

January Freeze 10K Series Binghamton, NY

Series Awards

Wow, you people are great. 335 finishers in the 4 races. We had 151 different people that made up the 335. The weather was pretty cold overall but you came anyway.

Congratulations to the trophy winners and all participants. The awards:

Womens Master winner - Christine Reynolds
Womens 1st Place overall - Emily Piza-Taylor
Womens 2nd Place overall - Abbie Bideaux
Womens 3rd Place Overall - Nancy Werthmuller

Mens Master winner - Eric Maki
Mens 1st Place overall - Tim Romananski
Mens 2nd Place overall - Stephen Marcin
Mens 3rd Place overall - Mike Murphy

The volunteer help this year was great. Dan Dougherty (co-director), Mike Zwick, Chuck Barney, Christy Zuber, Skip Hamlin, Brian Cumming, Trish Spring, Shaun Moran, Nancy Werthmuller, Helmut Betz, Ben Snodgrass, Mrs Peters, Sue Cain, Suzanne Myette, George Joseph, Lex Hamlin (for all the computer typing), and George Groome for fixing all the many corrections we gave him.

Thanks for putting up with the weather. Danny and Mike did a great job on the coffee and food; Nancy brought great runners' food every week she was there and thanks for her helping with registration.

See you next year.

Tom Hamlin
Race Director

Results for January 23 Temperature 30°, Sunny

Updated 02-03-2010

Place	Name	Age	S	Time	Pace
1	Dave Bradshaw	31	M	32:43	5:16
2	Tim Romananski	19	M	34:32	5:34
3	Shaun Horan	28	M	35:08	5:40
4	Stephen Marcin	25	M	35:37	5:44
5	Eric Maki	48	M	36:34	5:54
6	Jeremy Anderson	17	M	36:48	5:56
7	Matthew Romananski	16	M	37:14	6:00
8	Colin Staiger	16	M	38:07	6:09
9	Joshua Chilson	17	M	38:24	6:11
10	Thomas Mullins	42	M	39:01	6:17
11	Michael Murphy	36	M	39:24	6:21
12	Lee Anderson	52	M	40:00	6:27
13	Harry Back	39	M	40:13	6:29
14	Doug Stoner	51	M	40:25	6:31
15	Christopher Tucker	32	M	40:32	6:32
16	April Monroe	23	F	40:53	6:35
17	Ron Hulslander	53	M	40:59	6:36
18	Kevin Tripp	39	M	41:00	6:36
19	Andrew Cody	29	M	41:09	6:38
20	Fred Malloy	44	M	41:21	6:40
21	William McGovern	50	M	41:37	6:42
22	Bob Stocks	43	M	41:53	6:45
23	Chuck Hein	50	M	42:11	6:48
24	Jeff Hall	52	M	42:58	6:55
25	Michael Cole	40	M	43:46	7:03
26	Mark Hendley	42	M	43:54	7:04
27	Emily Piza-Taylor	32	F	44:00	7:05
28	Ed Jenner	55	M	44:38	7:11
29	Vince Fox	51	M	44:52	7:14
30	James Wavle	50	M	44:56	7:14
31	Sue Cain	41	F	45:35	7:21
32	Frank Bianco	32	M	45:56	7:24
33	Kristen Olson	40	F	46:04	7:25
34	Abbie Bideaux	14	F	46:24	7:29
35	Kerry Zemek	51	M	46:36	7:30
36	Kevin Pasterchik	52	M	47:40	7:41

37	Nancy Werthmuller	58	F	47:44	7:41
38	Kathleen Lantry	47	F	48:15	7:46
39	Michael Andersen	61	M	48:16	7:47
40	Paul Darsky	41	M	48:16	7:47
41	David Losee	39	M	48:25	7:48
42	David MacEwan	38	M	48:34	7:49
43	Karen Fennie	48	F	48:37	7:50
44	George Joseph	62	M	48:40	7:50
45	Kelley Hamlin	38	F	48:56	7:53
46	Michael Lewis	31	M	49:04	7:54
47	Patrick Ruehlman	50	M	49:05	7:54
48	Ariana Rife	35	F	49:20	7:57
49	Jonathan Murray	32	M	49:22	7:57
50	John Kopalek	59	M	49:45	8:01
51	Mike Guenther	40	M	49:55	8:02
52	Rick Chrisler	48	M	50:09	8:05
53	Dennis Gilyard	58	M	50:43	8:10
54	Chris Kamp	47	M	50:47	8:11
55	Alan Hess	45	M	51:04	8:14
56	Kathy Anderson	48	F	51:31	8:18
57	Margo Martin	38	F	51:38	8:19
58	Christine Cumming	58	F	51:39	8:19
59	Stacey Axtell-Whiting	38	F	51:40	8:19
60	Deb James	38	F	51:47	8:21
61	Karla Eisch	53	F	52:13	8:25
62	Bob Crounse	45	M	53:02	8:33
63	John Denmon	42	M	53:16	8:35
64	Ed DeSantis	45	M	53:49	8:40
65	Joe Gluck	57	M	54:28	8:46
66	Debbie Grassi	60	F	54:31	8:47
67	Kara Hendley	40	F	54:35	8:48
68	Fred Bostrom	72	M	55:01	8:52
69	Vicki Becker	49	F	56:49	9:09
70	Margret Betz	73	F	56:52	9:10
71	Aimee Andersen	45	F	58:05	9:21
72	Douglas Russell	42	M	59:37	9:36
73	Carolyn Hall	47	F	1:03:18	10:12
74	Kevin Reilly	55	M	1:04:22	10:22
75	Holly Parkyn	55	F	1:04:25	10:23
76	Bob Volk	66	M	1:05:15	10:31
77	Lori Haskell	39	F	1:07:34	10:53
78	Dawn DeVita	46	F	1:09:23	11:10
79	Elaine Errigo-Gilyard	58	F	1:11:07	11:27
80	Pat Coveny	69	F	1:17:52	12:32

Results for January 16 Temperature 38°, Sunny

Wasn't that a great day? Who would have thought we would get weather like that. And we think we broke the record the number of runners: 97 Finishers, including 16 early starters.

Thanks again to all the volunteers: Mike Zwick, Kristy Zuber, Dan Daugherty, Nancy Werthmuller, Ben Snodgrass, Helmut Betz, Skip Hamlin, and Chuck Barney.

Updated 01-19-2010

Place	Name	Age	S	Time	Pace
1	Max Straneva	17	M	34:00	5:29
2	Tim Romanski	19	M	34:06	5:30
3	Mike Murphy	36	M	34:35	5:34
4	Shaun Horan	28	M	36:00	5:48
5	Stephen Marcin	25	M	36:28	5:53
6	Mike Olson	44	M	36:51	5:56
7	Phil Kwasney	28	M	37:18	6:01
8	Eric Maki	48	M	37:22	6:01
9	Jeremy Anderson	17	M	37:24	6:02
10	Harry Back	39	M	38:07	6:09
11	Matthew Romanski	16	M	38:16	6:10
12	Thomas Mullins	42	M	38:17	6:10
13	Brian Cummins	54	M	39:35	6:23
14	Joshua Chilson	17	M	40:11	6:29
15	Kyle Gilyard	17	M	40:42	6:33
16	Lee Anderson	52	M	40:47	6:34
17	Doug Stoner	51	M	41:09	6:38
18	Erica Riecke	26	F	41:13	6:38
19	Christopher Tucker	32	M	41:14	6:39
20	Ron Hulslander	53	M	41:24	6:40
21	William McGovern	50	M	41:35	6:42
22	Fred Malloy	44	M	41:45	6:44
23	Andrew Cody	29	M	42:12	6:48
24	Chuck Hein	50	M	42:18	6:49
25	Rachel Boardman	29	F	42:23	6:50
26	Christine Reynolds	39	F	42:34	6:52
27	Jonathan Murray	32	M	42:46	6:53

28	Dan Dofton	35 M	43:06	6:57
29	Jeff Hall	52 M	43:35	7:01
30	Emily Piza-Taylor	32 F	43:43	7:03
31	Vince Fox	51 M	44:45	7:13
32	Michael Cole	40 M	44:47	7:13
33	Mark Hendley	42 M	44:52	7:14
34	Fred Bianco	32 M	45:00	7:15
35	Tim Nichols	16 M	45:02	7:15
36	Abe Nichols	41 M	45:34	7:20
37	Graham Upton	55 M	45:37	7:21
38	Richard Nichols	25 M	46:09	7:26
39	Kerry Zemek	51 M	46:17	7:27
40	James Wavle	50 M	46:30	7:30
41	Benjamin Kellogg	30 M	46:48	7:32
42	Abbie Bideaux	14 F	47:02	7:35
43	Larry Brooks	58 M	47:06	7:35
44	Justin Sturek	29 M	47:25	7:38
45	Nancy Werthmuller	58 F	47:46	7:42
46	Michael Anderson	61 M	47:59	7:44
47	Ned Clarke	50 M	48:02	7:44
48	Kevin Pasterchik	52 M	48:13	7:46
49	John Vasilopoulos	46 M	48:26	7:48
50	Jason Riesbeck	28 M	48:43	7:51
51	George Joseph	62 M	48:47	7:52
52	David Losee	39 M	49:18	7:57
53	Kathleen Lantry	47 F	49:26	7:58
54	Karen Fennie	40 F	49:30	7:58
55	Karla Eisch	53 F	49:37	8:00
56	Bob Beavan	46 M	50:21	8:07
57	Patrick Ruehlman	50 M	50:31	8:08
58	Paul McCabe	63 M	50:51	8:12
59	Mike Guenther	40 M	51:09	8:14
60	Jillian Kalweit	27 F	51:14	8:15
61	Harland Bigelow	63 M	51:21	8:16
62	Kathy Anderson	48 F	51:48	8:21
63	Sara Gdovin	26 F	51:56	8:22
64	Deb James	38 F	52:13	8:25
65	Chris Kamp	47 M	52:17	8:25
66	Stacey Axtel-Whiting	38 F	52:37	8:29
67	Bob Crounse	45 M	52:38	8:29
68	Alan Hess	45 M	52:40	8:29
69	Joe Gwizdaloski	57 M	52:58	8:32
70	Eric Bowerman	31 M	53:14	8:35
71	Tracy Baumgart	41 F	53:19	8:35
72	Candice Poyer	41 F	53:20	8:35
73	Paula Williams	56 F	53:39	8:39
74	Vicki Becker	49 F	53:44	8:39
75	Michael Welch	49 M	53:59	8:42
76	Kara Hendley	40 F	54:29	8:47
77	John Denmon	42 M	54:30	8:47
78	Debbie Grassi	60 F	54:35	8:48
79	Tony Mazza	64 M	56:01	9:01
80	Janelle Walkley	22 F	56:14	9:03
81	Margo Martin	30 F	56:15	9:04
82	Aimee Anderson	45 F	57:11	9:13
83	Margret Betz	73 F	57:13	9:13
84	Ron DiPaola	35 M	58:40	9:27
85	Joe Gluck	61 M	1:00:00	9:40
86	Kristy Angelo	33 F	1:00:42	9:47
87	Kevin Tripp	39 M	1:01:35	9:55
88	Alice Caroompas	45 F	1:01:42	9:56
89	Carolyn Hall	51 F	1:03:03	10:09
90	Steve Willett	47 M	1:04:31	10:23
91	Laura Golembeski	31 F	1:06:12	10:40
92	Mike Golembeski	62 M	1:06:13	10:40
93	Dawn DeVita	46 F	1:12:08	11:37
94	Kevin Reilly	55 M	1:12:16	11:38
95	Holly Parkyn	55 F	1:12:22	11:39
96	Theresa Kamp-Peters	46 F	1:15:03	12:05
97	Pat Coveny	69 F	1:32:48	14:57

Results for January 9 Temperature 12°, Wind 15 mph

Cold, Cold, Cold. I even wore gloves. Good turnout again. We had 74 finishers.

Special thanks to Mike Zwick for doing Danny's stuff along with the things he normally does. Dan and Kristy were off to the Walt Disney Marathon. Looks like they had awful weather also.

Many volunteers - Skip Hamlin, Steve Esposito, Thersa ??, Mike Zwick, Chuck Barney, Nancy Werthmuller, Trish Spring, George Joseph, and George Groome (in absentia).

Tom H

Updated January 12, 2010. 1:30 PM

Place	Name	Age	S	Time	Pace
1	Eric Stermer	21	M	33:53	5:28
2	Stephen Marcin	25	M	36:29	5:53
3	Michael Murphy	36	M	38:36	6:13
4	Eric Maki	48	M	38:48	6:15
5	Colin Staiger	16	M	39:09	6:19
6	Matthew Beucko	23	M	39:25	6:21
7	Harry Back	39	M	39:27	6:21
8	Jeremy Anderson	17	M	39:41	6:24
9	Phil Kwasney	28	M	39:57	6:26
10	April Monroe	23	F	41:18	6:39
11	Kyle Gilyard	17	M	41:44	6:43
12	Janine Fitzgerald	36	F	41:45	6:44
13	Chris Cowden	36	M	41:46	6:44
14	Brian Cummins	54	M	41:48	6:44
15	Lee Anderson	52	M	42:13	6:48
16	Andrew Cody	29	M	42:51	6:54
17	Erica Riecke	26	F	43:03	6:56
18	Fred Malloy	44	M	43:09	6:57
19	William McGovern	50	M	43:38	7:02
20	Christopher Tucker	32	M	43:41	7:02
21	Bob Stocks	43	M	43:54	7:04
22	Kevin Tripp	39	M	44:18	7:08
23	Jeff Hall	52	M	44:35	7:11
24	Christine Reynolds	39	F	44:56	7:14
25	Dan Dofton	35	M	44:56	7:17
26	Emily Piza-Taylor	32	F	46:05	7:25
27	Michael Cole	40	M	46:16	7:27
28	James Wavle	50	M	46:23	7:28
29	Fred Bianco	32	M	46:42	7:31
30	Rachel Boardman	29	F	46:57	7:34
31	Christopher Sullivan	31	M	47:33	7:40
32	Abbie Bideaux	14	F	47:51	7:43
33	Mark Hendley	42	M	48:15	7:46
34	Susan Cain	41	F	48:16	7:47
35	Kerry Zemek	51	M	48:37	7:50
36	Ashley Marcin	26	F	49:00	7:54
37	Kevin Pasterchik	52	M	49:38	8:00
38	David Macewan	38	M	49:40	8:00
39	Karen Fennie	40	F	50:04	8:01
40	Nancy Werthmuller	58	F	50:05	8:04
41	Kathleen Lantry	47	F	50:14	8:06
42	Michael Anderson	61	M	50:25	8:07
43	Matt Lane	17	M	50:27	8:08
44	Bob Beavan	46	M	50:41	8:10
45	Sara Gdovin	26	F	51:30	8:18
46	Patrick Ruehlman	50	M	51:36	8:19
47	Paige Walker	23	F	51:38	8:19
48	Rick Chrisler	48	M	51:43	8:20
49	Jennifer Garcia	31	F	51:44	8:20
50	Allison Hall	17	F	52:05	8:23
51	David Losee	39	M	52:08	8:24
52	Paul Mccabe	63	M	52:23	8:26
53	Margo Martin	38	F	52:33	8:28
54	Joseph Reynolds	62	M	52:35	8:28
55	Kathy Anderson	48	F	52:41	8:29
56	Joanne Weir	53	F	52:46	8:30
57	Kara Hendley	40	F	53:31	8:37
58	Mike Guenther	40	M	53:49	8:40
59	Deb James	38	F	54:13	8:44
60	Vicki Becker	49	F	54:46	8:49
61	Bob Crounse	45	M	54:53	8:50
62	Stacey Axtell-Whiting	38	F	55:10	8:53
63	Michael Welch	49	M	55:17	8:54
64	Ed Desantis	45	M	55:18	8:54
65	Debbie Grassi	60	F	56:08	9:03
66	Douglas Russell	42	M	56:38	9:07
67	Joe Gluck	55	M	1:01:57	9:59
68	Margret Betz	73	F	1:03:23	10:13
69	Carolyn Hall	50	F	1:04:28	10:23
70	Alice Caroompas	45	F	1:07:15	10:50
71	Holly Parkyn	55	F	1:14:41	12:02
72	Karren Bee-Donahoe	51	F	1:17:20	12:27
73	Dawn Devita	46	F	1:20:13	12:55
74	Pat Coveny	69	F	1:24:18	13:35

Results for January 2 Temperature 15°, Wind 15 mph

We had 83 finishers and 2 DNF's. Great turn-out. The Freeze certainly lived up to its name. When I arrived at the park at 7:45, it was still locked and there was no wind. They finally got the Park open at 9:15. Early runners had to scramble. We had 7 early starters.

As the day went on, the wind kept increasing. Registration was a scramble like piranha going after someone's butt. The pens didn't work

well, nor the pencils either. Temperature was about 15 but the wind chill factor was close to zero.

In other words everyone had a good time.

Janeen Fitz, Dan Dougherty, Mike Zwick, Chuck Barney and Kristy Zuber were the volunteers. Given the conditions, its amazing how well it went. Janeen brought a whole mess of cookies and they were awesome.

Tom Hamlin

Updated January 15

Place	Name	Age	S	Time	Pace
1	Tim Romanski	19	M	36:39	5:54
2	Michael Murphy	36	M	36:56	5:57
3	Steve Esposito	20	M	38:06	6:08
4	Chris Cowden	36	M	38:35	6:13
5	Stephen Marcin	25	M	38:52	6:16
6	Phil Kwasney	28	M	39:01	6:17
7	Harry Back	39	M	40:12	6:29
8	Eric Maki	48	M	40:21	6:30
9	Jeremy Anderson	17	M	40:42	6:33
10	Thomas Mullins	42	M	40:58	6:36
11	Matthew Romanski	16	M	41:36	6:42
12	Kyle Gilyard	17	M	42:31	6:51
13	Vince Fox	51	M	42:47	6:54
14	Kevin Tripp	39	M	42:51	6:54
15	Lee Anderson	52	M	43:20	6:59
16	Brian Cummings	54	M	43:23	6:59
17	Joe Lyman	37	M	43:29	7:00
18	Ron Huslander	53	M	43:51	7:04
19	Fred Malloy	44	M	44:04	7:06
20	Christopher Tucker	32	M	44:17	7:08
21	Chuck Hein	50	M	44:20	7:09
22	Martin Hahn	50	M	44:28	7:10
23	Doug Stoner	51	M	44:31	7:10
24	Jeff Hall	52	M	44:47	7:13
25	Andrew Cody	29	M	45:08	7:16
26	Glen Small	64	M	45:15	7:17
27	William McGovern	50	M	45:33	7:20
28	Bob Stocks	43	M	45:44	7:22
29	Christine Reynolds	39	F	45:46	7:22
30	Emily Piza-Taylor	32	F	45:55	7:24
31	Mark Hendley	42	M	46:43	7:32
32	Michael Cole	40	M	46:58	7:34
33	James Warle	50	M	47:48	7:42
34	Jon Murray	34	M	47:52	7:43
35	Ken Wier	55	M	48:25	7:48
36	Abbie Bideaux	14	F	48:37	7:50
37	Sue Priestley	45	F	48:56	7:53
38	Holly Parkin	55	F	48:58	7:53
39	Ashley Marcin	26	F	49:03	7:54
40	Keving Reilly	55	M	49:08	7:55
41	Kerry Zemek	51	M	49:29	7:58
42	Robert Hartmann	51	M	50:19	8:06
43	Larry Brooks	58	M	50:27	8:08
44	David Losee	39	M	50:55	8:12
45	Michael Anderson	61	M	51:49	8:21
46	Justin Sturek	29	M	51:50	8:21
47	Kevin Pasterchik	51	M	52:24	8:26
48	Patrick Ruehlman	50	M	52:38	8:29
49	Bob Beavan	46	M	52:48	8:30
50	Allison Lawruk	29	F	53:54	8:41
51	Kathleen Lantry	47	F	53:59	8:42
52	Kara Hendley	40	F	54:21	8:45
53	Joesph Reynolds	62	M	54:23	8:46
54	Stacey Axtel-Unity	38	F	54:31	8:47
55	Mareo Martin	38	F	54:36	8:48
56	David Kostyal	55	M	54:52	8:50
57	Jeanne Weir	53	F	54:58	8:51
58	Bob Crounse	45	M	55:37	8:58
59	Paula Williams	56	F	55:38	8:58
60	Harland Bigelow	63	M	56:20	9:04
61	Karla Eisch	53	F	56:41	9:08
62	Dennis Gilyard	60	M	56:46	9:09
63	Kathy Anderson	48	F	56:51	9:09
64	Ed Desantis	45	M	56:51	9:09
65	Deb James	38	F	56:53	9:10
66	Mike Guenther	40	M	56:56	9:10
67	Joe Gwizdaloski	56	M	56:57	9:10
68	Vicki Becker	49	F	57:04	9:12
69	Michael Welch	49	M	57:40	9:17
70	Ron Dipaola	35	M	58:14	9:23
71	Larry Lepak	60	M	58:26	9:25
72	Debbie Grassi	60	F	59:10	9:32
73	Skip Hamlin	59	M	59:36	9:36

74	Jim Lawruk	29	M	59:38	9:36
75	Aimee Anderson	45	F	59:48	9:38
76	Jennifer Woltjen	52	F	1:00:10	9:41
77	Sara Gdovin	26	F	1:00:16	9:42
78	Douglas Russell	42	M	1:00:22	9:43
79	Margret Betz	73	F	1:00:30	9:45
80	Joe Gluck	55	M	1:02:05	10:00
81	Carolyn Hall	50	F	1:02:51	10:07
82	Alice Caroompas	45	F	1:02:59	10:09
83	Dave Buchta	62	M	1:04:33	10:24
84	Elaine Errigo-Gilyard	58	F	1:15:00	12:05