

2nd Annual A Room To Heal Pajama 5k Run
Otsiningo Park, Binghamton, NY
6:00 pm, 06/30/2013 Weather: Variably cloudy, 75 degrees
Chip Timing by TCRC (triplecitiesrunnersclub.org)

The runners were mis-directed in the first mile. The estimated pace is based on a 3.43 mile run.

Place	Div/Tot	Name	Div	S	Guntime	Pace	Bib
1	1/24	Jordan Varano	M3039	M	20:10	5:53	191
2	2/24	Mike Grygus	M3039	M	20:35	6:00	322
3	1/16	Emanuel Gallo	M2029	M	21:34	6:18	196
4	1/36	Kelly McCarthy	F2029	F	22:05	6:27	315
5	3/24	Byron La Bare	M3039	M	22:06	6:27	313
6	4/24	Christopher Cowden	M3039	M	22:06	6:27	26
7	1/40	Courtney Varano	F3039	F	22:18	6:30	341
8	5/24	Jason Goldman	M3039	M	22:48	6:39	137
9	1/12	Scott Robinson	M4049	M	23:00	6:43	329
10	1/7	Tim Moss	M5059	M	23:11	6:46	302
11	2/12	Dennis Cochardo	M4049	M	23:25	6:50	12
12	6/24	Chad Crawford	M3039	M	23:31	6:52	172
13	2/7	Vince Fox	M5059	M	23:39	6:54	200
14	7/24	Wade Varano	M3039	M	23:50	6:57	342
15	3/12	Abe Nichols	M4049	M	24:13	7:04	167
16	2/16	Thomas Doolittle	M2029	M	24:49	7:14	127
17	4/12	Kevin Nelson	M4049	M	24:52	7:15	353
18	2/36	Kara McDuffee	F2029	F	25:09	7:20	345
19	3/16	Jolian Willard	M2029	M	25:19	7:23	159
20	3/7	Willim Crndall	M5059	M	25:22	7:24	335
21	4/16	Anthony Romeo	M2029	M	25:26	7:25	95
22	1/25	Shari Nichols	F4049	F	25:27	7:26	166
23	8/24	Clark Cochran	M3039	M	25:45	7:31	18
24	4/7	Scott Poulin	M5059	M	26:22	7:42	190
25	9/24	Donnie Button	M3039	M	26:24	7:42	9
26	3/36	Teresa Peltier	F2029	F	26:34	7:45	84
27	1/12	Cheyenne Sisenstein	F1319	F	26:39	7:46	152
28	2/12	Jessica Spencer	F1319	F	26:39	7:47	194
29	2/40	Rachel Johnson	F3039	F	27:04	7:54	58
30	1/21	Conner Smith	M0112	M	27:20	7:58	184
31	10/24	Jeremy Oldroyd	M3039	M	27:20	7:59	82
32	4/36	Tracy Stenta	F2029	F	27:25	8:00	153
33	2/21	Dennis Cochardo III	M0112	M	27:28	8:01	16
34	3/21	Gavin Crawford	M0112	M	27:31	8:02	171
35	5/12	Jim McDuffee	M4049	M	27:44	8:06	346
36	3/12	Erica Yost	F1319	F	27:53	8:08	324
37	1/9	Gianno Silba	M1319	M	28:01	8:11	147
38	2/9	Carson Truman	M1319	M	28:10	8:13	131
39	3/9	Dominick Dirado	M1319	M	28:15	8:14	32
40	5/36	Jennifer Poulin	F2029	F	28:17	8:15	189
41	3/40	Kimberly Symans	F3039	F	28:23	8:17	348
42	5/16	James Potts	M2029	M	28:27	8:18	89
43	4/40	Amy Deskowski	F3039	F	28:33	8:20	301
44	1/18	Allison Morrow	F0112	F	28:35	8:20	69
45	6/36	Adrienne Knowles-Co	F2029	F	28:36	8:21	140
46	2/18	Marissa Silba	F0112	F	28:41	8:22	148
47	5/7	Scott Gee	M5059	M	28:41	8:22	182
48	7/36	Kathryn Hores	F2029	F	28:49	8:25	50
49	4/12	Cheryl Mitrus	F1319	F	28:59	8:27	67
50	4/9	Jackson Retzlaff	M1319	M	29:03	8:28	338
51	8/36	Adrienne Olivet	F2029	F	29:07	8:30	327
52	1/2	Keith Olnet	M6069	M	29:07	8:30	355
53	9/36	Marci Shofkom	F2029	F	29:18	8:33	105
54	6/16	Mike Clark	M2029	M	29:27	8:36	328
55	11/24	Justin Doolittle	M3039	M	29:44	8:40	35
56	5/40	Karen Clarke	F3039	F	29:53	8:43	187
57	2/25	Teri Briggs	F4049	F	29:58	8:45	332
58	6/40	Melissa Morrow	F3039	F	30:04	8:46	71
59	7/40	Danielle Bates	F3039	F	30:07	8:47	311
60	12/24	Anthony Bates	M3039	M	30:08	8:47	321
61	4/21	Hayden Lewis	M0112	M	30:16	8:50	142
62	3/25	Dawn De Vita	F4049	F	30:17	8:50	180
63	6/12	Jeremiah Segrue	M4049	M	30:19	8:51	326
64	7/16	John Hayes	M2029	M	30:28	8:53	165
65	10/36	Maria Murphy	F2029	F	30:28	8:53	77
66	11/36	Julie Slattery	F2029	F	30:34	8:55	158
67	13/24	Will Andres	M3039	M	30:34	8:55	323
68	7/12	Thomas Johnson	M4049	M	30:34	8:55	59

69	4/25	Grace Andres	F4049	F	30:40	8:57	1
70	5/25	Linda Myers	F4049	F	30:41	8:57	79
71	8/12	Daniel Hubik	M4049	M	31:16	9:07	161
72	8/16	Ryan Snyder	M2029	M	31:28	9:11	192
73	14/24	Jeremy Buck	M3039	M	31:28	9:11	7
74	6/7	Ron Abess	M5059	M	31:30	9:11	349
75	9/12	Edmund Pinger	M4049	M	31:35	9:13	174
76	15/24	Jack Williams	M3039	M	31:37	9:13	350
77	12/36	Cara Johnson	F2029	F	31:37	9:14	56
78	5/21	Steven Morrow	M0112	M	31:40	9:14	73
79	8/40	Tiffany Grygus	F3039	F	31:42	9:15	138
80	13/36	Brittany Johnson	F2029	F	31:45	9:16	55
81	9/40	Kelly Minerly	F3039	F	31:53	9:18	146
82	14/36	Beth Whittaker	F2029	F	31:58	9:20	133
83	16/24	Brian Smith	M3039	M	32:05	9:22	185
84	1/17	Sally Reppard	F5059	F	32:05	9:22	197
85	15/36	Chelsie Malyszek	F2029	F	32:07	9:22	143
86	17/24	Chris Mahoney	M3039	M	32:11	9:23	63
87	3/18	Erin Coughlin	F0112	F	32:27	9:28	24
88	2/17	Cj Michalak	F5059	F	32:34	9:30	65
89	10/40	Sarah Johnson	F3039	F	32:34	9:30	309
90	16/36	Jocelyn Codner	F2029	F	32:45	9:33	19
91	3/17	Dawn Jones	F5059	F	32:53	9:35	60
92	17/36	Adrienne Bates	F2029	F	32:55	9:36	312
93	6/25	Lisa Dirado	F4049	F	32:56	9:36	33
94	4/18	Makala Sablich	F0112	F	32:57	9:37	99
95	11/40	Denise Hadlick	F3039	F	32:58	9:37	47
96	10/12	Grant Briggs	M4049	M	33:15	9:42	334
97	9/16	Myles Brown	M2029	M	33:18	9:43	179
98	12/40	Tonya Spence	F3039	F	33:28	9:46	108
99	6/21	Kevin Cotton	M0112	M	33:29	9:46	134
100	18/36	Melissa Perkins	F2029	F	33:29	9:46	85
101	19/36	Lynnora Hobart	F2029	F	33:29	9:46	310
102	13/40	Kelly Hoyt	F3039	F	33:31	9:47	319
103	20/36	Alana Winters	F2029	F	33:46	9:51	156
104	18/24	Mike Starkweather	M3039	M	33:53	9:53	130
105	7/25	Jennifer Sweeney	F4049	F	33:55	9:54	112
106	21/36	Elizabeth Sweeney	F2029	F	33:55	9:54	111
107	4/17	Carol Sopinski	F5059	F	33:55	9:54	331
108	10/16	Zachary Barney	M2029	M	34:02	9:56	193
109	5/17	Lauraine Pittari	F5059	F	34:03	9:56	87
110	22/36	Jess Barney	F2029	F	34:12	9:58	195
111	11/16	Matt Coolabugh	M2029	M	34:17	10:00	22
112	14/40	Tara Feathers	F3039	F	34:22	10:01	41
113	15/40	Rebecca Snow	F3039	F	34:24	10:02	106
114	16/40	Jackie Stapleton	F3039	F	34:28	10:03	109
115	17/40	Kimberly Kunkel	F3039	F	34:35	10:05	141
116	23/36	Lisa Eytel	F2029	F	34:36	10:06	39
117	7/21	Carson Zatley	M0112	M	34:37	10:06	351
118	18/40	Tiffany Zatley	F3039	F	34:37	10:06	352
119	5/18	Katerina Retzloff	F0112	F	34:38	10:06	339
120	8/21	Rilee Dean	M0112	M	34:43	10:08	30
121	12/16	Casey Berry	M2029	M	35:05	10:14	164
122	9/21	Aidan Hoyt	M0112	M	35:11	10:16	317
123	19/24	Jamie Hoyt	M3039	M	35:12	10:16	318
124	6/18	Jenna Zunic	F0112	F	35:16	10:17	122
125	8/25	Sandra Pinger	F4049	F	35:17	10:18	175
126	9/25	Samarra Mbenga	F4049	F	35:19	10:18	151
127	7/18	Reignah Wilkinson	F0112	F	35:20	10:19	155
128	19/40	Cheryl Cochrane	F3039	F	35:21	10:19	17
129	5/9	Bradley Bates	M1319	M	35:24	10:20	125
130	5/12	Rebeccah Wilkinson	F1319	F	35:24	10:20	154
131	10/25	Beth Zunic	F4049	F	35:27	10:21	121
132	24/36	Christen Wrighter	F2029	F	35:43	10:25	316
133	10/21	Lucas Morrow	M0112	M	36:02	10:31	70
134	8/18	Julianne Zunic	F0112	F	36:03	10:31	123
135	20/40	Sunday Fauci	F3039	F	36:10	10:33	40
136	6/9	Luke Zuber	M1319	M	36:26	10:38	120
137	21/40	Jennifer Segroe	F3039	F	36:33	10:40	325
138	25/36	Nicollette Miosky	F2029	F	36:47	10:44	66
139	20/24	Doug Bennett	M3039	M	36:48	10:44	4
140	13/16	Aaron Whitney	M2029	M	36:48	10:44	113
141	11/21	Nathan Mahoney	M0112	M	36:51	10:45	157
142	6/12	Cambri Ruland	F1319	F	36:53	10:45	97
143	11/25	Telysa Norman	F4049	F	36:58	10:47	80
144	12/21	Calvin Frisbie	M0112	M	37:16	10:52	43
145	7/12	Cydney Mallery	F1319	F	37:27	10:56	181
146	7/9	Joshua Shore	M1319	M	37:30	10:56	344
147	26/36	Betsy Markham	F2029	F	37:40	10:59	320
148	22/40	Tammy Buck	F3039	F	37:55	11:04	8
149	23/40	Jessica Myers	F3039	F	37:56	11:04	78
150	24/40	Shakira Young	F3039	F	37:59	11:05	118
151	9/18	Taylor Johnson	F0112	F	38:02	11:06	306
152	12/25	Dawne Peters-Zlinsk	F4049	F	38:09	11:08	314
153	8/12	Emily Fox	F1319	F	38:38	11:16	198
154	6/17	April Johnson	F5059	F	38:43	11:18	54
155	25/40	Sasha Albin	F3039	F	38:48	11:19	347

156	13/25	Rosanna Fernandez	F4049	F	38:48	11:19	168
157	14/25	Mary Claire Truman	F4049	F	38:52	11:20	132
158	26/40	Kelly Roche	F3039	F	38:52	11:20	93
159	7/17	Roseann Melious	F5059	F	38:54	11:21	129
160	27/36	Amy Eggleston	F2029	F	39:05	11:24	38
161	15/25	Tina Hall	F4049	F	39:06	11:24	48
162	21/24	Christian Recene	M3039	M	39:09	11:25	91
163	28/36	Patricia Recene	F2029	F	39:09	11:25	92
164	27/40	Jill Kristek	F3039	F	39:28	11:31	61
165	10/18	Emma Cochardo	F0112	F	39:32	11:32	13
166	28/40	Anastasia Cochardo	F3039	F	39:39	11:34	11
167	13/21	John Boldig	M0112	M	39:55	11:38	162
168	8/17	Terri Howard	F5059	F	40:01	11:40	51
169	29/40	Julie Leonard	F3039	F	40:13	11:44	62
170	9/17	Sharon Dodd	F5059	F	40:14	11:44	34
171	30/40	Jessica Dean	F3039	F	40:20	11:46	29
172	8/9	Jack Parmelee	M1319	M	40:42	11:52	83
173	14/16	Craig Fox	M2029	M	41:00	11:57	199
174	31/40	Denise Durcan	F3039	F	41:05	11:59	37
175	9/9	Logan Weiler	M1319	M	41:13	12:01	340
176	11/18	Kyla Smith	F0112	F	41:13	12:01	183
177	32/40	Laura Sehn	F3039	F	41:19	12:03	103
178	16/25	Becky Hopper	F4049	F	41:22	12:04	49
179	17/25	Laura Mecca-Retzlof	F4049	F	41:25	12:05	337
180	33/40	Michele Sablich	F3039	F	41:32	12:07	102
181	10/17	Debbie Bates	F5059	F	42:02	12:16	173
182	14/21	Ian Cochardo	M0112	M	42:07	12:17	15
183	18/25	Tammy Gagnon-Beebe	F4049	F	42:12	12:19	177
184	15/21	Phillip Beebe	M0112	M	42:12	12:19	176
185	9/12	Riley Buckland	F1319	F	42:49	12:29	126
186	34/40	Dawn Pitcher	F3039	F	42:49	12:29	86
187	11/12	William Morrow	M4049	M	43:16	12:37	74
188	11/17	Denise Johnson	F5059	F	43:28	12:41	57
189	19/25	Barb Demoney-Smith	F4049	F	43:41	12:45	186
190	12/17	Kathryn Hazilla	F5059	F	43:55	12:49	139
191	16/21	Evan Cochardo	M0112	M	44:08	12:52	14
192	35/40	Leslie Wade	F3039	F	44:12	12:54	336
193	36/40	Jenn Crimmins Spali	F3039	F	44:12	12:54	27
194	29/36	Jamie Stulir	F2029	F	44:14	12:54	110
195	15/16	Rush Gardner	M2029	M	44:18	12:55	45
196		Michelle Frisbie		F	44:41	13:02	160
197	30/36	Sarah Winter	F2029	F	44:55	13:06	117
198	31/36	Catherine Rodriguez	F2029	F	45:04	13:09	94
199	10/12	Ashley Spence	F1319	F	45:30	13:16	107
200	16/16	Kyle Sherman	M2029	M	45:31	13:16	104
201	13/17	Colleen Brown	F5059	F	45:44	13:20	178
202	14/17	Laurie Bolois	F5059	F	45:46	13:21	163
203	11/12	Kadijah Wilkinson	F1319	F	46:04	13:26	114
204	12/18	India Colon	F0112	F	46:36	13:36	21
205	15/17	Debra Colon	F5059	F	46:39	13:36	20
206	17/21	Matthew Wells	M0112	M	47:24	13:50	169
207	32/36	Candace Gardner	F2029	F	48:07	14:02	44
208	20/25	Carolyn Barnes	F4049	F	48:38	14:11	2
209	33/36	Heather Willis	F2029	F	48:39	14:11	116
210	12/12	Alissa Brown	F1319	F	48:42	14:12	5
211	37/40	Marcia Wells	F3039	F	49:07	14:20	170
212	22/24	Tom McCoy	M3039	M	49:17	14:22	145
213	38/40	Christi McCoy	F3039	F	49:17	14:22	144
214	21/25	Carrie Shore	F4049	F	49:33	14:27	343
215	13/18	Skyler Dean	F0112	F	50:13	14:39	31
216	34/36	Emily Muise	F2029	F	50:18	14:40	75
217	14/18	Nicole Morrow	F0112	F	50:20	14:41	72
218	16/17	Nancy Howell	F5059	F	50:21	14:41	53
219	2/2	Kenneth Howell	M6069	M	50:21	14:41	52
220	17/17	Carolyn Hinman	F5059	F	50:22	14:41	128
221	35/36	Alayne Schaffer	F2029	F	50:24	14:42	188
222	36/36	Iris Niles	F2029	F	50:39	14:46	330
223	15/18	Emilee Coughlin	F0112	F	50:51	14:50	23
224	39/40	Jacky Coughlin	F3039	F	51:08	14:55	25
225	16/18	Rylee Zunic	F0112	F	51:20	14:58	124
226	22/25	Kristy Zuber	F4049	F	51:21	14:59	119
227	7/7	Dan Dougherty	M5059	M	51:22	14:59	36
228	18/21	Owen Johnson	M0112	M	51:31	15:02	307
229	23/24	Michael Johnson	M3039	M	51:32	15:02	308
230	17/18	Cortney Briggs	F0112	F	51:39	15:04	333
231	19/21	Alex Dobell	M0112	M	51:57	15:09	135
232	23/25	Nicole Dobell	F4049	F	51:57	15:09	136
233	20/21	Nathaniel Brown	M0112	M	52:46	15:23	6
234	24/25	Fawn Proper	F4049	F	54:04	15:46	90
235	40/40	Comfort Mallery	F3039	F	54:18	15:50	64
236	24/24	Matthew Schneider	M3039	M	57:58	16:54	303
237	18/18	Norah Schneider	F0112	F	57:59	16:55	305
238	21/21	Warrenw Schneider	M0112	M	57:59	16:55	304
239	12/12	Tim Wilkinson	M4049	M	1:01:19	17:53	115
240	25/25	Michelle Romeo-Wilk	F4049	F	1:01:21	17:53	96