

## 23rd Annual RRCA Women's Distance Festival 5K Run & Walk August 30, 2007 Binghamton, NY

Threatening skies and high humidity didn't deter the many women and girls, ages 11 to 70, who ran and/or walked our 23rd annual TCRC Women's Distance Festival 5k at Otsiningo Park last Thursday evening. Just under last year's record field, we had a great turnout with 75 registrants and 72 finishers.

Congratulations to repeat winner, Murphee Hayes; although she didn't quite hit the course record time she set last year, she still ran an impressive 18:47, only 4 days after her strong finish at Chris Thater 5k. 25-yr-old Lindsay LaRose, from Oneonta, who ran for Wellesely College, finished 2nd in 19:32. We had 13 mother-daughter teams (Myettes won and Gates placed 2nd) and 1 sister-sister team (Gates won that one). The 4 Gates women had an impressive family showing - in addition to their team placements, Karen, Erika, Carly and Lauren all finished within the top 15 Overall. The fastest first timer (in a 5k) was Madeline Staiger, 11, sister of CF xc and track athlete Michele Staiger; Madeline ran her first 5k in 26:24 - another Staiger on her way!

As many will attest, the highlight of this race is not only the female camaraderie, male support and the chance to participate in a women's-only event, but the food afterwards ... the picnic tables under the shelter adorned with tablecloths, candles and wonderful baked goodies (and Donna's hot coffee), provided a nice atmosphere for TCRC, FLRC and high school and middle school girls to socialize. The club presented a gift basket and gift card to Diane Sherrer, as an acknowledgment and thank-you for her contribution to and support of women's running over the past few decades.

I have many people of all ages and both genders to thank:

THANK YOU...

Donna Russell and Debbie Grassi, my co-race committee women, who did a tremendous job in the baked goods department and table spread set up...

Grace Tabeeek, for helping me with Registration;

Sue Cain, for her blueberry jam and general support;

Barb Morrissey, for her organization and presentation of our club gift to Diane Sherrer;

Cathy and Natalie Hawkes, for baking all day Thursday;

Greg Amend and Todd Votapka, who did an awesome, efficient and fast job with the computer results;

The Finish Line Crew of Kevin Pasterchik, George Joseph, Skip and Tom Hamlin, Dan Dougherty, Ed Jenner and newbie Chris Pilotti;

Dave Cody, for all of his help with the golf cart setting up the course and water stop, plus being our "turnaround" marshal;

Dan Young, for being Mile 1 and Mile 3 timer;

Donna and Phil Russell for donating the Mid-pack award;

Barb and Joe Gwizdaloski, for their help at various locations;

Fran Fitch, who had the smarts to ride his mountain bike so he could be a "road" marshal out on the course;

XC Coaches Tom Carter, Gary Fancher and Mike Cordi, for bringing some of their xc girls and for side-line cheering and encouragement for everyone;

Harland Bigelow, Tony Mazza, Lee and Jeremy Anderson, Vince Kelley, and Ellen Jenner for their help out on the course, water stop and finish line cheering.

And finally, a big thank you to many of the above-mentioned people who stayed till the very end in the very dark and helped with the cleanup!

It was an honor to be both the Race Director and winner of the Mother-Daughter team. I look forward to next year and already have some new ideas for the event. If anyone has any comments or suggestions, please feel free to E-me.

Suzanne Myette  
Race Director

### Overall Results

Place	Div/Tot	Name	Ag	City	St	Time	Pace
1	1/2	Murphee Hayes	33	Marathon	NY	18:47	6:03
2	1/7	Lindsay LaRose	25	Oneonta	NY	19:32	6:18
3	1/9	Suzanne Myette	50	Binghamton	NY	20:22	6:34
4	1/5	Kristin Olson	38	Vestal	NY	20:59	6:46
5	1/5	Erika Gates	17	Vestal	NY	21:30	6:56
6	2/5	Megan Cordi	17	Endwell	NY	21:37	6:58
7	1/8	Adri Hartung	15	Endicott	NY	21:51	7:02
8	1/7	Lorrie Tily	46	Locke	NY	22:30	7:15
9	2/8	Carly Gates	13	Vestal	NY	22:44	7:20
10	3/5	Kelsey Myette	17	Binghamton	NY	22:47	7:20
11	3/8	Lauren Gates	15	Vestal	NY	22:49	7:21
12	2/5	Susan Cain	39	Maine	NY	22:49	7:21
13	2/9	Michelle Marino	54	Ithaca	NY	23:13	7:29
14	4/5	Stephanie Gitlo	16	Binghamton	NY	23:59	7:44
15	1/7	Karen Gates	43	Vestal	NY	24:11	7:48

16	1/5	Kaitlyn Schultz	19	Apalachin	NY	24:33	7:55
17	3/5	Candice Poyer	39	Greene	NY	24:48	7:59
18	4/8	Kaitlin Holmes	15	Endicott	NY	25:26	8:12
19	2/7	Lisa Vine	29	Horseheads	NY	25:40	8:16
20	2/7	Susan Schultz	45	Apalachin	NY	26:02	8:23
21	1/2	Barbara Ann Morrissey	60	Owego	NY	26:02	8:23
22	2/5	Nichole Becker	19	Endicott	NY	26:09	8:26
23	3/9	Darlene Hartmann	50	Binghamton	NY	26:14	8:27
24	1/8	Madeline Staiger	11	Binghamton	NY	26:24	8:30
25	3/7	Diana Bean	48	Brackney	PA	26:31	8:33
26	2/7	Therese Staiger	44	Binghamton	NY	26:42	8:36
27	4/9	Debra Yelverton	54	Ithaca	NY	26:55	8:40
28	1/5	P. J. Peterman	55	Dryden	NY	26:56	8:41
29	2/5	Debbie Grassi	57	Johnson City	NY	27:00	8:42
30	5/9	Ginger VanEtten	51	Endicott	NY	27:10	8:45
31	3/5	Julie Bertoni	19	Endicott	NY	27:14	8:46
32	3/5	Kathy Williams	56	Binghamton	NY	27:55	9:00
33	4/7	Anne Reichert	45	Binghamton	NY	28:06	9:03
34	2/2	Lynda Kramer	31	Millport	NY	28:23	9:09
35	4/5	Ashley Bigelow	22	Greene	NY	28:25	9:09
36	4/5	Donna Russell	57	Kirkwood	NY	28:28	9:10
37	3/7	Lisa Gallagher	43	Vestal	NY	28:36	9:13
38	3/7	Amy Manuell	27	Binghamton	NY	28:38	9:13
39	4/7	Meigo Kao	29	Chenango Bridge	NY	29:08	9:23
40	2/8	Hannah Elliott	11	Binghamton	NY	29:17	9:26
41	3/8	Natalie Hawkes	11	Binghamton	NY	29:17	9:26
42	5/7	Christie Zevotek	28	Binghamton	NY	29:28	9:30
43	5/5	Alexis Pasquale	18	Binghamton	NY	29:28	9:30
44	6/7	Julie Green	28	Port Crane	NY	29:46	9:35
45	4/5	Laura Voorhees	39	Trumansburg	NY	30:05	9:41
46	5/8	Amy Lyon	14	Binghamton	NY	30:06	9:42
47	6/8	Arianna Young	13	Vestal	NY	30:16	9:45
48	4/7	Kelly Bonitz	42	Endwell	NY	30:17	9:45
49	7/8	Lauren Bonitz	13	Endicott	NY	31:19	10:05
50	4/8	Jenna Nyschot	11	Endicott	NY	31:38	10:11
51	5/7	Dawn DeVita	43	Binghamton	NY	31:48	10:15
52	7/7	April St. John	25	Binghamton	NY	31:56	10:17
53	5/8	Anne Allstadt	12	Endicott	NY	32:05	10:20
54	5/5	Christine Nyschot	38	Endicott	NY	32:13	10:23
55	6/7	Beth Borgna	42	Endicott	NY	32:14	10:23
56	6/8	Elena Borgna	10	Endicott	NY	32:21	10:25
57	7/8	Kirsten Anderson	12	Endwell	NY	32:47	10:34
58	5/7	Kathy Anderson	46	Endwell	NY	32:49	10:34
59	8/8	Elle Bienvenu	14	Binghamton	NY	33:19	10:44
60	5/5	Amanda Taylor	22	Binghamton	NY	33:41	10:51
61	6/7	Luann Morlando	49	Binghamton	NY	34:04	10:58
62	7/7	Angelina Hess	44	Vestal	NY	34:15	11:02
63	6/9	Katherine Karlson	54	Binghamton	NY	36:53	11:53
64	7/9	Theresa Donovan	50	Johnson City	NY	40:07	12:55
65	2/2	Mary Ann Thompson	62	Endicott	NY	40:34	13:04
66	8/9	Glynnna Hamlin	51	Owego	NY	40:52	13:10
67	1/2	Patricia Coveny	66	Endicott	NY	41:18	13:18
68	7/7	Ruth Allstadt	47	Endicott	NY	44:56	14:28
69	8/8	Victoria Voorhees	10	Trumansburg	NY	45:43	14:43
70	2/2	Sally Rusby	70	Horseheads	NY	51:59	16:44
71	9/9	Suzanne Aigen	54	Ithaca	NY	52:00	16:45
72	5/5	Dianne Sherrer	56	Trumansburg	NY	52:00	16:45

Record 18:36 by Murphee Hayes in 2006

## Age Group Results

FEMALE AGE GROUP: 1 - 12							
1	24	Madeline Staiger	11	Binghamton	NY	26:24	
2	40	Hannah Elliott	11	Binghamton	NY	29:17	
FEMALE AGE GROUP: 13 - 15							
1	7	Adri Hartung	15	Endicott	NY	21:51	
2	9	Carly Gates	13	Vestal	NY	22:44	
FEMALE AGE GROUP: 16 - 18							
1	5	Erika Gates	17	Vestal	NY	21:30	
2	6	Megan Cordi	17	Endwell	NY	21:37	
FEMALE AGE GROUP: 19 - 24							
1	16	Kaitlyn Schultz	19	Apalachin	NY	24:33	
2	22	Nichole Becker	19	Endicott	NY	26:09	
FEMALE AGE GROUP: 25 - 29							
1	19	Lisa Vine	29	Horseheads	NY	25:40	
2	38	Amy Manuell	27	Binghamton	NY	28:38	
FEMALE AGE GROUP: 30 - 34							
1	34	Lynda Kramer	31	Millport	NY	28:23	
FEMALE AGE GROUP: 35 - 39							
1	12	Susan Cain	39	Maine	NY	22:49	
2	17	Candice Poyer	39	Greene	NY	24:48	
FEMALE AGE GROUP: 40 - 44							
1	15	Karen Gates	43	Vestal	NY	24:11	
2	26	Therese Staiger	44	Binghamton	NY	26:42	
FEMALE AGE GROUP: 45 - 49							
1	20	Susan Schultz	45	Apalachin	NY	26:02	

2	25 Diana Bean	48 Brackney	PA	26:31
		FEMALE AGE GROUP: 50 - 54		
1	23 Darlene Hartmann	50 Binghamton	NY	26:14
2	27 Debra Yelverton	54 Ithaca	NY	26:55
		FEMALE AGE GROUP: 55 - 59		
1	28 P. J. Peterman	55 Dryden	NY	26:56
2	29 Debbie Grassi	57 Johnson City	NY	27:00
		FEMALE AGE GROUP: 60 - 64		
1	21 Barbara Ann Morrissey	60 Owego	NY	26:02
2	65 Mary Ann Thompson	62 Endicott	NY	40:34
		FEMALE AGE GROUP: 65 - 99		
1	67 Patricia Coveny	66 Endicott	NY	41:18
2	70 Sally Rusby	70 Horseheads	NY	51:59

### Mother-Daughter Team Results

- MD5  
20:22 22:47 = 43:09  
Suzanne Myette, Kelsey Myette
- MD4  
21:30 24:11 = 45:41  
Erika Gates, Karen Gates
- MD10  
24:33 26:02 = 50:35  
Kaitlyn Schultz, Susan Schultz
- MD12  
26:24 26:42 = 53:06  
Madeline Staiger, Therese Staiger
- MD3  
24:48 28:25 = 53:13  
Candice Poyer, Ashley Bigelow
- MD9  
30:17 31:19 = 1:01:36  
Kelly Bonitz, Lauren Bonitz
- MD6  
31:38 32:13 = 1:03:51  
Jenna Nyschot, Christine Nyschot
- MD11  
32:14 32:21 = 1:04:35  
Beth Borgna, Elena Borgna
- MD1  
32:47 32:49 = 1:05:36  
Kirsten Anderson, Kathy Anderson
- MD8  
31:56 40:07 = 1:12:03  
April St. John, Theresa Donovan
- MD7  
30:05 45:43 = 1:15:48  
Laura Voorhees, Victoria Voorhees
- MD2  
32:05 44:56 = 1:17:01  
Anne Allstadt, Ruth Allstadt

### Sister-Sister Team Results

- SS1  
22:44 22:49 = 45:33  
Carly Gates, Lauren Gates