.8	

FEMALE AGE GROUP: 65 - 69

PLACE	NAME	AGE	TIME	TEAM
1	Lynda McGuire	65	25:51.9	

MALE AGE GROUP: 70 - 74

PLACE	NAME	AGE	TIME	TEAM
1	Jerry Smith	70	23:54.3	

2014 McQuaid XC Invitational Open Race – 40th Annual

Entry info at: <http://www.mcquaidinvitational.com/alumni>

McQuaid Invitational Alumni Challenge
 September 27, 2014 at Genesee Valley Park, Rochester, NY
 3.0 miles

