

## January Freeze 10K Series Binghamton, NY

### January Freeze Award Winners

Congratulations to all the award winners. We hope to see you again next year.

#### **Pie Winners**

Week 1 - Jordon Varano and Annette Acuff  
Week 2 - Christian Thompson and Lynann Lorenz  
Week 3 - Dave Bradshaw and Nancy Werthmuller  
Week 4 - Garth Watson and Suzy Myette

#### **Women Overall**

1st Place - Lynann Lorenz  
2nd Place - Sue Cain  
3rd Place - Nancy Werthmuller  
Masters 1st Place - Suzy Myette

#### **Men Overall**

1st Place - Birant AkBay  
2nd Place - Jordan Varano  
3rd Place - Steve Cammisa  
Masters 1st Place - Eric Maki

### Results for January 27

64 Starters - 62 Finishers. Weather still wintery but much better than last week. Many runners were shedding clothes almost immediately after the start of the race. We had 121 different people who finished at least 1 race. That is a record. Thanks for all your support and participation.

Thanks to the volunteers - Jordan Varano, Ed Jenner, Skip Hamlin, and especially Chuck Barney and Dan Dougherty. Nice job.

- 1 Garth Watson M 17 34:12
- 2 Birant Akbay M 18 35:07
- 3 Steve Cammisa M 39 36:27
- 4 Eric Maki M 45 36:49
- 5 Steve Esposito M 18 38:03
- 6 Greg Derick M 35 38:59
- 7 Caleb Smith M 29 39:43
- 8 Fred Malloy M 41 40:56
- 9 Dan Young Jr M 16 41:40
- 10 Greg Amend M 42 42:08
- 11 Bruce Lee M 50 42:23
- 12 Lynann Lorenz F 27 42:32
- 13 William Jones M 32 42:45
- 14 Suzanne Myette F 48 43:01
- 15 Dave Heck M 40 43:09
- 16 Chuck Hein M 47 43:22
- 17 William McGovern M 47 44:27
- 18 Allison Lawruk F 26 44:35
- 19 Christopher Chinhong M 18 44:38
- 20 Jim Lawruk M 27 45:37
- 21 Sue Cain F 38 46:02
- 22 Ned Clarke M 49 46:02
- 23 Frank Watson M 49 46:34
- 24 David Losee M 36 47:21
- 25 Nancy Werthmuller F 55 47:23
- 26 Rich Begliomini M 58 47:31
- 27 Paul Oliver M 53 48:26
- 28 Larry Brooks M 55 48:33
- 29 Chris Cowden M 33 48:40
- 30 Michael Lewis M 28 48:47
- 31 Sue Priestley F 42 48:48
- 32 Vince Kelley M 50 48:49
- 33 William Ondrayko M 54 49:18
- 34 Kevin Pasterchick M 49 49:43
- 35 Chris Camp M 44 50:03
- 36 Patrick Ruehlman M 47 50:06
- 37 Marla Goyden F 40 50:08
- 38 Paul (Skip) Hamlin M 56 50:56
- 39 George Groome M 66 51:01
- 40 Bob Matson M 59 51:30
- 41 Joe Gwizdaloski M 53 51:39
- 42 Margret Betz F 70 52:53
- 43 Tim Kamp M 41 54:29
- 44 Barbara Morrissey F 59 54:48

45 Steve Willet M 44 54:55  
 46 Kelley Hamlin F 35 54:58  
 47 Joe DiMattina M 59 56:03  
 48 Glenn Small M 61 56:11  
 49 Brendan Flynn M 67 56:15  
 50 Karla Eisch F 50 56:29  
 51 Kaitlyn Schultz F 19 57:04  
 52 Debbie Grassi F 57 57:15  
 53 Dan Young M 44 57:31  
 54 Susan Schultz F 44 59:07  
 55 Carolyn Hall F 44 61:54  
 56 Keith Heron M 56 62:45  
 57 Holly Parkyn F 52 66:01  
 58 Brooke Malloy F 13 76:45  
 59 John Thompson M 59 79:05  
 60 Dawn DeVita F 43 79:43  
 61 Karren Bee-Donohoe F 48 80:31  
 62 Patricia Coveny F 66 83:48

## Results for January 20

55 Starters - 50 Finishers - very impressive given the temperature of 20 degrees and windchill of who knows what and whiteouts and did I mention wind. Thanks to George Joseph, Chuck Barney, Ed Jenner, Skip Hamlin and Greg Amend from Directors Dan and Tom.

No. Name M/F Age Time  
 1 Dave Bradshaw M 28 35:24  
 2 Birant Akbay M 18 35:55  
 3 Jordan Varano M 27 36:21  
 4 Steve Esposito M 18 40:44  
 5 Greg Derick M 35 41:39  
 6 Michael Murphy M 33 42:28  
 7 Fred Malloy M 41 43:11  
 8 Caleb Smith M 29 43:33  
 9 Greg Amend M 42 43:42  
 10 Stephen Gaug M 17 43:43  
 11 Bruce Lee M 50 43:57  
 12 Benjamin Snodgrass M 14 44:13  
 13 Tom Lewis M 46 44:57  
 14 William Jones M 32 45:03  
 15 Isaac Joesph M 18 45:12  
 16 Chuck Hein M 47 45:15  
 17 Graham Upton M 52 45:21  
 18 William McGovern M 47 45:42  
 19 Patrick Joyce M 39 47:16  
 20 Ned Clarke M 49 47:38  
 21 Lynann Lorenz F 27 48:01  
 22 Rich Begliomini M 58 49:01  
 23 Nancy Werthmuller F 55 49:40  
 24 David Losee M 36 49:54  
 25 Chris Cowden M 33 50:21  
 26 Susan Cain F 38 50:28  
 27 J.C. Colling M 34 52:05  
 28 Kevin Pasterchick M 49 52:26  
 29 William Ondreyko M 54 53:03  
 30 Paul (Skip) Hamlin M 56 53:58  
 31 George Groome M 66 54:02  
 32 Patrick Ruehlman M 47 54:45  
 33 Joe Gwizdaloski M 53 54:47  
 34 Karla Eisch F 50 55:26  
 35 Margret Betz F 70 55:36  
 36 Paul McCabe M 61 56:08  
 37 Maegen Lewis F 18 56:12  
 38 Laurie Hall F 17 56:12  
 39 Joe DiMattina M 59 56:27  
 40 John Lomasney M 49 56:29  
 41 Steve Willet M 44 58:41  
 42 Kathy Anderson F 45 60:32  
 43 Keith Heron M 56 63:40  
 44 Ann Maucusa F 48 64:26  
 45 Caroline Hall F 44 64:53  
 46 Holly Parkyn F 52 71:08  
 47 Dawn Devita F 43 81:50  
 48 Karren Bee-Donohoe F 48 82.20  
 49 John Thompson M 59 85:20  
 50 Patricia Coveny F 66 86:20

## Results for January 13

Rain didn't keep the runners away. Record 77 finishers. Whoda thunk it. Temperatures were mild (50). The club's 2 tents worked great. The` race was run in reverse direction on the big loop. Everyone seemed to think it was better and safer. Thanks to Ed Jenner, Sue Cain, Skip Hamlin, George Joseph and especially Mike Zwick and Chuck Barney. Dan and I couldn't do it without you.

If you have comments about the race or corrections to the results, please send them to [Tom Hamlin](#).

1 Christian Thompson M 18 33:55  
 2 Birant Akbay M 18 34:19  
 3 Jordan Varano M 27 34:46  
 4 Steve Cammisa M 39 35:30  
 5 Michael Olson M 41 36:55  
 6 Greg Derick M 35 37:38  
 7 Dan Young M 16 38:03  
 8 Steve Esposito M 18 38:04  
 9 Michael Murphy M 33 38:36  
 10 Eric Maki M 45 39:44  
 11 Greg Amend M 42 39:59  
 12 Kevin Tripp M 36 40:17  
 13 Benjamin Nichols M 16 40:18  
 14 Shane Johnson M 22 40:25  
 15 Fred Malloy M 41 40:26  
 16 Stephen Gaug M 16 40:34  
 17 Benjamin Snodgrass M 14 41:34  
 18 Bruce Lee M 50 41:43  
 19 Lynann Lorenz F 27 42:14  
 20 William Jones M 32 42:26  
 21 Suzanne Myette F 49 42:34  
 22 Byron LaBare M 33 42:35  
 23 Isaac Joseph M 18 43:14  
 24 William McGovern M 47 43:24  
 25 Vincent Mariano M 16 44:10  
 26 Mark Brooks M 24 44:17  
 27 Chuck Hein M 47 44:22  
 28 Ron Meeker M 47 44:46  
 29 Patrick Joyce M 39 44:57  
 30 Bethany Stone F 18 45:33  
 31 Dason Tinkham M 17 45:34  
 32 Vince Kelley M 50 45:51  
 33 Susan Cain F 38 45:57  
 34 Katie Haas F 18 46:06  
 35 Ashley Tierney F 22 46:23  
 36 Paul Oliver M 53 46:29  
 37 Katherine Sullivan F 18 46:45  
 38 Kunter Akbay M 51 46:46  
 39 Nancy Werthmuller F 55 46:49  
 40 Rich Begliomini M 58 46:50  
 41 Larry Brooks M 55 46:56  
 42 David Losee M 36 47:48  
 43 David Rabinowitz M 55 48:02  
 44 Robert Egglar M 43 48:11  
 45 Sue Priestley F 42 48:20  
 46 George Joseph M 59 48:24  
 47 Laurie Hall F 17 49:09  
 48 Kevin Pasterchick M 49 49:19  
 49 Paul (Skip) Hamlin M 56 49:53  
 50 William Ondrayko M 54 50:22  
 51 Bob Matson M 59 50:26  
 52 Doug Sutton M 50 51:15  
 53 Margret Betz F 70 51:30  
 54 Patrick Ruehlman M 47 51:46  
 55 Joe Gwizdaloski M 53 51:47  
 56 Lisa Mallery F 47 52:09  
 57 Lydia Stamato F 21 53:05  
 58 Dave Talcott M 46 53:18  
 59 Steve Willet M 44 53:41  
 60 John Denmon M 39 53:45  
 61 Brendan Flynn M 67 54:37  
 62 Ron Arno M 58 54:39  
 63 Megan Crowley F 25 55:08  
 64 Ginger VanEtten F 51 55:15  
 65 Dick Lane M 58 55:17  
 66 Debbie Grassi F 57 56:41  
 67 Anthony Mazza M 61 57:18  
 68 Dan Young M 44 57:52  
 69 Anne Reichert F 44 58:12  
 70 Ann Maucusa F 48 58:43  
 71 Caroline Hall F 44 58:46  
 72 John Thompson M 59 59:56  
 73 Brooke Malloy F 13 63:06  
 74 Holly Parkyn F 52 70:02  
 75 Dawn DeVita F 43 79:20  
 76 Karren Bee-Donohoe F 48 79:25  
 77 Patricia Coveny F 66 82:18

## Results for January 6

Real nice start for the 2007 Freeze series. Weather is amazing. Approx 65, sunny (and windy). We had 68 starters and 63 finishers. It was so warm, we had to scramble and have a waterstop. Dan and Tom (Co-directors) thank today's volunteers - Mike Zwick, Chuck Barney, Sue Cain, Ed Jenner and his wife, George Joseph, Glynna Hamlin, Skip Hamlin.

1 Jordan Varano M 27 35:16  
2 Steve Cammisa M 39 36:20  
3 Eric Maki M 45 37:02  
4 Michael Murphy M 33 39:51  
5 Annette Acuff F 35 39:59  
6 Rachel Hall F 21 40:17  
7 Steve Esposito M 18 41:31  
8 Shane Johnson M 22 41:49  
9 Fred Malloy M 41 42:06  
10 Ryan Garges M 18 42:09  
11 Michael Cordi M 47 42:21  
12 William Jones M 32 42:52  
13 Bruce Lee M 50 42:56  
14 Suzy Myette F 49 43:37  
15 William McGovern M 47 44:41  
16 Joe Monteforte M 43 45:09  
17 John Lomasney M 49 45:37  
18 Patrick Joyce M 39 46:10  
19 Graham Upton M 52 46:30  
20 Kristin Olson F 37 46:37  
21 Ned Clarke M 49 46:37  
22 Larry Brooks M 55 47:26  
23 Mike Joyce M 53 48:39  
24 Rich Begliomini M 58 48:48  
25 Susan Cain F 38 48:57  
26 George Groome M 66 49:12  
27 Paul Oliver M 53 49:17  
28 Nancy Werthmuller F 55 49:17  
29 Sue Priestly F 42 49:25  
30 Kevin Pasterchick M 49 49:33  
31 Ashley Tierney F 22 49:47  
32 William Ondrayko M 54 50:58  
33 Bob Matson M 59 51:09  
34 Paul Hamlin M 56 51:18  
35 Thomas Doolittle M 14 52:06  
36 Margret Betz F 70 52:27  
37 Chris Cowden M 33 52:32  
38 Maegan Lewis F 18 52:53  
39 Fred Bostrom M 69 53:13  
40 Karla Eisch F 50 53:21  
41 Steve Willet M 44 53:45  
42 Ron Arno M 58 53:51  
43 Peter Morgan M 27 54:16  
44 Larry Lepak M 57 54:32  
45 Chris Camp M 44 54:56  
46 Patrick Ruehlman M 47 55:24  
47 Tim Camp M 41 57:13  
48 Joe Gwizdaloski M 53 57:18  
49 Brendan Flynn M 67 57:53  
50 Debbie Grassi F 57 57:59  
51 John Denmon M 39 58:04  
52 Megan Crowley F 25 58:04  
53 Jennifer Woltjen F 49 58:13  
54 Anthony Mazza M 61 58:28  
55 Anne Reichert F 44 59:00  
56 Vince Kelley M 50 59:02  
57 Dick Lane M 58 61:40  
58 Sherette Parker F 29 62:58  
59 David Buchta M 60 64:36  
60 Carolyn Hall F 44 66:09  
61 Ann Mancuso F 48 66:10  
62 Karren Bee-Donohoe F 48 81:29  
63 Patricia Coveny F 66 84:36