



NEWSLETTER
SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLVII

Syracuse Chargers Track Club

August 2016

Cazenovia 2016



Photos from 5k—top 3
Photos by Bob Hiemenz
View at www.caz4thrun.org

Syracuse Chargers Track Club, Inc.

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Available

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The Syracuse Chargers Track Club is dedicated to the development of all aspects of Athletics in Central New York. This includes support for youth development programs and the encouragement of individuals of all ages and abilities to participate in local, regional, national, and international track & field, long distance running, and race walking events.

The Club is a nonprofit, tax-exempt 501(c)(3) organization; a member of **USA Track & Field** and **Road Runners Club of America**. Membership is open to all who share the goals of the organization.

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC.

Subscriptions are \$20.00 per year.

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Material should reach Dave Talcott, 566 McLean Road,
Owego, NY 13827 or e-mail dwtalcott@gmail.com
by the 20th of the month.

Chargers Membership Forms should be sent to:

Bob Hiemenz, SCTC Membership Coordinator
P.O. Box 2354
Liverpool, NY 13089-2354

Changing your address? Let Bob know as soon as possible
At bobhiem@twcny.rr.com

Please be reminded that the Post Office will NOT FORWARD the Newsletter because it is not sent as first class mail. If you plan to move or spend parts of the year at different addresses, please let the Membership Coordinator know by email (found on the inside front cover of the Newsletter) or at the club's renewal mailing address (back cover).



To become a member of USATF, sign up online at www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road racing, track and field, cross country, and race walking championship events at the association, regional, and national levels. **The Charger Club number is "04-0092"**

Send Merchandise orders to:

SCTC
P.O. Box 2354
Liverpool, NY 13089-2354

Club Web Site: www.syracusechargers.org

New Members: None

Renewed Members:

James Alexander	Paula Alexander	Therissa Alexander	Eric Anish	Ron Gay
Chip O'Reilly	John Owens	Linda Owens	Carol Rider	Larry Ripley
Ruth Ripley	Mary Ann Rusz	Ronald Spencer	James Trott	

Terry McConnell's Observations

Recent Charger Age Group Records

M80-84 Discus 1kg Chuck Yost 70 feet $\frac{3}{4}$ in 6/17/2016

Chuck Yost took away Sid Zecher's 60 ft 7 $\frac{3}{4}$ in record in the 1 kg Discus with his toss of 22.88 meters at the Empire Senior Games, SUNY Cortland. Zecher's record dated from 1999. The same day Chuck put the shot (3kg) to a distance of 9.65 m and hurled the 3kg hammer to a point 24.95 m downrange, but these marks were slightly inferior to his own efforts at these same Senior Games one year ago.

A Crutch?

With July's hot days and the agonizingly slow approach of the Olympic Games I'm feeling uninspired, so I will invoke the favorite crutch of a column writer: a column that updates previous columns.

The design of SU's outdoor track hasn't changed much since last month's column, but I'm happy to note that SU is allowing the Chargers to host 3 all comers meets at their outdoor track this month. (See details elsewhere in this *Newsletter*.) SU should be thanked for promoting use of its facilities by the public at times when they are not otherwise being used. A locked track surrounded by razor wire and guard dogs is not accessible to vandals, but it isn't accessible to legitimate users either, and serves no better purpose than to take up space. Please take advantage of these track meets! If you do come, bring last month's *Newsletter* along and see if you can spot all my mistakes.

To continue that latter theme, my review of the overall track site included the words "Field eventers will find much to like about the overall layout and facilities." Norm Deep, our resident throws guru, toured the site recently and came away with a contrary view: only one throws cage, no circle for the discus, and ground so rocky and hard in the javelin sector that a spear would bounce right off. Also, the distance from the nearest parking of all the venues will make it very hard for those who have to schlep equipment – heavy throwing implements especially – back and forth from their vehicles.

In May, Mickey told me that a plain white envelope had arrived at her house addressed to me as newsletter columnist. It was my first U.S. postal mail in this capacity, and I confess to feeling a small tug of concern. Sneeze dust? Ricin? Happily this turned out to be only beginner's paranoia, as the letter was a friendly one from *Tim Collins*, that multi-talented, multi-sport Chargers athlete of long standing, and keen student of all things track and field.

Reacting to my May 2016 *Newsletter* column on running one's age in the 400m, Tim sifted through old issues of *National Masters News* and figures that about 20 men per year have been able to run their age, thus qualifying for membership in the "Quarter-Miler's Club." (Tim himself came within 3 seconds of membership at age 65.)

Tim also undertook a rather in-depth study of deterioration rates of running performance with advancing age using IAAF age-grading standards and other sources. He finds that speed, as measured by one's 100m dash time, declines by 6% on average as a runner passes through his 40s. The rate quickens to 7%, 9%, and 20% in one's 50s, 60s, and 70s. Endurance, as measured by times in the mile run, appears to decline at a slightly faster rate. For example, newly minted septuagenarian milers can expect to run 22% slower if they are still lacing up the spikes at age 80. (A grim statistic, perhaps, so as an antidote I will offer that we gain years at a declining rate as we age: 25% in our 40s, followed by 20, 16, and 14 percent in our 50s, 60s, and 70s. If you reach 100 you will be getting older by only 1% each year – hardly aging at all! Feeling better now?)

I missed at least one CNY running club in my survey of area running clubs (June 2016 *Newsletter*). Founded within the past year, the *315 Elite Track Club* caters to post-collegiate runners and field athletes who want to continue to develop athletically



after college. (Of course, they can't do that in traditional clubs like the Chargers, right?) As of this writing their web site lists 18 active members and several local businesses and non-profits as supporters. Annual dues currently run \$10.

I will go way out on a limb here and guess that 315 has something to do with the area code in this part of the world, although naming a track club after a telephone exchange seems to me a bit unmotivated. It does however leave the door open for a rival group named the 680 Elite Track Club when the telco splits our venerable prefix sometime next year. Stay tuned.

Abbey Yatsko wins State 400 IH Crown

Abbey won her state title with a time of 63.79, shattering the Dryden High School record in the process. What is especially surprising – and this is even a little bit scary, folks – is that she only took up the hurdles this past April! Proud father Chris reports that at the State Qualifier Meet the flat 400 and the 400 hurdles were scheduled back to back (I wonder what genius came up with that schedule) and Abbey had to make a tough decision. She opted for the hurdles because “she wanted to try something different.” Dad Chris, no stranger to athletic excellence himself, still holds the M40-44 Chargers record in the javelin throw for his 141 feet 11 inches fling of 2002 vintage.

No “one-lap wonder”, during the course of her high school indoor and outdoor track career Abbey set 11 school records, went to 9 State Meets, and medaled twice at States (6th last year in the 400 meters). She also made the State Meet in cross country last fall. This coming year she heads down Route 13 a couple of miles to compete for the Cornell Big Red in indoor and outdoor track. We will follow your college career with great interest, Abbey.

Men's Open Marathon Chargers Record Progression

Ron Blackmore	2:21:56	4/21/75
Kevin Collins	2:17:37	6/17/95

Ron Blackmore is a native of Madison County and still lives in the Hamilton area. April 21 was Patriot's Day in 1975, so I'm guessing his marathon record was set at the Boston Marathon, although this fact is surprisingly difficult to confirm. His time qualified him to run in the Olympic Trials Marathon that year, held at Culver City and won by Gary Tuttle in a time 2:17:27. (Bill Rodgers had won Boston with a 2:09:55.) I cannot determine if Ron actually competed at Culver City. In recent years, Ron has represented the STC in the Pete Glavin XC series. Kevin Collins is the son of Tim and Kathy Collins, and hails from Brewerton. Kevin currently works for the YMCA, where he directs several very popular running programs for beginning to advanced runners. Some time between Ron and Kevin, another famous former Charger named Pete Pfitzinger also qualified to compete in the Olympic Trials Marathon, but wasn't a Charger at the time he qualified.

Syracuse Chargers Records for Females 80-84 years

60m	Patricia Peterson	12.98	1/5/2007
100m	Patricia Peterson	19.51	8/4/2006
200m	Patricia Peterson	42.41	6/29/2007
400m	Patricia Peterson	1:52.9	9/14/2007
long jump	Patricia Peterson	5-2 1/2	6/9/2006
discus 1kg	Elsie Adams	32-11 1/4	8/2/2002
shot put 3kg	Alice Carroll	14-9 3/4	6/7/2014
1500m walk	Alice Carroll	15:43.9	6/7/2014
5km walk road	Elsie Adams	1:21:59	6/11/2006

Syracuse Chargers Records for Males 80-84 years

50m	Ed Cox	8.81	6/8/2012
55m	Ed Cox	9.01	12/14/2008
60m	Ed Cox	9.82	3/8/2009
100m	Ed Cox	15.47	6/27/2009
200m	Ed Cox	33.46	7/4/2010
300m	Ed Cox	56.73	2/1/2009
400m	Ed Cox	1:24.2	12/14/2008
800m	Wally McRae	3:48.9	10/12/2012
1000m	Charles Jorgensen	5:45.4	1/16/1999
1500m	Wally McRae	7:57.3	11/9/2012
1 mile	Nate White	8:09.4	12/30/1999

2000m	Nate White	11:23.4	3/24/2001
3000m road	Wally McRae	18:27	5/1/2016
3000m	Nate White	15:23.6	12/17/1999
5km track	Wally McRae	28:26.1	11/30/2012
5km road	Wally McRae	28:24.0	9/30/2012
8km road	Charles Hackenheimer	51:04.0	5/16/1987
10km road	Sid Zecher	1:02:46	4/26/1999
10km track	Russell More	1:14:41.8	12/14/2001
15km road	Charles Hackenheimer	1:51:16	7/9/1990
10 miles	Sheldon Kall	2:41:42	5/4/2014
half marathon	Joe Familo	3:53:05	4/10/2004
marathon	Joe Familo	7:33:39	10/18/2003
55m HH	Ed Lukens	10.9	3/16/2002
60m HH	Ed Lukens	12.23	3/23/2002
high jump	Ed Lukens	4ft	3/16/2002
pole vault	David Rider	6-4 3/4	7/23/2010
triple jump	Ed Lukens	28-4 1/2	3/30/2002
long jump	Ed Lukens	13-1 3/4	3/23/2002
long jump	Ed Lukens	13-1 3/4	8/9/2002
discus 1kg	Chuck Yost	75-0 3/4	6/17/2016
hammer 3kg	Chuck Yost	82-10	6/5/2015
javelin 400g	Ed Lukens	102-5	8/10/2002
shot put 4kg	Sid Zecher	26-1 1/2	6/18/2001
shot put 3kg	Chuck Yost	32-6	6/5/2015

Web Link for Chargers Records

The latest Chargers records can always be found on my personal web server at the URL
http://barnyard.syr.edu/charger_records.html.

CNY Running Clubs Cup 2016

After a great first year with the **CNY Running Clubs Cup** in 2015, competition resumes in 2016. The original six clubs, the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners are joined this year by Team RWB. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the six other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The results of up to five members of a club in a race will be compared to the other clubs and points awarded on a descending basis, with seven points to the best, six to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are seven races in the Cup thus far. We are excited to add two new races to the Cup in 2016: the Nate the Great 12K in Canastota, and the queen of them all, the Boilermaker 15 Road Race in Utica on July 10th. The seven announced races are:

April 2nd: Fort to Fort 10K Race in Rome - completed.

May 7th, 5:30pm: Towpath Trail 10K in St. Johnsville.— completed.

June 11th: Nate the Great 12K Race in Canastota—completed.

July 10th: Boilermaker 15K in Utica—completed.

August 19th: Woodsmans Field Days 10K in Boonville

September 25th: Falling Leaves 14K in Utica

If you plan to run any of these races, please be sure to declare SYRACUSE CHARGERS as your club.



The Syracuse Chargers Track Club
Presents the 23rd Annual
Willow Bay 5K Run & Fitness Walk for Women
Saturday, August 20, 2016, 9:00 AM
Willow Bay in Onondaga Lake Park, Liverpool, NY
SyracuseChargers.org/Willow



Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

Entry: Pre-register by mail (post-marked by August 10) for \$25, via www.RunSignUp.com or register on race morning for \$35 at Willow Bay between 7:30 and 8:45 am. ***Remember: No entry fee for women 65 years or older!!** Attractive long sleeve T-shirts distributed to the first 250 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 18, from 5:00 -7:00 pm. Packets will also be available on site on race morning.



Amenities: Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.



Awards: **Top 3 finishers** overall; top three teams in each family category: **Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece**
Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.
There will be drawings for **door prizes** at the awards ceremony. You must be present to win!
Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!



Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027. Questions? 315 638-9662 or mpiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age (on 8/20/16) _____ D.O.B. ____/____/____

Address _____ Phone (_____) _____ - _____

City _____ State _____ ZIP _____ E-Mail _____

Shirt Size: Small Medium Large X-Large (These are women's fit sizes! Sizes guaranteed if entry received by Aug 1)

Family Team Categories: (circle as many as apply and name your teammate(s); team members should complete individual applications and mail them in the same envelope)

Mother-Daughter Sister-Sister Aunt-Niece Grandmother-Granddaughter

Willow Bay 5K Run & Fitness Walk Waiver

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____
Parent's Signature if under 18 _____ Date _____

Syracuse Chargers



All Comers Summer Track & Field Meets 2016

@ Syracuse University (Skytop Road facility)

Free Registration at the track for all from 5-5:45pm with first running event starting at 6pm

Meet #1 (Wednesday 8/3/16)

100
3000
400

Long Jump
Triple Jump
Throws*

Meet #2 (Wednesday 8/10/16)

800
100
1500
200

Long Jump
Triple Jump
Throws*

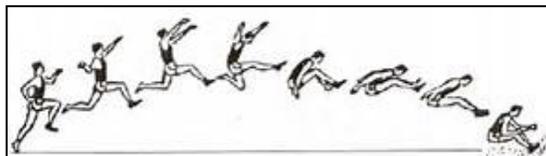
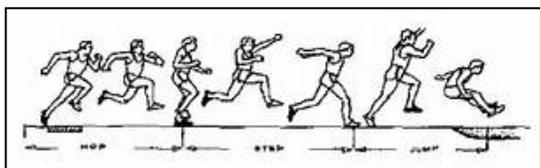
Meet #3 (Wednesday 8/17/16)

200
800
400
1500

Long Jump
Triple Jump
Throws*

- * No javelin
- * Many (not all) Implements will be provided. Please bring your own age-group sanctioned implements "just in case".
- * All throwers will report at the start of the meet for us to assess a "Throws order of events".
- * We will try to accommodate all throws and all throwers within reason (you must have experience in terms of safety).
- * Throwers MUST assist in marking/measuring and recording in order to be allowed to throw.

Questions? mpiscitelli2@verizon.net



Name _____ Circle: M F Age today: _____

Birthdate _____

Address (Street) _____

City, State _____ Club/School _____

Phone # _____ Emergency # _____

Guardian's address (if different from above): _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Syracuse University, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

(Signature of parent or guardian for all participants age 17 or younger.)

Thursday Night Onondaga Lake Park Fun Runs**June 30, 2016**

(Sunny, 80 degrees, light winds from NE)

Name	Time	Age	Sex
Kid's Run (Approximately 400m)			
Tayshawn Kelley	2:42	7	M
Armani Kelley	2:43		6 F
2 Miles			
Jerry P. Smith	25:31 (walked)	69	M
5 Kilometers			
Ric Bond	21:50	58	M
Kurt Stanton	30:26	66	M
Lewis Cutler	33:36	66	M
8 Kilometers			
Paul Cianfrocca	35:06	52	M
Chuck Milazzo	40:01 (5 mi)	60	M
Jim Cox	40:02 (5 mi)	60	M

Thursday Night Onondaga Lake Park Fun Runs**July 7, 2016**

(Sunny, 87 degrees, 55% relative humidity, winds NNW at 14 mph)

Name	Time	Age	Sex
5 Kilometers			
Justus Holden-Betts	22:01	14	F
Trista Holden-Betts	23:37	42	F
Stan More	24:51	64	M
Vivian Holden-Betts	29:55	12	F
Kurt Stanton	30:03	66	M
James Mirra	35:11	69	M
Lewis Cutler	36:26	66	M
4 Miles			
Jim Cox	33:58	55	M
8 Kilometers			
Chuck Milazzo	38:44 (5 mi.)	60	M
Ryan Isham	39:51	12	M

Thursday Night Onondaga Lake Park Fun Runs**July 14, 2016**

(Partly cloudy, 86 degrees, 49% relative humidity, winds WSW at 17 mph)

Name	Time	Age	Sex
Kid's 400m Run			
Rina Miller	2:09		
2 Miles			
Maggie DiBlasi	28:43	17	F
John Kane	28:43	15	M
5 Kilometers			
Justus Holden-Betts	21:25	14	F
Jason Fahy	23:46	44	M
Trista Holden-Betts	24:10	42	F
Stan More	24:42	64	M
Dan Knowlton	25:39	17	M
Abby Wilkinson	25:42	15	F
Jim Cox	27:46	55	M
Vivian Holden-Betts	28:59	12	F
Daryl Parsons	29:12	45	F
Tony Martin	32:01	70	M

Bryon Halstead	33:41	15	M
Amanda DeRyke	33:43	16	F
Natasha Zosy	33:49	15	F
Christian McKay	37:10	14	M
Amy Wilkinson	38:46	40	F
Darren Fischel	40:57	13	M
Peter Holden-Betts	46:00	17	M
Nicole Moro	59:07	34	F
8 Kilometers			
Paul Cianfrocca	34:16	52	M

Thursday Night Onondaga Lake Park Fun Runs

July 21, 2016

(High thin clouds, 89 degrees, almost no wind)

Name	Time	Age	Sex
2 Miles			
Bob Nicholson	21:16	69	F
5 Kilometers			
Paul Cianfrocca	20:56	52	M
Bob Holden-Betts	31:17	41	M
Kurt Stanton	31:21	66	M
Amie Wilkinson	35:42	40	F
Lew Cutler	35:59	66	M
Caroline Wilkinson	36:01	14	F
Ken Iandolo	36:22	65	M
8 Kilometers (All but Abby Wilkinson ran 5 miles)			
Abby Wilkinson	35:34	15	F
Chuck Milazzo	39:59	60	M
Jim Cox	40:33	55	M
Patti Ford	40:54	60	F
Stan More	40:54	64	M

2016 USA Masters 5 km Championships @ Syracuse Festival of Races Sunday, October 2, 2016

Wouldn't it be terrific if our club could field complete male and female teams for the 40+/50+/60+/70+/and 80+ team divisions at this year's USA Masters 5km Championships?

There's no extra pressure...you just have to run your normal 5K race!

You must be a 2016 USATF member to enter the Championships portion of the race within a race.

If you do not have a 2016 USATF membership, you can get one online at <http://www.usatf.org/associations/info.asp?associationNumber=4> . Be sure to use 04-0092 when asked for your club affiliation. You must also meet the eligibility requirements which can be found at

<http://www.usatf.org/Events---Calendar/2016/USATF-Masters-5-km-Championships/Athlete-Info/Eligibility-Requirements.aspx>

Any Masters woman who is interested in learning more or signing up for a Charger team, please contact Mickey @ mpiscitelli2@verizon.net. Any Masters man who is interested in learning more or signing up for a Charger team, please contact Greg @ tuttlegreg@hotmail.com

Delivery of monthly Chargers newsletter

There has been discussion on how the members of the club receive the monthly newsletter. As of now each member is mailed a copy of the newsletter and the newsletter is posted on the club's website around the time of the mailing, <http://www.syracusechargers.org/newsletter/newsletter.html>.

Recently there have been requests to receive the newsletter via e-mail instead of a printed copy. We are now giving every member the option of receiving the newsletter by US Mail or by e-mail. The requested delivery method has been added as a question on the membership renewal form.

If you would like to begin to receive the newsletter via email, please send an email to Bob Hiemenz at bobhiem@twcny.rr.com .

19th Annual Groton Labor Day 5K



September 5, 2016



Schedule:

7:30-8:45	Race Day Registration
9:00	1 Mile Fun Run
9:30	5K Race

Course:

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Web address @: <http://www.usatf.org/routes/view.asp?rID=12258>

Course Records:

Male 16:06 Stephen Getman	17:03 Adam Engst ('12)/ Casey Calstrom ('06)
Female 18:46 Murphee Hayes	20:19 Charlene Lyford

Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.



SITE: **Groton High School**
400 Peru Rd.
Groton, NY 13073

Additional Applications:

www.Grotoncs.org Select "Athletics"

Online Applications:

www.RunSignUp.com Search "Groton Labor Day 5K"

Awards:

- : Ribbons to every finisher in the 5K & Fun Run
- : Top 3 & Youngest in the Mile Fun Run
- : Plaque to top 3 male & Female in 5K
- : Plaque to top Masters male & female
- : \$25 Gift Certificate to top male & female in 5K
- : Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+)
- : FREE T-shirts to first 100 entries

*****Please stay for awards*****

Location:

Groton Central School
400 Peru Rd.
Groton, NY 13073

Parking & Restrooms
will be available near
registration.
Post race refreshments &
showers will be available

Entry Fees:

Pre-registered prior to Aug. 27 will be \$14 for students, \$18 for adults, & 1 mile fun run (**FREE**). Registrations after Aug. 27 (9/02 online) and race day will be \$20 for students, \$25 for adults, & 1 mile fun run (**FREE**).
***Team Discounts Available (5+ athletes...email Scott)
***Fun run competitors can purchase a T-Shirt for \$8
Send order with this application. **Quantities are limited!**
***Registrations not received by race day will be considered not sent and you will need to register on race day.

Make Checks Payable to:

Groton Sports Boosters/
Cross Country

Send Application to:

Scott Weeks, Race Coordinator
Groton Central School
400 Peru Rd.
Groton, NY 13073

QUESTIONS: Contact Scott Weeks @ School Address or sweeks@groton.cnyric.org

Cut Here

Check One **1 Mile Fun Run** _____ **5K Race** _____
Check One **T-Shirt** **Sm.** _____ **Med.** _____ **Lg.** _____ **XL** _____

Name (Print Clearly): _____
Address: _____
City, State _____ Zip _____
Phone _____
Age (Race Day) _____ Gender _____
Email Address: _____

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ **Date** _____

Signature of parent or guardian (if under 18) _____

2016 Yellow Brick Road 8K Run - 6/25/2016

Comp#	Name	Team	Time	Points
1	269 Cohen, Richard	M45 Utica, NY	28:58.1	
2	347 Demars, Josh	M31 Fulton, NY	30:16.9	
3	300 Kuelling, Josh	M34 Oriskany, NY	30:43.4	
4	344 Willy, Cathleen	W32 New Hartford, NY	30:56.4	
5	276 Davies, Loren T	M48 Liverpool, NY	32:11.2	
6	298 Keicher, Jason	M38 Liverpool, NY	33:00.6	
7	337 Swizzdor, Robert	M50 Ithaca, NY	33:42.9	
8	265 Chandler Jr., Gary	M55 Chittenango, NY	34:04.9	
9	328 Rohrer, Christian	M35 Chittenango, NY	34:23.0	
10	325 Reisman Jr., Gary	M29 Oneida, NY	35:33.7	
11	299 Kline, Trevor	M16 Verona, NY	36:14.7	
12	352 Owens, Jim	M53 Clinton, NY	36:56.8	
13	350 Yaworsky, Paul M	M28 Bridgeport, NY	37:14.7	
14	268 Clobridge, Patrick	M18 Chittenango, NY	37:21.3	
15	340 Tanner, Kodie B	W31 Guilford, NY	37:32.2	
16	367 Baldwin, Jeff	M38 Chittenango, NY	37:44.7	
17	332 Skvarch, Michael J	M59 Lafayette, NY	37:50.2	
18	303 Laubenstein, Jimmy	M28 Baldwinsville, NY	38:56.1	
19	333 Slater, Kristin	W32 New Berlin, NY	38:57.9	
20	257 Armstrong, Aaron	M52 Oswego, NY	39:17.5	
21	349 Demars, Joe F	M58 Fulton, NY	39:53.8	
22	354 Stankovitz, Richard E	M66 Canastota, NY	39:59.1	
23	370 Piraino, Kristen M	W36 Bridgeport, NY	40:02.1	
24	274 Dahlin, McKenzie E	W14 Chittenango, NY	40:10.1	
25	277 Defrees, Daniel H	M61 Chittenango, NY	40:47.8	
26	336 Stanistreet, Michael	M33 Chittenango, NY	40:50.9	
27	284 Elkovitch, Chad	M40 Skaneateles, NY	41:09.5	
28	263 Bready, Jean	W56 Fayetteville, NY	41:17.0	
29	371 Burns, Jim C	M52 Cazenovia, NY	41:20.8	
30	369 McIntosh, Tommy P	M14 Cjittenango, NY	41:21.9	
31	280 Digenaro, Lynne	W43 Chittenango, NY	41:24.6	
32	355 Austin, Phil	M50 Chittenango, NY	42:03.8	
33	331 Sherwood, Christopher	M28 Syracuse, NY	42:37.2	
34	324 Reisman, Kimberly	W33 Liverpool, NY	43:03.1	
35	279 Digenaro, Douglas	M47 Chittenango, NY	43:11.3	
36	259 Baldwin, Angelina M	W24 Chittenango, NY	43:27.8	
37	307 Mayo, Rodney	M51 Chapel Hill, NC	43:29.1	
38	358 Markowski, Robert A	M50 Manlius, NY	44:14.4	
39	256 Addley, Mandy	W31 Kirkville, NY	44:18.5	
40	296 Kanaley, Daniel	M69 North Syracuse, NY	44:29.9	
41	346 Hatch, David A	M61 Chittenango, NY	44:30.4	
42	368 McIntosh, Traci A	W48 Chittenango, NY	44:45.9	
43	311 Mullen, David	M58 Fayetteville, NY	44:50.6	
44	335 Smith, Mark	M55 Morrisville, NY	45:12.1	
45	297 Kapala, Michael	M42 Sherrill, NY	45:42.7	
46	306 Massey, Christopher	M30 Chittenango, NY	45:46.5	
47	315 Pedersen, Vickie E	W60 Sherrill, NY	45:48.0	
48	320 Piscitelli, Pat	M60 Baldwinsville, NY	45:49.4	
49	305 Markowicz, Amy	W46 Clinton, NY	46:10.7	
50	348 Woodford, Terri M	W52 Oxford, NY	46:27.7	
51	291 Hoehn, Kevin	M62 Rome, NY	46:28.7	
52	309 Miller, Jean	W67 Nicholville, NY	46:36.8	
53	316 Phillips, Carmon	W42 Liverpool, NY	46:41.1	
54	341 Trimm, Michael	M45 Syracuse, NY	46:46.5	
55	360 Galloway, Brandon D	M25 Lafayette, NY	47:09.6	
56	357 Serfass, Carrie A	W39 Canastota, NY	47:28.4	
57	318 Piriano, Joe	M56 Chittenango, NY	47:46.3	
58	329 Sanford, Matt	M41 New Berlin, NY	47:47.7	
59	356 Bayless, Brian E	M43 Amelia, OH	48:46.5	
60	267 Cigler, Marisue	W59 Chittenango, NY	49:09.1	
61	308 Mcdonald, Carolyn	W52 Chittenango, NY	49:29.1	
62	292 Hulbert, Jamie	M39 Liverpool, NY	49:32.6	
63	282 Dowdell, Otis	M57 Syracuse, NY	49:59.3	
64	313 Oswald, George	M64 Old Forge, NY	50:01.4	
65	278 Denney, Amelia	W21 Clinton, NY	50:56.3	
66	359 Whaley, Brooke L	W37 Chittenango, NY	50:57.3	
67	286 Ewing, Alicia	W28 Syracuse, NY	50:59.0	
68	271 Crowley, Judy	W65 Cicero, NY	51:08.3	
69	260 Barres, Lily	W27 Cicero, NY	51:24.5	
70	319 Piriano, Nancy	W52 Chittenango, NY	51:24.8	
71	353 North, Craig L	M60 Hamilton, NY	52:14.4	
72	283 Dunham, Frank	M48 Plymouth, NY	53:30.9	
73	321 Pizzuto-Sauve, Jeanne	W46 Chittenango, NY	53:35.6	
74	312 Olsen, Alyssa	W35 Dewitt, NY	53:44.0	
75	264 Brodsky, Erin	W35 Dewitt, NY	53:44.5	
76	326 Reisman Sr., Gary	M60 Baldwinsville, NY	53:45.8	
77	266 Choquette, Rebecca	W28 Chittenango, NY	54:03.9	
78	295 Janney, Alex	W30 Canandaigua, NY	54:07.3	
79	262 Blaylock, Kenneth	M59 Bridgeport, NY	54:10.8	
80	302 Larsson, Christine	W46 Chittenango, NY	56:04.2	
81	293 Iannello, Julia	W40 New Berlin, NY	56:40.2	
82	294 Iannello, Lisa	W50 New Berlin, NY	56:40.5	
83	327 Rider, Carolyn A	W74 Bridgeport, NY	57:16.0	
84	285 Elkovitch, David	M65 Skaneateles, NY	57:26.9	
85	364 Spatto, Courtney L	W35 Waterville, NY	57:42.5	
86	270 Crowley, John	M65 Cicero, NY	57:56.1	
87	258 Baidel, Sarah	W29 Chittenango, NY	58:05.3	
88	334 Smith, Jacinda	W42 Baldwinsville, NY	58:05.6	
89	366 Meester, Debbie	W46 Chittenango, NY	58:20.2	
90	317 Piazza, Mary	W56 Syracuse, NY	58:29.7	
91	290 Hall, Randy	M70 Hogsansburg, NY	59:09.8	
92	272 Dahlin, Colleen I	W43 Chittenango, NY	59:21.2	
93	361 Penfield, Jackie	W44 Chittenango, NY	59:51.0	
94	314 Oswald, Marion	W59 Old Forge, NY	1:00:28.7	
95	301 Laquidari, Rosemary	W72 Liverpool, NY	1:01:03.5	
96	323 Ranger, Kerry	M57 Bridgeport, NY	1:01:30.3	
97	310 Miller, Willie	M67 Nicholville, NY	1:03:18.6	
98	322 Ranger, Becky	W55 Bridgeport, NY	1:05:02.5	
99	261 Blackweider, Rebekah	W33 Mattydale, NY	1:10:24.5	
100	363 Forbes, Hillary J	W27 Marcy, NY	1:11:15.8	
101	362 Rathbun, Ralph S	M55 W Edmeston, NY	1:11:27.1	
102	345 Wright, Renae	W35 Syracuse, NY	1:12:18.8	
103	275 Daniels, Cynthia	W56 Liverpool, NY	1:12:19.1	



THE CHARGER CHALLENGE

A program designed to provide guidance, incentive and long-term motivation to runners and walkers through awards and recognition. Runners and walkers of all ages, abilities and levels of experience, are welcome to participate. Participants do not have to be Syracuse Chargers Track Club members. Three different Charger Programs are available. Whether you exercise for enjoyment, weight loss/maintenance, social or competitive reasons, you are encouraged to take on the Charger Challenge!

PROGRAM RULES, AWARDS AND ENTRY FEES:

All Challenge Programs require an application and are free for Syracuse Chargers members. Non-Chargers members will pay the appropriate entry fees listed below. Upon receipt, applicants are sent a log sheet for recording dates and miles run/walked, along with procedural instructions and GUIDELINES FOR NEW RUNNERS. When mileage reaches award levels, log sheets need to be submitted to receive award. Participants' achievements are also recognized in the Syracuse Chargers Track Club *Newsletter*.

THE CHARGER CHALLENGE

A program designed for higher mileage walkers/runners, or those seeking a longer term goal.

Entry Fee: \$5/person Non-Chargers, FREE for Chargers members

Awards: 500 miles T-Shirt
1000 miles Patch or Ribbon
2500 miles Long-Sleeve T-Shirt
5000 miles Trophy
10000 miles A plaque (to be presented at the annual awards banquet)

Mileage: All actual mileage covered can be recorded

THE CHARGER 500 MILE CHALLENGE

Aimed towards junior or senior participants, those new to a running/walking program, or those with physical limitations

Entry Fee: \$5/person for Non-Chargers
FREE for Chargers members

Awards: 100 miles Ribbon
250 miles Patch
500 miles T-shirt

Actual mileage up to 3 miles per day can be recorded

THE FAMILY CHALLENGE

Family members combine their mileage towards a common goal!

Entry Fee: \$20 total for Non-Chargers members, includes up to 4 immediate family members residing at the same address. FREE for Chargers Members.

Awards: 5000 miles 1 plaque and up to 4 T-shirts

CHARGER CHALLENGE APPLICATION FORM

Challenge Program Desired: **Charger Challenge** **Family Challenge** **500 Mile Challenge**

Name(s): _____ E-mail _____

Age (s): _____ Shirt Size(s): S M L XL

Address: _____

Telephone: _____ Charger Member? Y N Fee Enclosed \$ _____

(Payable to Syracuse Chargers Track Club)

MEMBERSHIP WAIVER I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity.

I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of you acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of other persons named in this waiver. I grant permission to use for legitimate purpose any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s): _____ Date: _____

I am signing this waive as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s).

_____ Date: _____

Parents' or Guardian's Signature if under 18 years

Return To: Ed Polly, 102 Rosewell Meadow Dr., DeWitt, NY 13214 [email:golfnrun@pollywood.org](mailto:golfnrun@pollywood.org)

315-256-6398

THE 44th ANNUAL CAZENOVIA JULY 4TH FOOT RACES

5 KILOMETER RACE

Cazenovia, NY July 4, 2016

Results By Leone Timing & Results Services

www.leonetiming.com

PLACE	NAME	AGE	TIME	PACE	PLACES IN		RESIDENCE	ST
					AGEGROUP	& SEX		
1	Jacob Andrews	22	15:51	5:07	1 M20-24	M#	1 New Woodstock	NY
2	Aldous Strother	24	16:51	5:26	2 M20-24	M#	2 Bedminster	NJ
3	Richard Cohen	45	17:08	5:31	1 M45-49	M#	3 Utica	NY
4	Sean Satchwell	19	17:21	5:35	1 M14-19	M#	4 Cazenovia	NY
5	Todd Halbig	39	17:26	5:37	1 M35-39	M#	5 Fayetteville	NY
6	Patrick Blair	17	17:39	5:41	2 M14-19	M#	6 West Chester	PA
7	Edward Martinez	23	17:47	5:44	3 M20-24	M#	7 New Britain	CT
8	Jack Wheeler	17	17:50	5:45	3 M14-19	M#	8 South Bend	IN
9	Antonio Eppolito	48	17:50	5:45	2 M45-49	M#	9 Alexandria	VA
10	Zachary Vanderzee	22	18:34	5:59	4 M20-24	M#	10 Somerville	MA
11	Stone Lutz	16	18:34	5:59	4 M14-19	M#	11 Forestport	NY
12	Cathleen Willy	32	18:43	6:02	1 F30-34	F#	1 New Hartford	NY
13	Mike Warchol	19	19:05	6:09	5 M14-19	M#	12 New Hartford	NY
14	Coty Lutz	20	19:05	6:09	5 M20-24	M#	13 Forestport	NY
15	Greg Carroll	55	19:14	6:12	1 M55-59	M#	14 Cazenovia	NY
16	Jack Richards	16	19:19	6:13	6 M14-19	M#	15 Camillus	NY
17	Kevin Murray	17	20:03	6:28	7 M14-19	M#	16 Marietta	GA
18	Mary Bushallow	44	20:13	6:31	1 F40-44	F#	2 Auburn	NY
19	Kaleel Boykins	14	20:18	6:32	8 M14-19	M#	17 Syracuse	NY
20	Elizabeth Marris	28	20:25	6:34	1 F25-29	F#	3 Erieville	NY
21	Okan Kaya	22	20:28	6:35	6 M20-24	M#	18 Clifton Park	NY
22	Grace Tilton	24	20:32	6:37	1 F20-24	F#	4 Concord	NH
23	Harvey Simmons	27	20:33	6:37	1 M25-29	M#	19 Skaneateles	NY
24	Richard Wheeler	52	20:34	6:37	1 M50-54	M#	20 South Bend	IN
25	Bairdy Hansen	22	20:55	6:44	7 M20-24	M#	21 Cazenovia	NY
26	Henry Baker	13	20:58	6:45	1 M01-13	M#	22 Pittsford	NY
27	Brian Krebs	29	21:06	6:48	2 M25-29	M#	23 Philadelphia	PA
28	Lennie Davis	55	21:20	6:52	2 M55-59	M#	24 Newport	NY
29	Bobby Parker	21	21:21	6:53	8 M20-24	M#	25 Troy	NY
30	Daniel Millson	12	21:22	6:53	2 M01-13	M#	26 Suwanee	GA
31	Anthony Lujan	43	21:25	6:54	1 M40-44	M#	27 Syracuse	NY
32	Meg Milmo	15	21:29	6:55	1 F14-19	F#	5 Cazenovia	NY
33	Steven Lafever	15	21:33	6:57	9 M14-19	M#	28 Cazenovia	NY
34	Peter Sigona	22	21:36	6:57	9 M20-24	M#	29 Auburn	NY
35	Ben Rosbrook	23	21:39	6:58	10 M20-24	M#	30 Rome	NY
36	Brendan Li	15	21:40	6:59	10 M14-19	M#	31 Cincinnati	OH
37	Matthew Gardner	31	21:42	6:59	1 M30-34	M#	32 Syracuse	NY
38	Lily Dougherty	14	21:44	7:00	2 F14-19	F#	6 Fayetteville	NY
39	Nick Kagey	37	21:44	7:00	2 M35-39	M#	33 Cazenovia	NY
40	Zoe Shephard	16	21:45	7:00	3 F14-19	F#	7 Cazenovia	NY
41	Jp Hoak	11	21:47	7:01	3 M01-13	M#	34 Cazenovia	NY
42	Ainslie Ellis	38	21:47	7:01	1 F35-39	F#	8 Cazenovia	NY
43	Andrew Brownback	15	21:48	7:01	11 M14-19	M#	35 Cazenovia	NY
44	Joshua Koeppe	14	21:52	7:02	12 M14-19	M#	36 Bridgeport	NY
45	Jimmy Perriello	19	21:53	7:03	13 M14-19	M#	37 Cazenovia	NY
46	James Lafever	12	21:56	7:04	4 M01-13	M#	38 Cazenovia	NY
47	Michael Richards	20	21:59	7:05	11 M20-24	M#	39 Camillus	NY
48	Garret Lounsbury	10	21:59	7:05	5 M01-13	M#	40 Cazenovia	NY

49	Brendan Malafronte	27	22:01	7:06	3	M25-29	M#	41	New York	NY
50	Jaleel Boykins	15	22:01	7:06	14	M14-19	M#	42	Syracuse	NY
51	John Austin	61	22:08	7:08	1	M60-64	M#	43	Syracuse	NY
52	David Gray	53	22:09	7:08	2	M50-54	M#	44	Homer	NY
53	Olivia Wheeler	15	22:15	7:10	4	F14-19	F#	9	South Bend	IN
54	Erik Siewert	33	22:18	7:11	2	M30-34	M#	45	Syracuse	NY
55	Morgan Kelley	28	22:18	7:11	2	F25-29	F#	10	Syracuse	NY
56	Jonathan Moore	36	22:21	7:12	3	M35-39	M#	46	Flint Hill	VA
57	Tim Burr	15	22:27	7:14	15	M14-19	M#	47	Cazenovia	NY
58	Aidan Emhoff	14	22:27	7:14	16	M14-19	M#	48	Cazenovia	NY
59	Jeff Baldwin	38	22:32	7:16	4	M35-39	M#	49	Chittenango	NY
60	Ciaran O'Brien	36	22:41	7:18	5	M35-39	M#	50	New York	NY
61	Zachary Olson	11	22:50	7:21	6	M01-13	M#	51	Redwood City	CA
62	Matthew Furletti	15	22:53	7:22	17	M14-19	M#	52	Clay	NY
63	Mike Swalgin	47	23:01	7:25	3	M45-49	M#	53	Deerfield	NY
64	Danielle Clark	35	23:04	7:26	2	F35-39	F#	11	West Monroe	NY
65	Hannah Craybas	13	23:05	7:26	1	F01-13	F#	12	Camillus	NY
66	Samuel Baker	13	23:06	7:27	7	M01-13	M#	54	Pittsford	NY
67	William Luke	46	23:08	7:27	4	M45-49	M#	55	Grand Rapids	MI
68	Jesse Koennecke	45	23:09	7:27	5	M45-49	M#	56	Ithaca	NY
69	Rachel Scofield	23	23:12	7:28	2	F20-24	F#	13	Bedminster	NJ
70	Patrick Marris	22	23:15	7:29	12	M20-24	M#	57	Erieville	NY
71	Tony Koppers	16	23:19	7:31	18	M14-19	M#	58	Cazenovia	NY
72	Clayton Baker	49	23:20	7:31	6	M45-49	M#	59	Pittsford	NY
73	Rich Ashe	50	23:21	7:31	3	M50-54	M#	60	Syracuse	NY
74	Jon McGhee	41	23:22	7:32	2	M40-44	M#	61	Wilmington	DE
75	Kyle Rivers	34	23:24	7:32	3	M30-34	M#	62	Cicero	NY
76	Christopher Koeppe	40	23:26	7:33	3	M40-44	M#	63	Bridgeport	NY
77	Raymond Anderson	14	23:29	7:34	19	M14-19	M#	64	Syracuse	NY
78	Andrew Frisbie	42	23:31	7:34	4	M40-44	M#	65	New Woodstock	NY
79	Dean Moffo	24	23:32	7:35	13	M20-24	M#	66	Oneida	NY
80	Ellen Furnari	30	23:32	7:35	2	F30-34	F#	14	Cazenovia	NY
81	Fay Slattery	52	23:32	7:35	1	F50-54	F#	15	Alexandria	VA
82	Cassie Murray	23	23:38	7:37	3	F20-24	F#	16	Lawrence Townsh	NJ
83	Steven Glowacki	58	23:40	7:38	3	M55-59	M#	67	Brewerton	NY
84	Bryn Walsh	15	23:46	7:39	5	F14-19	F#	17	York	PA
85	Trey Martin	23	23:53	7:42	14	M20-24	M#	68	Syracuse	NY
86	Kirsten Belton-Bloun	34	23:58	7:43	3	F30-34	F#	18	Manlius	NY
87	Grey Perham	11	24:01	7:44	8	M01-13	M#	69	Cazenovia	NY
88	Raymond Satchwell	15	24:03	7:45	20	M14-19	M#	70	Cazenovia	NY
89	Suzanne Craybas	47	24:06	7:46	1	F45-49	F#	19	Camillus	NY
90	Ciara Dougherty	40	24:09	7:47	2	F40-44	F#	20	Cazenovia	NY
91	Drew Johnson	15	24:09	7:47	21	M14-19	M#	71	Cazenovia	NY
92	Matthew Trexler	35	24:11	7:47	6	M35-39	M#	72	Manlius	NY
93	Jordan Duffy	25	24:14	7:48	4	M25-29	M#	73	Watertown	NY
94	Jim Miller	65	24:20	7:50	1	M65-69	M#	74	Clay	NY
95	Kevin Bassler	46	24:29	7:53	7	M45-49	M#	75	Cary	NC
96	Scott Cunningham	49	24:34	7:55	8	M45-49	M#	76	Erieville	NY
97	Shea Walsh	12	24:40	7:57	9	M01-13	M#	77	York	PA
98	Laura Lautz	39	24:41	7:57	3	F35-39	F#	21	Fayetteville	NY
99	Tammy Stokoe	53	24:45	7:58	2	F50-54	F#	22	Cortland	NY
100	Lisa Lounsbury	43	24:54	8:01	3	F40-44	F#	23	Cazenovia	NY
101	Tucker Lounsbury	43	24:55	8:02	5	M40-44	M#	78	Cazenovia	NY
102	Robert Richards	55	24:55	8:02	4	M55-59	M#	79	Camillus	NY
103	Jacob Wood	18	24:57	8:02	22	M14-19	M#	80	Syracuse	NY
104	Deja Jones	13	24:59	8:03	2	F01-13	F#	24	Cazenovia	NY
105	Liam Johnson	18	25:04	8:05	23	M14-19	M#	81	Cazenovia	NY

106	Lindsay Pogash	26	25:05	8:05	3	F25-29	F#	25	Jersey City	NJ
107	Eric Poole	38	25:07	8:05	7	M35-39	M#	82	North Syracuse	NY
108	Megan Gagnier	13	25:10	8:06	3	F01-13	F#	26	Pompey	NY
109	Damon Gagnier	45	25:11	8:07	9	M45-49	M#	83	Pompey	NY
110	Mackenzie Hall	29	25:12	8:07	4	F25-29	F#	27	Fayetteville	NY
111	Thomas Blount	30	25:14	8:08	4	M30-34	M#	84	Manlius	NY
112	Julia Wondrack	14	25:16	8:08	6	F14-19	F#	28	Pittsford	NY
113	Stephen Burr	50	25:17	8:09	4	M50-54	M#	85	Cazenovia	NY
114	Patrick Milmo	51	25:17	8:09	5	M50-54	M#	86	Cazenovia	NY
115	Grace Milmo	19	25:17	8:09	7	F14-19	F#	29	Cazenovia	NY
116	Russell Lafever	11	25:19	8:09	10	M01-13	M#	87	Cazenovia	NY
117	Douglas Lafever	43	25:19	8:09	6	M40-44	M#	88	Cazenovia	NY
118	William Barnes	34	25:21	8:10	5	M30-34	M#	89	Cazenovia	NY
119	Ginger Cole	31	25:23	8:10	4	F30-34	F#	30	Rome	NY
120	Jordan White	40	25:25	8:11	7	M40-44	M#	90	Lafayette	CO
121	Jd Dolly	11	25:26	8:12	11	M01-13	M#	91	Cazenovia	NY
122	Sarah White	39	25:28	8:12	4	F35-39	F#	31	Erie	CO
123	Alex Stachowski	30	25:30	8:13	6	M30-34	M#	92	Syracuse	NY
124	Robert Smith	30	25:37	8:15	7	M30-34	M#	93	Utica	NY
125	Nate Wondrack	13	25:37	8:15	12	M01-13	M#	94	Pittsford	NY
126	Alexa Tillman	15	25:43	8:17	8	F14-19	F#	32	Cazenovia	NY
127	Courtney Kraft	24	25:43	8:17	4	F20-24	F#	33	East Syracuse	NY
128	Ashley Pratt	31	25:44	8:17	5	F30-34	F#	34	Chittenango	NY
129	Girish Trikha	42	25:46	8:18	8	M40-44	M#	95	Jamesville	NY
130	Quinn Donahoe	29	25:46	8:18	5	M25-29	M#	96	Rochester	NY
131	Lindsay Dressal	29	25:47	8:18	5	F25-29	F#	35	Syracuse	NY
132	Jenny Hughes	42	25:48	8:18	4	F40-44	F#	36	Cazenovia	NY
133	Mark Smith	55	25:50	8:19	5	M55-59	M#	97	Morrisville	NY
134	Jaclyn Torrey	29	25:51	8:19	6	F25-29	F#	37	Houston	TX
135	Cayla Lawrence	11	25:56	8:21	4	F01-13	F#	38	Mendon	NY
136	Andrew Lusher	24	25:57	8:21	15	M20-24	M#	98	Oneida	NY
137	Connor Frisbie	9	25:57	8:21	13	M01-13	M#	99	New Woodstock	NY
138	Avery Dauenhauer	11	25:58	8:22	5	F01-13	F#	39	Cazenovia	NY
139	Scott Dauenhauer	44	25:58	8:22	9	M40-44	M#	100	Cazenovia	NY
140	Gabrielle Yates	19	26:01	8:23	9	F14-19	F#	40	Cazenovia	NY
141	Delaney Yates	17	26:01	8:23	10	F14-19	F#	41	Cazenovia	NY
142	John Everts	58	26:04	8:24	6	M55-59	M#	101	Syracuse	NY
143	Bob Ridler	39	26:05	8:24	8	M35-39	M#	102	New York	NY
144	Geoff Perham	43	26:07	8:25	10	M40-44	M#	103	Cazenovia	NY
145	Alex Barbetta	12	26:07	8:25	14	M01-13	M#	104	Mechanicsburg	PA
146	Kelly Lawrence	39	26:07	8:25	5	F35-39	F#	42	Mendon	NY
147	Lauren Corrigan	29	26:10	8:26	7	F25-29	F#	43	Philadelphia	PA
148	Ethan Isbell	12	26:11	8:26	15	M01-13	M#	105	Erieville	NY
149	Amy Baker	45	26:12	8:26	2	F45-49	F#	44	South Dartmouth	MA
150	Nicole Donahoe	27	26:14	8:27	8	F25-29	F#	45	Rochester	NY
151	Liam Baker	14	26:15	8:27	24	M14-19	M#	106	South Dartmouth	MA
152	Mary Jo Lafever	46	26:16	8:28	3	F45-49	F#	46	Cazenovia	NY
153	Quinn Smith	12	26:19	8:29	16	M01-13	M#	107	New Woodstock	NY
154	James Gerhard	50	26:21	8:29	6	M50-54	M#	108	Wellesley Islan	NY
155	Wyatt Becker	14	26:24	8:30	25	M14-19	M#	109	Oneida	NY
156	Peter Torrey	30	26:26	8:31	8	M30-34	M#	110	Houston	TX
157	Anne Stack	60	26:27	8:31	1	F60-64	F#	47	Concord	MA
158	Elizabeth Shephard	17	26:31	8:33	11	F14-19	F#	48	Cazenovia	NY
159	Kelly Davis	33	26:32	8:33	6	F30-34	F#	49	New Woodstock	NY
160	Kathryn McCauley	28	26:35	8:34	9	F25-29	F#	50	Whitesboro	NY
161	Jennifer Martino	54	26:36	8:34	3	F50-54	F#	51	Lafayette	NY
162	Julia Ketcham	13	26:37	8:34	6	F01-13	F#	52	Cazenovia	NY
163	Jenna Steinberg	14	26:37	8:34	12	F14-19	F#	53	Cazenovia	NY

164	Samuel Northrup	11	26:40	8:35	17	M01-13	M#	111	North Kingstown	RI
165	Kaleb Wilson	31	26:41	8:36	9	M30-34	M#	112	Cazenovia	NY
166	Carley Lounsbury	12	26:41	8:36	7	F01-13	F#	54	Cazenovia	NY
167	Emily Knapp	13	26:41	8:36	8	F01-13	F#	55	Cazenovia	NY
168	Grace Belton	20	26:47	8:38	5	F20-24	F#	56	Broomfield	CO
169	Lisa Baker	48	26:51	8:39	4	F45-49	F#	57	Cazenovia	NY
170	Charlie Davis	11	26:51	8:39	18	M01-13	M#	113	Crystal Lake	IL
171	Eric Knapp	47	26:52	8:39	10	M45-49	M#	114	Cazenovia	NY
172	Erin O'Connor	28	26:54	8:40	10	F25-29	F#	58	Syracuse	NY
173	Kirstin Lyons	24	26:55	8:40	6	F20-24	F#	59	Nedrow	NY
174	John Perriello	53	26:57	8:41	7	M50-54	M#	115	Cazenovia	NY
175	Pam Schnell	47	27:02	8:42	5	F45-49	F#	60	Manlius	NY
176	Thomas Eschen, Sr.	59	27:03	8:43	7	M55-59	M#	116	Cazenovia	NY
177	Elizabeth Eschen	32	27:03	8:43	7	F30-34	F#	61	Brookline	MA
178	Matt Ringer	23	27:04	8:43	16	M20-24	M#	117	Syracuse	NY
179	Julie Henderson	25	27:05	8:43	11	F25-29	F#	62	Cazenovia	NY
180	Taylor Ketcham	17	27:06	8:44	13	F14-19	F#	63	Cazenovia	NY
181	Zach Sutton	11	27:08	8:44	19	M01-13	M#	118	Brooklyn	NY
182	Kate Harrington	10	27:11	8:45	9	F01-13	F#	64	Cazenovia	NY
183	Kara Judd	40	27:12	8:46	5	F40-44	F#	65	Cazenovia	NY
184	Todd Harrington	51	27:16	8:47	8	M50-54	M#	119	Cazenovia	NY
185	Elizabeth Gardner	30	27:20	8:48	8	F30-34	F#	66	Syracuse	NY
186	Gina Elsner	43	27:21	8:48	6	F40-44	F#	67	Apalachin	NY
187	Jennifer Matott	41	27:21	8:49	7	F40-44	F#	68	Liverpool	NY
188	Ed Glowacki	62	27:23	8:49	2	M60-64	M#	120	Clay	NY
189	Courtney Lyons	22	27:25	8:50	7	F20-24	F#	69	Nedrow	NY
190	Brenda Kavanaugh	52	27:25	8:50	4	F50-54	F#	70	Sherrill	NY
191	Bob Murrett	63	27:27	8:51	3	M60-64	M#	121	Fayetteville	NY
192	Cooper Hughes	12	27:29	8:51	20	M01-13	M#	122	Cazenovia	NY
193	Kelly McGreevy	38	27:30	8:52	6	F35-39	F#	71	Cazenovia	NY
194	Paul McMurtis	58	27:35	8:53	8	M55-59	M#	123	Cazenovia	NY
195	Frank Fellone	33	27:36	8:53	10	M30-34	M#	124	New York	NY
196	Teresa Grant	29	27:36	8:53	12	F25-29	F#	72	New York	NY
197	Joseph Kenney	13	27:39	8:54	21	M01-13	M#	125	Baldwinsville	NY
198	Mitch Lenczewski	54	27:42	8:55	9	M50-54	M#	126	Manlius	NY
199	Fritz Koennecke	53	27:45	8:56	10	M50-54	M#	127	Cazenovia	NY
200	Nancy Smith	63	27:45	8:56	2	F60-64	F#	73	Syracuse	NY
201	Alex Rodriguez	14	27:45	8:56	26	M14-19	M#	128	Cazenovia	NY
202	Jackson Nixdorf	13	27:46	8:57	22	M01-13	M#	129	Boca Raton	FL
203	Alyssa Weaver	15	27:54	8:59	14	F14-19	F#	74	Jacksonville	FL
204	Katherine Huftalen	45	27:56	9:00	6	F45-49	F#	75	Cazenovia	NY
205	Jack Bubb	73	27:57	9:00	1	M70-74	M#	130	Baldwinsville	NY
206	Mary Kathryn Lonerga	29	28:00	9:01	13	F25-29	F#	76	Cazenovia	NY
207	Margaret Huftalen	10	28:05	9:03	10	F01-13	F#	77	Cazenovia	NY
208	Richard Huftalen	45	28:06	9:03	11	M45-49	M#	131	Cazenovia	NY
209	Andrew Ziemba	20	28:06	9:03	17	M20-24	M#	132	Cazenovia	NY
210	Anna Ziemba	14	28:06	9:03	15	F14-19	F#	78	Cazenovia	NY
211	Joe Ziemba	51	28:07	9:03	11	M50-54	M#	133	Cazenovia	NY
212	Steven Kent	17	28:10	9:04	27	M14-19	M#	134	Marietta	GA
213	Allison Kent	19	28:11	9:05	16	F14-19	F#	79	Marietta	GA
214	Sophie Leonard	11	28:12	9:05	11	F01-13	F#	80	Fayetteville	NY
215	Stephen Hughes	46	28:18	9:07	12	M45-49	M#	135	Cazenovia	NY
216	Andy Johnson	48	28:19	9:07	13	M45-49	M#	136	Cazenovia	NY
217	Mary Schulte	26	28:21	9:08	14	F25-29	F#	81	Syracuse	NY
218	John Melvin	52	28:21	9:08	12	M50-54	M#	137	Cazenovia	NY
219	Skyler Marshall	14	28:25	9:09	28	M14-19	M#	138	Cazenovia	NY
220	Mike Marsallo	45	28:25	9:09	14	M45-49	M#	139	Eastchester	NY
221	Tj Marsallo	45	28:25	9:09	15	M45-49	M#	140	Wake Forest	NC

222	Ed Kelley	61	28:26	9:09	4	M60-64	M#	141	Jamesville	NY
223	Alison Massey	34	28:26	9:09	9	F30-34	F#	82	Monrovia	MD
224	Jonathan Sunderman	35	28:26	9:10	9	M35-39	M#	142	Monrovia	MD
225	Sara Reals	51	28:29	9:10	5	F50-54	F#	83	East Syracuse	NY
226	Alicia Ewing	28	28:29	9:10	15	F25-29	F#	84	Syracuse	NY
227	Chad Hawk	30	28:29	9:10	11	M30-34	M#	143	San Francisco	CA
228	Ben Volpi	14	28:29	9:10	29	M14-19	M#	144	Cleveland	NY
229	Dominic Perrone	15	28:29	9:10	30	M14-19	M#	145	Fabius	NY
230	Michael Reeve	16	28:30	9:11	31	M14-19	M#	146	Cazenovia	NY
231	Robert Carpenter	23	28:30	9:11	18	M20-24	M#	147	Cazenovia	NY
232	Diane Costello	44	28:31	9:11	8	F40-44	F#	85	Ellicott City	MD
233	Matthew Reeve	17	28:31	9:11	32	M14-19	M#	148	Cazenovia	NY
234	Matt Clarke	56	28:35	9:12	9	M55-59	M#	149	Albany	NY
235	Valerie Barr	47	28:36	9:13	7	F45-49	F#	86	Cazenovia	NY
236	Claire Carpenter	16	28:36	9:13	17	F14-19	F#	87	Liverpool	NY
237	Pete Theis	29	28:41	9:14	6	M25-29	M#	150	Atlanta	GA
238	Kate Ditrani	15	28:41	9:14	18	F14-19	F#	88	Cambridge	MA
239	Denise Belton	55	28:41	9:14	1	F55-59	F#	89	Broomfield	CO
240	Kevin McGreevy	37	28:43	9:15	10	M35-39	M#	151	Cazenovia	NY
241	Kara O'Brien	40	28:46	9:16	9	F40-44	F#	90	New York	NY
242	Kelly Isbell	37	28:46	9:16	7	F35-39	F#	91	Erieville	NY
243	Jack Donlin	10	28:47	9:16	23	M01-13	M#	152	Cazenovia	NY
244	Kendi Rankin	37	28:50	9:17	8	F35-39	F#	92	Morrisonville	NY
245	Karen Volpi	45	28:50	9:17	8	F45-49	F#	93	Cleveland	NY
246	Jessica Reilly	34	28:56	9:19	10	F30-34	F#	94	Cazenovia	NY
247	Ashley Huysman	30	28:57	9:19	11	F30-34	F#	95	Deruyter	NY
248	Johanna Bossard	34	28:57	9:19	12	F30-34	F#	96	Erieville	NY
249	Jamie Hulbert	39	29:00	9:20	11	M35-39	M#	153	Liverpool	NY
250	Doug Woolbert	44	29:01	9:21	11	M40-44	M#	154	Cazenovia	NY
251	Shere Abbott	60	29:07	9:23	3	F60-64	F#	97	Cazenovia	NY
252	Emma Steinberg	12	29:07	9:23	12	F01-13	F#	98	Cazenovia	NY
253	Megan Hughes	14	29:09	9:23	19	F14-19	F#	99	Cazenovia	NY
254	Ella Perham	13	29:09	9:23	13	F01-13	F#	100	Cazenovia	NY
255	Kristarose Popek	29	29:12	9:24	16	F25-29	F#	101	Wakefield	MA
256	Derek Popek	30	29:13	9:25	12	M30-34	M#	155	Wakefield	MA
257	Brian Kent	14	29:17	9:26	33	M14-19	M#	156	Marietta	GA
258	Alexis Kavanaugh	21	29:18	9:26	8	F20-24	F#	102	Sherrill	NY
259	Sarah Boyer	28	29:22	9:28	17	F25-29	F#	103	Jamesville	NY
260	Richard Marris	64	29:29	9:30	5	M60-64	M#	157	Erieville	NY
261	Stacy Marris	25	29:30	9:30	18	F25-29	F#	104	Erieville	NY
262	Mary McCay	9	29:31	9:30	14	F01-13	F#	105	Cazenovia	NY
263	Timothy McCay	47	29:31	9:31	16	M45-49	M#	158	Cazenovia	NY
264	Margot GIBLIN	56	29:33	9:31	2	F55-59	F#	106	Cazenovia	NY
265	Jenelle Pelis	31	29:34	9:31	13	F30-34	F#	107	North Syracuse	NY
266	Shane Donahoe	34	29:35	9:32	13	M30-34	M#	159	North Syracuse	NY
267	Chandra Ivey	42	29:36	9:32	10	F40-44	F#	108	Eastchester	NY
268	Tom Hoag	54	29:37	9:32	13	M50-54	M#	160	Cicero	NY
269	Molly Brown	14	29:51	9:37	20	F14-19	F#	109	Cazenovia	NY
270	Jill Reidy	47	29:56	9:39	9	F45-49	F#	110	Pittsford	NY
271	Robert Reidy	75	29:56	9:39	1	M75-79	M#	161	Manlius	NY
272	Sarah Hansen	59	29:57	9:39	3	F55-59	F#	111	Cazenovia	NY
273	Theresa Reeve	14	30:00	9:40	21	F14-19	F#	112	Cazenovia	NY
274	Annie Leonard	11	30:00	9:40	15	F01-13	F#	113	Fayetteville	NY
275	Karen Luke McGhee	41	30:01	9:40	11	F40-44	F#	114	Wilmington	DE
276	Robert Anderson	49	30:02	9:40	17	M45-49	M#	162	Syracuse	NY
277	Patricia Luke	45	30:02	9:40	10	F45-49	F#	115	Charlottesville	VA
278	Kate Moses	34	30:04	9:41	14	F30-34	F#	116	Cazenovia	NY
279	Sally Hughes	9	30:05	9:41	16	F01-13	F#	117	Cazenovia	NY

280	Molly Hagan	38	30:05	9:41	9	F35-39	F#	118	Cazenovia	NY
281	Morgan Tillman	14	30:06	9:42	22	F14-19	F#	119	Cazenovia	NY
282	Maren Smith	11	30:07	9:42	17	F01-13	F#	120	New Woodstock	NY
283	Drake Chivukula	8	30:07	9:42	24	M01-13	M#	163	Lafayette	CO
284	Frank Dean	53	30:09	9:42	14	M50-54	M#	164	Norwalk	CT
285	Maria Trexler	32	30:13	9:44	15	F30-34	F#	121	Manlius	NY
286	Jennette Ball	43	30:14	9:44	12	F40-44	F#	122	New Woodstock	NY
287	Connor Gale	9	30:15	9:45	25	M01-13	M#	165	Cazenovia	NY
288	Scott Sellers	60	30:16	9:45	6	M60-64	M#	166	Cazenovia	NY
289	Emily Hunter	16	30:19	9:46	23	F14-19	F#	123	East Syracuse	NY
290	Megan Bushneck	32	30:21	9:46	16	F30-34	F#	124	Cazenovia	NY
291	Dan Kingsley	39	30:21	9:46	12	M35-39	M#	167	Cazenovia	NY
292	Anne Austin	57	30:22	9:47	4	F55-59	F#	125	Syracuse	NY
293	Nathaniel Giblin	22	30:22	9:47	19	M20-24	M#	168	Cazenovia	NY
294	Kenneth Blaylock	59	30:27	9:48	10	M55-59	M#	169	Bridgeport	NY
295	James Steinberg	63	30:32	9:50	7	M60-64	M#	170	Cazenovia	NY
296	Grace Kingsley	10	30:34	9:51	18	F01-13	F#	126	Cazenovia	NY
297	Amy Azeredo	40	30:35	9:51	13	F40-44	F#	127	Lewisburg	PA
298	Greg Armstrong	45	30:35	9:51	18	M45-49	M#	171	Syracuse	NY
299	David O'Brien	66	30:37	9:52	2	M65-69	M#	172	Schenectady	NY
300	Brian McLaughlin	28	30:38	9:52	7	M25-29	M#	173	San Francisco	CA
301	Bess Johnson	9	30:44	9:54	19	F01-13	F#	128	Cazenovia	NY
302	Dj Smith	48	30:46	9:55	19	M45-49	M#	174	East Syracuse	NY
303	David Ravas	58	30:47	9:55	11	M55-59	M#	175	Manlius	NY
304	Kiley Barr	24	30:49	9:55	9	F20-24	F#	129	Cazenovia	NY
305	Philip Curtis	64	30:49	9:56	8	M60-64	M#	176	Cambridge	MA
306	Dani Latour	28	30:49	9:56	19	F25-29	F#	130	North Syracuse	NY
307	Laura Wines	47	30:55	9:57	11	F45-49	F#	131	Watertown	NY
308	Caroline Wells	11	30:55	9:57	20	F01-13	F#	132	Manlius	NY
309	Allison Wells	43	30:55	9:57	14	F40-44	F#	133	Manlius	NY
310	Eric Lyons	16	30:57	9:58	34	M14-19	M#	177	Nedrow	NY
311	Hannah Monsour	17	31:05	10:01	24	F14-19	F#	134	Boca Raton	FL
312	Erin Rankin	53	31:06	10:01	6	F50-54	F#	135	Cazenovia	NY
313	Carolyn Burns	55	31:06	10:01	5	F55-59	F#	136	Cazenovia	NY
314	Theresa Demaio	62	31:10	10:02	4	F60-64	F#	137	Fayetteville	NY
315	Sammi Collins	28	31:22	10:06	20	F25-29	F#	138	Rome	NY
316	Quinn Ridzi	11	31:26	10:07	26	M01-13	M#	178	Syracuse	NY
317	Frank Ridzi	39	31:27	10:08	13	M35-39	M#	179	Syracuse	NY
318	Christopher Kenney	52	31:29	10:08	15	M50-54	M#	180	Baldwinsville	NY
319	Jason Pistilli	36	31:31	10:09	14	M35-39	M#	181	Fayetteville	NY
320	Meghan Perham	42	31:37	10:11	15	F40-44	F#	139	Cazenovia	NY
321	Patrick Knapp	65	31:39	10:12	3	M65-69	M#	182	Clinton	NY
322	Phillip Koppers	45	31:43	10:13	20	M45-49	M#	183	Cazenovia	NY
323	Maggie Rowles	12	31:45	10:14	21	F01-13	F#	140	Cazenovia	NY
324	Ioana Amzuta	48	31:46	10:14	12	F45-49	F#	141	Fayetteville	NY
325	Emily Rowles	43	31:46	10:14	16	F40-44	F#	142	Cazenovia	NY
326	Thomas McCay	13	31:49	10:15	27	M01-13	M#	184	Cazenovia	NY
327	Emily Shaw	26	31:51	10:15	21	F25-29	F#	143	San Francisco	CA
328	Frank Dunham	48	31:54	10:16	21	M45-49	M#	185	Plymouth	NY
329	Cassandra Perrone	20	31:56	10:17	10	F20-24	F#	144	Fabius	NY
330	Kerstin McKay	48	31:57	10:17	13	F45-49	F#	145	Cazenovia	NY
331	Jessica Burch	34	31:57	10:17	17	F30-34	F#	146	Cazenovia	NY
332	Ralph Stevens	61	32:02	10:19	9	M60-64	M#	186	Cazenovia	NY
333	Maeve Kelly	8	32:09	10:21	22	F01-13	F#	147	Cazenovia	NY
334	Meghan Kelly	36	32:10	10:22	10	F35-39	F#	148	Cazenovia	NY
335	Julie Dolly	44	32:10	10:22	17	F40-44	F#	149	Cazenovia	NY
336	Abby Barbetta	10	32:13	10:22	23	F01-13	F#	150	Mechanicsburg	PA
337	Caitlin Roche	9	32:13	10:22	24	F01-13	F#	151	Skaneateles	NY

338	Kim Barbetta	39	32:13	10:22	11	F35-39	F#	152	Mechanicsburg	PA
339	Vivianne Ketcham	9	32:15	10:23	25	F01-13	F#	153	Cazenovia	NY
340	Bobby Difulgentiz	34	32:16	10:23	14	M30-34	M#	187	Prosper	TX
341	Kimberly Doto	34	32:19	10:25	18	F30-34	F#	154	Fayetteville	NY
342	Andrea Dotto	26	32:20	10:25	22	F25-29	F#	155	New York	NY
343	Mark Daly	48	32:27	10:27	22	M45-49	M#	188	Arlington	MA
344	David Holahan	13	32:53	10:35	28	M01-13	M#	189	Pittsford	NY
345	Lisa Brownback	51	32:57	10:37	7	F50-54	F#	156	Cazenovia	NY
346	Nj Burr	51	32:58	10:37	8	F50-54	F#	157	Cazenovia	NY
347	Amanda Wilson	28	32:58	10:37	23	F25-29	F#	158	Cazenovia	NY
348	Richard Rheam	15	32:59	10:37	35	M14-19	M#	190	Lewisburg	PA
349	Evan Dodge	24	33:12	10:42	20	M20-24	M#	191	Liverpool	NY
350	Sophie Clancy	12	33:14	10:42	26	F01-13	F#	159	Cazenovia	NY
351	Simon Daly	12	33:14	10:42	29	M01-13	M#	192	Arlington	MA
352	Karen Colling	54	33:15	10:42	9	F50-54	F#	160	Liverpool	NY
353	Gregory Giblin	60	33:16	10:43	10	M60-64	M#	193	Cazenovia	NY
354	Derek Johnston	32	33:18	10:44	15	M30-34	M#	194	Cazenovia	NY
355	Max Brownback	13	33:20	10:44	30	M01-13	M#	195	Cazenovia	NY
356	Rumon Chakravarty	32	33:24	10:45	16	M30-34	M#	196	Jamesville	NY
357	Nancy Linck	74	33:24	10:45	1	F70-74	F#	161	La Jolla	CA
358	Susan Reeve	40	33:25	10:46	18	F40-44	F#	162	Cazenovia	NY
359	Laura Frei	41	33:27	10:46	19	F40-44	F#	163	Evergreen	CO
360	Cathy Kelley	55	33:44	10:52	6	F55-59	F#	164	Syracuse	NY
361	Michelle Stearns	44	33:44	10:52	20	F40-44	F#	165	Cazenovia	NY
362	Tyler Chivukula	10	33:53	10:55	31	M01-13	M#	197	Lafayette	CO
363	Audrey Chivukula	39	33:53	10:55	12	F35-39	F#	166	Lafayette	CO
364	Callum Daly	10	33:55	10:55	32	M01-13	M#	198	Arlington	MA
365	Erin Frisbie	43	34:16	11:02	21	F40-44	F#	167	New Woodstock	NY
366	Katelin Frisbie	11	34:16	11:02	27	F01-13	F#	168	New Woodstock	NY
367	Matthew Craybas	11	34:34	11:08	33	M01-13	M#	199	Camillus	NY
368	Taylor Lusher	25	34:37	11:09	24	F25-29	F#	169	Oneida	NY
369	Leonard Lyons	56	34:39	11:10	12	M55-59	M#	200	Nedrow	NY
370	Beth Meyer	48	34:41	11:10	14	F45-49	F#	170	Liverpool	NY
371	Nancy Poole	41	34:43	11:11	22	F40-44	F#	171	North Syracuse	NY
372	Jonathan Leifer	77	34:46	11:12	2	M75-79	M#	201	Manlius	NY
373	Natasha Leibel	42	34:46	11:12	23	F40-44	F#	172	New York	NY
374	Amy Lenczewski	51	34:54	11:14	10	F50-54	F#	173	Manlius	NY
375	Richard Albro	64	34:54	11:14	11	M60-64	M#	202	Fayetteville	NY
376	Max Clancy	9	34:54	11:14	34	M01-13	M#	203	Cazenovia	NY
377	Keith Meyer	52	34:58	11:16	16	M50-54	M#	204	Liverpool	NY
378	Erica Barnes	34	35:00	11:16	19	F30-34	F#	174	Cazenovia	NY
379	Jay Victoria Graves	71	35:01	11:16	2	F70-74	F#	175	Hilton Head Isl	SC
380	Richard Elliott	72	35:05	11:18	2	M70-74	M#	205	Cazenovia	NY
381	Todd Davison	28	35:08	11:19	8	M25-29	M#	206	Baldwinsville	NY
382	Jenny Schulte	20	35:20	11:23	11	F20-24	F#	176	Syracuse	NY
383	Janet Schulte	52	35:39	11:29	11	F50-54	F#	177	Syracuse	NY
384	Deanna McCay	47	35:40	11:29	15	F45-49	F#	178	Cazenovia	NY
385	Judy Kopp	55	35:43	11:30	7	F55-59	F#	179	Cazenovia	NY
386	Linda Homer	54	35:43	11:30	12	F50-54	F#	180	Homer	NY
387	John Clancy	45	36:04	11:37	23	M45-49	M#	207	Cazenovia	NY
388	Alexis Lafever	14	36:04	11:37	25	F14-19	F#	181	Eaton	NY
389	Ed Thompson	56	36:04	11:37	13	M55-59	M#	208	Baldwinsville	NY
390	Amy Becker	47	36:11	11:39	16	F45-49	F#	182	Oneida	NY
391	Cynthia Smith	63	36:58	11:54	5	F60-64	F#	183	Cambridge	MA
392	Jeff Shaw	58	36:58	11:54	14	M55-59	M#	209	Cazenovia	NY
393	Leslie Ditrani	52	36:58	11:54	13	F50-54	F#	184	Cambridge	MA
394	Susan Hansen	76	37:07	11:57	1	F75-79	F#	185	East Syracuse	NY
395	Angela Perry	52	37:11	11:58	14	F50-54	F#	186	Syracuse	NY

396	Barbara & Rhys Willi	41	37:21	12:02	24	F40-44	F#	187	Oneida	NY
397	Selena Martin	40	37:37	12:07	25	F40-44	F#	188	Syracuse	NY
398	Lilah Rieger	7	37:48	12:10	28	F01-13	F#	189	Dyer	IN
399	Carrie Adolphi	54	37:49	12:11	15	F50-54	F#	190	Cazenovia	NY
400	Molly McNany	11	37:57	12:13	29	F01-13	F#	191	Fayetteville	NY
401	Amy Allen	44	37:58	12:13	26	F40-44	F#	192	Oneonta	NY
402	Catherine Holahan	11	37:58	12:14	30	F01-13	F#	193	Pittsford	NY
403	Judy Read	60	37:58	12:14	6	F60-64	F#	194	Homer	NY
404	John Michael Murray	14	38:00	12:14	36	M14-19	M#	210	Marietta	GA
405	Lauren Murray	11	38:16	12:19	31	F01-13	F#	195	Marietta	GA
406	Olivia Belton	15	38:20	12:21	26	F14-19	F#	196	Broomfield	CO
407	Charlie Belton	60	38:31	12:24	12	M60-64	M#	211	Broomfield	CO
408	Joy Daly	8	38:42	12:28	32	F01-13	F#	197	Arlington	MA
409	Marypat Reeve	47	38:45	12:29	17	F45-49	F#	198	Arlington	MA
410	Karen Netzband	30	38:50	12:30	20	F30-34	F#	199	Manlius	NY
411	Mary Jane Foley	64	38:51	12:31	7	F60-64	F#	200	Cazenovia	NY
412	Susan Morgan	67	38:57	12:33	1	F65-69	F#	201	Cazenovia	NY
413	Maeve Gerhard	12	38:59	12:33	33	F01-13	F#	202	Wellesley Islan	NY
414	Matthew Carpenter	41	39:10	12:37	12	M40-44	M#	212	Syracuse	NY
415	Mary Ellen Perkins	59	39:27	12:42	8	F55-59	F#	203	Cazenovia	NY
416	Brittant Altieri	28	39:28	12:42	25	F25-29	F#	204	Clifton Park	NY
417	Pamela Chovnick	38	39:36	12:45	13	F35-39	F#	205	Flint Hill	VA
418	Kate McNany	9	39:46	12:48	34	F01-13	F#	206	Fayetteville	NY
419	Scott McNany	43	39:53	12:51	13	M40-44	M#	213	Fayetteville	NY
420	Tulpen Hansen-Schwoe	19	40:09	12:56	27	F14-19	F#	207	Deruyter	NY
421	William Tillman	66	40:11	12:56	4	M65-69	M#	214	Cazenovia	NY
422	Nina Mellits	10	40:12	12:57	35	F01-13	F#	208	Chicago	IL
423	Cristina Buciu	47	40:13	12:57	18	F45-49	F#	209	Chicago	IL
424	Gary Harrington	46	40:15	12:58	24	M45-49	M#	215	Homer	NY
425	Kim Gray	53	40:16	12:58	16	F50-54	F#	210	Homer	NY
426	Kenna Ridzi	9	40:24	13:00	36	F01-13	F#	211	Syracuse	NY
427	Stephanie Cornelius	26	40:37	13:05	26	F25-29	F#	212	Nedrow	NY
428	Patrick Fong	27	40:37	13:05	9	M25-29	M#	216	Nedrow	NY
429	Jennifer Howe	33	40:38	13:05	21	F30-34	F#	213	New Woodstock	NY
430	Scott Rheam	17	41:08	13:15	37	M14-19	M#	217	Lewisburg	PA
431	Tonya Gerhard	48	41:27	13:21	19	F45-49	F#	214	Wellesley Islan	NY
432	Jody Ridzi	39	41:28	13:21	14	F35-39	F#	215	Syracuse	NY
433	Emma Ridzi	7	41:28	13:21	37	F01-13	F#	216	Syracuse	NY
434	Katie Woodworth	24	41:40	13:25	12	F20-24	F#	217	Cazenovia	NY
435	David Ardner	54	41:48	13:28	17	M50-54	M#	218	Liverpool	NY
436	Donna Higgie	61	41:52	13:29	8	F60-64	F#	218	Norwich	NY
437	Phoebe Koehne	8	42:15	13:36	38	F01-13	F#	219	Manlius	NY
438	Annabel Wells	9	42:15	13:36	39	F01-13	F#	220	Manlius	NY
439	Lisa Ardner	47	42:22	13:39	20	F45-49	F#	221	Liverpool	NY
440	Nathalie Koehne	47	42:39	13:44	21	F45-49	F#	222	Manlius	NY
441	Robert Smith	9	43:19	13:57	35	M01-13	M#	219	Cazenovia	NY
442	Cynthia Smith	59	43:20	13:57	9	F55-59	F#	223	Cazenovia	NY
443	John Smith	9	43:21	13:58	36	M01-13	M#	220	Cazenovia	NY
444	Ken Smith	58	43:25	13:59	15	M55-59	M#	221	Cazenovia	NY
445	Christine Fero	51	43:43	14:05	17	F50-54	F#	224	Manlius	NY
446	Mary Jo Fero	56	43:43	14:05	10	F55-59	F#	225	Oneida	NY
447	Emma Daly	16	43:48	14:06	28	F14-19	F#	226	Arlington	MA
448	Hank Reed	76	44:02	14:11	3	M75-79	M#	222	Barneveld	NY
449	Maryann Lansing	74	44:54	14:28	3	F70-74	F#	227	Erieville	NY
450	Connie Ciccone	71	44:57	14:28	4	F70-74	F#	228	Skaneateles	NY
451	Jerrie Ann Maywright	46	45:45	14:44	22	F45-49	F#	229	Cazenovia	NY
452	Joseph Rieger	7	45:46	14:44	37	M01-13	M#	223	Dyer	IN
453	Colleen Murray	8	46:44	15:03	40	F01-13	F#	230	Marietta	GA

454	Maegan Wells	19	47:30	15:18	29	F14-19	F#	231	Cazenovia	NY
455	Paige McMurtrie	20	47:30	15:18	13	F20-24	F#	232	Cazenovia	NY
456	Korena Fenton	22	47:30	15:18	14	F20-24	F#	233	Cazenovia	NY
457	Trish Etter	49	47:32	15:18	23	F45-49	F#	234	Cazenovia	NY
458	Tiffany Kent	48	47:35	15:19	24	F45-49	F#	235	Marietta	GA
459	Jeff Kent	49	47:35	15:19	25	M45-49	M#	224	Marietta	GA
460	Shannon Murray	16	47:36	15:20	30	F14-19	F#	236	Marietta	GA
461	Susan Rheam	50	49:39	15:59	18	F50-54	F#	237	Lewisburg	PA
462	Daniel Rheam	63	49:40	15:59	13	M60-64	M#	225	Lewisburg	PA
463	Mike Murray	51	50:02	16:07	18	M50-54	M#	226	Marietta	GA
464	Cheryl Lagrow	64	50:03	16:07	9	F60-64	F#	238	Cazenovia	NY
465	Carol Murray	51	54:57	17:42	19	F50-54	F#	239	Marietta	GA
466	Patrise Carpenter	48	55:48	17:58	25	F45-49	F#	240	Syracuse	NY
467	Ileana Anghel	12	59:52	19:17	41	F01-13	F#	241	Fayetteville	NY
468	Mara Mellits	12	59:53	19:17	42	F01-13	F#	242	Chicago	IL
469	Fletcher Litera	10	1:07:51	21:51	38	M01-13	M#	227	Cazenovia	NY



10 mile—top 3 finishers

THE 44th ANNUAL CAZENOVIA 10 MILE RACE

PLACE	NAME	AGE	TIME	PACE	PLACES IN		RESIDENCE	ST
					AGEGROUP	& SEX		
1	Richard Powell	27	54:48	5:29	1 M25-29	M#	1 Syracuse	NY
2	Dave Cook	32	58:19	5:50	1 M30-34	M#	2 Auburn	NY
3	Erich Nieman	39	58:51	5:54	1 M35-39	M#	3 Manlius	NY
4	Stephen Paddock	21	1:01:29	6:09	1 M20-24	M#	4 Ilion	NY
5	Boris Dzikovski	51	1:04:52	6:30	1 M50-54	M#	5 Ithaca	NY
6	Bill Houser	38	1:05:17	6:32	2 M35-39	M#	6 Manlius	NY
7	Wayne Allen	41	1:06:36	6:40	1 M40-44	M#	7 Oneonta	NY
8	David Kania	36	1:06:36	6:40	3 M35-39	M#	8 Freeville	NY
9	Brian Barfoot	37	1:07:50	6:47	4 M35-39	M#	9 Minoa	NY
10	Matthew Stempel	16	1:08:08	6:49	1 M01-19	M#	10 Marcellus	NY
11	Noah Derochie	15	1:08:42	6:53	2 M01-19	M#	11 New Woodstock	NY
12	Sarah Tully	17	1:08:59	6:54	1 F01-19	F#	1 Wayland	MA
13	William Parry	35	1:09:18	6:56	5 M35-39	M#	12 Chittenango	NY
14	Scott D'Andrea	46	1:09:27	6:57	1 M45-49	M#	13 Maplewood	NJ
15	Scott McNany	43	1:10:03	7:01	2 M40-44	M#	14 Fayetteville	NY
16	Randy Boivin	42	1:10:15	7:02	3 M40-44	M#	15 Baldwinsville	NY
17	Kevin Garvey	35	1:11:04	7:07	6 M35-39	M#	16 Syracuse	NY
18	Paul Cianfrocca	52	1:11:22	7:09	2 M50-54	M#	17 Camillus	NY
19	Gary Chandler, Jr.	55	1:11:29	7:09	1 M55-59	M#	18 Chittenango	NY
20	Timothy Rosbrook	49	1:11:31	7:10	2 M45-49	M#	19 Rome	NY
21	Timothy Aubertine	29	1:11:40	7:10	2 M25-29	M#	20 Manlius	NY
22	Kyle Breier	37	1:11:40	7:10	7 M35-39	M#	21 Oneonta	NY
23	Keith Thomas	41	1:11:42	7:11	4 M40-44	M#	22 Manlius	NY
24	Dave Ames	34	1:11:57	7:12	2 M30-34	M#	23 Boston	MA
25	Scott Cunningham	43	1:11:57	7:12	5 M40-44	M#	24 Liverpool	NY
26	Amy Austin	35	1:12:13	7:14	1 F35-39	F#	2 Manlius	NY
27	Eileen Ferguson	38	1:12:21	7:15	2 F35-39	F#	3 Chittenango	NY
28	Mathew Pidgeon	25	1:12:27	7:15	3 M25-29	M#	25 Skaneateles	NY
29	Jeanette Cudney	20	1:12:30	7:15	1 F20-24	F#	4 Cazenovia	NY
30	Maureen Milmo	20	1:12:37	7:16	2 F20-24	F#	5 Cazenovia	NY
31	Robert Haas	56	1:12:37	7:16	2 M55-59	M#	26 Red Creek	NY
32	Ryan Goodfellow	33	1:12:45	7:17	3 M30-34	M#	27 Syracuse	NY
33	Mike Stout	46	1:12:57	7:18	3 M45-49	M#	28 Pulaski	NY
34	Ken Cresswell	54	1:13:03	7:19	3 M50-54	M#	29 Cazenovia	NY
35	Kerri McKee	46	1:13:25	7:21	1 F45-49	F#	6 Manlius	NY
36	Bruce Northrup	47	1:13:33	7:22	4 M45-49	M#	30 North Kingstown	RI
37	Brett Dumais	48	1:13:34	7:22	5 M45-49	M#	31 North Syracuse	NY
38	Gary Tarolli	62	1:13:57	7:24	1 M60-64	M#	32 East Syracuse	NY
39	Joshua Peavey	22	1:14:01	7:25	2 M20-24	M#	33 Madison	NY
40	Colin Donahoe	31	1:14:15	7:26	4 M30-34	M#	34 Syracuse	NY
41	Karyl Sargent	53	1:14:42	7:29	1 F50-54	F#	7 Lafayette	NY
42	Bob Kane	54	1:15:27	7:33	4 M50-54	M#	35 Rome	NY
43	Josh Smith	41	1:15:32	7:34	6 M40-44	M#	36 New Woodstock	NY
44	Jeffrey Juran	59	1:15:44	7:35	3 M55-59	M#	37 Ithaca	NY
45	Ryan Maine	37	1:15:52	7:36	8 M35-39	M#	38 Utica	NY
46	Gary Reisman, Jr.	29	1:15:53	7:36	4 M25-29	M#	39 Oneida	NY
47	Jennifer Hughes	44	1:16:06	7:37	1 F40-44	F#	8 York	PA
48	Jeffrey Riley	42	1:16:32	7:40	7 M40-44	M#	40 Newfane	VT
49	John Kennedy	52	1:16:54	7:42	5 M50-54	M#	41 Syracuse	NY
50	Shannon Flattery	24	1:17:00	7:42	3 F20-24	F#	9 New York	NY
51	Jim McKeever	59	1:17:00	7:42	4 M55-59	M#	42 Fayetteville	NY
52	Kara Rusch	48	1:17:12	7:44	2 F45-49	F#	10 Hamilton	NY
53	Mary White	56	1:17:25	7:45	1 F55-59	F#	11 Syracuse	NY
54	Steven Raymond	45	1:17:29	7:45	6 M45-49	M#	43 Cazenovia	NY
55	Erin O'Connor	21	1:17:36	7:46	4 F20-24	F#	12 Remsen	NY
56	Ryan Carroll	36	1:17:40	7:46	9 M35-39	M#	44 Syracuse	NY
57	Chris Thornton	34	1:17:43	7:47	5 M30-34	M#	45 Clay	NY
58	Christian Lord	50	1:17:52	7:48	6 M50-54	M#	46 Fayetteville	NY
59	Judson Ames	33	1:18:04	7:49	6 M30-34	M#	47 Eaton	NY
60	Andrew Snell	42	1:18:10	7:49	8 M40-44	M#	48 Auburn	NY
61	William Walter	63	1:18:18	7:50	2 M60-64	M#	49 Fayetteville	NY
62	Ryan Elliott	31	1:18:27	7:51	7 M30-34	M#	50 Syracuse	NY
63	Emily Tully	17	1:18:28	7:51	2 F01-19	F#	13 Wayland	MA
64	Sarah Cote	35	1:18:29	7:51	3 F35-39	F#	14 Bridgeport	NY
65	Keith Tully	44	1:18:30	7:51	9 M40-44	M#	51 Wayland	MA
66	William Tine	42	1:18:30	7:51	10 M40-44	M#	52 Norwich	VT
67	Breann Dodge	35	1:18:35	7:52	4 F35-39	F#	15 Clay	NY
68	Vicente Tirado	43	1:18:37	7:52	11 M40-44	M#	53 Syracuse	NY

69	Heather Ketcham	43	1:19:00	7:54	2	F40-44	F#	16	Cazenovia	NY
70	Stephen Felano	30	1:19:13	7:56	8	M30-34	M#	54	Amherst	NY
71	Mary Klee	47	1:19:18	7:56	3	F45-49	F#	17	Syracuse	NY
72	Michael Skvarch	59	1:19:20	7:56	5	M55-59	M#	55	Lafayette	NY
73	James Gardner	42	1:19:24	7:57	12	M40-44	M#	56	Manlius	NY
74	Riley Burns	17	1:19:36	7:58	3	M01-19	M#	57	Marcellus	NY
75	Michael Dautrich	58	1:19:49	7:59	6	M55-59	M#	58	Cayuga	NY
76	Katy Tornabene	34	1:19:51	8:00	1	F30-34	F#	18	Liverpool	NY
77	Jason Fingerman	43	1:19:53	8:00	13	M40-44	M#	59	Liverpool	NY
78	Matthew Henderson	22	1:19:55	8:00	3	M20-24	M#	60	Cazenovia	NY
79	Jenny Fasulo	33	1:20:06	8:01	2	F30-34	F#	19	Liverpool	NY
80	Kevin Brisson	58	1:20:10	8:01	7	M55-59	M#	61	Cicero	NY
81	James Wondrack	47	1:20:17	8:02	7	M45-49	M#	62	Pittsford	NY
82	Anthony Ariola	52	1:20:39	8:04	7	M50-54	M#	63	East Syracuse	NY
83	Tiffany Kirkland	40	1:20:55	8:06	3	F40-44	F#	20	Manlius	NY
84	Topher Davis	14	1:20:56	8:06	4	M01-19	M#	64	Crystal Lake	IL
85	Heather Sympson	31	1:21:04	8:07	3	F30-34	F#	21	Manlius	NY
86	Christina Knapp	39	1:21:15	8:08	5	F35-39	F#	22	Cazenovia	NY
87	Casey Frazee	36	1:21:22	8:09	6	F35-39	F#	23	Cazenovia	NY
88	James Schoonmaker	65	1:21:22	8:09	1	M65-69	M#	65	Manlius	NY
89	Eddie Maslin	39	1:21:26	8:09	10	M35-39	M#	66	Homer	NY
90	Carly Dean	24	1:21:28	8:09	5	F20-24	F#	24	New York	NY
91	Brian Sedgwick	50	1:21:33	8:10	8	M50-54	M#	67	Whitesboro	NY
92	Megan Ann Pierce	20	1:21:36	8:10	6	F20-24	F#	25	Jamesville	NY
93	Matt Mulcahy	50	1:21:52	8:12	9	M50-54	M#	68	Fayetteville	NY
94	John Ferrini	51	1:21:54	8:12	10	M50-54	M#	69	Baldwinsville	NY
95	Tracey More	64	1:22:08	8:13	3	M60-64	M#	70	Alfred Station	NY
96	Laura Henry	29	1:22:21	8:15	1	F25-29	F#	26	Baldwinsville	NY
97	Timothy Honors	31	1:22:25	8:15	9	M30-34	M#	71	Syracuse	NY
98	Thomas Schermerhorn	59	1:22:30	8:15	8	M55-59	M#	72	Savona	NY
99	Ben Keegan	38	1:22:30	8:15	11	M35-39	M#	73	Alexandria	VA
100	Scott Mullen	49	1:22:36	8:16	8	M45-49	M#	74	Riegelsville	PA
101	Alex Wolsey	23	1:22:37	8:16	4	M20-24	M#	75	Cazenovia	NY
102	Janna Chernetz-Taylor	40	1:22:39	8:16	4	F40-44	F#	27	Scotch Plains	NJ
103	Jared Kenney	19	1:22:51	8:18	5	M01-19	M#	76	Baldwinsville	NY
104	Craig Perkins	31	1:22:52	8:18	10	M30-34	M#	77	Aurora	OH
105	Erica Hawks	29	1:22:58	8:18	2	F25-29	F#	28	Marietta	NY
106	Daniel Diccicco	28	1:23:03	8:19	5	M25-29	M#	78	Sackets Harbor	NY
107	Jessica Dudley	37	1:23:08	8:19	7	F35-39	F#	29	Liverpool	NY
108	Peter Tinnesz	51	1:23:11	8:20	11	M50-54	M#	79	Trumbull	CT
109	Christine Tinnesz	43	1:23:11	8:20	5	F40-44	F#	30	Orchard Park	NY
110	Eileen Stempel	48	1:23:28	8:21	4	F45-49	F#	31	Cincinnati	OH
111	John Patrick	50	1:23:32	8:22	12	M50-54	M#	80	Syracuse	NY
112	Annie Parry	34	1:23:53	8:24	4	F30-34	F#	32	Chittenango	NY
113	Emily Lewis	35	1:24:07	8:25	8	F35-39	F#	33	Pittsford	NY
114	Steven Challis	57	1:24:07	8:25	9	M55-59	M#	81	Liverpool	NY
115	Mark Bartlett	44	1:24:12	8:26	14	M40-44	M#	82	Jamesville	NY
116	Mick Welch	16	1:24:13	8:26	6	M01-19	M#	83	Marcellus	NY
117	James Latshaw	43	1:24:15	8:26	15	M40-44	M#	84	Clinton	NY
118	Joseph Resti	33	1:24:23	8:27	11	M30-34	M#	85	Fayetteville	NY
119	Lindsey Zajac	33	1:24:25	8:27	5	F30-34	F#	34	Buffalo	NY
120	Lori Gregg	28	1:24:33	8:28	3	F25-29	F#	35	Charlestown	MA
121	Logan English	16	1:24:37	8:28	7	M01-19	M#	86	Clay	NY
122	James Bostick	71	1:24:42	8:29	1	M70-74	M#	87	Marcellus	NY
123	Kevin Keefe	32	1:24:43	8:29	12	M30-34	M#	88	Cicero	NY
124	Patrick Hallahan	28	1:24:43	8:29	6	M25-29	M#	89	Erieville	NY
125	Wendy Kolceski	43	1:24:50	8:29	6	F40-44	F#	36	Syracuse	NY
126	Steve Dippolito	56	1:24:57	8:30	10	M55-59	M#	90	Liverpool	NY
127	Marjorie Carpenter	45	1:25:02	8:31	5	F45-49	F#	37	Liverpool	NY
128	Debra Thomas	47	1:25:04	8:31	6	F45-49	F#	38	Cambridge	MA
129	Michael Kukenberger	41	1:25:05	8:31	16	M40-44	M#	91	Portsmouth	NH
130	Jenny Trumble	40	1:25:09	8:31	7	F40-44	F#	39	Fayetteville	NY
131	John Turner	66	1:25:11	8:32	2	M65-69	M#	92	Baldwinsville	NY
132	Andy Lewis	51	1:25:11	8:32	13	M50-54	M#	93	Liverpool	NY
133	Travis Robideau	26	1:25:15	8:32	7	M25-29	M#	94	Skaneateles	NY
134	David Lee	60	1:25:27	8:33	4	M60-64	M#	95	Auburn	NY
135	Rick Mazzeo	63	1:25:28	8:33	5	M60-64	M#	96	Skaneateles	NY
136	Colleen Dougherty	22	1:25:29	8:33	7	F20-24	F#	40	Cazenovia	NY
137	David McEntee	22	1:25:30	8:33	5	M20-24	M#	97	Cazenovia	NY
138	Cara Goldberg	33	1:25:30	8:33	6	F30-34	F#	41	Syracuse	NY
139	Doug Hoffman	44	1:25:34	8:34	17	M40-44	M#	98	Glen Arm	MD
140	Andrew Ziemba	20	1:25:45	8:35	6	M20-24	M#	99	Cazenovia	NY
141	Rebecca Gottlieb	34	1:25:49	8:35	7	F30-34	F#	42	Cazenovia	NY
142	Bill Butler	60	1:26:00	8:36	6	M60-64	M#	100	Syracuse	NY

143	John Skopek	66	1:26:07	8:37	3	M65-69	M#	101	Syracuse	NY
144	Kris Butler	47	1:26:09	8:37	7	F45-49	F#	43	Syracuse	NY
145	Sean Thomas	50	1:26:13	8:38	14	M50-54	M#	102	Mattapan	MA
146	Roy Thomas	53	1:26:21	8:39	15	M50-54	M#	103	Fayetteville	NY
147	Laura Abernathy	44	1:26:37	8:40	8	F40-44	F#	44	Cazenovia	NY
148	Vanessa Fitts	37	1:26:49	8:41	9	F35-39	F#	45	Cortland	NY
149	Matthew Reilly	50	1:26:50	8:41	16	M50-54	M#	104	Cazenovia	NY
150	David Giocondo	32	1:26:55	8:42	13	M30-34	M#	105	Kirkville	NY
151	Richard Harvey	32	1:27:11	8:44	14	M30-34	M#	106	Clay	NY
152	Nick Brown	33	1:27:14	8:44	15	M30-34	M#	107	Hopkinton	MA
153	Michael Langan	48	1:27:20	8:44	9	M45-49	M#	108	Fayetteville	NY
154	Paul Connelly	56	1:27:23	8:45	11	M55-59	M#	109	Chittenango	NY
155	Alex Stachowski	30	1:27:26	8:45	16	M30-34	M#	110	Syracuse	NY
156	Jennifer Torres	45	1:27:48	8:47	8	F45-49	F#	46	Rochester	NY
157	Allie Harling	35	1:27:50	8:47	10	F35-39	F#	47	East Greenbush	NY
158	Louis Orbach	47	1:27:56	8:48	10	M45-49	M#	111	Cazenovia	NY
159	Warren Phillips	52	1:27:59	8:48	17	M50-54	M#	112	Liverpool	NY
160	Sara Knoll	50	1:28:04	8:49	2	F50-54	F#	48	Washington	DC
161	Jennifer Manso	33	1:28:12	8:50	8	F30-34	F#	49	Syracuse	NY
162	Melissa Carman	36	1:28:14	8:50	11	F35-39	F#	50	Cazenovia	NY
163	Robert Helfrich	52	1:28:27	8:51	18	M50-54	M#	113	Baldwinsville	NY
164	Kelle Santa	45	1:28:31	8:52	9	F45-49	F#	51	Syracuse	NY
165	Mark Feldman	65	1:28:36	8:52	4	M65-69	M#	114	Syracuse	NY
166	Cathleen McKie	58	1:28:41	8:53	2	F55-59	F#	52	Manlius	NY
167	Linda Crawford	53	1:28:47	8:53	3	F50-54	F#	53	Fayetteville	NY
168	Brandi Kochian	44	1:28:58	8:54	9	F40-44	F#	54	East Syracuse	NY
169	Sara Reals	51	1:29:11	8:56	4	F50-54	F#	55	East Syracuse	NY
170	Joe Walsh	50	1:29:12	8:56	19	M50-54	M#	115	Cazenovia	NY
171	Jonathan Phillips	36	1:29:22	8:57	12	M35-39	M#	116	Cazenovia	NY
172	Gregory Goreczny	26	1:29:27	8:57	8	M25-29	M#	117	Liverpool	NY
173	Bobby Reeves	32	1:29:28	8:57	17	M30-34	M#	118	Liverpool	NY
174	Edward Griffin-Nolan	59	1:29:31	8:58	12	M55-59	M#	119	Pompey	NY
175	Krista Jackson	44	1:29:32	8:58	10	F40-44	F#	56	Canandaigua	NY
176	Allison D'Amato	21	1:29:33	8:58	8	F20-24	F#	57	Canandaigua	NY
177	Kerry McElroy	36	1:29:37	8:58	12	F35-39	F#	58	Brewerton	NY
178	Amy Crysler	29	1:29:43	8:59	4	F25-29	F#	59	Baldwinsville	NY
179	Robert Neuland	70	1:29:56	9:00	2	M70-74	M#	120	Norwich	NY
180	Rick Cowburn	61	1:30:01	9:01	7	M60-64	M#	121	Cicero	NY
181	Ricky Harvey	60	1:30:04	9:01	8	M60-64	M#	122	Baldwinsville	NY
182	Thomas McCullough	64	1:30:09	9:01	9	M60-64	M#	123	Cazenovia	NY
183	Melanie Ingleston	39	1:30:25	9:03	13	F35-39	F#	60	Fulton	NY
184	Erica Thompson	39	1:30:27	9:03	14	F35-39	F#	61	Purcellville	VA
185	Dennis Dougherty	41	1:30:29	9:03	18	M40-44	M#	124	Cazenovia	NY
186	John Egan	53	1:30:36	9:04	20	M50-54	M#	125	Syracuse	NY
187	Maura Cherny	18	1:31:08	9:07	3	F01-19	F#	62	Cazenovia	NY
188	Emily Clinkhammer	32	1:31:23	9:09	9	F30-34	F#	63	Cary	NC
189	Diane Smith	39	1:31:24	9:09	15	F35-39	F#	64	South Otselic	NY
190	Todd Dudley	41	1:31:29	9:09	19	M40-44	M#	126	Liverpool	NY
191	Madeline Doherty	49	1:31:31	9:10	10	F45-49	F#	65	Madison	NY
192	Craig Overbeck	64	1:31:51	9:12	10	M60-64	M#	127	Fayetteville	NY
193	Kathleen Pittorf	18	1:31:54	9:12	4	F01-19	F#	66	Hannibal	NY
194	Dylan Tinnesz	44	1:31:58	9:12	20	M40-44	M#	128	Orchard Park	NY
195	Kelly Husby	50	1:32:03	9:13	5	F50-54	F#	67	Auburn	NY
196	J. Mama	41	1:32:06	9:13	21	M40-44	M#	129	New Woodstock	NY
197	Heidi Taylor	42	1:32:23	9:15	11	F40-44	F#	68	Charlotte	NC
198	Jenny Stromer-Galley	44	1:32:28	9:15	12	F40-44	F#	69	Cazenovia	NY
199	Clay Russell	36	1:32:32	9:16	13	M35-39	M#	130	Phoenix	NY
200	Julie Kukenberger	34	1:33:01	9:19	10	F30-34	F#	70	Portsmouth	NH
201	Shelby McIntyre	21	1:33:02	9:19	9	F20-24	F#	71	Cazenovia	NY
202	Bonnie Price	34	1:33:05	9:19	11	F30-34	F#	72	Woodside	NY
203	Ron Gagnon	55	1:33:15	9:20	13	M55-59	M#	131	Cazenovia	NY
204	Maria Ziemba	50	1:33:27	9:21	6	F50-54	F#	73	Cazenovia	NY
205	Alaina Andersen	34	1:33:28	9:21	12	F30-34	F#	74	Bridgeport	CT
206	Willson Cummer	48	1:33:28	9:21	11	M45-49	M#	132	Fayetteville	NY
207	Kimberly Reisman	33	1:33:29	9:21	13	F30-34	F#	75	Baldwinsville	NY
208	Elizabeth Carpenter	50	1:33:42	9:23	7	F50-54	F#	76	Cazenovia	NY
209	James West	50	1:33:48	9:23	21	M50-54	M#	133	Cazenovia	NY
210	Kristi Mangine	38	1:33:48	9:23	16	F35-39	F#	77	Earlville	NY
211	John Collins	35	1:34:01	9:25	14	M35-39	M#	134	Rome	NY
212	Rhonda Wandersee	55	1:34:02	9:25	3	F55-59	F#	78	North Syracuse	NY
213	Conor Donahoe	27	1:34:06	9:25	9	M25-29	M#	135	Syracuse	NY
214	Jonathan Fellows	58	1:34:12	9:26	14	M55-59	M#	136	Cazenovia	NY
215	Adam Urbin	28	1:34:14	9:26	10	M25-29	M#	137	Dexter	NY

216	Christopher Pitman	27	1:34:14	9:26	11	M25-29	M#	138	Camillus	NY
217	Kristen Smith	46	1:34:18	9:26	11	F45-49	F#	79	East Syracuse	NY
218	Katelyn Lagatella	23	1:34:20	9:26	10	F20-24	F#	80	Syracuse	NY
219	Megan Reeves	30	1:34:32	9:28	14	F30-34	F#	81	Liverpool	NY
220	Jennifer Carroll	33	1:34:34	9:28	15	F30-34	F#	82	Victor	NY
221	Derek Carroll	32	1:34:38	9:28	18	M30-34	M#	139	Victor	NY
222	Daniel Kanaley	69	1:34:40	9:28	5	M65-69	M#	140	North Syracuse	NY
223	Stacy Kingsley	39	1:34:40	9:28	17	F35-39	F#	83	Cazenovia	NY
224	Maggie Bintz	43	1:34:40	9:28	13	F40-44	F#	84	New Woodstock	NY
225	Christine Tillman	44	1:34:40	9:28	14	F40-44	F#	85	Cazenovia	NY
226	Scott Davison	50	1:34:45	9:29	22	M50-54	M#	141	Liverpool	NY
227	Hannah Aubertine	29	1:34:49	9:29	5	F25-29	F#	86	Manlius	NY
228	Colin Leonard	46	1:34:55	9:30	12	M45-49	M#	142	Fayetteville	NY
229	Alan Brown	59	1:35:23	9:33	15	M55-59	M#	143	Manlius	NY
230	Dan Salamida	48	1:35:29	9:33	13	M45-49	M#	144	Cazenovia	NY
231	Maryrose Belmonte	46	1:35:52	9:36	12	F45-49	F#	87	Fayetteville	NY
232	Kathryn Gallup	32	1:35:56	9:36	16	F30-34	F#	88	Cortland	NY
233	Anna Kopp	32	1:35:56	9:36	17	F30-34	F#	89	Liverpool	NY
234	Deborah Tully	42	1:35:57	9:36	15	F40-44	F#	90	Wayland	MA
235	Bart Lehmann	50	1:35:58	9:36	23	M50-54	M#	145	Jamesville	NY
236	Matthew Hawks	35	1:36:01	9:37	15	M35-39	M#	146	Marietta	NY
237	Kimberly Wong	26	1:36:04	9:37	6	F25-29	F#	91	Liverpool	NY
238	Michelle Breidenbach	44	1:36:04	9:37	16	F40-44	F#	92	Fayetteville	NY
239	Deirdre McMennamin	47	1:36:12	9:38	13	F45-49	F#	93	Brooklyn	NY
240	Thomas Benedict	31	1:36:14	9:38	19	M30-34	M#	147	Onondaga Nation	NY
241	William Ames	69	1:36:21	9:39	6	M65-69	M#	148	Homer	NY
242	Esteban Gonzalez	48	1:36:25	9:39	14	M45-49	M#	149	Syracuse	NY
243	Robert Vidulich	67	1:36:28	9:39	7	M65-69	M#	150	Cortland	NY
244	Ray Ulinski	32	1:36:31	9:40	20	M30-34	M#	151	Syracuse	NY
245	Zoe Fish	16	1:36:40	9:40	5	F01-19	F#	94	Homer	NY
246	Patricia Black	53	1:36:43	9:41	8	F50-54	F#	95	Cazenovia	NY
247	Colleen Clancy	49	1:36:53	9:42	14	F45-49	F#	96	Syracuse	NY
248	Eric Neubauer	56	1:36:54	9:42	16	M55-59	M#	152	East Syracuse	NY
249	Brian Griffin	34	1:37:02	9:43	21	M30-34	M#	153	Whitesboro	NY
250	Sarah Funk	22	1:37:09	9:43	11	F20-24	F#	97	Lebanon	PA
251	Elizabeth Pittorf	31	1:37:14	9:44	18	F30-34	F#	98	Kirkville	NY
252	Davis Yohe	64	1:37:22	9:45	11	M60-64	M#	154	Manlius	NY
253	Meredith Theis	32	1:37:25	9:45	19	F30-34	F#	99	Boston	MA
254	Michael Vachon	53	1:37:29	9:45	24	M50-54	M#	155	Johnson City	NY
255	Nate Franz	37	1:37:43	9:47	16	M35-39	M#	156	Cazenovia	NY
256	Scott Clark	53	1:37:48	9:47	25	M50-54	M#	157	Fulton	NY
257	Carolyn Schulte	27	1:37:48	9:47	7	F25-29	F#	100	Jamaica Plain	MA
258	Christian Sisack	48	1:37:49	9:47	15	M45-49	M#	158	Syracuse	NY
259	Holly Frazee	40	1:38:04	9:49	17	F40-44	F#	101	Fabius	NY
260	Mark Donahoe	65	1:38:09	9:49	8	M65-69	M#	159	Syracuse	NY
261	Katie Sheffield	35	1:38:12	9:50	18	F35-39	F#	102	Fabius	NY
262	David Bills	51	1:38:16	9:50	26	M50-54	M#	160	Farmington	NY
263	Mary Ann Pierce	53	1:38:27	9:51	9	F50-54	F#	103	Jamesville	NY
264	Marla Velky-Reger	41	1:38:55	9:54	18	F40-44	F#	104	Cazenovia	NY
265	Amanda Bryans	50	1:38:59	9:54	10	F50-54	F#	105	Silver Spring	MD
266	Kevin Karoglanian	33	1:39:09	9:55	22	M30-34	M#	161	Syracuse	NY
267	Michele Tine	36	1:39:13	9:56	19	F35-39	F#	106	Norwich	VT
268	Haley Holcomb	43	1:39:24	9:57	19	F40-44	F#	107	Camillus	NY
269	Lenora Stout	44	1:39:24	9:57	20	F40-44	F#	108	Pulaski	NY
270	Jennifer Rhoades	45	1:39:25	9:57	15	F45-49	F#	109	Cleveland	NY
271	Lisa Dierich	19	1:39:28	9:57	6	F01-19	F#	110	Cazenovia	NY
272	Daniel McKillop	52	1:39:29	9:57	27	M50-54	M#	162	Cazenovia	NY
273	Mike Terwilliger	61	1:39:33	9:58	12	M60-64	M#	163	Brooktondale	NY
274	Laura Stoddard	30	1:40:06	10:01	20	F30-34	F#	111	East Syracuse	NY
275	Scott Zimmerman	28	1:40:27	10:03	12	M25-29	M#	164	Boston	MA
276	Michael Trimm	45	1:40:28	10:03	16	M45-49	M#	165	Syracuse	NY
277	Dennis Dwyer	57	1:40:30	10:03	17	M55-59	M#	166	Syracuse	NY
278	Julia Maslin	36	1:40:41	10:05	20	F35-39	F#	112	Homer	NY
279	Fay Friedman	40	1:40:59	10:06	21	F40-44	F#	113	Fayetteville	NY
280	Jason Jaquays-Tarbox	41	1:41:15	10:08	22	M40-44	M#	167	Syracuse	NY
281	Marie Miller	37	1:41:24	10:09	21	F35-39	F#	114	Blossvale	NY
282	Melissa Vanallen	42	1:41:25	10:09	22	F40-44	F#	115	Blossvale	NY
283	Natalie Maier	22	1:41:45	10:11	12	F20-24	F#	116	Manlius	NY
284	Bill Cronise	60	1:41:51	10:12	13	M60-64	M#	168	Liverpool	NY
285	Sara Lynn	42	1:42:02	10:13	23	F40-44	F#	117	Manlius	NY
286	Jennifer Street	49	1:42:26	10:15	16	F45-49	F#	118	Syracuse	NY
287	Colleen Norton	50	1:42:28	10:15	11	F50-54	F#	119	Jamesville	NY
288	Traci Wainwright	49	1:42:33	10:16	17	F45-49	F#	120	Canastota	NY
289	Christina Blanden	34	1:42:35	10:16	21	F30-34	F#	121	Tully	NY

290	Sarah Armitage	41	1:42:47	10:17	24	F40-44	F#	122	Rome	NY
291	Paul Ryan	65	1:43:22	10:21	9	M65-69	M#	169	Syracuse	NY
292	Nicole Underwood	42	1:43:22	10:21	25	F40-44	F#	123	East Syracuse	NY
293	Tyler Kent	37	1:43:45	10:23	17	M35-39	M#	170	Fayetteville	NY
294	Tish Dobrovech	48	1:43:52	10:24	18	F45-49	F#	124	Syracuse	NY
295	Amy Harmon	35	1:44:17	10:26	22	F35-39	F#	125	East Syracuse	NY
296	Rachel Elliott	28	1:44:34	10:28	8	F25-29	F#	126	East Syracuse	NY
297	Janet Ohlsen	59	1:44:53	10:30	4	F55-59	F#	127	Erieville	NY
298	Alissa Seidel	35	1:44:58	10:30	23	F35-39	F#	128	Canastota	NY
299	Kara Corey	32	1:44:58	10:30	22	F30-34	F#	129	Chittenango	NY
300	Jeffrey Shaw	58	1:45:26	10:33	18	M55-59	M#	171	East Syracuse	NY
301	Charles Crary	68	1:45:51	10:36	10	M65-69	M#	172	Syracuse	NY
302	Adam Westerberg	27	1:46:19	10:38	13	M25-29	M#	173	Cortland	NY
303	Griffin Harmon	35	1:46:29	10:39	18	M35-39	M#	174	East Syracuse	NY
304	Bill Byrne	67	1:46:43	10:41	11	M65-69	M#	175	Jamesville	NY
305	Ellen Suarez	45	1:46:43	10:41	19	F45-49	F#	130	Syracuse	NY
306	Bob Rose	69	1:46:44	10:41	12	M65-69	M#	176	Wilmington	NY
307	Amy Carter	45	1:48:06	10:49	20	F45-49	F#	131	East Syracuse	NY
308	Sarah Ravas	45	1:48:08	10:49	21	F45-49	F#	132	Manlius	NY
309	Kamal Jabbour	58	1:48:10	10:49	19	M55-59	M#	177	Pompey	NY
310	Jessica Leifer	65	1:48:23	10:51	1	F65-69	F#	133	Manlius	NY
311	Della Pierson	55	1:49:10	10:55	5	F55-59	F#	134	Syracuse	NY
312	Caitlin Demm	33	1:49:20	10:56	23	F30-34	F#	135	Oswego	NY
313	Katherine Barber	39	1:49:47	10:59	24	F35-39	F#	136	Liverpool	NY
314	Kevin Barber	39	1:49:47	10:59	19	M35-39	M#	178	Liverpool	NY
315	Ashley Cushing	28	1:50:18	11:02	9	F25-29	F#	137	East Syracuse	NY
316	Erica Buckland	33	1:50:29	11:03	24	F30-34	F#	138	Phoenix	NY
317	Caitlin Fitzgerald	27	1:50:54	11:06	10	F25-29	F#	139	Atlanta	GA
318	Bob Theis	66	1:50:54	11:06	13	M65-69	M#	179	Osprey	FL
319	Christopher Vogt	47	1:51:03	11:07	17	M45-49	M#	180	Purcellville	VA
320	Donald Berich	54	1:51:11	11:08	28	M50-54	M#	181	Groton	NY
321	Sarah Coleman	30	1:51:19	11:08	25	F30-34	F#	140	Minoa	NY
322	Amy Perrone	47	1:51:41	11:11	22	F45-49	F#	141	Fabius	NY
323	Kathleen Relf	53	1:52:02	11:13	12	F50-54	F#	142	Bridgeport	NY
324	Georgia Baker	43	1:52:16	11:14	26	F40-44	F#	143	Brewerton	NY
325	Clayton Baker	44	1:52:16	11:14	23	M40-44	M#	182	Brewerton	NY
326	Mark Fullerton	61	1:52:28	11:15	14	M60-64	M#	183	Syracuse	NY
327	Jessica Labarge	40	1:52:31	11:16	27	F40-44	F#	144	Liverpool	NY
328	Henry Perry	56	1:52:40	11:16	20	M55-59	M#	184	Syracuse	NY
329	James Novak	55	1:52:40	11:16	21	M55-59	M#	185	Baldwinsville	NY
330	Grace Walsh	15	1:52:41	11:17	7	F01-19	F#	145	Cazenovia	NY
331	Melissa Phelps	30	1:52:47	11:17	26	F30-34	F#	146	Fulton	NY
332	Brandi Ferrini	34	1:52:48	11:17	27	F30-34	F#	147	Baldwinsville	NY
333	John Rogers	53	1:52:49	11:17	29	M50-54	M#	186	Fayetteville	NY
334	Jackie Burns	51	1:52:56	11:18	13	F50-54	F#	148	Marcellus	NY
335	Lori Mosley	49	1:52:57	11:18	23	F45-49	F#	149	Scottsdale	AZ
336	Darlene Pulkinen	60	1:53:10	11:19	1	F60-64	F#	150	Cazenovia	NY
337	Tom Kilmer	60	1:53:23	11:21	15	M60-64	M#	187	Marietta	NY
338	Kelly Cresswell	50	1:54:29	11:27	14	F50-54	F#	151	Cazenovia	NY
339	Gary Reisman, Sr.	60	1:54:32	11:28	16	M60-64	M#	188	Baldwinsville	NY
340	Ralph Wolsey	51	1:55:02	11:31	30	M50-54	M#	189	Chittenango	NY
341	Patricia Evangelista	52	1:55:09	11:31	15	F50-54	F#	152	Auburn	NY
342	Michel Ginter-Garner	49	1:55:16	11:32	24	F45-49	F#	153	Cicero	NY
343	Susan Anderson	45	1:55:29	11:33	25	F45-49	F#	154	Cicero	NY
344	James Reeves	34	1:56:03	11:37	23	M30-34	M#	190	Macon	GA
345	Kristin Reeves	30	1:56:04	11:37	28	F30-34	F#	155	Macon	GA
346	Patti Dienhoffer	36	1:57:40	11:46	25	F35-39	F#	156	Liverpool	NY
347	John Dienhoffer	63	1:57:43	11:47	17	M60-64	M#	191	Liverpool	NY
348	Sarah Bender	30	1:59:11	11:56	29	F30-34	F#	157	Syracuse	NY
349	Susan Leahy	41	2:00:56	12:06	28	F40-44	F#	158	New Woodstock	NY
350	Sheila Welch	50	2:01:58	12:12	16	F50-54	F#	159	Marcellus	NY
351	Gloria Colton	72	2:02:10	12:13	1	F70-74	F#	160	Fayetteville	NY
352	Joan Osier	67	2:02:10	12:13	2	F65-69	F#	161	Baldwinsville	NY
353	Leanne Sherwood	29	2:02:31	12:16	11	F25-29	F#	162	Manlius	NY
354	Matthew Sherwood	27	2:02:31	12:16	14	M25-29	M#	192	Manlius	NY
355	Carol Rider	74	2:04:46	12:29	2	F70-74	F#	163	Bridgeport	NY
356	Courtney Baker	25	2:05:08	12:31	12	F25-29	F#	164	Brewerton	NY
357	Maggie Johnson	19	2:09:05	12:55	8	F01-19	F#	165	Cazenovia	NY
358	Kim Edinger	55	2:13:34	13:22	6	F55-59	F#	166	Baldwinsville	NY
359	Roger Dausman	70	2:19:10	13:55	3	M70-74	M#	193	Phoenix	NY

Past Issues of the *Chargers Newsletter* are available electronically
Revisit them any time at:
<http://www.syracusechargers.org/newsletter/newsletter.html>

More images from Cazenovia



Welcome to the "High Five" section. This section is a new addition to the Syracuse Chargers' Newsletter. Members of the Chargers are invited to send in their "happy" news...whether it is a setting a new PR, or placing in your age group at a race, or completing a marathon...whatever you are pumped up about and want to share.

This section will enable you to get a virtual "high five" via the newsletter for a job well done.

Please send your happy news via e-mail to dwtalcott@gmail.com



Greetings again; on Monday, July 4th, John McEachen competed in the lightweight (-68kg) ultra-division (40-49) Black Belt sparring competition at the 2016 USA-Taekwondo National Champion-



ships. The event was held at the Greater Richmond Convention Center. He lost my semi-final match to a very seasoned international fighter and he was awarded a bronze medal.



Charger Paul Durham ran the Peelee Island Winery 1/2 marathon in Ontario Canada on June 4th. He finished in an excellent time of 2:59 and took first age group 70-79 in 2:59. Paul was surely getting it done !

Calendar of Events

Always check with contact to be certain of date, time, ,etc.

August 2016

- | | | |
|-----------|-------------|--|
| 1 | Wed | Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm. |
| 4 | Thur | Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool. |
| 8 | Wed | Monday Night Fun Run, Oneida Shores Park, 5k/10k—6:30pm. |
| 11 | Thur | Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool. |
| 11 | Thu | Tromptown Runs 5k/1/2 Marathon 6:00/5:45pm, DeRuyter, NY. Visit: http://www.tromptownrun.com/ |
| 18 | Thur | Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool. |
| 19 | Fri | Woodman's 10k Run, 6:00pm. Boonville, NY. Visit: http://www.starinfo.com/woodsmen/ |
| 20 | Sat | Willow Bay 5k Run and Fitness Walk, Onondaga Lake Park, Liverpool, NY. To sign up, visit: https://runsignup.com/Race/NY/Liverpool/WillowBay5k |
| 25 | Thur | Onondaga Lake Park Kids 400m—5:45pm; 2mile/5km/8km—6:00pm. Salt Museum, Liverpool. |

September 2016

- | | | |
|----|-----|---|
| 25 | Sun | Falling Leaves 14 km, 9:00am. Utica, NY. Visit: http://uticaroadrunners.org/races/falling-leaves/ |
|----|-----|---|

October 2016

- | | | |
|---|-----|--|
| 2 | Sun | Syracuse Festival of Races 5k, Syracuse, NY. |
|---|-----|--|

Bold Print—SCTC Event

The Syracuse Chargers' Newsletter calendar will include:

- *SCTC owned or hosted fun runs, races, or track meets.
- *USATF Association, Regional, or National Championships for Running, Track & Field, and Race Walking.
- *Races which are part of the current year's CNY Running Club Cup Series.
- *Races which have paid to have their paper entry form incorporated into our newsletter (\$75 per issue).

SYRACUSE CHARGERS TRACK CLUB, INC.
Membership Form

_____	____	__ / __ / ____	_____
Name	Sex	Birth Date	Occupation / Club Interest
_____	____	__ / __ / ____	(_____) _____ - _____
Name	Sex	Birth Date	Telephone Number
_____	____	__ / __ / ____	_____
Name	Sex	Birth Date	Email Address
_____	____	__ / __ / ____	_____
Name	Sex	Birth Date	

Address			

City	State	ZIP	

We need your help!

Please volunteer for:

___ Track Meets ___ Coaching

___ Road Races ___ Trail Runs

___ Special Olympics

Other: _____

(Please select and circle one)

Membership Type	1 Year	2 Years	4 Years
Individual Membership	\$20	\$36	\$70
Family Membership (1 newsletter, 2+ people)	\$25	\$45	\$85
Individual Senior Citizen (65 years or older)	\$15	\$27	\$50
Individual Student (High School or younger)	\$15	\$27	

REV 5/22/16

Club T-shirts: Club T-shirts are available for: \$10: SM____ MED____ LG____ XL____ [\$12: XXL____ XXXL____]
 [\$6: Youth SM____ MED____ LG____]

Additional Contribution: Help to ensure the Syracuse Chargers Track Club continues to deliver quality educational and developmental programs in Track & Field, Cross Country, Youth Development, Ultra & Trail Running and Road Running/Racing that is open to all. We appreciate your additional financial support!

Enclosed is my tax deductible contribution: \$10 ____ \$20 ____ \$30 ____ \$50 ____ \$100 ____ Other \$ _____

Membership Status:	Receive Email Blasts?	Newsletter Delivery Method:
___ New	___ Yes	___ US Mail (printed)
___ Renewal	___ No	___ Email (electronic)

Mail this form and check to: **Bob Hiemenz, Membership Coordinator**
Syracuse Chargers Track Club
P.O. Box 2354
Liverpool, NY 13089-2354

Please make check payable to:
Syracuse Chargers Track Club, Inc.

OR: Register online at: RunSignUp.com

MEMBERSHIP WAIVER: I know that participating and volunteering to work in club events can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity. I freely and voluntarily assume all risks, including but not limited to: falls, contact with other participants, dangerous or negligent behavior of other participants, the effects of weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____
Date

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s)

Parent's or Guardian's Signature if under 18 years of age _____
Date

Syracuse Chargers Track Club, Inc.
P.O. Box 2354
Liverpool, New York 13089-2354

Non-Profit
Organization
U.S. POSTAGE
PAID
Syracuse, NY
Permit No. 876

SYRACUSE CHARGERS TRACK CLUB
Merchandise order Form
View merchandise at: www.syracusechargers.org

Name: _____

Address: _____

E-Mail: _____ Phone: _____

Merchandise (circle both type and size)	Quantity	Size	Cost	Total
Uniform Singlets: Men (s-m-l-xl-xxl); Women (s-m-l)			22.00	
Uniform Shorts: Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l)			20.00	
Women's Shimmels: (s-m)			32.00	
Women's Low Cut Shorts: (s-m)			22.00	
Men's Black Field Shorts: (s-m-l)			25.00	
White Tech T-Shirts with Charger Logo: Women: (xs-s-m) Men: (s-m-l)			13.00	
T-shirts, Short Sleeve - Ash Gray Adult: (xxl-xxxl) Adult: (s-m-l-xl) Youth: (lg/14-16)			13.00 9.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl) Adult (xxl)			12.00 15.00	
Sweatshirts with hood (Ash): Youth: (lg) Adult: (s-m-l-xl-xxl)			25.00 30.00	
Make Checks Payable to: Syracuse Chargers Track Club, Inc. Mail to: P.O. Box 2354, Liverpool, NY 13089-2354	Postage		3.00	+ 3.00
	Total			