

2005 TCRC Track Meet Results Maine-Endwell High School Endwell, NY

August 31, 2005

Rainy end to the season with as many helpers as runners. Grace TabEEK ran the meet with help from George Joesph, Susan Cain, Dan Dougherty and Tom Hamlin. Thanks to all.

We did the order a little different with no 800.
Tom Hamlin

400

- 1) Rich Rogotti - 1:06
- 2) John Murdock - 1:06

1 Mile

- 1) Kevin Pasterchik - 6:32
- 2) Rich Rigotti - 7:09
- 3) Dawn DeVita - 9:31

2 Mile

- 1) John Murdock - 13:22
- 2) Rich Rigotti - 14:04
- 3) Kevin Pasterchik - 14:08
- 4) Larry Lepak - 16:34
- 5) Dawn DeVita - 21:15

August 24, 2005

Excellent turn-out - 33 runners. Weather was ideal although pretty windy down the back stretch. George Joesph ran the meet and Sue Cain & Dan Dougherty assisted.

This Wednesday's meet (8/31) will be the last one of the 2005 season. Thanks to all of the TCRC volunteers who made this track season possible.

Mile

- 1) Andrew Reardon - 4:45
- 2) Mike Olson - 5:05
- 3) Dave Winslow - 5:17
- 4) Christa Winslow - 5:39
- 5) Sheryl Rosen - 5:43
- 6) Graham Upton - 5:50
- 7) John Murdock - 6:00
- 8) Sterling Payne - 6:09
- 9) Aaron Wilks - 6:17
- 10) Ed Jenner - 6:18
- 11) Jason Wilks - 6:29
- 12) Vince Kelley - 6:31
- 13) Skip Hamlin - 6:36
- 14) Jim Landis - 6:42
- 15) Kevin Pasterchik - 6:43
- 16) Doug Sutton - 6:51
- 17) Lynn Jenner - 6:59
- 18) Jason Felice - 7:20
- 19) Jeff Felice - 7:21
- 20) Tom Hamlin - 7:29
- 21) Anne Reichert - 8:11
- 22) Samantha Wilks - 8:17
- 23) Dave Buchta - 8:22

800m

- 1) Sterling Payne - 2:56 (11 Years old)
- 2) Jason Wilks - 3:11
- 3) Skip Hamlin - 3:15
- 4) Doug Sutton - 3:17
- 5) Neil Holdsworth - 3:18
- 6) Jacob Felice - 3:45
- 7) Samantha Wilks - 3:45
- 8) Jeff Felice - 3:46
- 9) Anne Reichert - 3:52
- 10) Logan Murdock - 3:58
- 11) Dave Buchta - 4:10
- 12) Shane Murdock - 4:24

13) Max Bogart - 4:27

400m

- 1) Dave Winslow - 1:06
- 2) John Murdock - 1:08
- 3) Graham Upton - 1:09
- 4) Christa Winslow - 1:11
- 5) Jason Wilks - 1:13
- 6) Aaron Wilks - 1:18
- 7) Jim Landis - 1:19
- 8) Skip Hamlin - 1:22
- 9) Doug Sutton - 1:25
- 10) Neil Holdsworth - 1:44
- 11) Jenna Felice - 1:46
- 12) Samantha Wilks - 1:47
- 13) Dave Buchta - 1:48
- 14) Shane Murdock - 1:59
- 15) Logan Murdock - 2:00
- 16) Max Bogart - 2:01
- 17) Victoria Payne - 2:41
- 18) Patrick McCullough - 2:59

2 Mile

- 1) Patrick Murphy - 9:58
- 2) Andrew Reardon - 10:38
- 3) Jeff Felice - 11:08
- 4) Mile Olson - 11:21
- 5) Max Straneva - 11:41
- 6) Sheryl Rosen - 12:14
- 7) Ed Jenner - 13:29
- 8) Graham Upton - 13:31
- 9) Vince Kelley - 13:34
- 10) Zachary Reardon - 14:02
- 11) Kevin Pasterchik - 14:07
- 12) Aaron Wilks - 14:54
- 13) Doug Sutton - 15:03
- 14) Jason Wilks - 15:24
- 15) Skip Hamlin - 15:44
- 16) Jim Landis - 15:45
- 17) Lynn Jenner - 16:34
- 18) Tom Hamlin - 16:40
- 19) Jason Felice - 16:53
- 20) Jenna Felice - 17:33
- 21) Anne Reichert - 17:46
- 22) Jacob Felice - 17:55
- 23) Dave Buchta - 21:32

August 17, 2005

Excellent turn-out - 29 runners. George Joseph ran the meet and was ably assisted by Sue Cain, Dave Talcott & Tom Hamlin. Thanks to all.

Mile (Seiko had a glitch so times are approx)

- 1) Byron LaBare - 5:14
- 2) Jeff Felice - 5:21
- 3) Max Straneva - 5:41
- 4) Sheryl Rosen - 5:47
- 5) Rich Rigotti - 5:56
- 6) Doug Garner - 6:00
- 7) Sterling Payne - 6:12
- 8) Rick Woidt - 6:13
- 9) Nancy Bennent - 6:15
- 10) Ed Jenner - 6:19
- 11) Jason Wilks - 6:30
- 12) Lynn Jenner - 6:50
- 13) Jess Felice - 7:02
- 14) Doug Sutton - 7:11
- 15) Jenna Felice - 7:36
- 16) Samantha Wilks - 7:48
- 17) Jacob Felice - 7:52
- 18) One Chansavath - 8:12
- 19) Scott Raymond - 8:13
- 20) Dawn DeVita - 9:38

800

- 1) John Hylas - 2:25
- 2) John Murdock - 2:29
- 3) Derek Dean - 2:30
- 4) Katie Danner - 2:31
- 5) Scott Raymond - 2:33
- 6) Aaron Wilks - 2:38
- 7) Doug Garner - 2:46
- 8) Jason Wilks - 2:54
- 9) Nancy Bennent - 2:55

- 10) Rich Rigotti - 3:05
- 11) Doug Sutton - 3:21
- 12) Samantha Wilks - 3:57
- 13) Dawn DeVita - 4:29

400

- 1) John Hylas - 1:05
- 2) Derek Dean - 1:06
- 3) Rich Rigotti - 1:09
- 4) Katie Danner - 1:10
- 5) Jason Wilks - 1:12
- 6) Doug Garner - 1:12
- 7) Aaron Wilks - 1:19
- 8) Doug Sutton - 1:27
- 9) Shelby Wilks - 1:35
- 10) Jenna Felice - 1:39
- 11) Jeff Felice - 1:43
- 12) Jacob Felice - 1:44
- 13) Samantha Wilks - 1:44
- 14) Dawn DeVita - 1:55
- 15) Patrick McCullough - 2:47

2 Mile

- 1) Patrick Murphy - 10:19
- 2) Byron Labare - 11:50
- 3) Jeff Felice - 11:55
- 4) Suzanne Myette - 11:57
- 5) Max Straneva - 12:09
- 6) Katie Danner - 12:11
- 7) Sheryl Rosen - 12:18
- 8) Rick Woidt - 12:33
- 9) Derek Dean - 12:43
- 10) John Hylas - 12:44
- 11) Sterling Payne - 13:27
- 12) Ed Jenner - 13:58
- 13) Doug Garner - 14:01
- 14) Nancy Bennett - 14:03
- 15) Aaron Wilks - 14:15
- 16) John Murdock - 14:16
- 17) Doug Sutton - 15:17
- 18) Lynn Jenner - 15:58

August 10, 2005

Thanks go out to Dan Dougherty, George Joseph and Grace Tabeek for working the TCRC track meet last night and to Grace for typing up the results. Thanks also, Dan, for bringing the much needed and appreciated cold water and Gatorade! There are only 3 meets remaining this summer: 8/17, 8/24 and 8/31.

1 MILE

- Andrew Reardon- 4:49
Eric Stermer- 4:53
Suzanne Myette- 5:39
Sheryl Rosen- 5:52
Rich Rigotti- 6:01
Dave Talcott- 6:08
Doug Garner- 6:21
Erin Wilks- 6:23
Jason Wilks- 6:35
Kevin Pasterchik- 6:37
Lynn Jenner- 6:47
Doug Sutton- 7:26
Dawn DeVita- 9:40
Karen Bee-Donahue- 10:41

400 METERS

- Andrew Reardon- 0:57
Rich Rigotti- 1:08
Doug Garner- 1:14
Jason Wilks- 1:24
Aaron Wilks- 1:27
Doug Sutton- 1:30
Samantha Wilks- 1:48
Dawn DeVita- 2:01
Karen Bee-Donahue- 2:16

800 METERS

- Sheryl Rosen- 2:49
Doug Garner- 3:00
Aaron Wilks- 3:07
Rich Rigotti- 3:12
Jason Wilks- 3:12
Doug Sutton- 3:27
Samantha Wilks- 4:29
Dawn DeVita- 4:45
Karen Bee-Donahue- 5:36

2 Mile
Andrew Reardon- 11:48
Suzanne Myette- 12:28
Sheryl Rosen- 13:15
Aaron Wilks- 14:00
Kevin Pasterchik- 14:08
Rich Rigotti- 15:29
Doug Sutton- 15:30
Jason Wilks- 15:52
Lynn Jenner-18:52
Dawn DeVita- 23:01
Karen Bee-Donahue- 26:44

August 3, 2005

Thanks to Dan Dougherty, Sue Cain and George Joseph for helping out at last night's meet. Grace

1 MILE:
Cheryl Rosen- 5:54
Dave Talcott- 6:06
Nancy Bennett- 6:11
Jason Wilks- 6:33
Kevin Pasterchik- 6:45
Doug Sutton- 7:10
Barb Morrissey- 7:24
Cheryl Sweet- 7:56
Todd Sweet- 7:56

800M:
Matt Mariani- 2:36
Cheryl Rosen- 2:43
Jason Wilks- 2:49
Nancy Bennett- 2:51
Doug Sutton- 3:18
Barb Morrissey- 3:32
Todd Sweet- 3:47
Cheryl Sweet- 3:47

400M:
Matt Mariani- 1:09
Jason Wilks- 1:20
Nancy Bennett- 1:22
Doug Sutton- 1:28
Todd Sweet- 1:40
Cheryl Sweet- 1:41
Barb Morrissey- 1:42
Sabrina Prassel- 1:59

2-MILE:
Cheryl Rosen- 12:57
Kevin Pasterchik- 14:27
Nancy Bennett- 15:47
Doug Sutton- 16:07
Dave Talcott- 16:35
Jason Wilks- 17:08

July 27, 2005

Despite the threatening skies, we had a nice turn-out, and we beat the rain. Thanks to George Joseph, Dan Dougherty, and Fran Fitch for helping.

Mile

- 1) Nick Groover 5:32
- 2) Chuck Hein 5:46
- 3) Sheryl Rosen 6:02
- 4) Rick Woidt 6:07
- 5) Jason Wilks 6:11
- 6) Nancy Bennent 6:19
- 7) Rich Rigotti 6:35
- 8) Chris Simser 6:39
- 9) Kevin Pasterchik 6:43
- 10) Skip Hamlin 7:01
- 11) Chelsea Bendert 7:11
- 12) Nicole Sweeney 7:12
- 13) Susan Schultz 7:52

800

- 1) Matt Mariani 2:32
- 2) John Murdock 2:37
- 3) Aaron Wilks 2:44
- 4) Sheryl Rosen 2:45
- 5) Chelsea Bendert 2:55
- 6) Nancy Bennett 2:56
- 7) Rich Rigotti 3:05
- 8) Jason Wilks 3:16
- 9) Skip Hamlin 3:18

10) Neil Holdsworth 3:22

400

- 1) Matt Mariani 1:09
- 2) Rich Rigotti 1:10
- 3) Aaron Wilks 1:16
- 4) Jason Wilks 1:21
- 5) Nancy Bennett 1:23
- 6) Skip Hamlin 1:24
- 7) Neil Holdsworth 1:41
- 8) Logan Murdock 1:45
- 9) Chelsea Bendert 1:48
- 10) Nick Groover 1:48
- 11) Nicole Sweeney 1:49

2 Mile

- 1) Rick Woitdt 12:35
- 2) Chuck Hein 12:44
- 3) Sheryl Rosen 12:50
- 4) John Murdock 13:40
- 5) Aaron Wilks 14:00
- 6) Nancy Bennett 14:13
- 7) Kevin Pasterchik 14:20
- 8) Rich Rigotti 14:34
- 9) Chris Simser 15:09
- 10) Jason Wilks 15:37
- 11) Skip Hamlin 15:44

July 20, 2005

Wow - the runners sure burned up the track tonight. Nicer weather was a good change. Thanks to George Joseph and Dan Dougherty for helping.

Excellent Night
Tom Hamlin

Mile

- 1) Robert Marrow 4:32
- 2) Jarrett Newby 4:39
- 3) Andrew Reardon 4:42
- 4) Shelby Perkins 5:27
- 5) Ben Nichols 5:30
- 6) Greg Amend 5:39
- 7) Aaron Wilkes 5:48
- 8) John Murdock 5:54
- 9) Jeff Martinez 6:03
- 10) Sheryl Rosen 6:04
- 11) Nancy Bennent 6:13
- 12) Jason Wilks 6:18
- 13) Zack Reardon 6:45
- 14) Skip Hamlin 6:49
- 15) Jim Landis 7:03
- 16) David Nichols 7:36
- 17) Tim Nichols 8:34
- 18) Dawn DeVita 9:50

800m

- 1) Robert Marrow 2:06
- 2) Jarrett Newby 2:07
- 3) Ben Nichols 2:38
- 4) Greg Amend 2:41
- 5) John Murdock 2:47
- 6) Sheryl Rosen 2:49
- 7) Jason Wilks 2:54
- 8) Nancy Bennent 2:56
- 9) Sterling Payne 2:58
- 10) Laura Hanson 3:08
- 11) Skip Hamlin 3:29
- 12) David Nichols 3:53
- 13) Alex Amend 4:08
- 14) Dawn DeVita 4:41

400m

- 1) Robert Marrow 1:00
- 2) Jarrett Newby 1:04
- 3) Ben Nichols 1:10
- 4) John Murdock 1:15
- 5) Nancy Bennett 1:21
- 6) Jim Landis 1:22
- 7) Jason Wilks 1:25
- 8) Skip Hamlin 1:28
- 9) Laura Hanson 1:32
- 10) David Nichols 1:44
- 11) Tim Nichols 1:46

- 12) Jennifer Amend 1:54
- 13) Alex Amend 2:09
- 14) Dawn DeVita 2:12

2 Mile

- 1) Fred Joslyn 09:38
- 2) Robert Marrow 10:09
- 3) Andrew Reardon 10:56
- 4) Eric Stermer 11:15
- 5) Jarrett Newby 11:29
- 6) Nick Groover 11:40
- 7) Jeff Martinez 13:15
- 8) Sheryl Rosen 13:16
- 9) Aaron Wilks 14:03
- 10) Ben Nichols 14:08
- 11) Nancy Bennett 14:18
- 12) Sterling Payne 14:45
- 13) Zach Reardon 15:51
- 14) Skip Hamlin 16:05

July 13, 2005

Dan Dougherty and George Joseph worked the meet.

Mile

- Andrew Reardon 4:57
- Greg Amend 5:24
- Ben Nichols 5:29
- Steve Nichols 5:42
- Rick Woidt 5:56
- Aaron Wilks 6:03
- Sheryl Rosen 6:12
- Sterling Payne 6:17
- Nancy Bennett 6:24
- Jason Wilks 6:47
- Skip Hamlin 6:57
- David Nichols 7:27
- Larry Lepak 7:29
- Karen Bee-Donohoe 11:38

800

- Greg Amend 2:39
- Ben Nichols 2:44
- Sheryl Rosen 2:48
- Rick Woidt 2:55
- Nancy Bennett 2:59
- Aaron Wilks 3:05
- Jason Wilks 3:06
- Skip Hamlin 3:21
- Tim Nichols 3:41
- Karen Bee-Donohoe 5:55

400

- Andrew Reardon :57
- Steve Nichols 1:13
- Sheryl Rosen 1:16
- Sterling Payne 1:17
- Nancy Bennett 1:24
- Jason Wilks 1:25
- Skip Hamlin 1:25
- Larry Lepak 1:26
- Neil Holdsworth 1:31
- David Nichols 1:38
- Tim Nichols 1:43
- Logan Murdock 1:52
- Shane Murdock 2:13
- Karen Bee-Donohoe 2:42

2 mile

- Tom Carter 10:53
- Greg Amend 12:07
- Rick Woidt 12:28
- Ben Nichols 12:48
- Steve Nichols 13:41
- Nancy Bennett 14:43
- Aaron Wilks 14:47
- Sheryl Rosen 15:04
- Skip Hamlin 15:54
- Jason Wilks 18:10
- Larry Lepak 18:39

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July 6, 2005

Thanks to Ed Jenner, George Joseph, Dan Dougherty, Susan Cain & Tom Hamlin.

1 Mile

- 1) Andrew Reardon 4:49
- 2) Tom Ryan 4:52
- 3) Ben Nichols 5:30
- 4) Greg Amend 5:33
- 5) Jeff Martinez 5:54
- 6) Graham Upton 5:56
- 7) Rick Woidt 6:03
- 8) Sheryl Rosen 6:05
- 9) Nancy Bennett 6:11
- 10) Aaron Wilks 6:12
- 11) Skip Hamlin 6:52
- 12) Laura Hanson 7:06
- 13) Lynn Jenner 7:33
- 14) Tim Nichols 8:53

800M

- 1) Tom Ryan 2:24
- 2) Ben Nichols 2:40
- 3) Greg Amend 2:43
- 4) Sheryl Rosen 2:51
- 5) Aaron Wilks 2:54
- 6) Sterling Payne 2:55
- 7) Nancy Bennett 2:59
- 8) Graham Upton 3:10
- 9) Skip Hamlin 3:22
- 10) Laura Hanson 3:41
- 11) Tim Nichols 4:20

400M

- 1) Jarrett Newby 0:55
- 2) Tom Ryan 1:03
- 3) Ben Nichols 1:09
- 4) Graham Upton 1:11
- 5) Aaron Wilks 1:14
- 6) Sterling Payne 1:20
- 7) Nancy Bennett 1:22
- 8) Skip Hamlin 1:24
- 9) Laura Hanson 1:36
- 10) Tim Nichols 1:44

2 MILE

- 1) Andrew Reardon 11:16
- 2) Tom Ryan 11:38
- 3) Greg Amend 12:16
- 4) Rick Woidt 12:30
- 5) Jeff Martinez 13:19
- 6) Ben Nichols 13:36
- 7) Sheryl Rosen 13:50
- 8) Graham Upton 14:07
- 9) Nancy Bennett 14:48
- 10) Lynn Jenner 18:37

June 29, 2005

[Red Dress Run](#) report and
[Red Dress Photos](#).

June 22, 2005

Thanks to Dan Dougherty for the results. Dan Dougherty, Tom Hamlin, George Joseph and Kevin Pasterchik helped.

The Red Dress Run is next Wednesday, June 29 at 6 PM at Maine Endwell. There will be no track meet that date. The next track meet is Wednesday July 6.

1 MILE

1. Stephen Nichols 5:36
2. Ben Nichols 5:41
3. Greg Amend 5:42
4. Lynann Lorenz 5:46
5. Graham Upton 6:00
6. Steve Nichols 6:11
7. Rich Rigotti 6:21
8. Nancy Bennett 6:28
9. Jason Wilks 6:41
10. Aaron Wilks 6:42

11. Eileen Mushalla	7:06
12. Chris Simser	7:09
13. Lynn Jenner	7:14
14. John Houjak	7:22
15. Susan Simser	7:23
16. Tim Nichols	9:02

800 m

1. Stephen Nichols	2:38
2. Ben Nichols	2:39
3. Greg Amend	2:42
4. Rich Rigotti	2:50
5. Graham Upton	2:55
6. Aaron Wilks	2:58
7. Nancy Bennett	3:03
8. Jason Wilks	3:23
9. Eileen Mushalla	3:26
10. John Houjak	3:33
11. Lynn Jenner	3:53
12. Tim Nichols	4:04

400 m

1. Matt Mariani	1:03
2. Rich Rigotti	1:10
3. Graham Upton	1:13
4. Ben Nichols	1:13
5. Steve Nichols	1:15
6. Aaron Wilks	1:17
7. Jason Wilks	1:23
8. John Houjak	1:27
9. Nancy Bennett	1:27
10. Julianne Nielsen	1:35
11. Shelby Wilks	1:37
12. Eileen Mushalla	1:37
13. Tim Nichols	1:49

2 MILE

1. Clark Holdsworth	10:48
2. Stephen Nichols	12:33
3. Ben Nichols	12:38
4. Lynann Loran	12:41
5. Greg Amend	13:01
6. Rick Woidt	13:11
7. Steve Nichols	14:31
8. Aaron Wilks	15:08
9. Nancy Bennett	15:17
10. Matt Mariani	15:24
11. Jason Wilks	16:03
12. Chris Simser	16:34
13. Susan Simser	16:37
14. Lynn Jenner	17:51
15. John Houjak	18:29

June 15, 2005

Thanks to Dan Dougherty, Tom Hamlin and George Joseph for helping at the TCRC track meet Wednesday evening at M-E.

1 Mile:

Fred Joslyn 4:40
 Mike Murphy 5:29
 Jeff Felice 5:31
 Ryan Garges 5:47
 Bob Moore 5:50
 Vince Kelley 6:39
 Rich Rigatti 6:45
 Laura Hanson 6:51
 Jim Landis 6:51
 Skip Hamlin 6:58
 Eileen Mushalla 7:06
 Theresa Fulgieri 7:15
 Toni Fulgieri 7:19
 Jynn Jennes 7:20
 Mike Nielsen 7:44
 Ann Reichert 8:15

800 M:

Mike Murphy 2:27
 Jeff Felice 2:27
 Ryan Garges 2:39
 Bob Moore 2:49
 Toni Fulgieri 2:57

Vince Kelley 3:04
Rich Rigatti 3:09
Theresa Fulgieri 3:19
Eileen Mushalla 3:24
Skip Hamlin 3:25
Mike Nielsen 3:30
Lynn Jennes 3:36
Jenna Falice 3:37
Laura Hanson 3:37
Ann Kelly 3:58

400 M:
Mike Murphy 1:04
Ryan Garges 1:05
Rich Rigatti 1:08
Bob Moore 1:10
Jeff Felice 1:11
Jim Landis 1:20
Toni Fulgieri 1:22
Skip Hamlin 1:28
Mike Nielsen 1:30
Jenna Felice 1:32
Laura Hanson 1:34
Eileen Mushalla 1:37
Theresa Fulgieri 1:50

2 Mile:
Bob Moore 12:46
Mike Murphy 12:47
Ryan Garges 14:21
Toni Fulgieri 14:28
Rich Rigatti 15:05
Jeff Felice 15:05
Skip Hamlin 15:55
Theresa Fulgieri 16:08
Eileen Mushalla 16:11
Laura Hanson 17:27
Ann Reichert 17:43
Vince Kelly 17:44
Lynn Jenner 18:24

June 8, 2005

Great turnout yesterday evening at the M-E track, despite the heat and humidity!
Dan Dougherty, Susan Cain and Kevin Pasterchik worked the meet. Next meet June 15th. Thank you, Kevin Pasterchik, for typing up the results below....

1 Mile:
1. Andrew Reardon 5:12
2. Dan Brhel 5:33
3. Jeff Martinez 6:02
4. Connaire Foran 6:16
5. Aaron Wilks 6:19
6. Jason Wilks 6:21
7. Patrick Pattersopn 6:30
8. Rich Rigotti 6:40
9. Skip Hamlin 6:49
10. Eileen Mushalla 7:07
11. Jim Landis 7:24
12. John Houjak 7:38
13. Lynn Jenner 7:52
14. Ginny Rober 11:04

800 Meter:
1. Andrew Reardon 2:29
2. Dan Brhel 2:35
3. Jeff Martinez 2:50
4. Patrick Patterson 3:01
5. Tony Fudjieri 3:09
6. Aaron Wilks 3:11
7. Rich Rigotti 3:12
8. Jason Wilks 3:20
9. Skip Hamlin 3:21
10. Eileen Mushalla 3:25
11. John Houjak 3:27

400 Meter:
1. Andrew Reardon 1:00
2. Rich Rigotti 1:06
3. Dan Brhel 1:17
4. Aaron Wilks 1:18
5. Jason Wilks 1:19
6. Tony Fudgieri 1:24
7. Jim Landis 1:26
8. Skip Hamlin 1:27
9. Shelby Wilks 1:28

10. John Houjak 1:32
11. Eileen Mushalla 1:38

2 Mile:

1. Andrew Reardon 12:29
2. Dan Brhel 12:55
3. Connaire Foran 13:09
4. Jeff Martinez 14:44
5. Tony Fudgieri 14:47
6. Rich Rigotti 15:27
7. Skip Hamlin 15:37
8. Eileen Mushalla 16:08
9. Patrick Patterson 16:43
10. Lynn Jenner 18:48
11. John Houjak 19:13

June 1, 2005

Nice night for the Wednesday night workout. Dave Talcott race walked the mile in an impressive time of 7:29. Sue Cain, Kevin Pasterchik, Dan Dougherty and George Joseph worked the meet. Next meet June 8.

Mile

- Greg Amend 5:45
- Ben Nichols 5:45
- Graham Upton 5:50
- Rick Woidt 6:05
- Jason Wilks 6:27
- Rich Rigotti 6:38
- Skip Hamlin 6:43
- Tony Fulgieri 6:46
- Laura Hanson 6:53
- Eileen Mushalla 7:06
- Theresa Fulgieri 7:09
- Lynn Jenner 7:19
- Dave Talcott 7:29
- Mike Nielsen 7:32
- Tim Nichols 9:51

800

- Ben Nichols 2:40
- Greg Amend 2:43
- Rick Woidt 2:54
- Rich Rigotti 3:08
- Tony Fulgieri 3:10
- Jason Wilks 3:16
- Laura Hanson 3:18
- Skip Hamlin 3:20
- Graham Upton 3:22
- Eileen Mushalla 3:23
- Mike Nielsen 3:27
- Theresa Fulgieri 3:30
- David Nichols 3:43
- Lynn Jenner 3:52
- Tim Nichols 4:19

400

- Matt Mariani :55
- Rich Rigotti 1:07
- Graham Upton 1:12
- Ben Nichols 1:15
- Jason Wilks 1:21
- Tony Fulgieri 1:25
- Julianne Nielsen 1:29
- Laura Hanson 1:30
- Shelby Wilks 1:31
- Skip Hamlin 1:32
- Mike Nielsen 1:34
- Eileen Mushalla 1:36
- David Nichols 1:42
- Tim Nichols 1:45
- Thersa Fulgieri 1:47

2 mile

- Greg Amend 12:27
- Rick Woidt 12:42
- Ben Nichols 12:54
- Dave Talcott 13:16
- Graham Upton 14:03
- Tony Fulgieri 14:38
- Rich Rigotti 14:53
- Thersa Fulgieri 14:58

Skip Hamlin 15:33
Eileen Mushalla 15:42
Jason Wilks 16:37
Lynn Jenner 17:42

May 18, 2005

There were a total of 15 runners for the May 18th workout. No meet May 25th, next one June 1st. Thanks to Dan Dougherty, Sue Cain and Fran Fitch for helping out.

Mile

Andrew Reardon	4:52
Stephen Nichols	5:30
Ben Nichols	5:32
Tim Rent	6:03
Rick Woidt	6:11
Jason Wilks	6:15
Laura Hanson	6:16
Nancy Bennett	6:19
Connaire Foran	6:32
Skip Hamlin	6:46
Joe Auklis	7:01
David Nichols	7:48
Barb Morrissy	7:59
Tim Nichols	8:36

800

Ben Nichols	2:39
Stephen Nichols	2:42
Tim Rent	2:53
Rick Woidt	2:56
Nancy Bennett	3:04
Jason Wilks	3:14
Laura Hanson	3:15
Skip Hamlin	3:17
David Nichols	3:39
Tim Nichols	3:47
Barb Morrissy	3:51

400

Joe Auklis	:58
Steve Nichols(sr.)	1:10
Stephen Nichols	1:11
Ben Nichols	1:15
Nancy Bennett	1:23
Jason Wilks	1:25
Skip Hamlin	1:27
Laura Hanson	1:30
David Nichols	1:43
Tim Nichols	1:45
Barb Morrissy	1:48

2 mile

Ben Nichols	12:29
Andrew Reardon	12:29
Stephen Nichols	12:51
Rick Woidt	12:52
Steve Nichols(sr.)	14:05
Nancy Bennett	14:41
Skip Hamlin	14:55
Laura Hanson	15:39
Jason Wilks	15:45
Barb Morrissy	16:02

May 11, 2005

The May 11th Wednesday night meet had a total of 25 runners. There were 19 runners in the mile (Dave Talcott actually race walked the mile in 7:37). Thanks to Dan Dougherty, Sue Cain, Ed Jenner and Tom Hamlin for helping me. Next meet is May 18th. - George

Mile

Stephen Nichols	5:31
Ben Nichols	5:35

Kevin Nelson	5:36
Stephan krall	5:55
Lyann Lorenz	5:59
Rich Rigotti	6:14
Phil Tenpening	6:23
Connaire Foran	6:26
Nancy Bennett	6:27
Jason Wilks	6:52
Mark McGreal	6:53
Skip Hamlin	6:54
Dick Lane	7:02
Katlynn Shultz	7:05
Joe Akulis	7:17
Dave Nichols	7:23
Dave Talcott	7:37
Kathy Anderson	8:04
Tim Nichols	8:23

800

Stephen Nichols	2:36
Ben Nichols	2:39
Matt Jennings	2:43
David Subik	2:56
Nancy Bennett	3:02
Phil Tenpening	3:03
Connaire Foran	3:07
Rich Rigotti	3:09
Jason Wilks	3:20
Skip Hamlin	3:25
Susan Schultz	3:38
David Nichols	3:48
Tim Nichols	4:01

400

Joe Akulis	:59
Rich Rigotti	1:12
Matt Jennings	1:15
Ben Nichols	1:16
Phil Tenpening	1:20
Jason Wilks	1:22
Dick Lane	1:23
Nancy Bennett	1:27
Connaire Foran	1:29
Skip Hamlin	1:31
Susan Schultz	1:40
Dave Nichols	1:44
Tim Nichols	1:48
Pete Comerota	2:30

2 mile

Stephen Nichols	12:22
Kevin Nelson	12:24
Lyann Lorenz	12:54
Stephan Krall	13:14
Dave Talcott	13:27
Ben Nichols	13:34
Connaire Foran	13:56
Phil Tenpening	14:27
Dick Lane	15:28
Jason Wilks	15:42
Ian Carper	15:43
Nancy Bennett	15:44
Rich Rigotti	15:49
Skip Hamlin	16:39
Susan Schultz	18:18

May 4, 2005

The first Wednesday night workout had a total of 16 runners. Thanks to Ed Jenner, Kevin Pasterchik and Tom Hamlin for helping with the meet.

Mile

Tom Carter	4:56
Stephen Nichols	5:34
Ben Nichols	5:40
Tim Rent	5:56
Rich Rigotti	6:13
Kevin Nelson	6:17
Phil Tenpening	6:21
Connaire Foran	6:28
Jason Wilkes	6:36

Skip Hamlin	6:45
Dick Lane	7:06
Joe Auklis	7:11
David Nichols	7:41
Kathy Anderson	7:53
Tim Nichols	8:51

800

Ben Nichols	2:44
Tim Rent	2:49
Connaire Foran	2:51
Rich Rigotti	3:01
Phil Tenpening	3:02
Jason Wilkes	3:24
Skip Hamlin	3:37
Meghan Mitrus	4:02
Tim Nichols	4:16

400

Joe Auklis	1:01
Jason Wilkes	1:12
Rich Rigotti	1:13
Ben Nichols	1:15
Phil Tenpening	1:16
Skip Hamlin	1:18
Dick Lane	1:21
David Nichols	1:42
Tim Nichols	1:46

2 mile

Stephen Nichols	12:04
Kevin Nelson	12:09
Ben Nichols	12:55
Connaire Foran	15:08
Phil Tenpening	15:11
Dick Lane	15:29
Skip Hamlin	15:47