

January Freeze 10K Series Binghamton, NY

Many thanks to race director Tom Hamlin and co-race director Dan Dougherty for putting on the 10K series.



Tom, Mike, Chuck, and Dan at the finish line

Results for January 28

GREAT WEATHER AGAIN. Mid 40's - no wind and SUNSHINE. This can't be Binghamton in the winter. Another awesome turn-out. 71 runners started and 70 finished. Great to see everyone's enthusiasm. During the 4 weeks, we had 113 different racers.

Congratulations to all runners, including our winners.

Men Overall winners-1st Jordon Varano - 2nd Mike Murphy - 3rd Gregory Derick
Women Overall winners-1st Sheryl Rosen - 2nd Alexa Sharp - 3rd Nancy Werthmuller

- Men Masters winner - Eric Maki (2nd best times)
- Womens Masters winner - Sue Priestley

Dan & Tom (Co-directors) thank today's volunteers - Mike Zwick, Chuck Barney & George Joseph. All were there for all 4 races.

Just remember next year when we are complaining about the weather about how great this year was. See you on the roads.

Tom

1 Jordan Varano 26 M 34:48
2 Eric Maki 44 M 36:43
3 Michael Murphy 32 M 37:27
4 Gregory Derick 34 M 37:42
5 Dirk Elliott 50 M 38:59
6 Kevin Tripp 35 M 39:00
7 Mur Hayes-Falls 25 F 39:30
8 Ron Hulslander 49 M 40:02
9 Daniel Young 15 M 40:42
10 Sheryl Rosen 21 F 40:45
11 Fred Malloy 40 M 40:55
12 Timothy Shean 49 M 40:56
13 Suzanne Myette 48 F 40:57
14 Lynann Lorenz 26 F 41:01
15 Steve Esposito 18 M 41:42
16 Bruce Lee 49 M 41:44
17 Harold Titman 57 M 41:48
18 Tim Decker 18 M 42:02
19 Chuck Hein 46 M 42:31
20 Alexa Sharp 27 F 42:41
21 Brian Tolan 46 M 43:42
22 Patrick Joyce 38 M 44:07
23 Paul Oliver 52 M 44:36
24 Larry Brooks 54 M 45:25
25 Ned Clarke 48 M 45:34
26 George Joseph 58 M 46:01
27 Kev Pasterchik 48 M 46:12
28 David Losee 35 M 46:35
29 Robert Egger 42 M 47:09
30 Rich Begliomini 57 M 47:16
31 George Groome 65 M 47:20
32 Chris Kamp 43 M 47:36
33 Kristin Olson 40 F 47:48
34 Brendan Flynn 66 M 47:54
35 Nan Werthmuller 54 F 47:56
36 Beth Stone 17 F 48:26
37 Margret Betz 68 F 48:40
38 Mike Joyce 53 M 49:00
39 Ray Brooks 50 M 49:10
40 Laurie Hall 16 F 49:11
41 Wesley Sitts 35 M 49:25
42 Skip Hamlin 55 M 49:48
43 Fran Fitch 55 M 50:05
44 Pat Ruehlman 46 M 50:20
45 Brian Dodge 42 M 50:32
46 Steve Willett 43 M 50:53
47 Kelly Gates 29 F 50:55
48 Joe DiMattina 58 M 51:17
49 Bill Ondrako 53 M 51:29
50 Ron Arno 57 M 52:12
51 Mike Nielsen 60 M 52:13

52 Paul McCabe 59 M 52:34
 53 Susan Cain 37 F 52:52
 54 John Lomasney 48 M 52:52
 55 Lawrenc LePak 56 M 53:27
 56 Timothy Kamp 40 M 53:45
 57 Glenn Small 60 M 55:18
 58 Tony Mazza 60 M 57:17
 59 Tonya Mosher 36 F 58:54
 60 Megan Mroccka 18 F 59:30
 61 Susan Schultz 43 F 60:17
 62 Carolyn Hall 43 F 61:38
 63 Denise Chrzan 41 F 63:53
 64 Chung Chau 50 M 64:05
 65 Maur Somerwil 32 F 66:11
 66 Lucas Somerwil 45 M 66:11
 67 Holly Parkyn 51 F 67:08
 68 Dawn Devita 42 F 71:17
 69 K Bee-Donohoe 47 F 77:02
 70 Kath Karlson 53 F 80:59
 71 Lance Lee 45 M DNF

Results for January 21

54 Degrees and windy - must be April. Unbelievable weather. We had 71 starters and 68 finishers. Dan & Tom (co-directors) thank the volunteers - Chuck Barney, George Joseph, Mike Zwick & Steve Cammisa. Please thank them if you see them.

Tom Hamlin

1	Jordan Varano	26	M	35:27
2	Eric Maki	44	M	37:05
3	John Evangelista	36	M	38:12
4	Michael Murphy	32	M	40:25
5	Tim Decker	18	M	40:28
6	Michael Cordi	46	M	41:37
7	Sheryl Rosen	21	F	41:48
8	Bruce Lee	49	M	41:55
9	Fred Malloy	40	M	42:01
10	Timothy Shean	49	M	42:10
11	Michael Finch	18	M	42:26
12	Ryan Carges	17	M	42:28
13	Chuck Hein	46	M	42:47
14	Alexa Sharp	27	F	43:11
15	Jerry Washo	40	M	43:28
16	Patrick Joyce	38	M	43:40
17	Brian Tolan	46	M	43:43
18	Steve Esposito	18	M	44:24
19	Tom Lewis	45	M	44:30
20	Graham Upton	51	M	44:59
21	Paul Oliver	52	M	45:12
22	Ed Jenner	51	M	45:36
23	Larry Brooks	54	M	45:49
24	Vince Kelley	49	M	46:08
25	Ned Clarke	48	M	46:15
26	Steve Andre	47	M	47:00
27	Kevin Pasterchik	48	M	47:29
28	Paul McCabe	59	M	47:44
29	Rich Begliomini	57	M	48:27
30	Chris Kamp	43	M	48:49
31	Brendan Flynn	66	M	48:53
32	Robert Eggler	42	M	49:00
33	Katrina Rinehimer	18	F	49:01
34	Janelle Collins	18	F	49:03
35	Sue Priestley	41	F	49:14
36	George Groome	65	M	49:25
37	Nancy Werthmuller	54	F	49:30
38	Skip Hamlin	55	M	49:46
39	Brian Dodge	42	M	50:34
40	Steve Willett	43	M	50:41
41	Ray Brooks	50	M	50:55
42	Paul Greenberg	55	M	51:57
43	Margret Betz	68	F	52:04
44	Mike Joyce	53	M	52:16
45	Bill Ondrako	53	M	52:41
46	Joe DiMattina	58	M	53:15
47	Barbara Morrissey	58	F	53:23
48	Rick Ruehlman	46	M	53:35
49	Ron Arno	57	M	53:42
50	Mike Nielsen	60	M	54:39
51	Anthony Mazza	60	M	54:56
52	Timothy Kamp	40	M	55:21
53	Susan Cain	37	F	55:36
54	John Lomasney	48	M	55:36
55	Glenn Small	60	M	55:53
56	Debbie Grassi	56	F	57:41
57	Megan Mroccka	18	F	58:40
58	Lucas Somerwil	45	M	59:33
59	Nancy McGowan	48	F	59:55
60	Richard Almkerk	59	M	59:57
61	Tonya Mosher	36	F	61:29

62	Carolyn Hall	43	F	62:12
63	David Buchta	59	M	63:03
64	Lance Lee	45	M	63:56
65	Denise Chrzan	41	F	65:24
66	Chung Chau	50	M	69:07
67	Holly Parkyn	48	F	77:54
68	Karren B-Donohoe	47	F	78:54
69	Kate Karlson	53	F	80:39
N/A	George Joseph	58	M	DNF
N/A	Mel Stephens	48	F	DNF
N/A	Linda Edwards	53	F	DNF

Results for January 14

High Forties and no wind. Misty rain - great running conditions. Did you see all the white legs? 63 Runners toed the line and 60 finished. Thanks to the volunteers - Dan Dougherty (co-race director), Chuck Barney, Mike Zwick, Sue Cain and George Joseph. The pie awards are going over great.

Tom Hamlin

1	Jordan Varano	26	M	34:52
2	Steve Cammisa	38	M	35:01
3	Kellen Wadach	24	M	35:22
4	Michael Anderson	19	M	35:58
5	Eric Maki	44	M	36:55
6	Matthew Vanlierop	32	M	37:48
7	Michael Olson	40	M	38:19
8	Gregory Derick	34	M	38:48
9	Michael Murphy	32	M	38:48
10	Phil Paneblanco	21	M	40:25
11	Sheryl Rosen	21	F	41:10
12	Todd Votapka	42	M	41:29
13	Bruce Lee	49	M	41:38
14	Michael Cordi	46	M	41:52
15	Fred Malloy	40	M	42:00
16	Lynann Lorenz	26	F	42:17
17	Chuck Hein	46	M	42:28
18	Ryan Crarges	17	M	43:19
19	Alexa Sharp	27	F	43:55
20	Jerry Washo	40	M	43:55
21	Steve Esposito	18	M	43:56
22	Paul Oliver	52	M	44:55
23	Patrick Joyce	38	M	45:21
24	George Joseph	58	M	46:07
25	Steve Andre	47	M	46:18
26	Renee Coe	18	F	46:52
27	Ned Clarke	48	M	46:56
28	Kevin Pasterchik	48	M	47:27
29	Rich Begliomini	57	M	48:10
30	Ed Jenner	51	M	48:24
31	Chris Olsen	20	M	48:34
32	Chris Kamp	43	M	48:44
33	Katrina Rinehimer	18	F	48:51
34	Nancy Werthmuller	54	F	49:02
35	Sue Priestley	41	F	49:10
36	Brendan Flynn	66	M	49:15
37	Paul McCabe	59	M	49:44
38	George Groome	65	M	50:20
39	Graham Upton	51	M	50:21
40	Margret Betz	68	F	50:42
41	Ray Brooks	43	M	51:50
42	Steve Willett	43	M	52:28
43	Pat Palmer	42	M	52:47
44	Bill Ondrayko	53	M	53:00
45	Barbara Ann Morrissey	58	F	53:57
46	Ron Arno	57	M	54:53
47	Bob Matson	58	M	54:53
48	Jason Wilks	34	M	56:12
49	Anthony Mazza	60	M	57:11
50	Nancy McGowan	48	F	58:06
51	Megan Mrocicka	18	F	58:06
52	Anne Reichert	43	F	58:54
53	Vince Kelley	49	M	58:56
54	John Lomansky	48	M	60:37
55	Carolyn Hall	43	F	61:32
56	David Buchta	59	M	63:39
57	Susan Kelleher	42	F	64:26
58	Martha DeCirce	50	F	64:26
59	Eric Breck	29	M	71:28
60	Karren Bee-Donohoe	47	F	81:01
N/A	Lance Lee	45	M	DNF
N/A	Linda Edwards	53	F	DNF
N/A	Melissa Stephens	48	F	DNF

Results for January 7

53 runners came to Otsiningo Park in the 21 degree wind-chilled air yesterday morning to run the first of 4 January Freeze 10ks.

The volunteers worked a frozen registration table and finish line....Dan Dougherty, Mike Zwick, and Chuck Barney. Dan also brought the hot coffee, which was very much appreciated. George Joseph also helped before/after the race.

Three runners joined the club as new members--welcome to the TCRC, Steve Willett, Gregory Derick and Jordan Varano!

Suzanne Myette

PL	Name	Age	M/F	Time
1	Fred Joslyn	21	M	34:43
2	Jordan Varano	26	M	35:25
3	Steve Cammisa	38	M	36:06
4	Eric Maki	44	M	37:27
5	Michael Murphy	32	M	38:28
6	John Evangelista	36	M	38:30
7	Annette Acuff	34	F	38:52
8	Gregory Derick	34	M	39:34
9	Tim Decker	18	M	40:07
10	Kevin Tripp	35	M	40:30
11	Steve Esposito	18	M	42:11
12	Bob Pulz	46	M	42:12
13	Todd Votapka	42	M	42:13
14	Ryan Carges	17	M	42:32
15	Daniel Young	15	M	42:32
16	Fred Malloy	40	M	42:38
17	Bruce Lee	49	M	42:42
18	Sheryl Rosen	21	F	43:07
19	Suzanne Myette	48	F	43:16
20	Alexa Shard	27	F	43:42
21	George Joseph	58	M	46:21
22	Lary Brooks	54	M	46:32
23	Paul Oliver	52	M	46:45
24	Kevin Pasterchik	48	M	46:57
25	Ned Clarke	48	M	47:17
26	Ed Jenner	51	M	48:44
27	Rich Begliomini	57	M	48:46
28	Sue Priestly	41	F	48:53
29	Chris Kamp	43	M	48:58
30	Brendan Flynn	66	M	49:31
31	Robert Egler	42	M	49:55
32	Laurie Hall	16	F	50:26
33	Wesley Sitts	????	M	50:34
34	Graham Upton	51	M	50:55
35	Nancy Werthmuller	54	F	51:08
36	Margret Betz	68	F	51:43
37	Robina Moyer	17	F	52:15
38	Skip Hamlin	55	M	52:26
39	Bob Matson	58	M	52:50
40	George Groome	65	M	52:50
41	Ray Brooks	50	M	52:50
42	Pat Palmer	42	M	53:11
43	Mike Guenther	36	M	53:52
44	Bill Ondrayko	53	M	54:07
45	Ron Arno	57	M	54:16
46	Barbara Ann Morrissey	58	F	54:54
47	Steve Willett	43	M	55:19
48	Richard VanAlinker	59	M	59:56
49	Anne Reichert	43	F	61:11
50	Vince Kelley	49	M	61:12
51	Carolyn Hall	43	F	62:38
52	Karren Bee-Donohoe	47	F	80:19
53	Katherine Karlson	53	F	82:40