

Sap Run 5K
Town of Knox, NY
3/21/15

Results by White Knight Timing & Race Management

Overall results

*new event record

Pl	Comp#	Name	Age/Sex	City/State	Time
1	164	Young, Colin	M38	Williamstown, MA	17:09*
2	140	Machabee, Keith	M18	Delmar, NY	17:23
3	167	Stephenson, Mark	M51	Esperance, NY	18:38
4	182	Forti, Adam	M20	Altamont, NY	19:27
5	166	Walter, Ryan	M30	Voorheesville, NY	19:30
6	118	Longhi, Gary	M51	Voorheesville, NY	20:28
7	122	Roy, David	M60	Schoharie, NY	20:36
8	64	Versteegen, Meg	W36	Schenectady, NY	20:54*
9	121	Mercado, Sam	M52	Saratoga Springs, NY	20:57
10	10	Green, Ron	M56	Gloversville, NY	21:02
11	126	Coryell, Trey	M19	Ravena, NY	21:26
12	28	Meade, Daniel	M37	Schaghticoke, NY	21:30
13	83	Lansing, Mark	M38	Niskayuna, NY	21:42
14	71	Palmer, Chris	M41	Middleburgh, NY	22:08
15	168	Fuore, Bobby	M24	Lenox, MA	22:13
16	185	McQuiller, Phylis	W48	Greenville, NY	22:15
17	81	O'Connor, Joshua	M39	Delanson, NY	22:17
18	108	Maynard, Steve	M39	Schenectady, NY	22:23
19	154	Gerard, Christopher	M36	Albany, NY	22:25
20	142	Paser, Courtney	W19	Middleburgh, NY	22:29
21	178	O'Keefe, Brad	M22	Berne, NY	22:35
22	116	Mueller, Kenny	M16	Alcove, NY	22:42
23	88	Chrapowitzky, Lauren	W28	Delmar, NY	23:04
24	169	Altabello, Joseph	M37	Green Island, NY	23:11
25	125	Glass, David	M68	Glenville, NY	23:16
26	132	Dorn, Nancy	W56	Plymouth, MA	24:11
27	109	Youlen, Kyle	M35	Burnt Hills, NY	24:12
28	21	O'Donnell, Jarrett	M40	Delanson, NY	24:15
29	107	Miller, Rich	M44	Cobleskill, NY	24:19
30	76	Southwick, Douglas	M47	Rensselaer, NY	24:32
31	104	VanValkenburgh, Adam	M31	Andes, NY	24:34
32	170	Kearns, Brian	M43	Fultonville, NY	24:54
33	150	Cumoletti, Henry	M26	Albany, NY	24:57
34	74	Bilello, Charlie	M35	Manhasset, NY	25:04
35	159	Clark, Tracey	W28	Ballston Spa, NY	25:14
36	80	Ng, Alan	M36	Albany, NY	25:20
37	131	Salvagni, Larry	M41	Feura Bush, NY	25:36
38	77	Trendell, Amber	W35	Burnt Hills, NY	25:39
39	156	Gwinn, Frank	M41	Troy, NY	25:42
40	20	Oakden, Maria	W33	Braodalbin, NY	25:49
41	89	Montgomery, Kritin	W23	Calera, AL	26:24
42	78	Leith, David	M59	West Charlton, NY	26:35
43	53	Lazarus, Charles	M66	Sharon, CT	26:47
44	52	Bocketti, Jamie	W37	Schenectady, NY	26:48
45	103	Peragine, Robert	M45	Hudson, NY	26:50
46	38	Mennella, Katelyn	W25	Albany, NY	26:50
47	17	D'Aquino, Stephanie	W27	Wappingers Falls, NY	26:52
48	141	Hart, Greg	M26	Waterford, NY	26:53
49	79	Ego, Amy	W42	Scotia, NY	27:17
50	151	Green, Sean	M20	Warnerville, NY	27:18
51	26	Amorosa, Peter	M31	Albany, NY	27:19
52	50	Vandervort, Christian	M54	Voorheesville, NY	27:25

53	44	McCarthy, John	M43	Albany, NY	27:29
54	37	Zuk, Laura	W31	Melrose, NY	27:32
55	143	Green, Katie	W20	Warnerville, NY	27:41
56	149	Green, Lindsey	W25	Albany, NY	27:55
57	13	Coppolo, Ryan	M41	Cobleskill, NY	27:59
58	98	Kergel, Jeremy	M40	Scotia, NY	28:05
59	11	Sornberger, Kacey	W39	Albany, NY	28:07
60	96	Mason, Matthew	M28	Albany, NY	28:30
61	91	Fuller, Katie	W45	Schenectady, NY	28:33
62	147	Korn, Roy	M58	Middleburgh, NY	28:50
63	113	Chardavoigne, MaryEllen	W54	Glenmont, NY	29:16
64	152	Degnan, Sarah	W22	Slingerlands, NY	29:27
65	146	Zielinski, Kristin	W35	Altamont, NY	29:27
66	92	Viscio, Mary	W22	Troy, NY	29:34
67	51	Viscio, Morgan	W20	East berne, NY	29:34
68	153	Breslin, Molly	W33	Voorheesville, NY	29:54
69	75	Green, Eric	M33	Niskayuna, NY	30:01
70	184	Spock, Alex	M40	Voorheesville, NY	30:27
71	73	Bilello, Rachael	W35	Manhasset, NY	30:48
72	94	Conklin, Lindsay	W28	Albany, NY	30:56
73	35	McKeon, Erin	W24	Albany, NY	31:02
74	180	O'Keefe, Brian	M51	Berne, NY	31:07
75	62	Reinhart, Amanda	W32	Schoharie, NY	31:13
76	99	Baglione, Emily	W48	Rensselaer, NY	31:14
77	55	Struckle, Melissa	W28	Jordanville, NY	31:14
78	63	Reinhart, Zach	M30	Schoharie, NY	31:15
79	32	Gwin, Betsy	W30	Jamaica Plain, MA	31:20
80	100	Bednarczyk, Lauren	W14	Rensselaer, NY	31:32
81	114	McTigue, Marlene	W45	Coeymans Hollow, NY	31:38
82	123	Travis, Suzanne	W55	Clifton Park, NY	32:03
83	179	O'Keefe, Brooke	W14	Berne, NY	32:15
84	181	O'Keefe, Jackie	W52	Berne, NY	32:23
85	45	Marre, Valerie	W61	Albany, NY	32:27
86	46	Welch, Carl	M45	Albany, NY	32:43
87	165	Walter, Megan	W29	Voorheesville, NY	32:55
88	72	MacMillan, Tonia	W41	Middleburgh, NY	33:23
89	29	Carney, Catherine	W53	Wynantskill, NY	33:27
90	69	Harwood, Pamela	W39	Rensselaer, NY	33:28
91	160	Gundrum, Eric	M46	West Sand Lake, NY	33:46
92	85	Blaisdell, Ellen	W58	Oneonta, NY	33:49
93	86	Exton, Peter	M64	Oneonta, NY	33:50
94	173	Ecker, Matt	M49	East Berne, NY	33:56
95	134	Comithier, Lara	W48	Greenville, NY	34:10
96	148	Catalina, Michael	M43	Schaghticoke, NY	34:10
97	138	Kasallis, Summer	W16	Delmar, NY	34:15
98	176	MacLeod, Kaitlyn	W27	Albany, NY	34:18
99	171	Casler, Brya	W39	Canajoharie, NY	34:33
100	137	Agnew, Jillian	W28	Albany, NY	34:36
101	57	Carey, Kevin	M41	Berne, NY	34:38
102	136	Mazura, Bethany	W37	Albany, NY	34:45
103	124	Charlebois, Donna	W56	East Berne, NY	35:33
104	120	Powarzynski, Amy	W49	Westerlo, NY	35:37
105	30	Dieckmann, Emilly	W33	Voorheesville, NY	35:49
106	162	Foley, Kristen	W41	Voorheesville, NY	35:50
107	133	Baker, Kevin	M46	Glenmont, NY	36:00
108	90	Zettl, Crystal	W24	Cobleskill, NY	36:05
109	112	June, Audrey	W48	Coeymans, NY	36:07
110	25	Coryell, Barbara	W48	Ravena, NY	36:10
111	87	Montano, Jennifer	W29	Delmar, NY	36:11
112	128	Gardner, Heather	W28	Altamont, NY	36:21
113	47	Lanese, Cathy	W65	Troy, NY	36:46
114	65	Delucia-Evans, Maria	W38	Altamont, NY	36:47
115	49	Serafini, Amanda	W43	Nassau, NY	36:50
116	161	O'Connell, Meghann	W33	Berne, NY	36:50

117	19	Smith, Randi	W18	Scotia, NY	37:23
118	12	Coppolo, Jodi	W41	Cobleskill, NY	37:24
119	175	Kenyon, Aamanda	W40	Cobleskill, NY	37:24
120	68	LaPorta, Michelle	W48	Rensselaer, NY	37:45
121	60	Conway, Kaitlin	W28	Rensselaer, NY	37:46
122	82	Carpenter, Alice	W64	Delmar, NY	37:57
123	172	Aviza, Julie	W46	East Berne, NY	38:00
124	54	Merhige, Kacey	W33	Rensselaer, NY	38:14
125	95	Johnston, Nancy	W69	Ballston Lake, NY	38:17
126	110	Kampschaefer, Jason	M31	Albany, NY	38:33
127	115	Mueller, Billie Jo	W43	Alcove, NY	39:09
128	183	Vavasour, John	M66	Albany, NY	39:44
129	106	Irwin, Leslie	W34	Westerlo, NY	40:06
130	177	Hohman, Kathryn	W27	Albany, NY	40:19
131	16	Burnham, Ranae	W47	Albany, NY	40:25
132	174	Batcher, Chuck	M67	East Berne, NY	40:35
133	33	Demarest, Julie	W31	Albany, NY	42:17
134	117	Eckhardt, Richard	M81	Albany, NY	42:51
135	102	Peragine, Sandra	W52	Hudson, NY	43:10
136	27	Watts, Jody	W43	Delmar, NY	44:48
137	22	Tanner, Nita	W59	Bennington, VT	45:18
138	18	Smith, Jennifer	W39	Scotia, NY	45:30
139	48	Geier, Natalie	W25	Johnstown, NY	46:29
140	24	Harrington, Melissa	W25	Albany, NY	48:07
141	23	Shatraw, Lisa	W58	Albany, NY	48:07
142	155	Schillinger, Jackie	W28	Albany, NY	48:25
143	130	Frantzen, Sarah	W34	Berne, NY	54:00
144	129	Schrieter, Tiffany	W32	Delanson, NY	54:01

Age Groups

Name	Age/Sex	City/State	Time
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Overall Results Women 5000 Run			
1	Versteegen, Meg	W36 Schenectady, NY	20:54
Overall Results Men 5000 Run			
1	Young, Colin	M38 Williamstown, MA	17:09
10-14 Results - Women 5000 Run			
1	Bednarczyk, Lauren	W14 Rensselaer, NY	31:32
2	O'Keefe, Brooke	W14 Berne, NY	32:15
15-19 Results - Women 5000 Run			
1	Paser, Courtney	W19 Middleburgh, NY	22:29
2	Kasallis, Summer	W16 Delmar, NY	34:15
3	Smith, Randi	W18 Scotia, NY	37:23
20-29 Results - Women 5000 Run			
1	Chrapowitzky, Lauren	W28 Delmar, NY	23:04
2	Clark, Tracey	W28 Ballston Spa, NY	25:14
3	Montgomery, Kritin	W23 Calera, AL	26:24
30-39 Results - Women 5000 Run			
1	Trendell, Amber	W35 Burnt Hills, NY	25:39
2	Oakden, Maria	W33 Braodaldin, NY	25:49
3	Bocketti, Jamie	W37 Schenectady, NY	26:48
40-49 Results - Women 5000 Run			
1	McQuiller, Phylis	W48 Greenville, NY	22:15
2	Ego, Amy	W42 Scotia, NY	27:17
3	Fuller, Katie	W45 Schenectady, NY	28:33

50-59 Results - Women 5000 Run

1	Dorn, Nancy	W56	Plymouth, MA	24:11
2	Chardavoyne, MaryEllen	W54	Glenmont, NY	29:16
3	Travis, Suzanne	W55	Clifton Park, NY	32:03

60-69 Results - Women 5000 Run

1	Marre, Valerie	W61	Albany, NY	32:27
2	Lanese, Cathy	W65	Troy, NY	36:46
3	Carpenter, Alice	W64	Delmar, NY	37:57
4	Johnston, Nancy	W69	Ballston Lake, NY	38:17

15-19 Results - Men 5000 Run

1	Machabee, Keith	M18	Delmar, NY	17:23
2	Coryell, Trey	M19	Ravena, NY	21:26
3	Mueller, Kenny	M16	Alcove, NY	22:42

20-29 Results - Men 5000 Run

1	Forti, Adam	M20	Altamont, NY	19:27
2	Fuore, Bobby	M24	Lenox, MA	22:13
3	O'Keefe, Brad	M22	Berne, NY	22:35

30-39 Results - Men 5000 Run

1	Walter, Ryan	M30	Voorheesville, NY	19:30
2	Meade, Daniel	M37	Schaghticoke, NY	21:30
3	Lansing, Mark	M38	Niskayuna, NY	21:42

40-49 Results - Men 5000 Run

1	Palmer, Chris	M41	Middleburgh, NY	22:08
2	O'Donnell, Jarrett	M40	Delanson, NY	24:15
3	Miller, Rich	M44	Cobleskill, NY	24:19

50-59 Results - Men 5000 Run

1	Stephenson, Mark	M51	Esperance, NY	18:38
2	Longhi, Gary	M51	Voorheesville, NY	20:28
3	Mercado, Sam	M52	Unattached	20:57

60-69 Results - Men 5000 Run

1	Roy, David	M60	Schoharie, NY	20:36
2	Glass, David	M68	Glenville, NY	23:16
3	Lazarus, Charles	M66	Sharon, CT	26:47

70-99 Results - Men 5000 Run

1	Eckhardt, Richard	M81	Albany, NY	42:51
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Walk Results

Pl	Comp#	Name	Age/Sex	City/State	Time
1	135	Hull, Jean	W65	Stamford, NY	40:57
2	101	Mason, Theresa	W62	Loudonville, NY	50:37
3	56	Carey, Rebecca	W38	Berne, NY	52:10
4	59	Carey, Sean	M7	Berne, NY	52:11
5	58	Carey, Ella	W11	Berne, NY	52:13
6	67	Raible, William	M57	Berne, NY	52:17
7	163	Stevens, Travis	M40	Knox, NY	52:18
8	66	Raible, Carolyn	W54	Berne, NY	52:22
9	157	Wadlington, Christine	W28	Delanson, NY	52:22
10	36	Cirigliano, Katie	W26	Albany, NY	55:38
11	97	Tetrault, Maryjane	W57	Schenectady, NY	1:04:31