

2009 Adirundack Trail Race Series: Race #4

Cole's Woods, Glens Falls NY.

Cloudy Skies, 56 degrees

1.	Shaun Donegan	23	16:48	First Place Male 20K Challenge
2.	Alex Benway	19	16:50	Second Place Male 20K Challenge
3.	<u>Jen Adams</u>	23	17:41	First Place Female 20K Challenge
4.	**Mike Wynn	42	17:45	Third Place Male 20K Challenge
5.	**Volker Burkowski	37	17:49	
	Aaron Newell	16	17:49	*Time bonus awarded for not using Bridge at brook crossing
7.	<u>Carly Wynn</u>	16	19:17	Second Place Female 20K Challenge
8.	Bill Henke	37	19:26	
9.	Courtney Guertin	33	19:31	
10.	Mike Pinto	35	19:32	
11.	Tim Bardin	47	19:33	
12.	Damien Rock	28	20:48	
13.	<u>Karen Provencher</u>	54	21:14	
14.	**Will McGivney	46	21:17	
15.	Scott Wright	39	21:37	
16.	Dan Olden	57	22:04	
17.	Roy Kline	57	22:20	
18.	<u>Justine Trybendis</u>	26	22:27	Third Place Female 20K Challenge
19.	<u>Erin McMahan</u>	30	22:31	
20.	<u>Tracey Delaney</u>	44	22:36	
21.	<u>Tyra Wynn</u>	11	22:41	
22.	<u>Starlett Cook</u>	45	22:46	
23.	Garrett Leblanc	17	22:48	
24.	Jake Navatka	19	23:12	
25.	<u>Jackie Wright</u>	49	23:36	
26.	Mark Schachner	54	24:02	
27.	<u>Gina Pellettier</u>	32	24:22	
28.	**Alex Howk	13	25:08	
29.	Jim Humiston	44	25:20	
30.	<u>Mary Ellithorpe</u>	53	26:40	
31.	John Kilmer	36	26:43	
32.	Andy Martino	44	26:48	
33.	Mike Choppa	46	27:18	
34.	<u>Lisa Ryan</u>	43	27:19	
35.	**Brian Howk	50	27:34	
36.	Michael Maguire	53	27:41	
37.	<u>Sally McGuirk</u>	50	28:14	
38.	** <u>Jen Whalen</u>	30	28:17	
	**Mike Rozell	52	28:17	
40.	Buck Maille	50	28:30	
	<u>Cathy Combs</u>	41	28:30	
42.	<u>Kathleen Tersigni</u>	38	28:37	
43.	** <u>Gina Martin</u>	45	28:41	
44.	Joanne Conley	50	29:46	
45.	Steve Obermayer	47	30:20	
46.	<u>Colleen Cook</u>	58	32:44	
47.	Bob Trembley	49	32:48	
48.	Larry Peleggi	51	32:57	
49.	Scott Nussbaumer	44	33:43	
50.	<u>Joanne LaLonde</u>	51	34:00	
	<u>April VanHeusen</u>	41	34:00	
52.	<u>Jackie Trembley</u>	45	35:03	
53.	<u>Jen Bashant</u>	34	35:56	
	Rich Bashant	34	35:56	
55.	<u>Kelly McCart</u>	32	39:05	

** Have not missed a race in the 3 year history of the 20K Challenge Event