



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLIV

Syracuse Chargers Track Club

August 2013

Hess Express Swamp Rat Race – Boys Run – June 15th Oneida Shores



Cazenovia July 4th 5K



Syracuse Chargers

-2-

Track Club, Inc.

Board of Directors

President

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Masters (Women)

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John View

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Chris Raulli
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Send Merchandise orders to: **Evelyn White**
118 Foxcroft Ln., Fayetteville, NY 13066

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

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

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC. Subscriptions are \$15 per year.

Material should reach Evelyn White, 118 Foxcroft Lane, Fayetteville, NY 13066, or e-mail NandEWhite@aol.com by the 10th of the month.

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Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
8103 Lobos Lane
Liverpool, NY 13090

Changing your address? Let Julie know as soon as possible (399-8553) 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 www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road running, track & field, cross country, and race walking championship events at the district, regional and national levels. **The Charger Club number is "04-0092"**

Board Meetings generally held the 3rd Tuesday of the month at 7 pm.
Call 637-6211 for information.

Club Web Site: www.syracusechargers.org

New Charger Members

Jacob Schmid
Sean Bernstein

Ryan Millar
Frank St. Dennis

Shayna Santarelli-Hansen
Sylvester Owusu-Afriyie

Andrea Damad

Attention Willow Bay 5K Entrants: Due to unavoidable long-term construction at the Park, we are moving the race start time to 8 am to minimize sharing the road with casual park users. Additional course volunteers will be needed for this year also due to the construction; If you are not planning to participate and would like to volunteer, please contact Mickey at mpiscitelli2@verizon.net

Entry Forms in this Newsletter

August 17
September 2
September 15
October 6

20th Willow Bay 5K Run & Fitness Walk, Liverpool
16th Annual Groton Labor Day 5K & 1 Mile Fun Run
Fayetteville 10K Classic
Syracuse Festival of Races

Special Olympic Program at SRC Arena . Sept. 9, 18, 23 & 30 6:30-7:30 pm

21st Annual Syracuse Festival of Races Needs a Few More Good Men and Women

We're very proud to be celebrating the 20th edition of the Syracuse Festival of Races and hosting the USATF Masters 5K Road Race National Championships for our sixth consecutive year. That means not that the gathering of runners and walkers of all ages, abilities, and levels of experience on Sunday, October 6, 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. 4, Saturday, Oct. 5, or Sun. Oct. 6, please contact Greg (tuttlegreg@hotmail.com).

If you'd like to assist with site set-up at Manley Field House (Sat., Oct. 5) or breakdown (Sun., Sept. 30th), 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. 6, 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, water stop, 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 enjoy helping!

Syracuse Festival of Races Entry Forms Now Available; Early Bird Entry Ends July 31!

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 21st 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 entry fee pops up three dollars on August 1st, so don't be caught by surprise. 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 21 years, has hosted "the best running around."

Syracuse Chargers Track Club
Presents the 20th Annual
Willow Bay 5K Run & Fitness Walk for Women
Saturday, August 17, 2013

8am* Earlier start time this year due to construction!!!

Willow Bay in Onondaga Lake Park, Liverpool, NY
Syracusechargers.org/willow

Course: Flat, certified (NY83004TC) out and back course along the east shore of Onondaga Lake. Start at Willow Bay; turnaround near Yacht Club; finish at Willow Bay. Enter the park via Longbranch Road.

Entry: Pre-register by mail (post-marked by August 10) for \$25, via www.active.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 The Bikery at 7556 Van Buren Road in Bville on Thursday, Aug 15 from 5:00 -7:00 pm. Packets will also be available on site on race morning.

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

Awards:

Top 3 finishers overall; top three teams in each family category:

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

Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.

There will be drawings for door prizes at the awards ceremony. You must be present to receive one.

* Double Your Fun Challenge. If you double your finish time and it is less than your age on race day, you win a special prize!

Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027

Questions? 315 638-9662 or mpiscitelli2@verizon.net

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

Name _____ Age(on 8/17/13)_____ D.O.B._____

Address _____ Phone _____

_____ Zip _____ E-Mail _____

Shirt size: Small Medium Large X-Large

Family Team Categories (circle as many as apply and name your teammate; team members should 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, Baby joggers, rollerblades, animals, and Ipods and MP3 players are not allowed in the race, and I will abide by this guideline.

Signature _____ Date _____

(If under 18, both participant and parent/guardian must sign)



Howard MacMillan, July 5, 1926 – June 9, 2013

There are few people who have made more prolific and more valuable volunteer contributions to the Syracuse Chargers Track Club and the Syracuse-area running community than Howard MacMillan, who died on June 9.

A great lover of the running sports, Howard was not only a volunteer but also a competitor. By his count, he ran 567 road and cross-country races. Also by his count (and purely by coincidence), Howard also ran, walked, or put the shot in 567 track & field events—not counting his 128 races in the Noontime Running League in Manley Field House. The distances of the events in which Howard competed ranged from 45 meters to the marathon. They ranged from tiny, out-of-the-way local road races (where Howard delighted in picking up age-group victories just by crossing the finish line) to USA national championships (where he could be pretty confident he had little chance of winning—but sometimes did). They ranged from spring road races to summer outdoor track meets to fall cross-country races to winter indoor meets (often including the Dartmouth Relays—hosted by Howard's *alma mater*).

As a longtime Liverpool resident and retired engineer at General Electric, Howard was a Chargers member by the time he ran his third road race. He eventually ran (with Nate White, Ed Buckley, and Russ More) on the Chargers distance medley relay team that surpassed the M70+ world record. In 1997 he won the M70-74 400m indoor national championship, and in that year he was ranked first in the U.S. in the age group in the indoor 200m and 400m. Howard ultimately placed first in 16 Eastern Championship races, won 25 gold medals in Senior Games competitions, and won 57 gold medals in Empire State Games Masters competitions. He completed the Chargers 5,000-Mile Challenge twice, and he pursued and achieved his personal goal of running at least a mile in all fifty states (plus a host of countries outside the U.S.).

A staunch advocate of competition in older age groups, Howard once cited his most important legacy as his having successfully persuaded fifteen area races to raise their top age groups from “60 and older” to either “70 and older” or “75 and older.”

But it was Howard's long and dedicated volunteer contributions (often in concert with those of Marie, who predeceased him in March 2012) that are his greatest legacy within the running community. Not only were Howard and Marie prolific race-day helpers, but they were also quick to lead as coordinators or directors of various programs and events.

Howard served six outstanding years as a member of the SCTC Board of Directors (with Marie providing her homemade cookies for many of the Board meetings of that era). Howard (with Marie's help, of course) assisted with and then directed the Onondaga Lake Park Thursday Evening Runs for many years. Howard served for years as the meet director of the Onondaga County Senior Games T&F meet and related road competitions. He was engaged in the creation of the Empire State Games Masters T&F Meet, and he was a consultant in the reorganization of the NYS Senior Games T&F Meet.

Howard and Marie served as registration coordinators for the Manufacturers Hanover Corporate Challenge for many years, handling the enormous workload of what was at the time a paper-only entry procedure. He served on several Chargers committees, took an active interest in the organization and oversight of our competitive teams programs, and contributed content to the *Chargers Newsletter*.

In recognition of Howard's and Marie's outstanding contributions to our running community, Howard and Marie were jointly recognized (at various times as the years passed) with: the Chargers Volunteer Award, the Chargers Outstanding Volunteer Service Award, the Syracuse YMCA's Community Physical Fitness Award, and the Road Runner's Club of America Volunteer Service Award.

It goes without saying that hundreds of current and past members of the Chargers will always appreciate and recall fondly the activities and the time that we shared with both Howard and Marie.

16th Annual Groton Labor Day 5K & 1 Mile Fun Run September 2, 2013



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=20768>

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
Female 18:46 Murphee Hayes

17:21 Boris Dzikovski
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 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** _____

THANK YOU, Corporate Challenge® Volunteers!

Thanks very much to all of the individuals who helped to make the 2013 edition of the J.P. Morgan Corporate Challenge® in Syracuse one of our best ever! Feedback from many of the 7,589 entrants has been enthusiastic and positive, and the lovely weather on race day was a welcome change and a pleasure for all. Sincere thanks and congratulations to all of you listed below and anyone who may have been omitted!

Erika Adigun	Paul Cianfrocca	Katie Frontino	Ron Reed
Auburn HS XC	Jim Clancy	Mike Gammon	Alex Rotunno
Bob Anderson	Terri Clark	Jason Glashauser	David Ruppel
B.S.A. Troop 62	Adam Collister	Bev Halderman	Canyon Ryan
B.S.A. Troop 157	Tasha Cooper	Cathy Hopkins	Shannon Ryan
B'ville HS XC	Cortland HS XC	Scott Kadick	Tom Ryan
Trenton Battle	Matthew Cummings	Kevin Karoglanian	Mike Scuderi
Joe Behan	Melissa Cummings	Liverpool HS XC	Debby Shaw
Sean Behan	Mike Cummings	Lisa Maresca	Paul Thompson
Justin Block	Lisa Daly	Jim McCaul	Derrick Tingley
Sandy Buck	Joe Camerino	Cassidy Myers	Barb Tomchik
Tom Bull	Jim Dolliver	Katherine McCarthy	Joe Tomchik
David Burgess	Mark Driscoll	Katie Oja	Greg Tuttle
Tom Burke	ES-M Marching Band	Krissie Oja	Rob Warren
Mary Bushallow	ES-M Youth Sports	Linda Oja	A. J. Wells
Ellie Childs	Cheerleaders	Matt Oja	B. Allen Wells
John Childs	Doug Falcon	Dave Patruno	Mary Wells
Johnny Childs	Martty Falcon	Sasha Pourpezeshk	Evelyn White
Hank Church	Gibs Flock	Janice Raus	Maureen Wilson

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 coordinator, **Greg Tuttle**;
- 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**; **Jim Clancy**; **Lisa Daly**; **Mark Driscoll**; **Katie Frontino**; **Bev Halderman**; **Linda Oja**; **Katie Oja**; **Krissie Oja**; and **Joe Tomchik**.

You were the all-stars of the 2013 J.P. Morgan Corporate Challenge® in Syracuse!

**HESS EXPRESS SWAMP RAT (MOSTLY)GIRLS ONE MILE
Brewerton, NY June 15, 2013**

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

1	Megan Trubia	13 F	6:51	1	F01-14	73	Cassidy Godet	12 F	9:25	71	F01-14
2	Jamie Wagner	12 F	6:54	2	F01-14	74	Breann Dodge	32 F	9:25	1	F30-34
3	Sierra Fehrman	12 F	7:02	3	F01-14	75	Tracy McCaffrey	38 F	9:26	1	F35-39
4	McKenna Johnston	10 F	7:03	4	F01-14	76	Ivy Dong	10 F	9:26	72	F01-14
5	Eva Keohane	14 F	7:13	5	F01-14	77	Abbee Norris	10 F	9:27	73	F01-14
6	Cora Keohane	10 F	7:17	6	F01-14	78	Gabriella Pauline	7 F	9:27	74	F01-14
7	Alana Cooper	9 F	7:25	7	F01-14	79	Samantha Shova	11 F	9:27	75	F01-14
8	Briana Pucci	12 F	7:33	8	F01-14	80	Miriam Bush	27 F	9:28	1	F25-29
9	Ashely Evans	9 F	7:34	9	F01-14	81	Natalie Bush	7 F	9:28	76	F01-14
10	Lexi Miller	10 F	7:36	10	F01-14	82	Grace Engle	8 F	9:30	77	F01-14
11	Sarina Brown	12 F	7:36	11	F01-14	83	Bailey Sherbourne	13 F	9:33	78	F01-14
12	Katelyn Wendt	11 F	7:36	12	F01-14	84	Mackenzie Kocher	9 F	9:33	79	F01-14
13	Savannah Kuhr	11 F	7:39	13	F01-14	85	Morgan Kocher	13 F	9:33	80	F01-14
14	Allison Newton	9 F	7:46	14	F01-14	86	Abbie Wright	11 F	9:35	81	F01-14
15	Samantha Stahlbradt	11 F	7:49	15	F01-14	87	Brayden Schultz	8 F	9:36	82	F01-14
16	Makayla Barnes	12 F	7:50	16	F01-14	88	Mikayla Aldrich	15 F	9:36	2	F15-19
17	Ava Field	10 F	7:51	17	F01-14	89	Jada Smith	12 F	9:37	83	F01-14
18	Jeanna Steckel	10 F	7:56	18	F01-14	90	Meira Liberman	8 F	9:37	84	F01-14
19	James Thurn	23 M	8:05	1	M20-24	91	Heather Aldrich	37 F	9:37	2	F35-39
20	Angel Dixon	12 F	8:05	19	F01-14	92	Samantha Haley	8 F	9:41	85	F01-14
21	Madeleine Mafriaci	11 F	8:09	20	F01-14	93	Aaron Weinstein	48 M	9:44	1	M45-49
22	Emily Dembowski	12 F	8:10	21	F01-14	94	Meira Weinstein	9 F	9:44	86	F01-14
23	Victoria Ramirez	12 F	8:11	22	F01-14	95	Molly Atkinson	10 F	9:44	87	F01-14
24	Jennifer Carl	11 F	8:14	23	F01-14	96	Madison Ranalli	10 F	9:45	88	F01-14
25	Paige Irvine	8 F	8:16	24	F01-14	97	Emilee Rio	7 F	9:45	89	F01-14
26	Taylor Piotter	13 F	8:26	25	F01-14	98	Anna Dwyer	11 F	9:46	90	F01-14
27	Gracie Gleason	11 F	8:29	26	F01-14	99	Ella Lawrence	7 F	9:46	91	F01-14
28	Bryn Myers	9 F	8:30	27	F01-14	100	Annabella Callabria	10 F	9:47	92	F01-14
29	Torie Gleason	11 F	8:30	28	F01-14	101	Beth Polcaro	8 F	9:48	93	F01-14
30	Sarah Hogan	11 F	8:31	29	F01-14	102	Talia Wilson	7 F	9:49	94	F01-14
31	Hailey Lawless	10 F	8:33	30	F01-14	103	Peyton Empey	8 F	9:49	95	F01-14
32	Julia Mann	10 F	8:39	31	F01-14	104	Kelsey Moorhead	11 F	9:50	96	F01-14
33	Brooke Blaisdell	10 F	8:40	32	F01-14	105	Angelina Cosentino	8 F	9:51	97	F01-14
34	Ally Wagner	10 F	8:42	33	F01-14	106	Krista Schulz	11 F	9:52	98	F01-14
35	Madelyn Recchie	12 F	8:42	34	F01-14	107	Iris Piagentini	12 F	9:53	99	F01-14
36	Jasmine Goldthwait	14 F	8:42	35	F01-14	108	Julia Coyne	13 F	9:53	100	F01-14
37	Saniya Cooper	8 F	8:43	36	F01-14	109	Hannah Alvaro	17 F	9:54	3	F15-19
38	Kate Putman	8 F	8:44	37	F01-14	110	Lily Schryver	9 F	9:54	101	F01-14
39	Danielle Doyle	11 F	8:44	38	F01-14	111	Jeffrey Snogles	45 M	9:54	2	M45-49
40	Jeanne Vinette	10 F	8:45	39	F01-14	112	Emily Snogles	13 F	9:55	102	F01-14
41	Aleah Stoutenger	11 F	8:46	40	F01-14	113	Adriana DiFlorio	7 F	9:58	103	F01-14
42	Melina Mandell	10 F	8:46	41	F01-14	114	Gianna Chairmonte	10 F	9:59	104	F01-14
43	Alexis Crouse	13 F	8:48	42	F01-14	115	Headan Wilson	12 F	9:59	105	F01-14
44	Emily Schlueter	10 F	8:49	43	F01-14	116	Juia Youmans	13 F	9:59	106	F01-14
45	Elizabeth Kincaid	10 F	8:51	44	F01-14	117	Christina Wagner	7 F	10:02	107	F01-14
46	Stephanie Krick	10 F	8:51	45	F01-14	118	Kate Wagner	15 F	10:02	4	F15-19
47	Emily Andersen	10 F	8:52	46	F01-14	119	Isabelle Mento	5 F	10:07	108	F01-14
48	Madeline Woods	11 F	8:53	47	F01-14	120	Skylar Decker	13 F	10:07	109	F01-14
49	Kate Capone	9 F	8:58	48	F01-14	121	Brett Blaisdell	43 M	10:07	1	M40-44
50	Mya Ashkar	7 F	9:01	49	F01-14	122	Olivia Brown	10 F	10:08	110	F01-14
51	Julia Frye	11 F	9:01	50	F01-14	123	Jenn Wilson	33 F	10:08	2	F30-34
52	Morgan Griffin	12 F	9:02	51	F01-14	124	Alyssa Spivak	12 F	10:08	111	F01-14
53	Kalli Frey	13 F	9:03	52	F01-14	125	Kali Wilson	15 F	10:08	5	F15-19
54	Kendell Gunnip	10 F	9:03	53	F01-14	126	Stephen Brown	45 M	10:09	3	M45-49
55	Ava Dirubbo	9 F	9:03	54	F01-14	127	Riley Hayden	8 F	10:09	112	F01-14
56	Marisa Frascatore	9 F	9:04	55	F01-14	128	Ally Roueche	8 F	10:10	113	F01-14
57	Kara Dorn	10 F	9:05	56	F01-14	129	McKenna Shannon	11 F	10:12	114	F01-14
58	Francesca DiFlorio	9 F	9:07	57	F01-14	130	Aaron Dunn	9 M	10:12	1	M01-14
59	Emma Gasque	8 F	9:07	58	F01-14	131	Wojslaw Reeghan	9 F	10:13	115	F01-14
60	Kayla Duenkel	6 F	9:08	59	F01-14	132	Emma Osier	8 F	10:13	116	F01-14
61	Madison Domachiwski	11 F	9:11	60	F01-14	133	Mia Recchie	8 F	10:15	117	F01-14
62	Erin Slusser	8 F	9:12	61	F01-14	134	Savannah Bold	7 F	10:16	118	F01-14
63	Areena Schuldt	8 F	9:13	62	F01-14	135	Emily Cavanaugh	9 F	10:17	119	F01-14
64	Emma Goldthwait	11 F	9:14	63	F01-14	136	Courtney Jaworski	7 F	10:18	120	F01-14
65	Carrie McBarron	16 F	9:14	1	F15-19	137	Ellen Wiczorek	7 F	10:18	121	F01-14
66	Morgan McCaffrey	11 F	9:15	64	F01-14	138	Ava Lyles	6 F	10:19	122	F01-14
67	Shannon Hourigan	11 F	9:17	65	F01-14	139	Tyler Matthew	41 M	10:19	2	M40-44
68	Alexis Waldron	12 F	9:22	66	F01-14	140	Lexie Waite	9 F	10:22	123	F01-14
69	Joanna Manning	7 F	9:22	67	F01-14	141	Meghan Moyer	8 F	10:25	124	F01-14
70	Kaley Bristow	9 F	9:23	68	F01-14	142	Madeline Howell	8 F	10:26	125	F01-14
71	Abby Wines	8 F	9:24	69	F01-14	143	Hanna Collins	11 F	10:26	126	F01-14
72	Alanna Manning	8 F	9:24	70	F01-14	144	Misty Bishop	12 F	10:29	127	F01-14
						145	Barb Falinski	F	10:31		
						146	Samantha Carroll	6 F	10:35	128	F01-14
						147	Deseray Bigness	11 F	10:37	129	F01-14
						148	Jennelle Rusaw	13 F	10:37	130	F01-14
						149	Diane Crivelli	9 F	10:38	131	F01-14
						150	Tim Carroll	43 M	10:38	3	M40-44

151 Carrissa Kawola	39 F	10:41	3 F35-39	230 Rachel Maderos	4 F	11:59	191 F01-14
152 Riley Kawola	9 F	10:41	132 F01-14	231 Ava Breitbeck	13 F	12:00	192 F01-14
153 Brooke Radford	8 F	10:41	133 F01-14	232 Emily Devine	11 F	12:00	193 F01-14
154 Alicia Helbock	11 F	10:42	134 F01-14	233 Tom Devine	33 M	12:00	1 M30-34
155 Anna Myers	7 F	10:44	135 F01-14	234 Megan Johnston	8 F	12:03	194 F01-14
156 Hadley Devries	7 F	10:45	136 F01-14	235 Molly McGrath	9 F	12:03	195 F01-14
157 Carly Trotman	8 F	10:47	137 F01-14	236 Victoria Ackley	11 F	12:04	196 F01-14
158 Jessica Chase	15 F	10:49	6 F15-19	237 Savannah Hoyt	9 F	12:04	197 F01-14
159 Sarah Amato	15 F	10:49	7 F15-19	238 Emily Soulier	9 F	12:04	198 F01-14
160 Pamela Wagner	44 F	10:49	1 F40-44	239 Kelly Congdon	34 F	12:04	6 F30-34
161 Robert Schmidt	59 M	10:52	1 M55-59	240 Joanna Vincent	9 F	12:07	199 F01-14
162 Sarah Wolf	9 F	10:52	138 F01-14	241 Meghan McGrath	7 F	12:07	200 F01-14
163 Shaylin Florczykowsk	6 F	10:52	139 F01-14	242 Kate Byrnes	7 F	12:07	201 F01-14
164 Sarah Wieczorek	7 F	10:52	140 F01-14	243 Saif Sayed	8 M	12:10	2 M01-14
165 Mary Wieczorek	11 F	10:52	141 F01-14	244 Zion Vick	6 F	12:10	202 F01-14
166 Lydia Morris	6 F	10:53	142 F01-14	245 Miranda Lenning	7 F	12:12	203 F01-14
167 Gloria Morris	44 F	10:53	2 F40-44	246 Ella Cassel	7 F	12:13	204 F01-14
168 Lauren Cavanaugh	6 F	10:56	143 F01-14	247 Chris Knapp	50 M	12:15	3 M50-54
169 Emily Temple	12 F	10:58	144 F01-14	248 Danielle Filapello	9 F	12:15	205 F01-14
170 Rachel Cifaratta	14 F	11:00	145 F01-14	249 Anna Melfi	9 F	12:16	206 F01-14
171 Peter Cifaratta	47 M	11:02	4 M45-49	250 Stephanie Prentice	33 F	12:17	7 F30-34
172 Angelina Cifaratta	7 F	11:02	146 F01-14	251 Mike Prentice	34 M	12:18	2 M30-34
173 Jolie Barnello	10 F	11:05	147 F01-14	252 Isabella Rabice	8 F	12:19	207 F01-14
174 Stephen Barnello	54 M	11:06	1 M50-54	253 Leeann Phelps	16 F	12:20	8 F15-19
175 Allison Moran	5 F	11:07	148 F01-14	254 Karley Williams	10 F	12:20	208 F01-14
176 Mia Kirch	8 F	11:08	149 F01-14	255 Chloe Phelps	10 F	12:20	209 F01-14
177 Gabrielle Putman	6 F	11:12	150 F01-14	256 Allison Domachiwske	8 F	12:21	210 F01-14
178 Abigail Bustin	10 F	11:12	151 F01-14	257 Kristin Howell	36 F	12:23	7 F35-39
179 Karen Crandall	37 F	11:13	4 F35-39	258 Keira Anderson	7 F	12:23	211 F01-14
180 Riley Crandall	7 F	11:13	152 F01-14	259 Abby Bouziden	6 F	12:23	212 F01-14
181 Erica Scott	33 F	11:14	3 F30-34	260 Isabella McNichol	8 F	12:23	213 F01-14
182 Sophia Melfi	6 F	11:14	153 F01-14	261 Eve Campitello	7 F	12:23	214 F01-14
183 Leah McBarron	9 F	11:15	154 F01-14	262 Gianna Knapp	10 F	12:24	215 F01-14
184 Abigail Calabria	8 F	11:17	155 F01-14	263 Sara Temple	10 F	12:26	216 F01-14
185 Ashley Palamar	11 F	11:17	156 F01-14	264 Camryn Humphrey	10 F	12:32	217 F01-14
186 Jerry Palamar	46 M	11:18	5 M45-49	265 Sarah Chase	40 F	12:33	3 F40-44
187 Emily Ferenc	11 F	11:18	157 F01-14	266 Lauren Deroberts	8 F	12:33	218 F01-14
188 Mike Kubala	46 M	11:18	6 M45-49	267 Melissa Sanfilippo	47 F	12:34	1 F45-49
189 Lindsey Kubala	7 F	11:19	158 F01-14	268 Norma Delapp	42 F	12:34	4 F40-44
190 Aubree Bauer	7 F	11:21	159 F01-14	269 Sarah Filapello	38 F	12:35	8 F35-39
191 Megan Wolf	9 F	11:21	160 F01-14	270 Cassidy Svoboda	7 F	12:36	219 F01-14
192 Reese Jackson	9 F	11:24	161 F01-14	271 Gabriella Svoboda	9 F	12:36	220 F01-14
193 Wayneta Donzella	69 F	11:24	1 F65-69	272 Maria Sanfilippo	7 F	12:37	221 F01-14
194 Emily Donzella	13 F	11:25	162 F01-14	273 Jillian Paolini	8 F	12:37	222 F01-14
195 Giavanna Racciatti	8 F	11:26	163 F01-14	274 Maria Wozniczka	7 F	12:39	223 F01-14
196 Sara Fry	9 F	11:26	164 F01-14	275 Allison Wicks	7 F	12:39	224 F01-14
197 Erin Cappa	12 F	11:26	165 F01-14	276 Arnold Kim	40 F	12:40	5 F40-44
198 Olivia Domachiwske	7 F	11:28	166 F01-14	277 Ayvah Romano	7 F	12:40	225 F01-14
199 Jacqueline Jackson	39 F	11:32	5 F35-39	278 Anne Romano	29 F	12:40	2 F25-29
200 William Frye	52 M	11:33	2 M50-54	279 Emily Harte	9 F	12:42	226 F01-14
201 Kayleigh Dubois	8 F	11:33	167 F01-14	280 Jennifer Atkinson	19 F	12:43	9 F15-19
202 Raegen Webb	9 F	11:35	168 F01-14	281 McKenna Dziadula	7 F	12:45	227 F01-14
203 Lauren Sennett	7 F	11:35	169 F01-14	282 Jenna Fournier	8 F	12:45	228 F01-14
204 Stephanie Woods	39 F	11:36	6 F35-39	283 Kate Gucciardi	6 F	12:46	229 F01-14
205 Abigail Woods	8 F	11:36	170 F01-14	284 Dana Gucciardi	38 M	12:46	1 M35-39
206 Karli Beard	7 F	11:36	171 F01-14	285 Allyson Florczykowsk	13 F	12:46	230 F01-14
207 Lillian Hotaling	6 F	11:37	172 F01-14	286 Shannon Loughlin	7 F	12:48	231 F01-14
208 Courtney Pierce	8 F	11:38	173 F01-14	287 Taylor Goike	16 F	12:50	10 F15-19
209 Alyssa Thornhill	11 F	11:38	174 F01-14	288 Alex Goike	8 F	12:50	232 F01-14
210 Olivia Saunderson	8 F	11:38	175 F01-14	289 Gretchen Byrnes	4 F	12:50	233 F01-14
211 Roseanne Saunderson	60 F	11:39	1 F60-64	290 Amanda McIntyre	30 F	12:50	8 F30-34
212 Oliva Dinet	10 F	11:40	176 F01-14	291 Aubrey Herrington	4 F	12:51	234 F01-14
213 Brooke Saunderson	32 F	11:42	4 F30-34	292 Emma Maher	9 F	12:52	235 F01-14
214 Chelsea Pugh	6 F	11:47	177 F01-14	293 Betsy Byrnes	37 F	12:52	9 F35-39
215 Cassidy Hirsh	8 F	11:48	178 F01-14	294 Cassidy Boyce	8 F	12:53	236 F01-14
216 Isabella Brownell	10 F	11:48	179 F01-14	295 Caitlyn Jones	8 F	12:54	237 F01-14
217 Jennifer Meeks	34 F	11:48	5 F30-34	296 Robyn Jones	26 F	12:54	3 F25-29
218 McKenna Zacholl	7 F	11:49	180 F01-14	297 David Steed	44 M	12:57	5 M40-44
219 Ava Barnett	6 F	11:49	181 F01-14	298 Austin Mills	16 M	12:57	1 M15-19
220 Jillian Howell	6 F	11:49	182 F01-14	299 Hayley Steed	6 F	12:57	238 F01-14
221 Emma Murnane	5 F	11:49	183 F01-14	300 Jenna Mills	10 F	12:57	239 F01-14
222 Larry Hirsh	42 M	11:49	4 M40-44	301 Saige Hayden	5 F	12:58	240 F01-14
223 Gabriella Casanova	8 F	11:50	184 F01-14	302 James Kelley	41 M	13:00	6 M40-44
224 Leah Baldwin	7 F	11:51	185 F01-14	303 Jamielyn Kelley	7 F	13:01	241 F01-14
225 Hannah Delapp	10 F	11:52	186 F01-14	304 Natalina Vantassel	8 F	13:01	242 F01-14
226 Alison Dimitrijeviski	8 F	11:54	187 F01-14	305 Olivia Lesko	10 F	13:01	243 F01-14
227 Lilah Kirch	5 F	11:55	188 F01-14	306 Ron Vantassel	50 M	13:03	4 M50-54
228 Kierstin Lorraine	11 F	11:56	189 F01-14	307 Cathie Whitacre	40 F	13:03	6 F40-44
229 Loren Khan	9 F	11:59	190 F01-14	308 Brooke Wormuth	6 F	13:04	244 F01-14

**HESS EXPRESS SWAMP RAT (MOSTLY)GIRLS ONE MILE
Brewerton, NY June 15, 2013**

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

1	Megan Trubia	13 F	6:51	1	F01-14	73	Cassidy Godet	12 F	9:25	71	F01-14
2	Jamie Wagner	12 F	6:54	2	F01-14	74	Breann Dodge	32 F	9:25	1	F30-34
3	Sierra Fehrman	12 F	7:02	3	F01-14	75	Tracy McCaffrey	38 F	9:26	1	F35-39
4	McKenna Johnston	10 F	7:03	4	F01-14	76	Ivy Dong	10 F	9:26	72	F01-14
5	Eva Keohane	14 F	7:13	5	F01-14	77	Abbee Norris	10 F	9:27	73	F01-14
6	Cora Keohane	10 F	7:17	6	F01-14	78	Gabriella Pauline	7 F	9:27	74	F01-14
7	Alana Cooper	9 F	7:25	7	F01-14	79	Samantha Shova	11 F	9:27	75	F01-14
8	Briana Pucci	12 F	7:33	8	F01-14	80	Miriam Bush	27 F	9:28	1	F25-29
9	Ashely Evans	9 F	7:34	9	F01-14	81	Natalie Bush	7 F	9:28	76	F01-14
10	Lexi Miller	10 F	7:36	10	F01-14	82	Grace Engle	8 F	9:30	77	F01-14
11	Sarina Brown	12 F	7:36	11	F01-14	83	Bailey Sherbourne	13 F	9:33	78	F01-14
12	Katelyn Wendt	11 F	7:36	12	F01-14	84	Mackenzie Kocher	9 F	9:33	79	F01-14
13	Savannah Kuhr	11 F	7:39	13	F01-14	85	Morgan Kocher	13 F	9:33	80	F01-14
14	Allison Newton	9 F	7:46	14	F01-14	86	Abbie Wright	11 F	9:35	81	F01-14
15	Samantha Stahlbradt	11 F	7:49	15	F01-14	87	Brayden Schultz	8 F	9:36	82	F01-14
16	Makayla Barnes	12 F	7:50	16	F01-14	88	Mikayla Aldrich	15 F	9:36	2	F15-19
17	Ava Field	10 F	7:51	17	F01-14	89	Jada Smith	12 F	9:37	83	F01-14
18	Jeanna Steckel	10 F	7:56	18	F01-14	90	Meira Liberman	8 F	9:37	84	F01-14
19	James Thurn	23 M	8:05	1	M20-24	91	Heather Aldrich	37 F	9:37	2	F35-39
20	Angel Dixon	12 F	8:05	19	F01-14	92	Samantha Haley	8 F	9:41	85	F01-14
21	Madeleine Mafrici	11 F	8:09	20	F01-14	93	Aaron Weinstein	48 M	9:44	1	M45-49
22	Emily Dembowski	12 F	8:10	21	F01-14	94	Meira Weinstein	9 F	9:44	86	F01-14
23	Victoria Ramirez	12 F	8:11	22	F01-14	95	Molly Atkinson	10 F	9:44	87	F01-14
24	Jennifer Carl	11 F	8:14	23	F01-14	96	Madison Ranalli	10 F	9:45	88	F01-14
25	Paige Irvine	8 F	8:16	24	F01-14	97	Emilee Rio	7 F	9:45	89	F01-14
26	Taylor Piotter	13 F	8:26	25	F01-14	98	Anna Dwyer	11 F	9:46	90	F01-14
27	Gracie Gleason	11 F	8:29	26	F01-14	99	Ella Lawrence	7 F	9:46	91	F01-14
28	Bryn Myers	9 F	8:30	27	F01-14	100	Annabella Callabria	10 F	9:47	92	F01-14
29	Torie Gleason	11 F	8:30	28	F01-14	101	Beth Polcaro	8 F	9:48	93	F01-14
30	Sarah Hogan	11 F	8:31	29	F01-14	102	Talia Wilson	7 F	9:49	94	F01-14
31	Hailey Lawless	10 F	8:33	30	F01-14	103	Peyton Empey	8 F	9:49	95	F01-14
32	Julia Mann	10 F	8:39	31	F01-14	104	Kelsey Moorhead	11 F	9:50	96	F01-14
33	Brooke Blaisdell	10 F	8:40	32	F01-14	105	Angelina Cosentino	8 F	9:51	97	F01-14
34	Ally Wagner	10 F	8:42	33	F01-14	106	Krista Schulz	11 F	9:52	98	F01-14
35	Madelyn Recchie	12 F	8:42	34	F01-14	107	Iris Piagentini	12 F	9:53	99	F01-14
36	Jasmine Goldthwait	14 F	8:42	35	F01-14	108	Julia Coyne	13 F	9:53	100	F01-14
37	Saniya Cooper	8 F	8:43	36	F01-14	109	Hannah Alvaro	17 F	9:54	3	F15-19
38	Kate Putman	8 F	8:44	37	F01-14	110	Lily Schryver	9 F	9:54	101	F01-14
39	Danielle Doyle	11 F	8:44	38	F01-14	111	Jeffrey Snogles	45 M	9:54	2	M45-49
40	Jeanne Vinette	10 F	8:45	39	F01-14	112	Emily Snogles	13 F	9:55	102	F01-14
41	Aleah Stoutenger	11 F	8:46	40	F01-14	113	Adriana DiFlorio	7 F	9:58	103	F01-14
42	Melina Mandell	10 F	8:46	41	F01-14	114	Gianna Chairmonte	10 F	9:59	104	F01-14
43	Alexis Crouse	13 F	8:48	42	F01-14	115	Headan Wilson	12 F	9:59	105	F01-14
44	Emily Schlueter	10 F	8:49	43	F01-14	116	Juia Youmans	13 F	9:59	106	F01-14
45	Elizabeth Kincaid	10 F	8:51	44	F01-14	117	Christina Wagner	7 F	10:02	107	F01-14
46	Stephanie Krick	10 F	8:51	45	F01-14	118	Kate Wagner	15 F	10:02	4	F15-19
47	Emily Andersen	10 F	8:52	46	F01-14	119	Isabelle Mento	5 F	10:07	108	F01-14
48	Madeline Woods	11 F	8:53	47	F01-14	120	Skylar Decker	13 F	10:07	109	F01-14
49	Kate Capone	9 F	8:58	48	F01-14	121	Brett Blaisdell	43 M	10:07	1	M40-44
50	Mya Ashkar	7 F	9:01	49	F01-14	122	Olivia Brown	10 F	10:08	110	F01-14
51	Julia Frye	11 F	9:01	50	F01-14	123	Jenn Wilson	33 F	10:08	2	F30-34
52	Morgan Griffin	12 F	9:02	51	F01-14	124	Alyssa Spivak	12 F	10:08	111	F01-14
53	Kalli Frey	13 F	9:03	52	F01-14	125	Kali Wilson	15 F	10:08	5	F15-19
54	Kendell Gunnip	10 F	9:03	53	F01-14	126	Stephen Brown	45 M	10:09	3	M45-49
55	Ava Dirubbo	9 F	9:03	54	F01-14	127	Riley Hayden	8 F	10:09	112	F01-14
56	Marisa Frascatore	9 F	9:04	55	F01-14	128	Ally Roueche	8 F	10:10	113	F01-14
57	Kara Dorn	10 F	9:05	56	F01-14	129	McKenna Shannon	11 F	10:12	114	F01-14
58	Francesca DiFlorio	9 F	9:07	57	F01-14	130	Aaron Dunn	9 M	10:12	1	M01-14
59	Emma Gasque	8 F	9:07	58	F01-14	131	Wojslaw Reeghan	9 F	10:13	115	F01-14
60	Kayla Duenkel	6 F	9:08	59	F01-14	132	Emma Osier	8 F	10:13	116	F01-14
61	Madison Domachiwski	11 F	9:11	60	F01-14	133	Mia Recchie	8 F	10:15	117	F01-14
62	Erin Slusser	8 F	9:12	61	F01-14	134	Savannah Bold	7 F	10:16	118	F01-14
63	Areena Schuldt	8 F	9:13	62	F01-14	135	Emily Cavanaugh	9 F	10:17	119	F01-14
64	Emma Goldthwait	11 F	9:14	63	F01-14	136	Courtney Jaworski	7 F	10:18	120	F01-14
65	Carrie McBarron	16 F	9:14	1	F15-19	137	Ellen Wiczorek	7 F	10:18	121	F01-14
66	Morgan McCaffrey	11 F	9:15	64	F01-14	138	Ava Lyles	6 F	10:19	122	F01-14
67	Shannon Hourigan	11 F	9:17	65	F01-14	139	Tyler Matthew	41 M	10:19	2	M40-44
68	Alexis Waldron	12 F	9:22	66	F01-14	140	Lexie Waite	9 F	10:22	123	F01-14
69	Joanna Manning	7 F	9:22	67	F01-14	141	Meghan Moyer	8 F	10:25	124	F01-14
70	Kaley Bristow	9 F	9:23	68	F01-14	142	Madeline Howell	8 F	10:26	125	F01-14
71	Abby Wines	8 F	9:24	69	F01-14	143	Hanna Collins	11 F	10:26	126	F01-14
72	Alanna Manning	8 F	9:24	70	F01-14	144	Misty Bishop	12 F	10:29	127	F01-14
						145	Barb Falinski	F	10:31		
						146	Samantha Carroll	6 F	10:35	128	F01-14
						147	Deseray Bigness	11 F	10:37	129	F01-14
						148	Jennelle Rusaw	13 F	10:37	130	F01-14
						149	Diane Crivelli	9 F	10:38	131	F01-14
						150	Tim Carroll	43 M	10:38	3	M40-44

39	Josh Kubala	12 M	7:37	37	M01-14	118	Taliana Grogan	9 F	8:51	2	F01-14
40	Brody Kennedy	10 M	7:40	38	M01-14	119	Matthew Snyder	36 M	8:51	1	M35-39
41	Cameron Witz	9 M	7:44	39	M01-14	120	Aiden Weiskopff	8 M	8:53	106	M01-14
42	Evan Breitbeck	10 M	7:50	40	M01-14	121	Evan Romano	10 M	8:55	107	M01-14
43	Tyler Roueche	10 M	7:50	41	M01-14	122	Noah Mingolelli	6 M	8:57	108	M01-14
44	Evan Habreck	10 M	7:52	42	M01-14	123	Noah Wojslaw	10 M	8:58	109	M01-14
45	Jack Lonergan	11 M	7:53	43	M01-14	124	Joseph Green	8 M	8:58	110	M01-14
46	Camryn Decarr	10 M	7:53	44	M01-14	125	Kasten Schultz	8 M	8:59	111	M01-14
47	Seaver Schultz	11 M	7:53	45	M01-14	126	Breann Dodge	32 F	9:00	1	F30-34
48	Jacob Dietter	8 M	7:54	46	M01-14	127	Nathan Blumer	8 M	9:01	112	M01-14
49	Kyle Williams	8 M	7:54	47	M01-14	128	Andrew Coleman	10 M	9:02	113	M01-14
50	Jacob Schmid	10 M	7:55	48	M01-14	129	Aidan Long	10 M	9:03	114	M01-14
51	Michael Sellin	7 M	7:56	49	M01-14	130	Tyler Milewski	6 M	9:03	115	M01-14
52	Connor Schmidt	9 M	7:56	50	M01-14	131	Liam Adams	7 M	9:04	116	M01-14
53	Anthony Cimino	10 M	7:58	51	M01-14	132	Zachary Large	10 M	9:06	117	M01-14
54	Austin Stone	12 M	7:58	52	M01-14	133	Bradon Wolfe	6 M	9:06	118	M01-14
55	Mason McKie	11 M	7:59	53	M01-14	134	Connor Burns	8 M	9:06	119	M01-14
56	Grayson Giddings	9 M	8:00	54	M01-14	135	Kevin Freund	10 M	9:07	120	M01-14
57	Dennis Hill	40 M	8:02	1	M40-44	136	Nathan Bustin	5 M	9:10	121	M01-14
58	Ryan Hill	9 M	8:03	55	M01-14	137	Jason Porter	8 M	9:10	122	M01-14
59	Thomas Hallatt	13 M	8:04	56	M01-14	138	Stephen Filapello	7 M	9:13	123	M01-14
60	Dante Melfi	6 M	8:04	57	M01-14	139	Tristan Marion	10 M	9:13	124	M01-14
61	Kenzie Rumo	8 M	8:05	58	M01-14	140	Stephen Filapello	39 M	9:14	2	M35-39
62	Collin Lapierre	10 M	8:05	59	M01-14	141	David Yates	7 M	9:14	125	M01-14
63	Ryan Wendt	9 M	8:06	60	M01-14	142	Daniel Jordan	9 M	9:14	126	M01-14
64	Jordan Miller	9 M	8:06	61	M01-14	143	Matthew Jordan	7 M	9:14	127	M01-14
65	Jared Lonergan	13 M	8:07	62	M01-14	144	John Carter	9 M	9:14	128	M01-14
66	Darin Townsend	10 M	8:07	63	M01-14	145	Andrew Benedict	6 M	9:15	129	M01-14
67	Matthew Johnson	12 M	8:08	64	M01-14	146	Andrew Collins	8 M	9:15	130	M01-14
68	Gary Searle	47 M	8:13	1	M45-49	147	Shane Trotman	8 M	9:16	131	M01-14
69	Collin Byrnes	9 M	8:13	65	M01-14	148	Jacob Franklin	8 M	9:17	132	M01-14
70	Joe Bowen	9 M	8:15	66	M01-14	149	James Fehrman	8 M	9:18	133	M01-14
71	Chris Johnson	8 M	8:15	67	M01-14	150	James Mehler	11 M	9:18	134	M01-14
72	Jack Hogan	09 M	8:16	68	M01-14	151	Austin Mills	16 M	9:18	3	M15-19
73	Joey Hourigan	9 M	8:16	69	M01-14	152	Zachary Hoffmann	6 M	9:19	135	M01-14
74	Josiah Cooper	6 M	8:18	70	M01-14	153	Amy Benedict	37 F	9:19	2	F35-39
75	Jacob Crystal	9 M	8:19	71	M01-14	154	Mike Pfautz	6 M	9:20	136	M01-14
76	Cy Liberman	7 M	8:19	72	M01-14	155	Drew Baker	8 M	9:20	137	M01-14
77	Kenley Rumo	7 M	8:20	73	M01-14	156	Matt Fisher	39 M	9:20	3	M35-39
78	Sam Nessel	10 M	8:22	74	M01-14	157	Carmen Mingolelli	37 M	9:21	4	M35-39
79	Jacob Hoffmann	9 M	8:22	75	M01-14	158	Rocco Albanese	7 M	9:21	138	M01-14
80	Corey Weiskopf	11 M	8:23	76	M01-14	159	Kyle Wagner	9 M	9:22	139	M01-14
81	Connor Kulak	9 M	8:23	77	M01-14	160	Evan Gallagher	8 M	9:22	140	M01-14
82	Ashton Corona	9 M	8:25	78	M01-14	161	Jack Tschopp	9 M	9:22	141	M01-14
83	Tristan Crouse	11 M	8:27	79	M01-14	162	Carter Alberici	8 M	9:23	142	M01-14
84	William Atkinson	40 M	8:29	2	M40-44	163	Lucas Crystal	7 M	9:24	143	M01-14
85	Nicholas Beardsley	8 M	8:29	80	M01-14	164	Joe Seliger	8 M	9:24	144	M01-14
86	Benjamin Stevens	11 M	8:29	81	M01-14	165	Tiffany Sokolowski	36 F	9:26	3	F35-39
87	Greg Buckley	12 M	8:30	82	M01-14	166	Andrew Matyasik	7 M	9:26	145	M01-14
88	Reilly Williams-Gard	8 M	8:30	83	M01-14	167	Connor Bednarski	5 M	9:28	146	M01-14
89	Blake Pugh	9 M	8:31	84	M01-14	168	Jack Waite	7 M	9:29	147	M01-14
90	Cameron Pierce	11 M	8:31	85	M01-14	169	Jayden Conway	6 M	9:29	148	M01-14
91	Luca Barnett	9 M	8:31	86	M01-14	170	George Lonergan	7 M	9:30	149	M01-14
92	Sue Moran	48 F	8:31	1	F45-49	171	Nikolas Romano	10 M	9:31	150	M01-14
93	Connor Moran	8 M	8:32	87	M01-14	172	Sean Moran	9 M	9:33	151	M01-14
94	Jake Roman	9 M	8:33	88	M01-14	173	Jimi Moffett	11 M	9:34	152	M01-14
95	Luke Roman	7 M	8:33	89	M01-14	174	Tim Moran	38 M	9:34	5	M35-39
96	Casey Gunnip	8 M	8:34	90	M01-14	175	Ryan Fehrman	7 M	9:34	153	M01-14
97	Chris Dietter	44 M	8:35	3	M40-44	176	Matt Spinella	9 M	9:35	154	M01-14
98	Devin Pierce	8 M	8:35	91	M01-14	177	Mary Holmes	43 F	9:35	2	F40-44
99	Tracey Roman	36 F	8:36	1	F35-39	178	Alex Holmes	10 M	9:35	155	M01-14
100	Hunter Lawless	6 M	8:36	92	M01-14	179	Velislav Kirilov	10 M	9:36	156	M01-14
101	Aidan Odriscoll	11 M	8:37	93	M01-14	180	George Lonergan	45 M	9:37	2	M45-49
102	Peter Carter	9 M	8:37	94	M01-14	181	Angelo Albanese	8 M	9:37	157	M01-14
103	Andrew Davis	7 M	8:39	95	M01-14	182	Mike Bradley	37 M	9:37	6	M35-39
104	Joseph Grogan	12 M	8:40	96	M01-14	183	Ethan Schmid	12 M	9:38	158	M01-14
105	Nicholas Ludwig	8 M	8:40	97	M01-14	184	Matt Munnich	9 M	9:41	159	M01-14
106	Christian O'Brien	10 F	8:42	1	F01-14	185	Carter Wisely	11 M	9:41	160	M01-14
107	Stephen Whitacre	42 M	8:44	4	M40-44	186	Trevor Guerrina	12 M	9:41	161	M01-14
108	Brayden Shannon	8 M	8:44	98	M01-14	187	Mya Ashkar	7 F	9:43	3	F01-14
109	Gary Williams	29 M	8:45	1	M25-29	188	Jayden Johnson	10 M	9:44	162	M01-14
110	Nick D'Avirro	10 M	8:45	99	M01-14	189	Logan Roueche	8 M	9:45	163	M01-14
111	Matt Furletti	12 M	8:47	100	M01-14	190	Cameron Walker	5 M	9:46	164	M01-14
112	Evan Crandall	9 M	8:49	101	M01-14	191	Alex D'Avirro	7 M	9:48	165	M01-14
113	Tanner Long	6 M	8:49	102	M01-14	192	Kadin Cochran	10 M	9:51	166	M01-14
114	Nicholas Smith	13 M	8:49	103	M01-14	193	Jack Oswald	7 M	9:51	167	M01-14
115	Nicole Pierce	41 F	8:51	1	F40-44	194	Ben White	25 M	9:52	2	M25-29
116	Ben Snyder	6 M	8:51	104	M01-14	195	Hunter Decker	10 M	9:52	168	M01-14
117	Christian Whitacre	10 M	8:51	105	M01-14	196	Andrew Beardsley	6 M	9:53	169	M01-14

197 Braden Pritchard	6 M	9:56	170	M01-14	276 Colin Stanton	8 M	11:09	228	M01-14
198 Edwin Hirsh	10 M	9:57	171	M01-14	277 Charles Stanton	40 M	11:09	7	M40-44
199 Nathan Meyer	10 M	9:57	172	M01-14	278 Owen Okeefe	8 M	11:10	229	M01-14
200 Grant Sennett	9 M	9:57	173	M01-14	279 Carson Duffy	9 M	11:12	230	M01-14
201 Jena Sayed	7 F	9:58	4	F01-14	280 Collin Romano	10 M	11:12	231	M01-14
202 John Sherbourne	8 M	9:59	174	M01-14	281 Austin Reome	10 M	11:13	232	M01-14
203 Liam Ryan	10 M	10:00	175	M01-14	282 Owen Flaherty	13 M	11:13	233	M01-14
204 Anthony Bouziden	8 M	10:00	176	M01-14	283 Nate Costanzo	10 M	11:13	234	M01-14
205 Kyle Kuhn	12 M	10:00	177	M01-14	284 Bryan Honeywell	43 M	11:15	8	M40-44
206 Mick Delapp	48 M	10:01	3	M45-49	285 Jimmy O'Reilly	16 M	11:15	5	M15-19
207 Vincent Edwards	7 M	10:02	178	M01-14	286 Jacob Isabell	7 M	11:15	235	M01-14
208 Heather Calabria	7 F	10:02	5	F01-14	287 Joshua Luce	7 M	11:15	236	M01-14
209 Landen Empey	7 M	10:03	179	M01-14	288 Michelle Calveric	36 F	11:17	6	F35-39
210 Christine Edwards	32 F	10:04	2	F30-34	289 Christian Moran	7 M	11:18	237	M01-14
211 Tyler Stoetzel	10 M	10:05	180	M01-14	290 Joshep Calveric	7 M	11:18	238	M01-14
212 Jack Abbott	8 M	10:05	181	M01-14	291 Peyton Capria	5 M	11:19	239	M01-14
213 Ben Freeman	M	10:06			292 Elijah Moran	6 M	11:20	240	M01-14
214 Chris Romano	15 M	10:06	4	M15-19	293 Maguire Fortna	7 M	11:20	241	M01-14
215 Caden Gibbens	7 M	10:07	182	M01-14	294 Justin Wilson	10 M	11:21	242	M01-14
216 Aidan Bullock	10 M	10:07	183	M01-14	295 Grady Kennedy	6 M	11:23	243	M01-14
217 Jack Cappon	8 M	10:07	184	M01-14	296 Elisa White	7 F	11:24	10	F01-14
218 Luke Bullock	7 M	10:08	185	M01-14	297 Calvin Johnson	11 M	11:24	244	M01-14
219 Jon Paul Dygert	9 M	10:08	186	M01-14	298 James Magda	7 M	11:24	245	M01-14
220 Joey Gucciardi	10 M	10:10	187	M01-14	299 Jonathon Ferenc	9 M	11:25	246	M01-14
221 Logan Bucher	8 M	10:10	188	M01-14	300 Joseph White	47 M	11:26	6	M45-49
222 Hunter Podolak	6 M	10:10	189	M01-14	301 Cullen Lacey	7 M	11:27	247	M01-14
223 Logan Bulla	10 M	10:10	190	M01-14	302 Nick Maderos	7 M	11:27	248	M01-14
224 Ethan Delpriore	9 M	10:11	191	M01-14	303 Eric Christensen	34 M	11:27	1	M30-34
225 Larry Hirsh	42 M	10:11	5	M40-44	304 Evan Bold	5 M	11:28	249	M01-14
226 Zachary McLoud	10 M	10:11	192	M01-14	305 Devin Christensen	4 M	11:28	250	M01-14
227 Elijah Spurlin	7 M	10:12	193	M01-14	306 Jordan Blanton	9 M	11:29	251	M01-14
228 Anthony Ciotti	8 M	10:14	194	M01-14	307 Ron Beard	41 M	11:29	9	M40-44
229 John Bucher	47 M	10:16	4	M45-49	308 Preston Lacey	5 M	11:32	252	M01-14
230 Stephanie Walberger	12 F	10:16	6	F01-14	309 Shane Lacey	33 M	11:32	2	M30-34
231 Dominick Ciotti	6 M	10:17	195	M01-14	310 Jacob Griffin	7 M	11:32	253	M01-14
232 Heather Calabria	35 F	10:19	4	F35-39	311 Kyle Klering	6 M	11:33	254	M01-14
233 Nick Bullock	10 M	10:19	196	M01-14	312 Sean Honeywell	8 M	11:37	255	M01-14
234 Dalton Porter	9 M	10:21	197	M01-14	313 Catherine Podolak	36 F	11:38	7	F35-39
235 Derek Phelps	7 M	10:22	198	M01-14	314 Nathan Bliss	11 M	11:39	256	M01-14
236 Sophia Manning	8 F	10:27	7	F01-14	315 Christopher Mehlek	9 M	11:39	257	M01-14
237 Bailey O'Connor	6 M	10:29	199	M01-14	316 Caden Griffin	7 M	11:39	258	M01-14
238 Anne Romano	29 F	10:29	1	F25-29	317 Luke Hayden	7 M	11:42	259	M01-14
239 Joey Calabria	10 M	10:30	200	M01-14	318 Colin Atkinson	7 M	11:44	260	M01-14
240 Christopher Koepppe	37 M	10:30	7	M35-39	319 Alex Sanes-Carmona	8 M	11:44	261	M01-14
241 Sean Koepppe	9 M	10:30	201	M01-14	320 Adam Bonnier	6 M	11:44	262	M01-14
242 Gaetano Julian	10 M	10:30	202	M01-14	321 Kalib Weiland	6 M	11:46	263	M01-14
243 Jeremiah Lacelle	12 M	10:31	203	M01-14	322 Joseph Degroat	7 M	11:47	264	M01-14
244 Konnor Frey	8 M	10:34	204	M01-14	323 Matt Degroat	37 M	11:48	8	M35-39
245 Dominick Fudge	8 M	10:36	205	M01-14	324 Tricia Crystal	44 F	11:48	6	F40-44
246 Logan Quackenbush	8 M	10:37	206	M01-14	325 John Wozniczka	8 M	11:51	265	M01-14
247 Sebastien Honeywell	10 M	10:38	207	M01-14	326 Ryan Flaherty	11 M	11:51	266	M01-14
248 Alexander Peterson	9 M	10:38	208	M01-14	327 David Koscinski	8 M	11:51	267	M01-14
249 Jerry Palamar	8 M	10:40	209	M01-14	328 Daniel Koscinski	6 M	11:52	268	M01-14
250 Jerry Palamar	46 M	10:40	5	M45-49	329 Connor Peterson	6 M	11:53	269	M01-14
251 Sam Thompson	9 M	10:42	210	M01-14	330 Cruz Springer	11 M	11:55	270	M01-14
252 Joshua Montreal	11 M	10:45	211	M01-14	331 Eric Perry	9 M	11:55	271	M01-14
253 Naseem Ashkar	9 M	10:47	212	M01-14	332 Alexander Tryon	9 M	11:57	272	M01-14
254 Jonathan Stefanowski	8 M	10:48	213	M01-14	333 Michael Stefanowski	11 M	11:58	273	M01-14
255 Carter Cochardo	10 M	10:48	214	M01-14	334 Matthew Rushford	9 M	11:58	274	M01-14
256 Jeremy Rivito	11 M	10:49	215	M01-14	335 Mikey Degroat	5 M	11:58	275	M01-14
257 Nicole O'Neill	9 F	10:50	8	F01-14	336 Mary Degroat	34 F	11:59	3	F30-34
258 Anne Montreal	43 F	10:50	3	F40-44	337 Isaac Obrist	11 M	11:59	276	M01-14
259 Daniel Capp	6 M	10:50	216	M01-14	338 Matthew Stevens	7 M	11:59	277	M01-14
260 Hanna Fedele	13 F	10:54	9	F01-14	339 Jamie Moran	6 M	12:02	278	M01-14
261 Anthony Pierce	8 M	10:56	217	M01-14	340 Zach Poff	14 M	12:04	279	M01-14
262 Carol Lonergan	44 F	10:56	4	F40-44	341 Benjamin Jarvis	11 M	12:05	280	M01-14
263 Kimberly Angelakos	39 F	10:57	5	F35-39	342 Brett Helmer	7 M	12:05	281	M01-14
264 Aiden Hanas	6 M	10:57	218	M01-14	343 Colton Stickel	5 M	12:08	282	M01-14
265 Tristan Johnson	6 M	10:58	219	M01-14	344 Katherine Warren	36 F	12:08	8	F35-39
266 James Pierce	44 M	10:58	6	M40-44	345 Ben Warren	8 M	12:08	283	M01-14
267 Michael Rivera	9 M	10:59	220	M01-14	346 Matthew Williams	10 M	12:09	284	M01-14
268 Jacob Wilson	10 M	11:01	221	M01-14	347 Michael Stearns	8 M	12:10	285	M01-14
269 Sebastian Howe	9 M	11:03	222	M01-14	348 Nicole Stearns	22 F	12:10	1	F20-24
270 Sean Iakin	9 M	11:05	223	M01-14	349 Samir Muhammad	9 M	12:12	286	M01-14
271 Cadin Waldau	9 M	11:07	224	M01-14	350 Danielle Murphy	11 F	12:14	11	F01-14
272 Kyle Jaworski	8 M	11:08	225	M01-14	351 Alexander Fisher	6 M	12:14	287	M01-14
273 Sean Mulhern	8 M	11:08	226	M01-14	352 Elijah White	10 M	12:14	288	M01-14
274 Christine Mulhern	41 F	11:08	5	F40-44	353 Evan Dietzman	7 M	12:15	289	M01-14
275 Anthony Bedard	8 M	11:08	227	M01-14	354 Danielle Chabot	36 F	12:15	9	F35-39

355	Aidan Chabot	7 M	12:15	290	M01-14
356	Brian Chabot	36 M	12:15	9	M35-39
357	Xhenia White	39 F	12:16	10	F35-39
358	Michele Lapierre	29 F	12:17	2	F25-29
359	Joey Commisso	8 M	12:18	291	M01-14
360	Jack Golden	11 M	12:19	292	M01-14
361	Judson Stiglich	38 M	12:19	10	M35-39
362	Isaac Stiglich	7 M	12:20	293	M01-14
363	Jackson Fudge	6 M	12:22	294	M01-14
364	Landon Herrmann	7 M	12:22	295	M01-14
365	Catherine Herrmann	33 F	12:22	4	F30-34
366	Anthony Salerno	10 M	12:24	296	M01-14
367	Anthony Sellin	8 M	12:25	297	M01-14
368	Maxwell McCaffrey	5 M	12:30	298	M01-14
369	Michael McCaffrey, I	38 M	12:30	11	M35-39
370	Karsen Pritchard	5 M	12:30	299	M01-14
371	Ian Shaw	10 M	12:31	300	M01-14
372	Geri Robbins	67 F	12:32	1	F65-69
373	Kymric Dibuono	33 F	12:37	5	F30-34
374	Cameron Sherbourne	7 M	12:38	301	M01-14
375	Guillermina Iqbal	40 F	12:38	7	F40-44
376	Robert Iqbal	11 M	12:38	302	M01-14
377	Danielle Decker	31 F	12:40	6	F30-34
378	Jackson Decker	8 M	12:40	303	M01-14
379	Jeter Schafer	9 M	12:42	304	M01-14
380	Noah Klering	11 M	12:42	305	M01-14
381	Scott Gibbens	44 M	12:43	10	M40-44
382	Tiffany Marion	36 F	12:47	11	F35-39
383	Jacob Wicks	5 M	12:48	306	M01-14
384	Hudson Dziadula	5 M	12:49	307	M01-14
385	Zander Marion	8 M	12:50	308	M01-14
386	Joseph Swenton	5 M	12:52	309	M01-14
387	Kenton Cochran	7 M	12:54	310	M01-14
388	Karoline Williams	40 F	12:54	8	F40-44
389	Sam Wilcox	8 M	12:56	311	M01-14
390	Joe Gitzen	42 M	12:59	11	M40-44
391	Riley Gitzen	6 M	12:59	312	M01-14
392	Rachel Lacelle	32 F	13:00	7	F30-34
393	Sean Bombard	6 M	13:01	313	M01-14
394	Avery Paternoster	8 M	13:09	314	M01-14
395	Henry Sceiford	6 M	13:11	315	M01-14
396	Chris Moorhead	9 M	13:16	316	M01-14
397	Nyka Phelps	36 F	13:18	12	F35-39
398	Austin Fisher	10 M	13:23	317	M01-14
399	Dillion Badgley	6 M	13:29	318	M01-14
400	Bryant Cunningham	5 M	13:30	319	M01-14
401	Danielle Wilcox	42 F	13:34	9	F40-44
402	Tyler Sherbourne	4 M	13:37	320	M01-14
403	Tom Wojslaw	44 M	13:43	12	M40-44
404	Victoria Krukowski	41 F	13:50	10	F40-44
405	Bradley Witz	5 M	13:51	321	M01-14
406	Brayden Gonyea	8 M	13:54	322	M01-14
407	Chase Kaylor	11 M	13:55	323	M01-14
408	Kyle Tantillo	13 M	14:02	324	M01-14
409	Jenna Mills	10 F	14:05	12	F01-14
410	Mitchell Kaylor	11 M	14:20	325	M01-14
411	Jonathan Devine	6 M	14:21	326	M01-14
412	Tom Devine	33 M	14:22	3	M30-34
413	Tyler Munnich	6 M	14:31	327	M01-14
414	Kamdin Bemby	6 M	14:32	328	M01-14
415	Tyleona Vanbramer	7 F	14:34	13	F01-14
416	Antwan Bailey	35 M	14:34	12	M35-39
417	Troy Andrews	6 M	14:42	329	M01-14
418	Troy Pyrtle-Provost	5 M	14:43	330	M01-14
419	Brady Ramos	9 M	14:54	331	M01-14
420	Sam Cusimano	9 M	15:07	332	M01-14
421	William Madely	8 M	15:12	333	M01-14
422	Timothy Cavanaugh	8 M	15:14	334	M01-14
423	Tim Cavanaugh	55 M	15:14	1	M55-59
424	Kyle Perry	11 M	15:23	335	M01-14
425	Dante Pulluaim	12 M	15:36	336	M01-14
426	Carson Sikora	8 M	15:46	337	M01-14
427	Timothy Sikora	45 M	15:46	7	M45-49
428	Alex Balunas	9 M	15:55	338	M01-14
429	Amanda Mirarcki	12 F	15:57	14	F01-14
430	Ryan Mirarcki	5 M	16:00	339	M01-14
431	Danny Costa	6 M	16:01	340	M01-14
432	Rhett Andrews	4 M	16:08	341	M01-14
433	Rhett Andrews	35 M	16:10	13	M35-39

434	Debbie Lacelle	53 F	16:11	1	F50-54
435	Walker Sherwood	6 M	16:24	342	M01-14
436	Tami O'Reilly	53 F	16:42	2	F50-54
437	Mark Ritchie	52 M	17:06	1	M50-54
438	Noah Ritchie	8 M	17:06	343	M01-14
439	Bryson Curinga	3 M	17:14	344	M01-14
440	Bonnie Shutts	29 F	17:33	3	F25-29
441	Hannon Shutts	4 M	17:33	345	M01-14
442	Coleman Bouthillier	2 M	17:36	346	M01-14
443	Parker Vavra	8 M	17:49	347	M01-14
444	Parker Wall	6 M	18:15	348	M01-14
445	Patrick Wall	43 M	18:15	13	M40-44
446	Wojslaw Reeghan	9 F	18:17	15	F01-14
447	Tracy Wall	43 F	18:18	11	F40-44

34th ANNUAL HESS EXPRESS SWAMP RAT RUNS 5K RACE
Brewerton, NY June 15, 2013



1	Joseph Smith	32 M	16:53	1	M30-34
2	Paul DeGennaro	17 M	17:13	1	M15-19
3	Chris Buchanan	20 M	17:18	1	M20-24
4	Kenny Byers	20 M	17:51	2	M20-24
5	Andrew Bearkland	14 M	18:14	1	M01-14
6	Derek Heiser	21 M	18:37	3	M20-24
7	Ian Spera	16 M	19:10	2	M15-19
8	Joseph Tricarico	14 M	19:31	2	M01-14
9	Seth Steele	17 M	19:36	3	M15-19
10	Jonathan Dickens	39 M	19:58	1	M35-39
11	Jack Stauffer	53 M	19:59	1	M50-54
12	Jim Owens	50 M	20:01	2	M50-54
13	Paul Cianfrocca	49 M	20:03	1	M45-49
14	Rj Wagner	14 M	20:19	3	M01-14
15	Rob Duclos	18 M	20:24	4	M15-19
16	Jake Dehm	16 M	20:29	5	M15-19
17	Chad Dunham	15 M	20:39	6	M15-19
18	Aj Beers	16 M	20:39	7	M15-19
19	Samuel Obrist	17 M	20:41	8	M15-19
20	James Morrissette	15 M	20:47	9	M15-19
21	Daniel Schulz	18 M	20:48	10	M15-19
22	Allen Garnes	45 M	20:59	2	M45-49
23	Casey Friscia	14 M	21:05	4	M01-14
24	Andrew Salmons	17 M	21:06	11	M15-19
25	Courtney Kelley	19 F	21:06	1	F15-19
26	Thomas Bunker	36 M	21:11	2	M35-39
27	Zea Wright	33 F	21:13	1	F30-34
28	Dylan Desimone	25 M	21:21	1	M25-29
29	Richard Lapaglia	49 M	21:27	3	M45-49
30	Dave Alongi	58 M	21:28	1	M55-59
31	David Laris	50 M	21:33	3	M50-54
32	Justin Eimers	22 M	21:33	4	M20-24
33	Ted Truet	61 M	21:36	1	M60-64
34	Joseph Schreyack	20 M	21:40	5	M20-24
35	Dustin Malara	16 M	21:43	12	M15-19
36	Joseph Riccardi	13 M	21:49	5	M01-14

37	Bruce Palmer	55	M	21:51	2	M55-59	116	Brian Garvin	40	M	25:40	5	M40-44
38	Josh Kuelling	31	M	21:51	2	M30-34	117	Allison Moran	5	F	25:43	6	F01-14
39	Paul Van Geet	47	M	21:52	4	M45-49	118	Tim Moran	38	M	25:44	4	M35-39
40	Patrick Costello	44	M	21:56	1	M40-44	119	Caryn Ciotti	33	F	25:44	8	F30-34
41	Kevin Brisson	55	M	22:01	3	M55-59	120	Joe Malara	45	M	25:44	12	M45-49
42	Mark Hanlon	11	M	22:03	6	M01-14	121	Daniel Schmid	42	M	25:50	6	M40-44
43	Kevin Hanlon	56	M	22:04	4	M55-59	122	Ed Van Marter	66	M	25:52	2	M65-69
44	Richard Harvey	29	M	22:12	2	M25-29	123	Johnathan Thousand	14	M	25:58	19	M01-14
45	Killeen Pritchard	34	F	22:15	2	F30-34	124	Keith Bone	61	M	26:00	6	M60-64
46	John Hogan	46	M	22:21	5	M45-49	125	Nancy Taylor	46	F	26:09	2	F45-49
47	Allen Garnes	14	M	22:25	7	M01-14	126	Quinn Rivera	13	F	26:10	7	F01-14
48	Zach Matyasik	13	M	22:29	8	M01-14	127	Alana Cooper	9	F	26:10	8	F01-14
49	Joshua Matyasik	11	M	22:30	9	M01-14	128	Tracey Rochette	13	F	26:10	9	F01-14
50	Renee Affinati	32	F	22:30	3	F30-34	129	Marie Boucek	38	F	26:13	10	F35-39
51	Paul Wright	60	M	22:31	2	M60-64	130	Robin Pucci	43	F	26:14	3	F40-44
52	Micah Cooper	9	M	22:33	10	M01-14	131	Frank Derdzinski	11	M	26:14	20	M01-14
53	Mark Person	54	M	22:34	4	M50-54	132	Victoria Pirro	15	F	26:18	7	F15-19
54	Dana Godfrey	25	F	22:34	1	F25-29	133	Michael Defio	67	M	26:28	3	M65-69
55	Thomas Morrisette	44	M	22:37	2	M40-44	134	Michael Deroberts	12	M	26:34	21	M01-14
56	Kyle Spivak	16	M	22:38	13	M15-19	135	Amanda Lerch	16	F	26:35	8	F15-19
57	Chris Iversen	25	M	22:40	3	M25-29	136	Kelsey Bailly	29	F	26:43	3	F25-29
58	Breann Dodge	32	F	22:51	4	F30-34	137	Tim Hourigan	45	M	26:47	13	M45-49
59	Mia Pestle	12	F	22:59	1	F01-14	138	Joshua Sinay	20	M	26:49	7	M20-24
60	Jillian Norris	14	F	23:04	2	F01-14	139	Gannon Andrews	19	M	26:49	15	M15-19
61	Deb Patterson	44	F	23:05	1	F40-44	140	Caeden Stickel	9	M	26:51	22	M01-14
62	Andy Wicks	47	M	23:07	6	M45-49	141	Mary Wieczorek	11	F	26:51	10	F01-14
63	Fred Buchanan	60	M	23:13	3	M60-64	142	Allen Wells	13	M	26:52	23	M01-14
64	Kara Stauffer	38	F	23:18	1	F35-39	143	Agata Niemczynowski	44	F	26:52	4	F40-44
65	John Scott	65	M	23:21	1	M65-69	144	Leonard Lyons	53	M	26:57	6	M50-54
66	Sheri Hansen	42	F	23:22	2	F40-44	145	James Stockton	56	M	27:00	8	M55-59
67	Joshua Pucci	14	M	23:27	11	M01-14	146	Gary Searle	47	M	27:01	14	M45-49
68	Billy Wells	42	M	23:29	3	M40-44	147	Ralph Turner	56	M	27:02	9	M55-59
69	Tim Cavanaugh	55	M	23:29	5	M55-59	148	Patrick Morris	49	M	27:03	15	M45-49
70	John Turner	63	M	23:33	4	M60-64	149	Jonathan Clarke	9	M	27:05	24	M01-14
71	John Edinger	47	M	23:34	7	M45-49	150	Nate Moyer	37	M	27:09	5	M35-39
72	Lucy Person	12	F	23:34	3	F01-14	151	Wendy Griffin	42	F	27:10	5	F40-44
73	Courtney Lyons	19	F	23:35	2	F15-19	152	Conor Stewart	10	M	27:11	25	M01-14
74	Jennifer Przybylski	37	F	23:38	2	F35-39	153	David Bottorff	49	M	27:17	16	M45-49
75	Heather Lacey	35	F	23:45	3	F35-39	154	Mike Beers	51	M	27:18	7	M50-54
76	Alexis Polimino	17	F	23:49	3	F15-19	155	Joseph Leskoske	10	M	27:19	26	M01-14
77	Todd Foster	42	M	23:54	4	M40-44	156	Karissa Andersen	17	F	27:20	9	F15-19
78	Michael Gehan	17	M	23:59	14	M15-19	157	Deana Honeywell	47	F	27:22	3	F45-49
79	Robert Fiumano	60	M	24:08	5	M60-64	158	William Spreter	64	M	27:25	7	M60-64
80	Ralph Kelley	57	M	24:09	6	M55-59	159	Tisha Trotman	42	F	27:25	6	F40-44
81	Paul Dehm	49	M	24:09	8	M45-49	160	Erin McMullin	23	F	27:29	2	F20-24
82	Sarah Wicks	14	F	24:10	4	F01-14	161	Ashley Holzwarth	19	F	27:33	10	F15-19
83	Ashley Irvine	14	F	24:10	5	F01-14	162	Dan Seliger	10	M	27:39	27	M01-14
84	Christine Edwards	32	F	24:11	5	F30-34	163	Steve Glowacki	55	M	27:39	10	M55-59
85	Tracy Alberici	39	F	24:14	4	F35-39	164	Robert Caywood	24	M	27:41	8	M20-24
86	Kristin Graham	37	F	24:15	5	F35-39	165	Toni Rogers	55	F	27:42	1	F55-59
87	Laura Ackerman	35	F	24:15	6	F35-39	166	Johnny Wong	34	M	27:42	4	M30-34
88	Christopher Delia	39	M	24:16	3	M35-39	167	Adrienne Torrey	18	F	27:45	11	F15-19
89	Jonathan Dehay	34	M	24:19	3	M30-34	168	Erin Edinger	11	F	27:46	11	F01-14
90	Christian Cooper	12	M	24:23	12	M01-14	169	Molly English-Bowers	52	F	27:49	2	F50-54
91	Sue Gardinier	71	F	24:27	1	F70-74	170	Nick Messerschmidt	14	M	27:54	28	M01-14
92	Juliana Melara	16	F	24:27	4	F15-19	171	Austin Sikora	11	M	27:54	29	M01-14
93	Madison Gross	15	F	24:28	5	F15-19	172	Diane Ruffolo	55	F	27:57	2	F55-59
94	William Krichbaum	45	M	24:30	9	M45-49	173	Shannon Dunham	36	F	27:58	11	F35-39
95	Nicholas Magari	13	M	24:32	13	M01-14	174	Matthew Bowen	15	M	27:58	16	M15-19
96	Lauriebeth Pestle	49	F	24:37	1	F45-49	175	Reanna Wenham	36	F	27:59	12	F35-39
97	Robert Sedlacek	56	M	24:37	7	M55-59	176	Danielle Deroberts	38	F	28:02	13	F35-39
98	Holly Weiskopff	37	F	24:38	7	F35-39	177	David Traub	51	M	28:05	8	M50-54
99	Christopher Zimmerma	45	M	24:44	10	M45-49	178	Michelle Schuldt	42	F	28:05	7	F40-44
100	Tyler Hughes	14	M	24:52	14	M01-14	179	Jerry Cobb	38	M	28:07	6	M35-39
101	Noel Farone	38	F	24:53	8	F35-39	180	Amy Moyer	35	F	28:11	14	F35-39
102	Kristin Schug	15	F	24:55	6	F15-19	181	Amy Morrison	14	F	28:11	12	F01-14
103	Kimberly Maguire	29	F	24:56	2	F25-29	182	Nicholas Loughnot	10	M	28:12	30	M01-14
104	Kevin Schulz	50	M	25:02	5	M50-54	183	Robert Pritchard	51	M	28:12	9	M50-54
105	Amanda Tack	32	F	25:14	6	F30-34	184	Jennifer Walther	45	F	28:16	4	F45-49
106	Kate Moran	36	F	25:16	9	F35-39	185	Brandi Andrews	32	F	28:17	9	F30-34
107	Michael Seliger	48	M	25:23	11	M45-49	186	Christine Fehrman	41	F	28:23	8	F40-44
108	Kevin Schafer	20	M	25:26	6	M20-24	187	Isabelle Popoff	12	F	28:33	13	F01-14
109	Ryan Majors	14	M	25:27	15	M01-14	188	Sabrina Chajkowski	14	F	28:37	14	F01-14
110	Samuel Barber	13	M	25:29	16	M01-14	189	Marybeth Matyasik	47	F	28:38	5	F45-49
111	Hannah Marks	24	F	25:29	1	F20-24	190	Courtney Mahan	14	F	28:39	15	F01-14
112	Bettina Lindsey	52	F	25:30	1	F50-54	191	Julie Gangloff	31	F	28:44	10	F30-34
113	Jessica Ouimet	31	F	25:35	7	F30-34	192	Rebecca Meek	35	F	28:44	15	F35-39
114	Jamie Moran	6	M	25:37	17	M01-14	193	Katherine Eichhorn	32	F	28:48	11	F30-34
115	Sean Moran	9	M	25:38	18	M01-14	194	Cathy Kelly	45	F	28:54	6	F45-49

195	Bill Hansen	45 M	28:54	17	M45-49	274	Nick Searle	13 M	32:38	38	M01-14
196	Amanda Barry	17 F	28:57	12	F15-19	275	Sarah Robarge	26 F	32:41	8	F25-29
197	Jon Dubler	40 M	28:59	7	M40-44	276	Matt Tracy	26 M	32:41	4	M25-29
198	Michelle Cusimano	49 F	28:59	7	F45-49	277	Karen Ogden	52 F	32:44	7	F50-54
199	Sydney Yarnell	21 F	29:03	3	F20-24	278	Kayla Reed	18 F	32:47	18	F15-19
200	Hanna Collins	11 F	29:03	16	F01-14	279	Melissa Dickens	34 F	32:56	17	F30-34
201	Daniel Sweeney	10 M	29:03	31	M01-14	280	Madison Gerbsch	13 F	32:59	23	F01-14
202	Tracy Sherwood	38 F	29:04	16	F35-39	281	Maria Yakowec	31 F	33:01	18	F30-34
203	Ryan Kirch	35 M	29:09	7	M35-39	282	Tori Giannuzzi	41 F	33:06	15	F40-44
204	Kam Wong	35 F	29:12	17	F35-39	283	Alyssa Laface	13 F	33:07	24	F01-14
205	Jerry P. Smith	66 M	29:15	4	M65-69	284	Maggie Traub	13 F	33:08	25	F01-14
206	Terrance Essel	53 M	29:21	10	M50-54	285	Kim Glassford	46 M	33:08	18	M45-49
207	Lyndsey Maloney	32 F	29:23	12	F30-34	286	Carly Tolhurst	11 F	33:09	26	F01-14
208	Angelina Concialdi	23 F	29:25	4	F20-24	287	Tracy Weaver	41 F	33:11	16	F40-44
209	Sarah Pryor	31 F	29:35	13	F30-34	288	Sara Schultz	34 F	33:12	19	F30-34
210	Elizabeth Bielass	46 F	29:41	8	F45-49	289	Michael Schultz	32 M	33:14	7	M30-34
211	Mark Burlingame	51 M	29:42	11	M50-54	290	Jane Magari	48 F	33:26	13	F45-49
212	Kelly Ewald	33 F	29:42	14	F30-34	291	Olivia Wilson-Luffma	13 F	33:32	27	F01-14
213	Paula Haynes	39 F	29:44	18	F35-39	292	Jessica Collins	36 F	33:38	22	F35-39
214	Jasmine Goldthwait	14 F	29:44	17	F01-14	293	Lisa Kaylor	44 F	33:42	17	F40-44
215	Kelsey Burch	24 F	29:45	5	F20-24	294	Kristine Waldron	39 F	33:46	23	F35-39
216	Neil Dennison	51 M	29:47	12	M50-54	295	Antonio Riccardo	34 M	33:53	8	M30-34
217	Jack Gerbsch	10 M	29:48	32	M01-14	296	Amanda Bottorff	17 F	33:54	19	F15-19
218	Mary Greenseich	53 F	29:49	3	F50-54	297	Nancy Rothenhoefer	53 F	33:59	8	F50-54
219	Tom Robbins	67 M	29:51	5	M65-69	298	Laurie Cook	39 F	34:01	24	F35-39
220	Dillon Johnson	10 M	29:54	33	M01-14	299	Joshua Koeppe	11 M	34:02	39	M01-14
221	Emily Johnson	23 F	29:55	6	F20-24	300	Christopher Koeppe	37 M	34:03	12	M35-39
222	Robert Rieth	66 M	30:02	6	M65-69	301	Shirley Hall	45 F	34:04	14	F45-49
223	Kristen Hanmer	25 F	30:05	4	F25-29	302	Rosemary Laquidari	69 F	34:05	1	F65-69
224	Leah Bisgrove	12 F	30:07	18	F01-14	303	Caleb Coyne	14 M	34:08	40	M01-14
225	Irene Meyer	26 F	30:08	5	F25-29	304	Julie Middleton	41 F	34:08	18	F40-44
226	Meredith Andrews	47 F	30:13	9	F45-49	305	Mike Coyne	58 M	34:11	12	M55-59
227	Marilyn Bratt	56 F	30:15	3	F55-59	306	Tina Duffy	43 F	34:15	19	F40-44
228	Jason Murray	39 M	30:18	8	M35-39	307	Sarah Payne	35 F	34:25	25	F35-39
229	Emily Earl	18 F	30:19	13	F15-19	308	Don Bickel	67 M	34:27	7	M65-69
230	Lloyd Stoutenger	42 M	30:22	8	M40-44	309	Alicia Middleton	12 F	34:39	28	F01-14
231	Brianna Nasiff	11 F	30:30	19	F01-14	310	Adam Rein	11 M	34:44	41	M01-14
232	Tegan Piotter	15 F	30:31	14	F15-19	311	Cindy Chen	34 F	34:46	20	F30-34
233	Kellie Nasiff	42 F	30:31	9	F40-44	312	Victoria Sinay	18 F	34:51	20	F15-19
234	Bonnie Fortune	44 F	30:31	10	F40-44	313	Wendy Savage	53 F	34:55	9	F50-54
235	Michael Homyn	61 M	30:33	8	M60-64	314	Deborah Audley	61 F	34:58	1	F60-64
236	Katie Morris	49 F	30:33	10	F45-49	315	Thomas Knittel	59 M	35:00	13	M55-59
237	Chris Marion	33 M	30:35	5	M30-34	316	Lianne Loguidice	39 F	35:01	26	F35-39
238	Alex Corsello, Jr.	31 M	30:39	6	M30-34	317	Mariah Jillson	13 F	35:07	29	F01-14
239	Kim Cusano	41 F	30:47	11	F40-44	318	Debbie Jillson	42 F	35:22	20	F40-44
240	Nancy Ziobro	51 F	30:50	4	F50-54	319	Elizabeth Dennis	11 F	35:22	30	F01-14
241	Kaitlyn Andersen	16 F	30:51	15	F15-19	320	Gary Douglass	66 M	35:23	8	M65-69
242	Ellen Traub	19 F	30:51	16	F15-19	321	Linda Bregou	63 F	35:29	2	F60-64
243	Nancy Bryant	50 F	31:00	5	F50-54	322	Louis Bregou	62 M	35:29	9	M60-64
244	James Hanmer, Jr.	19 M	31:01	17	M15-19	323	Shanna Delaney	25 F	35:38	9	F25-29
245	Christopher Leahey	37 M	31:02	9	M35-39	324	Lisa Machalek	38 F	35:38	27	F35-39
246	Amanda McIntyre	30 F	31:03	15	F30-34	325	Lori Casanova	36 F	35:38	28	F35-39
247	Sherry Bishop	34 F	31:04	16	F30-34	326	Alexa Kowbel	9 F	35:40	31	F01-14
248	Jackie Leonardo	20 F	31:09	7	F20-24	327	Jasmine Frazee	11 F	35:45	32	F01-14
249	Makayla Barnes	12 F	31:11	20	F01-14	328	Laura Frazee	40 F	35:45	21	F40-44
250	Michael Shelmidine	35 M	31:11	10	M35-39	329	Suzanne Crowley	53 F	35:50	10	F50-54
251	Sarah Meyers	36 F	31:11	19	F35-39	330	Susan Wright	46 F	36:02	15	F45-49
252	Theo Burtis	14 M	31:14	34	M01-14	331	Linda Bartlett	50 F	36:02	11	F50-54
253	Denise Ward	25 F	31:16	6	F25-29	332	Justin Krichbaum	42 M	36:16	11	M40-44
254	Lori Harte	44 F	31:19	12	F40-44	333	Kathrine Krichbaum	41 F	36:16	22	F40-44
255	James Guion	12 M	31:34	35	M01-14	334	Maxwell Fortna	9 M	36:35	42	M01-14
256	Lexi Abbott	15 F	31:36	17	F15-19	335	Art Keiser	60 M	36:36	10	M60-64
257	Joan Roueche	39 F	31:36	20	F35-39	336	Zachary Fortna	33 M	36:36	9	M30-34
258	Melanie Domanico	35 F	31:40	21	F35-39	337	Josh Budge	9 M	37:14	43	M01-14
259	Jack Louise	8 M	31:43	36	M01-14	338	Clare Haynes	47 F	37:28	16	F45-49
260	Justin Louise	42 M	31:44	9	M40-44	339	Roger Dausman	67 M	37:34	9	M65-69
261	Melissa Tuohey	43 F	31:44	13	F40-44	340	Robert Jutton	61 M	37:35	11	M60-64
262	Bridget Muscarello	50 F	31:48	6	F50-54	341	Shawn Cornell	36 M	37:40	13	M35-39
263	Julie Shova	14 F	31:51	21	F01-14	342	Amber Aldrich	32 F	38:06	21	F30-34
264	Stephanie Bova	24 F	31:58	8	F20-24	343	Kristin Ford	27 F	38:08	10	F25-29
265	Rebecca Rose	29 F	31:59	7	F25-29	344	Lynda Farney	59 F	38:21	4	F55-59
266	Dana Gucciardi	38 M	32:04	11	M35-39	345	Eva Goodwin	45 F	38:29	17	F45-49
267	Annette Scripa	49 F	32:12	11	F45-49	346	Denise Gerbsch	47 F	38:32	18	F45-49
268	Jezra Jerome	11 F	32:21	22	F01-14	347	James Smith	54 M	38:42	13	M50-54
269	David Dumas	43 M	32:23	10	M40-44	348	Faith Johnson	10 F	38:43	33	F01-14
270	Sharyll Johnson	45 F	32:30	12	F45-49	349	Misael Fernandez	39 M	38:43	14	M35-39
271	Betsy Muller	40 F	32:32	14	F40-44	350	Amy Hogan	45 F	38:56	19	F45-49
272	Paul Rieth	58 M	32:36	11	M55-59	351	Judy Ford	50 F	39:30	12	F50-54
273	Adam Golden	13 M	32:38	37	M01-14	352	Richard Sargent	71 M	39:52	1	M70-74

43 Jack Stauffer	53 M	46:20	1 M50-54
44 Andrew Morabito	11 M	46:24	1 M01-14

353 Diane Detrick	48 F	40:03	20 F45-49
354 Jacqueline Jackson	39 F	40:05	29 F35-39
355 Samantha Mothersell	23 F	40:06	9 F20-24
356 Georgia Pulluaim	38 F	40:06	30 F35-39
357 Janet Seeley	56 F	40:20	5 F55-59
358 Tammy Maderos	54 F	40:24	13 F50-54
359 Andrea Westman	29 F	40:33	11 F25-29
360 Kathy Redmond	52 F	41:17	14 F50-54
361 Megan Hansen	27 F	41:24	12 F25-29
362 Madison Zacholl	12 F	41:30	34 F01-14
363 Wendy Foster	36 F	41:31	31 F35-39
364 Kathleen Wrotniak	56 F	41:34	6 F55-59
365 Anne Proppe	62 F	41:37	3 F60-64
366 Margaret Traub	48 F	41:52	21 F45-49
367 Kassandra Drake	22 F	43:01	10 F20-24
368 Katie Robinson	24 F	43:02	11 F20-24
369 Aaron Young	48 M	43:55	19 M45-49
370 Violet Young	14 F	43:55	35 F01-14
371 Rosalie Bowers	45 F	44:13	22 F45-49
372 Sharon Sonnacchio	71 F	46:08	2 F70-74
373 Richard Talbot	58 M	47:10	14 M55-59
374 Tracey Latak	46 F	47:10	23 F45-49
375 Kristin Stockwell	30 F	48:59	22 F30-34
376 Misty Corsette	28 F	48:59	13 F25-29
377 Jeanne Cavanaugh	56 F	54:50	7 F55-59



Brittany Burns, 1st place Female



Loren Davies, 1st place 45/49

**34th ANNUAL HESS EXPRESS SWAMP RAT RUNS 10K RACE
Brewerton, NY June 15, 2013**

Results By Leone Timing & Results Services
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1 Chris Raulli	25 M	32:57	1 M25-29
2 Kevin Collins	42 M	33:19	1 M40-44
3 Jared Burdick	26 M	34:58	2 M25-29
4 Christopher Taddeo	22 M	35:35	1 M20-24
5 Rusty Edwards	30 M	36:10	1 M30-34
6 Anthony Lupia	18 M	36:24	1 M15-19
7 Joseph Smith	32 M	36:50	2 M30-34
8 Colin Greenseich	17 M	37:08	2 M15-19
9 George Young	31 M	37:33	3 M30-34
10 Derek Messina	26 M	38:28	3 M25-29
11 Brittany Burns	24 F	38:31	1 F20-24
12 Josh Kuelling	31 M	38:58	4 M30-34
13 Chris Hannan	16 M	39:11	3 M15-19
14 Timothy Riccardi	55 M	39:24	1 M55-59
15 Matt Westerlund	41 M	39:26	2 M40-44
16 Loren Davies	45 M	39:36	1 M45-49
17 Angelica Peck	20 F	41:09	2 F20-24
18 Richard Stankivitz	63 M	41:30	1 M60-64
19 Chris Loughlin	35 M	41:32	1 M35-39
20 Beth Wright	19 F	42:11	1 F15-19
21 Richard Crouse	33 M	42:21	5 M30-34
22 Gary Reisman	26 M	42:37	4 M25-29
23 Brian Traub	17 M	43:05	4 M15-19
24 JT Fentress	17 M	43:08	5 M15-19
25 Fred Miller	62 M	43:21	2 M60-64
26 Ron Tyler	48 M	43:26	2 M45-49
27 LeAnn Young	29 F	43:41	1 F25-29
28 Ryan Meek	36 M	43:52	2 M35-39
29 Raymond Clark	31 M	44:23	6 M30-34
30 Stephanie Esposito	26 F	44:35	2 F25-29
31 Michael Dautrich	55 M	44:46	2 M55-59
32 Jennifer Wilson	30 F	44:52	1 F30-34
33 Michael Buselli	55 M	44:57	3 M55-59
34 Sharon Piepho	45 F	45:17	1 F45-49
35 Gary Stevens	44 M	45:18	3 M40-44
36 Cole Franco	15 M	45:21	6 M15-19
37 Erik Quilty	34 M	45:29	7 M30-34
38 Thomas Bunker	36 M	45:34	3 M35-39
39 Conor O'Connor	18 M	45:37	7 M15-19
40 Corrine Haynes	45 F	45:48	2 F45-49
41 Dennis Sackett	18 M	46:07	8 M15-19
42 Rodney Payne	45 M	46:10	3 M45-49



Corrine Haynes, 2nd place 45/49

43 Jack Stauffer	53 M	46:20	1 M50-54
44 Andrew Morabito	11 M	46:24	1 M01-14
45 Chris Golden	41 M	46:41	4 M40-44
46 Stan More	61 M	46:45	3 M60-64
47 Michael J. Skvarch	56 M	46:50	4 M55-59
48 Heather Szuba	28 F	46:58	3 F25-29
49 Noah Brown	33 M	47:03	8 M30-34
46 Stan More	61 M	46:45	3 M60-64
47 Michael J. Skvarch	56 M	46:50	4 M55-59
48 Heather Szuba	28 F	46:58	3 F25-29
49 Noah Brown	33 M	47:03	8 M30-34
50 Justin Gray	24 M	47:21	2 M20-24
51 Zach Wagner	15 M	47:25	9 M15-19
52 Ryan Nellis	23 M	47:40	3 M20-24
53 Stephen Younis	44 M	47:54	5 M40-44
54 George Lonergan	45 M	48:16	4 M45-49
55 Jason Fingerman	40 M	48:20	6 M40-44
56 Brian Lewis	31 M	48:24	9 M30-34
57 Jim Cox	52 M	48:35	2 M50-54
58 Thomas Kennedy	40 M	48:48	7 M40-44
59 Robert Young	36 M	48:56	4 M35-39
60 Justin Louise	42 M	49:06	8 M40-44
61 Gretchen Pierson	34 F	49:16	2 F30-34
62 Lauren Longo	25 F	49:20	4 F25-29

63 Kara Stauffer	38 F	49:28	1 F35-39	140 Virginia Slobe	50 F	1:00:42	4 F50-54
64 Andrew Foster	26 M	49:36	5 M25-29	141 Andrea Hollier	48 F	1:00:42	8 F45-49
65 Charles Donohoe	51 M	49:40	3 M50-54	142 Jo Weaver	55 F	1:00:47	2 F55-59
66 Kara Rusch	45 F	49:51	3 F45-49	143 Ashley Smith	25 F	1:01:00	14 F25-29
67 Paul Conte	23 M	49:55	4 M20-24	144 Myers James	54 M	1:01:03	10 M50-54
68 Kenneth Iandolo	62 M	50:03	4 M60-64	145 Rachel Cooper	25 F	1:01:06	15 F25-29
69 Christopher Ellis	51 M	50:07	4 M50-54	146 Angela Palmer	33 F	1:01:10	7 F30-34
70 Derek Heiser	21 M	50:34	5 M20-24	147 Stacy Sceiford	34 F	1:01:22	8 F30-34
71 Savannah Stevens	17 F	50:34	2 F15-19	148 Jennifer Chase	36 F	1:01:28	4 F35-39
72 Karen Mace	43 F	50:35	1 F40-44	149 Rich Greenwood	34 M	1:01:32	14 M30-34
73 James Nuss	49 M	50:38	5 M45-49	150 Erin Greenwood	35 F	1:01:33	5 F35-39
74 Jeff Burns	32 M	51:12	10 M30-34	151 Deborah Saucier	48 F	1:01:40	9 F45-49
75 Jim Owens	50 M	51:19	5 M50-54	152 Paul Van Geet	47 M	1:01:40	8 M45-49
76 Marie Boucek	38 F	51:19	2 F35-39	153 Amy Crysler	26 F	1:02:01	16 F25-29
77 Sara Wyker	26 F	51:22	5 F25-29	154 Paula Essel	43 F	1:02:05	4 F40-44
78 Ashleigh Peck	27 F	51:36	6 F25-29	155 Marisue Cigler	56 F	1:02:19	3 F55-59
79 Nicholas Williams	27 M	51:39	6 M25-29	156 Joann Leach	38 F	1:02:54	6 F35-39
80 Ronald Waldron	41 M	51:41	9 M40-44	157 Bill Byrne	64 M	1:03:11	5 M60-64
81 Adam Louise	11 M	51:41	2 M01-14	158 Jessica Straub	31 F	1:03:26	9 F30-34
82 David Laris	50 M	51:46	6 M50-54	159 Eileen Gleason	40 F	1:03:45	5 F40-44
83 Dominick Caruso	23 M	51:50	6 M20-24	160 Robyn Taft-Smith	32 F	1:03:54	10 F30-34
84 Joe Barber	15 M	52:04	10 M15-19	161 Molly English-Bowers	52 F	1:04:17	5 F50-54
85 Jason Page	35 M	52:05	5 M35-39	162 Alaina Peck	25 F	1:04:45	17 F25-29
86 Bruce Palmer	55 M	52:06	5 M55-59	163 Adrienne Peck	24 F	1:04:45	6 F20-24
87 Bettina Lindsey	52 F	52:06	1 F50-54	164 Rachel Taft	29 F	1:06:01	18 F25-29
88 Caitlyn Morris	17 F	52:09	3 F15-19	165 Timothy Hahn	30 M	1:06:20	15 M30-34
89 Joe Maloney	33 M	52:22	11 M30-34	166 Katrina Dehay	31 F	1:06:23	11 F30-34
90 Tony Lupia	43 M	52:24	10 M40-44	167 William Spreter	64 M	1:06:47	6 M60-64
91 Karen Godshall	49 F	52:27	4 F45-49	168 Nicole Ratliff	13 F	1:07:18	1 F01-14
92 Anna Jerome	41 F	52:32	2 F40-44	169 Elizabeth Harlander	51 F	1:07:28	6 F50-54
93 Cody Dugar	43 M	52:37	11 M40-44	170 Joan Deyle	68 F	1:07:53	1 F65-69
94 Lisa Wendler	45 F	52:51	5 F45-49	171 Aaron Hewson	14 M	1:07:59	5 M01-14
95 David Pierson	36 M	52:58	6 M35-39	172 Ericka Burns	36 F	1:08:06	7 F35-39
96 Cynthia Stewart	54 F	53:13	2 F50-54	173 Michael Skrocki	58 M	1:08:20	9 M55-59
97 Linda Owens	55 F	53:18	1 F55-59	174 John Crowley	62 M	1:08:24	7 M60-64
98 Mita Dutta	25 F	53:30	7 F25-29	175 John Costello	52 M	1:09:31	11 M50-54
99 Haley Pestle	15 F	53:54	4 F15-19	176 Shannon Osborne	41 F	1:10:23	6 F40-44
100 Jeff Schmidt	55 M	54:00	6 M55-59	177 Susan Anderson	42 F	1:10:36	7 F40-44
101 Megan Morris	19 F	54:00	5 F15-19	178 Heidi Ratliff	51 F	1:10:55	7 F50-54
102 Waren Kincaid	14 M	54:09	3 M01-14	179 Kathy Krzykowski	43 F	1:11:02	8 F40-44
103 Kenneth Cigler	57 M	54:25	7 M55-59	180 Sonya Miller	42 F	1:11:02	9 F40-44
104 Elizabeth Carnes	21 F	54:25	3 F20-24	181 Kim Lupia	44 F	1:11:08	10 F40-44
105 Angela Wheeler	31 F	54:33	3 F30-34	182 Stephanie Bell	26 F	1:11:48	19 F25-29
106 Ryan Crouse	27 M	54:49	7 M25-29	183 Lisa Milazzo	24 F	1:11:49	7 F20-24
107 Timothy Klering	39 M	54:55	7 M35-39	184 Theresa Smith	45 F	1:12:38	10 F45-49
108 Alexandra Peck	23 F	55:01	4 F20-24	185 Deborah Dineen	49 F	1:12:38	11 F45-49
109 Becky Sargis	28 F	55:11	8 F25-29	186 Alex Wormuth	14 M	1:13:48	6 M01-14
110 Jennifer Murphy	26 F	55:24	9 F25-29	187 Gillian Himes	31 F	1:13:55	12 F30-34
111 Kevin Karoglanian	30 M	55:27	12 M30-34	188 Kim Van Camp	30 F	1:14:17	13 F30-34
112 Kelly Husby	47 F	55:28	6 F45-49	189 Fran Pickles	23 F	1:14:39	8 F20-24
113 Richard Ogden	54 M	55:49	7 M50-54	190 Jessica Kawecky Mill	32 F	1:14:43	14 F30-34
114 Kylie Black	26 F	55:52	10 F25-29	191 Megan Burdick	48 F	1:15:01	12 F45-49
115 Timothy Kohanski	26 M	56:29	8 M25-29	192 Nancy Giardina	48 F	1:17:40	13 F45-49
116 Jamie Hulbert	36 M	56:30	8 M35-39	193 Jennie Brown	27 F	1:17:54	20 F25-29
117 Tom Palmer	34 M	56:39	13 M30-34	194 Kristina Jenne	52 F	1:20:44	8 F50-54
118 Megan Miller	32 F	56:47	4 F30-34	195 Gretchen Hoag	31 F	1:29:57	15 F30-34
119 Kathy Frawley	60 F	56:50	1 F60-64	196 Sheldon Kall	81 M	1:46:05	1 M80+
120 Judy Crowley	62 F	57:02	2 F60-64				
121 Michael Wendler	52 M	57:13	8 M50-54				
122 Ashley Schaad	26 F	57:29	11 F25-29				
123 Zachary O'Neill	15 M	57:30	11 M15-19				
124 James Daly	46 M	57:59	6 M45-49				
125 Benjamin Lupia	16 M	58:05	12 M15-19				
126 Patricia Westpfal	32 F	58:06	5 F30-34				
127 Tiffany Greenfield	21 F	58:14	5 F20-24				
128 Teresa Mech	47 F	58:18	7 F45-49				
129 Melissa Tinney	38 F	58:31	3 F35-39				
130 Margaret Miller	30 F	59:16	6 F30-34				
131 John Devins	56 M	59:20	8 M55-59				
132 Gina Cusworth	51 F	59:26	3 F50-54				
133 Thomas Cusworth	53 M	59:27	9 M50-54				
134 Robin Dugar	44 F	59:30	3 F40-44				
135 Keri Yaddow	25 F	59:42	12 F25-29				
136 Ethan Doerschuk	11 M	1:00:23	4 M01-14				
137 Todd Pfluger	47 M	1:00:28	7 M45-49				
138 Jessica Schmitt	26 F	1:00:29	13 F25-29				
139 Joanne Bechaz	17 F	1:00:32	6 F15-19				



Hess Express Swamp Rat Runs

The 34th Annual Hess Express Swamp Rat Runs which was held at Oneida Shores Park in Brewerton on Saturday, June 15, 2013 was a huge success with over 1,400 entries in either the mile run, 5 kilometer and 10 kilometer runs. Co-race directors Richard Nastasi and Pat Leone were very pleased with the turn out and are already planning next year's event.

The Hess Express Swamp Rat Run was administered by the Cicero-North Syracuse Cross Country Team, the CNS boys track coaching staff and the Syracuse Chargers Track Club. Chris Cochardo & Justin Szymaniak from Hess Express , along with many volunteers from Hess Express & Pepsi were instrumental in securing & organizing the refreshments and free prizes that were distributed to participants. Hess Express must be congratulated for their community involvement in this event. Also, a special thanks to Fleet Fleet Sports Syracuse, Byrne Dairy, Frito Lay, and Pepsi for their generous donations.

The timing & results provided by Leone Timing added to the success of the race with results for each of the races being displayed immediately. Online registration will open for next year's race starting in January 2014 at www.swampratrun.com .

A special thanks to Cicero-North Syracuse teacher, Joe Farranto, for holding the Hess Express shirt design contest in her computer graphics classes. The winning student this year was Matt Cusano, 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 870 runners that finished the mile run. Lakeshore Road Elementary received the trophy for having the largest participation in the 2013 event. The trophy continues to be passed on to the school having the largest participation each year.

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, the Oneida Shores Recreation Supervisor, was a huge help in organizing the parking & preparing Oneida Shores Park.

A big thanks to Mark Driscoll and Dave Oja for marking the 5K & 10K courses, to Dave Patruno for announcing the awards, and to Evelyn White for her administrative work. Also, a special thanks to Eileen Gleason and the Gillette Middle School students for helping with the water stops.

Megan Morris was added this year as our public relations specialist. Megan set up the excellent Hess Express Swamp Rat Run 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 organized the impressive parent group. Other volunteers were Jim & Vicki Revette, Kathy Nastasi & Marty Martino. Special thanks to Lia Garnes for taking the many photos for the Swamp Rat Facebook page & website.

Fayetteville 10K Classic

11th Annual—Saturday, September 21, 2013

To Benefit the Syracuse Chargers Track Club's College Scholarship Program
Held in connection with the Fayetteville Festival also at Beard Park



Schedule: 9:00 a.m. 10-Kilometer Race
10:00 a.m. Children's 100m, 200m, and 400m races
10:30 a.m. Awards Ceremony

Packet Pick-up: 8:00-8:45 a.m. on Saturday, September 21st at Beard Park in Fayetteville. Please come dressed to run.

10K course will start and finish near Beard Park taking runners around a single-loop course consisting of Route 257, Manlius Center Rd., North Burdick St., Route 5 to Clinton St. and ending on Lincoln St.

The Children's Races will be held entirely within Beard Park.

Entry Fee: \$20 if received by Sept. 18; \$25 for the 10K on the 20th & on race morning beginning at 8:00 a.m.
The Children's Races are FREE for all children 12 and younger - \$5 for t-shirt.

Awards: 10K age-group awards to the top three males and top three females in each of the following age groups:
0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 plus ..
Cazenovia Jewelry Half-Century Award for 1st male and female finisher age 50 or older
Souvenir ribbons to children in the Children's Races

Results by Leone Timing. Results will be posted at the race and will also be available online at Leonetiming.com or www.syracusechargers.org.

Questions: Visit www.syracusechargers.org/fville10k or call David Kennedy 569-3302 (dkenn15@verizon.net)

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, electronic headsets (other than hearing aids) present hazards to runners and walkers and are prohibited in the race.

2013 Fayetteville 10K Classic Entry Form

Please make your check payable to the Syracuse Chargers Track Club
mail to: Fayetteville Classic, 118 Foxcroft Lane, Fayetteville, NY 13066

10K Race _____ Scholarship Donation: _____ Children's 100m _____ 200m _____ 400m _____
(\$20 by 9/18; \$25 on 9/21) Children's Runs (12 & younger) are Free (Shirt \$5)

Last Name												First Name												Sex		Age as of 9/21/13	
Street Address												City												State		Zip	
Phone: _____												E-mail: _____												Date of Birth ____/____/____		T-Shirt: __S__M__L__XL	

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules.

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, The Village of Fayetteville and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent's or Guardian's signature if 17 yrs. or younger: _____ **Date:** _____

Recent Charger Age Group Records

5km, rd (70-74)	24:08	Sue Gardinier	6/8/13	Canastota
3km, rd (50-54)	13:40	Carol Dodge	5/4/08	Syracuse
3km, rd (50-54)	13:02	Carol Dodge	5/3/09	Syracuse
3km, rd (14--15)	12:25	Katlyn McNamara	5/4/08	Syracuse
3km, rd (65-69)	13:56	Sue Gardinier	5/3/09	Syracuse
3km, rd (65-69)	14:21	Tim Collins	5/3/09	Syracuse
3km, tr (7&Un)	13:13.3	Teshale Kelly	6/11/13	Nottingham
10 mi (70-74)	1:16:30	Ray Kneer	7/4/13	Cazenovia

Sue Gardinier's 5km Road Run At Nate The Great Is An Age Group Record

Last month we reported that **Sue Gardinier's** 5km time of 24:08 at the Nate The Great race in Canastota on June 8 would be a Charger 70-74 age group record if the race is certified. This month we can report that Sue did break her own record at the race. In fact, her time was only six seconds off the US women's 71 single age record until **Marie-Louise Michelsohn** fairly shattered the mark with a time of 23:17 last fall. Still, Sue's time age-grades a very impressive 93.78 points.

Sue's amazing time in the Cazenovia July 4th 5K FootRace qualified her for the Cazenovia Jewelry Award for the 1st female 50 plus finisher.

Teshale Kelly Breaks 3km Track Record

Teshale Kelly broke the Charger 7 and under record for 3km on the track when he was timed at 13:13.3 at an all comers meet at the Nottingham track on June 11. Teshale's time was nearly five minutes faster than the existing record by **Jed Bloom**, set in 1989.

Nick and Josh Guarino Go 1-3 At American Miler Series

Nick Guarino placed first (1:47.13) and brother **Josh** placed third (1:47.35) in the 800 meter run at the American Miler Club High Performance Miler Series in Indianapolis on June 15.

Shayna Santarelli-Hansen Wins Two Events At Niagara Junior Olympics

Shayna Santarelli-Hansen placed first for 15-16 girls in the 4kg shot put (37-6 3/4) and the 1kg discus (82-5) at the USATF Niagara Junior Olympic Track and Field Championships in Hilton, NY on June 23.

Scott Weeks Places 20th At USATF National Championships

Running as a veteran in a field of open runners, **Scott Weeks** placed 20th in the 800 meter run at the USATF National Club Track and Field Championships at Ichan Stadium in New York City on June 28 with a time of 1:59.34.

Ray Kneer Breaks Charger Mark At Cazenovia

Ray Kneer broke the Charger 70-74 age group record for 10 miles when he finished the July 4 Cazenovia Race in 1:16:30. The old record of 1:16:54 was held by **Nate White**.

Results From USATF East Region Masters Championships (July 6&7, RIT)

Connie Ciccone (68)	hammer	50-9	1st
Chuck Yost (78)	shot put	31-8	1st
	discus	81-6	2nd
	hammer	67-7	2nd
	javelin	77-5	1st
Thomas Lambdin (52)	hammer	125-8	1st
	weight throw	42-8	2nd
	super weight	17-5 1/2	2nd
Horace Hudson (60)	100m	13.71	2nd
	200m	31.32	2nd
	300m hurdles	49.33	1st

Jill Vollweiler Earns All American Status

Former Charger member **Jill Vollweiler** was recognized in the June issue of National Masters News as having qualified for All American status in the 40-44 age group for three events. Those events, all run in 2013, are the 3000 meter run (11:24.01), the one mile run (5:42.10), and the 800 meter run (2:39.82). Jill ran for the Chargers while attending Syracuse University in the 1990's.

Sam Hall Wins Two Events In Carolinas Invitational

Former Charger and current subscriber **Sam Hall** placed first, 65-69, in the 100 meter (14.06) and 200 meter (29.16) dashes at the Carolinas Track and Field Invitational in Charlotte on April 13.

Some New/Old 3km Road Times

In last month's issue of the newsletter we reported that, since the 3000 meter footrace now seems to be a permanent fixture in the Mountain Goat schedule of events, we will gradually include both old and new results in our listing of Charger records. This month's issue reflects those records that were set in 2008 and 2009. They may be found in our listing of Recent Charger Age Group Records. More to come in future newsletter issues.

Update on Luana Pesco Koplowitz Ultra Running

Luana Pesco Koplowitz ran the Mozart 100 ultramarathon in Salzburg, Austria on June 22nd. This was a 100K race and a major qualifier for the Ultra du Mont Blanc (UTMB) for 2014. Luana completed the distance in 14:29:50 and was 3rd in the veteran women's age group. Athletes from 26 different countries competed in this race. There were only 13 women total who completed the race out of 101 finishers. This time was good enough to add 2 more qualifying points for the UTMB. The course had approximately 14,000 feet of elevation change and went through the foothills of the Alps, which could be seen in the distance on the course. The course was very scenic and was 1/2 trails and 1/2 roads.

THE 41st ANNUAL CAZENOVIA JULY 4TH FOOT RACES
5 KILOMETER RACE
Cazenovia, NY July 4, 2013

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

1	Steven Haagsma	19 M	16:44	1	M14-19
2	Todd Halbig	36 M	17:23	1	M35-39
3	Michael Dee	22 M	17:45	1	M20-24
4	Peter Kane	15 M	18:28	2	M14-19
5	Tyler McDevitt	19 M	18:38	3	M14-19
6	Matthew Downs	31 M	18:55	1	M30-34
7	Candace Werder	28 F	18:58	1	F25-29
8	Mia Symoniak	25 F	19:15	2	F25-29
9	Dawn Lafrance	38 F	19:23	1	F35-39
10	Chase Campbell	17 M	19:32	4	M14-19
11	Joseph Roth	58 M	19:37	1	M55-59
12	Keith Eggleston	53 M	19:41	1	M50-54
13	Abraham Zimmerman	16 M	19:55	5	M14-19
14	Arek Robinson, II	26 M	19:58	1	M25-29
15	Michael Perry	33 M	20:13	2	M30-34
16	Robert Swizdor	47 M	20:25	1	M45-49
17	Bill Street	50 M	20:28	2	M50-54
18	Frank Fellone	30 M	20:29	3	M30-34
19	Mike Richards	17 M	20:33	6	M14-19
20	Bob Raymonda	54 M	20:34	3	M50-54
21	Matthew McGarry	17 M	20:34	7	M14-19
22	Hannah Butler	14 F	20:40	1	F14-19
23	Owen Ukleya	15 M	20:45	8	M14-19
24	Michael Manion	27 M	20:53	2	M25-29
25	Matthew Crouthamel	34 M	21:09	4	M30-34
26	Robert Becker	39 M	21:17	2	M35-39
27	Joshua Piticaru	22 M	21:27	2	M20-24
28	Megan O'Connor	24 F	21:31	1	F20-24
29	Nathan Holahan	19 M	21:36	9	M14-19
30	Ron Pleban	25 M	21:39	3	M25-29
31	Renee Koch-Piticaru	21 F	21:41	2	F20-24
32	Sean Aronow	20 M	21:42	3	M20-24
33	Nicholas Genzel	19 M	21:44	10	M14-19
34	Maureen Milmo	17 F	21:50	2	F14-19
35	Dick Wheeler	49 M	21:58	2	M45-49
36	Samuel Fellows	19 M	22:03	11	M14-19
37	Vahid Schwart	24 M	22:08	4	M20-24
38	James Perriello	16 M	22:09	12	M14-19
39	Gary Burak	55 M	22:22	2	M55-59
40	Brett Stokoe	20 M	22:23	5	M20-24
41	Dan Long	48 M	22:28	3	M45-49
42	Ted Truet	61 M	22:29	1	M60-64
43	Matthew Rogers	15 M	22:30	13	M14-19
44	Jack Richards	13 M	22:44	1	M01-13
45	Hayden Frey	14 M	22:54	14	M14-19
46	JP Hoak	8 M	22:54	2	M01-13
47	James Osborne	67 M	22:57	1	M65-69
48	Audrey Chivukula	36 F	22:58	2	F35-39
49	Mary Kate Kelley	21 F	23:07	3	F20-24
50	William Nolan	22 M	23:08	6	M20-24
51	Gerald McMahon	52 M	23:12	4	M50-54
52	Lucy Person	12 F	23:13	1	F01-13
53	Kirsten Belton	31 F	23:16	1	F30-34
54	Michael Pease	30 M	23:17	5	M30-34
55	Kara Stauffer	38 F	23:19	3	F35-39
56	Brian Scanlon	49 M	23:20	4	M45-49
57	Quinn Donahoe	26 M	23:21	4	M25-29
58	Meghan Hart	13 F	23:23	2	F01-13
59	Claire Bargabos	13 F	23:23	3	F01-13
60	James Nixdorf	46 M	23:29	5	M45-49
61	Carrie Stevens	23 F	23:36	4	F20-24
62	Tony Hart	46 M	23:37	6	M45-49
63	Paul Doody	53 M	23:38	5	M50-54
64	Mario Mason	24 M	23:39	7	M20-24
65	Jordan White	37 M	23:41	3	M35-39
66	Alex Williams	12 M	23:42	3	M01-13
67	Alexandra Street	13 F	23:47	4	F01-13
68	Bill Chapin	70 M	23:51	1	M70-74
69	Timothy McDevitt	47 M	23:54	7	M45-49
70	John Scott	65 M	23:54	2	M65-69
71	Stephanie Degirolamo	45 F	23:56	1	F45-49
72	Henry Baker	10 M	23:57	4	M01-13
73	Garrett Anderson	45 M	23:57	8	M45-49
74	Tucker Lounsbury	40 M	23:58	1	M40-44
75	Andy Marsh	14 M	23:58	15	M14-19
76	Katie Demarino	14 F	24:00	3	F14-19
77	Matthew Hunter	16 M	24:01	16	M14-19
78	Scott D'Andrea	43 M	24:03	2	M40-44
79	Mitchel Meigs	15 M	24:03	17	M14-19
80	Katherine D'Andrea	13 F	24:03	5	F01-13
81	Lisa Lounsbury	40 F	24:04	1	F40-44
82	Richard Russell	38 M	24:04	4	M35-39
83	Bob Richards	52 M	24:04	6	M50-54
84	Scott Cunningham	46 M	24:10	9	M45-49
85	Jim Miller	62 M	24:11	2	M60-64
86	Ryan Ward	31 M	24:11	6	M30-34
87	Jennifer Street	46 F	24:12	2	F45-49
88	Stephen Dickerson	24 M	24:16	8	M20-24
89	Madlena Demirchian	16 F	24:17	4	F14-19
90	Jonathan McGhee	38 M	24:17	5	M35-39
91	Steve Tillman	42 M	24:17	3	M40-44
92	Madeline Gavitt	12 F	24:19	6	F01-13
93	April Gregory	21 F	24:20	5	F20-24
94	Melissa Scheidelman	38 F	24:22	4	F35-39
95	Sue Gardinier	71 F	24:24	1	F70-74
96	Matthew Gardner	28 M	24:26	5	M25-29
97	Jennifer Corbet	37 F	24:26	5	F35-39
98	Jeffrey Costello	24 M	24:27	9	M20-24
99	Doug Moorehead	45 M	24:28	10	M45-49
100	Len Widdekind	50 M	24:30	7	M50-54
101	Suzanne Colligan	46 F	24:32	3	F45-49
103	Jack Carpenter	14 M	24:37	18	M14-19
104	Zoe Shephard	13 F	24:37	7	F01-13
105	Clifford Toole	41 M	24:39	4	M40-44
106	Clarissa Buda	31 F	24:39	2	F30-34
107	Michael Gaut	32 M	24:40	8	M30-34
108	Eric Stevens	20 M	24:40	10	M20-24
109	Kristen Smith	43 F	24:42	2	F40-44
110	Hans Koennecke	46 M	24:42	11	M45-49
111	Tammy Stokoe	50 F	24:43	1	F50-54
112	William Luke	43 M	24:46	5	M40-44
113	Hannah Jacobsen	25 F	24:46	3	F25-29
114	Kirstin Lyons	21 F	24:48	6	F20-24
115	Tracey Moore	61 M	24:49	3	M60-64
116	Jason Luke	16 M	24:50	19	M14-19
117	Courtney Lyons	19 F	24:51	5	F14-19
118	Tim Horstmyer	15 M	24:52	20	M14-19
119	Jocelyn Gavitt	42 F	24:52	3	F40-44
120	Bonnie Price	31 F	24:52	3	F30-34
121	Sarah White	36 F	24:53	6	F35-39
122	Kaitlyn Richards	19 F	24:57	6	F14-19
123	Reese Holahan	13 M	25:03	5	M01-13
124	Dylan Franklin	27 M	25:03	6	M25-29
125	Andrew Ziemba	17 M	25:07	21	M14-19
126	Nancy Williams	50 F	25:13	2	F50-54
127	Edward Keplinger	49 M	25:14	12	M45-49
128	Kirsten Underwood	13 F	25:15	8	F01-13
129	Samuel Baker	10 M	25:17	6	M01-13
130	Stephanie Atwater	27 F	25:18	4	F25-29
131	Clayton Baker	46 M	25:18	13	M45-49
132	Thea Sames	41 F	25:19	4	F40-44
133	Dave Kane	44 M	25:23	6	M40-44
134	Thomas Homestead	65 M	25:23	3	M65-69
135	Matthew Trexler	32 M	25:24	9	M30-34
136	Susan Webster	58 F	25:24	1	F55-59
137	Douglas O. Christens	14 M	25:28	22	M14-19
138	Jonathan Rieth	36 M	25:29	6	M35-39
139	Owen Zaengle	25 M	25:31	7	M25-29
140	Jonathan Moore	33 M	25:31	10	M30-34
141	Drew Holahan	11 M	25:31	7	M01-13
142	Raymond Anderson	11 M	25:32	8	M01-13
143	Andrew Hawley	16 M	25:32	23	M14-19
144	Eian Prinsen	18 M	25:35	24	M14-19
145	Valerik Demirchian	39 M	25:38	7	M35-39
146	Christian Cooper	34 M	25:41	11	M30-34
147	Cameron Hillis	13 M	25:46	9	M01-13
148	Brent Sears	31 M	25:47	12	M30-34
149	Rebecca Bostwick	35 F	25:47	7	F35-39
150	Stephanie Brown	24 F	25:51	7	F20-24
151	Daniel Kornfeld	40 M	25:51	7	M40-44

152	Constance Smith	50 F	25:52	3 F50-54	231	Abby Eschen	20 F	27:57	11 F20-24
153	Jack Byrnes	8 M	25:53	10 M01-13	232	Walter Kortschak	54 M	27:57	12 M50-54
154	Kimberly Cavallo	45 F	25:54	4 F45-49	233	Amanda Keplinger	17 F	28:02	10 F14-19
155	Kevin Donahoe	30 M	25:56	13 M30-34	234	Johnny Wong	35 M	28:04	11 M35-39
156	Drew Johnson	12 M	25:57	11 M01-13	235	Sydney Degirolamo	13 F	28:07	15 F01-13
157	Andrew Johnson	45 M	25:57	14 M45-49	236	Jessica Camp	35 F	28:09	10 F35-39
158	Mike Dehart	19 M	26:04	25 M14-19	237	Jennifer Brodock	16 F	28:12	11 F14-19
159	Fritz Koennecke	50 M	26:04	8 M50-54	238	Sally Hillis	54 F	28:13	4 F50-54
160	Phillip Koppers	42 M	26:06	8 M40-44	239	Cooper Hughes	9 M	28:14	21 M01-13
161	Jim Gerhard	47 M	26:10	15 M45-49	240	Cori Houston	16 F	28:18	12 F14-19
162	Ellen Eisenhut	46 F	26:11	5 F45-49	241	Suzanne Haight	58 F	28:18	3 F55-59
163	Alexis Mazzeo	22 F	26:13	8 F20-24	242	Elizabeth Shephard	14 F	28:19	13 F14-19
164	James Lafever	9 M	26:14	12 M01-13	243	Brian Patsos	38 M	28:19	12 M35-39
165	Tucker Green	33 M	26:14	14 M30-34	244	Shawn Ward	55 M	28:24	5 M55-59
166	Kimberly Walsh	15 F	26:18	7 F14-19	245	Cat Byrnes	37 F	28:26	11 F35-39
167	Todd Shafer	35 M	26:18	8 M35-39	246	John Kozak	60 M	28:30	8 M60-64
168	Julie Shafer	37 F	26:18	8 F35-39	247	Dan Bargabos	52 M	28:31	13 M50-54
169	Steven Lafever	12 M	26:20	13 M01-13	248	Jenny Hughes	39 F	28:31	12 F35-39
170	Devonta Corbet	13 M	26:23	14 M01-13	249	Alicia Ewing	25 F	28:33	9 F25-29
171	Jack Wheeler	14 M	26:23	26 M14-19	250	April Moorehead	44 F	28:37	8 F40-44
172	Olivia Wheeler	12 F	26:23	9 F01-13	251	Margot Giblin	53 F	28:39	5 F50-54
173	Raymond Satchwell	12 M	26:25	15 M01-13	252	Sue Brown	46 F	28:39	11 F45-49
174	Sarah Kortschak	21 F	26:26	9 F20-24	253	Sam Wong	35 F	28:40	13 F35-39
175	Lyle Burns	58 F	26:27	2 F55-59	254	Tom Kilmer	57 M	28:41	6 M55-59
176	Phil Farley	36 M	26:28	9 M35-39	255	Matthew Hawks	32 M	28:42	16 M30-34
177	Nat Giblin	19 M	26:33	27 M14-19	256	Julie Waddell	39 F	28:44	14 F35-39
178	Jody Corbet	39 M	26:34	10 M35-39	257	Dawn Rajkowski	43 F	28:46	9 F40-44
179	Kevin Hanly	30 M	26:38	15 M30-34	258	Derek Carroll	29 M	28:49	9 M25-29
180	Maya Demirchian	12 F	26:41	10 F01-13	259	Natalie Maier	19 F	28:50	14 F14-19
181	Megan Bushneck	29 F	26:46	5 F25-29	260	Auyon Gosh	24 M	28:51	13 M20-24
182	Ben Degirolamo	10 M	26:46	16 M01-13	261	Kelsey Johnson	19 F	28:52	15 F14-19
183	Dan Degirolamo	50 M	26:47	9 M50-54	262	Jack Donlin	7 M	28:54	22 M01-13
184	Susan Bregman	42 F	26:48	5 F40-44	263	Carolyn Schulte	24 F	28:54	12 F20-24
185	Deana Finnigan	21 F	26:49	10 F20-24	264	Marisue Cigler	56 F	28:54	4 F55-59
186	Michael Defio	67 M	26:50	4 M65-69	265	Mike Donlin	37 M	28:55	13 M35-39
187	Jakob Holahan	13 M	26:51	17 M01-13	266	Steve Chase	50 M	29:00	14 M50-54
188	Ron Fluet	57 M	26:53	3 M55-59	267	Leonard Lyons	53 M	29:01	15 M50-54
189	Tessa Grant	26 F	26:53	6 F25-29	268	Paul Ryan	62 M	29:02	9 M60-64
190	Patricia Gantley	48 F	26:56	6 F45-49	269	Gretchen Miles	29 F	29:03	10 F25-29
191	Doug Lafever	40 M	26:58	9 M40-44	270	Erin Hickey	35 F	29:07	15 F35-39
192	Bob Murrett	60 M	26:58	4 M60-64	271	Patrick Linck	10 M	29:08	23 M01-13
193	Alexa Tillman	12 F	27:00	11 F01-13	272	Audrey Baker	8 F	29:08	16 F01-13
194	James Aronow	50 M	27:03	10 M50-54	273	Jill Reidy	44 F	29:08	10 F40-44
195	Elizabeth Copani	27 F	27:06	7 F25-29	274	Anne Berlind	56 F	29:09	5 F55-59
196	Phil Curtis	62 M	27:09	5 M60-64	275	Jennifer Chase	36 F	29:10	16 F35-39
197	Kara Waddell	16 F	27:10	8 F14-19	276	Robert Rieth	66 M	29:11	7 M65-69
198	Jennifer Schutzendor	45 F	27:10	7 F45-49	277	Stacy Mitchell	36 F	29:12	17 F35-39
199	Erik Anderson	44 M	27:10	10 M40-44	278	Jacqueline Hubbard	33 F	29:14	5 F30-34
200	Bennett Aronow	16 M	27:10	28 M14-19	279	Rebekah King	19 F	29:14	16 F14-19
201	Eric Sturr	27 M	27:10	8 M25-29	280	Erin Ward	30 F	29:17	6 F30-34
202	Ross Thompson	24 M	27:11	11 M20-24	281	Michael Satchwell	48 M	29:20	17 M45-49
203	Damon Gagnier	42 M	27:13	11 M40-44	282	Greg Giblin	57 M	29:21	7 M55-59
204	Degan Gagnier	10 F	27:14	12 F01-13	283	Ewen Love	59 M	29:21	8 M55-59
205	Ryman Seeley	17 M	27:14	29 M14-19	284	Bill Donnegan	27 M	29:22	10 M25-29
206	Tom Eschen, Sr.	56 M	27:17	4 M55-59	285	Kathleen Collins	66 F	29:24	1 F65-69
207	Rachel Werder	26 F	27:19	8 F25-29	286	Karyn Crouthamel	37 F	29:26	18 F35-39
208	Tobias Persson	43 M	27:24	12 M40-44	287	Adam Berg	38 M	29:27	14 M35-39
209	Kathleen Bump	47 F	27:25	8 F45-49	288	Andrea Berg	38 F	29:27	19 F35-39
210	William Huftalen	13 M	27:25	18 M01-13	289	Susan Hodge	44 F	29:27	11 F40-44
211	Katherine Huftalen	42 F	27:26	6 F40-44	290	Sasha Frey	50 F	29:28	6 F50-54
212	Keith Bone	61 M	27:28	6 M60-64	291	Hannah Craybas	10 F	29:28	17 F01-13
213	Seanne Chase	49 F	27:29	9 F45-49	292	Sean Smithers	10 M	29:28	24 M01-13
214	Maryrose Belmonte	43 F	27:30	7 F40-44	293	Raelynn Baumann	33 F	29:28	7 F30-34
215	Richard Hahn	65 M	27:32	5 M65-69	294	Morgan Jastremski	24 F	29:29	13 F20-24
216	Davey George	8 M	27:33	19 M01-13	295	Will Fitzgerald	10 M	29:31	25 M01-13
217	Robert Carpenter	20 M	27:34	12 M20-24	296	Jane Mistur	50 F	29:32	7 F50-54
218	Dave George	40 M	27:34	13 M40-44	297	Alix Houston	18 F	29:36	17 F14-19
219	Caroline Miller	12 F	27:36	13 F01-13	298	Steve Ratliff	53 M	29:41	16 M50-54
220	Jay Campbell	11 M	27:37	20 M01-13	299	Jennette Ball	40 F	29:43	12 F40-44
221	David O'Brien	63 M	27:37	7 M60-64	300	Maria Trexler	29 F	29:46	11 F25-29
222	Amy Winnewisser Farl	35 F	27:38	9 F35-39	301	Lisa Brownback	48 F	29:50	12 F45-49
223	Brenda Switzer-Maier	61 F	27:39	1 F60-64	302	James Donnegan	25 M	29:52	11 M25-29
224	Chris Byrnes	50 M	27:40	11 M50-54	303	Mary Ward	54 F	29:53	8 F50-54
225	Erin Milin	34 F	27:45	4 F30-34	304	Kenneth Blaylock	56 M	29:53	9 M55-59
226	Maya Sutton-Smith	17 F	27:50	9 F14-19	305	Karen Luke McGhee	38 F	29:55	20 F35-39
227	Gary Foster	68 M	27:51	6 M65-69	306	Don Scholl	55 M	29:55	10 M55-59
228	Kelly Cresswell	47 F	27:54	10 F45-49	307	Meaghan McDevitt	15 F	29:58	18 F14-19
229	Lauren Newton	13 F	27:55	14 F01-13	308	Lila Seeley	19 F	30:02	19 F14-19
230	Robert Anderson	46 M	27:56	16 M45-49	309	Lesley Soper	32 F	30:04	8 F30-34

310	Patrick Knapp	62 M	30:05	10 M60-64	389	Carey Ryan	26 F	34:24	16 F25-29
311	Gordon Campbell	48 M	30:08	18 M45-49	390	Gail Bouck	67 F	34:26	3 F65-69
312	David Ravas	55 M	30:22	11 M55-59	391	Patti Horstmyer	53 F	34:36	16 F50-54
313	Sarah Pryor	31 F	30:24	9 F30-34	392	Richard Elliott	69 M	34:38	10 M65-69
314	Alexandria Infantino	18 F	30:26	20 F14-19	393	Megan Leonard	10 F	34:39	27 F01-13
315	Molly Brown	11 F	30:28	18 F01-13	394	Amy Marchbanks	40 F	34:40	17 F40-44
316	Jim Brown	47 M	30:28	19 M45-49	395	Kadie Leonard	41 F	34:42	18 F40-44
317	Sara Reals	48 F	30:39	13 F45-49	396	Culleen Christo	44 F	34:44	19 F40-44
318	Dominic Perrone	12 M	30:40	26 M01-13	397	Tonya Gerhard	45 F	34:56	17 F45-49
319	Kermit Cadrette	75 M	30:43	1 M75-79	398	Paul Riieth	58 M	35:05	17 M55-59
320	Christine June	44 F	30:46	13 F40-44	399	Jennifer McGee	42 F	35:05	20 F40-44
321	Beth Seeley	50 F	30:52	9 F50-54	400	Ruth Wells	45 F	35:15	18 F45-49
322	Silviu Pasniciuc	45 M	30:53	20 M45-49	401	Will Hodges	30 M	35:16	18 M30-34
323	Claire Carpenter	13 F	30:54	19 F01-13	402	Thomas Hall	67 M	35:20	11 M65-69
324	George Williams	63 M	30:56	11 M60-64	403	Cassandra Perrone	17 F	35:22	22 F14-19
325	Allison Mehallo	20 F	31:03	14 F20-24	404	Emily Widdekind	17 F	35:22	23 F14-19
326	Aidan Hood	12 M	31:05	27 M01-13	405	Alexandra Buhrle	14 F	35:25	24 F14-19
327	Emily Bobrek	11 F	31:06	20 F01-13	406	Oskar Persson	9 M	35:28	34 M01-13
328	Honey-Beth Nelson	43 F	31:09	14 F40-44	407	Janet Schulte	49 F	35:29	19 F45-49
329	Raymond Straub	35 M	31:10	15 M35-39	408	Katrin Persson	44 F	35:29	21 F40-44
330	Jillian Sheehan	38 F	31:12	21 F35-39	409	Samuel Bobrek	9 M	35:30	35 M01-13
331	Alex Stachowski	27 M	31:12	12 M25-29	410	Donna Skrocki	60 F	35:30	3 F60-64
332	Cynthia Long	49 F	31:18	14 F45-49	411	Bethany Cole	27 F	35:31	17 F25-29
333	James Steinberg	60 M	31:21	12 M60-64	412	Kendal Henning	10 F	35:31	28 F01-13
334	Jenna Steinberg	11 F	31:21	21 F01-13	413	Rosemary Laquidari	69 F	35:32	4 F65-69
335	Jacob Waddell	13 M	31:25	28 M01-13	414	Jessica Buhrle	14 F	35:32	25 F14-19
336	Jody Ridzi	36 F	31:26	22 F35-39	415	Robert Buhrle	45 M	35:33	22 M45-49
337	Susan Brown-Zimmerman	51 F	31:27	10 F50-54	416	Dom Mercurio	77 M	35:40	2 M75-79
338	Tracy English	50 F	31:28	11 F50-54	417	Nancy Poole	38 F	35:54	31 F35-39
339	Connor Frisbie	6 M	31:32	29 M01-13	418	Elley Brown	27 F	36:02	18 F25-29
340	Andrew Frisbie	39 M	31:32	16 M35-39	419	Sara Harris	16 F	36:05	26 F14-19
341	Colleen Donnegan	27 F	31:35	12 F25-29	420	Cheryl Ficarra	54 F	36:05	17 F50-54
342	Cindy Chen	35 F	31:39	23 F35-39	421	Bill Banks	64 M	36:05	13 M60-64
343	Eric Poole	39 M	31:41	17 M35-39	422	Jay Graves	68 F	36:06	5 F65-69
344	Ryan Hammond	9 M	31:45	30 M01-13	423	Max Brownback	10 M	36:09	36 M01-13
345	Wende Martin	52 F	31:46	12 F50-54	424	Lynn Demirchian	44 F	36:11	22 F40-44
346	Michael Skrocki	58 M	31:52	12 M55-59	425	Laura Fitzgerald	10 F	36:15	29 F01-13
347	Julie Lanfair	26 F	31:54	13 F25-29	426	Grace McGuire	11 F	36:16	30 F01-13
348	Jerry P. Smith	66 M	31:55	8 M65-69	427	Chloe Butler	12 F	36:16	31 F01-13
349	David Michela	55 M	31:58	13 M55-59	428	Paco Valle	56 M	36:18	18 M55-59
350	Ralph Stevens	58 M	31:58	14 M55-59	429	Andrew Bobrek	37 M	36:18	18 M35-39
351	Terri Russo	38 F	31:59	24 F35-39	430	Louise King	50 F	36:21	18 F50-54
352	Gwendolyn Morgan	35 F	32:03	25 F35-39	431	Anthony Fitzgerald	57 M	36:21	19 M55-59
353	Gretchen Wacker	35 F	32:03	26 F35-39	432	Emily Hunter	13 F	36:26	32 F01-13
354	Barbara Hamilton	56 F	32:07	6 F55-59	433	Cynthia Moreland	61 F	36:31	4 F60-64
355	Vivan Lockwood	55 M	32:09	15 M55-59	434	Stephen Dill	48 M	36:46	23 M45-49
356	Jean Johnson	44 F	32:11	15 F40-44	435	Amy Carter	42 F	36:47	23 F40-44
357	Deanna Demirchian	10 F	32:12	22 F01-13	436	Sarah Ravas	42 F	36:47	24 F40-44
358	Theresa Reeve	11 F	32:15	23 F01-13	437	Brian Gantley	13 M	36:49	37 M01-13
359	Jd Houston	13 M	32:15	31 M01-13	438	Kelly Henning	35 F	37:01	32 F35-39
360	Rebecca Houston	41 F	32:23	16 F40-44	439	Casey Rebal	22 F	37:09	18 F20-24
361	Anna Ziemba	11 F	32:25	24 F01-13	440	Ava Tillman	10 F	37:22	33 F01-13
362	Lauren Horstmyer	12 F	32:27	25 F01-13	441	David Tillman	45 M	37:22	24 M45-49
363	Jim Marsh	55 M	32:27	16 M55-59	442	Henry Perry	53 M	37:36	17 M50-54
364	Matt Frackelton	31 M	32:44	17 M30-34	443	Sarah Fellows	20 F	37:41	19 F20-24
365	Ellen Frackelton	27 F	32:44	14 F25-29	444	William Fellows	16 M	37:42	30 M14-19
366	Nicholas Gugino	11 M	32:55	32 M01-13	445	Annie Baldwin	11 F	37:46	34 F01-13
367	Libbie Woods	48 F	32:55	15 F45-49	446	Mary Reeve	44 F	37:48	25 F40-44
368	Chip O'Reilly	68 M	32:57	9 M65-69	447	Susan Reeve	37 F	37:48	33 F35-39
369	Morgan Christiansen	20 F	33:04	15 F20-24	448	Lindsay Mulligan	15 F	37:48	27 F14-19
370	Cathy Hall	53 F	33:17	13 F50-54	449	Christine Herrmann	42 F	37:52	26 F40-44
371	Susan Christensen	52 F	33:18	14 F50-54	450	Debra McCullough	46 F	37:55	20 F45-49
372	Kimberly Finnie	26 F	33:24	15 F25-29	451	Taylor McCullough	13 F	37:55	35 F01-13
373	Emily Pushlar	37 F	33:24	27 F35-39	452	Andrea Mulligan	50 F	38:00	19 F50-54
374	Leigh Vansanford	32 F	33:24	10 F30-34	453	Angela Perry	49 F	38:05	21 F45-49
375	Linda Goings	51 F	33:35	15 F50-54	454	Tara Blanding-Newcom	40 F	38:06	27 F40-44
376	Kevin Goings	48 M	33:36	21 M45-49	455	Tom Cooney	54 M	38:10	18 M50-54
377	Anna Goings	15 F	33:36	21 F14-19	456	S. Jeffrey Bastable	66 M	38:39	12 M65-69
378	Carol Rider	71 F	33:37	2 F70-74	457	Laurie Oertel	33 F	38:49	11 F30-34
379	Sasha Smith	21 F	33:39	16 F20-24	458	Sherburne Abbott	57 F	39:11	7 F55-59
380	Toby Clark	37 F	33:51	28 F35-39	459	Emma Steinberg	9 F	39:11	36 F01-13
381	Luke Hudson	11 M	34:05	33 M01-13	460	Raymond Lanfair	34 M	39:15	19 M30-34
382	Diane Ward	65 F	34:08	2 F65-69	461	Gina Mullock	39 F	39:29	34 F35-39
383	Kathleen Hudson	46 F	34:14	16 F45-49	462	Alyssa Sedgwick	15 F	39:41	28 F14-19
384	Marni Davis	36 F	34:18	29 F35-39	463	Gillian Stearns	31 F	39:50	12 F30-34
385	Ellen Buhrle	12 F	34:19	26 F01-13	464	Brenda Ryan	55 F	40:01	8 F55-59
386	Molly Avery	23 F	34:21	17 F20-24	465	Leah Sutton-Smith	10 F	40:02	37 F01-13
387	Samantha Herbert	38 F	34:22	30 F35-39	466	Jennifer Sutton	48 F	40:07	22 F45-49
388	Susan Ryan	60 F	34:23	2 F60-64	467	Emma Daly	13 F	40:12	38 F01-13

468	McKenzie Holahan	12 F	40:23	39 F01-13
469	Kristina Holahan	42 F	40:26	28 F40-44
470	Luann Mehallow	50 F	40:32	20 F50-54
471	Morley Miller	31 F	41:08	13 F30-34
472	John Demarino	49 M	41:23	25 M45-49
473	Katie Woodworth	21 F	41:34	20 F20-24
474	Molly Woodworth	19 F	41:34	29 F14-19
475	Jennifer Parmalee	38 F	41:36	35 F35-39
476	Mary Palmer	27 F	41:58	19 F25-29
477	Karen Hawley	42 F	42:27	29 F40-44
478	Amy Perrone	44 F	42:27	30 F40-44
479	Michael Reeve	13 M	42:33	38 M01-13
480	Matthew Reeve	14 M	42:34	31 M14-19
481	Simon Daly	9 M	42:34	39 M01-13
482	Elizabeth Allaire-Lo	42 F	42:44	31 F40-44
483	William Tillman	63 M	42:45	14 M60-64
484	Ethan Toole	9 M	43:05	40 M01-13
485	David Congden	13 M	43:16	41 M01-13
486	Kate Ditrani	12 F	43:25	40 F01-13
487	Leslie Ditrani	49 F	43:25	23 F45-49
488	Jacqueline Toole	44 F	43:39	32 F40-44
489	Karen Toole	42 F	43:39	33 F40-44
490	Karyn Turnbull	27 F	43:52	20 F25-29
491	Connie Ciccone	68 F	44:03	6 F65-69
492	Kimberly Bukowski	56 F	44:10	9 F55-59
493	Pj Sparks	48 F	44:10	24 F45-49
494	Logan Allaire	11 M	44:25	42 M01-13
495	Haik Demirchian	11 M	44:30	43 M01-13
496	Greg Norris	58 M	44:30	20 M55-59
497	Erin Frisbie	40 F	44:59	34 F40-44
498	Katelin Frisbie	8 F	44:59	41 F01-13
499	Peter Monteleone	77 M	45:21	3 M75-79
500	Lorraine McGee	42 F	45:50	35 F40-44
501	Patricia Chavarria	52 F	45:51	21 F50-54
502	Cameryn Allaire	13 F	46:16	42 F01-13
503	Linda Price	57 F	47:02	10 F55-59
504	Lisa Congden	50 F	48:19	22 F50-54



Mile Fun Run



THE 41st ANNUAL CAZENOVIA JULY 4TH FOOT RACES
10 MILE RACE
Cazenovia, NY July 4, 2013

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

1 Justin Wager	24 M	55:14	1 M20-24	73 Kevin Garvey	32 M	1:19:57	9 M30-34
2 Joseph Smith	32 M	58:44	1 M30-34	74 Mary White	53 F	1:20:00	1 F50-54
3 Matt Migonis	32 M	59:51	2 M30-34	75 Scott Cunningham	40 M	1:20:06	4 M40-44
4 Michael Hamilton	25 M	1:01:59	1 M25-29	76 Sarah Paradis	32 F	1:20:08	5 F30-34
5 Patrick Dermody	20 M	1:02:23	2 M20-24	77 Joe Renwick	24 M	1:20:12	6 M20-24
6 Alphonse Mugisha	18 M	1:02:30	1 M01-19	78 Robert Chapin	52 M	1:20:21	8 M50-54
7 Scott Ulberg	24 M	1:02:40	3 M20-24	79 Annibel Coolican	15 F	1:20:28	4 F01-19
8 Adam Luban	17 M	1:04:09	2 M01-19	80 Patrick Martin	28 M	1:20:34	5 M25-29
9 AJ Migonis	35 M	1:04:21	1 M35-39	81 Patti Ford	57 F	1:20:43	2 F55-59
10 Matt Arria	36 M	1:05:10	2 M35-39	82 Larry Minet	61 M	1:21:18	1 M60-64
11 Rebecca Metzler	31 F	1:05:59	1 F30-34	83 Mark Dodds	44 M	1:21:23	5 M40-44
12 Guy George	54 M	1:06:30	1 M50-54	84 Stan More	61 M	1:21:28	2 M60-64
13 Megan Ann Pierce	17 F	1:06:38	1 F01-19	85 Molly Dougherty	23 F	1:21:34	3 F20-24
14 Stephen Paddock	18 M	1:07:19	3 M01-19	86 Steve McCormick	62 M	1:21:42	3 M60-64
15 Boris Dzikovski	48 M	1:07:25	1 M45-49	87 Geoff Lawrence	35 M	1:21:44	9 M35-39
16 Greg Carroll	52 M	1:07:33	2 M50-54	88 Kelly Lawrence	36 F	1:21:44	3 F35-39
17 Melissa Weiner	35 F	1:07:51	1 F35-39	89 Steven Dehart	47 M	1:21:46	5 M45-49
18 William Hohreiter	18 M	1:09:11	4 M01-19	90 Louis Orbach	44 M	1:21:47	6 M40-44
19 Randal Boivin	39 M	1:09:15	3 M35-39	91 Angie Jacob	25 F	1:21:50	6 F25-29
20 Keith Tully	41 M	1:10:49	1 M40-44	92 Jack Stauffer	53 M	1:22:06	9 M50-54
21 Mandy Dimarzo	33 F	1:11:07	2 F30-34	93 Ryan Nellis	23 M	1:22:08	7 M20-24
22 Justin Depue	16 M	1:11:37	5 M01-19	94 Russ Brownback	48 M	1:22:11	6 M45-49
23 David McEntee	19 M	1:11:45	6 M01-19	95 Brian Bodnar	49 M	1:22:18	7 M45-49
24 Gary Tarolli	59 M	1:12:18	1 M55-59	96 Jason Fingerman	40 M	1:22:23	7 M40-44
25 Kyle Boeltz	26 M	1:12:22	2 M25-29	97 Ellen Furnari	27 F	1:22:29	7 F25-29
26 Andrew Koch	16 M	1:12:48	7 M01-19	98 Winthrop Thurlow	51 M	1:22:36	10 M50-54
27 Kristin Green	30 F	1:13:16	3 F30-34	99 Suzanne Craybas	44 F	1:22:37	1 F40-44
28 Timothy Rosbrook	46 M	1:13:34	2 M45-49	100 Scott Buchanan	46 M	1:22:37	8 M45-49
29 Peter Crockett	54 M	1:13:52	3 M50-54	101 Mark Hill	50 M	1:22:41	11 M50-54
30 John Berling	55 M	1:14:27	2 M55-59	102 James Siepiola	59 M	1:22:47	6 M55-59
31 Mike Lavelle	31 M	1:14:32	3 M30-34	103 Colin Donahoe	28 M	1:22:48	6 M25-29
32 Kiley Evans	22 F	1:14:37	1 F20-24	104 Rick Mazzeo	60 M	1:22:54	4 M60-64
33 Morgan Kelley	25 F	1:14:52	1 F25-29	105 Josh Reed	49 M	1:22:55	9 M45-49
34 Doug Lewis	38 M	1:15:00	4 M35-39	106 Stacy Kingsley	36 F	1:22:56	4 F35-39
35 Jeanette Cudney	17 F	1:15:10	2 F01-19	107 Bob Neuland	67 M	1:23:05	1 M65-69
36 William Parry	32 M	1:15:10	4 M30-34	108 Bruce Harris	52 M	1:23:08	12 M50-54
37 Jim McKeever	56 M	1:15:23	3 M55-59	109 Travis Behm	30 M	1:23:14	10 M30-34
38 Ryan Meek	36 M	1:15:37	5 M35-39	110 Sarah Danner	19 F	1:23:23	5 F01-19
39 Timothy Bump	48 M	1:15:43	3 M45-49	111 Timothy Button	53 M	1:23:32	13 M50-54
40 Ashley Didio	26 F	1:15:46	2 F25-29	112 John Ferrini	48 M	1:23:33	10 M45-49
41 Kyle Breier	34 M	1:15:50	5 M30-34	113 Chris Thornton	31 M	1:23:34	11 M30-34
42 Greg Wandersee	55 M	1:15:52	4 M55-59	114 William Tine	39 M	1:23:40	10 M35-39
43 Peter Davis	54 M	1:16:00	4 M50-54	115 Nicholas Kagey	34 M	1:23:50	12 M30-34
44 Matthew Tiss	20 M	1:16:08	4 M20-24	116 Sarah Tully	14 F	1:23:51	6 F01-19
45 Joe Woodworth	35 M	1:16:11	6 M35-39	117 Mary Klee	44 F	1:23:57	2 F40-44
46 Bruce Northrup	44 M	1:16:21	2 M40-44	118 Emily Tully	14 F	1:23:58	7 F01-19
47 Cathleen Pilon	29 F	1:16:22	3 F25-29	119 Bill Butler	57 M	1:24:00	7 M55-59
48 Ken Cresswell	51 M	1:16:27	5 M50-54	120 Christian Lord	47 M	1:24:01	11 M45-49
49 Raymond Kneer	71 M	1:16:30	1 M70-74	121 Laura Benoit	49 F	1:24:02	4 F45-49
50 Jennifer Wilson	30 F	1:16:37	4 F30-34	122 Steven Dippolito	53 M	1:24:05	14 M50-54
51 Tom Elter	54 M	1:16:45	6 M50-54	123 Connor Carroll	17 M	1:24:06	8 M01-19
52 Erik Siewert	30 M	1:16:51	6 M30-34	124 Molly Wellman	24 F	1:24:07	4 F20-24
53 Dennis Delaney	48 M	1:16:57	4 M45-49	125 Michael Schug	45 M	1:24:07	12 M45-49
54 Karen Beckman	45 F	1:17:17	1 F45-49	126 Linda Crawford	50 F	1:24:13	2 F50-54
55 Patrick James	51 M	1:17:25	7 M50-54	127 Thomas Coyle	55 M	1:24:19	8 M55-59
56 James Wondrack	44 M	1:17:34	3 M40-44	128 Emily Gates	25 F	1:24:21	8 F25-29
57 Katie Gantley	18 F	1:17:47	3 F01-19	129 Vijay Ramachandran	33 M	1:24:22	13 M30-34
58 Michael Dautrich	55 M	1:17:47	5 M55-59	130 Eric Sprague	56 M	1:24:23	9 M55-59
59 Beau Demarche	33 M	1:17:50	7 M30-34	131 Steve McEntee	47 M	1:24:24	13 M45-49
60 Maxwell Perrin	21 M	1:18:01	5 M20-24	132 Brian Sedgwick	47 M	1:24:27	14 M45-49
61 John Beecher	36 M	1:18:10	7 M35-39	133 Marjorie Carpenter	42 F	1:24:30	3 F40-44
62 Rosalind George	35 F	1:18:33	2 F35-39	134 Jim Mott	47 M	1:24:31	15 M45-49
63 Gary Reisman, Jr.	26 M	1:18:38	3 M25-29	135 Christine Tinnesz	40 F	1:24:42	4 F40-44
64 Lauren MacDonald	21 F	1:18:38	2 F20-24	136 John Bieser	49 M	1:24:43	16 M45-49
65 Donna O'Byrne	48 F	1:19:10	2 F45-49	137 Thomas Rosaschi	46 M	1:24:48	17 M45-49
66 Stephanie Esposito	26 F	1:19:36	4 F25-29	138 Kelle Santa	42 F	1:24:51	5 F40-44
67 Katie Tuthill	26 F	1:19:37	5 F25-29	139 Christopher Brodock	50 M	1:24:53	15 M50-54
68 Ryan Maine	34 M	1:19:38	8 M30-34	140 Ashley Demers	24 F	1:24:56	5 F20-24
69 Christopher Denman	28 M	1:19:41	4 M25-29	141 Rebecca Webb	33 F	1:24:58	6 F30-34
70 Liz Besio	55 F	1:19:46	1 F55-59	142 William Poglitsch	62 M	1:25:10	5 M60-64
71 Peter Caldwell	37 M	1:19:48	8 M35-39	143 Kara Rusch	45 F	1:25:15	5 F45-49
72 Corrine Haynes	45 F	1:19:51	3 F45-49	144 Kristin Butler	44 F	1:25:16	6 F40-44
				145 Kimberlee Avery	38 F	1:25:17	5 F35-39
				146 Tiffany Kirkland	37 F	1:25:17	6 F35-39
				147 Michael Vincent	36 M	1:25:23	11 M35-39
				148 Tanya McGuire	45 F	1:25:29	6 F45-49
				149 John Graham	53 M	1:25:52	16 M50-54
				150 Elizabeth Sadowitz	28 F	1:25:55	9 F25-29
				151 Scott Dauenhauer	41 M	1:26:17	8 M40-44

152	Jason Dauenhauer	39 M	1:26:17	12	M35-39	231	David Giocondo	29 M	1:32:23	9	M25-29
153	Erin Christensen	17 F	1:26:25	8	F01-19	232	Wendy Kolceski	40 F	1:32:27	11	F40-44
154	Kerry Beadle	56 M	1:26:33	10	M55-59	233	Richard Huftalen	42 M	1:32:28	14	M40-44
155	Scott Laffer	32 M	1:26:37	14	M30-34	234	Meredith Shephard	16 F	1:32:34	13	F01-19
156	Katrine Dermody	26 F	1:26:40	10	F25-29	235	Jennifer Brice	50 F	1:32:35	3	F50-54
157	Evan Gantley	14 M	1:26:41	9	M01-19	236	Scott Savory	28 M	1:32:39	10	M25-29
158	David Favalo	59 M	1:26:43	11	M55-59	237	Karen Crisafulli	67 F	1:32:48	1	F65-69
159	Conor Donahoe	24 M	1:26:44	8	M20-24	238	Elaine Devereaux	50 F	1:32:56	4	F50-54
160	Teri Smithers	36 F	1:26:53	7	F35-39	239	Sara Reals	48 F	1:33:15	10	F45-49
161	Kevin Carpenter	54 M	1:26:54	17	M50-54	240	Wendy Scinta	47 F	1:33:17	11	F45-49
162	Gavin Meyer	13 M	1:26:54	10	M01-19	241	John Egan	49 M	1:33:33	23	M45-49
163	Patrick Nellis	52 M	1:27:00	18	M50-54	242	Howard Caraher	43 M	1:33:42	15	M40-44
164	Joe Ziemba	48 M	1:27:05	18	M45-49	243	David Dow	33 M	1:33:52	16	M30-34
165	Mark Person	54 M	1:27:06	19	M50-54	244	John Furst	46 M	1:33:55	24	M45-49
166	John Drescher	56 M	1:27:09	12	M55-59	245	Alan Brown	56 M	1:33:57	23	M55-59
167	Amy Voorhees	43 F	1:27:10	7	F40-44	246	Dawn Leone	43 F	1:33:58	12	F40-44
168	Peter Voorhees	42 M	1:27:11	9	M40-44	247	Wesley Cornue	32 M	1:34:00	17	M30-34
169	Andrew Trapasso	44 M	1:27:13	10	M40-44	248	Marlee Pfohl	23 F	1:34:01	8	F20-24
170	Jessy Silber	17 F	1:27:15	9	F01-19	249	John Rogers	53 M	1:34:12	23	M50-54
171	Eileen Stempel	45 F	1:27:21	7	F45-49	250	Natalie McBane	29 F	1:34:18	15	F25-29
172	Kevin Brisson	55 M	1:27:21	13	M55-59	251	Merrilee Gorton	50 F	1:34:23	5	F50-54
173	Jaden Aronow	22 M	1:27:22	9	M20-24	252	Jennifer Woods	39 F	1:34:28	10	F35-39
174	Eric Bansbach	47 M	1:27:24	19	M45-49	253	Courtney Derusha	37 F	1:34:50	11	F35-39
175	Dan Kingsley	36 M	1:27:26	13	M35-39	254	Krista Jackson	41 F	1:34:51	13	F40-44
176	Paul Cianfrocca	49 M	1:27:28	20	M45-49	255	Holly Coolican	51 F	1:34:57	6	F50-54
177	Curt Woodcock	60 M	1:27:29	6	M60-64	256	Jessica Palmer	32 F	1:35:00	14	F30-34
178	Brian Butler	43 M	1:27:30	11	M40-44	257	Brian Ward	20 M	1:35:01	10	M20-24
179	Erin Craig	32 F	1:27:31	7	F30-34	258	Matthew Sherwood	24 M	1:35:02	11	M20-24
180	Jonathan Fellows	55 M	1:27:40	14	M55-59	259	Pamela Fess	54 F	1:35:04	7	F50-54
181	Peter Tinnesz	48 M	1:27:41	21	M45-49	260	Theresa Lewis	36 F	1:35:09	12	F35-39
182	John Turner	63 M	1:28:01	7	M60-64	261	George McGuire	44 M	1:35:10	16	M40-44
183	Greg Duda	35 M	1:28:09	14	M35-39	262	Caitlin Love	29 F	1:35:12	16	F25-29
184	Tara McGarry	22 F	1:28:10	6	F20-24	263	Linda Hochman	56 F	1:35:18	3	F55-59
185	John Skopek	63 M	1:28:14	8	M60-64	264	Charles Gottlieb	60 M	1:35:24	10	M60-64
186	Ed Griffin-Nolan	56 M	1:28:19	15	M55-59	265	Jonathan Phillips	33 M	1:35:24	18	M30-34
187	John Seymour	55 M	1:28:22	16	M55-59	266	Kevin Bassler	43 M	1:35:25	17	M40-44
188	William Scott	55 M	1:28:25	17	M55-59	267	Jeff Glikes	57 M	1:35:28	24	M55-59
189	John Dunkle	55 M	1:28:30	18	M55-59	268	Colleen Feeney	19 F	1:35:32	14	F01-19
190	Colleen Dougherty	19 F	1:28:47	10	F01-19	269	Caroline Gasparini	18 F	1:35:32	15	F01-19
191	John Dougherty	57 M	1:28:47	19	M55-59	270	Stephanie Falls	42 F	1:35:33	14	F40-44
192	Cara Goldberg	30 F	1:28:48	8	F30-34	271	David Hohreiter	56 M	1:35:38	25	M55-59
193	Casey Frazee	33 F	1:29:09	9	F30-34	272	Jeff Schmidt	55 M	1:35:38	26	M55-59
194	Kt Deordio	30 F	1:29:23	10	F30-34	273	Kimberly Hartnett	52 F	1:35:46	8	F50-54
195	John Everts	55 M	1:29:30	20	M55-59	274	Drew Brownback	12 M	1:36:01	13	M01-19
196	Rochelle Cavanagh	28 F	1:29:43	11	F25-29	275	Mike Terwilliger	58 M	1:36:11	27	M55-59
197	David Anabalon	40 M	1:29:46	12	M40-44	276	Deb Tully	39 F	1:36:16	13	F35-39
198	Christine Tillman	41 F	1:29:47	8	F40-44	277	Davis Albohm	33 M	1:36:16	19	M30-34
199	Rebecca Gottlieb	31 F	1:29:53	11	F30-34	278	Marc Quilty	64 M	1:36:19	11	M60-64
200	Kyle Renwick	19 M	1:30:01	11	M01-19	279	Jennifer Martino	51 F	1:36:21	9	F50-54
201	Scott Mullen	46 M	1:30:03	22	M45-49	280	Kristin Housler	40 F	1:36:39	15	F40-44
202	Timothy McCay	44 M	1:30:08	13	M40-44	281	Debra Hansen	27 F	1:36:54	17	F25-29
203	Julia Cook	14 F	1:30:12	11	F01-19	282	Deirdre McMennamin	44 F	1:36:55	16	F40-44
204	Steve Kaminski	25 M	1:30:18	7	M25-29	283	Zachary Karmen	62 M	1:36:56	12	M60-64
205	Meghan Lentz	16 F	1:30:34	12	F01-19	284	David Delgenio	48 M	1:37:00	25	M45-49
206	Sara Sherlock	36 F	1:30:36	8	F35-39	285	Myron Miller	61 M	1:37:01	13	M60-64
207	Bridget Chapman	25 F	1:30:43	12	F25-29	286	Jim Garvey	62 M	1:37:08	14	M60-64
208	Claudia Molascon	47 F	1:31:02	8	F45-49	287	Kelly Husby	47 F	1:37:13	12	F45-49
209	Charlie Davis	62 M	1:31:05	9	M60-64	288	Timothy Holahan	47 M	1:37:16	26	M45-49
210	Thomas Schweizer	52 M	1:31:16	20	M50-54	289	Brian Kropa	28 M	1:37:22	11	M25-29
211	Eric Martin	57 M	1:31:26	21	M55-59	290	Ashley Fess	23 F	1:37:24	9	F20-24
212	Caroline McCall	47 F	1:31:27	9	F45-49	291	Paul Jerabek	22 M	1:37:26	12	M20-24
213	Richard Simon	38 M	1:31:28	15	M35-39	292	Don Vanpelt	46 M	1:37:41	27	M45-49
214	Monica Everdyke	33 F	1:31:28	12	F30-34	293	Kelsey Broe	20 F	1:37:42	10	F20-24
215	Jessica Desrosiers	32 F	1:31:30	13	F30-34	294	Sara Knoll	47 F	1:37:44	13	F45-49
216	Scott Desrosiers	34 M	1:31:30	15	M30-34	295	Erica Hawks	26 F	1:37:55	18	F25-29
217	Benjamin Craig	35 M	1:31:31	16	M35-39	296	Melissa Linck	34 F	1:37:58	15	F30-34
218	Bryce Roe	27 F	1:31:32	13	F25-29	297	Dana Dries	32 M	1:38:05	20	M30-34
219	Adam Burnett	50 M	1:31:34	21	M50-54	298	Jerry Oleksa	57 M	1:38:11	28	M55-59
220	Jean Rand	64 F	1:31:34	1	F60-64	299	Bill Cronise	57 M	1:38:21	29	M55-59
221	Ricky Harvey	57 M	1:31:36	22	M55-59	300	Cindy Harris	41 F	1:38:30	17	F40-44
222	Erin Taylor-Talcott	35 F	1:31:42	9	F35-39	301	Janelle Collins	39 F	1:38:30	14	F35-39
223	Dave Talcott	56 M	1:31:44	22	M50-54	302	Jay Harris	49 M	1:38:30	18	M40-44
224	Jacob Avery	23 M	1:31:45	8	M25-29	303	Aaron Friot	33 M	1:38:32	21	M30-34
225	Kelly Kaminski	42 F	1:31:48	9	F40-44	304	Katie Rosbrook	22 F	1:38:38	11	F20-24
226	Astrid Helfant	40 F	1:31:57	10	F40-44	305	Susan Light	47 F	1:38:55	14	F45-49
227	Christine Heymann	28 F	1:32:03	14	F25-29	306	Kenneth Miller	48 M	1:38:59	28	M45-49
228	Norman Michaels, Jr.	65 M	1:32:05	2	M65-69	307	Tiernan Tormey	13 M	1:39:00	14	M01-19
229	Sean Satchwell	16 M	1:32:06	12	M01-19	308	Derek Applegarth	37 M	1:39:01	17	M35-39
230	Sarah Naughton	24 F	1:32:15	7	F20-24	309	Kathleen Franz	52 F	1:39:03	10	F50-54

310	Pamela Everts	55 F	1:39:23	4	F55-59	389	Kevin Karoglanian	30 M	1:46:07	24	M30-34
311	Daniel Mitchell	35 M	1:39:25	18	M35-39	390	Joy Michaelides	35 F	1:46:41	25	F35-39
312	Douglas L. Christens	54 M	1:39:28	24	M50-54	391	Jackie Burns	48 F	1:46:42	21	F45-49
313	John Foley	62 M	1:39:29	15	M60-64	392	Gary Waters	59 M	1:46:56	36	M55-59
314	Vincent Lamberto	57 M	1:39:32	30	M55-59	393	Darci McManmon	29 F	1:47:09	20	F25-29
315	Michael Carboine	50 M	1:39:33	25	M50-54	394	Lyndsy Clark	26 F	1:47:13	21	F25-29
316	Alex Stachowski	27 M	1:39:46	12	M25-29	395	Dave Bottorff	57 M	1:47:16	37	M55-59
317	Carole Hansen	60 F	1:39:49	2	F60-64	396	Graham Love	17 M	1:47:31	18	M01-19
318	Dave Yohe	61 M	1:39:53	16	M60-64	397	Lucy Shephard	18 F	1:47:36	17	F01-19
319	James Moragne	62 M	1:39:56	17	M60-64	398	Santino Bersani	61 M	1:47:47	20	M60-64
320	April Wertheim	57 F	1:40:01	5	F55-59	399	John Love	46 M	1:47:53	33	M45-49
321	Bart Lehmann	47 M	1:40:04	29	M45-49	400	John Sierotnik	30 M	1:48:02	25	M30-34
322	Leslie Buchanan	49 M	1:40:05	30	M45-49	401	Jeannie Rogers	45 F	1:48:21	22	F45-49
323	Thomas Hall	30 M	1:40:11	22	M30-34	402	Gary Reisman, Sr.	57 M	1:48:58	38	M55-59
324	Kelly Isbell	34 F	1:40:14	16	F30-34	403	Joanna Irvine	24 F	1:49:39	14	F20-24
325	Stacey Mussion	37 F	1:40:14	15	F35-39	404	Mike Cornelius	59 M	1:49:49	39	M55-59
326	Maureen Hohl	52 F	1:40:20	11	F50-54	405	Brandi Ferrini	31 F	1:49:58	22	F30-34
327	Nicole Underwood	39 F	1:40:25	16	F35-39	406	Jessica Straub	31 F	1:50:10	23	F30-34
328	Robert Helfrich	49 M	1:40:28	31	M45-49	407	Chris Gould	58 M	1:50:24	40	M55-59
329	Nancy Coye	59 F	1:40:34	6	F55-59	408	Sarah Hamilton	23 F	1:50:30	15	F20-24
330	Amy Mitchell	32 F	1:40:36	17	F30-34	409	Dawn Cymerman	57 F	1:50:56	7	F55-59
331	Todd Weil	39 M	1:40:37	19	M35-39	410	Susan Baldwin	49 F	1:51:20	23	F45-49
332	Elizabeth Carpenter	47 F	1:40:40	15	F45-49	411	Liam Johnson	15 M	1:51:32	19	M01-19
333	Jim Sacco	38 M	1:40:49	20	M35-39	412	Steven Craft	48 M	1:52:19	34	M45-49
334	Tammy Muncy	41 F	1:40:58	18	F40-44	413	Dominick Demarco	65 M	1:52:33	5	M65-69
335	Tara Retz	43 F	1:41:01	19	F40-44	414	Caeli Carroll	14 F	1:52:34	18	F01-19
336	Margaret Madonian	46 F	1:41:02	16	F45-49	415	Daniel MacCracken	56 M	1:52:54	41	M55-59
337	David Byrne	32 M	1:41:06	23	M30-34	416	Kimberly Etman	24 F	1:53:20	16	F20-24
338	Mark Donahoe	62 M	1:41:08	18	M60-64	417	Maggie Johnson	16 F	1:53:30	19	F01-19
339	Elizabeth Ceravolo	48 F	1:41:11	17	F45-49	418	Wahienhawi Hall	28 F	1:54:29	22	F25-29
340	Christopher Scinta	44 M	1:41:25	19	M40-44	419	Mary Leahy	58 F	1:54:36	8	F55-59
341	Courtney Webb	35 F	1:41:27	17	F35-39	420	Michael Patsos	41 M	1:54:38	20	M40-44
342	Kristen Duda	35 F	1:41:27	18	F35-39	421	Russel Meeker	50 M	1:54:47	30	M50-54
343	Jennifer Bloss	37 F	1:41:37	19	F35-39	422	Mark Fullerton	58 M	1:54:55	42	M55-59
344	Henry Furst	16 M	1:41:40	15	M01-19	423	Danny Clabeaux	53 M	1:55:04	31	M50-54
345	Jessica Manieri	35 F	1:41:45	20	F35-39	424	Alyson Hackett	38 F	1:55:22	26	F35-39
346	Tim Russell	57 M	1:41:47	31	M55-59	425	Christopher Hackett	42 M	1:55:22	21	M40-44
347	Maria Ziemba	47 F	1:41:54	18	F45-49	426	Marie Miller	34 F	1:55:38	24	F30-34
348	Jill Lando	31 F	1:42:04	18	F30-34	427	Heidi Ratliff	51 F	1:56:24	16	F50-54
349	Kathy Hatter	52 F	1:42:10	12	F50-54	428	Darlene Pulkinen	57 F	1:56:28	9	F55-59
350	Sue Tucker	53 F	1:42:11	13	F50-54	429	James Gaspo	50 M	1:56:41	32	M50-54
351	Kelly Sajnog	43 F	1:42:11	20	F40-44	430	Rhonda Wandersee	52 F	1:56:43	17	F50-54
352	Suzanne Talarico	45 F	1:42:11	19	F45-49	431	Terence Hartnett	23 M	1:56:57	14	M20-24
353	Bob Rose	66 M	1:42:24	3	M65-69	432	Susan Earl	49 F	1:56:59	24	F45-49
354	Emily Weichert	17 F	1:42:29	16	F01-19	433	Amy Smithee	41 F	1:57:31	25	F40-44
355	Bob Manfredi	56 M	1:42:32	32	M55-59	434	Robert Vidulich	64 M	1:57:43	21	M60-64
356	Shea Oleksa	20 F	1:42:33	12	F20-24	435	Jay Brenner	33 M	1:58:27	26	M30-34
357	Gary Rodziewicz	58 M	1:42:35	33	M55-59	436	Valeri Roberts-Weeks	21 F	1:58:34	17	F20-24
358	Connie Miranda	44 F	1:42:36	21	F40-44	437	Felicia Burak	49 F	1:59:00	25	F45-49
359	Leisa Murphy	44 F	1:42:45	22	F40-44	438	Gary Burak	55 M	1:59:00	43	M55-59
360	Anne Marie Latshaw	32 F	1:42:48	19	F30-34	439	Jean Hood	65 F	1:59:27	2	F65-69
361	Casey Kohler	25 F	1:43:04	19	F25-29	440	Chris Hood	40 M	1:59:27	22	M40-44
362	Will Fletcher	26 M	1:43:05	13	M25-29	441	Zarina Smith-Foreste	46 F	1:59:29	26	F45-49
363	Audrey Suehs	31 F	1:43:10	20	F30-34	442	Carol Moore	58 F	1:59:38	10	F55-59
364	Lauren McIndoo	43 F	1:43:20	23	F40-44	443	Elizabeth Wilcox	37 F	1:59:49	27	F35-39
365	Mike Volza	52 M	1:43:21	26	M50-54	444	Jessica Leifer	62 F	2:01:48	3	F60-64
366	Ezekiel Popp	15 M	1:43:34	16	M01-19	445	Kara Judd-Litera	37 F	2:01:51	28	F35-39
367	Riley Burns	14 M	1:43:37	17	M01-19	446	Janine Manieri	33 F	2:02:09	25	F30-34
368	Mark Miller	59 M	1:43:42	34	M55-59	447	John Minnick	59 M	2:02:27	44	M55-59
369	Jennifer Rossi	38 F	1:43:57	21	F35-39	448	Sarah Midgley	26 F	2:03:17	23	F25-29
370	Tina Arcuri	52 F	1:44:13	14	F50-54	449	Jill Lentz	43 F	2:03:46	26	F40-44
371	Julie Popp	22 F	1:44:23	13	F20-24	450	William Haddad	26 M	2:04:20	15	M25-29
372	Stephen Knack	22 M	1:44:23	13	M20-24	451	Michele O'Connor	45 F	2:04:23	27	F45-49
373	Dennis Stadelman	51 M	1:44:39	27	M50-54	452	Margaret Carpenter	17 M	2:04:26	20	M01-19
374	Ben O'Brien	28 M	1:45:05	14	M25-29	453	James Latshaw	40 M	2:04:26	23	M40-44
375	Ellen Hanifan	54 F	1:45:08	15	F50-54	454	Ellen Brunet	52 F	2:04:32	18	F50-54
376	Alice McLean	36 F	1:45:09	22	F35-39	455	Danielle Andrew	29 F	2:09:39	24	F25-29
377	Trisha Bombardo	30 F	1:45:20	21	F30-34	456	Leland McCormac	53 M	2:11:39	33	M50-54
378	Kristin West	39 F	1:45:25	23	F35-39	457	Christopher Daloia	30 M	2:11:51	27	M30-34
379	Annette Holahan	46 F	1:45:25	20	F45-49	458	Susan Morgan	64 F	2:12:36	4	F60-64
380	Sylvia Hauschildt	44 F	1:45:27	24	F40-44	459	Rebecca Morgan	27 F	2:12:37	25	F25-29
381	Bob Mullock	53 M	1:45:28	28	M50-54	460	Jaime Taylor	32 F	2:13:00	26	F30-34
382	Kamal Jabbour	55 M	1:45:33	35	M55-59	461	Jamie McLeod	31 F	2:15:35	27	F30-34
383	Michael Hamilton, Sr	54 M	1:45:34	29	M50-54	462	John Romano	43 M	2:15:43	24	M40-44
384	Joanna Young	35 F	1:45:41	24	F35-39	463	Jaime Sheffler	24 F	2:16:51	18	F20-24
385	Robert Young	36 M	1:45:41	21	M35-39	464	Jon Leifer	74 M	2:17:29	2	M70-74
386	Todd Smith	49 M	1:45:51	32	M45-49	465	Rodney Koch	54 M	2:17:45	34	M50-54
387	Bill Byrne	64 M	1:46:05	19	M60-64	466	Christopher Romano	15 M	2:17:55	21	M01-19
388	Thomas Taylor	66 M	1:46:05	4	M65-69	467	Patricia Dienhoffer	33 F	2:26:23	28	F30-34

Thank You Cazenovia July 4th Foot Races' Sponsors, Volunteers, Supporters & Runners

On a very warm 4th of July morning, we had more than 1000 participants entered in the 10 mile race around the lake, 5 kilometer run and one mile fun run, including those visiting from 29 states and Canada.

We would like to thank our generous sponsors Chary Griffin/HUNT Real Estate, Dr. RalphStevens/Oneida Medical Imaging, John Dermody Insurance Group, and Ralph Monforte/Cazenovia Jewelry. Thanks also to River Valley Foods for their always-popular popsicles, Tops Market for the water and gift card for finish line food, to Breugger's Bagels of Manlius for the discounted pricing on their bagels, H.P. Hood for the chocolate milk, Coca-Cola Refreshments, McDonalds for waterstop cups and to *The Cazenovia Republican* for their continued support publicizing the race.

We also appreciate the continued support of CAVAC, Cazenovia Fire Department Rescue Squad, Cazenovia Village Police Department, the Madison County Sheriff's Department, Cazenovia Central Schools and the Town and Village of Cazenovia.

Also our thanks and appreciation of our key volunteers/coordinators - most of whom having been a part of the organizing committee for many years: Kurt Wheeler, Brian Ellithorpe, Jason Hyatt, Cindy Clark, JT Hall, Ed Roickle, Maureen Carroll, Barb Cudney, Marla Jabbour, Dave Oja, and Mark Driscoll. Larry Ripley's shower and water at the finish line were a big hit again. This year's t-shirt was designed by Mike Rorh, former Cazenovia College student; and Kelsey Henderson and Kathleen Connellan sang the national anthem. Again we appreciate having Leone Timing Services (Pat and his crew) handling the finishline. And this year Bob Brock was out there taking hundreds of picture. Check our website Caz4thRun.org for age group results or your picture.

Jeanette Cudney	Ray Cudney	Dick Mitchell	Barb Devendorf	Levi Spires
Carol Satchwell	Mandi Millen	Molly Gabor	Dave Sparks	Rose Langey
Amy Modzeleski	Tyler Modzeleski	Evan Cornell	Cindy Gilliland	Patti McCarthy
Ed Roickle	Roger Cook	Ray Ryan	Kevin Walters	Michelle Burnett
Jim Giardina	Jan Woodworth	Woody Woodworth	Karen Stanford	Matt Stanford
Amy Conley	Tom Seely	Todd McIntosh	Linda Sevier	Elise Sparks
Keith, Tammy, Patrick & Nolan Frisbey		Martha Grabowski	Dan Wheeler	David Kennedy
Nick Kurucz	Joe Zambito	Tim Hunt, Jr.	Paul Hunt	Ruth Ripley
Roger Dausman	Larry Ripley	Alice Riley	Connor Carroll	Caeli Carroll
Hunter Burnett	Joey Stehle	Nancy Sellers	Alan Glos	Tom Neidl
Tom Kubinec	Dave Falge	Lyndy Clark	Bob Slodowitz	Anisa Meigs
Greg Carroll	Peter Winkert	Charlie Andrews	Julie Shotzberger	Randy Light
Sue Leone	Bob Brock	Linda Oja	Matt Oja	Katie Frontino
Penny Noll	Jim Simek	Robin Adler	Alan Glos	Bill Dunham
Win Skeele	Tony Pagano	Dave Hazer	Grace Wheeler	Rylie West
Rebecca Pfohl	Stevie West	Mimi Gabor	Kaylee Cunningham	Megan Stanford
Tori Slocum	Malone Gabor	Drew Devendorf	Mimi Gabor	Tim Hunt
Christian Howles	Joe Gugino	Hunter Burnett	Orson Sproule	Cody Dennis
Joe Stehle	Samantha Fox	Peter Winkert	Charlie Andrews	Julie Shotzberger
Al Keilen	Sue & Tom Kozlowski	Sam Shotzberger	Laura & Pat Vogl	Kelly Light
Mike Satchwell	Marianne Hunt	Kristin & Maleigha Ellithorpe	Willa Mihayli-Koch	Amara Kattrein
Lauren & Dominique Lyons	Katie Davis	Morgan Mapstone	Trisha, Alex & Ryan Moesch	Ally Muller
Paige Nardella	Jenna Britton	Bailey Forrett	Caroline Hudson	The Burrell Family
The Wetzel Family	The Sutton Family	The Grunert Family	The Weber Family	The Park Family
The Young Family	The Harnett Family	The Goldacker Family		

As always, we received nice compliments from the runners which are a credit to each of you.

We apologize if your name has been omitted, we couldn't put on these races without all of you. Whatever your contribution to the Cazenovia July 4, 2013 Foot Races, thank you! Your support is needed and appreciated.

See you all next year for the 42nd Cazenovia July 4th Foot Races.

Evelyn White, Race Director

Chargers Age Group Records 20-24 Women

50m	Cathy McKeever	6.7	2/27/82	400m	Lubert Lewis	47.25	6/2/01
60y	Chris Schilly	6.9	2/3/74	440y	Tom Stoyan	51.2	7/20/71
55m	Musu Jackson-Buckner	7.34	2/2/08	500m	Lubert Lewis	1:03.12	1/28/01
60m	Andrea Bader	8.03	2/20/10	600y	Phil Rougeux	1:12.9	1/20/85
100y	Chris Schilly	11.5	7/28/73	600m	Nick Stenuf	1:20.11	1/9/09
100m	Deborah Richards	13.09	2/25/03	800m	Lubert Lewis	1:46.72	7/4/00
220y	Chris Schilly	25.1	6/9/74	880y	Tom Stoyan	2:01.1	7/20/71
300m	Cathy McKeever	46.0	2/27/83	1000m	Nicholas Guarino	2:20.32	2/1/13
440y	Chris Schilly	55.4	6/74	1500m	Bruce Fisher	3:40.0	6/72
600y	Chris Schilly	1:24.0	?	1 mile	Nick Stenuf	4:03.11	1/30/10
600m	Carolyn Eich	1:43.0	2/27/83	2000m	Jerry Jurick	5:22.6	2/2/85
800m	Kim Standridge	2:05.80	4/20/12	3000m	Tom Dalton	8:07.6	1/9/83
880y	Chris Schilly	2:12.3	2/23/75	2 miles	Tom Dalton	8:43.7	2/6/83
1000m	Kim Standridge	2:47.62	1/14/12	5km (r)	Mike Melfi	14:40	5/14/00
1500m	Leah Andrianos	4:25.44	6/2/12	5km (t)	Tom Dalton	14:11.2	4/11/81
1 mile	Kaitlin O'Sullivan	4:46:78	2/7/09	8km (r)	Ron Andrews	23:44	4/6/02
2000m	Michelle Crew	7:42.2	1/19/86	5 miles	Neil Rosenblad	23:56	1/1/84
3000m	Tonya Dodge	9:29.39	6/27/00	10km (r)	Tom Dalton	29:29	6/14/81
5km (r)	Amanda Laytham	16:52	9/30/07	10km (t)	Tom Dalton	29:20.6	5/28/81
5km (t)	Amanda Laytham	16:47.99	4/26/07	15km (r)	Jerry Lawson	44:50	3/9/89
8km	Carol Andrew-Zipprich	29:12	7/18/85	10 miles	Mike McMaster	49:45	3/31/85
5 miles	Christine Sisting	29:47	6/23/97	20km	Bill Fisher	1:03:50	8/3/80
10km (r)	Jennifer Rhines	34:53	8/10/95	1/2 marathon	Mike Melfi	1:07:36	9/18/99
10km (t)	Amanda Laytham	34:07.82	6/9/07	25km	Skip Meno	1:23:32	9/6/70
15km (r)	Christine Sisting	54:24	7/12/98	30km	Bill Fisher	1:36:42	3/23/80
10 miles	Kaitlin O'Sullivan	59:52	5/3/09	Marathon	Kevin Collins	2:17:37	6/17/95
20km	Melissa LaCasse	1:11:26	9/2/84	1500m walk	David Talcott	6:23.4	3/13/83
1/2 marathon	Rachael Sweet	1:20:49	5/24/09	1 mi. walk	David Talcott	6:46.3	2/5/84
25km	Deb Froehlich	1:43:18	5/1/83	2km walk	David Talcott	9:16.5	2/2/85
30km	Carol Andrew-Zipprich	1:54:32	3/24/85	3km walk	David Talcott	13:42.0	2/5/84
Marathon	Marian Teitsch	2:40:32	5/2/84	2 mile walk	David Talcott	14:47.0	4/83
1 mi. walk	Laura Feller	8:05:06	7/14/03	5km walk(r)	David Talcott	23:10	4/2/83
3km walk	Laura Feller	15:26.66	1/18/04	5km walk(t)	David Talcott	23:37.9	7/24/82
5km walk (r)	Laura Feller	26:41	10/20/02	5 mi. walk(r)	David Talcott	37:55	4/2/83
5km walk (t)	Laura Feller	26:24.03	4/26/03	5 mi. walk(t)	David Talcott	41:42.0	11/21/82
8km walk	Laura Feller	45:18	7/20/03	10km walk(r)	David Talcott	46:59	4/2/83
10km walk (r)	Laura Feller	56:12	7/24/00	10km walk(t)	David Talcott	49:22.0	11/21/82
10km walk (t)	Laura Feller	58:25.0	7/27/00	15km walk(r)	David Talcott	1:12:40	7/15/84
20km walk	Laura Feller	2:00:46	7/26/03	15km walk(t)	David Talcott	1:17:02.0	11/1/82
1 hr. walk	Laura Feller	10,630m	7/20/03	10 mi walk	David Talcott	1:18:03	4/24/83
50m HH	Janet Adams	8.1	3/15/86	20km walk	David Talcott	1:37:55	6/16/84
60m HH	Melissa St. Vil	9.61	2/6/05	1/2mar. walk	David Talcott	1:53:26	10/24/82
100m HH	Anne Murrock	16.7	8/14/82	25km walk	David Talcott	2:11:45	5/1/83
400m IH	Anne Murrock	1:07.7	8/14/82	30km walk	David Talcott	2:45:35	10/24/82
2km Steeple	Tonya Dodge	7:02.7	8/14/99	35km walk	David Talcott	3:16:13	9/26/82
3km Steeple	Tonya Dodge	10:10.83	5/12/01	40km walk	David Talcott	3:49:56	9/26/82
Long Jump	Sharon Gleasman	17-6½	2/27/83	Mar. walk	David Talcott	4:08:52	10/24/82
High Jump	Sharon Gleasman	5-11¼	5/18/84	50km walk	David Talcott	5:54:25	7/17/83
Shot Put,4kg	Shari Zembek	44-1	7/25/92	1 hr. walk	David Talcott	7mi, 1017yd	11/21/82
Discus	Shari Zembek	150-8	5/22/92	2 hr. walk	David Talcott	14mi,1412yd	11/21/82
Javelin	Janet Adams	137-7¾	8/8/85	50m HH	Keith Norwood	6.8	3/15/86
Hammer	Shari Zembek	139-4	5/22/92	55m HH	Ron Andrews	7.34	2/14/04
Weight, 20#	Monica Ridgeway	44-4	12/14/08	60m HH	Ron Andrews	7.7	2/15/04
Outdoor Pent	Chris Schilly	3132	8/25/73	60m HH	Ron Andrews	7.86	2/3/04
				110m HH	Ron Andrews	13.71	6/12/04
				300m HH	Ric Bond	46.4	8/8/78
				440y IH	Charles Latham	59.5	6/24/79
				3km Steeple	Josh Guarino	9:09.71	4/26/12
				Long Jump	Tim Kane	23-4 1/2	3/15/86
				Triple Jump	Maurice Etheridge	50-3	1/19/86
				High Jump	Kym Orr	7-2 1/4	1/18/87
				Pole Vault	Tim Kane	15-7	3/15/86
				Shot Put,16lb	Rob Golabek	64-5	1/26/13
				Discus,1.6kg	Bill Monette	168-4 1/4	8/2/02
				Discus,2kg	Bill Monette	155-9	6/17/02
				Hammer	Jesse Doty	198-9 1/4	7/15/05
				Javelin	Kevin Richardson	201-3	5/4/85
				Weight, 28lb	Tom Miller	80-0	8/25/70
				Weight,35lb	Tom Miller	63-7	8/14/70
				Weight,56lb	Tom Miller	43-11	8/3/71
				Weight,74lb	Tom Miller	30-0	8/10/70
				Weight Pent.	Michael Roux	1827	5/21/95
				Indoor Pent.	Michael Roux	3146	1/22/95
				Decathlon	Tim Kane	6830	8/18/84

Chargers Age Group Records 20-24 Men

40y	Henry Smith	4.8	8/25/73
40y	Dave Levitt	4.8	3/18/78
45m	Ray Panek, Jr.	5.67	3/10/96
50m	Nigel Shepherd	5.9	3/25/82
60y	Frank St. Dennis	6.4	12/30/78
55m	Michael Roux	6.6	1/22/94
55m	Scott Rowe	6.6	1/18/97
100y	Robert Vaughn	9.5	7/12/80
100m	James Drake	10.6	7/13/85
100m	James Drake	10.6	7/17/85
200m	Robert Vaughn	21.4	7/26/80
220y	Bill Doran	24.2	6/24/79
300y	Ric Bond	35.9	12/30/78
300m	Nigel Shepard	36.7	2/27/83
300m	Nigel Shepard	36.7	3/18/84

THE THERAPY CORNER

The More Things Change...

... The more things change.

If you've followed this series over the years, you know that the rolling in movement of the foot known as *pronation* – whether excessive or insufficient – has been associated with all manner of injuries since the science of biomechanics became popular. This truism has been accepted as gospel by just about every healthcare practitioner I've ever met. The only disagreement has been over how to address this so-called “abnormal” motion – orthotics, shoe type, or exercise.

Some years ago I attended an interesting seminar presented by a podiatrist who was touting a rather radical concept and design for foot orthotics. The details of his theories seemed questionable to me at the time, though not nearly as much as one assertion he made during his presentation.

What caught my attention was his belief that 95% of all human beings *overpronate* to some degree and should use orthotic inserts to help control this. I thought this statement to be rather incredible, since the implication, if true, would be that almost all of us are in some way “abnormal.” (Silly me; I'd always thought the “normal condition” was the one that is found in the majority of a population.)

I asked this lecturer why he would suppose that evolutionary forces would preferentially drive human development toward a condition that we generally consider abnormal and the cause of so many gait-related ailments. He admitted he had no hard, scientific evidence; rather, he offered only his own personal theory, which postulated that because our primate ancestors needed their feet to help them climb trees, they assumed a turned-in position of the foot that has led to a faulty position of our foot joints, which in turn now causes excessive pronation. (Don't worry if you have trouble following that argument; it shouldn't make sense because, if you know anything about evolutionary theory, it *doesn't* make sense.)

Reflecting on this debate, I have since then often wondered whether we have overemphasized the importance of this so-called abnormal movement pattern when evaluating the cause for running injuries. Do we really know what is “normal” when some studies do indicate that so many individuals (though not close to 95%) appear to have a foot structure that results in either too much or too little pronation? With so many factors in play that are associated with injury risk – overtraining, body mass, history or prior injury among the most prominent – can we easily isolate any one issue as *the* primary cause.

Recent studies have supported my skepticism to some extent. For example:

- A study published in *The Journal of Bone and Joint Surgery* [BR --July, 2006] followed 405 military recruits who completed a 14 week training program. The soldiers were examined two weeks before the training began and classified according to foot type (pronator, neutral, supinator). At the end of the training, the investigators analyzed the relationship between foot type and the development of anterior knee pain in 61 of the soldiers. They found no evidence to support the hypothesis that pronators are more prone to developing this common injury.
- 81 female runners were categorized to three foot types (neutral, pronated, and highly pronated) and randomly assigned three different types of footwear (neutral, stability, or motion control). Theoretically, these footwear types would respectively be prescribed for the three different foot types to accommodate or control their corresponding movements (e.g., motion control shoes should control excessive pronation). The expectation was that those runners assigned the “incorrect” shoe type would have a higher incidence of injury, but the results of the study

(*British Journal of Sports Medicine*, 2011) did not bear this out. Perhaps the most interesting finding, relative to this discussion, is that every runner with highly pronated feet who trained in motion control shoes suffered an injury!

- Researchers in Denmark conducted a study recently (*Br J of Sp Med*, 2013) that had a novel approach: they recruited 927 completely novice runners – “unbiased” in a sense, in terms of previous running injuries or training habits – to participate in a controlled training program, with the goal of seeing if those with a particular foot type (again, overpronators, underpronators, and neutral, with first two expanded to a “severe” category) would have higher rates of injury. All runners were issued the same model of lightweight, neutral running shoes, so again the expectation would be for the neutral foot runners to have the lowest incidence of injury and the severe over- and underpronators have the highest injury rate. But – as you have probably guessed – after a full year of running, there was no significant difference between any of the groups. In fact, there was a slightly higher rate of injury in the neutral foot runners than the overpronators amongst those who ran more than 600 miles for the year.

This is just a small sampling of the accumulating evidence that indicates we perhaps need not obsess quite so much about this particular foot motion that has for years been the main suspect as a cause for running injuries. And, accordingly, we maybe do not need to fret so much over the type of running shoe we employ in our efforts to prevent these injuries. Perhaps the bottom line is to simply go with the shoe that just feels the most comfortable.

Gabe Yankowitz, PT, DPT, OCS

Gabe is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.

Swamp Rat Race



Calendar of Events

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

August

- 8 (Thursday) Tromptown Run half-marathon, 5 KM www.tromptownrun.com
- 10 (Saturday) 3rd Annual Camillus Rotary "Mule Skinner" 5K Run at Towpath Days, Erie Canal Park, Camillus
Contact: George Mango (315)952-2256
- 10 Bergen 5K Run & Walk - **USATF Niagara Assoc. Open & Masters Championship**
contact: www.bergen5K.com;
- 17 Willow Bay 5K Run & Fitness Walk, Liverpool mpiscitelli2@verizon.net 8am start

September

- 2 16th Annual Groton Labor Day 5K & 1 Mile Fun Run (entry form in *Newsletter*)
- 7 ARC Race, Long Branch Park, 5K, ½ Marathon, 3K Fun Walk, Kids Mile Run arcrace.org
- 21 Fayetteville 10K Classic contact: dkenn15@verizon.net Online: GetEntered.com

October

- 6 (Sunday) Syracuse Festival of Races, 5K, USATF Masters Championships
contact: Dave Oja 446-6285 www.festivalofraces.com

Summer Runs: Monday Night, 6 pm Oneida Shores thru Aug. 12
Contact: Greg at gbroton@yahoo.com

Thursday Night, 6 pm Onondaga Lake Park thru Aug. 22
Contact: Jasper at jhroyal@liverpool.k12.ny.us

Summer Tuesday night Youth Practice (Charger members only – 15 years of age and younger)
July 30, August 6, 13, 20 & 27 5 pm JD Track
contact Coach Royal at jhroyal@liverpool.k12.ny.us, 416-3811

No fee for listing your race or meet on our calendar---email information to [NandEWhite @aol.com](mailto:NandEWhite@aol.com)
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White

Volunteers in training

Alice at Cazenovia finish line water stop



At Swamp Rat Races Chris & Jonathan handing out awards



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 _____

_____ 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**
8103 Lobos Lane, Liverpool, NY 13090

Other (please specify interest)



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 for \$6 (Ash) Sm.____ Med.____ Lg.____ XLg.____ Y 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.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

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

SYRACUSE CHARGERS TRACK CLUB
 Merchandise Order Form
 View Merchandise on www.syracusechargers.com

Name: _____
 Address: _____
 Email: _____
 Phone: _____ For Info. contact: nandewhite@aol.com

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 20.00	
Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l)			32.00 22.00 25.00 13.00	
T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl)			6.00 7.00	
T-Shirts, Long Sleeve - White Adult (s-m-l-xl-xxl)			8.00	
Sweatshirts w/hood (ash) (youth lg) Adults (s-m-l-xl-xxl)			25.00 30.00	
Make checks payable to:		Postage		+\$3.00
Syracuse Chargers Track Club, Inc.			Total	

and mail to Evelyn White at address on page 2 of the Newsletter