

Thirty-Eighth Annual Vestal XX 20 Kilometer Road Race June 21, 2008

Please check out [the list of volunteers](#), whose contributions insured the safety and success of this year's Vestal XX.

Note: Complete, searchable results of this year's race and ALL previous races are available from [Active.com](#).

Award List

Overall Male Winners

- 1 Patrick Murphy 24 M 1:12:56
- 2 Shaun Horan 26 M 1:13:07
- 3 Gary Fancher 47 M 1:17:46

Record 1:03:17 by Tom Carter in 1981

Overall Female Winners

- 1 Jennifer Hastings 21 F 1:31:19
- 2 Janine Fitzgerald 34 F 1:32:39
- 3 Kristin Olson 38 F 1:37:13

Record 1:14:29 by Charlene Lyford in 1999

Tom Carter High School Awards

- Ben Snodgrass 16 M 1:19:26
- Erika Gates 18 F 1:43:34

Age Graded Awards

 * RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS ASSOCIATION TABLES *
 * This listing is produced by adjusting each finisher's time based on tables *
 * produced by Alan Jones for the World Masters Athletics organization. These *
 * will replace the old (1994) tables generated by the World Association of *
 * Veteran Athletes. *
 * The resulting time is theoretically what each runner should be able to run at *
 * about age 27. The last column shows, as a percent, how close each runner *
 * came to a world-class performance after adjusting for age. *
 * The overall 3 male and 3 female winners have been excluded from this list *

Place	Name	Ag	S	Time	Agegrad	Age %
1	Bong Joon Yoon	61	M	1:28:11	1:10:39	79.23
2	Nancy Werthmuller	57	F	1:40:31	1:18:59	78.89
3	Eric Maki	46	M	1:19:50	1:12:57	76.72
4	Ben Snodgrass	16	M	1:19:26	1:14:31	75.11
5	Paul McMahon	59	M	1:33:51	1:16:35	73.08
6	Barbara Morrissey	60	F	1:54:09	1:25:58	72.48
7	Gabe Yankowitz	58	M	1:35:31	1:18:40	71.16
8	Chungsik Choi	47	M	1:27:14	1:19:04	70.81
9	Nick Frankoski	27	M	1:19:29	1:19:29	70.41
10	Mike Sopinski	48	M	1:28:43	1:19:44	70.20
11	Graham Upton	53	M	1:33:45	1:20:44	69.33
12	Michael Olson	42	M	1:25:43	1:20:54	69.18
13	Robert Moore	46	M	1:29:06	1:21:25	68.74
14	Vince Fox	49	M	1:31:44	1:21:46	68.46
15	Harland Bigelow	61	M	1:42:33	1:22:09	68.13
16	Steve Esposito	18	M	1:25:43	1:22:42	67.68
17	Chuck Hein	49	M	1:33:03	1:22:56	67.49
18	Joey Opalka	24	M	1:23:01	1:23:01	67.42
19	Ryan Garges	20	M	1:24:04	1:23:07	67.35
20	Ron Hulslander	51	M	1:35:03	1:23:17	67.21
21	Carl Kobeski	52	M	1:35:57	1:23:21	67.15
22	Russ Hartman	60	M	1:43:05	1:23:21	67.15
23	Nathan Snodgrass	18	M	1:26:29	1:23:27	67.08
24	Dale Marris	51	M	1:35:30	1:23:41	66.89
25	Stephen Gaug	19	M	1:26:15	1:24:20	66.38
26	Prahlad Genung	25	M	1:25:00	1:25:00	65.84
27	Eric Theise	35	M	1:25:53	1:25:10	65.73

Overall Results

USATF Certified. Registration No. NY-07043-JG
 Vestal, NY 06/21/2008 8:00 A.M.

Place	Name	Age	S	City	St	Club	Time	Pace	PerF
1	Patrick Murphy	24	M	Washington	DC	Georgetown	1:12:56	5:53	779
2	Shaun Horan	26	M	Norwich	NY	TCRC	1:13:07	5:54	777
3	Gary Fancher	47	M	Windsor	NY		1:17:46	6:16	730
4	Ben Snodgrass	16	M	Apalachin	NY	TCRC	1:19:26	6:24	715
5	Nick Frankoski	27	M	Newark Valle	NY		1:19:29	6:24	714
6	Eric Maki	46	M	Cortland	NY	TCRC	1:19:50	6:26	711
7	Joey Opalka	24	M	Mayfield	NY		1:23:01	6:41	684
8	Ryan Garges	20	M	Warren Cente	PA	Pro Care	1:24:04	6:46	675
9	Prahlad Genung	25	M	Binghamton	NY		1:25:00	6:51	668
10	Michael Olson	42	M	Vestal	NY	TCRC	1:25:43	6:54	662
11	Steve Esposito	18	M	Hallstead	NY		1:25:43	6:54	662
12	Eric Theise	35	M	New York	NY		1:25:53	6:55	661
13	Stephen Gaug	19	M	Vestal	NY	TCRC	1:26:15	6:57	658
14	Nathan Snodgrass	18	M	Apalachin	NY		1:26:29	6:58	657
15	Chungsik Choi	47	M	Johnson City	NY	TCRC	1:27:14	7:02	651
16	Phil Kwasney	27	M	Vestal	NY	TCRC	1:27:16	7:02	651
17	Richard Nichols	23	M	Apalachin	NY	TCRC	1:27:53	7:05	646
18	Bong Joon Yoon	61	M	Vestal	NY	TCRC	1:28:11*	7:06	644
19	Cody Opalka	22	M	Mayfield	PA		1:28:35	7:08	641
20	Mike Sopinski	48	M	Binghamton	NY		1:28:43	7:09	640
21	Robert Moore	46	M	Elmira	NY	FLRC	1:29:06	7:11	637
22	Michael Evans	18	M	Vestal	NY		1:29:22	7:12	635
23	Jon McDonough	37	M	North Chili	NY		1:30:53	7:19	625
24	Joseph Gallagher	20	M	Apalachin	NY		1:31:18	7:21	622
25	Jennifer Hastings	21	F	Vestal	NY		1:31:19	7:21	692
26	Vince Fox	49	M	Vestal	NY	TCRC	1:31:44	7:23	619
27	Taylor Smith	22	M	Owego	NY		1:31:52	7:24	618
28	Nick Reynolds	17	M	Binghamton	NY		1:32:17	7:26	615
29	Joe Hollenbeck	16	M	Port Crane	NY	TCRC	1:32:17	7:26	615
30	Janine Fitzgerald	34	F	Binghamton	NY	TCRC	1:32:39	7:28	682
31	John Monopoli	19	M	Vestal	NY		1:32:51	7:29	612
32	Chuck Hein	49	M	Vestal	NY	TCRC	1:33:03	7:30	610
33	Mark Wormuth	46	M	Wittenberg	WI	Wormuth	1:33:34	7:32	607
34	Steven Gorgos	21	M	Binghamton	NY		1:33:44	7:33	606
35	Graham Upton	53	M	Binghamton	NY	TCRC	1:33:45	7:33	606
36	Paul McMahan	59	M	Binghamton	NY	TCRC	1:33:51	7:34	605
37	Benjamin Nichols	18	M	Endicott	NY		1:34:07	7:35	603
38	Ron Hulslander	51	M	Cortland	NY	TCRC	1:35:03	7:39	597
39	Christopher Mencil	46	M	Endwell	NY		1:35:24	7:41	595
40	Dale Marris	51	M	Manlius	NY		1:35:30	7:42	595
41	Gabe Yankowitz	58	M	Manlius	NY	Syracuse C	1:35:31	7:42	594
42	Carl Kobeski	52	M	Factoryville	PA	Bobcats	1:35:57	7:44	592
43	Jim Lawruk	28	M	Bethesda	MD		1:36:29	7:46	588
44	Jason Riesbeck	27	M	Endicott	NY		1:36:33	7:47	588
45	Carl Speicher	40	M	Brackney	PA		1:36:35	7:47	588
46	Kerry Zemek	50	M	Binghamton	NY		1:36:40	7:47	587
47	David Nichols	16	M	Endicott	NY		1:36:44	7:48	587
48	Paul Heiland	48	M	Endicott	NY		1:36:52	7:48	586
49	Kristin Olson	38	F	Vestal	NY	TCRC	1:37:13	7:50	650
50	Martin Hahn	49	M	Vestal	NY	Early Air	1:37:33	7:51	582
51	Liz Pfehhardt	22	F	Rochester	NY		1:37:39	7:52	647
52	Mark Brooks	25	M	Apalachin	NY		1:37:53	7:53	580
53	Kevin Tripp	37	M	Masonville	NY		1:38:56	7:58	574
54	Paul Moss	47	M	Johnson City	NY		1:39:10	7:59	573
55	David Losee	37	M	Denver	NY		1:39:17	8:00	572
56	Mark Dobrowolski	41	M	Vestal	NY	TCRC	1:39:33	8:01	570
57	Stephen Nichols	20	M	Endicott	NY	TCRC	1:40:06	8:04	567
58	Caitlyn Herman	26	F	New York	NY		1:40:27	8:05	629
59	Nancy Werthmuller	57	F	Scranton	PA		1:40:31*	8:06	629
60	John Murdock	39	M	Vestal	NY		1:40:35	8:06	565
61	Bill Hrostowski	53	M	Binghamton	NY		1:40:52	8:07	563
62	Doreen West	29	F	Apalachin	NY		1:41:02	8:08	626
63	Larry Bosket	48	M	Apalachin	NY		1:41:08	8:09	561
64	Kelly Richards	39	F	Grapevine	TX	LGRW	1:41:11	8:09	625
65	Elisabeth Laudermilch	22	F	Berkshire	NY		1:41:43	8:12	622
66	Paul Strobe	52	M	Newark Valle	NY	OTB	1:41:46	8:12	558
67	Robert Hartmann	50	M	Binghamton	NY		1:41:51	8:12	557
68	Allison Lawruk	27	F	Bethesda	MD		1:42:01	8:13	620
69	Lisa Kemmerer	25	F	Johnson City	NY		1:42:27	8:15	617
70	Andy Bobler	25	M	Binghamton	NY		1:42:28	8:15	554
71	Harland Bigelow	61	M	Lisle	NY	TCRC	1:42:33	8:16	554
72	Russ Hartman	60	M	Johnson City	NY	TCRC	1:43:05	8:18	551
73	Don Slogar	46	M	Vestal	NY		1:43:15	8:19	550
74	Lydia Stamato	22	F	Binghamton	NY		1:43:17	8:19	612
75	Erin Kelly	35	F	Cazenovia	NY	Head to To	1:43:29	8:20	611
76	Erika Gates	18	F	Vestal	NY		1:43:34	8:21	610
77	Libby McGovern	29	F	Vestal	NY		1:43:55	8:22	608
78	Michael Lewis	29	M	Endicott	NY		1:43:56	8:22	546

79	Megan Whalon	23	F	Henrietta	NY		1:43:57	8:22	608
80	Mark Ciaravino	44	M	Vestal	NY		1:43:58	8:22	546
81	Ken Weir	54	M	Johnson City	NY	Early Air	1:43:59	8:23	546
82	Monica Matthews	42	F	Vestal	NY		1:44:16	8:24	606
83	Lauren Gates	16	F	Vestal	NY		1:44:52	8:27	603
84	Diana Homoleski	43	F	Hallstead	PA		1:45:05	8:28	602
85	Trish Spring	22	F	Binghamton	NY		1:45:07	8:28	601
86	Frank Michaels	50	M	Apalachin	NY		1:45:22	8:29	539
87	Michelle Winsor	41	F	Endicott	NY		1:45:30	8:30	599
88	William Spittler	52	M	Norwich	NY		1:45:38	8:30	538
89	Bernard Wormuth	37	M	Hancock	NY	Team Wormu	1:46:21	8:34	534
90	Mary Katherine Kulp	15	F	Vestal	NY	Vestal HS	1:46:31	8:35	594
91	John Kopalek	57	M	Binghamton	NY		1:47:10	8:38	530
92	Michael Joyce	55	M	Binghamton	NY		1:47:14	8:38	529
93	Aaron Wilks	41	M	Endwell	NY	TCRC	1:47:25	8:39	529
94	Peter Anderson	56	M	Norwich	NY		1:48:42	8:45	522
95	Kathleen Rifkin	44	F	Middletown	NY		1:49:07	8:47	579
96	Frank Bianco	30	M	Binghamton	NY		1:49:16	8:48	520
97	Kevin Pasterchik	50	M	Binghamton	NY	TCRC	1:49:18	8:48	519
98	Kenneth Moss	24	M	Johnson City	NY		1:49:52	8:51	517
99	Bobby Wheet	23	M	Minier	IL		1:50:09	8:52	515
100	Marla Goyden	42	F	Endwell	NY		1:50:36	8:54	572
101	Katymay Malone	26	F	Newark Valle	NY		1:50:43	8:55	571
102	Karen Fennie	48	F	Binghamton	NY	TCRC	1:50:46	8:55	571
103	Kevin Wessels	42	M	Grapevine	TX	LGRAW	1:50:49	8:56	512
104	Karen Moore	43	F	Elmira	NY	FLRC	1:51:05	8:57	569
105	Ron Knapick	39	M	Endwell	NY	TCRC	1:51:14	8:58	510
106	Colleen Harding	39	F	Vestal	NY		1:51:40	9:00	566
107	Karen Panare	43	F	Vestal	NY		1:51:40	9:00	566
108	Ray Brooks	53	M	Johnson City	NY	UAC	1:51:52	9:01	508
109	Kevin Vaughn	22	M	Waverly	NY		1:52:15	9:02	506
110	Melissa Gravelding	38	F	Endwell	NY	TCRC	1:52:18	9:03	563
111	Hernan Adames	37	M	Johnson City	NY		1:52:26	9:03	505
112	Vicki Becker	48	F	Binghamton	NY		1:52:30	9:04	562
113	Karen Gates	44	F	Vestal	NY		1:53:07	9:07	559
114	Lisa Mallery	49	F	Vestal	NY	TCRC	1:53:11	9:07	559
115	Barbara Morrissey	60	F	Owego	NY	TCRC	1:54:09*	9:12	554
116	Andrew Ciaravino	18	M	Vestal	NY		1:54:32	9:13	496
117	Sandra Lepianks	21	F	Brooklyn	NY		1:56:09	9:21	544
118	Terry Ross	40	M	Binghamton	NY	OTB	1:56:58	9:25	485
119	Marilyn Moore	16	F	Elmira	NY		1:57:22	9:27	539
120	Fred Bostrom	70	M	Brackney	PA	TCRC	1:57:44	9:29	482
121	Adam Lewis Davis	18	M	Vestal	NY		1:58:08	9:31	481
122	Daniel Schatz	22	M	Vestal	NY		1:58:51	9:34	478
123	Glenn Small	63	M	Binghamton	NY		1:59:00	9:35	477
124	Eileen Mushalla	48	F	Vestal	NY	TCRC	2:00:24	9:42	525
125	Tillie Battaglini	28	F	Endicott	NY		2:00:50	9:44	523
126	Kristine Zuber	43	F	Maine	NY		2:00:57	9:44	523
127	Larry Lepak	58	M	Endwell	NY	TCRC	2:00:58	9:45	469
128	Kim Melrose-Harty	48	F	Endicott	NY	TCRC	2:01:21	9:46	521
129	Jennifer Woltjen	50	F	Endwell	NY	TCRC	2:05:03	10:04	506
130	Anne Reichert	46	F	Binghamton	NY	TCRC	2:05:26	10:06	504
131	Vince Kelley	51	M	Binghamton	NY	Anne & Vin	2:05:27	10:06	453
132	Kevin Harty	50	M	Endicott	NY	TCRC	2:06:28	10:11	449
133	Dan Gates	43	M	Vestal	NY		2:06:31	10:11	449
134	Nancy Labare	58	F	Endicott	NY	TCRC	2:08:25	10:20	492
135	Don Burton	56	M	Frederick	MD		2:14:27	10:50	422
136	Craig Fox	17	M	Vestal	NY	TCRC	2:14:38	10:51	422
137	Mark Hendley	41	M	Binghamton	NY	TCRC	2:15:44	10:56	418
138	Kara Hendley	38	F	Binghamton	NY	TCRC	2:15:45	10:56	466
139	Mary Boyle	49	F	Conklin	NY		2:16:20	10:59	464
140	Ron Slocum	64	M	Binghamton	NY		2:52:40	13:54	329
141	Patricia Coveny	67	F	Endicott	NY	TCRC	3:01:51	14:38	348

Record 1:03:17 by Tom Carter in 1981

* Under USATF Age-Group guideline