



Western New York Ultra Series

Full 2006 Series Standings

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"Eighty percent of success is showing up."

-- Woody Allen

2006 Series Highlights

■ Final Series Standings: [Harman, O'Dell & Newin Top the Lists](#); Harman Repeats as [Runner of the Year](#)

Open Women - Becky Harman repeated as Runner of the Year by totally dominating the series with three overall race wins and two additional category wins. Katie Stettler was a very solid 2nd place with 290 points including a category win in the Finger Lakes 50 Mile. Theresa Palmieri placed 3rd, less than 2 points ahead of Lorrie Tily in 4th. Theresa had a category win at the Canandaigua 50K; Lorrie had a category win in the Green Lakes 50K. Diane Jozefski placed 5th in the series.

Open Men - With his category win in the Mendon 50K, Ryan O'Dell finally moved 2 points ahead of Todd Baum who had been inactive since his third series finish at the Finger Lakes 50 Mile. Ed Housel got his third series finish at Mendon and moved up into 3rd place ahead of Ryan Hrebin. David Groff also got his third scoring finish and moved into 5th ahead of Keith Gregoire and Brian Hooker.

Veteran Men - Canadian Jim Newin came from Quebec to race at Mendon and got his third series finish to take a solid 1st place in the series. Newin ended the year with two wins and a second place in category. Charlie Leonard got a solid 4th place finish at Mendon and took 2nd place for the series. Chet Jozefski also had a strong Mendon finish to move ahead of Dave Smith for 3rd place in the series. Smith finished the year 4th and David Weiss 5th for the series.

Series by the Numbers - 6 events; 9 races; 180 runners; 266 total finishes. Biggest races: Finger Lakes 50K with 64 finishers, BPAC Six Hour with 45 runners over 26.2 miles; Smallest Races: inaugural Green Lakes Endurance Runs 100K with 11 finishers, inaugural Canandaigua 50K with 12 finishers. Fastest race winning pace: 7:05 per mile (Green Lakes Endurance Runs 50K); Slowest race winning pace: 11:08 per mile (Finger Lakes 50 Mile)

■ Mendon 50K: Harman Takes 3rd Overall Win; O'Dell 1st Open Man

Becky Harman did it again, after running in 4th place for the first three laps, she took the lead by the end of lap 4 and cruised to her third overall series win. Ryan O'Dell recovered enough from a rolled ankle on lap 4 to take his first category win in the series. Richard Kruse, up from Newark, DE, took the Veteran Men category in front of Dennis Stearns and Jim Newin. [Click here for 50K results and photos.](#)

■ Canandaigua Fifties: Harman 1st Overall; Jaffe 1st Open Man

50 Mile - Becky Harman won her second series race outright, running 7:15:40 for the hilly 50 miles around Canandaigua Lake. Joe Jaffee also overtook early leaders Ryan O'Dell and Andy Rice to finish 2nd overall and first Open Man in 7:24:20. Andrei Aroneanu won the Veteran Men category and was the seventh finisher under 8 hours. [Click here for full 50 Mile Results.](#)

50K - Andrew Wahila completed the 32.6 mile route 1st in 4:34:09. Marc Vengrove was 2nd overall and first Veteran Man in 5:15:03. Theresa Palmieri was first woman home in 5:22:50. Times reflect the nearly 2400 feet of climbing and descending. [Click here for full 50K Results.](#)

■ Green Lakes Endurance Runs: Sweeneys Rule 50K; Women 1st and 3rd in 100K

50K - Jim Sweeney and Bob Sweeney ran an outstanding 3:40:12 (7:05 pace) to tie for the overall win in the 50K. Steven Sweeney took the Veteran title in 4:05:43 (7:55 pace). Lorrie Tily was first woman in 4:45:08 (9:11 pace) and Cathy Troisi was first Veteran Women in 7:25:40. [Click here for full 50K Results.](#)

100K - Becky Harman ran 9:28:17 (9:09 pace) to take the overall win. Pennsylvanian Euihwa Lee was the first place man in 9:39:18 (9:19 pace). Nicole White was third overall in 10:31:30. Jim Newin came down from Quebec to be the first Veteran with his 11:17:38 finish. [Click here for 100K Results.](#)

■ Finger Lakes Fifties: Andish & Harman - 50K; Ryutaro and Stettler - 50 Mile

50K - Virginian Sean Andrish didn't let the omnipresent mud deter him from another win. Ryan O'Dell (Rochester) was the top finishing Western New York male with a third place finish only 10 minutes off the winning pace. Becky Harman (Willseyville) notched her second series win with a 6th overall finish. [Click here for full 50K results.](#)

50 Mile - Ryutaro Hirai of Rye, NY was the first to complete 50 hot and muddy miles. Ryan Hrebin of Binghamton and Todd Baum of Fayetteville were a close second and third at the end. Katie Stettler (Ithaca) took the women's win and 5th overall in her first 50 mile race. [Click here for full 50 mile results.](#)

■ Highland Forest 3 won by Todd Baum (4:29:47) and Rebecca Harman (5:05:13)

The big story was the changed course and the challenging weather. Attacks on hikers by a nesting pair of Goshawks meant the course had to be rerouted. The new route bypassed a big descent and the biggest climb on the course and should have been significantly faster. But, heavy rains before and during the race made for slippery climbs and cautious descents. Todd Baum repeated his 2005 victory, leading four men under 5 hours. Rebecca Harman repeated her 2005 win and Charles Leonard took the top spot in the 50+ age group. [Click for full race results.](#) [Click for photos.](#)

■ BPAC Six-Hour won by Mark Seigers (43.65 mi) and Laura Bleakley (43.40 mi)

A record 66 runners took part; 45 ran more than a marathon. [Click for full race results.](#) [Click for photos.](#)

[Open Men](#) | [Open Women](#) | [Veteran Men](#) | [Veteran Women](#) |

Place	Name	Age	Home Town	Total (best 3)	BPAC 4/30	HF30 5/21	FL50K 7/1	FL50M 7/1	GL50K 8/27	GL100K 8/27	Can50K 10/7	Can50M 10/7	Mendon 11/11
1	O'Dell, Ryan	21	Granville	292.45	89.35	91.05	96.64		86.66			95.81	100.00
2	Baum, Todd	48	Fayetteville	290.25	93.31	100.00		96.94					
3	Housel, Edward	47	Rochester	281.29	94.59	94.44							92.26
4	Hrebin, Ryan	24	Binghamton	268.87				97.42		79.02		82.60	88.85
5	Groff, David	44	Erieville	235.95					69.47		84.69		81.79
6	Gregoire, Keith	39	Williamsville	228.49	81.90	72.14		73.98		72.61		71.75	
7	Hooker, Brian	26	Rochester	225.97	84.19	71.45	56.79		61.96				70.33
8	Hazen, Daniel	36	Ogdensburg	196.21			61.07			70.97		64.17	
9	Wahila, Andrew	22	Endicott	191.64	91.64						100.00		
10	Kochavi, Shiran	37	Princeton, NJ	183.40				96.24		87.15			
11	Cardus, Michael	29	Buffalo	182.57								91.71	90.86

12	Lewis, Michael	27	Endicott	178.68			52.35		61.75			64.58
13	Grucza, David	44	Fabius	158.04		79.61	78.43					
14	Edington, Edward	34	Stanley	149.02		78.62	70.40					
15	Lampman, Jim	23	Cato	141.06						74.55		66.51
16	Vokes, David	43	Amherst	125.72	67.01				58.71			
17	Andrish, Sean	36	Leesburg, VA	100.00			100.00					
17	Hirai, Ryutaro	47	Rye	100.00				100.00				
17	Jaffe, Joseph	42	Rochester	100.00								100.00
17	Lee, Euihwa	46	Newton, PA	100.00						100.00		
17	Seigers, Mark	23	Holland Patent	100.00	100.00							
17	Sweeney, Bob	39	Rye Brook	100.00					100.00			
17	Sweeney, Jim	25	Albany	100.00					100.00			
24	Doyle, Matthew			97.51								97.51
25	Rusin, Robert	48	Clarence	96.79	96.79							
26	Lowkes, Patrick	33	Wallingford, VT	96.76			96.76					
27	Dominie, Dan	42	Canton	96.29		96.29						
28	Rice, Andrew	41	Canandaigua	94.93								94.93
29	Burns, William	37	Cary, NC	94.79								94.79
30	Echols, Nathan	39	Sparta, NJ	93.91			93.91					
31	Martinez, Javier	35	Baldwinsville	93.86					93.86			
32	Robertson, Michael			90.70								90.70
33	Murray, Brian	43	Newfane	88.92					88.92			
34	Penney, Michael	47	Arlington, VA	86.25								86.25
35	Linton, Geoff	44	Guelph, ON	85.83			85.83					
36	Starowicz, Andrew	33	Syracuse	85.79		85.79						
37	Bowman, Alan	48	Niskayuna	85.42					85.42			
38	Price, Mike	46	Landisburg, PA	85.06			85.06					
39	Clark, John			84.75								84.75
40	Turner, John	47	Burlington, ON	84.70	84.70							
41	Headwell, Roy	39	Cambridge	84.47								84.47
42	Core, Steve	40	Leesburg, VA	83.60			83.60					
43	Kearney, Paul	25	Ithaca	83.14			83.14					
44	Johnson, Jay	27	New York	82.17				82.17				
45	Aufschlager, Paul	42	East Amherst	81.90	81.90							
46	Cole, Thomas	45	Mohwah, NJ	81.25			81.25					
47	Berson, Marc	48	Orefield, PA	80.69						80.69		
48	Button, Dan	34	Syracuse	80.61		80.61						
49	Hayden, Michael	16	Rancho Palos Verdes, CA	80.57			80.57					

50	Van Buren, Roy	44	Reading, MA	79.65							79.65
51	Friedle, Gary	38	Brooklyn	79.27				79.27			
52	Reynolds, John	39	Fairmont, WV	78.78			78.78				
53	Reed, Patrick	41	Erie, PA	78.51				78.51			
54	Sada, Dave			77.38							77.38
55	Moran, Will	46	Niskayuna	77.26			77.26				
56	Mallon, Michael	42	Yonkers	76.54							76.54
57	Andreas, Donny	39	Seneca Falls	74.75						74.75	
58	Ankrum, Chris	38	Grand Island	74.46	74.46						
58	Hammell, Tim	42	East Aurora	74.46	74.46						
58	Homer, Clint	35	Orchard Park	74.46	74.46						
58	Jennings, Tom	47	Fairview, PA	74.46	74.46						
58	Olsen, Ron	42	Lakeview	74.46	74.46						
58	Pepke, John	40	Niagara Falls	74.46	74.46						
58	Rennison, John	45	Hamilton, ON	74.46	74.46						
65	McMurray, Bruce	48	Boardman, OH	73.77	73.77						
66	McFalls, Pat	47	Pennellville	73.53							73.53
67	Omura, Les	49	Honolulu, HI	73.25				73.25			
68	Posner, Kenneth	43	New York	73.17				73.17			
69	Larkin, John	46	Niskayuna	72.79			72.79				
70	Capone, Mark	27	Newmarket, NH	72.41			72.41				
71	Dotiwala, Firdaus	37	Bronx	69.58					69.58		
72	Peters, William	43	Manchester, NH	69.49			69.49				
73	Fitch, Jim	47	Meadville, PA	69.30	69.30						
74	Keller, Donny			69.11							69.11
75	Micklo, David	37	Eighty Four, PA	68.67							68.67
76	Ozlanski, Dan	30	Mt Carmel, PA	68.45			68.45				
77	Mattessich, Kevin	26	Baldwinsville	67.72			67.72				
78	Bitterman, Todd	33	Oneonta	64.07			64.07				
79	Dailey, John	28	Ithaca	63.79			63.79				
80	John, Nathaniel	39	Irving	61.86	61.86						
81	Notar, Tom	45	Leesburg, VA	60.52			60.52				
82	Jurczyk, Joe	41	Brecksville, OH	60.15			60.15				
83	Noel, Jason	35	Oswego	56.32			56.32				

[Open Women](#) | [Veteran Men](#) | [Veteran Women](#) | [Open Men](#) |

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1	Harman, Rebecca	36	Willseyville	300.00	89.86	100.00	100.00			100.00		100.00	100.00
2	Stettler, Katie	41	Ithaca	290.03	89.86			100.00	96.67			93.35	92.78
3	Palmieri, Theresa	43	Buffalo	271.00	80.83	84.19			86.81		100.00		79.99
4	Tily, Lorrie	45	Locke	269.16	82.37		81.57		100.00			84.91	84.25
5	Jozefski, Diane	42	Rochester	250.89	87.44	80.10		78.13		76.85		83.34	
6	Brooks, Linda	45	Orchard Park	230.93	63.85	69.00			77.87		84.05		
7	Maio-Wade, Suzanne	48	Rochester	229.72	74.88				82.19			72.65	
8	Sorrell, Barbara	49	Delmar	209.74		73.30	62.57		73.87				
9	Reynolds, Christine	36	Newfield	159.93	82.37								77.56
10	Rapp, Kimberly	41	Macedon	157.36		80.07							77.29
11	Hedges, Kristen	24	Cheektowaga	136.99	69.70							67.29	
12	Bleakley, Laura	36	Rochester	100.00	100.00								
12	Shimada, Yayoi	33	Bronx	100.00					100.00				
14	Kleinrock, Nancy	46	Trumansburg	95.47		95.47							
15	Nowlin, Shannon	36	Solvey	93.92					93.92				
16	McQueeny- Penamonte, Abby	24	Mendon	93.75							93.75		
17	Zajac, Edie	38	Cicero	90.42					90.42				
18	Baehre, Susan	47	Triangle, VA	90.09				90.09					
19	White, Nicole	35	East Aurora	89.99						89.99			
20	Hill, Lisa	47	East Syracuse	88.85					88.85				
21	Sumrall, Bethany	25	Columbus, GA	86.49							86.49		
22	Blake, Heather	37	Leesburg, VA	85.98			85.98						
23	Finney, Cathy	33	Ocean Grove, NJ	84.57								84.57	
24	Bushover, Jenny	34	East Aurora	84.05							84.05		
25	Madden, Lisa	33	Bronx	83.93			83.93						
26	Saeva, Darlene	47	Rochester	82.88								82.88	
27	Lambert, Jennifer	34	Livonia	76.38			76.38						
28	Wasikonis, Morgan	37	State College, PA	75.66			75.66						
29	Cardin, Hillary			73.99									73.99
30	Wolniewicz, Michelle	48	Alden	73.58					73.58				
31	Kulawas, Elaine	37	Jeffersonville, VT	70.80			70.80						
32	Chavez, Christina	34	Canandaigua	67.30								67.30	
33	Hillery, Peggy	45	Hamburg	65.44	65.44								
34	Murphy, Meredith	27	King Of Prussia, PA	64.36			64.36						

35	Sieminowski, Tammy	37	Toronto, ON	63.35									
36	McWhirt, Karen	45	Southbury, CT	62.57									
37	Mancarella, Maria	18	Syracuse	61.46					61.46				
38	Bennett, Marla	47	Pompey	59.76					59.76				
39	Prescott, Kendel	45	Decatur, GA	55.93					55.93				

*Yayoi Shimada credited with maximum points in GLER 50K for her 50K split in 100K DNF. Her split was faster than winning time in GLER 50K race.

Veteran Men | [Veteran Women](#) | [Open Men](#) | [Open Women](#) |

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1	Newin, Jim	53	Mont Saint Hilaire, QC	295.89				100.00		100.00			95.89
2	Leonard, Charles	50	Freeville	275.85		100.00	80.05					82.71	93.14
3	Jozefski, Chester	53	Rochester	267.78	93.96	86.05		83.46	70.02				87.77
4	Smith, David	52	Williamsville	267.56	91.90	90.64						85.01	
5	Weiss, David	57	Corning	247.19	86.12		69.68		72.49		88.58		
6	Cronise, Richard	52	Victor	199.80	75.19		60.16		64.45				
7	Kruse, Richard	52	Newark, DE	189.21				89.21					100.00
8	Reynolds, Jozef	61	Newfield	166.25	83.55								82.70
9	Harrison, Mark	51	West Henrietta	158.56	83.55		75.01						
10	Sitter, Dick	66	Erie, PA	155.78	77.63							78.15	
11	Perry, Tom	61	Fairport	140.56	75.19				65.37				
12	Taylor, Greg	59	Delmar	108.01			54.57		53.44				
13	Aroneanu, Andrei	52	Ridgewood	100.00								100.00	
13	McDougall, Dennis	55	Union City, PA	100.00	100.00								
13	Vengrove, Marc	50	Allentown, PA	100.00							100.00		
13	Wright, Mike	57	Chittenango	100.00			100.00						
13	Sweeney, Steven	51	Albany	100.00					100.00				
18	Mason, Bryan	61	Toronto, ON	99.72	99.72								
19	Ferguson, Gary	51	Wyalusing, PA	98.50						98.50			
20	Stearns, Dennis			97.29									97.29
21	Page, Stephen	56	Oneonta	91.71								91.71	
22	Pobgee, Doug	50	York, PA	90.13			90.13						
23	Sexton, Gary	50	Youngstown, OH	89.32					89.32				
24	Chely, Jim	50	Elmira	89.02			89.02						
25	Keefer, Michael	50	Rochester	88.47							88.47		

26	Ferguson, Clyde			85.63									85.63
27	Bohuslawski, Greg	54	Vinemount, ON	83.55	83.55								
27	Geer, Willis	58	Buffalo	83.55	83.55								
29	Ripke, Allen	54	Syracuse	83.10		83.10							
30	Fuhrman, John	58	Blasdell	82.78	82.78								
31	Terranova, Frank	53	Point Pleasant, NJ	80.67			80.67						
32	Prohira, John		LeRoy	79.25									79.25
33	Milligan, Joe	71	Brockton, MA	78.25								78.25	
34	Kurtz, Evan	50	Dryden	76.46			76.46						
35	Nelson, John	56	Ashburn, VA	75.42			75.42						
36	Sheremeta, Mark	50	Manlius	74.43					74.43				
37	Danecki, Will	56	New Milford, CT	73.35			73.35						
38	Moore, Art			67.98									67.98
39	Wojcik, Charlie	54	Fairfax, VA	65.97			65.97						
40	Quilty, Marc	57	Syracuse	65.81					65.81				
41	Landry, Donald	60	Montreal, QC	65.59			65.59						
42	Maguire, Frank	59	Doylestown, PA	65.53			65.53						
43	Weppler, Paul	53	E. Amherst	64.60			64.60						
44	Scott, Robert	52	Woodbury, CT	64.53			64.53						
45	Murdock, Richard	50	New York	64.39			64.39						
46	Stoichkov, Alexander	53	Hawthorne, NJ	63.50					63.50				
47	Mckee, Jim	68	Interlaken	55.74			55.74						
48	McCumber, Michael	57	Gambrills, MD	53.94			53.94						
49	Gudlin, Gary	51	Jamesville	52.97					52.97				
50	Frank, Norm	75	Rochester	46.07					46.07				

Veteran Women | [Open Men](#) | [Open Women](#) | [Veteran Men](#) |

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1	Timmerman, Teresa	51	State College, PA	100.00			100.00						
1	Cady, Tanya	53	Sagamore Hills, OH	100.00				100.00					
1	Troisi, Cathy	60	Seneca Falls	100.00					100.00				
1	Hahn, Patti		Rochester	100.00									100.00
5	Vish, Mary	56	Ewing, NJ	91.61			91.61						
6	Clark, Laura	59	Saratoga Springs	88.41			88.41						

7	Maguire, Donna	55	Doylestown, PA	80.47			80.47					
8	Landry, Marion	61	Montreal, QC	75.14			75.14					



This site was last updated 10/22/07