



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

July/August 2014

The Impossible Goodbye: Evelyn Danielson White, 1933 - 2014



The problem wasn't that we couldn't see it coming. The problem was that there wasn't anything we could do to prevent it. Those of us who've served as members of the SCTC Board of Directors, or as chairpersons of Chargers committees, or as coordinators of Chargers programs, or as directors of Chargers events have always recognized that there would come a time when the Nate and Evelyn White era would come to a close. We hoped for the impossible, of course, wishing that Nate and Evelyn would be with us forever. But we knew they couldn't.

When Nate and Evelyn retired from Agway in 1982, they thought they might enjoy a productive retirement serving the CNY running community as volunteers for the Syracuse Chargers Track Club. It was impossible, back then, to foresee the magnitude and duration of positive influence that the couple would bestow.

Thirty-two years later, it's nearly impossible to find any finishers in local road races who can remember what the Syracuse running community was like before the Fayetteville couple made the transition from local runners to local runners and prolific volunteers.

When we unexpectedly lost Nate, on May 10, 2007, Evelyn soldiered on. Though she could have relocated closer to family, traveled the world in retirement, or lightened her more-than-fulltime volunteer workload, Evelyn never missed a beat: Vice President, Administration; Newsletter Editor; Director of the Cazenovia July 4th Foot Races; Associate Treasurer; equipment manager; chief cook; bottle washer. It seemed impossible that Evelyn could so gracefully do so much so well year after year without burning out.

But on June 12, 2014, the Nate and Evelyn White era—one of the most splendid and extended strokes of magnificent fortune ever to bless this Club and the CNY running community—drew to a close, leaving us with sorrow, admiration, amazement, gratitude, and over three decades of fond memories. (see page 22)

And, of course, a long-dreaded, impossible goodbye.

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Volunteers

TBD

Scholarship Award

John View

Summer Runs

TBD

Oneida shores

TBD

Onondaga Lake Park

TBD

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

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by the 8th of the month.

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
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Changing your address? Let Julie know as soon as possible (339-8553) or julie.shafer.js@gmail.com.

Also, if you are going away for an extended period, let Julie know or the Newsletter will be returned to us and we are charged the first class fee for "return to sender" service.

It will **NOT** be forwarded.



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**

Send Merchandise orders to:

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213 Scott Avenue
Syracuse, NY 13224

Club Web Site: www.syracusechargers.org

Recent Charger Age Group Records

Long Jump (65-69)	Phyllis Meade	11-7 1/4	6/7/14	Cortland
1500m walk (80-84)	Alice Carroll	15:43.9	6/7/14	Cortland
Shot Put, 3kg (80-84)	Alice Carroll	14-9 3/4	6/7/14	Cortland
Discus, 1kg (65-69)	Barbara LoPiccolo	56-11 3/4	6/7/14	Cortland
Hammer, 3kg (65-69)	Barbara LoPiccolo	84-10 3/4	6/7/14	Cortland
Javelin (65-69)	Barbara LoPiccolo	58-6 1/4	6/7/14	Cortland
Pole Vault (60-64)	Peter McGinnis	10-6	6/7/14	Cortland
3km, road (60-64)	Stan More	13:11	5/5/13	Syracuse
Indoor Pentathlon (70-74)	Tim Collins	2860	1/26/14	Syracuse

Chargers Masters Men Win Niagara Track And Field Team Title; Ed Cox Top Performer

A three man team of Chuck Yost, John McEachen and Ed Cox placed first in the open masters division of the USATF Niagara Track and Field Championships in Penfield on June 21, edging Checkers AC 35 points to 31. While determining individual places from the results was a little confusing, it appears that each of our masters athletes won most of the events they entered. Here are the individual results:

Ed Cox (86)	100m	17.89
	200m	39.60
John McEachen (44)	200m	27.00
	400m	1:00.56
Chuck Yost (79)	shot put	8.68m; 28-5 3/4
	discus	24.79m; 81-4
	javelin	18.28m; 60-0

Ed's 200 meter performance was the top age graded masters mens' performance for the meet at 88.89%, earning him a cash award. Former Charger Coreen Steinbach received special mention recognition for having the top age graded performance overall and for masters women, with 95.94% for her 1500 meter time of 5:45.42.

Jacob Wood Places Fifth In Junior Olympic Sprints

Jacob Wood placed fifth in both the 100 meter dash (12.26 preliminaries; 12.44 finals) and the 200 meter dash (24.78 finals) at the USATF Niagara Junior Olympics in Penfield on June 21. Jacob competed in the 15-16 boys division, and was the only Charger listed in the official results.

Bob Bruce Wins Three Events At Connecticut Masters Games

Bob Bruce placed first, 85-89, in the 50 (10.32), 100 (21.25) and 200 (48.75) meter dashes at the Connecticut Masters Games in Plainville on May 17.

Empire State Senior Games Highlighted By Many Charger Award Winners

Well, we think Kermit Cadrette might have set a personal best while winning five of the 16 events he entered during this year's Empire State Senior Games, held in Cortland June 1-8. His personal best? Entering and completing those 16 events.

As they seem to do every year, Kermit and a flock of other members of our club left the Games with a slew of awards, including triple victories by Phyllis Meade, Robert Bruce and Bob Nicholson, as well as a four-bagger by David Rider.

And we did spot seven new Charger age group records from the games. They included three by Barbara LoPiccolo, age 65-69, (56-11 3/4 in the discus, 84-10 3/4 in the hammer, and 58-6 1/4 in the javelin); two by Alice Carroll, 80-84, (14-9 3/4 in the shot put and 15:43.9 in the 1500 meter walk); and one each by Phyllis Meade, 65-69, (11-7 1/4 in the long jump) and Peter McGinnis, 60-64, (10-6 in the pole vault). These, and all the other Charger results we found are listed below.

Phyllis Meade (65-69)	50m	8.46	1st
	100m	16.8	1st
	long jump	3.47m (11' 7 1/4")	1st
Alice Carroll (80-84)	50m	14.50	2nd
	200m	90.5	3rd
	1500m walk	15:43.9	2nd
	discus	6.88m	2nd
	long jump	1.25m	2nd
	shot put	4.52m (14' 9 3/4")	2nd

(Continued on page 21)

WILLOW BAY 5K QUIZ

The Willow Bay 5K Run & Fitness Walk for Women is the 3rd Charger event in our Grand Slam Series and will be contested on Saturday, August 16th.

How many of the following questions can you answer correctly?

1. What is the course record for this Onondaga Lake Park flat and fast certified 5K course?
A) 17:09 B) 17:30 C) 15:29 D) 17:59
2. How old must a woman be to earn free entry into the race?
A) 70 or older B) 60 or older C) 65 or older D) 55 or older
3. How many women beat the "Double Your Fun" challenge at the 2013 edition of the race and won a pair of technical socks?
A) 12 B) 16 C) 8 D) 5
4. In 2011 the Willow Bay 5K had the greatest number of mother-daughter teams ever entered. How many M-D teams appeared in the official results?
A) 41 B) 33 C) 48 D) 55
5. True or False: Volunteering at a road race is a good way to meet other people who are interested in leading a healthy and active lifestyle
6. Which is another women-only area race?
A) Women's Distance Festival 5K in Dryden NY
B) Freihofer's Run for Women in Albany NY
C) Syracuse Festival of Races Women's 5K in Syracuse NY
D) All of the above

Answers are provided elsewhere in this issue of the Newsletter.

No peeking until you've offered your "final answer."

Tim Collins Has The 70-74 Indoor Pentathlon Record

Last month we reported that Tim Collins had attained All-American status for a shot put performance, according to an issue of National Masters News. It was done during an Indoor Pentathlon held on January 26 at Onondaga Community College. Now we can report that Tim also set the Charger 70-74 indoor pentathlon record at the same meet with an age graded score of 2,860 points.

Tim's individual results were as follows:

55m High Hurdles	12.6	Long Jump	3.56 meters
Shot Put	11.32 meters	High Jump	1.10 meters
1000 meter Run	4:47		

Regarding All-American achievements, Tim has met the National Masters News All-American standards numerous times in the decathlon and the outdoor and indoor pentathlon, and last year met the standard in the 55 meter dash. As he pointed out, Actually, most of the listed Charger track and field records meet the National Masters News All-American standards. It is more difficult and noteworthy to break a listed Charger record than it is to earn a NMN All-American certificate.

We will continue reporting NMN All-American achievements as we find them anyway.

Sascha Scott Places Second At Wilber-Duck Mile

Sascha Scott placed second among the women (5:17.34) and Michael Dee finished fifth in the men's division at the Wilber Duck-Mile in Oneida on May 16.

It is interesting to note that the record holders for this race are Matt LoPiccolo in the men's division (4:17) and Amanda Laytham (now Amanda LoPiccolo in the women's division (4:56).

Mary DaSilva Completes Twelve Hour Run

Mary DaSilva ran a distance of 32.384 miles at the Mind The Ducks 12 Hour Run in Webster, NY on May 10. Mary placed 76th overall, and was the first woman age 65-69.



Thanks From the Cazenovia High School XC and Volleyball Coaches

On behalf of the many local cross country and volleyball athletes who benefit from the July 4th Foot Races, we would like to thank the many people and groups who helped to make it possible. Nearly 1,200 participants safely took part in this year's 10-mile race around the lake, 5 kilometer race, and 1-mile fun run. Organizing a race of this magnitude is a huge undertaking and could not be achieved without the volunteer efforts of a large team of volunteers, sponsors, and planners.

This year's race was bittersweet as it was the first conducted in many years without the leadership of our beloved race director, Evelyn White, who passed away unexpectedly just days before July 4th. Evelyn had directed the race for 21 years and was the heart and soul of the event for many of us. Her quiet dedication, personal grace and love of the sport will be dearly missed by all who knew her.

We would like to thank our generous race and prize sponsors: Chary Griffin, of Berkshire Hathaway Realty; Dr. Ralph Stevens of Oneida Medical Imaging; John Dermody Insurance Group; Ralph Monforte of Cazenovia Jewelry; the Lincklaen House; the Brae Loch; and the Brewster Inn. Thanks also to HP Hood for the post-race chocolate milk, to River Valley Foods for the refreshing popsicles, to Tops Markets for their gift card and assistance with finish line food and drinks, to Bruegger's Bagels of Manlius for the discounted pricing on their bagels, to McDonald's for waterstop cups, and to the *Cazenovia Republican* for their help publicizing the race.

We also appreciate the continued support of the Cazenovia Village Police Department, CAVAC, Cazenovia Fire Department Rescue Squad, National Grid, and both the Town and Village of Cazenovia.

Thanks to our key volunteers/coordinators, most of whom having been a part of the organizing committee for many years: Barb Cudney and her amazing team of course marshals; Cindy Clark and her timers; starter J.T. Hall; Ed Roickle; Roger Cook; Maureen Carroll and her fun run crew; Marla Jabbour and her registration tent team; and the highly professional group from Leone Timing. We would also like to thank all of our partners from the Syracuse Chargers who have volunteered their time and expertise to organize this race for much of its 42-year history. They give selflessly of themselves to provide safe, well-organized racing opportunities all over CNY throughout the year.

Needless to say, we could not put on this event without the generous support of over 100 volunteers who hand out bib numbers and shirts, handle water stops, call out times along the course, control the traffic, set up cones, mark the course, cheer on the runners, pass out refreshments and clean up after the event.

Thanks to all those who helped in ways large and small to make the event successful. No matter what your contribution to the 42nd Annual July 4th Foot Races, your help is deeply appreciated. Most of all, thank you to our many runners! We hope to see all of you next year.

Kurt Wheeler, Event Co-Director

Unclaimed Cazenovia July 4th Foot Race Age Group Awards Are Available for Pickup

As usual, we have a handful of 5K and 10-mile age group awards that weren't pickups up at the Chargers tent on race morning, and we'd be delighted to get these into the possession of all who earned them.

If you placed among the top three in your age group and haven't received your Caz July 4th drawstring bag, please call Dave Oja (315-446-6285) to arrange pickup (or, if need be, mailing). Thanks!

35th Annual Hess Express Swamp Rat Runs a Big Success!

The 35th annual Hess Express Swamp Rat Runs which was held at Oneida Shores Park in Brewerton on Saturday, June 14, 2014 was a huge success with over 1666 entries in either the mile run, 5 kilometer or 10 kilometer runs. Co-race directors Richard Nastasi and Pat Leone, Junior were very pleased with the turnout, which is a new record in entries. They are already planning next year's event.

The Hess Express Swamp Rat runs were administered by the Cicero-North Syracuse Cross Country Team, the CNS boys track coaching staff and the Syracuse Chargers Track Club. Chris Cochardo from Hess Express & volunteers from Spera's Meat Deli & Grocery store were instrumental in securing & organizing the refreshments and free prizes that were given away. Thank you to owner Mark Spera from Spera's for supplying all the delicious subs for the 5k & 10k runners. Hess Express & Spera's Meat Deli & Grocery store must be congratulated for their community involvement in this event. Also special thanks to Fleet Feet of Syracuse, Byrne Dairy, Frito Lay, Freihofers and Pepsi for their generous donations.

The instant timing provided by Leone Timing added to the success of the race with results for each of the races being displayed immediately. Next years application will be posted on this website next January.

www.swampratrun.com.

Special thanks to Cicero-North Syracuse teacher, Joe Farranto, for holding the Hess Express shirt design contest in his Computer Graphics classes at CNS High School. The winning student this year was Colin Green-seich who received a \$50 gift certificate & shirt from Hess Express for his winning design.



There was a large turn out from the North Syracuse Central Schools with many young runners and volunteers from the district. There were 828 runners that finished the mile run. The two elementary schools with the largest number of runners entering were Cicero Elementary and Lakeshore Elementary. The tradition of the North Syracuse School District elementary school with the largest number of runners entering receiving the district trophy for one year continued. The trophy will be on display at Cicero Elementary for the 20014-15 school year. The trophy continues to be passed on to the top school.

There were many volunteers that made this event a huge success. The many parents, athletes, cross country & track coaches of the North Syracuse School District must be commended for their hard work and dedication in volunteering for this event. Gary Lopez, Recreation Supervisor, was a huge help in organizing the parking & preparing Oneida Shores. Special thanks to Mark Driscoll for helping at the finish line. Also instrumental in making this event a huge success was Dave Patruno for handing out the awards, and Jim and Vicki Revette and Marty Martino for helping with the water stops. Megan Morris was outstanding again as our public relations specialist. Megan sets up the excellent Hess Express Swamp Rat Facebook page. The CNS track coaching staff of Greg Broton, Sharon Harding, Todd Hilt, Jack Harbold, Bryan Buchanan & Brad Hartstein were important in the organization & implementation of the event. Also Lynette Hughes & Sue Leone organized the impressive parent group.

**THE 35th ANNUAL HESS EXPRESS
SWAMP RAT RUNS, Brewerton, NY**

June 14, 2014

GIRLS ONE MILE FUN RUN

1 McKenna Johnston 11 F 6:27 1 F01-14
 2 Isabelle Mento 6 F 6:34 2 F01-14
 3 Kate Putnam 9 F 6:55 3 F01-14
 4 Beth Briggs 52 F 6:55 1 F50-54
 5 Savannah Kuhr 12 F 7:03 4 F01-14
 6 Ashley Evans 10 F 7:12 5 F01-14
 7 Jennifer Carl 12 F 7:17 6 F01-14
 8 Jeena Steckel 11 F 7:21 7 F01-14
 9 Kate Capone 10 F 7:26 8 F01-14
 10 Emily Anderson 11 F 7:27 9 F01-14
 11 Hailey Lawless 11 F 7:34 10 F01-14
 12 Madeline Woods 12 F 7:40 11 F01-14
 13 Molly McGrath 10 F 7:41 12 F01-14
 14 Jeanne Vinette 11 F 7:45 13 F01-14
 15 Gracie Gleason 12 F 7:45 14 F01-14
 16 Stephanie Krick 11 F 7:48 15 F01-14
 17 Brooke Blaisdell 11 F 7:49 16 F01-14
 18 Christina Wagner 8 F 7:57 17 F01-14
 19 Alyssa Frysinger 10 F 7:59 18 F01-14
 20 Taylor Piotter 14 F 8:03 19 F01-14
 21 Mya Ashkar 8 F 8:08 20 F01-14
 22 Emily Colagiovanni 10 F 8:09 21 F01-14
 23 Elizabeth Kincaid 11 F 8:11 22 F01-14
 24 Torie Gleason 12 F 8:12 23 F01-14
 25 Francesca Diflorio 10 F 8:16 24 F01-14
 26 Alicia Middleton 13 F 8:16 25 F01-14
 27 Kendell Gunnip 11 F 8:17 26 F01-14
 28 Sierra Davis 11 F 8:18 27 F01-14
 29 Kara Dorn 11 F 8:19 28 F01-14
 30 Maguire Fortna 8 M 8:20 1 M01-14
 31 Sarah Herter 12 F 8:21 29 F01-14
 32 Areena Schuldt 9 F 8:25 30 F01-14
 33 Nicolas Jeffries 15 M 8:26 1 M15-19
 34 Megan Johnston 9 F 8:26 31 F01-14
 35 Christopher Paolini 42 M 8:27 1 M40-44
 36 Marissa Navarra 9 F 8:28 32 F01-14
 37 Brayden Shultz 9 F 8:29 33 F01-14
 38 Emily Cavanaugh 10 F 8:32 34 F01-14
 39 Emma Gasque 9 F 8:33 35 F01-14

40 Shannon Hourigan 12 F 8:33 36 F01-14
 41 Angelina Cosentino 9 F 8:34 37 F01-14
 42 Margaret Dalgety 8 F 8:35 38 F01-14
 43 Joanna Manning 8 F 8:36 39 F01-14
 44 Bryn Myers 10 F 8:37 40 F01-14
 45 Jasmine Goldthwait 15 F 8:38 1 F15-19
 46 Sophia Monica 8 F 8:38 41 F01-14
 47 Ivy Dong 11 F 8:42 42 F01-14
 48 Marissa Doty 7 F 8:45 43 F01-14
 49 Raegen Webb 10 F 8:46 44 F01-14
 50 Sarah Hogan 12 F 8:47 45 F01-14
 51 Paige Irvine 9 F 8:50 46 F01-14
 52 Ella Lawrence 8 F 8:50 47 F01-14
 53 Analise Nolan 10 F 8:50 48 F01-14
 54 Briana Elmore 10 F 8:50 49 F01-14
 55 Erin Slusser 9 F 8:58 50 F01-14
 56 Samantha Dattler 9 F 8:59 51 F01-14
 57 Julia Cumber 9 F 9:00 52 F01-14
 58 Cameron Sisk 7 F 9:02 53 F01-14
 59 Kaley Bristow 10 F 9:06 54 F01-14
 60 Jadalynn Vile 9 F 9:06 55 F01-14
 61 Brittany Wood 10 F 9:10 56 F01-14
 62 Danielle Crivelli 10 F 9:11 57 F01-14
 63 Adriana Diflorio 9 F 9:11 58 F01-14
 64 Jay Altobello 36 M 9:12 1 M35-39
 65 Sydney Altobello 8 F 9:12 59 F01-14
 66 Meira Liberman 9 F 9:13 60 F01-14
 67 Alyssa Thornhill 12 F 9:14 61 F01-14
 68 Lisa Nystrom 13 F 9:15 62 F01-14
 69 Abigail Bouziden 7 F 9:16 63 F01-14
 70 Autumn Ragonese 11 F 9:16 64 F01-14
 71 Gabriella Pauline 8 F 9:18 65 F01-14
 72 Lilah Kirch 6 F 9:19 66 F01-14
 73 Emma Osier 9 F 9:21 67 F01-14
 74 Lexi Waite 10 F 9:21 68 F01-14
 75 Lauren Postell 11 F 9:21 69 F01-14
 76 Alaina Sokolowski 9 F 9:23 70 F01-14
 77 Carly Trotman 9 F 9:24 71 F01-14
 78 Laura Fehrman 10 F 9:25 72 F01-14
 79 Bayleigh Bangson 10 F 9:26 73 F01-14
 80 Samantha Shova 12 F 9:27 74 F01-14
 81 Mackenzie Prentice 7 F 9:27 75 F01-14
 82 Samantha Carroll 7 F 9:30 76 F01-14

83 Natalie Bush 8 F 9:33 77 F01-14
 84 Adrianna Pierce 11 F 9:34 78 F01-14
 85 Grace Villnave 7 F 9:37 79 F01-14
 86 Elizabeth Chase 10 F 9:37 80 F01-14
 87 Taliana Grogan 10 F 9:37 81 F01-14
 88 Anna Myers 8 F 9:38 82 F01-14
 89 Karen Crandall 38 F 9:39 1 F35-39
 90 Riley Crandall 8 F 9:39 83 F01-14
 91 Kim Wood 36 F 9:40 2 F35-39
 92 Jenna Sayed 8 F 9:41 84 F01-14
 93 Madison Ranalli 11 F 9:41 85 F01-14
 94 Alanna Manning 9 F 9:41 86 F01-14
 95 Gabby Putnam 7 F 9:43 87 F01-14
 96 Jilly Howell 7 F 9:43 88 F01-14
 97 Marisa Frascatore 10 F 9:43 89 F01-14
 98 Sophia Mann 8 F 9:44 90 F01-14
 99 Jenna Fournier 9 F 9:49 91 F01-14
 100 Krista Schulz 12 F 9:50 92 F01-14
 101 Anna Melfi 10 F 9:50 93 F01-14
 102 Inani Monds 12 F 9:50 94 F01-14
 103 Alicia Helbock 12 F 9:51 95 F01-14
 104 Grace Schmid 5 F 9:51 96 F01-14
 105 Krista Feeney 10 F 9:53 97 F01-14
 106 Abigail Woods 9 F 9:54 98 F01-14
 107 Makenna Kiesznowski 10 F 9:55 99 F01-14
 108 Todd Cosgrove 44 M 9:55 2 M40-44
 109 Errin Cosgrove 9 F 9:56 100 F01-14
 110 Cheyenne Hall 7 F 9:58 101 F01-14
 111 Sophia Melfi 7 F 9:59 102 F01-14
 112 Angelee Lorenzo 9 M 10:00 2 M01-14
 113 Meghan Cumber 6 F 10:02 103 F01-14
 114 Gerald Cumber 43 M 10:02 3 M40-44
 115 Lizzy Harbold 9 F 10:02 104 F01-14
 116 Katy Harbold 6 F 10:02 105 F01-14
 117 Breann Dodge 33 F 10:02 1 F30-34
 118 Keira Anderson 8 F 10:02 106 F01-14
 119 Lillian Thorne 9 F 10:04 107 F01-14
 120 Lindsey Kubala 8 F 10:04 108 F01-14
 121 Jolie Barnello 11 F 10:04 109 F01-14
 122 Beth Kubala 44 F 10:04 1 F40-44
 123 Stephen Barnello 55 M 10:05 1 M55-59
 124 Libby Skarupa 8 F 10:08 110 F01-14
 125 Gracie Ryfun 11 F 10:08 111 F01-14

126 John Baldini 49 M 10:10 1 M45-49
127 Amber Odum 5 F 10:10 112 F01-14
128 Jennifer Brefka 29 F 10:12 1 F25-29
129 Madison Brefka 8 F 10:12 113 F01-14
130 Nina Stalsonberg 9 F 10:13 114 F01-14
131 Kierstin Lorraine 12 F 10:13 115 F01-14
132 Saige Hayden 6 F 10:13 116 F01-14
133 Layken Waldaun 6 F 10:15 117 F01-14
134 Taylor O'Brien 7 F 10:16 118 F01-14
135 Emma Goldthwait 12 F 10:16 119 F01-14
136 Maria Wozniczka 8 F 10:16 120 F01-14
137 Ava Barnett 6 F 10:16 121 F01-14
138 Elizabeth Yorgey 8 F 10:17 122 F01-14
139 Brooke Radford 8 F 10:17 123 F01-14
140 Kamryn Lenning 11 F 10:18 124 F01-14
141 Makayla Wright 11 F 10:19 125 F01-14
142 Isabella Manfredi 8 F 10:19 126 F01-14
143 Ryleigh Lenning 11 F 10:19 127 F01-14
144 Nichole Conklin 6 F 10:19 128 F01-14
145 Lillian Hotaling 7 F 10:20 129 F01-14
146 Savannah Tolhurst 7 F 10:20 130 F01-14
147 Makaila May 17 M 10:21 131 F01-14
148 Richard Carroll 10 M 10:22 2 M15-19
149 Kaitlyn Carroll 8 F 10:22 132 F01-14
150 Annie Capone 6 F 10:23 133 F01-14
151 Sandra Heater 33 F 10:28 2 F30-34
152 Gabrielle Heater 6 F 10:28 134 F01-14
153 Ellen Wieczorek 8 F 10:29 135 F01-14
154 McKenna Dziadula 8 F 10:31 136 F01-14
155 Gianna Ranieri 8 F 10:31 137 F01-14
156 Yasmin Khan 10 F 10:32 138 F01-14
157 Shelby Farley 9 F 10:32 139 F01-14
158 Alyssa Marko 6 F 10:34 140 F01-14
159 Allison Moran 6 F 10:35 141 F01-14
160 Kate Devinney 10 F 10:35 142 F01-14
161 Kathryn Moran 37 F 10:36 3 F35-39
162 Unity Hall 4 F 10:37 143 F01-14
163 Riley Florczyk 9 F 10:39 144 F01-14
164 Lauren Milewski 9 F 10:39 145 F01-14
165 Jillian Paolini 9 F 10:42 146 F01-14
166 Emma Sutor 10 F 10:42 147 F01-14
167 Anabel Donovan 9 F 10:43 148 F01-14
168 Alexis Waldron 13 F 10:43 149 F01-14
169 Jennifer Atkinson 20 F 10:43 1 F20-24
170 Sydney Saunders 7 F 10:44 150 F01-14
171 Hannah Denny 9 F 10:45 151 F01-14
172 Gianna Randesi 7 F 10:45 152 F01-14
173 Miranda Lenning 8 F 10:47 153 F01-14
174 Jane Fico 37 F 10:47 4 F35-39
175 Victoria Ackley 12 F 10:47 154 F01-14
176 Nina Fico 6 F 10:48 155 F01-14
177 Marisa Bryan 9 F 10:48 156 F01-14
178 Abigail Calabria 9 F 10:49 157 F01-14
179 Katelyn Stewart 6 F 10:50 158 F01-14
180 Riley Charles 6 F 10:50 159 F01-14
181 Cassie Charles 27 F 10:51 2 F25-29
182 Emily Donzella 13 F 10:52 160 F01-14
183 Shannon Bucher 13 F 10:53 161 F01-14
184 Kayleigh Dubois 9 F 10:53 162 F01-14
185 Erica Scott 34 F 10:53 3 F30-34
186 Kaitlyn Figuiredo 10 F 10:54 163 F01-14
187 Lauren Cavanaugh 8 F 10:55 164 F01-14
188 Kiyara Bembry 5 F 10:56 165 F01-14
189 Sarah Wieczorek 8 F 10:57 166 F01-14
190 Meghan McGrath 8 F 10:57 167 F01-14
191 Brett Blaisdell 44 M 10:57 4 M40-44
192 Mary Wieczorek 12 F 10:58 168 F01-14
193 Madeline Leo 9 F 11:01 169 F01-14
194 Victoria O'Hora 8 F 11:02 170 F01-14
195 Ella Cassel 8 F 11:05 171 F01-14
196 Emily Snogles 14 F 11:06 172 F01-14
197 Amelia Williams 6 F 11:06 173 F01-14
198 Jeffery Snogles 46 M 11:06 2 M45-49
199 Terrie Sa Latte 46 F 11:08 1 F45-49
200 Carol Lonergan 45 F 11:08 2 F45-49
201 Lexi Florczyk 9 F 11:09 174 F01-14
202 Olivia Chairmonte 6 F 11:11 175 F01-14
203 Kiera Kot 8 F 11:13 176 F01-14
204 Cassidy Svoboda 8 F 11:13 177 F01-14
205 April Mowers 41 F 11:14 2 F40-44
206 Tessa Mowers 6 F 11:14 178 F01-14
207 Sophia Trencia 11 F 11:14 179 F01-14
208 Bailey Wines 9 F 11:15 180 F01-14
209 Emily Atherton 9 F 11:22 181 F01-14
210 Alison Sullivan 6 F 11:22 182 F01-14
211 Jessica Doty 6 F 11:22 183 F01-14
212 Roger Doty 45 M 11:22 3 M45-49
213 Alexis Maaq 10 F 11:24 184 F01-14
214 Chad Seyer 39 M 11:24 2 M35-39
215 Adara Seyer 7 F 11:24 185 F01-14
216 Hadley Devries 8 F 11:25 186 F01-14
217 Aviana Fedele 13 F 11:27 187 F01-14
218 Trinity Drozd 12 F 11:27 188 F01-14
219 Sarah Temple 11 F 11:28 189 F01-14
220 Savannah Bold 8 F 11:28 190 F01-14
221 Maalory Brooks 9 F 11:28 191 F01-14
222 Allyssa Wormuth 6 F 11:29 192 F01-14
223 Bella Woods 10 F 11:33 193 F01-14
224 Angelina Noel 30 F 11:33 4 F30-34
225 Arianna Calabria 6 F 11:37 194 F01-14
226 Isabella Secor 5 F 11:38 195 F01-14
227 Madison Florczyk 5 F 11:39 196 F01-14
228 Mia Recchie 9 F 11:39 197 F01-14
229 Isabella Mingolelli 5 F 11:39 198 F01-14
230 Katie Bisesi 12 F 11:40 199 F01-14
231 Jennifer Delprioro 42 F 11:40 3 F40-44
232 Gabriella Cosentino 4 F 11:41 200 F01-14
233 Brooke Wormuth 7 F 11:41 201 F01-14
234 Shoney Ryan 11 F 11:43 202 F01-14
235 Zoie Whelan 6 F 11:45 203 F01-14
236 Pakin Campitello 43 F 11:49 4 F40-44
237 Eve Campitello 8 F 11:49 204 F01-14
238 Paige Pangaro 7 F 11:50 205 F01-14
239 Delayna Humphrey 7 F 11:52 206 F01-14
240 Rebecca Leetz 9 F 11:53 207 F01-14
241 Bella Julian 8 F 11:53 208 F01-14
242 Chloe Phelps 11 F 11:55 209 F01-14
243 Keira Weber 8 F 11:55 210 F01-14
244 Ashley Palamar 12 F 11:55 211 F01-14
245 Leeann Phelps 17 F 11:56 2 F15-19
246 Jerry Palamar 47 M 11:56 4 M45-49
247 Hannah Delapp 11 F 12:04 212 F01-14
248 Lindsey Schriever 12 F 12:05 213 F01-14
249 Arianna Nobile 7 F 12:06 214 F01-14
250 Danielle Filapello 10 F 12:07 215 F01-14
251 Rachael Fortna 28 F 12:08 3 F25-29
252 Kimberly Manfredi 37 F 12:12 5 F35-39
253 Danica Sarosy 7 F 12:13 216 F01-14
254 Allison Anagnostopou 9 F 12:14 217 F01-14

255 Emily Marko 5 F 12:15 218 F01-14
256 Darlene Marko 41 F 12:15 5 F40-44
257 Wayne Ireland 38 M 12:16 3 M35-39
258 Zoe Ireland 7 F 12:16 219 F01-14
259 Cassandra Luce 6 F 12:16 220 F01-14
260 Mia Lovell 6 F 12:17 221 F01-14
261 Victoria Atkinson 19 F 12:17 3 F15-19
262 Jazmine Lefler 8 F 12:18 222 F01-14
263 Marit Lovell 38 F 12:18 6 F35-39
264 Stacey Lefler 37 F 12:18 7 F35-39
265 Lauren Sennett 8 F 12:19 223 F01-14
266 Heather Delore 10 F 12:19 224 F01-14
267 Angelina Saunders 4 F 12:25 225 F01-14
268 Katie Ryan 7 F 12:26 226 F01-14
269 Alyssa Cervino 10 F 12:27 227 F01-14
270 Clara Sceifford 7 F 12:29 228 F01-14
271 Darten Waldron 16 F 12:29 4 F15-19
272 Lauren Capone 8 F 12:29 229 F01-14
273 Zoe Gwynn 6 F 12:31 230 F01-14
274 Paige Glassford 9 F 12:33 231 F01-14
275 Julianna Blanton 9 F 12:33 232 F01-14
276 Kaiya Palmiter 6 F 12:33 233 F01-14
277 Jennifer Fournier 38 F 12:38 8 F35-39
278 Molly Gwynn 36 F 12:39 9 F35-39
279 Maria Sanfilippo 8 F 12:40 234 F01-14
280 Sarah Wood 32 F 12:41 5 F30-34
281 Sky Simmons 4 F 12:41 235 F01-14
282 Audrey Halpin 8 F 12:43 236 F01-14
283 Eleanor Blumer 8 F 12:43 237 F01-14
284 Harley Denis 10 F 12:44 238 F01-14
285 Jennifer Helmer 43 F 12:44 6 F40-44
286 Madison Helmer 6 F 12:44 239 F01-14
287 Noel Farone 39 M 12:44 4 M35-39
288 Tabitha Mento 34 F 12:45 6 F30-34
289 Mia Farone 6 F 12:45 240 F01-14
290 Eva Farone 8 F 12:45 241 F01-14
291 Gaabriele House 10 F 12:46 242 F01-14
292 Hannah Sokolowski 7 F 12:46 243 F01-14
293 Megan Chase 10 F 12:47 244 F01-14
294 Lisa Sokolowski 45 F 12:47 3 F45-49
295 Tatum Bagnell 4 F 12:47 245 F01-14
296 Avery Webb 8 F 12:47 246 F01-14
297 Marlee Villa 5 F 12:51 247 F01-14
299 Trinity Cottrell 10 F 12:53 249 F01-14
300 Kate Gucciardi 7 F 12:53 250 F01-14
301 Emily Bedard 6 F 12:53 251 F01-14
302 Paul Bedard 38 M 12:53 5 M35-39
303 Gage Atkinson 4 M 12:56 3 M01-14
304 Sue Ryan 47 F 12:56 4 F45-49
305 Erica Ryan 5 F 12:56 252 F01-14
306 Sarah Pacheck 8 F 12:58 253 F01-14
307 Sarah Filapello 29 F 12:59 4 F25-29
308 Caroline Searle 11 F 13:02 254 F01-14
309 Morgan Elstad 4 F 13:08 255 F01-14
310 Katie Clogg 5 F 13:12 256 F01-14
311 Kevin Clogg 37 M 13:14 6 M35-39
312 Trieu Phan 48 M 13:15 5 M45-49
313 Angela Phan 10 F 13:15 257 F01-14
314 Michelle Archer 37 F 13:22 10 F35-39
315 Xiomara Rivera 8 F 13:22 258 F01-14
316 Dimitri Boboris 3 M 13:23 4 M01-14
317 Barbara Carroll 46 F 13:25 5 F45-49
318 Richard Carroll 45 M 13:25 6 M45-49
319 Kaleigh Carroll 17 F 13:25 5 F15-19
320 Emma Turo 8 F 13:33 259 F01-14
321 Shannon Loughlin 8 F 13:35 260 F01-14
322 Mia Huynh 8 F 13:35 261 F01-14
323 Amanda Johnson 8 F 13:37 262 F01-14
324 Emma Capsello 8 F 13:38 263 F01-14
325 Sydney Ineich 16 F 13:41 6 F15-19
326 Sadie Ward 6 F 13:42 264 F01-14
327 Emerson Herrera 6 F 13:45 265 F01-14
328 Caroline Turo 4 F 13:46 266 F01-14
329 Andrew Herrera 49 M 13:46 7 M45-49
330 Gabriella Svoboda 10 F 13:51 267 F01-14
331 Kendra Ziemann 6 F 13:57 268 F01-14
332 Julia Romano 6 F 14:01 269 F01-14
333 Marisa Leone 5 F 14:03 270 F01-14
334 Stephanie Brustein 27 F 14:04 5 F25-29
335 Gretchen Byrnes 5 F 14:04 271 F01-14
336 Sheri Ziemann 46 F 14:04 6 F45-49
337 Maria Sokolowski 11 F 14:09 272 F01-14
338 Alan Sokolowski 43 M 14:10 5 M40-44
339 Thoa Phan 40 F 14:11 7 F40-44
340 Carol Archer Boboris 36 F 14:17 11 F35-39
341 Audrey Palladino 23 F 14:17 2 F20-24
342 Haley Klocker 6 F 14:19 273 F01-14
343 Riley Borden 11 F 14:22 274 F01-14
344 Katherine Warren 37 F 14:25 12 F35-39
345 Mary Pudney 6 F 14:25 275 F01-14
346 Emma Warren 5 F 14:25 276 F01-14
347 Kelly Kincaid 43 F 14:26 8 F40-44
348 Elizabeth Barnett 4 F 14:31 277 F01-14
349 Madelynn Hilt 8 F 14:32 278 F01-14
350 Lillian Dixon 8 F 14:37 279 F01-14
351 Isabella Dixon 10 F 14:44 280 F01-14
352 Hannah Dixon 4 F 14:44 281 F01-14
353 Wendy Shattuck 29 F 14:44 6 F25-29
354 Ben Abar 35 M 14:45 7 M35-39
355 Jaila Killingsbeck 8 F 14:45 282 F01-14
356 Erick Dixon 40 M 14:45 6 M40-44
357 Tara Abar 35 F 14:45 13 F35-39
358 Jason Shattuck 29 M 14:45 1 M25-29
359 Bella Petralia 7 F 14:46 283 F01-14
360 Blake Ineich 9 F 14:47 284 F01-14
361 Rose Atherton 39 M 14:48 8 M35-39
362 Samantha Atherton 6 F 14:48 285 F01-14
363 Christina Main 4 F 14:55 286 F01-14
364 Morgan Schwerk 11 F 15:12 287 F01-14
365 Victoria Buswell 8 F 15:20 288 F01-14
366 Susan Buswell 50 F 15:20 2 F50-54
367 Monica Ireland 2 F 15:25 289 F01-14
368 Katie Ireland 39 F 15:26 14 F35-39
369 Rebecca Jones 33 F 15:32 7 F30-34
370 Mia Jones 6 F 15:32 290 F01-14
371 Sara Viau 31 F 15:36 8 F30-34
372 Paige Viau 6 F 15:37 291 F01-14
373 Addyson Fedele 6 F 15:38 292 F01-14
374 Breanna Shelmidine 10 F 15:41 293 F01-14
375 Michelle Morgan 46 F 15:41 7 F45-49
376 Peyton Conley 3 F 15:50 294 F01-14
377 Maya Blakes 5 F 16:08 295 F01-14
378 Julissa Blakes 8 F 16:08 296 F01-14
379 Meghan Cannella 5 F 16:17 297 F01-14
380 Sydney Monington 14 F 16:18 298 F01-14
381 Molly Daniels 4 F 16:20 299 F01-14
382 Lara Drozd 9 F 16:57 300 F01-14
383 Emily Gillespie 8 F 16:57 301 F01-14
384 Jeffrey Gillespie 42 M 16:59 7 M40-44

385 Kymric Dibuono 34 F 17:08 9 F30-34
 386 Nancie Fitzgerald 63 F 17:09 1 F60-64
 387 Kayla Sochia 5 F 17:12 302 F01-14
 388 Madison Geldof 6 F 17:12 303 F01-14
 389 Patricia Geldof 25 F 17:12 7 F25-29
 390 Stacy Green 30 F 17:35 10 F30-34
 391 Delanie Green 3 F 17:36 304 F01-14
 392 Aleia Kavasic 7 F 20:34 305 F01-14
 393 Angela Stultz 40 F 21:02 9 F40-44
 394 Jordan Atkinson 20 F 21:04 3 F20-24

BOYS ONE MILE FUN RUN

1 Jared Lonergan 14 M 6:10 1 M01-14
 2 Nicolas Jeffries 15 M 6:16 1 M15-19
 3 Rj Davis 10 M 6:28 2 M01-14
 4 Josh Kubala 10 M 6:36 3 M01-14
 5 Jeffrey Rescignano 12 M 6:40 4 M01-14
 6 Brett Fehrman 10 M 6:41 5 M01-14
 7 Mike Koehler 10 M 6:43 6 M01-14
 8 Daniel Kliment 12 M 6:54 7 M01-14
 9 Kyle Rice 10 M 6:58 8 M01-14
 10 Daniel Seliger 11 M 6:59 9 M01-14
 11 Riley Kennedy 13 M 7:00 10 M01-14
 12 Brody Kennedy 11 M 7:00 11 M01-14
 13 Jacob Schmid 11 M 7:01 12 M01-14
 14 Evan Breitbeck 11 M 7:04 13 M01-14
 15 Cameron Witz 10 M 7:04 14 M01-14
 16 Mike Sellin 8 M 7:04 15 M01-14
 17 William Atkinson, II 17 M 7:05 2 M15-19
 18 Leo Hanley 12 M 7:08 16 M01-14
 19 Greg Peterson 13 M 7:12 17 M01-14
 20 Thomas Leskoske 8 M 7:12 18 M01-14
 21 Hector Claudio 6 M 7:12 19 M01-14
 22 Matthew Herbert 12 M 7:14 20 M01-14
 23 Bailey Walters 14 M 7:16 21 M01-14
 24 Seaver Schultz 12 M 7:17 22 M01-14
 25 Grayson Giddings 10 M 7:19 23 M01-14
 26 James Thurn 24 M 7:19 1 M20-24
 27 Colin Byrnes 10 M 7:22 24 M01-14
 28 Jack Lonergan 12 M 7:23 25 M01-14
 29 Kyle Williams 8 M 7:23 26 M01-14
 30 Ryan Hill 10 M 7:25 27 M01-14
 31 Damon Villhave 10 M 7:25 28 M01-14

32 Thomas Hallatt 14 M 7:26 29 M01-14
 33 Ryan Senf 10 M 7:26 30 M01-14
 34 John Barraco 14 M 7:29 31 M01-14
 35 Dante Melfi 7 M 7:29 32 M01-14
 36 Hunter Lawless 8 M 7:30 33 M01-14
 37 Chris Johnson 9 M 7:30 34 M01-14
 38 Ashton Corona 10 M 7:32 35 M01-14
 39 Colin Nichols 8 M 7:32 36 M01-14
 40 Andrew Benedict 7 M 7:32 37 M01-14
 41 Zachary Scott 9 M 7:32 38 M01-14
 42 Jacob Franklin 9 M 7:33 39 M01-14
 43 Thomas Buswell 44 M 7:33 1 M40-44
 44 Jacob Hollister 9 M 7:33 40 M01-14
 45 Tanner Long 7 M 7:34 41 M01-14
 46 Christian O'Brien 11 M 7:34 42 M01-14
 47 Ethan Schmid 13 M 7:35 43 M01-14
 48 Ryan Wendt 10 M 7:37 44 M01-14
 49 Anthony Fico 7 M 7:39 45 M01-14
 50 Dalton Deitz 10 M 7:42 46 M01-14
 51 Trevor Guerrina 13 M 7:46 47 M01-14
 52 Carmen Mingolelli 38 M 7:46 1 M35-39
 53 Noah Mingolelli 7 M 7:46 48 M01-14
 54 Elijah Martin 8 M 7:47 49 M01-14
 55 Evan Romano 11 M 7:51 50 M01-14
 56 Adam Smith 14 M 7:52 51 M01-14
 57 Ben Snyder 7 M 7:53 52 M01-14
 58 Matt Snyder 37 M 7:53 2 M35-39
 59 Mike Kubala 47 M 7:54 1 M45-49
 60 Andrew Davis 8 M 7:54 53 M01-14
 61 Cy Liberman 8 M 7:54 54 M01-14
 62 Mason Ellis 10 M 7:54 55 M01-14
 63 Nathan Bustin 6 M 7:57 56 M01-14
 64 Nicholas Smith 14 M 7:58 57 M01-14
 65 Alex D'Avirro 8 M 7:59 58 M01-14
 66 Tyler Milewski 7 M 7:59 59 M01-14
 67 Aiden Weiskopff 9 M 8:00 60 M01-14
 68 Joe Seliger 9 M 8:00 61 M01-14
 69 Anthony Pierce 9 M 8:02 62 M01-14
 70 Peter Carter 10 M 8:02 63 M01-14
 71 Anthony Ciotti 9 M 8:04 64 M01-14
 72 Nathan Day 9 M 8:04 65 M01-14
 73 Patrick Smith 46 M 8:05 2 M45-49
 74 Jake Roman 10 M 8:05 66 M01-14

75 Landon Smith 8 M 8:06 67 M01-14
 76 Marcel Hall 15 M 8:06 3 M15-19
 77 Courtney Minnoe 13 F 8:08 1 F01-14
 78 Braden Pritchard 7 M 8:08 68 M01-14
 79 Paul Pulverenti 7 M 8:09 69 M01-14
 80 Nicholas Ludwig 8 M 8:10 70 M01-14
 81 Connor Moran 9 M 8:10 71 M01-14
 82 Casey Gunnip 9 M 8:10 72 M01-14
 83 Drew Matyasik 8 M 8:12 73 M01-14
 84 Gregory Buckley 13 M 8:12 74 M01-14
 85 Tracey Roman 37 F 8:14 1 F35-39
 86 Nicole O'Neill 10 F 8:16 2 F01-14
 87 Debbie O'Neill 48 F 8:17 1 F45-49
 88 Jackson Tolhurst 10 M 8:17 75 M01-14
 89 Andrew Keil 10 M 8:19 76 M01-14
 90 Rocco Albanese 8 M 8:19 77 M01-14
 91 Luke Sullivan 9 M 8:20 78 M01-14
 92 Anthony Weathers 11 M 8:20 79 M01-14
 93 Grant Sennett 10 M 8:21 80 M01-14
 94 Nick D'Avirro 11 M 8:21 81 M01-14
 95 Jim Pierce 45 M 8:21 3 M45-49
 96 Ethan Delpriore 10 M 8:23 82 M01-14
 97 Connor Kulak 10 M 8:24 83 M01-14
 98 Delaney Delpriore 3 F 8:24 3 F01-14
 99 Austin Polinsky 12 M 8:24 84 M01-14
 100 Brayden Shannon 9 M 8:26 85 M01-14
 101 William Atkinson, Ii 41 M 8:27 2 M40-44
 102 Chris Carinci 29 M 8:27 1 M25-29
 103 Anthony Rescignano 10 M 8:27 86 M01-14
 104 Ryan Cappon 12 M 8:27 87 M01-14
 105 Connor Carinci 9 M 8:28 88 M01-14
 106 Wyatt Dupell 9 M 8:28 89 M01-14
 107 Kyle Wagner 10 M 8:29 90 M01-14
 108 Aaron Huskic 10 M 8:30 91 M01-14
 109 Evan Gallagher 9 M 8:30 92 M01-14
 110 Aidan Bullock 11 M 8:31 93 M01-14
 111 Shane Trotman 9 M 8:32 94 M01-14
 112 Willie Jennings 10 M 8:32 95 M01-14
 113 Ethan Anderson 11 M 8:33 96 M01-14
 114 Leam Adams 8 M 8:33 97 M01-14
 115 Evan Nobles 10 M 8:35 98 M01-14
 116 Jack Cappon 9 M 8:35 99 M01-14
 117 Luke Roman 8 M 8:35 100 M01-14

118 Carson Corona	8 M	8:35	101 M01-14	161 Sean Moran	10 M	9:08	141 M01-14	204 Jon Ferenc	10 M	9:28	176 M01-14
119 Gavin Nichols	8 M	8:37	102 M01-14	162 Aidan Long	11 M	9:08	142 M01-14	205 James Magda	8 M	9:28	177 M01-14
120 Steven Ragonese	9 M	8:38	103 M01-14	163 Duncan Yates	8 M	9:08	143 M01-14	206 Jennifer Landon	42 F	9:29	4 F40-44
121 Alec Scripa	10 M	8:38	104 M01-14	164 Nicholas Colagiovann	8 M	9:09	144 M01-14	207 Linda Kotz	42 F	9:29	5 F40-44
122 Kasten Shultz	9 M	8:39	105 M01-14	165 Steven Filapello	9 M	9:10	145 M01-14	208 Matt Militello	41 M	9:31	6 M40-44
123 James Fehrman	9 M	8:40	106 M01-14	166 Nathaniel Buswell	11 M	9:10	146 M01-14	209 Noah Norton	4 M	9:31	178 M01-14
124 Saif Sayed	9 M	8:40	107 M01-14	167 Giovanni Heater	10 M	9:11	147 M01-14	210 Aidan Ecker	9 M	9:32	179 M01-14
125 Owen O'Keefe	9 M	8:40	108 M01-14	168 Cj Hopkins, III	10 M	9:11	148 M01-14	211 Josh Montreal	13 M	9:32	180 M01-14
126 Nicholas Bisesi	8 M	8:41	109 M01-14	169 Connor Bednarski	6 M	9:12	149 M01-14	212 Adam Bonnier	7 M	9:32	181 M01-14
127 Drew Baker	9 M	8:43	110 M01-14	170 Dylan Fournier	6 M	9:12	150 M01-14	213 Andrew Ecker	40 M	9:33	7 M40-44
128 Alex Rescignano	10 M	8:45	111 M01-14	171 Matt Munnich	10 M	9:12	151 M01-14	214 Kara Cook	31 F	9:34	1 F30-34
129 Colin Stanton	9 M	8:45	112 M01-14	172 Ryan Trainor	6 M	9:12	152 M01-14	215 Landon Cook	6 M	9:34	182 M01-14
130 Logan Bucher	9 M	8:46	113 M01-14	173 Jack Gordon	7 M	9:12	153 M01-14	216 Matt Secor	8 M	9:34	183 M01-14
131 David Koscinski	9 M	8:47	114 M01-14	174 John Carter	10 M	9:13	154 M01-14	217 Breann Dodge	33 F	9:36	2 F30-34
132 Carter Alberici	9 M	8:47	115 M01-14	175 Jacob Seitz	8 M	9:13	155 M01-14	218 Beth Briggs	52 F	9:36	1 F50-54
133 Josh Budge	10 M	8:48	116 M01-14	176 Nathan Blumer	9 M	9:14	156 M01-14	219 Cameron Walker	6 M	9:37	184 M01-14
134 Elijah Moran	7 M	8:49	117 M01-14	177 Charles Stanton	41 M	9:15	4 M40-44	220 Joey Calveric	8 M	9:38	185 M01-14
135 Jack Hogan	10 M	8:50	118 M01-14	178 Nicholas Beardsley	9 M	9:16	157 M01-14	221 Vincent Edwards	7 M	9:38	186 M01-14
136 Jared Hollister	6 M	8:51	119 M01-14	179 Heather Calabria	40 F	9:16	2 F40-44	222 Sean Koeppe	10 M	9:40	187 M01-14
137 Jackson Waite	8 M	8:52	120 M01-14	180 Cody Heller	8 M	9:17	158 M01-14	223 Chris Koeppe	38 M	9:40	4 M35-39
138 Joseph Hourigan	10 M	8:52	121 M01-14	181 Thai Luke Ryfun	8 M	9:18	159 M01-14	224 Jake Griffin	8 M	9:41	188 M01-14
139 Evan Bold	6 M	8:52	122 M01-14	182 Clifford Hopkins, Jr	39 M	9:18	3 M35-39	225 Jakob Purdy	6 M	9:42	189 M01-14
140 Gaetano Julian	11 M	8:53	123 M01-14	183 Leah Guarasci	8 F	9:18	5 F01-14	226 Karsen Pritchard	6 M	9:42	190 M01-14
141 Joey Leo	7 M	8:54	124 M01-14	184 Zachary Leetz	6 M	9:18	160 M01-14	227 Kaden Kalfass	7 M	9:42	191 M01-14
142 Cullen Lillis	10 M	8:56	125 M01-14	185 Christian Moran	8 M	9:19	161 M01-14	228 William Purdy	47 M	9:42	4 M45-49
143 Jacob Day	8 M	8:56	126 M01-14	186 Connor Peterson	7 M	9:19	162 M01-14	229 Luke Bondy	8 M	9:42	192 M01-14
144 Blair Flowers	12 M	8:56	127 M01-14	187 Brody Svoboda	7 M	9:20	163 M01-14	230 Dominick Ciotti	7 M	9:43	193 M01-14
145 Alexander Noxon	10 M	8:56	128 M01-14	188 Jeremy Palmer	5 M	9:20	164 M01-14	231 Evan Scott	7 M	9:43	194 M01-14
146 Brandon Bryan	7 M	8:56	129 M01-14	189 Adam Militello	8 M	9:20	165 M01-14	232 Jack Oswald	8 M	9:43	195 M01-14
147 Stefanie Woods	40 F	8:57	1 F40-44	190 Jeremy Rivito	12 M	9:22	166 M01-14	233 Kohl Kalfass	9 M	9:45	196 M01-14
148 Jonathan Woods	7 M	8:57	130 M01-14	191 Owen Delahunt	7 M	9:23	167 M01-14	234 Timothy Lizzio	10 M	9:45	197 M01-14
149 Austin Bryan	7 M	8:58	131 M01-14	192 Jesse Conklin	8 M	9:23	168 M01-14	235 Logan Quackenbush	9 M	9:46	198 M01-14
150 Cameron Corona	6 M	9:01	132 M01-14	193 Thomas Pacheck	11 M	9:23	169 M01-14	236 Alexander Mueller	10 M	9:47	199 M01-14
151 Jacob Calabria	8 M	9:01	133 M01-14	194 Joshua Luce	8 M	9:23	170 M01-14	237 Logan Brefka	10 M	9:47	200 M01-14
152 Ben Ackerman	8 M	9:01	134 M01-14	195 Brooke Smith	16 F	9:23	1 F15-19	238 Carter Cocharo	11 M	9:47	201 M01-14
153 Joey Gucciardi	11 M	9:02	135 M01-14	196 Sean Mulhern	9 M	9:24	171 M01-14	239 Dante Kimpland	9 M	9:48	202 M01-14
154 Lucas Crystal	8 F	9:02	4 F01-14	197 Christine Mulhern	42 F	9:24	3 F40-44	240 George Lonergan	8 M	9:48	203 M01-14
155 Justin Coyne	8 M	9:03	136 M01-14	198 Colin Demarest	8 M	9:27	172 M01-14	241 Angelo Albanese	9 M	9:50	204 M01-14
156 Lucas Barnett	10 M	9:04	137 M01-14	199 Walker Sherwood	7 M	9:27	173 M01-14	242 Liam Goodwin	9 M	9:51	205 M01-14
157 Grady Kennedy	7 M	9:04	138 M01-14	200 Evan Crandall	10 M	9:27	174 M01-14	243 Luke Hayden	8 M	9:52	206 M01-14
158 Jim Nichols	41 M	9:05	3 M40-44	201 Owen Ellis	7 M	9:28	175 M01-14	244 Ethan Luckette	10 M	9:52	207 M01-14
159 Jacob Crystal	10 M	9:06	139 M01-14	202 Marshall Sherwood	39 F	9:28	2 F35-39	245 Nicky Stuper	9 M	9:54	208 M01-14
160 Luke Cloute	12 M	9:07	140 M01-14	203 Steve Ellis	41 M	9:28	5 M40-44	246 Antwan Bailey	34 M	9:54	1 M30-34

247 Jakob Herbst 7 M 9:54 209 M01-14
248 Robert Beachner 9 M 9:55 210 M01-14
249 Dom Racht 9 M 9:55 211 M01-14
250 Twanik Bailey 10 M 9:56 212 M01-14
251 Janie Freeman 40 F 9:57 6 F40-44
252 Ben Freeman 9 M 9:57 213 M01-14
253 Jack Golden 12 M 9:57 214 M01-14
254 Daniel Capp 7 M 9:58 215 M01-14
255 Anthony Bouziden 9 M 9:58 216 M01-14
256 Ryan Leahy 5 M 9:58 217 M01-14
257 Aiden Mancini 8 M 9:59 218 M01-14
258 Matteo Russo 6 M 9:59 219 M01-14
259 Joey Commisso 9 M 9:59 220 M01-14
260 Joseph Main 7 M 9:59 221 M01-14
261 Tyler Florczyk 11 M 10:00 222 M01-14
262 Michael Podolak 32 M 10:00 2 M30-34
263 Hunter Podolak 7 M 10:00 223 M01-14
264 Brian Fico 38 M 10:02 5 M35-39
265 Aj Beardsley 7 M 10:02 224 M01-14
266 James Cahill 9 M 10:04 225 M01-14
267 Donovan Masters 8 M 10:05 226 M01-14
268 Jacob Malecki 7 M 10:05 227 M01-14
269 Talan Neer 5 M 10:06 228 M01-14
270 Alex Peterson 10 M 10:06 229 M01-14
271 Brandon Lowe 7 M 10:06 230 M01-14
272 Jaden Kline 10 M 10:07 231 M01-14
273 Stephanie Brustein 27 F 10:07 1 F25-29
274 Todd Freeman 48 M 10:07 5 M45-49
275 Zachary Freeman 11 M 10:08 232 M01-14
276 Jennelle Rusaw 14 F 10:08 6 F01-14
277 Joshua Reed 10 M 10:08 233 M01-14
278 Joseph Malecki 7 M 10:09 234 M01-14
279 Anthony Salerno 11 M 10:12 235 M01-14
280 Michael Rivera 9 M 10:12 236 M01-14
281 Joseph Degroat 8 M 10:13 237 M01-14
282 Zayne Kimpland 6 M 10:13 238 M01-14
283 Ryan Keil 7 M 10:13 239 M01-14
284 Charlie Daniels 6 M 10:14 240 M01-14
285 Steven Noble 9 M 10:15 241 M01-14
286 Caden Griffin 8 M 10:15 242 M01-14
287 Brigg Liberman 6 M 10:18 243 M01-14
288 Jackson Gwynn 8 M 10:18 244 M01-14
289 Ryan Fehrman 8 M 10:19 245 M01-14
290 Shannon Garrison 35 F 10:20 3 F35-39
291 Luke Bullock 8 M 10:20 246 M01-14
292 Ben Warren 9 M 10:20 247 M01-14
293 David Yates 44 M 10:26 8 M40-44
294 Julien Gordon 9 M 10:26 248 M01-14
295 Cameron Will 7 M 10:28 249 M01-14
296 Anthony Mancini 10 M 10:28 250 M01-14
297 Aidan Chabot 8 M 10:28 251 M01-14
298 Charles Gowing 72 M 10:28 1 M70-74
299 Johnny Wozniczka 9 M 10:30 252 M01-14
300 Nathan Abernethy 7 M 10:30 253 M01-14
301 Henry Sceiford 7 M 10:30 254 M01-14
302 Chris Mehlek 10 M 10:32 255 M01-14
303 Ralph Badgley 6 M 10:32 256 M01-14
304 Stephen Filapello 29 M 10:33 2 M25-29
305 Tyler Munnich 7 M 10:35 257 M01-14
306 Jacob Putnam 4 M 10:39 258 M01-14
307 James Ruggieri 11 M 10:43 259 M01-14
308 Gianna Knapp 11 F 10:44 7 F01-14
309 Chris Knapp 51 M 10:47 1 M50-54
310 McKenna Johnston 11 F 10:48 8 F01-14
311 Jj Johnston 5 M 10:49 260 M01-14
312 Jacob Crandall 8 M 10:50 261 M01-14
313 Jimmy O'Reilly 17 M 10:52 4 M15-19
314 Ethan Florczyk 8 M 10:53 262 M01-14
315 Sam Ackerman 4 M 10:53 263 M01-14
316 Alexander Tryon 10 M 10:54 264 M01-14
317 Evan Dietzman 8 M 10:55 265 M01-14
318 Brad Witz 6 M 10:55 266 M01-14
319 Richard Witz 44 M 10:56 9 M40-44
320 Catherine Podolak 37 F 10:57 4 F35-39
321 Suri Mulukuri 7 M 10:57 267 M01-14
322 Nicholas Reeve 5 M 11:06 268 M01-14
323 Nathan Leetz 6 M 11:07 269 M01-14
324 Tyler Sherbourne 5 M 11:09 270 M01-14
325 Patrick Deegan 10 M 11:12 271 M01-14
326 Anne Montreal 44 F 11:12 7 F40-44
327 Betsy Smith 46 F 11:13 2 F45-49
328 Matt Spinella 10 M 11:13 272 M01-14
329 Nicholas Murphy 8 M 11:14 273 M01-14
330 Shane Bovard 6 M 11:15 274 M01-14
331 Chris O'Reilly 53 M 11:15 2 M50-54
332 Jaycob Delemater 8 M 11:16 275 M01-14
334 Nick Holzpfel 21 M 11:22 2 M20-24
335 Hudson Dziadula 6 M 11:22 277 M01-14
336 Victoria Krukowski 42 F 11:23 8 F40-44
337 Kamdin Bembry 7 M 11:24 278 M01-14
338 Nicole Oliver 24 F 11:27 1 F20-24
339 Mike Stearns 9 M 11:27 279 M01-14
340 Jonathan Longwell 10 M 11:28 280 M01-14
341 Max Bondy 7 M 11:28 281 M01-14
342 Jessica Sweeney 38 F 11:29 5 F35-39
343 Dominick Sommers 4 M 11:29 282 M01-14
344 Adrian Sweeney 5 M 11:29 283 M01-14
345 Gia Racciatti 9 F 11:30 9 F01-14
346 Gavin Lowe 5 M 11:32 284 M01-14
347 Tanner Kempney 6 M 11:32 285 M01-14
348 Jenny Sommers 34 F 11:32 3 F30-34
349 Preston Mowers 4 M 11:33 286 M01-14
350 Chase Shoepe 6 M 11:33 287 M01-14
351 Colleen Stuper 33 F 11:34 4 F30-34
352 Brady Militello 6 M 11:34 288 M01-14
353 Ryan Stuper 5 M 11:34 289 M01-14
354 Riley Gitzen 7 M 11:34 290 M01-14
355 Joe Gitzen 43 M 11:36 10 M40-44
356 Kathy Militello 41 F 11:36 9 F40-44
357 Joe Massett 7 M 11:39 291 M01-14
358 Ryan Buswell 18 M 11:39 5 M15-19
359 Anthony May 7 M 11:40 292 M01-14
360 Madalynn Gliniski 6 F 11:40 10 F01-14
361 Josalyn Massett 7 F 11:40 11 F01-14
362 Nattallie Gliniski 7 F 11:41 12 F01-14
363 Benjamin Foster 7 M 11:45 293 M01-14
364 Hannon Shutts 4 M 11:46 294 M01-14
365 Brett Helmer 8 M 11:46 295 M01-14
366 Wade Helmer 39 M 11:46 6 M35-39
367 Nathaniel Lefler 6 M 11:46 296 M01-14
368 Owen Klei 5 M 11:47 297 M01-14
369 Joseph Lefler 46 M 11:47 6 M45-49
370 Jackson Kuhr 9 M 11:54 298 M01-14
371 Shane Hanna 10 M 11:56 299 M01-14
372 Dillon Badgley 8 M 11:56 300 M01-14
373 Alexis Minnoe 11 F 11:56 13 F01-14
374 Bryce Egan 6 M 11:57 301 M01-14
375 Cullin Findlay 5 M 11:57 302 M01-14
376 John Egan 40 M 11:57 11 M40-44

377 Shane Lefler 5 M 12:00 303 M01-14
378 Jordan Blanton 10 M 12:03 304 M01-14
379 Kristina Harwood 30 F 12:03 5 F30-34
380 Luke Harwood 6 M 12:03 305 M01-14
381 Anthony Sellin 9 M 12:06 306 M01-14
382 Jenna Fournier 9 F 12:07 14 F01-14
383 McKenna Dziadula 8 F 12:07 15 F01-14
384 Jennifer Senf 37 F 12:08 6 F35-39
385 Robert Klei 41 M 12:10 12 M40-44
386 Michael Degroat 6 M 12:13 307 M01-14
387 Jack Gerbsch 11 M 12:15 308 M01-14
388 Manuel Vazquez 6 M 12:16 309 M01-14
389 Hope Vazquez 41 F 12:17 10 F40-44
390 Sobrina Vazquez 37 F 12:18 7 F35-39
391 Liam Watermon 7 M 12:21 310 M01-14
392 Denise Gerbsch 48 F 12:22 3 F45-49
393 Emma Dickens 5 F 12:24 16 F01-14
394 Melissa Morgan 30 F 12:26 6 F30-34
395 Oscar Ciarico 6 M 12:27 311 M01-14
396 Sean Loughlin 6 M 12:27 312 M01-14
397 Aaron Wescott 7 M 12:29 313 M01-14
398 Maxwell Morgan 5 M 12:34 314 M01-14
399 Colleen Klei 40 F 12:36 11 F40-44
400 Carter Klei 3 M 12:36 315 M01-14
401 Kimberly Delahunt 39 F 12:40 8 F35-39
402 Evan Delahunt 5 M 12:40 316 M01-14
403 Paul Bedard 38 M 12:41 7 M35-39
404 Anthony Bedard 9 M 12:41 317 M01-14
405 Holly Schadt 31 F 12:43 7 F30-34
406 Jace Bovaird 9 M 12:46 318 M01-14
407 Jaszmin Saysanasy 12 F 12:47 17 F01-14
408 Kaden Lake 5 M 12:51 319 M01-14
409 Annaliese Bower 6 F 12:54 18 F01-14
410 Bailey Giddings 12 F 12:57 19 F01-14
411 Matthew Norton 7 M 13:02 320 M01-14
412 Jj Palamar 10 M 13:05 321 M01-14
413 Jerry Palamar 47 M 13:05 7 M45-49
414 Kelly Gitzen 41 F 13:15 12 F40-44
415 Hunter Kot 10 M 13:24 322 M01-14
416 Danny Simmons, Jr. 4 M 13:27 323 M01-14
417 Noah Seitz 5 M 13:53 324 M01-14
418 Jack Deckman 5 M 13:59 325 M01-14
419 Rachel Deckman 37 F 13:59 9 F35-39

420 Brayden Gonyea 9 M 14:01 326 M01-14
421 Nathan Lanzafame 6 M 14:14 327 M01-14
422 Bryson Curinga 4 M 15:15 328 M01-14
423 Ryan Mirarcki 6 M 15:29 329 M01-14
424 Coleman Bouthillier 3 M 15:44 330 M01-14
425 Brayden Delemater 6 M 15:50 331 M01-14
426 Aiden Witz 3 M 15:50 332 M01-14
427 Bridgette Witz 41 F 15:51 13 F40-44
428 Donna Cosgrove 46 F 16:02 4 F45-49
429 Ian Cosgrove 5 M 16:02 333 M01-14
430 Rhonda Demarzio 43 F 16:35 14 F40-44
431 Neeve Bock 10 F 17:21 20 F01-14
432 Parker Wall 7 M 18:16 334 M01-14
433 Patrick Wall 44 M 18:16 13 M40-44
434 Tracy Wall 44 F 18:16 15 F40-44

CHRIS TADDEO MEMORIAL 5K RACE

1 Adam Pacheck 22 M 15:45 1 M20-24
2 Chris Rauli 26 M 15:56 1 M25-29
3 Mike Melfi 37 M 16:22 1 M35-39
4 Anthony Lupia 19 M 16:43 1 M15-19
5 Eric Franklin 19 M 16:45 2 M15-19
6 Andrew Bearkland 15 M 16:46 3 M15-19
7 Jamie Hospers 21 M 16:50 2 M20-24
8 Craig Baumgartner 25 M 17:13 2 M25-29
9 Andrew Zeccola 20 M 17:13 3 M20-24
10 Chris Buchanan 21 M 17:19 4 M20-24
11 Benjamin Kier 23 M 17:24 5 M20-24
12 Jonathan Cyganik 21 M 17:38 6 M20-24
13 Yuji Wakimoto 22 M 17:38 7 M20-24
14 Jeffrey Slaven 25 M 17:40 3 M25-29
15 AJ Beers 17 M 17:48 4 M15-19
16 Brian Barker 21 M 17:51 8 M20-24
17 Arek Robinson, Jr. 27 M 17:51 4 M25-29
18 Joseph Tricarico 15 M 17:59 5 M15-19
19 Kenny Byers 21 M 18:08 9 M20-24
20 Joseph Difabio 20 M 18:14 10 M20-24
21 Michael Ricci 22 M 18:14 11 M20-24
22 Aaron Sadholz 19 M 18:14 6 M15-19
23 Jack Gugel 17 M 18:18 7 M15-19
24 Shawn Molloy 45 M 18:24 1 M45-49
25 Ian Spera 17 M 18:24 8 M15-19
26 Brian Thomson 25 M 18:25 5 M25-29

27 Jason Tuori 23 M 18:26 12 M20-24
28 Ethan Pacheck 20 M 18:31 13 M20-24
29 Bradley Kowalczyk 21 M 18:32 14 M20-24
30 Aaron Reardon 24 M 18:32 15 M20-24
31 Lynn Hart 44 F 18:40 1 F40-44
32 Sam Kwak 21 M 18:47 16 M20-24
33 Rj Wagner 15 M 18:49 9 M15-19
34 Jared George 16 M 18:54 10 M15-19
35 Loren Davies 46 M 18:56 2 M45-49
36 David Ware 14 M 19:03 1 M01-14
37 Dylan Gaeta 20 M 19:07 17 M20-24
38 Jennifer Wood 35 F 19:09 1 F35-39
39 Brent Young 18 M 19:17 11 M15-19
40 Victoria Stepanova 21 F 19:25 1 F20-24
41 James Meyers 24 M 19:25 18 M20-24
42 Gabriel Ulibarri 26 M 19:38 6 M25-29
43 Danielle Besette 22 F 19:40 2 F20-24
44 Brian Traub 18 M 19:41 12 M15-19
45 Allen Gaines 15 M 19:45 13 M15-19
46 Jason Keicher 36 M 19:48 2 M35-39
47 John Slaven 24 M 20:01 19 M20-24
48 James Morrissette 16 M 20:01 14 M15-19
49 Paul Cianfrocca 50 M 20:03 1 M50-54
50 Terrence Doyle 55 M 20:10 1 M55-59
51 Megan O'Connor 25 F 20:17 1 F25-29
52 Joseph Roth 59 M 20:18 2 M55-59
53 Gary Stevens 45 M 20:22 3 M45-49
54 Katie Laris 20 F 20:23 3 F20-24
55 Fred Miller 63 M 20:24 1 M60-64
56 David Laris 51 M 20:26 2 M50-54
57 Greg Hartnett 24 M 20:30 20 M20-24
58 Jason Zayac 24 M 20:30 21 M20-24
59 Nick Mirizio 18 M 20:31 15 M15-19
60 Daniel Schulz 19 M 20:40 16 M15-19
61 Daniel Walker 26 M 20:40 7 M25-29
62 Jennifer Lavalle 32 F 20:40 1 F30-34
63 Ryan Morrissette 13 M 20:42 2 M01-14
64 Mike Yurkovic 21 M 20:43 22 M20-24
65 Sam Albert 35 M 20:44 3 M35-39
66 Andrew Salmons 18 M 20:49 17 M15-19
67 Brendan Coli 20 M 21:03 23 M20-24
68 Bryan Schad 26 M 21:05 8 M25-29
69 Greg Wandersee 56 M 21:12 3 M55-59

70 Matthew Koehler 26 M 21:13 9 M25-29
71 Patrick Wrobel 62 M 21:16 2 M60-64
72 Ryan Majors 15 M 21:19 18 M15-19
73 Maria Lamontagne 17 F 21:24 1 F15-19
74 Abigail Gugel 16 F 21:27 2 F15-19
75 Judson Dunaway-Barlo 18 M 21:28 19 M15-19
76 Jason Fingerman 41 M 21:30 1 M40-44
77 Darren Sweeney 15 M 21:37 20 M15-19
78 Meggie Hart 14 F 21:39 1 F01-14
79 Jason Hughes 14 M 21:42 3 M01-14
80 Joseph Bufano 36 M 21:43 4 M35-39
81 Braden Lindsay 19 M 21:43 21 M15-19
82 Frank Derdzinski 12 M 21:43 4 M01-14
83 Nick Searle 14 M 21:45 5 M01-14
84 Karyl Sargent 51 F 21:53 1 F50-54
85 Annina Marullo 14 F 21:56 2 F01-14
86 Mia Pestle 13 F 21:56 3 F01-14
87 Mike Cook 32 M 22:12 1 M30-34
88 Paul Van Geet 48 M 22:14 4 M45-49
89 John McEachen 44 M 22:15 2 M40-44
90 Bruce Hepel 13 M 22:15 6 M01-14
91 Andy Wicks 48 M 22:19 5 M45-49
92 Paul Doody 54 M 22:21 3 M50-54
93 Max Neumeier 27 M 22:21 10 M25-29
94 Jeffrey Bryce 28 M 22:23 11 M25-29
95 Nathan Slusser 13 M 22:28 7 M01-14
96 Newell Field 18 M 22:32 22 M15-19
97 Killeen Pritchard 35 F 22:35 2 F35-39
98 Rich Lapaglia 50 M 22:39 4 M50-54
99 Richard Harvey 30 M 22:40 2 M30-34
100 Douglas Polsin 52 M 22:50 5 M50-54
101 Sheri Hansen 43 F 22:52 2 F40-44
102 Janna Strong 34 F 22:54 2 F30-34
103 Arthur Coli 53 M 22:55 6 M50-54
104 Renee Affinati 33 F 22:57 3 F30-34
105 Mary Swan 52 F 22:57 2 F50-54
106 Michele Coonce 37 F 22:58 3 F35-39
107 Fred Buchanan 61 M 23:03 3 M60-64
108 Breann Dodge 33 F 23:04 4 F30-34
109 John Hogan 47 M 23:12 6 M45-49
110 Sierra Fehrman 13 F 23:16 4 F01-14
111 Dan Johnson 51 M 23:16 7 M50-54
112 Franklin Freytag 26 M 23:18 12 M25-29
113 Michael Skavarch 57 M 23:18 4 M55-59
114 Shawn Pierson 14 M 23:20 8 M01-14
115 Ashley Irvine 15 F 23:23 3 F15-19
116 Savannah Stevens 18 F 23:23 4 F15-19
117 Galyn Schenk 51 F 23:24 3 F50-54
118 Jennifer Przybylski 38 F 23:25 4 F35-39
119 Kelly Jordan 21 F 23:27 4 F20-24
120 Beth Briggs 52 F 23:29 4 F50-54
121 Joseph Riccardi 14 M 23:32 9 M01-14
122 Chuckie Middleton 13 M 23:35 10 M01-14
123 Sarah Wicks 15 F 23:38 5 F15-19
124 Timothy Riccardi 56 M 23:39 5 M55-59
125 Mikayla Baker 15 F 23:42 6 F15-19
126 Madeline Murray 19 F 23:43 7 F15-19
127 Judy Abongo 24 F 23:44 5 F20-24
128 Jamie Wagner 13 F 23:48 5 F01-14
129 Colleen Lerro 30 F 23:53 5 F30-34
130 John Scott 66 M 23:54 1 M65-69
131 Paul Dehm 50 M 23:54 8 M50-54
132 Dustin Malara 17 M 23:55 23 M15-19
133 Allen Wells 14 M 23:55 11 M01-14
134 Zachary Sweeney 11 M 23:58 12 M01-14
135 Zachary Dehm 14 M 24:00 13 M01-14
136 Alessandro Lisi 13 M 24:01 14 M01-14
137 Jack Andrejko 11 M 24:04 15 M01-14
138 Rj Davis 10 M 24:06 16 M01-14
139 Madison Gross 16 F 24:09 8 F15-19
140 Juliana Melara 17 F 24:09 9 F15-19
141 Sarina Brown 13 F 24:11 6 F01-14
142 Gary Searle 48 M 24:13 7 M45-49
143 Sarah Davis 13 F 24:15 7 F01-14
144 Nicholas Taddeo 25 M 24:18 13 M25-29
145 Lauren Slocum 24 F 24:21 6 F20-24
146 Mike Sherlock 24 M 24:22 24 M20-24
147 Nathan MacNabb 23 M 24:22 25 M20-24
148 Kevin Phelps 34 M 24:23 3 M30-34
149 Emily Dembowski 13 F 24:24 8 F01-14
150 Robert Young 37 M 24:28 5 M35-39
151 Robert Savage, Jr. 50 M 24:30 9 M50-54
152 Thomas Morrisette 45 M 24:33 8 M45-49
153 Micelle Gloska 15 F 24:41 10 F15-19
154 Haley Pestle 16 F 24:44 11 F15-19
155 Jon Dehay 35 M 24:45 6 M35-39
156 Emily Marsh 23 F 24:45 7 F20-24
157 Brian Patso 39 M 24:47 7 M35-39
158 Deborah Patterson 45 F 24:47 1 F45-49
159 Headan Wilson 13 F 24:48 9 F01-14
160 Laurie Beth Pestle 50 F 24:50 5 F50-54
161 John Lisi 13 M 24:51 17 M01-14
162 Noel Farone 39 M 24:51 8 M35-39
163 Joe Dixie 19 M 24:53 24 M15-19
164 Chris Rhodenbaugh 25 M 24:53 14 M25-29
165 Adam Rombel 43 M 24:55 3 M40-44
166 Samantha Stahlbrodt 12 F 24:56 10 F01-14
167 Jonathan Coyles 35 M 24:56 9 M35-39
168 Dawn Pulverenti 38 F 25:01 5 F35-39
169 Jordyn Poole 14 F 25:07 11 F01-14
170 Matthew Furletti 13 M 25:08 18 M01-14
171 Joseph Scarcella 45 M 25:13 9 M45-49
172 Rhonda Wandersee 53 F 25:13 6 F50-54
173 Maria Miner 17 F 25:15 12 F15-19
174 Gabriela Hernandez 19 F 25:16 13 F15-19
175 Lauren Winschel 18 F 25:16 14 F15-19
176 Brett Lindsay 45 M 25:20 10 M45-49
177 Joe Malara 46 M 25:21 11 M45-49
178 Austin Sikora 12 M 25:23 19 M01-14
179 Steven Glowacki 56 M 25:23 6 M55-59
180 Kayla Penoyer 16 F 25:24 15 F15-19
181 Nick Schneid 19 M 25:26 25 M15-19
182 Kevin Schulz 51 M 25:27 10 M50-54
183 Daniel Schmid 43 M 25:32 4 M40-44
184 Ryan Williams 13 M 25:37 20 M01-14
185 Ethan Glashauser 11 M 25:37 21 M01-14
186 Jennie Kliment 48 F 25:40 2 F45-49
187 Emily Yamascoli 39 F 25:42 6 F35-39
188 Tyler Hughes 15 M 25:44 26 M15-19
189 Jolie Murray 50 F 25:51 7 F50-54
190 Patrick Morris 50 M 25:52 11 M50-54
191 Susan Gloska 15 F 25:55 16 F15-19
192 Matthew Bearkland 18 M 25:57 27 M15-19
193 Christopher Celentian 35 M 26:05 10 M35-39
194 Devin Young 23 M 26:07 26 M20-24
195 Jessica Caristo 28 F 26:12 2 F25-29
196 Theresa Boehler 31 F 26:15 6 F30-34
197 Gannon Andrews 20 M 26:19 27 M20-24
198 Zachary O'Neill 16 M 26:20 28 M15-19

199 Dawson Andrews 13 M 26:20 22 M01-14
200 Karissa Anderson 18 F 26:22 17 F15-19
201 Raphael Cardinale 12 M 26:23 23 M01-14
202 Keith Bone 62 M 26:25 4 M60-64
203 Michael Trimm 43 M 26:25 5 M40-44
204 Aric Andrejko 42 M 26:29 6 M40-44
205 Brittany O'Reilly 23 F 26:30 8 F20-24
206 Elijah Adkins 12 M 26:30 24 M01-14
207 Stephen Merriam 39 M 26:34 11 M35-39
208 Caroline Webster 20 F 26:38 9 F20-24
209 April Mowers 41 F 26:42 3 F40-44
210 Devin Southworth 10 M 26:44 25 M01-14
211 James Hamner, Jr. 20 M 26:44 28 M20-24
212 Aidan Odriscoll 12 M 26:47 26 M01-14
213 Jennifer Walther 46 F 26:50 3 F45-49
214 Eric Smithers 45 M 26:51 12 M45-49
215 Timothy Hourigan 46 M 26:55 13 M45-49
216 Shaun Saunders 9 M 26:58 27 M01-14
217 Michael Kinsella 52 M 26:58 12 M50-54
218 Neil Dennison 52 M 27:01 13 M50-54
219 Diane Ruffolo 56 F 27:05 1 F55-59
220 Marie Farone 45 F 27:09 4 F45-49
221 Marina Pitonzo 19 F 27:09 18 F15-19
222 Alexa Kowbel 10 F 27:10 12 F01-14
223 Caleb Coyne 15 M 27:12 29 M15-19
224 Alyssa Apple 11 F 27:13 13 F01-14
225 Lindsey Kelley 14 F 27:14 14 F01-14
226 Shannon Davies 45 F 27:17 5 F45-49
227 Elaine Heimers-Cook 30 F 27:19 7 F30-34
228 Darrall Fogus 58 M 27:20 7 M55-59
229 Sonia Scarcella 47 F 27:22 6 F45-49
230 Amanda Lerch 17 F 27:24 19 F15-19
231 Wayne Chase 45 M 27:24 14 M45-49
232 Leah Bisgrove 13 F 27:25 15 F01-14
233 William Spreter 65 M 27:26 2 M65-69
234 Sarah Place 21 F 27:28 10 F20-24
235 Shane Gamer 13 F 27:31 16 F01-14
236 Anna-Maria Tuori 56 F 27:31 2 F55-59
237 Katie Sposato 14 F 27:33 17 F01-14
238 Robert Havdala 26 M 27:34 15 M25-29
239 Makayla Barnes 13 F 27:36 18 F01-14
240 Christina Donabella 13 F 27:37 19 F01-14
241 Sean Hannan 14 M 27:38 28 M01-14
242 Anna Marie Sallis 13 F 27:39 20 F01-14
243 Theresa Hoffman 14 F 27:39 21 F01-14
244 Casey Koenig 13 M 27:39 29 M01-14
245 Kimberly Lucia 41 F 27:43 4 F40-44
246 Joey Calabria 11 M 27:44 30 M01-14
247 Jason Stalsonberg 39 M 27:51 12 M35-39
248 Laurie Ucher 48 F 27:56 7 F45-49
249 Beth Robbins 35 F 27:56 7 F35-39
250 Robert Rieth 67 M 27:57 3 M65-69
251 Suzanne Achorn 24 F 27:57 11 F20-24
252 Joseph Beard 46 M 27:59 15 M45-49
253 Matthew Robbins 35 M 28:00 13 M35-39
254 Lloyd Besaw 66 M 28:01 4 M65-69
255 Natalie Werbeck 24 F 28:04 12 F20-24
256 Chris Schneid 17 M 28:04 30 M15-19
257 Brandon Irving 13 M 28:08 31 M01-14
258 Alexia Wagner 11 F 28:10 22 F01-14
259 Wendy Riccelli 45 F 28:11 8 F45-49
260 Brandi Andrews 34 F 28:19 8 F30-34
261 Tom Richardson 45 M 28:20 16 M45-49
262 Nicole Traylor 25 F 28:21 3 F25-29
263 Cory McCarthy 27 M 28:21 16 M25-29
264 Jennifer Rhoades 43 F 28:26 5 F40-44
265 Todd Reardon 48 M 28:29 17 M45-49
266 Alexis Polimino 18 F 28:37 20 F15-19
267 Jamie Kimmel 12 M 28:39 32 M01-14
268 Kellie Bouthillier 33 F 28:40 9 F30-34
269 Bill Hansen 46 M 28:40 18 M45-49
270 Jessica Wheeler 20 F 28:42 13 F20-24
271 Kenneth Goldman 56 M 28:46 8 M55-59
272 Mark Burlingame 52 M 28:46 14 M50-54
273 Angie Polito 37 F 28:47 8 F35-39
274 Tanya Pierson 35 F 28:48 9 F35-39
275 Melanie Begel 15 F 28:49 21 F15-19
276 Molly Shaughnessy 12 F 28:49 23 F01-14
277 Kelly Glashauser 37 F 28:52 10 F35-39
278 Ripley Hoffman 14 F 28:53 24 F01-14
279 Mary Polimino 50 F 28:55 8 F50-54
280 Amy Furletti 41 F 28:56 6 F40-44
281 Nicholas Gratch 31 M 28:57 4 M30-34
282 Denise Carlson 47 F 28:58 9 F45-49
283 Bradley Hoffman 42 M 28:59 7 M40-44
284 Greg Boshart 48 M 29:03 19 M45-49
285 Robert Geiger 33 M 29:04 5 M30-34
286 Matt Wolsey 16 M 29:13 31 M15-19
287 Matthew Ingram 26 M 29:15 17 M25-29
288 Brianna Grimes 15 F 29:15 22 F15-19
289 Isabella Laface 10 F 29:17 25 F01-14
290 Olivia Misciagna 12 F 29:19 26 F01-14
291 Michael Madigan 60 M 29:20 5 M60-64
292 Michael Lucia 37 M 29:28 14 M35-39
293 Theresa Bulone 32 F 29:31 10 F30-34
294 Maria Yakowec 32 F 29:34 11 F30-34
295 Meredith Andrews 48 F 29:36 10 F45-49
296 Jennifer Berthoff 35 F 29:40 11 F35-39
297 Richard Frio 63 M 29:42 6 M60-64
298 Gina Scibetta 15 F 29:45 23 F15-19
299 Brian Cottrell 53 M 29:47 15 M50-54
300 Mary Greenseich 54 F 29:48 9 F50-54
301 Katie Morris 50 F 29:50 10 F50-54
302 Erin Murphy 45 F 29:52 11 F45-49
303 Dena Troubetaris 42 F 29:54 7 F40-44
304 Kerriann Borke 26 F 29:55 4 F25-29
305 Joseph Losito 24 M 29:55 29 M20-24
306 Andrew Fadden 28 M 29:59 18 M25-29
307 Ashley Wheeler 23 F 29:59 14 F20-24
308 Austin George 19 M 30:01 32 M15-19
309 Jillian Witz 20 F 30:07 15 F20-24
310 Nancy Bryant 51 F 30:10 11 F50-54
311 Robert Juneau 44 M 30:11 8 M40-44
312 Jerry P. Smith 67 M 30:13 5 M65-69
313 Robert Schmidt 23 M 30:16 30 M20-24
314 Jonathan Clarke 10 M 30:18 33 M01-14
315 Nuno Oliveira 29 M 30:19 19 M25-29
316 Courtney Comenale 17 F 30:20 24 F15-19
317 Konnor Frey 9 M 30:24 34 M01-14
318 Amy Shandler 44 F 30:24 8 F40-44
319 Lori Gabriel 50 F 30:27 12 F50-54
320 Mollie James 10 F 30:28 27 F01-14
321 Ellen Traub 20 F 30:32 16 F20-24
322 Matthew Walker 23 M 30:38 31 M20-24
323 Angelina Bellows 12 F 30:40 28 F01-14
324 Keith Davis 28 M 30:42 20 M25-29
325 Michel Ginter-Garner 47 F 30:44 12 F45-49
326 Brianna McNamara 18 F 30:47 25 F15-19
327 Tracy Irvine 44 F 30:47 9 F40-44

328 Kristyn McDermott 25 F 30:49 5 F25-29
329 Elizabeth Aman 24 F 30:49 17 F20-24
330 Maryann Joyce 50 F 30:52 13 F50-54
331 John Joyce 53 M 30:52 16 M50-54
332 Paul Rieth 59 M 30:58 9 M55-59
333 Jake Natali 19 M 31:03 33 M15-19
334 Mia Falgratano 11 F 31:04 29 F01-14
335 Mia Falgratano 11 F 31:04 30 F01-14
336 Julia Mann 11 F 31:07 31 F01-14
337 Emily Schlueter 11 F 31:07 32 F01-14
338 Chris Koeppel 38 M 31:14 15 M35-39
339 Joshua Koeppel 12 M 31:14 35 M01-14
340 Kim Lupia 45 F 31:15 13 F45-49
341 Aaron Connors 31 M 31:21 6 M30-34
342 Madison Gerbsch 14 F 31:22 33 F01-14
343 Lori Fleury 51 F 31:22 14 F50-54
344 Rich Green 30 M 31:28 7 M30-34
345 Michael Fire 32 M 31:28 8 M30-34
346 Brian Trendowski 40 M 31:31 9 M40-44
347 Maggie Traub 14 F 31:31 34 F01-14
348 Carrie Trendowski 38 F 31:31 12 F35-39
349 Sarah Jones 28 F 31:39 6 F25-29
350 William Jones 28 M 31:39 21 M25-29
351 Kalli Frey 14 F 31:40 35 F01-14
352 Tina Mueller 39 F 31:40 13 F35-39
353 Clayton Baker 42 M 31:53 10 M40-44
354 Lisa Kaylor 45 F 31:53 14 F45-49
355 Christy Normanly 39 F 31:56 14 F35-39
356 Sarah Pryor 32 F 31:56 12 F30-34
357 Jamie Snyder 10 F 31:59 36 F01-14
358 Kayla Shanley 10 F 32:00 37 F01-14
359 Nancy Burt 59 F 32:06 3 F55-59
360 John Riese 55 M 32:06 10 M55-59
361 Chris Leahy 39 M 32:07 16 M35-39
362 George Given 64 M 32:12 7 M60-64
363 Katrina Degilormo 17 F 32:13 26 F15-19
364 Elizabeth Dennis 12 F 32:13 38 F01-14
365 Julie Middleton 42 F 32:18 10 F40-44
366 Camryn Humphrey 11 F 32:20 39 F01-14
367 Dianna Joslyn 34 F 32:20 13 F30-34
368 Danielle Phelps 30 F 32:27 14 F30-34
369 Jasmine Goldthwait 15 F 32:29 27 F15-19
370 Kayla Gugino 15 F 32:31 28 F15-19
371 Allee Emmi 24 F 32:31 18 F20-24
372 Ariel Tranchell 27 F 32:31 7 F25-29
373 Anna Laface 42 F 32:34 11 F40-44
374 Jessica Snyder 14 F 32:34 40 F01-14
375 Madison Mousaw 15 F 32:34 29 F15-19
376 Kelly Ewald 34 F 32:45 15 F30-34
377 Stacy Green 30 F 32:46 16 F30-34
378 Erica Buckland 31 F 32:50 17 F30-34
379 Aleigha Fletcher 29 F 32:58 8 F25-29
380 James Praino 25 M 32:58 22 M25-29
381 Adrienne Torrey 19 F 32:58 30 F15-19
382 Ann Torrey 50 F 32:58 15 F50-54
383 David Traub 52 M 32:59 17 M50-54
384 Marisa Degilormo 19 F 33:01 31 F15-19
385 Maxwell Fortna 10 M 33:05 36 M01-14
386 Annabella Calabria 11 F 33:06 41 F01-14
387 Jacquelyn Leonardo 31 F 33:07 18 F30-34
388 Kim Glassford 47 F 33:07 15 F45-49
389 Trevor Stahrr 10 M 33:09 37 M01-14
390 Zachary Fortna 34 M 33:09 9 M30-34
391 Sam Graceffo 77 M 33:17 1 M75-79
392 Yvonne Friscia 46 F 33:21 16 F45-49
393 Sean Hayden 42 M 33:23 11 M40-44
394 Riley Hayden 9 F 33:23 42 F01-14
395 Greg Boehler 31 M 33:29 10 M30-34
396 Isabelle Shaw 6 F 33:31 43 F01-14
397 Terry MacNabb 61 M 33:32 8 M60-64
398 Kitty Doupe 31 F 33:36 19 F30-34
399 Joe Johnston 45 M 33:37 20 M45-49
400 Tiffany Surface 14 F 33:37 44 F01-14
401 Rachel Surface 14 F 33:37 45 F01-14
402 Emily Surface 16 F 33:38 32 F15-19
403 Maggie Kaminski 10 F 33:39 46 F01-14
404 Kelly Kaminski 43 F 33:39 12 F40-44
405 Jeannine White 40 F 33:39 13 F40-44
406 Michael Shelmidine 36 M 33:40 17 M35-39
407 Georgia Baker 41 F 33:41 14 F40-44
408 Wendy Savage 54 F 33:46 16 F50-54
409 Tristan Johnson 7 M 33:49 38 M01-14
410 Susan Wright 46 F 33:51 17 F45-49
411 Andrea Slaven 54 F 33:51 17 F50-54
412 Linda Bartlett 52 F 33:52 18 F50-54
413 Caitlin Demm 31 F 33:54 20 F30-34
415 Abigail Walsh 9 F 34:04 48 F01-14
416 Beth Walsh 43 F 34:04 15 F40-44
417 Jake Clafin 19 M 34:05 34 M15-19
418 Angela Copp 48 F 34:06 18 F45-49
419 Jennifer Saunders 40 F 34:14 16 F40-44
420 Danielle Labarre 27 F 34:15 9 F25-29
421 Tom Randall 63 M 34:17 9 M60-64
422 Robin Cook 53 F 34:18 19 F50-54
423 David Prestemon 68 M 34:26 6 M65-69
424 Richard Sargent 72 M 34:32 1 M70-74
425 David Goldman 24 M 34:34 32 M20-24
426 Erin Mulderig 29 F 34:36 10 F25-29
427 Nancy O'Connor 65 F 34:38 1 F65-69
428 Mikaela Kaminski 13 F 34:46 49 F01-14
429 Deborah Saucier 49 F 35:06 19 F45-49
430 William Copp 43 M 35:06 12 M40-44
431 Gary Douglass 67 M 35:09 7 M65-69
432 Carly Tolhurst 12 F 35:09 50 F01-14
433 Sue Flannagan 45 F 35:14 20 F45-49
434 Tracy Sutor 42 F 35:14 17 F40-44
435 Rachel Brooks 18 F 35:14 33 F15-19
436 Zachary Allard 17 M 35:26 35 M15-19
437 Erin Denkenberger 32 F 35:29 21 F30-34
438 Alexis Shaughnessy 17 F 35:29 34 F15-19
439 Kaitlyn Sellin 23 F 35:29 19 F20-24
440 Tracie Revette 32 F 35:29 22 F30-34
441 Angelina Vangelov 11 F 35:31 51 F01-14
442 Antonietta Vangelov 39 F 35:31 15 F35-39
443 Kimberly Delahunt 39 F 35:31 16 F35-39
444 Kim Lake 38 F 35:42 17 F35-39
445 Destiny Brown 12 F 35:43 52 F01-14
446 Janet Ingram 26 F 35:43 11 F25-29
447 Karl Brown 11 M 35:54 39 M01-14
448 Olivia Delahunt 16 F 35:57 35 F15-19
449 Margaret Marrer 29 F 35:57 12 F25-29
450 Sarah Schranz 29 F 35:58 13 F25-29
451 Loren Watkins 11 F 35:59 53 F01-14
452 Marie Thompson 31 F 36:00 23 F30-34
453 Christine Caruso 30 F 36:00 24 F30-34
454 Kristin Johnston 36 F 36:03 18 F35-39
455 Stephanie Wicks 29 F 36:04 14 F25-29
456 Owen Delahunt 7 M 36:10 40 M01-14
457 Kristine Waldron 40 F 36:23 18 F40-44

458 Julia Turton 10 F 36:24 54 F01-14
 459 Shelly Borton 32 F 36:43 25 F30-34
 460 Carter Smith 9 M 37:01 41 M01-14
 461 Sara Obrist 22 F 37:16 20 F20-24
 462 Pamela MacNabb 57 F 37:16 4 F55-59
 463 Kayla Reed 19 F 37:20 36 F15-19
 464 Anne Proppe 63 F 37:20 1 F60-64
 465 Amanda Bottorff 18 F 37:20 37 F15-19
 466 Jody Thomas 43 F 37:28 19 F40-44
 467 Sandra Gulino 51 F 37:32 20 F50-54
 468 Kate Elstad 32 F 37:48 26 F30-34
 469 Erin Schriever 14 F 37:50 55 F01-14
 470 Lexi Sanguine 17 F 38:00 38 F15-19
 471 Lauren Emmi 21 F 38:00 21 F20-24
 472 Robert Jutton 62 M 38:09 10 M60-64
 473 Abby Wines 9 F 38:22 56 F01-14
 474 Andrew Martin 14 M 38:22 42 M01-14
 475 Cheyenne Hall 7 F 38:27 57 F01-14
 476 Eryn Cervino 10 F 38:41 58 F01-14
 477 Kathleen Fandrich 23 F 38:43 22 F20-24
 478 Meagan Fandrich 20 F 38:43 23 F20-24
 479 Christianna Grinter 29 F 38:44 15 F25-29
 480 Sue Gardinier 72 F 38:54 1 F70-74
 481 Jamie McCann 35 F 38:56 19 F35-39
 482 Julia McCann 10 F 38:57 59 F01-14
 483 Shannon Gratch 29 F 39:07 16 F25-29
 484 Joanna Taddeo 29 F 39:23 17 F25-29
 485 Walter Merriam 70 M 39:27 2 M70-74
 486 Alexis Arnold 13 F 39:33 60 F01-14
 487 Shirley Hall 46 F 39:35 21 F45-49
 488 Jill Stagnitta 31 F 39:36 27 F30-34
 489 Stephanie Visconti 29 F 39:36 18 F25-29
 490 Jennifer Stalsonberg 39 F 40:08 20 F35-39
 491 Kate Lane 27 F 40:20 19 F25-29
 492 Lauren Patton 29 F 40:20 20 F25-29
 493 Janet Seeley 57 F 40:47 5 F55-59
 494 Nataly Rombel 42 F 40:51 20 F40-44
 495 Connie Ciccone 69 F 41:17 2 F65-69
 496 Christine Kot 41 F 41:20 21 F40-44
 497 Emily Lanning 14 F 41:21 61 F01-14
 498 Joseph Zakrajsek 38 M 41:22 18 M35-39
 499 Melissa Zakrajsek 34 F 41:22 28 F30-34
 500 Donna Yates 55 F 41:58 6 F55-59
 501 Liam Goodwin 9 M 42:02 43 M01-14
 502 Eva Goodwin 46 F 42:03 22 F45-49
 503 James Brand 43 M 42:11 13 M40-44
 504 Rachel Brand 44 F 42:11 22 F40-44
 505 Kathleen Wrotiak 57 F 42:43 7 F55-59
 506 Kyle Tantillo 14 M 43:21 44 M01-14
 507 Cheryl Palladino 57 F 43:38 8 F55-59
 508 Tyler Allen 11 M 43:39 45 M01-14
 509 Donavin Scott 11 M 43:49 46 M01-14
 510 Margaret Traub 49 F 43:59 23 F45-49
 511 Olivia Lesko 11 F 44:02 62 F01-14
 512 Emma Tallman 10 F 44:03 63 F01-14
 513 Daria Pilipczuk 66 F 44:55 3 F65-69
 514 Michelle Ackerman 46 F 45:28 24 F45-49
 515 Amanda Bratjan 24 F 45:28 24 F20-24
 516 David Taddeo 66 M 45:47 8 M65-69
 517 David Taddeo 66 M 45:47 9 M65-69
 518 Kathleen Prestemon 59 F 46:23 9 F55-59
 519 Bonnie McSpadden 51 F 46:24 21 F50-54
 520 Joanna Andrews 42 F 46:24 23 F40-44
 521 Michelle Archer 37 F 47:09 21 F35-39
 522 Carol Archer Boboris 36 F 47:17 22 F35-39
 523 Dimitri Boboris 3 M 47:17 47 M01-14
 524 Sharon Sonnacchio 72 F 47:47 2 F70-74
 525 Jennifer Geiger 40 F 48:16 24 F40-44
 526 Susan Given 60 F 49:11 2 F60-64
 527 Joseph Troia 24 M 49:22 33 M20-24
 528 Chris Sherwood 53 F 49:35 22 F50-54
 529 Megan Taylor 24 F 49:37 25 F20-24
 530 Pauline Shanley 45 F 49:39 25 F45-49
 531 Abbie Steffy 23 F 51:45 26 F20-24
 532 Jeff Clafin 42 M 51:47 14 M40-44
 533 Jennifer Morey 29 F 51:49 21 F25-29
 534 Cynthia Clafin 44 F 51:54 25 F40-44
 535 Gayle Taylor 54 F 59:27 23 F50-54
 536 Katy Diaz 22 F 1:01:31 27 F20-24
 537 Angela England 31 F 1:01:39 29 F30-34
 538 Marion Brand 62 F 1:04:03 3 F60-64
 539 Melissa Lanning 40 F 1:04:04 26 F40-44
 HESS EXPRESS SWAMP RAT RUNS 10K RACE
 1 Ryan Millar 23 M 32:38 1 M20-24
 2 Chris Rauli 26 M 33:04 1 M25-29
 3 Andrew Fleisher 23 M 35:25 2 M20-24
 4 Michael Dee 23 M 35:37 3 M20-24
 5 Rusty Edwards 32 M 35:47 1 M30-34
 6 Richard Terpening 42 M 36:05 1 M40-44
 7 Nick Erwin 16 M 36:19 1 M15-19
 8 Colin Greenseich 18 M 37:10 2 M15-19
 9 Christopher Hannan 17 M 37:29 3 M15-19
 10 Jay Tracy 42 M 37:36 2 M40-44
 11 James Meyers 24 M 37:50 4 M20-24
 12 Nicholas Murgia 21 M 37:51 5 M20-24
 13 Brittany Burns 25 F 37:57 1 F25-29
 14 Shawn Molloy 45 M 38:56 1 M45-49
 15 Ronald Toledo 28 M 39:42 2 M25-29
 16 Timothy Riccardi 56 M 39:48 1 M55-59
 17 Curtis Crouse 34 M 40:06 2 M30-34
 18 Brigid Heenan 23 F 40:36 1 F20-24
 19 Evan Tracy 16 M 40:54 4 M15-19
 20 Rob Duclos 19 M 41:22 5 M15-19
 21 Jason Keicher 36 M 41:24 1 M35-39
 22 Greg Mellor 32 M 41:25 3 M30-34
 23 Robert Haas 54 M 41:42 1 M50-54
 24 Samuel Barber 14 M 42:04 1 M01-14
 25 Michael Lacombe 51 M 42:44 2 M50-54
 26 John Condon 59 M 43:22 2 M55-59
 27 Jacquelyn Halstead 17 F 43:35 1 F15-19
 28 Joseph Riccardi 14 M 43:39 2 M01-14
 29 Rachel Given 25 F 43:55 2 F25-29
 30 Chuck Milazzo 58 M 44:00 3 M55-59
 31 Michael Skavarch 57 M 44:19 4 M55-59
 32 Sharon Piepho 46 F 44:23 1 F45-49
 33 Erik Quilty 35 M 44:44 2 M35-39
 34 Corrine Haynes 46 F 44:51 2 F45-49
 35 Michael Buselli 56 M 44:52 5 M55-59
 36 David Suarez 48 M 45:04 2 M45-49
 37 Michael Dautrich 56 M 45:18 6 M55-59
 38 Bethany Brown 19 F 45:19 2 F15-19
 39 Chris Golden 43 M 45:26 3 M40-44
 40 Rodney Payne 46 M 45:51 3 M45-49
 41 Stacey Elliott 28 F 46:01 3 F25-29
 42 Paul Geller 46 M 46:12 4 M45-49
 43 Sean Scott 29 M 46:17 3 M25-29
 44 Bridget Knickerbocke 23 F 46:22 2 F20-24
 45 Brett Sullivan 30 M 46:42 4 M30-34

46 Bruce Brown 54 M 46:53 3 M50-54
 47 Ed Farney 50 M 46:56 4 M50-54
 48 Thomas Cusworth 54 M 46:58 5 M50-54
 49 Andrew Lodge 35 M 47:20 3 M35-39
 50 John Perperian 14 M 47:27 3 M01-14
 51 Nathan Stein 26 M 47:34 4 M25-29
 52 Andrew Trapasso 45 M 47:43 5 M45-49
 53 Ashley Demers 25 F 47:43 4 F25-29
 54 Kara Rusch 46 F 47:45 3 F45-49
 55 Warren Kincaid 15 M 47:57 6 M15-19
 56 Jason Fingerman 41 M 48:01 4 M40-44
 57 Deborah Justice 34 F 48:03 1 F30-34
 58 Joel Capolongo 37 M 48:04 4 M35-39
 59 Renee Affinati 33 F 48:05 2 F30-34
 60 Jake Dehm 17 M 48:15 7 M15-19
 61 Eileen Stempel 46 F 48:17 4 F45-49
 62 Chelsea Cooper 19 F 48:41 3 F15-19
 63 Paul Conte 24 M 49:00 6 M20-24
 64 Steven Fernandez 52 M 49:04 6 M50-54
 65 Justin Zappala 11 M 49:04 4 M01-14
 66 Ben O'Brien 29 M 49:12 5 M25-29
 67 Sarah Wood 32 F 49:12 3 F30-34
 68 Ralph Kelley 58 M 49:26 7 M55-59
 69 Tyler Cooper 26 M 49:27 6 M25-29
 70 Dave Talcott 54 M 49:46 7 M50-54
 71 Mary Swan 52 F 49:49 1 F50-54
 72 Anna Jerome 42 F 49:56 1 F40-44
 73 Holly Weiskopf 38 F 49:57 1 F35-39
 74 Justin White 30 M 50:16 5 M30-34
 75 Jennifer Brice 51 F 50:21 2 F50-54
 76 James McNamara 53 M 50:27 8 M50-54
 77 Lisa Wendler 46 F 50:28 5 F45-49
 78 Kylie Black 27 F 50:39 5 F25-29
 79 Erin Talcott 36 F 50:48 2 F35-39
 80 Colleen Stuper 33 F 50:52 4 F30-34
 81 Joseph Smith 26 M 51:03 7 M25-29
 82 Louis Gullino 60 M 51:07 1 M60-64
 83 Alan Brown 57 M 51:10 8 M55-59
 84 Charles Donohoe 52 M 51:15 9 M50-54
 85 Becky Sargis 29 F 51:20 6 F25-29
 86 Anne Button 33 F 51:44 5 F30-34
 87 Tonya Grunder 54 F 51:47 3 F50-54
 88 Jessica Jelfo 19 F 51:49 4 F15-19
 89 Ryan Crouse 28 M 52:16 8 M25-29
 90 Nicole Windhausen 33 F 52:19 6 F30-34
 91 Jesse Schmidt 32 M 52:20 6 M30-34
 92 Richard Mussi 45 M 52:20 6 M45-49
 93 Robert McNamara 63 M 52:33 2 M60-64
 94 Ken Cigler 58 M 53:10 9 M55-59
 95 Sean Price 45 M 53:27 7 M45-49
 96 Ashley Smith 26 F 53:28 7 F25-29
 97 Kelly Husby 48 F 53:30 6 F45-49
 98 Frank Facciolo 31 M 53:33 7 M30-34
 99 Peter Graf 39 M 53:41 5 M35-39
 100 Gina Cusworth 52 F 54:18 4 F50-54
 101 Ashley Riordan 27 F 54:22 8 F25-29
 102 Morgan Roemer 23 F 54:30 3 F20-24
 103 Jennifer Murphy 27 F 54:31 9 F25-29
 104 Jessica McHugh 19 F 54:43 5 F15-19
 105 Tyler McDonald 22 M 54:45 7 M20-24
 106 Rebecca Meek 36 F 54:46 3 F35-39
 107 Sean Hayden 42 M 55:01 5 M40-44
 108 Denise Carlson 47 F 55:06 7 F45-49
 109 Jamie Hulbert 37 M 55:11 6 M35-39
 110 Nancy Giardina 49 F 55:16 8 F45-49
 111 Christine Ansum 40 F 55:35 2 F40-44
 112 Stephanie Fahrback 22 F 55:44 4 F20-24
 113 Richard Albano 42 M 55:54 6 M40-44
 114 Shawn Murphy 27 M 56:24 9 M25-29
 115 Teresa Mech 48 F 56:30 9 F45-49
 116 Jill Arnold 45 F 56:38 10 F45-49
 117 Jenny Sommers 34 F 56:49 7 F30-34
 118 Thomas Kennedy 41 M 57:22 7 M40-44
 119 Michael Wendler 53 M 57:22 10 M50-54
 120 Rachel Cooper 26 F 57:26 10 F25-29
 121 Judy Crowley 63 F 57:30 1 F60-64
 122 Richard Cisar 65 M 57:37 1 M65-69
 123 Chrissy Isbell 49 F 57:41 11 F45-49
 124 Kristine Fallon 30 F 57:51 8 F30-34
 125 Shannon Green 27 F 57:51 11 F25-29
 126 Sarah Formoza 30 F 57:59 9 F30-34
 127 Mark Raymond 32 M 58:35 8 M30-34
 128 Amanda Raymond 32 F 58:37 10 F30-34
 129 Tracy Kennedy 35 F 58:45 4 F35-39
 130 Shannon Bayless 44 M 58:47 8 M40-44
 131 Darrall Fogus 58 M 58:50 10 M55-59
 132 Christian Sisack 46 M 59:05 8 M45-49
 133 Tad Kalahar 44 M 59:33 9 M40-44
 134 Chrissy Peterson 35 F 59:38 5 F35-39
 135 Mary Bearkland 47 F 59:38 12 F45-49
 136 William Cloute 46 M 59:39 9 M45-49
 137 Matthew Schader 43 M 1:00:46 10 M40-44
 138 Marisue Cigler 57 F 1:00:49 1 F55-59
 139 Sandra Heater 33 F 1:01:04 11 F30-34
 140 Jessica Rocheleau 27 F 1:01:09 12 F25-29
 141 Cassie Charles 27 F 1:01:10 13 F25-29
 142 Jessica Sweeney 38 F 1:01:10 6 F35-39
 143 Michael Conte 55 M 1:01:18 11 M55-59
 144 Maria Marullo 12 F 1:01:35 1 F01-14
 145 Mary Wiczorek 12 F 1:01:35 2 F01-14
 146 Ellen Suarez 43 F 1:01:55 3 F40-44
 147 Virginia Slobe 51 F 1:02:29 5 F50-54
 148 Andrea Hollier 49 F 1:02:29 13 F45-49
 149 Brian Bayless 41 M 1:02:57 11 M40-44
 150 Loren Davies 46 M 1:02:58 10 M45-49
 151 Mary Ellen Kalahar 45 F 1:03:01 14 F45-49
 152 Shannon Davies 45 F 1:03:02 15 F45-49
 153 Barb Roach 46 F 1:03:05 16 F45-49
 154 Christy Sargent 40 F 1:03:05 4 F40-44
 155 Keith Fleury 42 M 1:03:12 12 M40-44
 156 Laurie Burlingame 38 F 1:03:46 7 F35-39
 157 Ellen Brunet 53 F 1:04:02 6 F50-54
 158 Rachel Taft 30 F 1:04:31 12 F30-34
 159 Jeanne Pizzuto-Sauve 44 F 1:04:40 5 F40-44
 160 Elitha White 36 F 1:05:01 8 F35-39
 161 Carol Rider 72 F 1:05:03 1 F70-74
 162 Erica Grunder 31 F 1:05:12 13 F30-34
 163 Lynn Lebedzinski 42 F 1:05:35 6 F40-44
 164 Erin Facciolo 28 F 1:05:36 14 F25-29
 165 Danielle Pienkowski 27 F 1:06:07 15 F25-29
 166 Malinda Pienkowski 36 F 1:06:07 9 F35-39
 167 Joan Deyle 69 F 1:06:20 1 F65-69
 168 Alanna Cornwell 31 F 1:06:24 14 F30-34
 169 Stephanie MacDerment 38 F 1:06:27 10 F35-39
 170 Kim Van Camp 31 F 1:06:59 15 F30-34
 171 Joan Oster 65 F 1:07:00 2 F65-69
 172 Doris Bessasparis 47 F 1:07:00 17 F45-49
 173 Gloria Colton 70 F 1:07:05 2 F70-74
 174 Patti Dienhoffer 34 F 1:07:10 16 F30-34

Empire State Senior Games Results continued from page 4

Chip O'Reilly (70-74)	50m	15.00	3rd
	200m	61.4	3rd
	400m	2:19.7	4th
	800m	4:31.8	3rd
	1500m	9:17.3	4th
	1500m walk	14:43.0	1st
Kermit Cadrette (75-79)	50m	9.60	2nd
	100m	18.8	2nd
	200m	56.0	3rd
	400m	2:03.3	2nd
	800m	4:00.1	2nd
	1500m	8:05.9	2nd
	1500m walk	14:45.4	2nd
	discus	16.54m	4th
	shot put	7.18m	3rd
	triple jump	3.03m	1st
	5k road walk	40:19	1st
	5k road	28:46	3rd
	high jump	1.00m	1st
	hammer	17.03m	3rd
	javelin	19.85m	1st
	long jump	2.05m	1st
Robert Bruce (85-89)	50m	10.30	1st
	100m	20.3	1st
	200m	52.6	1st
Bob Nicholson (65-69)	400m	88.5	1st
	1500m walk	10:30.0	1st
	5k road walk	36:33	1st
Jerry Bisson (80-84)	400m	1:58.8	1st
Barbara LoPiccolo (65-69)	discus	17.37m	2nd
	hammer	25.88m	1st
	javelin	17.84m	2nd
	shot put	7.57m	2nd
Harry Schwarze (70-74)	discus	28.28m	3rd
Gary Crawford (70-74)	discus	26.81m	4th
	hammer	24.96	1st
	javelin	17.90m	4th
Chuck Yost (75-79)	discus	22.78m	1st
	hammer	21.92m	2nd
	javelin	18.98m	2nd
	shot put	8.81m	1st
175 Dean McDonald	53 M 1:07:37	11 M50-54	
176 Thomas Taylor	67 M 1:07:42	2 M65-69	
177 John Costello	53 M 1:08:20	12 M50-54	
178 Bill Byrne	65 M 1:08:40	3 M65-69	
179 Kris Jenne	53 F 1:09:26	7 F50-54	
180 Anna Goings	16 F 1:09:50	6 F15-19	
181 Linda Goings	52 F 1:09:51	8 F50-54	
182 Christina Barker	37 F 1:10:06	11 F35-39	
183 Amanda Chisamore	26 F 1:10:31	16 F25-29	
184 Melissa Waters	27 F 1:10:31	17 F25-29	
185 John Crowley	63 M 1:12:22	3 M60-64	
186 Kristin Ford	28 F 1:13:44	18 F25-29	
187 Tammy Pittsley	37 F 1:15:24	12 F35-39	
188 Suzanne Crowley	54 F 1:15:56	9 F50-54	
189 Susan Whitney	55 F 1:20:15	2 F55-59	
190 Melanie Chevez	36 F 1:22:45	13 F35-39	
191 Megan Hansen	28 F 1:25:15	19 F25-29	
192 Sheldon Kall	82 M 1:41:54	1 M80+	
Erwin Rice (90-94)	discus	10.02m	2nd
	shot put	4.20m	2nd
David Rider (80-84)	high jump	1.10m	1st
	hammer	20.86m	2nd
	long jump	2.05m	1st
	triple jump	6.14m	1st
	pole vault	1.52m	1st
	shot put	7.33m	2nd
Patrick Lynn (60-64)	hammer	34.72m	2nd
John Hosp (75-79)	javelin	11.10m	3rd
	hammer	16.66m	3rd
	discus	16.54m	3rd
Peter McGinnis (60-64)	pole vault	3.20m (10'-6")	1st
Bill Quinlisk (60-64)	50m	8.20	4th
	800m	3:05.0	3rd
	1500m	6:51.7	2nd

A Brief Chronology of the Nate and Evelyn White Era

- April, 1982**—Nate begins his tenure on the SCTC Board, succeeding Bob Weathers as “Vice-Chairman” under the Club’s “Chairman,” John LaGraff.
- Spring, Summer, and Fall of 1982**—Evelyn attends all of the Board meetings, helping in a variety of non-Director roles, most notably serving on Phil Rice’s membership committee.
- August 18, 1982**—Nate succeeds John LaGraff as the Club’s “Chairman”
- April, 1983**—Evelyn succeeds Phil Rice as the Club’s Membership Chairperson, which makes her an *ex officio* member of the Board.
- June, 1986**—Following months of shepherding the process of revising the Club’s Bylaws and incorporating the Club as an independent 501(c)(3) organization within the Syracuse Chargers, Inc., Nate’s title shifts from “Chairman” to “President” of the independently incorporated Syracuse Chargers Track Club, Inc.
- December, 1986**—The Athletics Congress (TACUSA) recognizes Nate and Evelyn as joint recipients of the Otto Essig Award for meritorious service to masters long distance running.
- July, 1987**—Evelyn directs the Cazenovia July 4th Foot Races, relieving the event’s founder, Bruce Fredrikson, of the responsibility.
- April, 1988**—Evelyn joins editor John LaGraff’s *Chargers Newsletter* staff as “Results Editor.”
- January, 1989**—Evelyn adds the position of Newsletter Coordinator to her continuing *ex officio* Board position as Membership Chair.
- January, 1990**—Evelyn succeeds Tom Ryan as Coordinator of the Onondaga Lake Park Thursday Evening Runs.
- May, 1990**—Evelyn succeeds John LaGraff as Editor of the *Chargers Newsletter*.
- May, 1990**—The Road Runner’s Club of America (RRCA) presents Nate with the Scott Hamilton Award, recognizing him as the nation’s Most Outstanding RRCA Club President.
- December, 1991**—*Runner’s World Magazine* recognizes Nate with its Bob Rodale Golden Shoe Award.
- April 15, 1994**—Nate concludes his twelve-year tenure as Chairman/President of the Club, remaining on the Board as an *ex officio* Director. As part of the reorganization of the Board, Evelyn begins her first decade as the Club’s Vice President—Administration, with her *ex officio* Director’s position of Membership Coordinator incorporated into the new position of VP—Administration. Beginning on this date, Nate and Evelyn “share” the position of Newsletter Editor until Nate’s retirement from the Board in May of 2004.
- June, 1996**—*Runner’s World Magazine* recognizes Evelyn with its Bob Rodale Golden Shoe Award.
- June, 1998**—Evelyn concludes her eight-year run as coordinator of the Onondaga Lake Park Thursday Evening Runs, handing-off the position to Howard MacMillan.
- July, 1999**—Evelyn concludes her initial thirteen-year run as race director of the Cazenovia July 4th Foot Races, to be succeeded by Marla Bennett Jabbour
- April, 2000**—At the Club’s annual awards banquet, the Chargers surprise Nate and Evelyn with the announcement that they are the recipients of the inaugural Nate and Evelyn White Lifetime Service Award, with which the Club will recognize individuals with at least twenty years of outstanding volunteer service to the Chargers and the CNY running community.
- May, 2001**—Evelyn is recognized by the RRCA with the Rod Steele Award as the nation’s most outstanding RRCA club volunteer.
- January, 2004**—Evelyn concludes her 21-year tenure as SCTC Membership Chair, with Diane Shafer stepping up to handle the position.
- May, 2004**—Nate retires from the SCTC Board of Directors, concluding 22 years as a member of the Board. He continues to attend and participate in Board meetings.
- May, 2004**—Evelyn yields the title of Vice President to Mark Driscoll, but she continues as an *ex officio* Director in her role as Newsletter Editor and she continues to handle all of the administrative and clerical responsibilities of the VP—Administration position.
- July, 2006**—Evelyn is appointed to the vacant position of the Club’s Vice President, returning to her role as Vice President—Administration.
- May 10, 2007**—Nate passes away at age 80.
- July, 2007**—Evelyn succeeds Ed Roickle as race director of the Cazenovia July 4th Foot Races, beginning another eight years at the helm of the oldest annual road race in the Syracuse area.
- July, 2007**—Nate is recognized posthumously as recipient of the 2007 Arnie Briggs Good Guy Award.
- December, 2008**—Nate is posthumously inducted into the USATF Masters Hall of Fame.
- April, 2012**—Evelyn is recognized as recipient of the 2012 Arnie Briggs Good Guy Award.
- May, 2012**—Still taking on whatever Club responsibilities need to be handled, Evelyn succeeds John Luis, Jr. as SCTC Merchandise Coordinator.
- June 12, 2014**—Evelyn passes away at age 81, bringing the Nate and Evelyn Era to a close.

Remembrances and Reminiscences of Evelyn

From Terry McConnell: In my early days on the Charger's Board of Directors I mainly thought of Evelyn White as the sweet little old lady who looked after Nate, and kept the hungry board members well supplied at the monthly meetings in her basement; but Evelyn had a grittier, tougher, more stubborn side, too. You don't successfully manage a major road race for years and years by being a marshmallow.

I remember one time before a meeting when the talk turned to chickens, and Evelyn told me a story about her childhood that well illustrates this lesser-known side of her.

Evelyn grew up on a farm, which meant that everybody had chores. It was Evelyn's chore to visit the hen house each day and gather eggs. She came to dread and hate this task, mainly because of Harry, a large rooster who apparently took offence at her theft. Harry would hide in anticipation of Evelyn's inevitable passage on the way to the coop, and fly at her at some unexpected point. It was the very unpredictability of it that terrified her. Sometimes it might happen just outside the back door of the house, and sometimes she would almost make it to the coop unmolested, but always Harry would appear. Somehow, Evelyn managed to avoid actual contact with Harry, until one day it finally happened: Harry caught Evelyn and soundly pecked her! Fortunately for Evelyn (and unfortunately for Harry,) her father happened to be working in the yard at the time. Suffice it to say that the family had some fresh chicken for dinner that night.

At this point in her retelling of the story, Evelyn paused, and her lips curved into a slight smile that had very little to do with humor. "It was the best chicken I ever tasted."

From Peter Rhodes and Seymour "Joe" Ribyat: Evelyn was always so helpful in promoting the Chargers Special Olympics Program. On behalf of our developmentally disabled participants and our volunteers, we want to express our appreciation for her cooperation and support for so many years. We will miss her.

From Kathrine Switzer: When Evelyn received the Arnie Briggs Good Guy Award, it was just so appropriate and well-deserved. Evelyn worked hard and long for the sport she loved, just like Arnie did. For both of them, though, this was never "work" but sheer joy, and we are all beneficiaries. Evelyn was a marvelous woman, and will be so missed.

From Carol Sames-Zajdel: I just wanted to add a few comments about Evelyn. Our youngest son, Chris, started running with the Chargers 5 years ago when he was five years old. Evelyn was always at the indoor Chargers track meets and she was always cheering for him and he would always say "that nice lady is cheering for me".

When there were some old surplus uniform tops available, Evelyn saved one for Chris and he continues to proudly wear uniform at the indoor meets. As we would walk out of Manley, Evelyn would smile and say "nice job Chris, would you like a ribbon?"

You could tell that she really enjoyed the children run and her joy was contagious.

West Coast Thoughts from Mary Leivers: Speaking as a FFF (Formally Fast Female) and as a proud former member of the SCTC, I have warm remembrances of Evelyn. She was a caring and kindly lady who was always supportive of her club and its runners. In addition to her kindness, her organizational skills were notable and greatly appreciated by all who benefited from them.

Who can forget those large bowls of peanuts served at every SCTC board meeting! I guess back then no one suffered from a peanut allergy.

She will be greatly missed by all.

From Al Rhines: Evelyn left her imprint on CNY running from the organization of many local running events to the people she touched with her leadership positions with SCTC. I will remember Evelyn for her enthusiasm and integrity toward the growth of running in our community.

Evelyn was influential in developing the large numbers of venues the Chargers provided for all levels of running, including: 4th of July Caz Lake, Onondaga Lake Thursday Night runs, XC races at Green Lakes, Indoor Track at Cornell, and Manley Field House indoor practices and races, just to mention a few.

How fortunate we all were!

From Mickey Piscitelli: I remember Evelyn always present at Charger events with her camera. She would mingle and try to get pictures of new members or long-time members wearing Charger uniforms or sweatshirts.

I remember when I first started running, so many Thursday nights at Onondaga Lake Park fun runs where she and Nate would arrive super early to get things ready for the evening runs. She would have all of the participants write their name down on a card along with our finish time.

She would type up the results herself and include them in the newsletters. She was a one-woman army. She did more volunteer work in one month than most people do in a year.

From Sam Graceffo: The Mother Teresa of the Chargers: this is how I think of Evelyn. During her decades of selfless dedication she touched the lives of many of us, myself included. I have countless memories of her kindness and helpfulness, but none stands out more than the day of my first cross-country race. Having just turned 50, I was the rookie on our team. Stepping out of the car I saw the frost on the grass and felt the cold wind. "My God, it's freezing here." She smiled that famous smile and said, "If you wear your sweats warming up I think you'll be ok. I'll collect them just before the start." True to her word, she stood off to the side of the starting line with a big plastic bag. "Do you feel warmed up now?" "I do, thanks."

The race over, she stationed herself at the finish line. Somehow she remembered my sweats among the dozens she had collected. Handing them to me she said, "You can go in the clubhouse and warm up while they work on the results. Shortly she came in and noticed me eyeing a huge chocolate chip cookie. "You should celebrate your age group win with that."

"I can't. I left my wallet in the car."

"I'll buy it for you and you can give me the two dollars later."

The cookie was a bit dry and stale. But the memory of that day will never go stale. I was a newbie and she sensed my need for a little tender loving care. Mother Evelyn was there for me just as she was for so many others.

Words alone can not begin to express the extent of my appreciation, but I'll say them anyway: Thank you so very much Evelyn. I'll always remember you and all you did. I miss you already.

From Linda Oja: I fondly remember Evelyn in my early days of running as a Charger. Evelyn would be standing near the starting line before the race with her smile and encouraging words. She would inevitably be holding a bundle of warm up clothing, often juggling it with an umbrella. She later traded the umbrella for her rain bonnet so that she could still hold all of our clothing. After the race, Evelyn would greet us with the same smile, more encouraging words and the reminder to write down our times. She truly thought of herself as the "Charger Mom," and we came to fondly think of her in that way also.

On a more personal level, I considered Evelyn a member of our family. She was a thoughtful, kind and powerful role model. After Nate's death, Dave and I would often solve a problem or discuss a difficult situation by asking ourselves "WWND?" ("What Would Nate Do?"). We will now need to change that to include Evelyn (WWNAED?).

After I thanked Evelyn's nurse at Crouse one afternoon, she told me that it was easy to give Evelyn such wonderful care because "Evelyn is a special lady." She truly had no idea how special Evelyn White was! We were lucky to have had her in our lives these last 32 years.

From Nick Wetter: Evelyn was such an important cog for so many years in the Chargers organization. Being the editor of the Chargers Newsletter was only the tip of the iceberg. She was an early arrival for most of our club's track meets, and often compiled the results for the newsletter after the meet was over. She was often a catalyst when special projects needed to be attended to, such as identifying the awards winners for the annual banquet. She was our unofficial correspondent for both mail and telephone communications, often forwarding them to the right Charger member for reply or action. And I am not sure what the club is going to do with all the Charger stuff that is probably still stored in her garage and house.

Years ago I attended a meeting at a national convention for track and field when Evelyn's husband Nate, former president of our club, was being considered for a national award for his contributions to the sport. One of the voting members for the award said something like, Evelyn White is the one I always communicate with. Why not give the award to her? That was not a bad thought.

Many Thanks to All Cazenovia July 4th Volunteers

Zach Adler	Harry Dydo	Marla Jabbour	Ally Muller	Matt Stanford
Jenna Britton	Taylor Eldred	Al Keilen	Tom Neidl	Joseph Stehle
Jillian Britton	Brian Ellithorpe	David Kempf	Dave Oja	Kate Sullivan
Lisette Brod	Kristin Ellithorpe	David Kennedy	Krissie Oja	Sutton Family
P.J. Brown	Maddy Ellithorpe	Ashley Kent	Linda Oja	Rebekah Swart
Hunter Burnett	Maleigha Ellithorpe	Tony Koppers	Matt Oja	Rae Tobey
Burrell Family	Dave Falge	Tom Kubinec	Alyssa Paduano	Laura Vogl
Ellie Byrne	Bailey Forrett	Nick Kurucz	Park Family	Pat Vogl
Caeli Carroll	Keith Frisbey	Rose Langey	Liz Pittman	Emma Wardell
Connor Carroll	Nolan Frisbey	Randy Light	Colette Powers	Weber Family
Greg Carroll	Patrick Frisbey	M.K. Lonergan	Ed Roickle	Paul Weiskotten
Maureen Carroll	Tammy Frisbey	Ben Long	Clara Rowles	Wetzel Family
Venson Chapman	Katie Frontino	Lauren Lyons	Ray Ryan	Grace Wheeler
Cindy Clark	Molly Gabor	Abby Mabry	Sean Satchwell	Kurt Wheeler
Lyndy Clark	Sue Gardinier	Jon Marecek	Joanna Seeley	Melissa Whipps
Amy Conley	Jim Giardina	McCarthy Family	Tom Seeley	Evelyn White
Roger Cook	Cindy Gilliland	Patti McCarthy	Nancy Sellers	Jan Woodworth
Evan Cornell	Alan Glos	Todd McIntosh	Linda Sevier	Woody Woodworth
Barb Cudney	Goldacker Family	James McPhearson	Lori Shepard	Linda Yates
Jeanette Cudney	Chary Griffin	Meigs Family	Julie Sholtzberger	Young Family
Ray Cudney	Grunert Family	Willa Mihayli-Koch	Win Skeele	Diane Zambito
Kaylee Cunningham	J.T. Hall	Mandi Millen	Debbie Slocum	Joseph Zambito
Katie Davis	Caroline Hudson	Dick Mitchell	Dave Sparks	Robby Zambito
Nora DeVoy	Tim Hunt	Amy Modeleski	Orson Sproule	
Mark Driscoll	Jason Hyatt	Ryan Modeleski	Maria Stalder	
Bill Dunham	Kamal Jabbour	Tyler Modeleski	Karen Stanford	

As always, we hope that we haven't omitted any of our 2014 volunteers' names from this list. If we have inadvertently failed to list someone, please let us know so that we can mention you in a future edition of the *Chargers Newsletter*. Thanks to all for a job well done!

Thanks To Dave Talcott For Stepping Up as Interim Editor of the *Chargers Newsletter*!

With the loss of Evelyn White, the Chargers are faced with the task of filling an enormous pair shoes with capable volunteers. Dave Talcott very kindly offered to help with preparing this issue of the *Newsletter*, with content provided by Dave Oja, Nick Wetter, Evelyn White, Rick Nastasi, Pat Leone, Kurt Wheeler, Luana Pesco Koplowitz, Mickey Piscitelli, Dave Patruno, Julie Shafer, and all of those who sent reminiscences of Evelyn.

We are very grateful to Dave for his willingness to handle the volunteer job of *Newsletter* editor, and we hope that he will be able to continue to do so with the help of all of our past contributors and any new contributors who would like to help.

If you would be interested in volunteering to help with providing content for or producing the *Newsletter* (prior to printing and mailing, with which Donna Goyette does a great job), please feel invited to contact Dave Talcott (dwtalcott@juno.com). He would surely be interested in adding to the *Newsletter* staff.

Volunteer Coaches Wanted for New Runner Training Program Planned for Later This Year

Our Recreation and Fitness Committee is hoping to add a training program that will help non-runners and novice runners prepare to run a 5km race. As another service to our running community, the Chargers training program will be **absolutely FREE** to all interested participants.

If you would enjoy helping to help design, coordinate, and/or coach a program of this sort, please contact Dave Oja (daveoja@festivalofraces.com) or Greg Tuttle (tuttlegreg@hotmail.com) and let us know. We have many longtime members who can offer a ton of valuable information to novices and we'd love to have your help!

Age Group Records 75-79 Women

55m	Patricia Peterson	11.00	1/12/03
60m	Patricia Peterson	11.36	3/29/03
100m	Patricia Peterson	17.80	5/5/01
200m	Patricia Peterson	38.79	8/8/03
400m	Patricia Peterson	1:35.30	7/7/01
800m	Elsie Adams	7:57.0	6/5/97
5km, road	Mary-Ann Rusz	49:31	8/20/11
Long Jump	Patricia Peterson	6-0 3/4	6/9/04
High Jump	Patricia Peterson	2-9 3/4	6/9/04
Shot Put, 3kg	Elsie Adams	14-6 1/2	6/5/97
Discus, 1kg	Elsie Adams	37-6	6/18/99

Age Group Records 75-79 Men

55m	Ed Cox	8.40	3/8/03
55m	Ed Cox	8.4	2/13/05
60m	Ed Cox	9.41	3/29/03
100m	Ed Cox	14.7	6/29/03
100m	Ed Cox	14.83	7/26/03
200m	Ed Cox	31.4	6/29/03
200m	Robert Bruce	31.48	8/1/04
300m	Howard MacMillan	59.0	8/5/01
400m	Fritz Schlereth	1:19.8	6/11/10
600m	Russell More	2:46.1	3/15/97
800m	Nate White	3:19.3	12/30/94
1000y	Charles Hackenheimer	4:11.8	3/24/85
1000m	Nate White	4:25.4	1/22/95
1500m	Charles Hackenheimer	6:20.5	2/27/83
1 mile	Nate White	7:01.59	1/21/95
2000m	Charles Hackenheimer	9:17.4	2/2/85
2000m	Nate White	9:17.4	3/18/95
3000m	Charles Hackenheimer	13:18.9	8/1/82
3km (r)	Jerry Bisson	16:37	5/4/08
2 miles	Charles Hackenheimer	15:50.0	3/24/85
5km (r)	Nate White	23:43	4/23/95
5km (t)	Charles Hackenheimer	22:16.4	8/14/82
8km (t)	Sam Graceffo	44:54.1	1/27/12
5 miles	Charles Hackenheimer	37:02	9/22/82
10km (r)	Charles Hackenheimer	45:43.2	6/26/82
10km (t)	Charles Hackenheimer	46:10.8	8/13/82

15km (r)	Charles Hackenheimer	1:12:29	5/23/82
15km (t)	Russell More	1:26:40.1	2/21/97
1.0 miles	Nate White	1:23:50	4/9/95
1/2 Marathon	Howard Rubin	2:12:43	1/18/04
Marathon	Kermit Cadrette	5:50:52	4/21/14
50km	Joe Familo	9:30:59	11/21/99
55m HH	Ed Lukens	10.0	3/15/97
55m HH	Ed Lukens	10.0	1/24/98
60m HH	Ed Lukens	11.05	3/28/98
80m HH	Ed Lukens	15.1	8/2/97
110m HH	Ed Lukens	15.46	7/97
1500m Walk	Howard MacMillan	11:35.0	8/5/01
3km Walk	Roy Bragger	21:19.3	1/16/05
5km Walk (r)	Kermit Cadrette	40:05	6/16/13
Long Jump	Ed Lukens	14-3 1/2	1/24/98
Triple Jump	Ed Lukens	31-4	8/2/97
High Jump	Ed Lukens	4-3	8/99
Shot Put, 4kg	Chuck Yost	32-8	6/12/10
Discus, 1kg	Sid Zecher	103-8 1/2	6/20/98
Javelin, 500g	Ed Lukens	96-1 1/2	7/28/00
Hammer, 4kg	Chuck Yost	81-1	6/8/13
Pole Vault	Ed Lukens	7-2 1/2	8/6/99
Indoor Pentathlon	Ed Lukens	2724	3/25/00

Willow Bay Quiz Answers:

- 1) Answer: A. This record was set by Patricia Wiegand in 1995. 17:30 is the current masters' record set by Patti E. Ford in 1999. 15:29 is the current American women's record set by Molly Huddle.
- 2) Answer C.
- 3) Answer B.
- 4) Answer D. There are always a large number of sister-sister and aunt-niece teams as well.
- 5) Answer: TRUE. One can volunteer for the Willow Bay 5K Run & Fitness Walk for Women by contacting the race director Mickey directly at li2@verizon.net
- 6) Answer D.

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The Syracuse Chargers Track Club
 Presents the 21st Annual
Willow Bay 5K Run & Fitness Walk for Women
 Saturday, August 16, 2014, 9:00 AM
 Willow Bay in Onondaga Lake Park, Liverpool, NY



- 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 9) for \$25, via www.GetEntered.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 tee shirts distributed to the first 275 entrants. Race packets may be picked up at Fleet Feet on Route 31 in Clay on Thursday, Aug 14, from 5:00 -7:00 pm. Packets will also be available on site on race morning.
- Needs:** Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.
- Awards:** Overall Top 3 finishers; 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, and then 5 year age groups to 85+. Overall and age group awards will not be duplicated.
Door Prize drawings will be held 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!
- To enter, please make your check payable to "Syracuse Chargers Track Club" and mail it with a completed entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027.
 Questions? Phone: (315) 638-9662, email: mpiscitelli2@verizon.net or visit SyracuseChargers.org/willow



--2014 Chargers Grand Slam Event--

Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K. Visit www.syracusechargers.org/slam for additional details.

----- ENTRY FORM -----

Name _____ Age (on 8/16/14) _____ D.O.B. ____/____/____

Address _____ Phone (____) _____ - _____

City _____ State _____ ZIP _____ E-Mail _____

Circle Shirt Size: Small Medium Large X-Large (size guaranteed if entry received by Aug 1)

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

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

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 _____

Sascha Scott Tops 2014 Indoor Charger Masters Rankings

These are the 2014 indoor rankings we found for Charger members, according to the July issue of National Masters News. Sascha Scott had the top one mile time in the 35-39 age group. Since only four Chargers were listed, it is obvious that a lot of meets are not included in the listings.

Sascha Scott (35-39)	mile	5:05.52	1st
Scott Weeks (40-44)	mile	4:28.05	7th
Mike DeFio (65-60)	mile	8:19.94	22nd
Sam Graceffo (75-79)	mile	9:14.39	7th

2013 Indoor Race Walk Rankings

From the June 2014 issue of National Masters News

David Talcott (50-54)	1-hour	11855	1st
	1500 meters	6:58.2	1st
	1 mile	7:36.0	1st
	10,000 meters	50:27	1st
	3000 meters	14:29.71	2nd
Erin Taylor-Talcott (35-39)	5000 meters	24:41.36	1st
	1-hour	11891	1st
	10,000 meters	50:25	1st

Results From Two Carolina Track Meets

Carolina Track and Field Invitational, April 12, Charlotte, NC

Sam Hall (65-69)	100m	14.52	1st
	200m	30.04	1st

South Carolina Open and Masters Track Classic, May 31, Greenville, SC

Sam Hall (65-69)	100m	14.07	1st
	200m	29.19	1st

THANK YOU, Corporate Challenge® Volunteers!

Thanks very much to all of the individuals who helped to make the 2014 edition of the J.P. Morgan Corporate Challenge® in Syracuse safe and enjoyable for the largest road race (8,554 entrants) ever held in the Syracuse area! Sincere thanks and congratulations to all of you listed below and anyone who may

B.S.A. Troop 62	Jim Clancy	Gibs Flock	Debby Shaw
B.S.A. Troop 157	Terri Clark	Katie Frontino	Nancy Smith
B'ville HS XC	Adam Collister	Jason Glashauser	Paul Thompson
George Ball	Tasha Cooper	Bev Halderman	Derrick Tingley
Joe Behan	Cortland HS XC	Cathy Hopkins	Barb Tomchik
Sean Behan	Matthew Cummings	David Kennedy	Joe Tomchik
Justin Block	Melissa Cummings	Liverpool HS XC	Greg Tuttle
Sandy Buck	Mike Cummings	Tony Martin	Rob Warren
Tom Bull	Lisa Daly	Katherine McCarthy	A.J. Wells
David Burgess	Matt Dearie	Katie Oja	Allen Wells
Tom Burke	Jim Dolliver	Linda Oja	Mary Wells
Joe Camerino	Mark Driscoll	Matt Oja	Evelyn White
Ellie Childs	Bill Dunham	Dave Patruno	
John Childs	Emily Elbers	Janice Raus	
Johnny Childs	ES-M Marching Band	David Ruppel	
Hank Church	ES-M Youth Sports	Tom Ryan	
Paul Cianfrocca	Cheerleaders	Mike Scuderi	

As always, if we've inadvertently omitted your name please let us know.
We want everyone to receive proper credit for a job so well done!

Corporate Challenge® “Committee Members” Deserve Special Thanks

All the Chargers who helped with this year’s Corporate Challenge® did a fantastic job, but the folks listed below made especially large contributions to the success of the event:

- Water stop coordinators, **Tom Burke** and **Tom Bull**;
- Recycling coordinator, **Lisa Daly**;
- Registration coordinator, **Bev Halderman**;
- Volunteer coordinator, **Linda Oja**;
- Course Coordinator, **Tom Ryan**
- Security liaison, **Joe Tomchik**;
- Shuttle bus coordinators, **Greg Tuttle** and **Terri Clark**;
- Caterering coordinator, **Katie Frontino**;
- Special assistants, **Tom Burke**, **Jim Clancy**, and **Dave Patruno**; and
- All of those who worked the marathon shifts on race day: **Joe Behan**; **Sean Behan**; **Tom Burke**; **Hank Church**; **Jim Clancy**; **Lisa Daly**; **Mark Driscoll**; **Bill Dunham**; **Emily Elbers**; **Katie Frontino**; **Bev Halderman**; **Tony Martin**; **Linda Oja**; **Katie Oja**; and **Joe Tomchik**.

You were the all-stars of the 2014 J.P. Morgan Corporate Challenge® in Syracuse!

22nd Annual Syracuse Festival of Races Would Love a Few More Good Men and Women

We’re very proud to be celebrating the 22nd edition of the Syracuse Festival of Races and hosting the USATF Masters 5K Road Race National Championships for our seventh consecutive year. That means that the gathering of runners and walkers of all ages, abilities, and levels of experience on Sunday, October 5, will include participants from Seattle to Miami, and from Maine to Southern California. With a record field expected, we’re looking for a few additional volunteers interested in helping with various parts of the event.

If you’re interested in helping Greg Tuttle with athlete hospitality on Friday, Oct. 3, Saturday, Oct. 4, or Sun. Oct. 5, please contact Greg (tuttlegreg@hotmail.com).

If you’d like to assist with site set-up at Manley Field House (Sat., Oct. 4) or breakdown (Sun., Oct. 5), please call or e-mail Dave Oja (446-6285, or daveoja@festivalofraces.com).

If you’d like to help with the National Championship Awards Brunch on Sun., Oct. 5, please call or e-mail Dave Oja (446-6285, or daveoja@festivalofraces.com).

And if you’d like to help with any other aspects of the Festival (non-profit groups, school groups, awards, course excitement, etc.), please give Dave Oja a call at 446-6285. We’d love your help in showing runners and walkers from throughout CNY as well as from 25 to 30 states a good time in Syracuse, and we bet you’ll have a good time helping!

Syracuse Festival of Races Entry Forms Now Available; See page

We’ve begun distribution of hard copies of the Syracuse Festival of Races entry form, and online entry (www.festivalofraces.com/register.html) has been going on at the early-bird entry fee for a couple of months.

With the \$5 Dick’s Sporting Goods Bonus Certificate, long-sleeved tech shirt, and deluxe 22nd anniversary finisher medal, and great post-race refreshments that all 5K participants receive, it’s as if we’re throwing in the race and refreshments for free!

The 5K entry fee steps up on September 15th, so don’t wait until the last two weeks to enter. Whether you run 45 minutes or 15 minutes for a 5K, this is your annual chance to join runners from all over the country in the event that, for the past 22 years, has hosted “the best running around.”

17th Annual Groton Labor Day 5K & 1 Mile Fun Run September 1, 2014

Schedule:

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

Applications also available at

www.grotoncs.org/pages/sports.htm



Online Registration at: <https://www.getentered.com/Register/?event=26770>

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 downhill, 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 Boris Dzikovski ('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 uniforms & other Cross Country equipment.

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 August 23 will be \$14 for Students, \$18 for adults, & 1 mile Fun Run (**FREE**). Registrations after August 23 (**8/29 online**) and race day will be \$20 for students, \$25 for adults. Please register early!!
***Team Discounts Available (**5+ athletes...email Scott**)
***Fun run competitors can purchase a T-Shirt for \$8

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
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

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

Name (Print Clearly): _____

Address: _____

City, State _____ Zip _____ Email Address: _____

Phone _____ Age (Race Day) _____ Gender _____

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) _____ Date _____

Luana Pesco Koplowitz Runs Sulphur Springs 100 Mile Trail Race

Luana Pesco Koplowitz ran her 1st 100-mile race on May 24th, the Sulphur Springs 100 miler in Ancaster, Ontario, Canada. Luana states that the reason for running a 100-mile race was actually to prepare for an even more grueling event—the UTMB in Switzerland at the end of August.

The Sulphur Springs race was a 20km (12.5 mile) loop that you ran 8 times. There were also 25 and 50 mile races being held concurrently. The weather was dry (some light pours), as was most of the afternoon but no down-course. The course was quite hilly. As the race sponsors stated, no killer hills but many smaller hills, so or down.

There was about 14,000 feet of elevation gain over the 100 miles and the overall elevation change course. The cut-off time was 30 hours to complete the course. Fifty Seven runners started the race which had 27 finishers. Luana was one of only 7 women who finished and was the oldest being Her time was 28:20:06.

Luana was very blessed to have Ultra-runner Alex Lalonde (friend for 30km. Alex actually got there body needed a pacer. This guy ing times for this race were cessfully completed Badwater.

water Ultramarathon describes race". It is a 135 mile (217 km) course starting at 282 feet below sea level in the Badwater Basin in California's Death Valley and ending at an elevation of 8,360 feet at Whitney Portal, the trailhead to Mount Whitney. It takes place annually in mid-July when the weather conditions are most extreme and temperatures over 120 degrees Fahrenheit, even in the shade, are not uncommon. Consequently, very few people—even among ultra marathoners—are capable of finishing this grueling race."

Luana stated that the volunteers at the aid stations were absolutely awesome. They were so kind and helpful and helped Luana clean up after (numerous) falls!!!

So now to UTMB at the end of August. Luana will run the TDS 119 km race around Mont Blanc in the Swiss, French and Italian Alps. Let us hope for the best!!!

A note about the UTMB—it is the Ultra-Trail du Mont Blanc—considered the premier ultra mountain race in the world. It is in the Alps and runs through 3 countries—Switzerland, Italy, and France. You need to qualify 2 years in a row to gain entry and it is difficult to get in even with the qualification points as there are a limited number of spots reserved.

There are 3 races:

1. The 'grand daddy race' UTMB is 168k with over 30,000 feet of elevation gain alone.
2. The TDS is 119k with about 24,000 feet elevation gain.
3. The CCC is 101k with about 19,000 feet elevation gain.

There is about an equal amount of descent in each race.

Luana applied for the CCC race but did not get in. They did allow her to choose to do the TDS. As she stated it was that or nothing. The qualifying process is very difficult as there are few qualifying races in the US that meet the UTMB Committee standards (i.e. very long, hard, steep technical trail races—and quite a few of them!).

Luana went on to say "So I chose this race and I can only hope that I survive the ordeal. The time limit to compete the TDS race is 33 hours, to give you an idea of how difficult it is. So I will be relying on the prayers of my friends to help me get through this one!!!"



Festival Week Schedule

Wednesday, October 1

School Group Number and Shirt Pickup
(3K school group coordinators), 4:00-6:00 p.m.,
213 Scott Avenue, Syracuse

Saturday, October 4

Late Registration and Packet Pickup
Dick's Sporting Goods, Shoppingtown,
10:00 a.m. - 2:00 p.m.

**USA Masters 5 km National
Championship Technical Meeting,**
8:00 p.m. Genesee Grande Hotel

Sunday, October 5

All outside Manley Field House,
Comstock Ave. at E. Colvin St., Syracuse

Registration Tent Opens, 7:30 a.m.
Bankers Healthcare Group Men's 5K, 8:50 a.m.
MVP Health Care® Women's 5K, 9:50 a.m.
3K Fun & Fitness Run, 10:45 a.m.
Tops Community Walk, 10:50 a.m.
Wellness Way, 8:00 a.m. - Noon

On-Site Awards Ceremony, 11:10 a.m.
USATF Championship Awards Brunch,
12:00 noon, Tiffany Ballroom
Genesee Grande Hotel, Syracuse

**Please call (315) 446-6285 before
race weekend with any questions**

Individual Entry Form

Last Name _____ Date of Birth (MM-DD-YY) _____
 First Name _____ Initial _____ Gender _____ Age on Race Day _____
 Mailing Address _____ Citizenship _____
 City _____ State _____ Zip Code _____
 Daytime Telephone _____ 2014 USATF Number _____
 5K Club Team or Alumni Team, 3K School, College or Non-Profit Group _____ USATF Club # _____
 Expected Finishing Time _____ Email Address (example: sforentrant@myisp.com) _____
 5K Races (\$25 from 7/1 to 9/15; \$30 by 10/4; \$35 race day) _____
 3K Fun & Fitness Run (\$7 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
 Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on race day) _____
 National Championship Award Brunch (\$15 prior to 9/29) _____
 Member of a 5K family team? Teammate relationship: _____ Preferred Shirt Size _____
 HW HW 40+ MD M/S F/S F/D B/S B/B S/S (must enter by 10/3 to score)
 RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2014 Syracuse Festival of Races, I hereby make the following agreement: I know that running or walking in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all physical and psychological risks associated with running or walking in this event, including, but not limited to: falls; contact with other participants, vehicles, or other objects; the effects of the weather, including heat, cold, wind, or humidity, traffic and the conditions of the roads; and negligent acts of other participants, volunteers, or spectators, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers and similar wheeled conveyances, roller skates, roller blades, pets, and personal music players of any kind are not allowed in the races, and I agree to abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your accepting my or my child's entry, I fully release and forever discharge the Syracuse Festival of Races, LLC, Syracuse Chargers Track Club, Inc.; the City of Syracuse; Syracuse University; and all other sponsoring organizations and institutions from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my or my child's participation in the event, even if such consequences result from the negligence, fault, or carelessness of the organizers, volunteers, or sponsoring organizations. This release shall be binding on my heirs, administrators, successors and assigns, and shall inure to the benefit of the successors and assigns of the organizers and sponsoring entities. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me or my child while participating in or traveling to/from this event.
 Signature _____ Date _____
 Parent/guardian signature if under 18: _____ Date: _____
 Mail this completed entry with check payable to Syracuse Festival of Races to:
 Syracuse Festival of Races • 213 Scott Avenue • Syracuse, NY 13224 • (315) 446-6285



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Insurance



Visit www.FestivalofRaces.com for
SfOR news and information



--Chargers Grand Slam Event--

Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14 - Hess Express Swamp Rat 5K or 10K; 7/4 - Cazenovia July 4th 5K or 10 Miler; 8/16 - Willow Bay 5K Run & Fitness Walk for Women; 9/20 - Fayetteville Classic 5 Miler; 10/5 - Syracuse Festival of Races Men's 5K or MVP® Health Care Women's 5K.

Visit www.syracusechargers.org/slam for details.



Allied Sign • Applebee's • Auburn Party Rental • BAM Productions • City of Syracuse
 Family Chiropractic • Food Should Taste Good • Freihofer's & Entenmann's
 Larabar • New York Chiropractic College • Onondaga County Auxiliary Police
 Onondaga School of Therapeutic Massage • Propel Zero • Rural Metro Medical Transport
 Salsarita's Fresh Cantina • SOSPlus • Starbucks on Marshall Street
 Subway • Syracuse University • Syracuse University Ambulance



Photo by Bob Brock—rhbrockj11@me.com

THE 42nd ANNUAL CAZENOVIA

JULY 4TH FOOT RACES

5 KILOMETER RACE
Cazenovia, NY July 4, 2014

Results By Leone Timing & Results Ses
www.leonetiming.com

PLACE NAME	AGE	TIME
1 Matt Giannino	22	16:01
2 William Hohreiter	19	16:21
3 Richard Cohen	43	16:51

4 Austin Davis	21	16:57	48 Kevin Kemper	41	21:38
5 Amanda LoPiccolo	31	17:21	49 Meggie Hart	14	21:40
6 Dan Fritz	21	17:26	50 Terry Ettinger	55	21:40
7 Peter Kane	16	17:27	51 Rich Ashe	48	21:41
8 Scott Jones	32	18:04	52 Maureen Milmoie	18	21:45
9 Michael Perry	34	18:15	53 Tara McGarry	23	21:46
10 Jaron Cook	18	18:30	54 Amber Williamson	13	21:51
11 Caleb Richards	16	18:45	55 Paul Gannett	55	21:52
12 Patrick Blair	15	18:47	56 James Lafever	10	21:56
13 Chase Campbell	18	18:50	57 Henry Baker	11	21:56
14 Stephanie Milici	21	18:58	58 Gabby Nixdorf	15	21:59
15 Josh Kuelling	32	19:00	59 Jp Hoak	9	22:01
16 Lynn Hart	44	19:02	60 Brian Watson	26	22:02
17 Benjamin Otis	14	19:29	61 Richard Russell	39	22:04
18 Michael Richards	18	19:36	62 Rc Schoff	44	22:07
19 Jacob Cook	16	19:45	63 Luke Bennett	44	22:08
20 Andi Camp	39	19:46	64 Rj Wagner	15	22:11
21 Kevin Wall	41	19:48	65 Mitchell Meigs	16	22:11
22 Jack Stauffer	54	20:08	66 Gerald McMahon	53	22:16
23 Bob Raymonda	55	20:14	67 Kathleen Wheeler	43	22:23
24 Murphee Hayes	40	20:16	68 Nick Neakrase	48	22:30
25 Andrew Marsh	15	20:22	69 Sarah Paradis	33	22:31
26 Cameron Hillis	14	20:26	70 Ben DeGirolamo	11	22:40
27 John Condon	59	20:37	71 Matthew Gardner	29	22:43
28 Jack Wheeler	15	20:41	72 Kirsten Belton	32	22:43
29 Jim West	43	20:47	73 Mark Godleski	44	22:45
30 William Gleason	29	20:47	74 Russell Brownback	49	22:50
31 Robert Mozo	51	20:50	75 Stephanie DeGirolamo	46	22:57
32 Matt Henderson	20	20:56	76 Reese Holahan	14	22:59
33 Joseph Roth	59	20:57	77 Helen Bonnyman	17	22:59
34 Peter Eschenbrenner	27	21:05	78 Matt Virginia	45	23:00
35 Jack Richards	14	21:06	79 Scott Cunningham	47	23:02
36 Mike Browngardt	34	21:06	80 Jesse Koennecke	43	23:05
37 David Gray	51	21:08	81 Zoe Shephard	14	23:10
38 Kara Stauffer	39	21:13	82 Jonathan Moore	34	23:12
39 Jhon Cifuentes	21	21:16	83 Rebekah Beckwith	37	23:13
40 Sam Fellows	20	21:20	84 Gabriel Tyler	15	23:14
41 Anna Gannett	22	21:26	85 Madison Langey	16	23:16
42 Ray Kneer	72	21:34	86 Kevin Murray	15	23:19
43 Josh Frye	17	21:34	87 Mark Crandall	42	23:20
44 Jeff Moesch	38	21:34	88 Gregory Koziarz	35	23:26
45 Grace Milmoie	17	21:35	89 Suzanne Craybas	45	23:27
46 Clayton Baker	47	21:37	90 Gabriel Jeffrey	15	23:31
47 Julie Shafer	38	21:38	91 Jake Schoff	13	23:32

92	Jonathan Mcghee	39	23:34	136	Alex Stachowski	28	24:46
93	William Luke	44	23:34	137	Scott D'Andrea	44	24:49
94	Carrie Stevens	24	23:36	138	Katherine D'Andrea	14	24:49
95	Olivia Wheeler	13	23:42	139	Jennifer Corbet	38	24:50
96	Scott Dauenhauer	42	23:42	140	Aidan Emhoff	12	24:51
97	Jason Dauenhauer	40	23:43	141	Mark Smith	53	24:53
98	Albin Carlswärd	12	23:44	142	Garret Lounsbury	8	24:54
99	Samuel Baker	11	23:45	143	Thomas Blount	28	24:56
100	Brian Scanlon	50	23:46	144	Michael Dougherty	47	24:56
101	Lucy Person	13	23:47	145	Ricky Gaut, Jr.	36	24:56
102	Ciara Dougherty	38	23:54	146	Leo Johns	12	24:57
103	Meredith Shephard	17	23:54	147	Tim Holahan	48	24:58
104	Emma Bixler	18	23:55	148	Tucker Lounsbury	41	25:00
105	Robert Richards	53	24:00	149	Scott Ensley	41	25:01
106	Daniel Aridgides	30	24:00	150	Yakob Kelley	10	25:01
107	Ethan Isbell	10	24:01	151	Mark Kurtz	22	25:02
108	Jocelyn Gavitt	43	24:04	152	Kevin Bassler	40	25:02
109	Tammy Stokoe	51	24:05	153	Cooper Hughes	10	25:03
110	Bret Johnson	38	24:06	154	Everette Trousdale	31	25:04
111	Steven Ingram	20	24:09	155	William Barnes	32	25:05
112	Charles Donohoe	52	24:10	156	Kevin Phelps	34	25:06
113	Isaac Senehi	13	24:12	157	Dan McKillop	16	25:08
114	Liam Johnson	16	24:12	158	Madeline Gavitt	13	25:08
115	Drew Brownback	13	24:13	159	Jennifer Chase	37	25:10
116	Steven Lafever	13	24:14	160	Steve Olson	45	25:13
117	Jack Byrnes	9	24:16	161	Dave George	9	25:13
118	Caitlyn Bixler	45	24:16	162	Joe Beard	46	25:13
119	Bret Bossard	31	24:19	163	Eric Poole	36	25:14
120	Andy Johnson	46	24:21	164	Dave George, Jr.	41	25:14
121	Michael Gee	43	24:22	165	Maggie Bintz	41	25:22
122	Drew Johnson	13	24:23	166	David Alliger	27	25:22
123	Steve Tillman	43	24:23	167	Joan Kane	55	25:23
124	Matthew Simon	29	24:23	168	Justin Gagnon	13	25:23
125	Andrew Hawley	17	24:24	169	Casey Cunningham	13	25:25
126	Zachary Olson	9	24:25	170	Jessica Redmond	32	25:29
127	Scott Sellers	58	24:29	171	Luke Hudson	12	25:32
128	Quinn Donahoe	27	24:31	172	Mary Schulte	24	25:34
129	Drew Holahan	12	24:35	173	Kimberly Cavallo	46	25:37
130	Jason Luke	17	24:38	174	Shane Donahoe	32	25:38
131	Jim Miller	63	24:41	175	Kevin Donahoe	31	25:38
132	Michael Wronski, Jr.	27	24:42	176	Roy Thomas	51	25:40
133	Jessica Costosa-Umin	39	24:44	177	Kimberly Walsh	16	25:41
134	Cathleen Zupan	27	24:46	178	Chelsea Davidson	20	25:41
135	Keith Johnston	24	24:46	179	Daniel McKillop	50	25:44



Photos by Bob Brock—rhbrockj11@me.com

180	Lars Ohlsen	16	25:48
181	Quinn Smith	10	25:50
182	Jackson Nixdorf	11	25:51
183	Madelyn Meigs	13	25:51
184	Jacob Kurtz	22	25:51
185	Mitch Lenczewski	52	25:52
186	Jim Lawton	65	25:57
187	Jonathan Bennett	18	25:58
188	Douglas Lafever	41	26:00
189	Jack Carpenter	15	26:00
190	Cale Schad	13	26:00
191	Fritz Koennecke	51	26:01
192	Cooper Holgate	16	26:05
193	Sean Satchwell	17	26:06
194	Raymond Anderson	12	26:12
195	Matthew Thompson	14	26:14
196	Beth Rougeux	59	26:14
197	Ray Satchwell	13	26:15
198	Ian Postveit	13	26:15
199	Rebecca Dadey	33	26:15
200	Dia Vastola	42	26:16
201	Brenda Switzermaier	62	26:16
202	Will Paddock	16	26:17
203	Kaitlin Hoffman	24	26:19
204	Cat Byrnes	38	26:22

205	Thea Sames	42	26:25	249	James Gerhard	48	27:35	275	Alexander Williamson	12	28:18
206	Emma Rogers	14	26:28	250	Silas Brown	12	27:37	276	Carolyn Burns	53	28:26
207	Greg Hamilton	30	26:29	251	Alexa Tillman	13	27:39	277	Claire Carpenter	14	28:26
208	Patrick Milmoie	49	26:30	252	Sean Smithers	11	27:41	278	Margot Giblin	54	28:35
209	Stacy Johns	41	26:30	253	Nate Wondrack	11	27:43	279	Sara Scott	28	28:36
210	Dominic Perrone	13	26:36	254	Patrick Linck	11	27:44	280	Audrey Dunne	24	28:39
211	Emily Ames	29	26:38	255	Kelly Schad	38	27:44	281	Kenneth Blaylock	57	28:41
212	Thomas Eschen, Sr.	57	26:38	256	Ashley Kelley	43	27:44	282	Ryan Carpenter	21	28:42
213	Tobias Persson	44	26:40	257	Ron Fluet	58	27:44	283	Elizabeth Shephard	15	28:42
214	Julie Henderson	23	26:41	258	Eleanore O'Neil	20	27:48	284	Dave Senehi	46	28:43
215	Tony Koppers	14	26:42					285	Michael Lucia	37	28:46
216	Katie Woodworth	22	26:43					286	Kathleen Collins	67	28:46
217	Natalie Maier	20	26:43					287	Kimberly Lucia	41	28:47
218	Paul Cascio	52	26:43					288	Jenna Steinberg	12	28:48
219	Maryrose Belmonte	44	26:48					289	Karen McGhee	39	28:49
220	Audrey Suehs	32	26:48					290	Michael Reeve	14	28:54
221	John Ferriello	51	26:49					291	Maura Cherny	16	28:54
222	Kate Bukowski	35	26:49					292	Matthew Reeve	15	28:54
223	Alison Ashe	38	27:02					293	Anisa Meigs	45	28:57
224	Lyle Burns	59	27:02					294	Robert Rieth	67	28:59
225	Kelly Cresswell	48	27:06					295	Amy Mitchell	33	29:01
226	Jay Campbell	12	27:06					296	Greg Giblin	58	29:02
227	Hannah Williamson	9	27:08					297	Nora Kelley	29	29:03
228	Lloyd Besaw	66	27:09					298	Ed Kelley	59	29:03
229	Sally Webster	62	27:10					299	Louis Berling	10	29:03
230	Sally Hillis	55	27:10					300	Ben Orbach	10	29:03
231	Jake Waddell	14	27:10					301	Lou Orbach	45	29:04
232	Hannah Bennett	20	27:11					302	Hannah Craybas	11	29:07
233	Carolyn Schulte	25	27:12					303	Jessica Reilly	32	29:10
234	Morgan Kropa	30	27:13					304	Tim Horstmyer	16	29:11
235	Alexia Wagner	11	27:15					305	John Terzidis	39	29:13
236	Kate Wagner	16	27:15					306	Mary-Pat Northrup	59	29:15
237	Brian Kropa	29	27:16					307	Kelli Lewis	36	29:16
238	William Parry	33	27:18					308	Lucy Shephard	19	29:16
239	Annie Parry	32	27:18					309	Patrick Knapp	63	29:16
240	Alex Kuper	8	27:19					310	Kathryn Haderlein	19	29:17
241	Mary Margaret Kuper	45	27:19					311	Martha Gilchrist	21	29:18
242	Robert Carpenter	21	27:21					312	Patrick Kelleher	58	29:19
243	Kevin Hoehn	60	27:23					313	Mary Polimino	50	29:20
244	Shannan Morrissey	28	27:25					314	Gordon Campbell	49	29:21
245	Kristen Kneer	45	27:26					315	Richard Cherny	56	29:23
246	Chris Byrnes	51	27:29					316	Rachel Nourse	19	29:25
247	Kim Brown	29	27:33					317	Susan Lamberto	59	29:25
248	Jessica Burch	32	27:33					318	Phil Curtis	62	29:28
259	Emily Hunter	14	27:49								
260	Lilia Gavitt	10	27:49								
261	Michael Defio	68	27:50								
262	Donna Metz	50	27:50								
263	Jason Pistilli	34	27:52								
264	Anna Edwards	10	27:52								
265	Robert Anderson	47	27:54								
266	Sasha Frey	51	27:54								
267	David Curtin	26	27:55								
268	Kayle Light	24	27:55								
269	Derek Carroll	30	27:56								
270	Gen Phillips	32	27:59								
271	Robert Murrett	61	28:01								
272	Angela Goodwin	29	28:07								
273	John Kozak	61	28:16								
274	Michael Williamson	41	28:18								



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432 Sabrina Tipton	25	33:57	476 Tonya Gerhard	46	36:33	520 Gary Rodziewicz	59	42:54
433 Richard Elliott	70	33:58	477 Ember Swinton	27	36:35	521 Bob Theis	64	42:54
434 Amy Marchbanks	41	33:59	478 Mark Daly	46	36:38	522 Emma Daly	14	43:00
435 Jon Leifer	75	34:02	479 Simon Daly	10	36:38	523 Cammy Allaire	14	43:24
436 Oskar Persson	10	34:12	480 Callum Daly	8	36:38	524 Mitchell Perrone	11	45:06
437 Max Brownback	11	34:12	481 Emma Steinberg	10	36:42	525 Amy Perrone	45	45:08
438 Ed Thompson	54	34:18	482 James Steinberg	61	36:43	526 Karen Hawley	43	45:16
439 Katrin Persson	45	34:19	483 Kathleen Emerson	38	36:53	527 Lisa Smith	65	45:38
440 Sarah Midgley	27	34:22	484 Jennifer Schulte	18	36:57	528 Morley Miller	32	45:38
441 Olivia Wong	7	34:24	485 Sara Harris	17	37:06	529 Rebecca Letbetter	20	47:34
442 Jen Wong	38	34:24	486 Gina Mulcock	40	37:12	530 Paula Love	26	47:34
443 Martin Wong	37	34:24	487 Angela Perry	50	37:37	531 Cheryl Lagrow	62	48:57
444 Teri Weaver	43	34:24	488 Nicholas Brady	10	37:42	532 Logan Allaire	12	49:13
445 Gary Wong	63	34:29	489 Valerie Brady	40	37:47	533 Rebecca Middleton-Ve	41	49:59
446 Doug Angus	44	34:30	490 Mary Reeve	45	37:59	534 Alisa Figueroa	42	50:04
447 Donna Skrocki	61	34:42	491 Joy Daly	6	37:59	535 Nikki Goodman	47	50:04
448 Peter Voorhees	43	34:48	492 Susan Reeve	38	37:59	536 Shannon Murray	14	50:10
449 Amber Bonaventura	30	34:48	493 Sophie Clancy	10	38:14	537 Nancy Irons	45	50:10
450 Amy Voorhees	44	34:49	494 John Clancy	43	38:14	538 Hannah Suehs	8	51:38
451 Scott Camp	44	34:52	495 Donna Eschenbrenner	55	38:28			
452 Jennifer Huntzinger	32	34:54	496 Molly Woodworth	20	38:33			
453 Amanda Wilson	26	34:55	497 Mary Turner	28	38:37			
454 Shellie Stearns	42	34:57	498 Andrea Mulligan	51	38:37			
455 Alexis Polimino	18	34:58	499 S Jeffrey Bastable	67	39:01			
456 Wendy Riccelli	45	34:58	500 Kira Graves	11	39:05			
457 Sue Gardinier	72	35:04	501 Rachel Rombough	30	39:08			
458 Morgan Tillman	12	35:09	502 Christine Kukenberge	36	39:32			
459 Allyson Hunter	53	35:15	503 David Schmitt	13	39:47			
460 Moorea Sullsona	11	35:21	504 William Tillman	64	39:51			
461 Patti Horstmyer	54	35:22	505 Mary Jane Foley	62	39:54			
462 Quinlan Emhoff	10	35:22	506 Markus Persson	8	40:13			
463 Gail Bouck	68	35:25	507 Liselotte Carlswärd	40	40:14			
464 Elizabeth Allaire-Lo	43	35:32	508 Liv Ragonese	9	40:15			
465 Janet Schulte	50	35:39	509 Erika Ragonese	43	40:15			
466 Ralph Lamberto	51	35:46	510 Ethan Baker	11	40:39			
467 Michelle Olson	49	35:55	511 Catherine Sankey	68	40:40			
468 Nancy Poole	39	35:57	512 Kristarose Popek	27	40:44			
469 Lee Roberson	28	36:07	513 Susan Popek	58	40:44			
470 Jonathan Smith	39	36:09	514 Michele Schmidt	45	41:00			
471 Victoria Minnick	24	36:15	515 Sarah Schmidt	17	41:02			
472 John Minnick	60	36:16	516 Connie Ciccone	69	41:22			
473 Terry Pickard	69	36:18	517 Diane Emhoff	67	41:45			
474 Rosemary Laquidari	70	36:22	518 Kelly Onna	19	42:09			
475 Amy Nixdorf	40	36:28	519 Samantha Rodziewicz	22	42:53			



Photo by Bob Brock—rhbrockj11@me.com

THE 42nd ANNUAL CAZENOVIA

JULY 4TH FOOT RACES

10 MILE RACE

Cazenovia, NY July 4, 2014

Results By Leone Timing & Results Svcs
www.leonetiming.com

PLACE NAME AGE TIME

1	C. Fred Joslyn	30	53:58
2	Jacob Andrews	20	55:17
3	Aldous Strother	22	56:56
4	Jason Mintz	34	58:11
5	Patrick Dermody	21	58:59
6	Bobby Parker	19	59:23
7	Erich Nieman	37	59:37
8	Joshua Brown	46	1:01:13
9	Mike Lavelle	32	1:01:26
10	Benjamin Kier	23	1:02:31
11	Stephen Paddock	19	1:02:39
12	Kyle Boeltz	27	1:03:07
13	Shawn Molloy	45	1:03:22
14	Peter Davis	55	1:04:35
15	Boris Dzikovski	49	1:04:40
16	Ron Toledo	29	1:05:38
17	Eric Will	36	1:06:26
18	Andrew Koch	17	1:06:41
19	Catherine Herne	41	1:07:00
20	Eric Murray	23	1:07:12
21	George Emrich	42	1:08:01
22	Eric Smith	43	1:08:07
23	Hilary Reeves	29	1:08:07
24	Katie Mutter	24	1:08:08
25	Morgan Kelley	26	1:08:12
26	Eric Jones	36	1:08:23
27	Jim Mott	48	1:08:30
28	John Berlin	56	1:08:53
29	Dan Kingsley	37	1:09:07
30	Raymond Clark	32	1:09:11
31	Brett Dumais	46	1:09:16
32	Laura Gilson	24	1:09:18
33	Robert Swizdor	48	1:09:28

34	Erik Siewert	31	1:09:41	78	Thomas Myers	26	1:15:09
35	Bill Bigsby	20	1:09:48	79	Scott Savory	29	1:15:11
36	Matthew Synborski	34	1:09:56	80	Myandi Peterson	32	1:15:13
37	Scott McNany	41	1:09:56	81	Thomas Eschen, Jr.	25	1:15:17
38	Cathleen Pilon	30	1:09:57	82	Jennifer Wilson	31	1:15:34
39	Dennis Daly	57	1:10:00	83	Michael Dautrich	56	1:15:39
40	David McEntee	20	1:10:04	84	Katie Tuthill	27	1:15:41
41	Peter Crockett	55	1:10:21	85	Elizabeth Besio	56	1:15:44
42	Doake Brown	56	1:10:21	86	Ielan Namy	24	1:15:53
43	Jeff Parrotte	28	1:10:37	87	Alaina Andersen	32	1:15:57
44	John Durfee	21	1:10:43	88	Kara Stauffer	39	1:16:03
45	James Wondrack	45	1:10:44	89	Mary Klee	45	1:16:15
46	Dave Ames	32	1:11:03	90	Kara Rusch	46	1:16:21
47	Amy Austin	33	1:11:04	91	David Suarez	48	1:16:27
48	Chris Roggie	36	1:11:09	92	Mary White	54	1:16:31
49	Phillip McCarthy	42	1:11:22	93	Robert Gilson	56	1:16:33
50	Tim Rosbrook	47	1:11:24	94	Jason Fingerman	41	1:16:41
51	Chris Thornton	32	1:11:36	95	Elizabeth Sadowitz	29	1:16:48
52	Travis Behm	31	1:11:39	96	Sebastian Clarke	38	1:16:54
53	Tim Kane	55	1:11:43	97	Bill Tine	40	1:16:54
54	Hannah Butler	15	1:11:49	98	Greg Duda	36	1:16:55
55	Ken Cresswell	52	1:11:59	99	Ryan Carroll	34	1:16:57
56	Charles Strobel	43	1:12:38	100	Amy Bollinger	42	1:17:01
57	Jody Corbet	40	1:12:46	101	William Poglitsch	63	1:17:06
58	Joshua Smith	39	1:12:48	102	Robert Becker	40	1:17:16
59	Kate Rusin	31	1:12:59	103	Winthrop Thurlow	52	1:17:23
60	Greg Wandersee	56	1:13:22	104	Joe Ziemba	49	1:17:28
61	Michael Skvarch	57	1:13:30	105	Larry Minet	62	1:17:29
62	Jill Musumeci	34	1:13:32	106	Laurel Strobel	38	1:17:29
63	Jay Harris	45	1:13:37	107	Conor Donahoe	25	1:17:33
64	Megan Ann Pierce	18	1:13:40	108	Brian Dellow	39	1:17:34
65	Tyler Dunkle	19	1:13:41	109	Corrine Haynes	46	1:17:43
66	Jeanette Cudney	18	1:13:41	110	Rick Mazzeo	61	1:17:44
67	Devin Blessing	26	1:13:41	111	Andrew Trapasso	45	1:17:50
68	Robert Haas	54	1:13:42	112	Matthew Rutkowski	43	1:17:56
69	Angie Jacobs	26	1:14:05	113	Andy Imboden	37	1:18:10
70	Justin Bramlage	28	1:14:26	114	Brian Sedgwick	48	1:18:19
71	John Kennedy	50	1:14:31	115	Walter Hahn	61	1:18:22
72	Olivia Gamble	21	1:14:33	116	Sean Scott	29	1:18:26
73	Eric Meigs	45	1:14:35	117	Patricia Ford	58	1:18:41
74	Bruce Northrup	45	1:14:51	118	Vanessa Fitts	35	1:18:43
75	Kevin Garvey	33	1:14:54	119	Christine Stoddard	23	1:18:55
76	Molly Dougherty	24	1:15:04	120	Stacy Griswold	36	1:18:58
77	Paul Cianfrocca	50	1:15:08	121	Nick Dotti	39	1:19:01

122 Kelle Santa	43 1:19:02	166 Joel Capolongo	37 1:22:09	209 Erin Talcott	36 1:24:45*
123 Jeff Perkins	57 1:19:04	167 Margaret Perkins	59 1:22:21	210 Paul Connelly	54 1:24:51
124 Christian Lord	48 1:19:06	168 Adam Louise	12 1:22:26	211 Erin Craig	33 1:25:02
125 John Seymour	56 1:19:19	169 Bill Butler	58 1:22:30	212 Michael Kukenberger	39 1:25:16
126 Scott Mullen	47 1:19:20	170 Robert Brancaccio	43 1:22:31	213 Christopher Simser	54 1:25:18
127 Justin Louise	43 1:19:21	171 Howard Caraher	44 1:22:31	214 David Hohreiter	57 1:25:26
128 Richard Driscoll	58 1:19:31	172 Dave Talcott	54 1:22:35*	215 John Dougherty	58 1:25:32
129 Dave Tretowicz	45 1:19:33	**= Race Walker		216 Mark Feldman	63 1:25:40
130 Colleen Dougherty	20 1:19:35	173 David Lee	58 1:22:42	217 Bob Congdon	68 1:25:40
131 Jonathan Phillips	34 1:19:41	174 Matthew Reilly	48 1:22:51	218 John Patrick	48 1:25:46
132 Ashley Demers	25 1:19:46	175 Thomas Hall	31 1:22:58	219 Lucy Bracy	49 1:25:57
133 Douglas Farfaglia	28 1:19:49	176 Jessica Watson	25 1:23:04	220 Timothy McCay	45 1:25:59
134 Danielle Pienkowski	27 1:19:50	177 Elizabeth Eschen	30 1:23:07	221 Kobi Tobin	23 1:26:14
135 Julia Feldmeier	33 1:19:53	178 John Drescher	57 1:23:09	222 Megan Blaich	24 1:26:24
136 Jack Stauffer	54 1:19:56	179 Teri Smithers	37 1:23:16	223 Charles Gottlieb	61 1:26:36
137 Kevin Brisson	56 1:20:12	180 Rebecca Webb	34 1:23:25	224 Rebecca Gottlieb	32 1:26:36
138 Hillary Stratton	33 1:20:14	181 Dominik Stich	33 1:23:28	225 Tom McCullough	62 1:26:38
139 Emily Tully	15 1:20:22	182 Timothy Oonk	50 1:23:29	226 Debbie McCullough	62 1:26:39
140 Sarah Tully	15 1:20:23	183 John Everts	56 1:23:31	227 Mike Terwilliger	59 1:26:45
141 Keith Tully	42 1:20:29	184 Jennifer Brice	51 1:23:37	228 Loren Kapelewski	33 1:26:47
142 Astrid Helfant	41 1:20:31	185 Julia Cook	15 1:23:40	229 James Nixdorf	47 1:26:56
143 Kyle Reger	39 1:20:33	186 William Scott	56 1:23:43	230 Marjorie Carpenter	43 1:27:01
144 Casey Frazee	34 1:20:37	187 Anna Jerome	42 1:23:47	231 Jessica Costosa-Umin	39 1:27:04
145 Mike Baker	30 1:20:45	188 Matt Arria	37 1:23:51	232 Scott Desrosiers	35 1:27:11
146 Stan More	62 1:20:47	189 Naomi Hodde	42 1:23:54	233 Jessica Desrosiers	33 1:27:11
147 Steve Dippolito	54 1:20:48	190 Mark Godleski	44 1:23:55	234 Kathleen Bump	48 1:27:15
148 Scott Laffer	33 1:20:51	191 Bruce Harris	53 1:23:58	235 Maureen Hohl	53 1:27:16
149 Elizabeth Briggs	52 1:20:52	192 Stephanie Cafano	27 1:23:58	236 Jennifer Martino	52 1:27:20
150 Lindsey Zajac	31 1:20:54	193 Kyle Radley	31 1:24:01	237 Lori Romano	42 1:27:23
151 Devan Felano	31 1:20:54	194 Eric Sprague	57 1:24:02	238 Mary Winchurch	28 1:27:24
152 James Burns	50 1:21:06	195 Chris Heberlig	40 1:24:02	239 Kathleen Glow-Morgan	46 1:27:32
153 Dennis Dougherty	39 1:21:10	196 Doug Christensen	55 1:24:04	240 Bonnie Price	32 1:27:36
154 Bob Neuland	68 1:21:10	197 Jonas Carlswärd	44 1:24:11	241 Alexis Mazzeo	23 1:27:45
155 Brian Bodnar	50 1:21:19	198 Tracey More	62 1:24:12	242 Dave Paddock	46 1:27:51
156 Christine Tinnesz	41 1:21:26	199 Jeff Glikes	58 1:24:14	243 Laura Kelley	35 1:27:55
157 Katrine Dermody	27 1:21:32	200 John Dunkle	56 1:24:17	244 Jeb Benzing	36 1:27:57
158 John Skopek	64 1:21:33	201 Jessica Finley	27 1:24:21	245 Kevin Karoglanian	31 1:27:59
159 Kim Barbeta	37 1:21:33	202 Deborah Justice	34 1:24:32	246 Joslyn MacDougall	36 1:28:03
160 Kelly Gagliardo	33 1:21:34	203 Timothy Salanger	32 1:24:33	247 Natalie McBane	30 1:28:07
161 Kelly Lawrence	37 1:21:34	204 Melanie Kukulski	29 1:24:33	248 Thomas Platten	44 1:28:10
162 Emily Lewis	33 1:21:55	205 Nathan Arria	14 1:24:35	249 Erin O'Connor	19 1:28:14
163 Linda Crawford	51 1:21:59	206 Christine Tillman	42 1:24:37	250 Lindsey Ludke	33 1:28:16
164 Derek Swartz	29 1:22:06	207 Micha Ordway	46 1:24:38	251 Ken Beaudry	56 1:28:17
165 Brian Butler	44 1:22:07	208 Fevzi Seker	31 1:24:41	252 Kathleen Franz	53 1:28:18



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253	Kim Hartnett	53	1:28:18			325	Penny Noll	62	1:33:35
254	Mike Vachon	51	1:28:20			326	Riley Burns	15	1:33:36
255	Elizabeth Carpenter	48	1:28:22			327	Rodney Jethu-Appiah	26	1:33:40
256	Melissa Smith	40	1:28:22			328	Ron Gagnon	53	1:33:41
257	Paul Ryan	63	1:28:26			329	Melissa Linck	35	1:33:43
258	Jennifer Neuner	40	1:28:29			330	Jonathan Fellows	56	1:33:45
259	Kim Hunter	40	1:28:29			331	Brett Quilty	29	1:33:56
260	Christopher Johnston	26	1:28:29			332	Laura Abernathy	42	1:33:58
261	John Dermody	28	1:28:31			333	Sarah Lockwood	34	1:34:10
262	Kathryn Webster	39	1:28:32			334	Kyle Tobin	24	1:34:17
263	Andrea Bastedo	40	1:28:32			335	Blake Arria	14	1:34:22
264	Christina Bregou	30	1:28:40			336	Carolyn Harley	36	1:34:28
265	Christina Burtis	43	1:28:40			337	Ellen O'Toole	50	1:34:35
266	Allie Harling	33	1:28:43			338	Brian Abernathy	47	1:34:38
267	Sara Reals	49	1:28:46			339	Mark Donahoe	63	1:34:47
268	William Ames	67	1:29:11			340	Jim McKeever	57	1:34:51
269	Michael Bukowski	34	1:29:12			341	Michelle Breidenbach	42	1:34:51
270	Douglas Dziedzic	52	1:29:15			342	Chelsea Schiepp	31	1:34:59
271	Vincent Lamberto	58	1:29:16			343	Agata Niemczynowski	45	1:35:05
272	Julie Kukenberger	33	1:29:18			344	Wendy Kolceski	41	1:35:14
273	Nelson Correa	56	1:29:32			345	Carole Hansen	61	1:35:18
274	Gael Noyes	42	1:29:33			346	Tina Arcuri	53	1:35:32
275	Colleen Norton	48	1:29:33			347	Bob Mulcock	54	1:35:42
276	David Burger	57	1:29:41			348	Patricia Slocum	40	1:35:55
277	Scott Potter	50	1:29:57			349	Megan Stanford	18	1:36:07
278	Charles Davis	63	1:29:58			350	Rebecca Pfohl	18	1:36:08
279	Rhonda Wandersee	53	1:30:02			351	Norman Michael, Jr.	66	1:36:13
280	Craig Overbeck	62	1:30:15			352	Ruth Fish	26	1:36:23
281	Margaret Gronlie	60	1:30:29			353	John Mulhall	44	1:36:26
282	Marc Quilty	65	1:30:50			354	Mallou Fletcher	53	1:36:43
283	Kelly Husby	48	1:30:52			355	Pamela Everts	56	1:36:45
284	Jim Sacco	39	1:31:04			356	Kelly Isbell	35	1:36:47
285	Lynda Poole	50	1:31:13			357	Stacey Mussison	38	1:36:48
286	Elaine Terzidis	40	1:31:20			358	Jonathan Rieth	37	1:36:49
287	David Mullen	56	1:31:23			359	Ellen Suarez	43	1:37:20
288	Bill Cronise	58	1:31:26			360	Martha Dotti	40	1:37:39
289	Marla Velky-Reger	39	1:31:30			361	Rebecca Houston	42	1:37:49
290	Elizabeth Aronson	45	1:31:30			362	Heather Densmore	37	1:37:57
291	Maggie Bintz	41	1:31:30			363	Amanda Bragan	26	1:38:00
292	Jeff Fish	29	1:31:33			364	Sally Brackett	51	1:38:02
293	Mike Fish	31	1:31:33			365	Michele Tine	34	1:38:06
294	Valeri Bradley	22	1:31:33			366	Janelle Collins	40	1:38:10
295	John Turner	64	1:31:40			367	Melissa Kelly	39	1:38:10
296	Paul Jerabek	23	1:31:42			368	Cindy Harris	42	1:38:10
297	Linh Nguyen	45	1:31:44						
298	Jana Polzin	37	1:31:45						
299	Peter Nolan	49	1:31:46						
300	Lisa Brancato	42	1:31:48						
301	Kristin Butler	45	1:31:57						
302	Deborah Tully	40	1:31:57						
303	Sara Knoll	48	1:31:58						
304	Karen Long	49	1:32:00						
305	Tim Holahan	48	1:32:00						
306	Timothy Bump	49	1:32:11						
307	Stephen Vergamini	36	1:32:17						
308	Amy Vergamini	36	1:32:18						
309	Deirdre McMennamin	45	1:32:23						
310	Gregoria Arambula	31	1:32:29						
311	Scott Cunningham	41	1:32:32						
312	Katy Tornabene	32	1:32:32						
313	Ben Lockwood	34	1:32:57						
314	Catherine Petringa	26	1:33:01						
315	Richard Cisar	65	1:33:01						
316	Bart Lehmann	48	1:33:04						
317	Maria Ziemba	48	1:33:05						
318	Carrie Finn	37	1:33:08						
319	David Mirabito	64	1:33:16						
320	Jennifer Lane	25	1:33:21						
321	Alex Stachowski	28	1:33:22						
322	John Foley	63	1:33:27						
323	Michael Noble	47	1:33:27						
324	Krista Jackson	42	1:33:27						

369	Scott Reizun	52	1:38:26	413	John Love	47	1:44:10	457	Craig Kelly	57	1:54:39
370	Teresa Hartnett	25	1:38:40	414	Mackenzie Foster	21	1:44:21	458	Ellen Brunet	53	1:54:53
371	Hillary Bullock	21	1:38:40	415	Kamal Jabbour	56	1:44:25	459	Jessica Leifer	63	1:56:07
372	Joseph Resti	31	1:38:41	416	Mary Leahy	59	1:44:31	460	Lori Belknap	37	1:56:26
373	Hillary Damon	32	1:38:41	417	Janine Manieri	34	1:44:31	461	Leonard Lyons	54	1:57:34
374	Suzanne Spinola	26	1:38:41	418	Kelly Place	41	1:44:33	462	Tom Randall	63	1:58:01
375	Justin Hale	38	1:38:50	419	Kimberly Buck	45	1:44:33	463	Kyle Ditmars	23	1:58:20
376	Kate Howard	58	1:38:52	420	Janice Medina	36	1:44:48	464	Gregory Reilly	50	1:58:20
377	Annette Holahan	47	1:39:02	421	Carol Moore	59	1:44:49	465	Amanda Carbone	30	2:00:12
378	Jessica Manieri	36	1:39:05	422	Seth Emhoff	32	1:45:00	466	Susan Morgan	65	2:12:44
379	Honey-Beth Nelson	44	1:39:39	423	Cathy Gray	44	1:45:11	467	Rebecca Morgan	28	2:12:45
380	Angela Racomandato	48	1:39:41	424	David Bills	49	1:45:30	468	Sarah Fellows	21	2:12:45
381	Joe Racomandato	50	1:39:42	425	Heather Mulhall	42	1:45:32				
382	Rose Braman	58	1:39:45	426	Kermit Cadrette	76	1:45:37				
383	Tom Kilmer	58	1:40:00	427	Leslie Ditrani	50	1:45:44				
384	Mark Fullerton	59	1:40:00	428	Eileen Reizun	49	1:46:03				
385	Sue Gucciardi	41	1:40:24	429	Jean Hood	66	1:46:19				
386	Paul Chwalek	60	1:40:30	430	Akiko Rhone	56	1:46:41				
387	Casey Gray	46	1:40:38	431	Stephanie Urban	47	1:46:52				
388	Lauren Anderson-Smit	27	1:40:44	432	Laura Mullen	28	1:46:52				
389	Jim Gar	63	1:40:46	433	Dawn Paciorek	49	1:47:07				
390	Nancy Coye	60	1:40:49	434	Carla Zimmerman-Edis	54	1:47:07				
391	Russel Meeker	51	1:40:55	435	Steven Craft	49	1:47:37				
392	Caeli Carroll	15	1:41:41	436	Cynthia Jefferts	41	1:47:43				
393	Connor Carroll	18	1:41:41	437	Laura Farwell	50	1:47:56				
394	Lesley Soper	33	1:41:57	438	Charles Crary	66	1:48:12				
395	Kaleb Wilson	29	1:41:57	439	Anne Leadley	24	1:49:02				
396	Annette Skye	39	1:41:59	440	Michele O'Connor	46	1:49:25				
397	James Cable	54	1:42:09	441	Kathy Barber	37	1:49:36				
398	Ben O'Brien	29	1:42:15	442	Kevin Barber	37	1:49:37				
399	Alisha Thomson	26	1:42:15	443	Jacqueline Burns	48	1:50:02				
400	Tom Taylor, Jr.	34	1:42:15	444	Carol Rider	72	1:50:37				
401	Thomas Taylor	67	1:42:17	445	Doug Campbell	27	1:50:42				
402	Moriah Sankey	18	1:42:24	446	Tracy Till	43	1:51:07				
403	Greg Sankey	49	1:42:24	447	Adrienne Mylott	53	1:51:10				
404	Andrea Vanbeusichem	42	1:42:40	448	Heidi Ratliff	52	1:51:29				
405	Mary Ann Pierce	51	1:42:40	449	Jennifer Buggs	37	1:52:52				
406	Emily Merriman	25	1:42:55	450	Marie Webb	30	1:53:01				
407	Elizabeth Wenz	51	1:43:13	451	Ann Mullen	66	1:53:40				
408	Mark Peters	56	1:43:32	452	Rodney Koch	55	1:53:47				
409	Claudia Klaver	52	1:43:36	453	James Gaspo	51	1:54:11				
410	Jean Johnson	45	1:43:42	454	Katherine McCooley	24	1:54:30				
411	Clara White	42	1:43:53	455	Patricia Dienhoffer	34	1:54:33				
412	Dominick Demarco	66	1:43:56	456	Ryan Kelly	24	1:54:39				

PUSHED WHEELCHAIR TEAMS

PLACE TEAM TIME

- 1 Jack Willis - Team Two Smiles 1 1:34:43
 2 Nolan Willis - Team Two Smiles 2 1:34:43



Photo by Bob Brock—rthbrockj11@me.com

Calendar of Events

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

August

- 16 (Sat.) **Willow Bay 5 km Run & Fitness Walk for Women, Contact: mpiscitelli2@verizon.net
or Online: getentered.com**
- 16 Tour de Loop 15 mile Ride and 30/50 Mile Race \$30. 30/50 Race until 8/1/14; \$35 after; Contact:
Trish Levine 598-9622 online: EzRaceReg.com
- 23 Loop Around the Lake, Fulton YMCA 5 km walk/run and 15 km Contact: Trish Levine 598-9622

September

- 6 The Dunkin Run—ARC Race 2014 www.arcrace.org Half-Marathon, 5 km, 3 km walk, mile
- 7 Ithaca 5 & 10 Mile Runs, Ithaca High School visit www.fingerlakesrunners.org
- 14 Cortland Chiro 5k Run, Cortland YMCA. Contact Peggy Eck at 607-756.2893 or visit
www.cortlandymca.org
- 14 USA 30km Race Walk Championships, Valley Cottage, NY visit www.usatf.org
- 20 (Sat.) **Fayetteville 5 Mile Classic Contact David Kennedy—dkenn15@twc.com**
- 21 Harvest Dash, Critz Farms, Cazenovia—1 mile walk/run and 5k trail run Contact: Christy Kinney at
Harvestdash@gmail.com or visit www.facebook.com/harvestdash
- 21 Rochester Marathon, Half Marathon, Marathon Relay, Rochester, NY contact
Nicole@yellowjacketracing.com or visit www.rochestermarathon.com
- 21 CNY Bread Run, Fabius, NY. Half Marathon, 5k, and fun run. Visit www.breadrunatfabiusny.org
- 28 Tully 5k REaCH Run/Walk, Tully HS

October

- 4 USA Masters 5km Race Walk Championships, Kingsport, TN visit www.kingsportracewalk.com
- 5 (Sun.) **Syracuse Festival of Races 5 km USATF Masters Championships Contact: Dave Oja 446-6285
www.festivalofraces.com**
- 12 USA 40km Race Walk Championships, Ocean Twp, NJ visit www.usatf.org

November

- 9 Burn Run, East Syracuse Contact: John Minnick—johnjm_1@man.com

Bold Print—SCTC Event

If you have events you would like listed in the Syracuse Chargers Newsletter, please e-mail information and entry blank to:
dwtalcott@juno.com. Events will be listed as space is available.

2014 Chargers Grand Slam Events--Finish four or more 2014 Grand Slam races and win a Grand Slam tech shirt plus free entry for the Last Chance Trail Run & Pancake Breakfast. Grand Slam races include: 6/14—Hess Express Swamp Rat 5K or 10K; 7/4—Cazenovia July 4th 5K or 10 Miler; 8/16—Willow Bay 5K Run & Fitness Walk for Women; 9/20—Fayetteville Classic 5 Miler; 10/5—Syracuse Festival of Races Men's 5K or MVP Health Care Women's 5K.

Visit www.syracusechargers.org/slam for details.

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____

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Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____

Name: _____ (M) (F) _____ Birth Date _____ Occupation/Club Interest _____

Mailing Address - Street or P.O. Box Telephone Number _____

 City State Zip E-mail Address _____

I would like to receive Charger info. by e-mail Yes__ No__

Primary Fields of Interest: _____ **Membership Status:** _____ **I would like to help with:** _____

Road Running Track Running New Track Meets Road Races

Race Walking Field Events Renewal Coaching

Physical Fitness Youth Development Special Olympics Program

Mail this form and check to: **Julie Shafer, Membership Coordinator** Register Online: **RunSignUp.com**
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (HS or younger)\$10
 Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-Shirts are available for \$6 Sm. ___ Med. ___ Lg. ___ XLg. ___ Youth Lg. ___

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:
 \$10 ___ \$20 ___ \$30 ___ \$40 ___ \$50 ___ \$100 ___ Other \$ ___

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 your 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 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.
213 Scott Avenue
Syracuse, New York 13224

Return Service Requested

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)			7.00 6.00	
T-Shirts, Long Sleeve - White: Adult: (s-m-l-xl-xxl)			8.00	
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: 213 Scott Avenue, Syracuse, NY 13224	Postage		3.00	+ 3.00
	Total			