

## January Freeze 10K Series Binghamton, NY

On January 8th and January 15, Broome County closed Otsiningo Park, preventing us from holding the first two Freezes. On the 8th, the road was ice covered, and on the 15th, the park was flooded.

### Results for January 22

The first race of 2005 got off on a brutally cold day. Binghamton had a record low of -13 degrees on race morning; by 10 AM, the wind chill was still well below zero. Twenty-three hardy runners braved the conditions.

Big thanks and kudos go out to Gary Fancher and Mike Zwick, who stood at the finish line until the last runner came in 77 minutes later, and to Steve Cammisa for helping out at registration. Thanks also to race director, George Joseph, for showing up 3 weeks in a row in the frigid, snowy, and/or icy weather that has twice closed the park despite his "The Show Must Go On" efforts

01 Steve Cammisa	39:27	
02 Mike Murphy	40:19	
03 Bill McGovern	42:43	
04 Fred Malloy	43:22	
05 Chuck Hein	44:01	
06 Ryan Garges	44:53	
07 Bruce Lee	44:54	
08 Rob Zimmerman	45:06	
09 Dave Talcott	45:27	
10 Ryan Riegle	45:48	
11 Nancy Werthmuller	46:14	
12 Richard Begliomini		46:42
13 Larry Brooks	46:59	
14 Ed Jenner	47:43	
15 Kevin Pasterchik	48:41	
16 Ray Brooks	49:40	
17 Skip Hamlin	51:50	
18 Paul McCabe	53:26	
19 Brendan Flynn	53:27	
20 Laurie Hall	54:43	
21 Carolyn Hall	64:38	
22 Karen Bee-Donohoe	77:11	

### Results for January 29

We had 34 runners today (Saturday) for the 2nd and final 10k in the 2005 Jan Freeze series. The overall winners for the series were Nancy Werthmuller and Steve Cammisa; the master winners were Bill McGovern and Carolyn Hall.

Thanks to today's volunteers: Jen Hastings, Mike Zwick, Chuck Barney and Dan Dougherty. Grace TabEEK took photos for the newsletter.

01 Chuck Terry	35:11	
02 Bob Nugent	35:11	
03 Steve Cammisa	35:58	
04 Mike Murphy		40:24
05 Kevin Nelson	41:46	
06 Bill McGovern	42:31	
07 Fred Malloy	42:37	
08 Ryan Garges	42:48	
09 Chuck Hein	42:52	
10 Bruce Lee	43:01	
11 Rob Zimmerman	45:22	
12 Simon Jackson		45:26
13 Ed Jenner	45:38	
14 Nancy Werthmuller	45:39	
15 Larry Brook	46:38	
16 Paul Oliver	46:43	
17 Richard Begliomini	47:02	
18 Vince Kelly	47:06	
19 Kevin Pasterchik	47:15	
20 Ned Clarke	47:20	
21 Brendan Flynn		48:59
22 Jeff Hall		49:02
23 Sue Priestley	50:31	
24 Ray Brooks	50:57	
25 Bill Ondrako	51:08	
26 Skip Hamlin	52:12	
27 Lisa Abbott	53:37	
28 Larissa Hall	55:00	
29 Laurie Hall	55:20	
30 Chris Kamp	58:33	
31 John Endress	58:46	
32 Lynn Jenner	58:58	

33 Carolyn Hall 64:05  
34 Karen Bee-Donohoe 75:59