

hfALL07.txt
 8TH ANNUAL HIGHLAND FOREST 1-2-3 TRAIL RUN
 May 20, 2007 Highland Forest, Fabius, NY

1 LOOP ~ 10 MILES

Place	Name	Sex	Age	Time	Pace	Residence
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1	Andrew Weishaar	M	31	1:06:45	6:41	Ithaca
2	Ian Golden	M	30	1:06:48	6:41	Ithaca
3	Earl Steinbrecher	M	42	1:06:52	6:42	Willseyville
4	Yassine Diboun	M	28	1:10:06	7:01	Ithaca
5	Ben Logsdon	M	22	1:14:31	7:28	Ithaca
6	Tim Ingall	M	48	1:15:26	7:33	Lansing
7	John Hylas	M	49	1:19:00	7:54	Ithaca
8	Jeffrey Juran	M	50	1:19:45	7:59	Ithaca
9	Marcus Van Bers	M	44	1:19:56	8:00	Syracuse
10	David Jones	M	48	1:20:46	8:05	Interlaken
11	Craig McGowan	M	49	1:22:04	8:13	Liverpool
12	Fred Miller	M	56	1:22:20	8:14	Liverpool
13	Dave Miller	M	46	1:25:06	8:31	Manlius
14	Jennifer Peterson	F	39	1:25:11	8:32	Skaneateles
15	Steve Shaum	M	41	1:28:24	8:51	Trumansburg
16	David Jung	M	47	1:28:53	8:54	Ithaca
17	Audrey Balander	F	50	1:29:30	8:57	Cortland
18	Tim Peterson	M	39	1:29:34	8:58	Skaneateles
19	Adam Tucker	M	34	1:31:38	9:10	Dryden
20	Matthew Aldridge	M	34	1:32:59	9:18	Ithaca
21	Al Weaver	M	53	1:33:17	9:20	Lafayette
22	Terry Widrick	M	31	1:34:13	9:26	New Woodstock
23	Karen Grover	F	36	1:34:27	9:27	Alpine
24	Ben Reller	M	21	1:35:04	9:31	Manlius
25	Hiroshi Abe	M	32	1:35:57	9:36	Ithaca
26	Gary McCheyne	M	46	1:36:01	9:37	Interlaken
27	Jim Hoch	M	56	1:36:06	9:37	Cortland
28	Anthony Muhlnickel	M	53	1:37:08	9:43	North Syracuse
29	Pat O'Connor	M	47	1:37:14	9:44	Syracuse
30	Kara Patrick	F	32	1:38:58	9:54	Manlius
31	Evan Kurtz	M	51	1:40:12	10:02	Dryden
32	George Thomas	M	51	1:43:03	10:19	Skaneateles
33	Rick Mazzeo	M	54	1:43:04	10:19	Skaneateles
34	Andrew DeHaas	M	27	1:43:14	10:20	Rochester
35	Douglas Cronin	M	28	1:43:15	10:20	Manlius
36	Terry Wilson	M	40	1:43:57	10:24	Cicero
37	Allen Hall	M	42	1:46:17	10:38	Macedon
38	Margaret Dederich	F	20	1:50:01	11:01	Liverpool
39	Jeff Buboltz	M	40	1:50:07	11:01	Cortland
40	Mary Shaver	F	65	1:50:13	11:02	Geneva
41	Joseph Barry	M	49	1:50:24	11:03	Lafayette
42	Michael Kester	M	37	1:51:14	11:08	Fayetteville
43	Maria Costanzo	F	48	1:51:20	11:08	Ithaca
44	Michelle Giron	F	23	1:52:25	11:15	Ithaca
45	Shigeki Takata	M	31	1:52:50	11:17	Ithaca
46	Nathan Stokes	M	28	1:55:48	11:35	Central Square
47	Denise Green	F	22	1:56:46	11:41	Ithaca
48	Jennifer Carney	F	30	1:59:34	11:58	Jordan
49	Jamie Nelson	F	29	1:59:34	11:58	Syracuse
50	Greg Tuttle	M	51	2:00:03	12:01	Fabius
51	Bill Liddick	M	47	2:05:05	12:31	Ithaca
52	Kamal Jabbour	M	49	2:06:45	12:41	Pompey

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53 Bianca Flikweert F 36 2:26:27 14:39 Cazenovia
54 Ann Curran F 40 2:26:27 14:39 Cortland

2 LOOPS ~ 20 MILES

Place	Name	Sex	Age	Time	Pace	Residence
1	Eric Davis	M	27	2:31:40	7:35	Ithaca
2	Jack Knych	M	17	2:44:24	8:14	Jamesville
3	Jennifer Gruben	F	29	3:08:11	9:25	Steamboat Springs,CO
4	Richard DeLong	M	48	3:08:36	9:26	Mexico
5	Mark Brugger	M	47	3:16:26	9:50	Vestal
6	Jack Stauffer	M	47	3:17:23	9:53	Manlius
7	Lincoln Fancher	M	48	3:21:08	10:04	Lacona
8	Jason Fahey	M	35	3:21:20	10:04	Liverpool
9	Keith Comfort	M	45	3:23:49	10:12	Cazenovia
10	Eric Traynor	M	40	3:26:49	10:21	Brewerton
11	Ben Clardy	M	36	3:30:58	10:33	Dewitt
12	Andrew Rice	M	41	3:31:43	10:36	Canandaigua
13	Charlie Reller	M	51	3:31:45	10:36	Manlius
14	Bob Lantz	M	53	3:36:17	10:49	Wyalusing
15	Ray Brooks	M	52	3:38:20	10:55	Johnson City
16	James Lampman	M	24	3:44:45	11:15	Cato
17	David Groff	M	44	3:48:24	11:26	Erieville
18	Jeanne Herrick	F	55	3:58:23	11:56	Rochester
19	Mark Sheremeta	M	51	4:01:02	12:04	Manlius
20	Ron Waldron	M	35	4:04:07	12:13	Central Square
21	Marcie Pullman	F	32	4:06:57	12:21	Ithaca
22	David Sek	M	64	4:08:31	12:26	Spencerport
23	Michael O'Hara	M	37	4:09:10	12:28	Vestal
24	Tom Perry	M	62	4:42:48	14:09	Fairport
25	Louis Scott	M	57	4:45:31	14:17	Preble
26	Diane Miller	F	32	4:49:40	14:29	Syracuse
27	Peter Dietz	M	44	5:28:39	16:26	Woodbridge, ON
28	Gary Gudlin	M	52	5:28:39	16:26	Jamesville

3 LOOPS ~ 30 MILES

Place	Name	Sex	Age	Time	Pace	Residence
1	Brian Murray	M	44	4:31:46	9:04	Newfane
2	Adam Chase	M	41	4:37:46	9:16	Boulder, CO
3	Ed Housel	M	48	4:40:16	9:21	Rochester
4	Nancy Kleinrock	F	47	4:57:20	9:55	Trumansburg
5	Chris Moore	M	34	4:57:20	9:55	Norristown, PA
6	Peter Smith	M	41	5:12:33	10:26	Dewitt
7	Jason Tanner	M	29	5:19:14	10:39	Syracuse
8	Donny Andreas	M	40	5:23:36	10:48	Seneca Falls
9	David Gruzca	M	45	5:31:20	11:03	Fabius
10	Jim Newin	M	53	5:33:02	11:07	Mt. St Hilaire, ON
11	Dave George	M	34	5:35:25	11:11	North Syracuse
12	Paul Doody	M	47	5:41:14	11:23	Baldwinsville
13	Pat Riccardi	M	56	5:41:40	11:24	Syracuse
14	Gary Ferguson	M	52	5:45:42	11:32	Wyalusing
15	Kevin Woodruff	M	49	5:54:21	11:49	Baker

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16 Barbara Gorka	F	44	6:04:48	12:10	Hamilton
17 Brian Hooker	M	28	6:07:12	12:15	Rochester
18 Kenneth Rowe	M	48	6:14:19	12:29	Newark
19 Allen Ripke	M	55	6:56:41	13:54	Syracuse