

**2009 TCRC Track Meet Results  
Maine-Endwell High School  
Endwell, NY**

**August 26, 2009**

Nice turnout for our last meet of the season. Thanks to Tom Hamlin and Dan Dougherty for helping out.

Mile

Gary Fancher 5:09  
Greg Amend 5:48  
Lynann Lorenz 5:54  
Graham Upton 5:55  
Trish Spring 6:01  
Lee Anderson 6:02  
Justin Sturek 6:11  
Dan Dofton 6:13  
Mark Hendley 6:24  
Scott Parks 6:27  
Vince Kelly 6:29  
Aaron Wilks 6:41  
Jon DeVita 7:10  
Beth Parks 7:12  
Chris Cowden 7:36  
Phil Kwasney 7:37  
Aidan Dofton 7:52  
Kara Hendley 7:54  
Barb Morrissey 8:25  
Dawn DeVita 10:52

800

Gary Fancher 2:37  
Greg Amend 2:51  
Lee Anderson 2:51  
Dan Dofton 2:55  
Justin Sturek 3:19  
Beth Parks 3:25  
Scott Parks 3:27  
Phil Kwasney 3:37  
Chris Cowden 3:38  
Barb Morrissey 3:48  
Kara Hendley 3:52  
Aidan Dofton 4:32

400

Kyle Kelly 0:52  
Gary Fancher 1:09  
Dan Dofton 1:15  
Beth Parks 1:31  
Scott Parks 1:32  
Justin Sturek 1:45  
Kara Hendley 1:48  
Barb Morrissey 1:51  
Aidan Dofton 2:09

2 mile

Phil Kwasney 10:59  
Chris Cowden 11:08  
Lynann Lorenz 12:26  
Greg Amend 12:30  
Graham Upton 12:47  
Lee Anderson 12:49  
Trish Spring 13:03  
Rob Johnson 13:22  
Mark Hendley 13:51  
Justin Sturek 13:51  
Dan Dofton 14:14  
Scott Parks 15:03  
Beth Parks 16:38  
Barb Morrissey 16:52  
Kara Hendley 17:33  
Dawn DeVita 24:37

**August 19, 2009**

Nice turn out (35 runners) and the weather was humid but not bad. Tom Carter's team was there and they always liven up the festivities. Volunteere were the 3 Musketeers (George Joseph, Dan Dougherty and Tom Hamlin)

REMINDER - next week is the last track meet for the season. If you are looking for Grand Prix credit, next week is your last chance.

Bring any old running shoes for re-cycling.

1 mile

Josh Schultheis,4:43  
Steve Esposito,4:47  
Jeff Smith,4:54  
Phil Kawasny,4:57  
Kyle Kelly,5:17  
Stephen Gaug,5:19  
Lee Anderson,5:50  
Graham Upton,5:57  
Jon Murray,5:58  
Brian Cupp,6:01  
Lynann Lorenz,6:06  
Jeff Felice,6:07  
Justin Sturek,6:08  
Michelle VanOstrand,6:11  
Tim Nichols,6:25  
Aaron Wilks,6:39  
Natalie Hawkes,6:53  
Heather Warfle,6:56  
Aimee Cook,6:57  
Julie Edwards,7:03  
Dave Talcott,7:43 (WALKER)  
Kara Hendley,7:48  
Joe DiMattina,7:49  
Barb Morrissey,8:00  
Dawn DeVita,9:58

800m

Chris Lake,2:33  
Jeff Felice,2:38  
Jon Murray,2:50  
Brian Cupp,2:54  
Justin Sturek,2:55  
Greg Amend,3:01  
Tim Nichols,3:02  
Natalie Hawkes,3:07  
Steve Willett,3:33  
Jon Willett,3:33  
Joe DiMattina,3:47  
Kara Hendley,3:53  
Barb Morrissey,3:59  
Nicole Carter,6:31

400m 1st Heat Non-BCC Folks

Brian Cupp,1:09  
Jeff Felice,1:12  
Justin Sturek,1:14  
Tim Nichols,1:24  
Steve Willett,1:40  
Jon Willett,1:47  
Joe DiMattina,1:48  
Kara Hendley,1:50  
Barb Morrissey,1:52

400m 2nd Heat BCC Folks

Kyle Kelley,:55  
Jeff Smith,:57  
Stephen Gaug,:58  
Steve Esposito,1:04  
Chris Lake,1:10  
Julie Edwards,1:19  
Michele VanOstrand,1:20  
Aimee Cook,1:21  
Nicole Carter,2:58

2 Mile

Mike Murphy,10:34  
Gary Fancher,10:53  
Ben Nichols,11:42  
Richard Nichols,11:50  
Lee Anderson,12:43  
Jeff Felice,12:43  
Greg Amend,13:08  
Lynann Lorenz,13:19

Graham Upton,13:22  
Jon Murray,13:42  
Aaron Wilks,14:38  
Tim Nichols,14:56  
Justin Sturek,15:29  
Taylor Cupp,16:09  
Brian Cupp,16:09  
Barb Morrissey,16:57  
Joe DiMattina,17:12  
Kara Hendley,18:11  
Steve Willett,22:15  
Dawn DeVita,23:34

## August 12, 2009

Only two more track meets left. Thanks to Tony Mazza, Kathy Anderson and Aaron Wilks for helping out.

### Mile

Greg Derick 5:12  
Ben Nichols 5:19  
Richard Nichols 5:20  
Kyle Kelley 5:41  
Mike Cole 5:46  
Chuck Hein 5:48  
Dave Talcott 5:50  
Lee Anderson 5:57  
Samantha Wilks 6:13  
Justin Sturek 6:17  
Scott Parks 6:37  
Tim Nichols 6:55  
Jason Wilks 6:57  
Jeff Bricker 6:59  
Kirsten Anderson 7:01  
Beth Parks 7:28  
Kara Hendley 7:48  
Joe DiMattina 7:51  
Tom Hamlin 7:55  
Joe Gluck 8:03  
Erik Heden 8:41

### 800

Kyle Kelley 2:31  
Ben Nichols 2:32  
Greg Derick 2:36  
Richard Nichols 2:40  
Mike Cole 2:42  
Chuck Hein 2:45  
Justin Sturek 2:52  
Lee Anderson 2:54  
Ethan Elliott 3:12  
Scott Parks 3:19  
Jeff Bricker 3:22  
Tim Nichols 3:27  
Beth Parks 3:30  
Joe DiMattina 3:44  
Kara Hendley 3:45  
Joe Gluck 3:53

### 400

Kyle Kelley :59  
Richard Nichols 1:07  
Chuck Hein 1:09  
Greg Derick 1:12  
Justin Sturek 1:13  
Mike Cole 1:17  
Ben Nichols 1:19  
Tim Nichols 1:23  
Scott Parks 1:30  
Beth Parks 1:35  
Jeff Bricker 1:35  
Erik Henden 1:38  
Joe Gluck 1:42  
Joe DiMattina 1:49  
Kara Hendley 1:54

### 2 mile

Greg Derick 11:44  
Ben Nichols 12:31  
Suzanne Myette 12:42  
Lee Anderson 12:43  
Richard Nichols 13:01  
Chuck Hein 13:39  
Mike Cole 14:23  
Tim Nichols 14:31  
Scott Parks 14:41  
Justin Sturek 15:52

Beth Parks 16:07  
Dave Talcott 16:25  
Joe DiMattina 17:37  
Tom Hamlin 17:44  
Kara Hendley 18:01  
Joe Gluck 18:57

## August 5, 2009

Another nice evening for running; about 23 runners in total. Thanks to Tom Hamlin, Sue Cain, Tony Mazza, Dan Dougherty, Ed Jenner for helping out.

### Mile

Chris Cowden 5:28  
Richard Nichols 5:30  
Kyle Kelly 5:30  
Mike Murphy 5:33  
Eric Steinbrecher 5:48  
Graham Upton 5:58  
Adam VanBuren 6:05  
Lee Anderson 6:08  
Steve Esposito 6:12  
Rachael Boardman 6:26  
Justin Sturek 6:28  
Aaron Wilks 6:35  
Ethan Elliott 6:56  
Jason Wilks 7:15  
Kirsten Anderson 7:18  
Kara Hendley 7:25  
Steve Willett 8:23  
Adoria Alston 8:50  
Jessica Steinbrecher 9:30  
Aidan Dofton 9:51  
Dawn DeVita 10:22

800

Kyle Kelly 2:29  
Mike Murphy 2:37  
Erick Steinbrecher 2:50  
Justin Sturek 2:51  
Graham Upton 2:52  
Neil Holdsworth 2:59  
Lee Anderson 3:01  
Adam VanBuren 3:04  
Ethan Elliott 3:27  
Jonathan Willett 3:43  
Steve Willett 3:49  
Kara Hendley 3:55  
Jessica Steinbrecher 4:17  
Aidan Dofton 4:32

400

Kyle Kelly 1:00  
Eric Steinbrecher 1:04  
Neil Holdsworth 1:08  
Chris Cowden 1:09  
Justin Sturek 1:14  
Ethan Elliott 1:26  
Jon Willett 1:37  
Patrick McCullough 1:42  
Steve Willett 1:44  
Jessica Steinbrecher 1:46  
Kara Hendley 1:47  
Aidan Dofton 2:20

### 2 mile

Steve Esposito 11:43  
Mike Murphy 11:53  
Richard Nichols 12:05  
Lee Anderson 13:26  
Graham Upton 13:26  
Rachael Boardman 13:52  
Chris Cowden 13:52  
Adam VanBuren 13:59  
Aaron Wilks 14:36  
Justin Sturek 15:04  
Barb Morrissey 17:14  
Jason Wilks 17:41  
Kara Hendley 18:05

Adara Alston 19:52  
Steve Willett 19:58  
Jon Willett 22:30  
Jessica Steinbrecher 22:33  
Eric Steinbrecher 22:33  
Dawn DeVita 24:03

## July 29, 2009

Heavy rain about 5:30 pm. People started showing up. Rain let off to light rain and by the end of the night, the sun came out. Volunteers were Kristy Zuber, Dan Dougherty, Tony Mazza and George Joseph.

### Tom Hamlin

#### 1 Mile

Mike Olson, 5:13  
Greg Derick, 5:35  
Chris Cowden, 5:47  
Phil Kawasney, 6:04  
Graham Upton, 6:06  
Greg Amend, 6:13  
Scott Parks, 6:43  
Nancy Werthmuller, 6:56  
Jon DeVita, 7:16  
Joe Gwizdalowski, 7:26  
Holly Parkyn, 7:29  
Joe Gluck, 7:59  
Sue Schultz, 8:04  
Dawn DeVita, 9:43

#### 800m

Chris Cowden, 2:33  
Greg Derick, 2:35  
Mike Olson, 2:37  
Phil Kawasney, 2:47  
Greg Amend, 2:51  
Graham Upton, 2:57  
Scott Parks, 3:17  
Nancy Werthmuller, 3:19  
Beth Parks, 3:35  
Joe Gluck, 3:46

#### 400m

Chris Cowden, 1:10  
Mike Olson, 1:13  
Greg Derick, 1:14  
Phil Kawasney, 1:15  
Jon DeVita, 1:27  
Scott Parks, 1:32  
Joe Gwizdalowski, 1:34  
Beth Parks, 1:34  
Nancy Werthmuller, 1:35  
Holly Parkyn, 1:36  
Sue Schultz, 1:46

#### 2 Miles

Greg Derick, 12:02  
Mike Olson, 12:03  
Phil Kawasney, 12:23  
Greg Amend, 12:58  
Chris Cowden, 13:06  
Graham Upton, 13:21  
Nancy Werthmuller, 14:52  
Scott Parks, 15:14  
Holly Parkyn, 16:35  
Beth Parks, 16:39  
Sue Schultz, 17:36  
Joe Gluck, 19:19  
Jon DeVita, 21:45  
Dawn DeVita, 22:26

## July 22, 2009

Good running weather again. Nice turn-out of 27 runners. Thanks to the volunteers - Barbara Ann Morrissey, George Joseph, Tony Mazza and Ed Jenner.

## Tom Hamlin

### 1 Mile

Ben Nichols,5:18  
Richard Nichols,5:31  
Chris Lake,5:56  
Suzie Myette,5:58  
Kyle Kelly,5:59  
Brian Cupp,6:06  
Adam VanBuren,6:18  
Justin Sturek,6:19  
Tim Nichols,6:20  
Jenny Felice,6:25  
Jeff Felice,6:25  
Scott Parks,6:42  
Aaron Wilks,6:45  
Beth Parks,7:11  
Jon DeVita,7:16  
Joe Gwizdalowski,7:16  
Kirsten Anderson,7:32  
Kathy Anderson,7:33  
Dave Talcott,7:36 (WALKER)  
Kara Hendley,7:53  
Dawn DeVita,10:03

### 800m

Ben Nichols,2:29  
Jeff Felice,2:30  
Brian Cupp,2:52  
Chris Lake,2:53  
Justin Sturek,2:55  
Adam VanBuren,3:03  
Tim Nichols,3:06  
Scott Parks,2:21  
Beth Parks,3:26  
Steve Willett,3:33  
Jonathan Willett,3:45  
Kara Hendley,3:51

### 400m

Kyle Kelly,0:52  
Brian Cupp,1:10  
Chris Lake,1:11  
Justin Sturek,1:18  
Scott Parks,1:32  
Tim Nichols,1:34  
Steve Willett,1:35  
Beth Parks,1:36  
Julia Willett,1:49  
Kara Hendley,1:51

### 2 Miles

Richard Nichols,12:38  
Dave Talcott,12:48  
Ben Nichols,12:52  
Brian Cupp,13:32  
Samantha Wilks,13:41  
Tim Nichols,13:57  
Adam VanBuren,14:14  
Aaron Wilks,14:47  
Joe Gwizdalowski,15:00  
Scott Parks,15:17  
Kelley Hamlin,15:21  
Beth Parks,16:36  
Justin Sturek,17:16  
Kara Hendley,18:02  
Steve Willett,19:53  
Dawn DeVita,23:11  
Jonathan Willett,27:56  
Nicole Carter,28:01

**July 15, 2009**

We had 34 runners in great conditions. Good times again. Looks like the push is on for all the races coming up. Volunteers were Tony Mazza, Ed Jenner, Kristy Zuber, Dan Dougherty and George Joseph.

Tom Hamlin

1 mile

Steve Esposito,5:07  
Eric Steinbrecher,5:20  
Steve Cammisa,5:34  
Phil Kwasney,5:37  
Ben Nichols,5:39  
Richard Nichols,5:45  
Greg Amend,5:50  
Michael Cole,5:51  
Brendan Pancheri,5:59  
Brian Cupp,6:02  
Greg Derick,6:06  
Adam VanBuren,6:09  
David Nichols,6:15  
Rachel Boardman,6:19  
Justin Sturek,6:24  
Tim Nichols,6:28  
Mark Hendley,6:32  
Scott Parks,6:38  
Sue Cain,6:46  
Jason Wilks,7:19  
Joe Gwizdalowski,7:25  
Aaron Wilks,7:26  
Joe Akulis,7:28  
Dave Talcot,7:30  
Kathy Anderson,7:35  
Kara Hendley,7:36  
Barb Morrissey,8:05  
Jessica Steinbrecher,8:53  
Dawn DeVita,10:13

#### 800m

Kyle Kelly,2:07  
Steve Esposito,2:24  
Ben Nichols,2:25  
Eric Steinbrecher,2:25  
Greg Derick,2:33  
Phil Kwasney,2:41  
Steve Cammisa,2:44  
Greg Amend,2:46  
Dave Talcott,2:47  
Brian Cupp,2:55  
Brendan Pancheri,2:57  
Tim Nichols,2:58  
Justin Sturek,2:58  
Scott Parks,3:12  
George Joseph,3:14  
Sue Cain,3:17  
Rachel Boardman,3:17  
Danielle Fiedler,3:20  
Kara Hendley,3:25  
Jessica Steinbrecher,3:49  
Barbara Morrissey,3:50  
Tim Kelly,3:53

#### 400m

Joe Akulis, :57  
Eric Steinbrecher,1:05  
Steve Esposito,1:09  
Ben Nichols,1:09  
Kyle Kelly,1:10  
Greg Derick,1:13  
Jason Wilks,1:14  
Brian Cupp,1:15  
Phil Kwasney,1:16  
Justin Sturek,1:18  
Steve Cammisa,1:19  
Tim Nichols,1:30  
Scott Parks,1:30  
George Joseph,1:31  
Jessica Steinbrecher,1:41  
Kara Hendley,1:42  
Tim Kelly,1:48  
Barb Morrissey,1:49

#### 2 Mile

Steve Cammisa,11:25  
Richard Nichols,12:12  
Greg Derick,12:23  
Phil Kwasney,12:28  
Greg Amend,12:50

Steve Esposito,12:53  
Ben Nichols,13:15  
Tim Nichols,13:45  
David Nichols,13:58  
Mark Hendley,14:03  
Brian Cupp,14:10  
Branden Pancheri,14:21  
Scott Parks,14:47  
Sue Cain,15:05  
Rachel Cain,15:05  
Joe Gwizdalowski,15:22  
Dave Talcott,16:16  
Justin Stureck,16:24  
Barb Morrissey,16:28  
Kathy Anderson,16:32  
Danielle Feildler,17:33  
Kara Hendley,18:00  
Jessica Steinbrecher,23:15  
Eric Steinbrecher,23:21  
Dawn DeVita,23:58

## July 8, 2009

Perfect weather and nice turn-out (36 runners). Very spirited and good times. Check out the times in the 400M. Thanks to Tony Mazza and Dan Dougherty for volunteering.

### Tom Hamlin

#### 1 Mile

Steve Esposito,5:05  
Mike Murphy,5:06  
Eric Steinbrecher,5:23  
Kyle Kelly,5:33  
Chris Cowden,5:38  
Samantha Augeri,5:43  
Adam Van Buren,5:48  
Michael Cole,5:55  
Chris Lake,6:13  
Graham Upton,6:14  
Brian Cupp,6:19  
Mark Hendley,6:34  
Scott Parks,6:34  
Rick Woidt,6:41  
Jason Wilks,6:47  
George Joseph,6:52  
Aaron Wilks,6:52  
Jonathan DeVita,6:58  
Holly Parkyn,7:12  
Joe Gwizdalowski,7:18  
Kirsten Anderson,7:21  
Steve Willett,7:22  
Joe Akulis,7:35  
Kathy Anderson,7:46  
Barb Morrissey,7:49  
Kara Hendley,7:52  
Jennifer Woltjen,8:27  
Dawn DeVita,9:45

#### 800M

Mike Murphy,2:22  
Steve Esposito,2:22  
Eric Stienbrecher,2:25  
Chris Cowden,2:42  
Samantha Augeri,2:45  
Mike Cole,2:48  
Brian Cupp,2:48  
Graham Upton,2:53  
Shane Murdock,3:09  
Rachel Boardman,3:11  
Scott Parks,3:15  
Beth Parks,3:20  
George Joseph,3:27  
Barb Morrissey,3:42  
Kara Hendley,3:52  
Steve Willett,3:54

#### 400M

Kyle Kelly,:54  
Joe Akulis,:56  
Neil Holdsworth,1:00



Eric Steinbrecher,1:05  
Mike Murphy,1:06  
Steve Esposito,1:08  
Chris Lake,1:10  
Brian Cupp,1:11  
Chris Cowden,1:11  
Michael Cole,1:12  
Sam Augeri,1:18  
Rachel Boardman,1:26  
Scott Parks,1:30  
Beth Parks,1:33  
Shane Murdock,1:38  
Steve Willett,1:41  
Kara Hendley,1:45  
Barb Morrissey,1:49  
Cohen Anderson,2:17  
Graham Upton,2:18  
Wesley Anderson,3:08  
Brooklyn Anderson,3:42

## 2 Mile

Mike Murphy,11:18  
Tom Carter,11:25  
Steve Esposito,11:37  
Chris Cowden,12:17  
Graham Upton,13:27  
Rachel Boardman,13:35  
Rick Woidt,13:44  
Samantha Augeri,14:28  
Mark Hendley,14:33  
Brian Cupp,14:46  
Aaron Wilks,14:53  
Mike Cole,14:55  
Scott Parks,14:56  
Joe Gwizdalowski,15:23  
Beth Parks,16:09  
Holly Parkyh,16:21  
Barb Morrissey,16:24  
Kara Hendley,17:31  
Steve Willett,18:49  
Dawn DeVita,22:04

## July 1, 2009

Beautiful weather -- Prediction was for thunder and lightning storms. Good turnout - 41 runners. Thanks to George Joseph, Dan Dougherty, Kristy Zuber and Tony Mazza for volunteering.  
Tom Hamlin

## 1 MILE

Ben Reynolds 4:50  
Kyle Kelly 5:14  
Mike Murphy 5:18  
Eric Steinbrecher 5:25  
Greg Derick 5:26  
Ben Nichols 5:27  
Phil Kwasney 5:38  
Richard Nichols 5:41  
Chris Cowden 5:49  
Jonathan Murray 5:56  
Adam VanBuren 5:57  
Lee Anderson 5:58  
Samantha Wilks 6:02  
Brooke Bart 6:10  
Graham Upton 6:13  
Michael Cole 6:20  
Justin Sturek 6:26  
David Nichols 6:27  
Rachel Boardman 6:28  
Tim Nichols 6:37  
Scott Parks 6:40  
Darren Canfield 6:54  
Jason Wilks 7:04  
Aaron Wilks 7:08  
Jonathan DeVita 7:10  
Kirstin Anderson 7:21  
Holly Parkyn 7:22  
Kelley Hamlin 7:22  
Abby Sweitzer 7:34  
Beth Parks 7:50  
Kathy Anderson 7:51  
Sara Gdovin 7:53  
Barb Morrissey 7:58

Lydia Werner 8:02  
Joe Gluck 8:04  
Ariana Rife 8:09  
Kara Hendley 8:23  
Jessica Steinbrecher 8:51  
Dawn DeVita 8:58

800M

Mike Murphy 2:24  
Ben Nichols 2:26  
Kyle Kelly 2:28  
Eric Steinbrecher 2:29  
Greg Derick 2:36  
Phil Kwasney 2:40  
Chris Cowden 2:41  
Adam VanBuren 2:48  
Michael Cole 2:54  
Graham Upton 2:57  
Rachel Boardman 3:06  
Tim Nichols 3:11  
Justine Sturek 3:12  
Scott Parks 3:16  
Kelley Hamlin 3:22  
Beth Parks 3:38  
Joe Gluck 3:44  
Barb Morrissey 3:46  
Ariana Rife 3:48  
Brooke Bart 3:49  
Samantha Wilks 3:50  
Kara Hendley 3:56  
Sara Gdovin 3:58  
Jessica Steinbrecher 4:21

400M

Kyle Kelly :56  
Eric Steinbrecher 1:06  
Darren Canfield 1:07  
Richard Nichols 1:07  
Michael Cole 1:09  
Chris Lake 1:12  
Mike Murphy 1:13  
Greg Derick 1:14  
Phil Kwasney 1:15  
Chris Cowden 1:16  
Graham Upton 1:18  
Justin Sturek 1:19  
Lydia Werner 1:25  
Rachel Boardman 1:28  
Kelley Hamlin 1:34  
Scott Parks 1:34  
Beth Parks 1:38  
Joe Gluck 1:39  
Ariana Rife 1:39  
Jonathan Murray 1:40  
Tim Nichols 1:44  
Sara Gdovin 1:49  
Barb Morrissey 1:50  
Kara Hendley 1:54  
Jessica Steinbrecher 1:56

2 Mile

Steve Esposito 11:51  
Mike Murphy 11:52  
Ben Reynolds 11:52  
Ben Nichols 12:07  
Greg Derick 12:10  
Richard Nichols 12:27  
Chris Cowden 12:31  
Phil Kwasney 12:32  
Lee Anderson 13:09  
Johnathan Murray 13:09  
Adam VanBuren 13:35  
Graham Upton 13:37  
Rachel Boardman 13:41  
Tim Nichols 14:49  
Micheal Cole 14:56  
Scott Parks 14:58  
Aaron Wilks 15:20  
Justin Sturek 15:31  
Kelley Hamlin 15:44  
Holly Parkyn 16:06

Beth Parks 16:19  
Barb Morrissey 16:24  
Kathy Anderson 16:31  
Abby Switzer 17:45  
Jason Wilks 17:48  
Sara Gdovin 17:48  
Kara Hendley 18:16  
Joe Gluck 19:28  
Dawn DeVita 22:03  
Jessica Steinbrecher 22:04  
Eric Steinbrecher 22:09

## June 17, 2009

Threatning skies turned into heavy rain by the end. Great turn-out considering the weather and the upcoming races. 24 runners and 6 volunteers. The volunteers were George Joseph, Dan Dougherty, Barb Morrissey, Tony Mazza, Kristy Zuber and Tom Hamlin. Thanks!!!!!!

NO TRACK MEET NEXT WEEK - RED DRESS RUN at 6:00 PM at Maine-Endwell HS

### 1 Mile

Jeremy Anderson,5:03  
Nick Reynolds,5:26  
Ben Nichols,5:28  
Richard Nichols,5:33  
Kimberly Law,5:45  
Adam VanBuren,5:46  
Shannon Finnegan,5:47  
Michael Cole,6:11  
Samantha Wilks,6:15  
Lee Anderson,6:20  
Brian Cupp,6:26  
Tim Nichols,6:56  
Kirsten Anderson,6:58  
Jonathan DeVita,6:59  
Jason Wilks,7:04  
Aaron Wilks,7:11  
Joe Akulis,7:26  
Holly Parkyn,7:38  
Kara Headley,7:47  
Joe DiMattina,7:48  
Joe Gluck,7:58  
Kathy Anderson,8:08  
Erik Heden,9:11  
Dawn DeVita,9:47

### 800m

Jeff Smith,2:08  
Richard Nichols,2:44  
Jess Calderone,2:49  
Michael Cole,2:57  
Brian Cupp,3:00  
Tim Nichols,3:01  
Brooke Bart,3:01  
Samantha Wilks,3:01  
Steve Willett,3:32  
Joe DiMattina,3:40  
Kara Hendley,3:57  
Erik Heden,4:20

### 400m

Joe Akulis,:59  
Richard Nichols,1:06  
Michael Cole,1:11  
Brooke Bart,1:13  
Brian Cupp,1:19  
Jess Calderone,1:26  
Samantha Wilks,1:29  
Tim Nichols,1:33  
Steve Willett,1:34  
Joe Gluck,1:35  
Joe DiMattina,1:46  
Kara Headley,1:51  
Erik Heden,1:53

### 2 miles

Jeff Smith,10:49  
Ben Nichols,11:58  
Adam VanBuren,12:49  
Richard Nichols,13:26  
Tim Nichols,14:56

Aaron Wilks,15:09  
Brian Cupp,15:28  
Michael Cole,15:29  
Holly Parkyn,16:17  
Joe DiMattina,17:34  
Jason Wilks,16:29  
Jonathan DeVita 17:34  
Kara Headley,17:55  
Steve Willett,18:08  
Joe Gluck,18:42  
Dawn DeVita,21:27

## June 10, 2009

Another nice evening, another large turnout, 42 runners total. Thanks to Tony Mazza, Ed Jenner, Dan Dougherty and Tom Hamlin for volunteering.

### Mile

Jeremy Anderson 5:10  
Nick Reynolds 5:14  
Ben Nichols 5:16  
Richard Nichols 5:27  
Adam VanBuren 5:36  
Samantha Augeri 5:43  
Chris Cowden 5:43  
Lee Anderson 5:55  
Dave Talcott 6:01  
Brendan Pancher 6:04i  
Michael Cole 6:17  
Dave Nichols 6:20  
Justin Sturek 6:21  
Tim Nichols 6:33  
Scott Parks 6:39  
Kirsten Anderson 6:48  
Jason Wilks 6:56  
Kelly Hamlin 7:17  
Jonathan DeVita 7:26  
Holly Manchester 7:40  
Joe Auklis 7:40  
Joe Gluck 7:42  
Kayla Whitaker 7:42  
Cindy Manchester 7:46  
Abbie Spritzer 7:47  
Kathy Anderson 7:49  
Kara Hendley 7:52  
Steve Willett 7:55  
Darrem Canfield 7:58  
Barb Morrissey 8:06  
Jonathan Willett 8:55  
Jessica Steinbrecher 9:08  
Eric Heden 9:23  
Dawn DeVita 9:50

### 800

Jeff Smith 2:07  
Ben Nichols 2:32  
Adam VanBuren 2:35  
Samantha Augeri 2:40  
Lee Anderson 2:48  
Michael Cole 2:56  
Tim Nichols 3:05  
Justin Sturek 3:09  
Mary Beth Baird 3:13  
Kelly Hamlin 3:21  
Scott Parks 3:23  
Holly Manchester 3:34  
Darren Canfield 3:36  
Joe Gluck 3:37  
Elizabeth Auklis 3:38  
Julia Willett 3:44  
Jonathan Willett 3:44  
Barb Morrissey 3:50  
Kara Hendley 3:53  
Jessica Steinbrecher 4:21  
Eric Heden 4:31

### 400

Joe Auklis :58  
Chris Cowden :58  
Nick Reynolds 1:05  
Ben Nichols 1:09

Michael Cole 1:13  
Samantha Augeri 1:14  
Jason Wilks 1:15  
Lee Anderson 1:18  
Justin Sturek 1:19  
Jonathan DeVita 1:20  
Mary Beth Baird 1:24  
Darren Canfield 1:27  
Jonathan Willett 1:29  
Joe Gluck 1:30  
Kelly Hamlin 1:31  
Abbie Spritzer 1:33  
Cindy Manchester 1:33  
Kathy Anderson 1:34  
Scott Parks 1:39  
Holly Manchester 1:42  
Julia Willett 1:48  
Steve Willett 1:49  
Kara Hendley 1:50  
Barb Morrissey 1:53  
Eric Heden 1:57  
Jessica Steinbrecker 1:59  
Kathleen McKenna 2:07  
Zach Wilt 2:16

2 mile

Jeff Smith 10:51  
Jeremy Anderson 11:05  
Randy Reynolds 11:52  
Richard Nichols 11:56  
Brendan Pancheri 13:03  
Dave Talcott 13:09  
Adan Van Buren 13:27  
Ben Nichols 13:55  
David Nichols 14:36  
Tim Nichols 15:05  
Scott Parks 15:13  
Kelly Hamlin 15:24  
Beth Parks 15:26  
Michael Cole 15:30  
Justin Sturek 15:30  
Samantha Augeri 15:33  
Chris Cowden 15:34  
Darren Canfield 15:49  
Larry LePak 16:14  
Kathy Anderson 16:15  
Barb Morrissey 16:18  
Steve Willett 17:57  
Joe Gluck 18:11  
Dawn DeVita 21:18

## June 3, 2009

Turned out to be a great evening for running at M-E. About 30 runners in total. Thanks to Ed Jenner, Sue Cain, Kristy Zuber, Dan Dougherty and of course Tom Hamlin for helping out.

Mile

Mike Murphy 4:42  
Greg Derrick 5:11  
Chris Cowden 5:14  
Ben Nichols 5:24  
Richard Nichols 5:34  
Adam Van Buren 5:37  
Brendan Pancheri 5:54  
David Nichols 6:21  
Chris Simser 6:28  
Tim Nichols 6:37  
Aaron Wilks 6:39  
Darren Canfield 6:46  
Scott Parks 6:47  
Kirsten Anderson 6:48  
Sara Gdovin 6:50  
Beth Parks 7:07  
Mary Beth Baird 7:24  
Holly Parkyn 7:28  
Jonathan DeVita 7:34  
Joe Akulis 7:40  
Joe DiMattina 7:45  
Joe Gluck 7:53  
Kathy Anderson 7:55  
Steve Willett 8:07  
Nick Willett 9:00  
Kara Hendley 9:25

Dawn DeVita 9:37

800

Ben Nichols 2:32  
Greg Derrick 2:34  
Mike Murphy 2:35  
Adam Van Buren 2:44  
Brendan Pacheri 3:06  
Scott Parks 3:16  
Beth Parks 3:18  
Tim Nichols 3:19  
Holly Parkyn 3:20  
Aaron Wilks 3:22  
Darren Canfield 3:26  
Joe Dimattina 3:39  
Julia Willett 3:41  
Elizabeth Akulis 3:45  
Joe Gluck 3:48  
Steve Willett 3:58

400

Nick Reynolds :59  
Joe Akulis 1:01  
Chris Cowden 1:02  
Mike Murphy 1:06  
Ben Nichols 1:08  
Greg Derrick 1:09  
Darren Canfield 1:13  
Adam Van Buren 1:17  
Tim Nichols 1:26  
Beth Parks 1:27  
Jonathan Willett 1:32  
Scott Parks 1:33  
Joe Gluck 1:34  
Steve Willett 1:40  
Joe DiMattina 1:43  
Julia Willett 1:51  
Christopher Cain 2:13

2 mile

Mike Murphy 11:43  
Greg Derrick 11:46  
Chris Cowden 12:01  
Richard Nichols 12:17  
Adam Van Buren 12:49  
Ben Nichols 14:21  
David Nichols 14:32  
Chris Simser 14:42  
Brendan Pancheri 14:43  
Tim Nichols 14:57  
Scott Parks 15:06  
Aaron Wilks 15:19  
Sara Gdovin 15:48  
Mary Beth Baird 16:25  
Holly Parkyn 16:31  
Joe DiMattina 16:35  
Kara Hendley 16:37  
Kathy Anderson 16:45  
Beth Parks 17:09  
Steve Willett 18:20  
Joe Gluck 19:02  
Jonathan DeVita 21:09  
Dawn DeVita 21:09

## May 27, 2009

Another nice turnout considering the weather. Thanks to Kristy Zuber, Dan Dougherty, Ed Jenner and Tom Hamlin for volunteering.

### George Joseph

Mile

Jeff Smith 4:55  
Jeremy Anderson 5:14  
Nick Reynolds 5:25  
Randy Reynolds 5:47  
Lee Anderson 6:03  
Samantha Augeri 6:05  
Justin Sturek 6:33  
Darren Canfield 6:35

Aaron Wilks 6:53  
Kirsten Anderson 6:58  
Scott Parks 6:59  
Brandon Szeliga 7:00  
Jason Wilks 7:04  
Laurel McKenna 7:10  
Beth Parks 7:37  
Larry LePak 7:45  
Kara Hendley 7:55  
Kathy Anderson 7:59  
Jonathan Willett 8:18  
Barb Morrissey 8:27  
Steve Willett 8:37  
Dawn DeVita 10:00

800

Jeff Smith 2:20  
Randy Reynolds 2:39  
Samantha Augeri 2:46  
Lee Anderson 2:55  
Justin Sturek 3:09  
Brandon Szeliga 3:15  
Laurel McKenna 3:16  
Beth Parks 3:27  
Scott Parks 3:29  
Julia Willett 3:47  
Larry LePak 3:48  
Barb Morrissey 3:54  
Kara Hendley 4:01  
Steve Willett 4:06

400

Nick Reynolds 1:03  
Darren Canfield 1:08  
Randy Reynolds 1:10  
Samantha Augeri 1:14  
Lee Anderson 1:15  
Justin Sturek 1:20  
Laurel McKenna 1:24  
Brandon Szeliga 1:27  
Beth Parks 1:32  
Scott Parks 1:33  
Jonathan Willett 1:39  
Steve Willett 1:45  
Julia Willett 1:50  
Kara Hendley 1:51  
Barb Morrissey 2:06

2 mile

Jeff Smith 11:11  
Randy Reynolds 13:12  
Nick Reynolds 13:36  
Jeremy Anderson 13:37  
Samantha Augeri 14:02  
Aaron Wilks 15:08  
Scott Parks 15:32  
Beth Parks 16:36  
Barb Morrissey 16:46  
Kathy Anderson 17:18  
Jason Wilks 17:43  
Kara Hendley 18:10  
Steve Willett 19:49  
Dawn DeVita 22:14

## May 20, 2009

Another nice night for running, good turnout (35 runners). Thanks to Tom Hamlin and Mike Murphy for helping out.

### George Joseph

Mile  
Nick Reynolds 5:22  
Ben Nichols 5:29  
Randy Reynolds 5:42  
Kevin Nelson 5:52  
Chris Cowden 6:19  
Phil Kwasney 6:19  
Sam Wilks 6:28  
Darren Canfield 6:35  
Jon Murray 6:37  
Nate Sanders 6:41  
Justin Sturek 6:53

Tim Nichols 6:55  
Aaron Wilks 7:01  
Lydia Werner 7:14  
Jason Wilks 7:14  
Scott Parks 7:15  
Kelly Hamlin 7:26  
Laurel McKenna 7:30  
Holly Parkyn 7:35  
Dave Talcott 7:36  
Beth Parks 7:43  
Steve Willett 8:06  
Ariana Rife 8:10  
Kara Hendley 8:18  
Barb Morrissey 8:22  
Esther Frustino 9:59  
Dawn DeVita 10:21  
Nick Willett 13:31

800

Joel Christian 2:08  
Jeff Smith 2:09  
Sam Bernier 2:35  
Ben Nichols 2:39  
Jon Murray 3:08  
Tim Nichols 3:09  
Justin Sturek 3:10  
Kelly Hamlin 3:24  
Scott Parks 3:26  
Laurel McKenna 3:37  
Beth Parks 3:42  
Julia Willett 3:52  
Barb Morrissey 3:55  
Steve Willett 3:58  
Kara Hendley 4:03  
Nick Willett 7:05

400

Jeff Smith 1:00  
Dave Talcott 1:07  
Ben Nichols 1:08  
Sam bernier 1:10  
Kevin Nelson 1:12  
Rachel Fox 1:16  
Lydia Werner 1:22  
Justin Sturek 1:28  
Kelly Hamlin 1:30  
Larurel McKenna 1:31  
Tim Nichols 1:32  
Scott Parks 1:34  
Ariana Rife 1:35  
Beth Parks 1:38  
Steve Willett 1:46  
Kara Hendley 1:48  
Julia Willett 1:50  
Barb Morrissey 1:51

2 mile

Dan Blackman 10:31  
Paige Mullins 13:19  
Ben Nichols 14:19  
Rachel Fox 15:01  
Aaron Wilks 15:30  
Nate Sanders 15:52  
Scott Parks 16:00  
Barb Morrissey 16:48  
Beth Parks 16:56  
Dave Talcott 16:59  
Holly Parkyn 17:03  
Darren Canfield 17:51  
Steve Willett 18:16  
Kara Hendley 18:34  
Esther Frustino 22:10  
Dawn DeVita 23:37

**May 13, 2009**

Great turnout for our second meet of the season. Tom Carter's students from BCC were there again. It was sunny and windy. Thanks to Tom Carter, Ed Jenner, Christy Zuber and Dan Dougherty for helping out. We had 2 heats of the 400, and then I merged them. Tom Carter was in his element as he started the races and then did splits. Good job by all. We also has an exhibition 100M with 12:53 the winning time (No names).



## Tom Hamlin

### 1 Mile Run

Place, Name, Age, M/F, Time

- 1, Jeff Smith, 18, M, 4:53
- 2, Mike Olson, 43, M, 5:12
- 3, Chris Youmans, 21, M, 5:35
- 4, Richard Nichols, 24, M, 5:38
- 5, James Lloyd, 19, M, 5:43
- 6, Austin Boyd, 18, M, 5:52
- 7, Sam Bernier, 19, M, 5:58
- 8, Jon Murray, 31, M, 6:11
- 9, Michelle Vanostrand, 27, F, 6:12
- 10, Taylor Woodcock, 18, F, 6:19
- 11, Rachel Fox, 20, F, 6:25
- 12, Brandon Wojdat, 19, M, 6:32
- 13, Darren Canfield, 22, M, 6:41
- 14, Cody Whitman, 20, M, 6:42
- 15, John Barnes, 19, M, 6:50
- 16, Aaron Wilks, 42, M, 6:58
- 17, Sara Gdovin, 25, F, 7:01
- 18, Kelley Hamlin, 37, F, 7:14
- 19, Scott Parks, 47, M, 7:22
- 20, Jason Wilks, 37, M, 7:28
- 21, Beth Parks, 46, F, 7:28
- 22, Holly Parkyn, 54, F, 7:44
- 23, Joe Gluck, 56, M, 7:59
- 24, Kara Hendley, 39, F, 8:17
- 25, Barb Morrissey, 61, F, 8:21
- 26, Esther Frustino, 37, F, 9:31
- 27, Dawn DeVita, 45, F, 10:00
- 28, Paula Williams, 55, F, 10:31
- 29, Ellen Dziedzic, 41, F, 11:12
- 30, Pat Coveny, 68, F, 13:25

### 800M

- 1, Jeff Smith, 18, M, 2:16
- 2, Mike Olson, 43, M, 2:29
- 3, Kevin Nelson, 44, M, 2:37
- 4, Richard Nichols, 24, F, 2:45
- 5, Jon Murray, 31, M, 2:51
- 6, Kelley Hamlin, 37, F, 3:16
- 7, Scott Parks, 47, M, 3:25
- 8, Beth Parks, 46, F, 3:40
- 9, Joe Gluck, 56, M, 3:46
- 10, Barb Morrissey, 61, F, 3:55
- 11, Kara Hendley, 39, F, 4:00

### 400M ( 2 heats combined)

- 1, James Sodan, 19, M, :56
- 2, Corbin Kent, 19, M, :57
- 3, Stephan Lindsay, 19, M, :57
- 4, Rick Legenhausen, 19, M, :59
- 5, Jeff Smith, 18, M, 1:00
- 6, Mike Olson, 43, M, 1:03
- 7, Richard Nichols, 24, M, 1:03
- 8, Darren Canfield, 22, M, 1:06
- 9, Andrew O'Reilly, 23, M, 1:07
- 10, Chris Lake, 19, M, 1:10
- 11, Kyle Maggeo, 22, M, 1:13
- 12, Taylor Woodcock, 18, F, 1:15
- 13, Rachel Fox, 20, F, 1:16
- 14, Lydia Werner, 10, F, 1:19
- 15, Jon Murray, 31, M, 1:20
- 16, Kelley Hamlin, 37, F, 1:25
- 17, Paula Williams, 55, F, 1:30
- 18, Holly Parkyn, 54, F, 1:30
- 19, Scott Parks, 47, M, 1:32
- 20, Joe Gluck, 56, M, 1:33
- 21, Beth Parks, 46, F, 1:34
- 22, Kara Hendley, 39, F, 1:47
- 23, Barb Morrissey, 61, F, 1:49
- 24, Ellen Dziedzic, 41, F, 2:11
- 25, Pat Coveny, 68, F, 2:58

### 2 MILE

- 1, Phil Kwasney, 28, M, 11:29
- 2, Mike Olson, 43, M, 11:41

3,Chris Youmans,21,M,12:45  
4,Kevin Nelson,44,M,13:10  
5,Richard Nichols,24,M,13:21  
6,Michelle Vanostrand,27,F,13:27  
7,Chris Lake,19,M,14:09  
8,Rachel Fox,20,F,14:57  
9,Aaron Wilks,42,M,15:11  
10,Kelley Hamlin,37,F,15:24  
11,Holly Parkyn,54,F,15:57  
12,Scott Parks,47,M,16:00  
13,Sara Gdovin,25,F,16:02  
14,Beth Parks,46,F,16:20  
15,Barb Morrissey,F,61,17:04  
16,Kara Hendley,F,39,18:27  
17,Jason Wilks,37,M,18:36  
18,Joe Gluck,56,M,19:43  
19,Esther Frustino,37,F,20:39  
20,Dawn DeVita,45,F,21:48  
21,Pat Coveny,68,F,28:09

## May 6, 2009

Great turnout for our first meet of the season (mostly due to Tom Carter's students from BCC). Thanks to Tom Hamlin, Ed Jenner and Dan Dougherty for helping out, as it was hectic with that many runners, especially in the 400.

### Geroge Joseph

#### Mile

Jeff Smith 4:52  
Tom Carter 5:06  
Phil Kwasney 5:09  
Austin Boyd 5:30  
Chris Youmans 5:34  
Richard Nichols 5:39  
Justin Race 5:41  
Chris Lake 5:42  
James Lloyd 5:43  
Sam Bernier 5:44  
Michelle Vanstrand 5:44  
Rachel Fox 6:09  
Jon Murray 6:10  
Brandon Wojdat 6:16  
Kevin Nelson 6:20  
Nate Sanders 6:21  
Sara Gdovin 6:41  
Aaron Wilks 6:53  
Cody Whitman 6:58  
John Barnes 6:58  
Daren Canfield 6:59  
Kirsten Anderson 7:00  
Lydia Werner 7:02  
Dave Talcott 7:04  
Holly Parkyn 7:34  
Steve Willett 7:46  
Paula Williams 7:53  
Kathy Anderson 7:54  
Arianna Rife 7:57  
Kara Hendley 7:59  
Nicole Carter 8:49  
Dawn DeVita 9:40  
Nicholas Willett 10:07

#### 800

Jeff Smith 2:18  
Phil Kwasney 2:31  
Chris Lake 2:49  
Richard Nichols 2:53  
Jon Murray 2:58  
Michelle Vanstrand 3:03  
Nate Sanders 3:07  
Kelley Hamlin 3:15  
Aaron Wilkes 3:21  
Daren Canfield 3:22  
Holly Parkyn 3:29  
Paula Williams 3:37  
Beth Parks 3:47  
Jonathan Willett 3:49  
Arianna Rife 3:50  
Steve Willett 4:02  
Kara Hendley 4:17  
Nicholas Willett 6:21  
Pat Coveny 6:28

Steve Esposito :57  
Corbin Kent :58  
Rick Legenhasen :58  
Stephen Lindsay :59  
Jeff Smith 1:00  
Chris Lake 1:04  
Chris Youmans 1:04  
Austin Boyd 1:05  
James Lloyd 1:06  
Andrew Frazier 1:08  
Andrew O'Reilly 1:10  
Brandon Wodjat 1:15  
Kyle Maggio 1:17  
Rachel Fox 1:19  
Darren Canfield 1:19  
Lydia Werner 1:20  
Cody Whitman 1:21  
Michelle Vanstrand 1:22  
Jon Murray 1:26  
Holly Parkyn 1:32  
Steve Willett 1:36  
Paula Williams 1:41  
Jonathan Willett 1:43  
Arianna Rife 1:46  
Dawn DeVita 1:52  
Kara Hendley 1:55  
Julia Willett 1:58  
Ellen Dziejdzic 2:07  
Nicholas Willett 2:51  
Pat Covney 3:22

2 mile

Jeff Smith 11:38  
Phil Kwasney 12:22  
Kevin Nelson 12:34  
Randy Reynolds 12:40  
Dave Talcott 12:58  
Richard Nichols 13:00  
Chris Youmans 13:34  
Michelle Vanstrand 13:34  
Rachel Fox 14:01  
Kelley Hamlin 15:36  
Aaron Wilkes 15:41  
Beth Parks 15:47  
Scott Parks 15:48  
Sara Gdovin 15:53  
Paula Williams 16:56  
Holly Parkyn 16:57  
Kathy Anderson 17:11  
Kara Hendley 18:42  
Steve Willett 20:06  
Dawn DeVita 23:47  
Ellen Dziejdzic 24:33  
Pat Covney 27:44