

January Freeze 10K Series Binghamton, NY

Series Awards

Great series by all participants. This was truly a January Freeze.

Tom Hamlin
Race Director

1st Place Overall Men Mike Murphy
2nd Place Overall Men Benjamin Snodgrass
3rd Place Overall Men Chris Cowden
1st Place Masters Men Eric Maki

1st Place Overall Women Trish Spring (Binghamton)
2nd Place Overall Women Erica Riecke
3rd Place Overall Women Kathleen Lantry (Whitney Point)
1st Place Masters Women Nancy Werthmuller

Results for January 31

Again we had tough weather. 15 degrees. Good turn-out. 73 starters and 72 finishers.

Pie Winters - Stephen Marcin and Erica Riecke. Nice job.

Volunteers were Mike Zwick, Chuck Barney, Dan Dougherty, Phil Kwasney, Earl Stienbrecher Jr., Trish Spring and Shaun Horan. Thanks again - we couldn't do this without all the volunteers.

Place, Name, M/F, Age, Time
1-Mike Murphy, M, 35, 36:02
2-Steve Esposito, M, 19, 36:06
3-Stephen Marcin, M, 24, 36:11
4-Joshua Chilson, M, 16, 36:43
5-Benjamin Snodgrass, M, 16, 38:36
6-Eric Maki, M, 47, 39:08
7-Chris Cowden, M, 35, 39:13 (corrected)
8-Tom Mullins, M, 41, 39:30
9-Chris Milano, M, 16, 40:42
10-Kyle Gilyard, M, 16, 40:45
11-Ron Hulslander, M, 52, 40:52
12-Fred Malloy, M, 43, 41:42
13-Jeff Hall, M, 51, 42:15
14-Kevin Tripp, M, 38, 42:16
15-Bill McGovern, M, 49, 42:50
16-Erica Riecke, F, 25, 42:59
17-Richard Nichols, M, 24, 43:14
18-David Nichols, M, 17, 43:22
19-Chris Tucker, M, 31, 43:33
20-Chuck Hein, M, 49, 43:47
21-Frank Bianco, M, 31, 44:06
22-Michael Eichler, M, 21, 44:06
23-Brian Cummins, M, 54, 44:47
24-Graham Upton, M, 54, 44:49
25-Greg Amend, M, 44, 44:49
26-Kevin Nelson, M, 44, 45:20
27-Mike Egan, M, 58, 45:24
28-Christine Reynolds, F, 38, 45:59
29-Ned Clarke, M, 51, 46:08
30-Sue Cain, F, 40, 46:18
31-Jeremy Anderson, M, 16, 46:33
32-Kerry Zemek, M, 50, 46:42
33-Nancy Werthmuller, F, 57, 46:44
34-Dave McSherry, M, 53, 46:53
35-Katie Graff, F, 23, 46:55
36-David Losee, M, 38, 47:31
37-Michael Joyce, M, 55, 48:30
38-Edziel Menchavez, F, 21, 48:56
39-Mike Vachon, M, 44, 49:26
40-Kathleen Lantry, F, 46, 49:32
41-Vince Kelley, M, 52, 49:33
42-David Kostyal, M, 54, 49:43
43-Sara Gdovin, F, 25, 49:45
44-Robert Johnson, M, 38, 50:21
45-Kelley Hamlin, F, 37, 50:27
46-Kevin Pasterchik, M, 51, 50:37

47-Larissa Hall,F,25,51:15
 48-Kevin Lantry,M,51,51:16
 49-Joe DiMattina,M,61,51:20
 50-Justin Sturek,M,28,51:22
 51-Bob Beavan,M,45,51:23
 52-Karen Fennie,F,39,51:47
 53-William Ondrako,M,56,52:14
 54-Vicki Becker,F,48,52:17
 55-Patrick Ruehlman,M,49,52:21
 56-Mark Hendley,M,41,52:34
 57-Joe Reynolds,M,64,54:07
 58-Judith Blaine,F,30,55:19
 59-Kathy Anderson,F,47,56:08
 60-Skip Hamlin,M,58,56:16
 61-Tony Mazza,M,63,56:27
 62-Theresa Perrone,F,31,57:05
 63-Karl Eisch,F,52,57:16
 64-Holly Parkyn,F,54,57:31
 65-Kara Hendley,F,39,57:33
 66-Douglas Russell,M,41,58:18
 67-Joseph Gluck,M,56,58:48
 68-Carolyn Hall,F,46,63:07
 69-Richard Thomson,M,50,68:29
 70-Dawn Devita,F,45,73:27
 71-Karren Bee-Donohoe,F,50,74:26
 72-Kate Karlson,F,56,80:14

Results for January 24

Cold and windy. 68 starters and 65 finishers.

Pie Winners - Steve Esposito and Katie Radzik.

Volunteers were Mike Zwick, Dan Dougherty, Chuck Barney, Helmut Betz, Mike Murphy, and Rachel Boardman.

Place, Name, M/F, Age, Time
 1-Steve Esposito,M,19,36:58
 2-Stephen Marcin,M,24,37:11
 3-Benjamin Snodgrass,M,16,37:50
 4-Joshua Chilson,M,16,38:25
 5-Katie Radzik,F,21,39:36
 6-Kyle Gilyard,M,16,40:07
 7-Greg Derick,M,37,40:09
 8=Chris Milano,M,16,40:18
 9-Tom Mullins,M,41,40:39
 10-Chris Cowden,M,35,41:14
 11-Phil Kwasney,M,27,41:15
 12-Fred Malloy,M,43,41:28
 13-Ron Hulslander,M,52,41:40
 14-Trish Spring,F,23,41:55
 15-Kevin Tripp,M,38,42:32
 16-Erica Riecke,F,25,43:38
 17-Brian Cummins,M,54,43:45
 18-Chris Tucker,M,31,44:03
 19-Jeff Hall,M,51,44:12
 20-Chuck Hein,M,49,44:38
 21-Frank Bianco,M,31,45:16
 22-Jon Murray,M,31,45:19
 23-Graham Upton,M,54,45:29
 24-Greg Amend,M,44,45:37
 25-Mike Egan,M,58,46:01
 26-Cary Shaw,M,40,47:01
 27-Kerry Zemek,M,50,47:13
 28-Greg Crane,M,34,47:17
 29-David Losee,M,38,47:54
 30-Nancy Werthmuller,F,57,48:03
 31-Dave McSherry,M,53,48:42
 32-Ned Clarke,M,51,48:20
 33-William David,M,41,48:55
 34-Vince Kelley,M,52,49:13
 35-Michael Joyce,M,55,49:32
 36-Dan Dofton,M,34,50:09
 37-Kathleen Lantry,F,58,50:11
 38-Kevin Pasterchik,M,51,50:42
 39-David Kostyal,M,54,50:48
 40-Mike Vachon,M,44,50:48
 41-Bob Matson,M,61,50:48
 42-Bob Beavan,M,45,51:35
 43-Patrice Back,F,38,51:43
 44-William Ondrayko,M,56,51:49
 45-Paula Williams,F,55,52:12
 46-Michael Lewis,M,30,52:13
 47-Scott Snyder,M,33,52:25
 48-Mark Hendley,M,41,52:28
 49-Maegan Lewis,F,17,52:38

50-Bob Stover,M,55,52:46
51-Joe DiMattina,M,61,52:51
52-Justin Sturek,M,28,53:38
53-Kathy Shaw,F,39,54:35
54-Patrick Ruehlman,M,49,56:38
55-Margret Betz,F,72,57:17
56-Carol Sopinski,F,48,57:22
57-Kara Hendley,F,39,57:41
58-Douglas Russell,M,41,58:27
59-Holly Parkin,F,54,59:37
60-Carol Snyder,F,51,61:48
61-Carolyn Hall,F,46,63:45
62-Esther Frustino,F,37,67:01
63-Dawn DeVita,F,45,72:51
64-Karren Bee-Donohoe,F,50,75:47
65-Kate Karlson,F,56,81:14

January 17 - Canceled due to Extreme Cold

Results for January 10

Cold - 15 degrees. We had a lot of frost and snow attached to the faces. 75 starters. 72 finishers.

Pie Winners were Katie Aldridge and Boris Dzikovski. Mike Murphy was overall winner.

Volunteers were Mike Zwick, Chuck Barney, Dan Dougherty, Helmut Betz and Steve Esposito. Thanks so much.

Place,Name,M/F, Age, Time

1.Mike Murphy,M,35,35:34
2.Katie Aldridge,F,35,36:22
3.Boris Dzikovski.M,44,36:23
4.Chris Cowden,M,35,38:13
5.Jeremy Anderson,M,16,39:30
6.Eric Maki,M,47,39:49
7.Chris Milano,M,16,40:11
8.Phil Kwasney,M,27,40:21
9.Lee Anderson,M,51,40:36
10.Joel Cisne,M,27,40:38
11.Keven Tripp,M,38,40:43
12.Ron Hulslander,M,52,40:51
13.Mike Cordi,M,49,40:59
14.Fred Malloy,M,43,41:23
15.Trish Spring,F,23,41:33
16.Keven Nelson,M,44,42:00
17.Randy Reynolds,M,46,42:01
18.Erica Riecke,F,25,42:26
19.Rachel Boardman,F,28,43:23
20.Frank Bianco,M,31,43:28
21.Jeff Hall,M,51,43:30
22.Brian Cummins,M,54,43:50
23.Bill McGovern,M,49,44:15
24.Laurie Hall,F,19,45:00
25.Greg Crane,M,34,45:01
26.Christopher Simser,M,48,45:10
27.Katie Groff,F,23,45:10
28.Mike Egan,M,58,45:33
29.Jessica Spellane,F,17,45:51
30.John Bruno,M,21,46:23
31.Kerry Zamac,M,50,46:26
32.Ned Clarke,M,51,46:28
33.Kyle Gilyard,M,16,46:30
34.Nancy Werthmuller,F,57,46:40
35.Susan Cain,F,40,46:51
36.David Losee,M,38,47:36
37.Vince Kelley,M,52,48:29
38.David Kostyal,M,54,48:53
39.Catherine Khouri,F,21,48:55
40.Larissa Hall,F,25,49:06
41.Michael Joyce,M,55,49:10
42.Dan Lofton,M,34,49:16
43.Joseph Gwizdaloski,M,56,49:18
44.Bob Matson,M,61,49:20
45.William David,M,41,49:40
46.Kathleen Lantry,F,46,49:48
47.Rich Begliomini,M,60,49:49
48.Keven Pasterchik,M,57,49:54
49.Dennis Gilyard,M,57,50:22
50.Sara Gdovin,F,25,50:25
51.Patrice Back,F,50:31
52.Melissa Graveldeing,F,39,50:34
53.Bob Beavan,M,45,51:06
54.Paula Williams,F,55,51:53
55.Allison Hall,F,16,52:48
56.Maegan Lewis,F,17,52:48

57.Patrick Ruehlman,M,49,52:52
 58.Joe DiMattina,M,61,53:39
 59.Mark Hendley,M,41,53:39
 60.Colin Ayleswerth,M.20,53:57
 61.Steve Willett,M,46,54:47
 62.Joe Gluck,M,56,56:01
 63.Margret Betz,F,72,56:11
 64.Anthony Mazza,M,63,56:31
 65.Kathy Anderson,F,47,56:39
 66.Kara Hendley,F,39,56:40
 67.Holly Parkyn,F,54,58:41
 68.Carolyn Hall,F,46,62:55
 69.Edziel Menchavez,F.21.66:00
 70.Jim Warner,M,22,46:00
 71.Richard Thomson,M,22,70:24
 72.Karren Bee-Donohoe,F,50,78:14

Results for January 3

Awesome start to the series. We smashed the number of racers for a single run. 91 starters and 89 finishers. Given the lousy weather, this was really good.

The pie winners were Michael Murphy and Janine Fitzgerald. Great job.

Volunteers that I can remember: Steve Esposito, Gary Fancher, Mike Zwick, Chuck Barney, George Joseph, Mark Dobrowolski and Ashley Tierney. Thanks to Nancy W. for her breakfast cake. Good job by Danny for the food and snow shoveling. Thanks a lot.

Tom Hamlin

Place,Name,M/F,Age,Time
 1, Mike Murphy,M,35,34:48
 2,Benjamin Snodgrass,M,16,38:07
 3, Eric Maki,M,47,38:22
 4, Michael Olson,M,43,39:48
 5, Jeremy Anderson,M,16,39:53
 6, Ron Hulslander,M,52,40:06
 7, Tom Mullins,M,41,40:41
 8, Janine Fitzgerald,F,41:24
 9, Chris Cowden,M,35,41:25
 10, Lee Anderson,M,41:30
 11, Fred Malloy,M,41:35
 12, Kyle Gilyard,M,16,42:06
 13, Kevin Tripp,M,38,42:10
 14, Richard Nichols,M,24,42:48
 15, Trish Spring,F,23,43:01
 16, Benjamin Nichols,M,18,43:12
 17, Rachel Boardman,F,28,43:20
 18, Randy Reynolds,M,46,43:45
 19, Chuck Hein,M,49,43:52
 20, Allison Lawruk,F,28,43:56
 21, Jimmy Lawruk,M,28,44:01
 22, Frenk Bianco,M,31,44:08
 23, Erica Riecke,F,25,44:29
 24, Jeff Hall,M,51,44:36
 25, Brian Cummins,M,54,44:46
 26, Christopher Simser,M,48,45:13
 27, Mike Egan,M,58,45:33
 28, Michael Evans,M,19,45:46
 29, Jon Murray,M,31,46:17
 30, Laurie Hall,F,19,46:34
 31, Nancy Werthmuller,F,57,46:47
 32, Vince Fox,M,50,47:14
 33, Sy Poggemeyer,M,19,47:48
 34, John Bruno,M,21,47:54
 35, Ned Clarke,M,51,47:57
 36, Kerry Zemak,M,50,47:59
 37, Janelle Rossiter,F,16,48:53
 38, Nick Reynolds,M,17,48:54
 39, Michael Lewis,M,30,48:55
 40, Kelly Ford,F,34,49:16
 41, David Losee,M,38,49:22
 42, Larissa Hall,F,25,49:25
 43, Kelley Hamlin,F,37,49:37
 44, Allison Hall,F.16,49:45
 45, Michael Eichler,M,21,50:03
 46, Michael Joyce,M,55,50:04
 47, Catherine Khouri,F,21,50:07
 48, David Kostyal,M,54,50:08
 49, William David,M,41,50:29
 50, Mark Hendley,M,41,50:52
 51, Bob Matson,M,61,51:11
 52, Rich Begliomini,M,60,51:31
 53, Robert Hartmann,M,50,51:42
 54, Dan Doften,M,35,52:03

55, Kathleen Lantry, F, 46, 52:04
56, Kerry Medina, F, 31, 52:28
57, Colin Aylesworth, M, 20, 52:46
58, Karen Fennie, F, 39, 53:06
59, Paul McCabe, M, 62, 53:07
60, Harland Bigelow, M, 62, 53:14
61, Joe Schultz, M, 36, 53:24
62, Colleen Schultz, F, 39, 53:25
63, Dennis Gilyard, M, 57, 53:33
64, Steve Willett, M, 46, 53:44
65, Justin Sturek, M, 28, 54:07
66, Paula Williams, F, 55, 54:40
67, William Ondrako, M, 56, 54:49
68, Patrick Ruehlman, M, 59, 55:08
69, Jack Hart, M, 70, 55:42
70, Vicki Becker, F, 48, 55:58
71, Patrice Back, F, 38, 56:18
72, Margret Betz, F, 72, 56:46
73, Kathy Anderson, F, 47, 56:49
74, Kara Hendley, F, 39, 56:55
75, Anthony Mazza, M, 63, 57:04
76, Craig Benson, M, 54, 57:38
77, Glenn Small, M, 63, 57:41
78, Joe DiMattina, M, 61, 57:58
79, Sara Gdovin, F, 25, 58:02
80, Joseph Gluck, M, 56, 58:11
81, Holly Parkyn, F, 54, 60:75
82, Carolyn Hall, F, 46, 63:83
83, Michael Kriegger, M, 45, 64:54
84, Dave Buchta, M, 62, 68:52
85, Elaine Errigo-Gilyard, F, 57, 72:96
86, Dawn DeVita, F, 45, 74:01
87, Richard Thomson, M, 50, 74:64
88, Karren Bee-Donohoe, F, 50, 75:64
89, Katherine Karlson, F, 56, 84:54