

The Tenth Annual
2010
PowerSox
United States National Snowshoe
Championship
Race Results
March 6 & 7, 2010

Timing provided by [Auyer Race Timing](#)

See The Results Here

Senior 10k Serial Results	Jr. 5k Results	Senior Women Regional Results	Relay Results
Senior Women 10k Overall Results	Jr. Women 5k Results	Senior Men Regional Results	National Teams
Senior Men 10k Overall Results	Jr. Men 5k Results	Citizen's 5k Overall Results	Participants by State
Senior 10k By Age Category	US Military Personal		

Articles from [Snowshoe Magazine](#)

by Phillip Gary Smith

[Senior Men](#)

[Senior Women](#)

Participation in the National Champs. Events by State/Country

Athletes from 30 States and the District of Columbia Participated

State	
AK	1
AZ	1
CA	3
CO	12
CT	1
DC	1
FL	1
GA	1
IA	1
ID	2
IL	1
MA	6
MD	1
ME	2
MI	4
MN	14
NH	15
NJ	2
NV	2
NY	154
OH	1
OR	2
PA	14
RI	3
TN	1
TX	1
VT	16
WA	2
WI	10

WY 1

Total 276

US Military Participants

Place	Name	Town	Age	Sex	Time
1	Olsen, Robert	Fort Drum, NY	26	M	01:04:04.07
2	Scott, Thomas	Syracuse, NY	28	M	01:11:39.35
3	Contreras, Miguel	Fort Drum, NY	26	M	01:11:40.33
4	Sperling, Scott	Watertown, NY	26	M	01:16:12.27



2010 U.S. National Snowshoe Teams			
Junior Boys			
Place	Name	State	Time
Champion	Geary, David	Rochester, NY	28:29.73
2	Smolensky, Scott	Rochester, NY	29:13.87
3	Kerr, Coline	Macedon, NY	29:23.84
Junior Girls			
Place	Name	State	Time
Champion	Lewis, Sam	Boulder, CO	35:14.38
2	Tedeschi, Courtney	Westerlo, NY	39:12.35
3	Heil, Michayla	Medford, WI	40:59.42
Senior Men			
Place	Name	State	Time
Champion	Middaugh, Josiah	Vail, CO	42:51.06
2	Gall, Scott	Cedar Falls, IA	43:13.14
3	Rivers, Zachary	Victor, NY	45:17.33
4	Hexum, Greg	Esko, MN	45:29.02
5	Joslyn, C. Fred	E Syracuse, NY	45:44.80
Senior Women			
Place	Name	State	Time
Champion	Ferreira, Amber	Concord, NH	54:46.01
2	Paulson, Cheryl	Nederland, CO	54:53.51
3	Ward, Erin	St. Paul, MN	56:20.66
4	Weiler, Michelle	Pittsford, NY	56:34.02
5	Gregoire, Kellie	Albion, NY	57:42.73

2010 Senior 10k National Championship Results

Photo by [Scott Mason](#)

Photo by [Scott Mason](#)

Men

Place	Name	Town	Sex	Age	Time
1	Middaugh, Josiah	Vail, CO	M	32	42:51.06
2	Gall, Scott	Cedar Falls, IA	M	36	43:13.14
3	Rivers , Zachary	Victor, NY	M	20	45:17.33
4	Hexum, Greg	Esko, MN	M	0	45:29.02
5	Joslyn, C. Fred	E Syracuse, NY	M	26	45:44.80
6	Scott , Jared	Flagstaff, AZ	M	27	46:24.78
7	Tilton , Kevin	North Conway, NH	M	28	46:42.55
8	Craighead, Daniel	Ithaca, NY	M	20	47:03.04
9	Mortenson, Kelly	St. Paul, MN	M	39	47:45.77
10	Russell , Matthew	Ogdensburg, NY	M	26	48:03.17
11	Wealing, Logan	Colorado Springs, CO	M	28	48:52.83
12	Pauling , Ryan	Rochester, NY	M	33	50:10.65
13	Steinbrecher, Earl	Willsey, NY	M	46	50:28.35
14	Johnson , Jim	Salem, NH	M	32	50:36.15
15	Bolt , Richard	Portland, OR	M	39	50:45.76
16	Drowne , Jeremy	Saratoga Springs, NY	M	32	51:00.06
17	Cunningham , Geoff	Greenland, NH	M	32	51:26.82
18	Sambolec, Eric	Ithaca, NY	M	33	51:42.62
19	Snyder , Dj	Idaho Falls, ID	M	23	52:02.55
20	Middaugh, Yaro	Traverse City, MI	M	34	53:06.58
21	Snow, Sean	Dunbarton, NH	M	44	53:20.91
22	Medeiros, Matthew	Saranac, NY	M	25	53:26.82
23	Seigers , Daniel	Norwich, NY	M	27	53:32.74
24	Daigeaun, Michael	Philadelphia, PA	M	31	53:44.68
25	Brungardt, Darren	Dillon, CO	M	28	54:38.49
26	Krause, Ross	Easthampton, MA	M	31	55:17.68

27	Westerluna , Matt	Lacon, NY	M	37	55:33.67
28	Wagner , Garrett	Ithaca, NY	M	28	55:47.69
29	Bischoff, Dave	Fairport, NY	M	47	55:56.52
30	Jackman, Robert	Warwick, RI	M	28	56:15.77
31	Van Orden , Tim	Bennington, VT	M	41	56:41.76
32	Principe, David	Cranston, RI	M	43	57:17.09
33	Rosenberg, Gary	Morristown, NJ	M	40	57:53.58
34	Earley, Travis	Rochester, NY	M	28	58:03.47
35	Mallett , Peter	Manchester, NH	M	26	58:08.91
36	Ferreira , Danny	Concord, NH	M	27	58:32.00
37	Gustafson, Kurt	Shrewsbury, MA	M	25	58:38.75
38	Dunn , Chris	Strafford, NH	M	41	58:58.02
39	Dengate, Jeff	Brooklyn, NY	M	32	59:07.32
40	Kless, Andrew	Rochester, NY	M	23	59:40.67
41	Urckfitz , Jason	Mendon, NY	M	41	59:50.20
42	Oskvig, Daven	Eggertsville, NY	M	33	1:00:14.98
43	Borchardt, Kris	Kronenwetter, WI	M	30	1:00:33.65
44	Hazelden, Douglas	Bloomington, NY	M	51	1:00:41.73
45	Bond, Jason	Meeker, CO	M	35	1:01:22.96
46	Murray, Tyler	Leroy, NY	M	20	1:01:44.05
47	Edmiston, Geordie	Hollidaysburg, PA	M	47	1:02:06.52
48	Coons, Sylvester	Reno, NV	M	37	1:02:21.47
49	Delf, Jonathan	Rice Lake, WI	M	33	1:02:58.87
50	Luna, Gregory	State College, PA	M	45	1:03:12.92
51	Besette , Mike	St Albans, VT	M	40	1:03:29.34
52	Kann, John	Rice Lake, WI	M	58	1:03:44.36
53	Olsen , Robert	Fort Drum, NY	M	26	1:04:04.07
54	Petkaske, Charles	Saratoga Springs, NY	M	32	1:04:28.51
55	Casey, Jack	Ayer, MA	M	56	1:04:57.22
56	Pare, Jason	Oriskany, NY	M	38	1:05:10.13
57	Aldridge, Matthew	Alpine, NY	M	38	1:05:28.39
58	Mcdonell, Jim	Woodbury, MN	M	57	1:05:32.63
59	Rickman, Mark	Pueblo, CO	M	49	1:05:46.28
60	Miller, Daniel	Signal Mountain, TN	M	32	1:06:50.59
61	Habeck, Eddie	Willimston, VT	M	32	1:07:18.51
62	Cozza, Mike	Downers Grove, IL	M	23	1:08:32.75
63	Cain, Travis	Williamsport, PA	M	22	1:08:47.51
64	Holland , Todd	Unknown, NA	M	47	1:09:05.83
65	Weigner, Brent	Cheyenne, WY	M	61	1:09:53.18
66	Dodge, Brian	Fulton, NY	M	57	1:10:06.85
67	Myers, Ed	Obelisk, PA	M	59	1:10:08.58
68	Graupner, Jim	Lake Elmo, MN	m	65	1:10:35.14
69	Egertom, Joshua	Webster, NY	M	33	1:10:35.64
70	Heil , Steve	Medford, WI	M	45	1:10:44.87
71	Thomas, Brian	Tunkhannock, PA	M	40	1:11:02.53

72	Scott , Thomas	Syracuse, NY	M	28	1:11:39.35
73	Contreras , Miguel	Fort Drum, NY	M	26	1:11:40.33
74	Reller, Charlie	Manlius, NY	M	55	1:12:07.61
75	Reed, Jason	San Bruno, CA	M	31	1:12:23.13
76	Sykora, Dave	Green Bay, WI	M	63	1:12:31.81
77	Crandall, Wayne	West Henrietta, NY	M	47	1:12:39.29
78	Peterson, David	Saratoga Springs, NY	M	52	1:13:02.28
79	Miner, James	Dryden, NY	M	62	1:13:14.00
80	Chase , Adam	Boulder, CO	M	44	1:13:28.80
81	Mcknight, Ted	Jericho, VT	M	65	1:13:49.40
82	Dion, Bob	Readsboro, VT	M	55	1:14:01.63
83	Lahey , Mike	Adams, MA	M	58	1:14:13.48
84	Snyder , Rand	Paul Smiths, NY	M	21	1:14:29.27
85	Schaible , Ken	Rochester, NY	M	46	1:14:51.43
86	Baker, Clayton	Pittsford, NY	M	44	1:14:52.02
87	Woodworth, Robert	Brattleboro, VT	M	61	1:14:53.17
88	Powers , Allan	Paul Smiths, NY	M	21	1:14:54.44
89	Shaun, Steve	Trumansburg, NY	M	45	1:15:04.77
90	Ratowski , Tim	Fairport, NY	M	38	1:15:10.75
91	Mazzeo, Rick	Skaneateles, NY	M	58	1:15:34.03
92	Nace , Mort	Rochester, NY	M	43	1:15:38.43
93	Tift , Tom	Auerill Park, NY	M	53	1:15:43.58
94	Lampart, Floyd	Lake Clear, NY	M	64	1:16:05.12
95	Sperling, Scott	Watertown, NY	M	26	1:16:12.27
96	Omine, Chikara	Cranston, RI	M	27	1:16:36.37
97	Rivers, Steven	Victor, NY	M	49	1:16:40.47
98	Pelton, John	West Rupert, VT	M	71	1:17:36.61
99	Schaller, Jonathan	Hamilton, NY	M	48	1:18:46.60
100	Morse, Bill	Dracut, MA	M	59	1:19:47.20
101	Houck, Mike	Johnstown, PA	M	55	1:19:51.34
102	Tarduno, John	Rochester, NY	M	49	1:20:13.11
103	Kimmelman, Eric	Amsterdam, NY	M	45	1:20:13.31
104	Ryan, Thomas	Glenville, NY	M	50	1:20:15.05
105	Mccullough, Michael	Spencerport, NY	M	54	1:21:13.11
106	Zappola, Josh	Liverpool, NY	M	34	1:22:34.25
107	Niziol, Adam	Lancaster, NY	M	27	1:22:41.53
108	Reif, Michael	Victor, NY	M	62	1:23:03.78
109	Cadrette, Kermit	Rome, NY	M	72	1:23:08.97
110	Ryan, Terry	Huntington, VT	M	53	1:23:17.28
111	Flynn, Dennis	Fairport, NY	M	53	1:23:23.60
112	Bellinger, Daniel	Wadsworth, OH	M	63	1:23:47.92
113	Stanford, John	Rochester, NY	M	50	1:23:52.65
114	Lempart, Wally	Florence, MA	M	65	1:25:04.70
115	Dellarocco, Michael	Altamont, NY	M	59	1:25:29.27
116	Weinpress, Michael	Spencerport, NY	M	55	1:27:10.34

117	Gallagher, Brian	Rochester, NH	M	61	1:27:22.83
118	Hattem , Jeff	Natick, MA	M	58	1:27:41.04
119	Gaval, Frank	Sugarloaf, PA	M	64	1:28:23.48
120	Brockett, Charles	Dolgeville, NY	M	64	1:28:53.97
121	Barney, Gerald	Swanton, VT	M	78	1:28:59.56
122	Bonfiglio, Jerry	Fayetteville, PA	M	66	1:31:49.43
123	Smith, Phillip Gary	Minneapolis, MN	M	62	1:32:04.79
124	Lavner , Bruce	Rochester, NY	M	56	1:38:21.98
125	Mazza, Steve	Utica, NY	M	65	1:39:40.12
126	Murphy, Mike	Butler, MD	M	64	1:40:59.51
127	Kolodzinski, Walter	Florence, MA	M	68	1:42:49.44
128	Durband, Bob	Shoreview, MN	M	67	1:42:57.37
129	Howard, Jamie	Albany, NY	M	45	1:43:41.88
130	Sabatine, Charles	Victor, NY	M	77	1:46:28.58
131	Lee, Ray	Clifton Park, NY	M	68	1:59:27.68
132	Busa, Richard	Marlboro, MA	M	81	2:01:13.68
133	Keefe, Andy	Saratoga Springs, NY	M	80	2:22:31.39

Women

Photos by [Scott Mason](#)

Place	Name	Town	Sex	Age	Time
1	Ferreira , Amber	Concord, NH	F	27	54:46.01
2	Paulson, Cheryl	Nederland, CO	F	46	54:53.51
3	Ward , Erin	St. Paul, MN	F	35	56:20.66
4	Weiler, Michelle	Pittsford, NY	F	43	56:34.02
5	Gregoire, Kellie	Albion, NY	F	42	57:42.73
6	Miller, Kristin	West Lakeland, MN	F	48	58:20.54
7	Rasmussen , Ann	Plymouth, NH	F	46	58:27.54
8	Morra, Janice	Morristown, NJ	F	52	58:42.00
9	Runde, Christy	Brush Prairie, WA	F	41	59:07.56
10	Lorenz, Lynann	Apalachin, NY	F	31	1:00:59.69
11	Strouse, Marie	Orono, ME	F	25	1:01:24.81
12	Tetrault, Chelynn	Ashfield, MA	F	35	1:01:59.78
13	Krause, Ashley	Easthampton, MA	F	33	1:02:01.56
14	Klettke, Myra	Lake Oswego, OR	F	50	1:02:12.48
15	Kleinrock, Nancy	Trumansburg, NY	F	50	1:02:44.31
16	Poulin, Tina-marie	New York, NY	F	38	1:02:48.36
17	Lambert, Laurie	Austin, TX	F	49	1:03:23.87
18	Ransom, Lisa	Concord, NH	F	47	1:04:08.03

19	Walker , Cecilia	Cocoa Beach, FL	F	48	1:05:06.29
20	Stephien, Carissa	Syracuse, NY	F	30	1:05:12.60
21	Hawn , Samantha	Rochester, NY	F	22	1:05:52.94
22	Gates, Erika	Vestal, NY	F	20	1:06:36.20
23	Hageman, Jessica	Schenectady, NY	F	35	1:06:58.31
24	Speer, Kristi	Phillips, WI	F	29	1:07:05.22
25	Staub, Julie	Brooklyn, NY	F	30	1:08:35.58
26	Fanton , Michele	Honeoye Falls, NY	F	36	1:09:50.55
27	Eisch, Karla	Vestal, NY	F	54	1:10:10.04
28	Hecker , Sharry	Rochester, NY	F	38	1:10:55.21
29	Cain, Cindy	Centennial, CO	F	53	1:11:00.99
30	Lucas, Mary	Rhineland, WI	F	51	1:11:18.14
31	Schwam, Marcy	Marblehead, MA	F	57	1:11:38.07
32	Stoeckl, Bonnie	Pequea, PA	F	54	1:13:22.48
33	Bianchi, Elizabeth	W. Chesterfield, NH	F	44	1:13:50.49
34	Rasco, Sandy	Cadyville, NY	F	49	1:14:20.00
35	Ross-mortenson, Mary	St. Paul, MN	F	44	1:15:13.16
36	Dodge, Carol	Fulton, NY	F	54	1:16:20.47
37	Light, Susan	Cazenovia, NY	F	45	1:16:57.49
38	Kinzey-wheeler, Andrea	Nederland, CO	F	50	1:17:21.53
39	Kikuchi, Erika	Sunnyvale, CA	F	32	1:17:28.80
40	Stent, Maxin	Brattleboro, VT	F	47	1:17:33.71
41	Geary , Marcia	Rochester, NY	F	50	1:17:48.05
42	Furlani, Kathy	Broad Brook, CT	F	62	1:18:52.36
43	Dion, Denise	Readsboro, VT	F	52	1:19:31.01
44	Barnard, Donna	Hemlock, NY	F	47	1:20:06.24
45	Lubell-snyder, Wendy	Washington, DC	F	38	1:20:29.63
46	Herrick, Jeanne	Rochester, NY	F	59	1:20:49.21
47	Dzikowicz, Sarah	Amsterdam, NY	F	40	1:21:03.54
48	Glass , Christine	Victor, NY	F	41	1:21:11.25
49	Barbano, Sharon	Marblehead, MA	F	57	1:21:19.88
50	Weinpress, Eileen	Spencerport, NY	F	56	1:23:01.15
51	Phillips, Sarah	Cambridge, MA	F	27	1:23:29.33
52	Levesque , Diane	Rochester, NH	F	56	1:24:15.65
53	Forney, Amelia	San Leanoro, CA	F	20	1:25:21.98
54	Rivers, Mary	Victor, NY	F	49	1:27:03.22
55	Pangborn, Denise	Morton, PA	F	42	1:27:06.10
56	Roberts, Maureen	Ganesvort, NY	F	52	1:27:11.18
57	Ryan, Rebecca	Huntington, VT	F	54	1:29:35.75
58	Mastropolitto, Wendy	Glenmore, PA	F	45	1:30:21.35
59	Gray , Diane	Fairport, NY	F	46	1:30:52.70
60	Ohlsen, Janet	Erieville, NY	F	53	1:31:19.38
61	Shortell, Laurel	Northhampton, MA	F	44	1:32:27.34
62	Cook, Ethel	Phoenixville, PA	F	45	1:32:41.79
63	Madison , Colette	Pittsford, NY	F	41	1:33:35.52

64	Fox, Phyllis	Loudonville, NY	F	58	1:36:39.20
65	Gonchoroff, Maria	Vancouver, WA	F	24	1:37:09.92
66	Johnson, Lauren	Ypsilanti, MI	F	27	1:40:59.13
67	Oberheide, Tina	Salida, CO	F	64	1:41:24.96
68	Noll, Penny	Cazenovia, NY	F	58	1:45:44.68
69	Kriesen, Carolyn	Webster, NY	F	67	1:51:43.76
70	Snyder, Channa	Idaho Falls, ID	F	22	1:53:56.67
71	Tarduno, Beth	Rochester, NY	F	54	1:59:34.34

Citizen's 5K

Place	Name	Town	Sex	Age	Time
1	Dash, Kyle	Paul Smiths, NY	M	18	32:33.19
2	Kush, Joshu	Paul Smiths, NY	M	21	33:59.26
3	Cleveland, Jonathan	Lansing, NY	M	18	34:33.20
4	Dillon, Jacob	Paul Smiths, NY	M	22	36:19.80
5	Walker, Jeff	Tully, NY	M	47	37:37.41
6	Rhodes, David	Benzonia, MI	M	17	37:37.57
7	Palladino, Ben	Tully, NY	M	17	38:04.80
8	Donahue, Cody	Lacon, NY	M	15	39:18.84
9	Kahn, Ryan	Rice Lake, WI	M	20	39:24.38
10	King, Thomas	Pulaski, NY	M	49	40:39.79
11	Ray, James	Groton, MA	M	37	41:20.07
12	Perry, Derek	Tully, NY	M	45	42:24.08
13	Hrycik, Jesse	Paul Smiths, NY	M	20	43:33.35
14	Miller, Kristin	West Lakeland, MN	F	47	44:26.81
15	Mcdonell, Jim	Woodbury, MN	M	56	44:35.37
16	Koutsy, Dennis	Prior Lake, MN	M	53	45:02.28
17	Mcmamara, Robert	Cleveland, NY	M	59	45:28.10
18	Speer, Kristi	Phillips, WI	F	28	46:28.41
19	Lewis, Jean	Boulder, CO	F	45	46:30.24
20	Bates, James	East Rochester, NV	M	17	48:04.90
21	Bianchi, Elizabeth	W. Chesterfield, NH	F	43	48:15.26
22	Christensen, Kurt	Cazenovia, NY	M	43	48:42.32
23	Pedke, Kathy	Paul Smiths, NY	F	20	49:06.43
24	Porter, Robert	Canastota, NY	M	53	49:56.41
25	Rome, Andy	W. Brattleboro, VT	M	56	50:34.09
26	Grossman, Gary	Jamesville, NY	M	57	51:24.67
27	Tedeschi, Maria	Westerlo, NY	F	39	51:41.14
28	Shepard, Trista	Cazenovia, NY	F	41	52:58.28

29	Noble, Stephen	Tully, NY	M	20	53:36.16
30	Brawn, Scott	Liverpool, NY	M	34	53:39.18
31	Sargent, Karyl	Lafayette, NY	F	0	54:05.54
32	Martin, Jennifer	Fayetteville, NY	F	38	55:08.82
33	Vidulich, Robert	Cortland, NY	M	61	56:59.00
34	Edinger, Caroline	Tully, NY	F	16	57:11.73
35	Gregoire, Mark	Albion, NY	M	49	57:12.38
36	Stent, Maxine	Brattleboro, VT	F	46	57:39.52
37	Messur, Ashley	Cicero, NY	F	20	58:05.70
38	Rich, Anna	Albion, NY	F	21	58:08.12
39	Olivo, Diane	Rochester, NY	F	47	59:10.05
40	Mattulke, Jody	W. Chesterfield, NH	F	51	1:00:14.90
41	Light, Kelly	Cazenovia, NY	F	42	1:00:17.49
42	Stoeckl, Paul	Pequea, PA	M	57	1:08:47.35
43	Shigley, Anne	Atlanta, GA	F	22	1:10:11.73
44	Vidulich, Lori	Cortland, NY	F	58	1:15:04.74
45	Macgregor, Hellen	Tully, NY	F	52	1:15:10.23
46	Light-olson, John Henry	Cazenovia, NY	M	11	1:16:30.73
47	Woiler, Mary Ellen	Syracuse, NY	F	55	1:16:40.96
48	Koutsky, Lori	Prior Lake, MN	F	54	1:17:48.18
49	Westerwund, Barbara	Sandy Creek, NY	F	69	1:18:10.36
50	Bronstein, Nancy	Syracuse, NY	F	56	1:18:50.76
51	Raymond, Abi	Schenectady, NY	F	14	1:21:15.20
52	Raymond, Kathy	Schenectady, NY	F	46	1:21:41.59
53	Raymond, Mark	Schenectady, NY	M	48	1:21:42.18
54	Harris, Barbara	Brattleboro, VT	F	58	1:22:42.55
55	Kingston, Fran	Springville, NY	F	55	1:22:42.96
56	Staup, Tony	Hamburg, NY	M	59	1:22:47.99
57	Stevens, Melanie	Syracuse, NY	F	47	1:24:45.21
58	Leal, Deborah	Syracuse, NY	F	55	1:25:59.90
59	Snyder, Jaime	Syracuse, NY	F	39	1:37:19.00

[Jump to Senior Women](#)

[Jump to Senior Men](#)

Age Group	Category
20-24	M 1
25-29	M 2
30-34	M 3
35-39	M 4
40-44	M 5

45-49	M 6
50-54	M 7
55-59	M 8
60-64	M 9
65-69	M 10
70-74	M 11
75+	M 12

Senior Men Age Groups

Category	Place	Name	Town	Age	Time	Official Place
<i>Male Overall</i>						
	1	Middaugh, Josiah	Vail, CO	32	42:51.06	1
	2	Gall, Scott	Cedar Falls, IA	36	43:13.14	2
	3	Rivers , Zachary	Victor, NY	20	45:17.33	3
	4	Hexum, Greg	Esko, MN		45:29.02	4
	5	Joslyn, C. Fred	E Syracuse, NY	26	45:44.80	5
<i>20-24 Male</i>						
	1	Craighead, Daniel	Ithaca, NY	20	47:03.04	8
	2	Snyder , Dj	Idaho Falls, ID	23	52:02.55	19
	3	Kless, Andrew	Rochester, NY	23	59:40.67	40
<i>25-29 Male</i>						
	1	Scott , Jared	Flagstaff, AZ	27	46:24.78	6
	2	Tilton , Kevin	North Conway, NH	28	46:42.55	7
	3	Russell , Matthew	Ogdensburg, NY	26	48:03.17	10
<i>30-34 Male</i>						
	1	Pauling , Ryan	Rochester, NY	33	50:10.65	12
	2	Johnson , Jim	Salem, NH	32	50:36.15	14
	3	Drowne , Jeremy	Saratoga Springs, NY	32	51:00.06	16
<i>35-39 Male</i>						
	1	Mortenson, Kelly	St. Paul, MN	39	47:45.77	9
	2	Bolt , Richard	Portland, OR	39	50:45.76	15
	3	Westerluna , Matt	Lacon, NY	37	55:33.67	27
<i>40-44 Male</i>						
	1	Snow, Sean	Dunbarton, NH	44	53:20.91	21
	2	Van Orden , Tim	Bennington, VT	41	56:41.76	31
	3	Principe, David	Cranston, RI	43	57:17.09	32
<i>45-49 Male</i>						
	1	Steinbrecher, Earl	Willsey, NY	46	50:28.35	13

	2	Bischoff, Dave	Fairport, NY	47	55:56.52	29
	3	Edmiston, Geordie	Hollidaysburg, PA	47	1:02:06.52	47
50-54 Male						
	1	Hazelden, Douglas	Bloomington, NY	51	1:00:41.73	44
	2	Peterson, David	Saratoga Springs, NY	52	1:13:02.28	78
	3	Tift, Tom	Auerill Park, NY	53	1:15:43.58	93
55-59 Male						
	1	Kann, John	Rice Lake, WI	58	1:03:44.36	52
	2	Casey, Jack	Ayer, MA	56	1:04:57.22	55
	3	Mcdonell, Jim	Woodbury, MN	57	1:05:32.63	58
60-64 Male						
	1	Weigner, Brent	Cheyenne, WY	61	1:09:53.18	65
	2	Sykora, Dave	Green Bay, WI	63	1:12:31.81	76
	3	Miner, James	Dryden, NY	62	1:13:14.00	79
65-69 Male						
	1	Graupner, Jim	Lake Elmo, MN	65	1:10:35.14	68
	2	Mcknight, Ted	Jericho, VT	65	1:13:49.40	81
	3	Lempart, Wally	Florence, MA	65	1:25:04.70	114
70-74 Male						
	1	Pelton, John	West Rupert, VT	71	1:17:36.61	98
	2	Cadrette, Kermit	Rome, NY	72	1:23:08.97	109
75-79 Male						
	1	Barney, Gerald	Swanton, VT	78	1:28:59.56	121
	2	Sabatine, Charles	Victor, NY	77	1:46:28.58	130
80-84 Male						
	1	Busa, Richard	Marlboro, MA	81	2:01:13.68	132
	2	Keefe, Andy	Saratoga Springs, NY	80	2:22:31.39	133

Senior Women Age Groups

Category	Place	Name	Town	Age	Time	Official Place
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Female Overall

	1	Ferreira, Amber	Concord, NH	27	54:46.01	1
	2	Paulson, Cheryl	Nederland, CO	46	54:53.51	2
	3	Ward, Erin	St. Paul, MN	35	56:20.66	3
	4	Weiler, Michelle	Pittsford, NY	43	56:34.02	4
	5	Gregoire, Kellie	Albion, NY	42	57:42.73	5

20-24 Female

	1	Hawn , Samantha	Rochester, NY	22	1:05:52.94	21
	2	Gates, Erika	Vestal, NY	20	1:06:36.20	22
	3	Forney, Amelia	San Leanoro, CA	20	1:25:21.98	53
<i>25-29 Female</i>						
	1	Strouse, Marie	Orono, ME	25	1:01:24.81	11
	2	Speer, Kristi	Phillips, WI	29	1:07:05.22	24
	3	Phillips, Sarah	Cambridge, MA	27	1:23:29.33	51
<i>30-34 Female</i>						
	1	Lorenz, Lynann	Apalachin, NY	31	1:00:59.69	10
	2	Krause, Ashley	Easthampton, MA	33	1:02:01.56	13
	3	Stephien, Carissa	Syracuse, NY	30	1:05:12.60	20
<i>35-39 Female</i>						
	1	Tetrault, Chelynn	Ashfield, MA	35	1:01:59.78	12
	2	Poulin, Tina-marie	New York, NY	38	1:02:48.36	16
	3	Hageman, Jessica	Schenectady, NY	35	1:06:58.31	23
<i>40-44 Female</i>						
	1	Runde, Christy	Brush Prairie, WA	41	59:07.56	9
	2	Bianchi, Elizabeth	W. Chesterfield, NH	44	1:13:50.49	33
	3	Ross-mortenson, Mary	St. Paul, MN	44	1:15:13.16	35
<i>45-49 Female</i>						
	1	Miller, Kristin	West Lakeland, MN	48	58:20.54	6
	2	Rasmussen , Ann	Plymouth, NH	46	58:27.54	7
	3	Lambert, Laurie	Austin, TX	49	1:03:23.87	17
<i>50-54 Female</i>						
	1	Morra, Janice	Morristown, NJ	52	58:42.00	8
	2	Klettke, Myra	Lake Oswego, OR	50	1:02:12.48	14
	3	Kleinrock, Nancy	Trumansburg, NY	50	1:02:44.31	15
<i>55-59 Female</i>						
	1	Schwam, Marcy	Marblehead, MA	57	1:11:38.07	31
	2	Herrick, Jeanne	Rochester, NY	59	1:20:49.21	46
	3	Barbano, Sharon	Marblehead, MA	57	1:21:19.88	49
<i>60-64 Female</i>						
	1	Furlani, Kathy	Broad Brook, CT	62	1:18:52.36	42
	2	Oberheide, Tina	Salida, CO	64	1:41:24.96	67
<i>65-69 Female</i>						
	1	Kriesen, Carolyn	Webster, NY	67	1:51:43.76	69

2010 USSSA Junior 5k National Championship Results

Place	Name	Town	Sex	Age	Time
1	Geary, David	Rochester, NY	M	18	28:29.73
2	Smolensky, Scott	Rochester, NY	M	16	29:13.87
3	Kerr, Coline	Macedon, NY	M	15	29:23.84
4	Talpey, Gregory	Rochester, NY	M	17	30:58.70
5	Devine, Connor	East Berne, NY	M	16	31:18.92
6	Stahl, Eric	Rochester, NY	M	17	31:46.73
7	Morris, Talon	Beulah, MI	M	19	32:05.72
8	Burrell, Nathaniel	Fairbanks, AK	M	18	34:20.88
9	Tarduno, Matthew	Rochester, NY	M	16	34:35.91
10	Lewis, Sam	Boulder, CO	F	15	35:14.38
11	Dellarocco, Taylor	Berne, NY	M	16	35:20.33
12	Green, Jeff	Rochester, NY	M	19	37:19.91
13	Tedeschi, Courtney	Westerlo, NY	F	14	39:12.35
14	Heil, Michayla	Medford, WI	F	18	40:59.42
15	Hulbert, Eric	Mexico, NY	M	11	41:10.58
16	Koutsky, Daniel	Prior Lake, MN	M	19	41:23.38
17	Heil, Josiah	Medford, WI	M	15	42:29.98
18	Niles, London	Shaftsbury, VT	M	13	43:24.16
19	Jardin, Dan	Mexico, NY	M	17	44:04.24
20	Harper, Benjamin	Oswego, NY	M	14	44:26.96

[Jump to Jr. Women](#)

[Jump to Jr. Men](#)

Junior Women

Place	Name	Town	Sex	Age	Time
1	Lewis, Sam	Boulder, CO	F	15	35:14.38
2	Tedeschi, Courtney	Westerlo, NY	F	14	39:12.35
3	Heil, Michayla	Medford, WI	F	18	40:59.42

Junior Men

Photo by [Scott Mason](#)

Place	Name	Town	Sex	Age	Time
1	Geary, David	Rochester, NY	M	18	28:29.73
2	Smolensky, Scott	Rochester, NY	M	16	29:13.87

3	Kerr, Coline	Macedon, NY	M	15	29:23.84
4	Talpey, Gregory	Rochester, NY	M	17	30:58.70
5	Devine, Connor	East Berne, NY	M	16	31:18.92
6	Stahl, Eric	Rochester, NY	M	17	31:46.73
7	Morris, Talon	Beulah, MI	M	19	32:05.72
8	Burrell, Nathaniel	Fairbanks, AK	M	18	34:20.88
9	Tarduno, Matthew	Rochester, NY	M	16	34:35.91
10	Dellarocco, Taylor	Berne, NY	M	16	35:20.33
11	Green, Jeff	Rochester, NY	M	19	37:19.91
12	Hulbert, Eric	Mexico, NY	M	11	41:10.58
13	Koutsky, Daniel	Prior Lake, MN	M	19	41:23.38
14	Heil, Josiah	Medford, WI	M	15	42:29.98
15	Niles, London	Shaftsbury, VT	M	13	43:24.16
16	Jardin, Dan	Mexico, NY	M	17	44:04.24
17	Harper, Benjamin	Oswego, NY	M	14	44:26.96

2010 USSSA National Championship Relay Results

RaceTeamName	Time
CMS Dion	29:06.79
Ithaca bombers	29:59.91
PSC Strider	31:27.07
Bermuda Triangle	34:33.35
Moose Terds	35:08.18
Atlas Mix Masters	35:52.07
Team Guidos	37:23.31
PSC Bobcats	37:25.53
Wisconsin Tornado	38:20.07
BTB Sports	39:01.75
Spirit of Cindy Brochman	39:03.92
Vestal	44:00.88

Dion Team	42:48.70
Murray Snowshoe Team	43:46.66
Dion Masters	44:13.33
Tully Snowballs	46:23.01
PSC Ladies	49:34.29
Light Olsen Laggards	53:54.05
Team Porter	54:58.81

Senior Women's Regional Results

Place	Region	Points
1	Northeastern	25
2	North Central	50
3	Rocky Mountain	62
4	Western	73
5	Alaskan	INC

Senior Men's Regional Results

Place	Region	Points
1	Northeastern	35
2	North Central	44
3	Rocky Mountain	64
4	Western	67
5	Alaskan	INC

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