

January Freeze 10K Series Binghamton, NY

Race Director's Report

A good time was had by all. The weather was more what we normally expect in January. We had 125 registers and 121 runners that completed at least one run. Strangely, this exactly ties last year. We had 31 runners who completed all 4 runs. Awesome!!! There were several volunteers who renewed their membership as well. We collected almost \$1600.00 worth of memberships with many new members signing up.

We have had many compliments about this race. The course, the concept and the date all got a thumbs up. If you have any comments (positive or negative), please e-mail them to me.

The early start worked great as we had 11 early-starters in the last race and at least 6 in all the races.

Results with kudos to all the placers.

Pie Winners

Week 1 - Eric Maki and Esther Mathias
Week 2 - Garth Watson and Suzanne Myette
Week 3 - Thomas Nallon and Trish Spring
Week 4 - Shaun Horan and Erica Riecke

Women Overall

1st Place - Erica Reicke
2nd Place - Sue Priestly
3rd Place - Paula Williams
Masters 1st Place - Nancy Werthmuller

Men Overall

1st Place - Erik Maki
2nd Place - Steve Esposito
3rd Place - Dillon Lockwood
Masters 1st Place - Bob Stocks

Big thanks to all the volunteers. Sue Cain, Grace Tabeek, George Groome, George Joseph, Suzanne Myette, Dan Dougherty, Mike Zwick, Skip Hamlin, Rocky Martinez, Jeff Martinez, Chuck Barney, Mike Murphy, Lynann Lorenz, Jim Landis, Tony Mazza, Nancy Werthmuller (awesome eats) and Graham Upton. If I forgot someone, please let me know. Some of the volunteers worked all 4 weeks. We couldn't do this without you. Thanks again.

[Tom Hamlin](#)

Results for January 26

74 Starters and 71 finished. Real cold.

Report from Suzanne Myette: It was 21 degrees yesterday morning when we arrived and 24 degrees upon departure. Subtract a few degrees for wind-chill For me personally, the highlight of the race was the hot coffee and huge home-made cookies afterwards. Thanks again to all the volunteers who stand in that cold literally freezing to make the Freeze series possible! Jeff Martinez and his dad both looked like frozen road guard statues as did Skip Hamlin at the turnaround at the top of the park, but all 3 managed to clap and encourage each runner on as they made the turn (3 times). Thanks also to race director Tom Hamlin for all of his efforts with the series and getting the results published so quickly.

Place, Name, M/F, Age, Time

1) Garth Watson, M, 18, 33:12
2) Shaun Horan, M, 26, 34:49
3) Boris Dzikovski, M, 43, 36:08
4) Steve Esposito, M, 18, 36:26
5) Eric Maki, M, 46, 36:28
6) Dillon Lockwood, M, 23, 37:52
7) Mike Murphy, M, 34, 37:53
8) Benjamin Nichols, M, 17, 37:56
9) Chris Rubow, M, 17, 37:59
10) Richard Nichols, M, 23, 38:16
11) Greg Derick, M, 36, 38:17
12) Jacob Shedden, M, 15, 39:39
13) Kevin Tripp, M, 37, 40:39
14) Brian Cummings, M, 29, 41:20
15) Chris Cowden, M, 34, 41:26
16) Trish Spring, F, 22, 41:28
17) Chuck Hein, M, 48, 41:54
18) Suzanne Myette, F, 50, 42:49

19) Timothy Foley, M, 52, 43:35
 20) Bill McGovern, M, 48, 43:41
 21) Mark Brooks, M, 25, 43:43
 22) Erica Riecke, F, 24, 43:55
 23) Ryan Andrew, M, 24, 44:14
 24) Patrick Skinner, M, 26, 44:43
 25) Frank Watson, M, 50, 44:51
 26) Roger Scott, M, 33, 45:21
 27) Vince Kelley, M, 51, 45:52
 28) Larry Brooks, M, 56, 46:20
 29) Nancy Werthmuller, F, 56, 46:31
 30) Rachel Boardman, F, 27, 46:37
 31) David Losee, M, 37, 46:39
 32) William David, M, 40, 46:40
 33) Dennis Gilyard, M, 56, 46:41
 34) Bob Matson, M, 60, 47:14
 35) Kerry Zemek, M, 49, 47:18
 36) Joe Gwizdalaski, M, 54, 47:34
 37) Paul McCabe, M, 61, 48:30
 38) Mark Headley, M, 40, 48:50
 39) Robert Hartmann, M, 49, 48:58
 40) Marla Goyden, F, 45, 49:48
 41) Sue Priestly, F, 43, 49:48
 42) David Kostyal, M, 53, 49:59
 43) Patrick Ruehlman, M, 48, 50:19
 44) Karen Fennie, F, 48, 50:29
 45) BANDIT, X, XX, 50:47
 46) Patrice Back, F, 37, 51:03
 47) Paula Williams, F, 54, 51:04
 48) Dave Talcott, M, 47, 51:10 (Race-walker)
 49) Vicki Becker, F, 47, 52:10
 50) Joe Gluck, M, 55, 52:25
 51) Joe DiMattina, M, 60, 52:34
 52) Matthew Goyden, M, 9, 52:40
 53) Kevin Pasterchik, M, 50, 52:45
 54) Margret Betz, F, 71, 53:22
 55) Lisa Mallery, F, 48, 54:17
 56) Bill Ondrayko, M, 55, 54:23
 57) Steve Willett, M, 45, 54:59
 58) Karla Eisch, F, 51, 55:28
 59) Kathy Anderson, F, 46, 55:41
 60) Ginger VanEtten, F, 52, 55:59
 61) Felicia Brown, F, 46, 56:54
 62) Anne Reichert, F, 45, 58:40
 63) Carolyn Hall, F, 45, 60:02
 64) Allison Miller, F, 33, 63:35
 65) Dawn DeVita, F, 44, 73:03
 66) Karren Bee-Donohoe, F, 47, 73:12
 67) Lisa Gallagher, F, 43, 73:50
 68) John Thompson, M, 60, 74:59
 69) Ralph King, M, 50, 75:15
 70) Katherine Karlson, F, 55, 77:03
 71) Pat Coveny, F, 67, 81:38

Results for January 19

Crowd down a little this week. I think the cold weather had something to do with it. Started out with no wind but it got pretty steady out there. Thanks to the help from the regulars - Dan Dougherty, Skip Hamlin, George Joseph, Mike Zwick and Chuck Barney. They have worked all 3 races so far.

Place, Name, M/F, Age, Time

1) Thomas Nallon, M, 25, 36:17
 2) Benjamin Snodgrass, M, 15, 36:28
 3) Eric Maki, M, 46, 36:56
 4) Steve Esposito, M, 18, 37:16
 5) Dillon Lockwood, M, 23, 38:04
 6) Benjamin Nichols, M, 17, 38:47
 7) Connor Freitag, M, 17, 39:29
 8) Richard Nichols, M, 23, 39:37
 9) Chris Cowden, M, 34, 39:56
 10) Michael Murphy, M, 34, 40:17
 11) Bob Stocks, M, 41, 40:32
 12) Kevin Tripp, M, 37, 40:35
 13) Vincent Mariano, M, 17, 42:11
 14) Trish Spring, F, 22, 42:19
 15) Patrick Hart, M, 16, 42:19
 16) Chuck Hein, M, 48, 42:38
 17) Mark Brooks, M, 25, 42:59
 18) William McGovern, M, 48, 43:13
 19) Jeff Hall, M, 50, 43:38
 20) Bill Ross, M, 46, 43:54
 21) Erica Reicke, F, 24, 43:55
 22) Frank Bianco, M, 30, 44:29
 23) Timothy Foley, M, 52, 44:33

- 24) Graham Upton, M, 53, 44:49
- 25) Ed Jenner, M, 53, 45:28
- 26) Ryan Andrew, M, 24, 45:32
- 27) Sue Cain, F, 39, 45:39
- 28) David Losee, M, 37, 46:46
- 29) Nancy Werthmuller, F, 56, 47:39
- 30) Dennis Gilyard, M, 56, 48:21
- 31) Joe Gwizdaloski, M, 54, 48:49
- 32) Vince Kelley, M, 51, 48:56
- 33) Robert Hartmann, M, 49, 48:57
- 34) William David, M, 40, 49:02
- 35) Michael Lewis, M, 29, 49:09
- 36) Bob Matson, M, 60, 49:10
- 37) Kerry Zemek, M, 49, 49:17
- 38) Sue Priestly, F, 43, 49:19
- 39) David Kostyal, M, 53, 50:55
- 40) Keith Heron, M, 57, 51:08
- 41) Karen Fennie, F, 48, 51:21
- 42) Paul McCabe, M, 61, 51:21
- 43) Patrick Ruehlman, M, 48, 51:25
- 44) Paula Williams, F, 54, 51:30
- 45) Kevin Pasterchik, M, 50, 52:02
- 46) Mark Hendley, M, 40, 52:19
- 47) Mackenzie Hartmann, F, 20, 53:17
- 48) Joe DiMattina, M, 60, 53:24
- 49) Jim Reicke, M, 49, 54:03
- 50) Vicki Becker, F, 47, 54:10
- 51) Steve Willett, M, 45, 54:15
- 52) Lisa Mallery, F, 48, 55:18
- 53) Joe Gluck, M, 55, 56:18
- 54) Anthony Mazza, M, 62, 57:54
- 55) Anne Reichert, F, 45, 60:20
- 56) Carolyn Hall, F, 45, 61:59
- 57) Bill Ondrako, M, 55, 65:28
- 58) Allison Miller, F, 33, 68:54
- 59) Karren Bee-Donohoe, F, 47, 75:58
- 60) Kate Karlson, F, 55, 79:32
- 61) Pat Coveny, F, 67, 84:49

Results for January 12

Good day for running. 80 started and 75 finished. Thanks to Mike Zwick, Chuck Barney, Dan Dougherty, Grace Tabeek, Skip Hamlin, George Joseph, Mike Murphy, Suzi Myette, Lynann Lorenz, Jim Landis and Tony Mazza. Dan was giving out doggy rides. Nancy Werthmuller brought a applesauce cake (which went so fast, I didn't get any) and again pies were given to the winners. See you next Saturday

Place, Name, M/F, Age, Time

- 1) Garth Watson, M, 18, 33:12
- 2) Boris Dzikovski, M, 43, 36:04
- 3) Greg Derick, M, 36, 36:21
- 4) Eric Maki, M, 46, 36:46
- 5) Steve Esposito, M, 18, 37:11
- 6) Dillon Lockwood, M, 23, 39:06
- 7) Richard Nichols, M, 23, 39:22
- 8) Benjamin Nichols, M, 17, 40:00
- 9) Bob Stocks, M, 41, 40:01
- 10) Kevin Tripp, M, 37, 41:23
- 11) Vincent Mariano, M, 17, 41:26
- 12) Chris Cowden, M, 34, 41:41
- 13) Brian Cummins, M, 53, 42:01
- 14) Esther Mathias, F, 22, 42:16
- 15) Chuck Hein, M, 48, 42:42
- 16) William McGovern, M, 48, 43:04
- 17) Patrick Hart, M, 16, 43:31
- 18) Suzanne Myette, F, 50, 43:47
- 19) Joel Cisne, M, 26, 44:02
- 20) Shane Cummings, M, 29, 44:08
- 21) Bill Ross, M, 46, 44:10
- 22) Mark Brooks, M, 25, 44:19
- 23) Erica Riecke, F, 24, 44:19
- 24) Timothy Foley, M, 52, 44:23
- 25) John Colling, M, 35, 44:50
- 26) Ryan Andrew, M, 24, 44:56
- 27) Laurie Hall, F, 18, 45:02
- 28) Frank Bianco, M, 30, 45:06
- 29) Katie Haas, F, 19, 45:09
- 30) Vince Kelley, M, 51, 45:11
- 31) Patrick Skinner, M, 26, 45:11
- 32) Ed Jenner, M, 53, 45:32
- 33) Larry Brooks, M, 56, 45:53
- 34) Frank Watson, M, 46:04
- 35) Nancy Werthmuller, F, 56, 46:28
- 36) Dennis Gilyard, M, 56, 47:14
- 37) Joe Gwizdaloski, M, 54, 47:19
- 38) Bob Matson, M, 60, 47:23

39) Kerry Zemek, M, 49, 47:36
 40) David Losee, M, 37, 47:39
 41) George Joseph, M, 60, 48:18
 42) Paul McCabe, M, 61, 48:26
 43) Rich Begliomini, M, 59, 48:46
 44) William David, M, 40, 48:51
 45) Robert Hartmann, M, 49, 49:28
 46) Sue Priestly, F, 43, 49:36
 47) Katherine Sullivan, F, 19, 50:18
 48) Michael Lewis, M, 29, 50:23
 49) Patrick Ruehlman, M, 48, 50:49
 50) Joe DiMattina, M, 60, 50:56
 51) Timothy Kamp, M, 42, 51:06
 52) Kevin Pasterchik, M, 50, 51:10
 53) Paula Williams, F, 54, 51:13
 54) Patrice Back, F, 37, 51:22
 55) Dave Talcott, M, 47, 51:24
 56) Doug Sutton, M, 52, 51:26
 57) Michael Vachon, M, 44, 51:29
 58) Karen Fennie, F, 48, 51:37
 59) Keith Heron, M, 57, 51:37
 60) Kelee Green-Alston, F, 40, 52:05
 61) Melissa Graveling, F, 38, 52:05
 62) Joe Gluck, M, 55, 53:06
 63) Margret Betz, F, 71, 53:25
 64) Barbara Morrissey, F, 60, 54:06
 65) Vicki Becker, F, 47, 54:56
 66) Steve Willett, M, 45, 55:31
 67) Jason Wilks, M, 36, 57:40
 68) Ginger VanEtten, F, 52, 59:05
 69) Anne Reichert, F, 45, 59:08
 70) Bill Ondrako, M, 55, 59:23
 71) Caroline Hall, F, 45, 61:22
 72) Felicia Brown, F, 46, 61:36
 73) Karren Bee-Donohoe, F, 47, 70:46
 74) John Thompson, M, 60, 78:02
 75) Patricia Coveny, F, 67, 81:49

Results for January 5

Great start to the series. 1st run of 2008 in the books. We had 78 register and 75 finished. Weather was pretty cold but warmed up as we went. Lots of membership renewals. We used the Early Start and it worked great. Thanks to Sue Cain, Mike Zwick, Chuck Barney, Skip Hamlin, George Joseph, Dan Dougherty and Grace Tabeek for all the help. Dan's food kitchen was great. See you all next Saturday.

Name M/F Age Time

1) Erik Maki M 46 36:53
 2) Micheal Murphy M 34 37:20
 3) Dillon Lockwood M 23 37:35
 4) Steve Esposito M 18 37:39
 5) Kevin Bandru M 45 38:13
 6) John Johnson M 35 38:34
 7) Michael Evans M 18 39:02
 8) Benjamin Nichols M 17 39:10
 9) Richard Nichols M 23 39:25
 10) Fred Malloy M 42 39:27
 11) Jonathan Loisel M 38 41:20
 12) Bob Stocks M 41 41:33
 13) Kevin Tripp M 37 41:38
 14) Brian Cummins M 53 42:14
 15) Esther Mathias F 22 42:21
 16) Chuck Hein M 48 42:24
 17) Michael Cordi M 48 42:29
 18) Chris Cowden M 34 42:53
 19) Mark Brooks M 25 43:28
 20) William McGovern M 48 44:27
 21) Laurie Hall F 18 45:00
 22) Jeff Hall M 50 45:20
 23) Frank Bianco M 30 45:37
 24) William Jones M 33 45:53
 25) Erica Riecke F 24 46:40
 26) Graham Upton M 53 46:42
 27) Nancy Werthmuller F 56 46:51
 28) Vince Kelley M 51 46:53
 29) Rachel Boardman F 27 47:46
 30) Michael Lewis M 29 48:09
 31) Roger Scott M 37 48:20
 32) David Losee M 37 48:30
 33) Ryan Andrew M 24 48:39
 34) Joe Gwizdaloski M 54 48:45
 35) Rich Begliomini M 59 48:52
 36) Ned Clarke M 50 48:57
 37) Jon Murray M 30 49:19
 38) Dennis Gilyard M 56 49:44
 39) George Joseph M 60 49:49

40) Kerry Zemek M 49 50:40
41) David Kostyal M 53 50:50
42) Sue Priestly F 43 51:05
43) Paula Williams F 54 51:27
44) Patrick Ruehlman M 48 51:48
45) Joe DiMattina M 60 52:20
46) Karen Fennie F 48 52:31
47) Doug Sutton M 52 52:38
48) Dave Talcott M 47 52:50
49) Mark Hendley M 40 53:00
50) Bill Ondrako M 55 53:04
51) Joe Gluck M 55 53:08
52) Paul McCabe M 61 53:15
53) Bob Matson M 60 53:16
54) Keith Heron M 57 53:30
55) Karla Eisch F 51 53:31
56) Larry Lepak M 58 53:35
57) Kim Melrose-Harty F 47 53:54
58) Margret Betz F 71 53:55
59) Kevin Harty M 50 53:55
60) Barbara Morrissey F 60 54:19
61) Jason Wilks M 36 55:15
62) Lisa Mallery F 48 55:17
63) Kara Hendley F 38 56:18
64) Vicki Becker F 47 56:26
65) Kevin Pasterchik M 50 56:46
66) Patrice Back M 37 57:13
67) Anthony Mazza M 62 57:23
68) Steve Willett M 45 58:52
69) Anne Reichert F 45 59:39
70) Diana Kuhn F 25 61:52
71) Theresa Bovier F 44 61:52
72) Carolyn Hall F 45 62:58
73) Allison Miller F 33 70:14
74) Karren Bee-Donohoe F 47 74:29
75) Dawn Devita F 38 79:11