

# 31st Annual Run for the Roses 5K

## Grafton Lakes State Park

### Sunday August 14, 2016 9:00 A.M.

Race with Us      racewithus@mindspring.com

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/9	Eric Youns	24	M	Latham	NY	18:16	5:53
2	1/5	Ryan Gopsse	17	M	Grafton	NY	19:17	6:13
3	2/5	Alex Flowers	17	M	Petersburgh	NY	19:53	6:24
4	1/14	John Sestito	52	M	Johnsonville	NY	20:18	6:32
5	1/12	Spencer Daley	14	M	Troy	NY	20:34	6:38
6	3/5	Dermot O'Connor	15	M	Clifton Park	NY	20:41	6:40
7	1/14	Serena Rizzo	18	F	Petersburg	NY	20:42	6:40
8	1/7	Sean Hannon	33	M	Guilderland	NY	20:47	6:42
9	2/7	Ryan Nix	36	M	Guilderland	NY	20:49	6:42
10	1/15	Jonathan Golden	43	M	Slingerlands	NY	20:51	6:43
11	2/15	Jon Bakija	49	M	Williamstown	MA	20:54	6:44
12	2/12	Collin Douglas	13	M	Petersburgh	NY	20:55	6:44
13	2/9	Andy Gilchrist	24	M	Cropseyville	NY	21:04	6:47
14	2/14	Payton Czupil	17	F	Watervliet	NY	21:27	6:55
15	2/14	Jay Thorn	54	M	Valatie	NY	21:28	6:55
16	4/5	Andrew Danaher	16	M	Troy	NY	21:42	6:59
17	1/7	Steve Jones	62	M	Averill Park	NY	21:58	7:05
18	3/15	John Greene	44	M	Berlin	NY	22:23	7:13
19	3/14	Pete Birdsinger	53	M	Troy	NY	22:33	7:16
20	3/7	Josh Santarcangelo	34	M	Troy	NY	22:36	7:17
21	3/12	Noah Bonesteel	13	M	Averill Park	NY	22:56	7:23
22	2/7	Paul Bennett	64	M	Latham	NY	23:20	7:31
23	1/8	Lauren Williams	26	F	Troy	NY	23:39	7:37
24	1/9	Miriam Bakija	14	F	Williamstown	MA	23:44	7:39
25	4/14	Nick Conrad	57	M	Cropseyville	NY	23:48	7:40
26	3/9	Thomas Hartnett	27	M	Schenectady	NY	23:55	7:42
27	4/9	Matthew Williams	24	M	Bennington	VT	24:04	7:45
28	1/9	Anne Strock	52	F	Petersburgh	NY	24:34	7:55
29	1/9	Lillian Porteus	30	F	Troy	NY	24:38	7:56
30	3/14	Haley Jewett	15	F	Petersburg	NY	24:42	7:57
31	5/14	Jim Bonesteel	54	M	Averill Park	NY	24:43	7:58
32	5/9	Griffin White	25	M	Albany	NY	24:45	7:58
33	4/14	Gabriella Broga	16	F	Nassau	NY	25:13	8:07
34	1/18	Terra Stone	41	F	Rensselaer	NY	25:26	8:11
35	4/7	Matthew Letteer	38	M	Latham	NY	25:28	8:12
36	6/14	Richard Reilly	51	M	East Greenbush	NY	25:56	8:21
37	7/14	Dave Cole	58	M	Schenectady	NY	25:58	8:22
38	2/18	Jamie Christensen	41	F	Poestenkill	NY	26:07	8:25
39	5/7	Jonathan Matheke	38	M	Poestenkill	NY	26:12	8:26
40	2/9	Melynda Matheke	37	F	Poestenkill	NY	26:13	8:27
41	6/9	Dan Fudge	24	M	Rensselaer	NY	26:25	8:30
42	4/12	Alex Cooper	14	M	Poestenkill	NY	26:50	8:39
43	3/18	Jeanette Sassatelli	41	F	Valley Falls	NY	26:58	8:41
44	3/9	Angela Stritt	38	F	Delmar	NY	27:01	8:42
45	4/15	Scott Shanahan	45	M	Averill Park	NY	27:19	8:48
46	5/12	Sammy Bonesteel	11	M	Averill Park	NY	27:20	8:48
47	8/14	Joe Chamberlin	55	M	Cropseyville	NY	27:22	8:49
48	4/9	Megan Brown	39	F	Troy	NY	27:25	8:50
49	5/15	Christopher Brown	41	M	Troy	NY	27:26	8:50
50	6/15	Brad Bortnick	41	M	Cropseyville	NY	27:27	8:50
51	4/18	Jill Rembetski	47	F	Averill Park	NY	27:28	8:51
52		Jason DiPierro		M	Schenectady	NY	27:45	8:56

53	6/12	Ethan Grandjean	12	M	Cropseyville	NY	27:57	9:00
54	5/14	Molly Rae Kane	15	F	Rensselaer	NY	27:57	9:00
55	9/14	Edward Cappellano	50	M	Johnsonville	NY	28:08	9:04
56	5/18	Tanya Slater	43	F	Hoosick Falls	NY	28:15	9:06
57	5/9	Olga Cross	38	F	Schenectady	NY	28:17	9:06
58	5/5	Wyatt Greene	17	M	Berlin	NY	28:23	9:08
59	7/12	Adam Kiely	14	M	Averill Park	NY	28:23	9:09
60	7/15	Chuck Douglas	45	M	Petersburgh	NY	28:27	9:10
61	6/9	Nicole Lanoue	34	F	Troy	NY	28:44	9:15
62	8/15	Chris Hungerford	42	M	Petersburg	NY	28:52	9:18
63	6/14	Megan Hefferon	15	F	East Greenbush	NY	29:02	9:21
64	6/18	Kim Broga	43	F	Nassau	NY	29:04	9:22
65	2/9	Cayla Hungerford	14	F	Petersburg	NY	29:12	9:24
66	2/9	Jean Lange	50	F	Schenectady	NY	29:16	9:25
67	7/14	Leah Tubbs	15	F	East Greenbush	NY	29:35	9:32
68	8/12	Wade Greene	13	M	Berlin	NY	29:36	9:32
69	3/7	Douglas Rogers	60	M	Brattleboro	VT	29:38	9:33
70	4/7	Leo DiPierro	66	M	Cherry Plain	NY	29:56	9:39
71	9/15	W. Daniel Kelsey	44	M	Averill Park	NY	30:07	9:42
72	1/3	Tom Rogan	71	M	Mechanicville	NY	30:07	9:42
73	7/9	Joyelle Ruger	37	F	E. Greenbush	NY	30:15	9:45
74	2/8	Heather Bryce	20	F	Troy	NY	30:35	9:51
75	7/9	Matt Trzcinski	26	M	Troy	NY	31:17	10:05
76	2/3	Eric Hamilton	71	M	Clifton Park	NY	31:21	10:06
77	8/14	Danielle Kiely	16	F	Averill Park	NY	31:22	10:06
78	3/9	Carla Ward	52	F	Clifton Park	NY	31:23	10:06
79	9/14	Melanie DeLaurentis	15	F	Petersburg	NY	31:24	10:07
80	5/7	Mark Fleszar	67	M	Troy	NY	31:24	10:07
81	7/18	Sherylee Grimm	44	F	Delmar	NY	31:39	10:11
82	10/14	Steve Segore	53	M	Albany	NY	31:44	10:13
83	11/14	Kevin Reilly	56	M	Saratoga	NY	31:51	10:15
84	10/14	Jasonnah Bink	18	F	Petersburg	NY	32:05	10:20
85	3/8	Kaitlyn Snyder	21	F	Hoosick Falls	NY	32:21	10:25
86	4/9	Stephanie Jorgensen	51	F	East Greenbush	NY	32:23	10:26
87	12/14	Michael D'Allaird	57	M	Albany	NY	32:24	10:26
88	4/8	Lauren Regan	25	F	Rensselaer	NY	32:44	10:33
89	5/9	Gail Perry	57	F	Latham	NY	32:52	10:35
90	6/9	Donna Charlebois	58	F	East Berne	NY	32:53	10:35
91	5/8	Edesse Lamb	25	F	Troy	NY	33:01	10:38
92	8/18	Beth Litz	49	F	Troy	NY	33:18	10:44
93	6/7	Joshua Michaels	33	M	Clifton Park	NY	33:23	10:45
94	6/8	Angela Kanser	22	F	Cropseyville	NY	33:26	10:46
95	8/9	Alexander Bink	23	M	Cropseyville	NY	33:27	10:46
96	9/12	Everett Ray	11	M	Castleton	NY	33:29	10:47
97	10/15	Ernest Tubbs	47	M	East Greenbush	NY	33:44	10:52
98	1/6	Susan Rogers	61	F	Brattleboro	VT	33:52	10:54
99	13/14	David Lange	50	M	Schenectady	NY	33:54	10:55
100	9/18	Danielle Birdsinger	48	F	Troy	NY	34:02	10:58
101	3/9	Braelyn Severson	12	F	East Greenbush	NY	34:02	10:58
102	4/9	Madelyne Knapp	13	F	E. Greenbush	NY	34:03	10:58
103	5/9	Jessica Heinrichs	13	F	Troy	NY	34:11	11:00
104	7/9	Anne Grab	55	F	Troy	NY	34:13	11:01
105	2/6	Suzanne Wagner	60	F	Troy	NY	34:18	11:03
106	6/7	Tom Wagner	64	M	Troy	NY	34:19	11:03
107	9/9	Greg Davis	28	M	Troy	NY	34:19	11:03
108	10/12	Layne Chaykowski-Je	10	M	Petersburg	NY	34:21	11:04
109	8/9	Linda Gallagher	54	F	Albany	NY	34:30	11:07
110	11/15	Brandon LaMora	41	M	Johnsonville	NY	34:49	11:13
111	6/9	Ellie Kemp	10	F	East Greenbush	NY	35:08	11:19
112	3/6	Sue Nealon	66	F	Pittsfield	MA	35:12	11:20
113	14/14	Jeff LaRoche	51	M	Bennington	VT	35:23	11:24
114	11/14	Emma Woolley	18	F	Cherry Plain	NY	35:45	11:31
115	12/15	Puviaraso Dakshinam	45	M	Watervliet	NY	35:52	11:33

116	11/12	Justin Heinrichs	10	M	Troy	NY	35:57	11:35
117	12/14	Anne Hageman	17	F	Lenda	KS	35:58	11:35
118	13/15	Brian Northan	41	M	Guilderland	NY	36:00	11:35
119	10/18	Jessica Northan	40	F	Guilderland	NY	36:03	11:36
120	4/6	Patricia Busch	63	F	Cropseyville	NY	36:16	11:41
121	9/9	Jeanie Scott	51	F	Averill Park	NY	36:26	11:44
122	13/14	Elyse Scott	18	F	Averill Park	NY	36:26	11:44
123	14/14	Katie Greene	16	F	Berlin	NY	36:27	11:44
124	7/8	Emily Lange	22	F	Schenectady	NY	36:40	11:48
125	11/18	Nicole LaMora	42	F	Johnsonville	NY	36:43	11:49
126	7/7	Patrick Abrams	67	M	Troy	NY	36:50	11:52
127	12/18	Becky Darling	49	F	Pownal	VT	36:54	11:53
128	5/6	Gail Hein	64	F	Altamont	NY	37:16	12:00
129	13/18	Christina Stenson-C	43	F	Albany	NY	37:21	12:01
130	8/8	Meghan Donovan	27	F	Troy	NY	38:32	12:25
131	14/15	Dustin Crewell	41	M	Troy	NY	38:44	12:28
132	14/18	Paula LaRoche	45	F	Bennington	VT	38:54	12:32
133	12/12	Zach Fisher	11	M	Slingerlands	NY	39:31	12:43
134	15/18	Dee Fisher-Golden	46	F	Slingerlands	NY	39:34	12:44
135	16/18	Damian Greene	41	F	Berlin	NY	39:41	12:47
136	17/18	Tara Kiely	48	F	Averill Park	NY	40:27	13:02
137	7/9	Brynne Crewell	6	F	Troy	NY	40:37	13:05
138	8/9	Kelly Allard	35	F	Troy	NY	40:38	13:05
139	6/6	Pat DiPierro	63	F	Cherry Plain	NY	41:25	13:20
140	8/9	Gabby Sneddon	4	F	South Burlingto	VT	42:05	13:33
141	18/18	Marisol Pereira-Sal	46	F	Schenectady	NY	42:24	13:39
142	7/7	Kevin Bonesteel	33	M	Petersburg	NY	42:28	13:41
143	9/9	Veronica Ray	13	F	Castleton	NY	43:05	13:52
144	15/15	Monty Ray	45	M	Castleton	NY	43:08	13:53
145	3/3	Nicholas Ketz	70	M	Schenectady	NY	46:20	14:55
146	9/9	Julie Brazie	37	F	Watervliet	NY	47:57	15:26
147	1/1	Linda Keeley	70	F	Petersburgh	NY	50:19	16:12

## Awards

### \*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1 Serena Rizzo 18 Petersburg NY 20:42  
Record 17:08 by Lori Hewig in 1990

### \*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1 Eric Youns 24 Latham NY 18:16  
Record 15:17 by Rich Coughlin in 1989

#### FEMALE AGE GROUP: 1 - 14

1 Miriam Bakija 14 Williamstown MA 23:44  
2 Cayla Hungerford 14 Petersburg NY 29:12

#### MALE AGE GROUP: 1 - 14

1 Spencer Daley 14 Troy NY 20:34  
2 Collin Douglas 13 Petersburgh NY 20:55

#### FEMALE AGE GROUP: 15 - 19

1 Payton Czupil 17 Watervliet NY 21:27  
2 Haley Jewett 15 Petersburg NY 24:42

#### MALE AGE GROUP: 15 - 19

1 Ryan Gopsse 17 Grafton NY 19:17  
2 Alex Flowers 17 Petersburgh NY 19:53

#### FEMALE AGE GROUP: 20 - 29

1 Lauren Williams 26 Troy NY 23:39  
2 Heather Bryce 20 Troy NY 30:35

#### MALE AGE GROUP: 20 - 29

1 Andy Gilchrist 24 Cropseyville NY 21:04  
2 Thomas Hartnett 27 Schenectady NY 23:55

#### FEMALE AGE GROUP: 30 - 39

1 Lillian Porteus 30 Troy NY 24:38

2	Melynda Matheke	37	Poestenkill	NY	26:13
		MALE AGE GROUP: 30 - 39			
1	Sean Hannon	33	Guilderland	NY	20:47
2	Ryan Nix	36	Guilderland	NY	20:49
		FEMALE AGE GROUP: 40 - 49			
1	Terra Stone	41	Rensselaer	NY	25:26
2	Jamie Christensen	41	Poestenkill	NY	26:07
		MALE AGE GROUP: 40 - 49			
1	Jonathan Golden	43	Slingerlands	NY	20:51
2	Jon Bakija	49	Williamstown	MA	20:54
		FEMALE AGE GROUP: 50 - 59			
1	Anne Strock	52	Petersburgh	NY	24:34
2	Jean Lange	50	Schenectady	NY	29:16
		MALE AGE GROUP: 50 - 59			
1	John Sestito	52	Johnsonville	NY	20:18
2	Jay Thorn	54	Valatie	NY	21:28
		FEMALE AGE GROUP: 60 - 69			
1	Susan Rogers	61	Brattleboro	VT	33:52
2	Suzanne Wagner	60	Troy	NY	34:18
		MALE AGE GROUP: 60 - 69			
1	Steve Jones	62	Averill Park	NY	21:58
2	Paul Bennett	64	Latham	NY	23:20
		FEMALE AGE GROUP: 70 - 99			
1	Linda Keeley	70	Petersburgh	NY	50:19
		MALE AGE GROUP: 70 - 99			
1	Tom Rogan	71	Mechanicville	NY	30:07
2	Eric Hamilton	71	Clifton Park	NY	31:21