

RESULTS OF 30TH ANNUAL DYNAMIC DUO, AUGUST 2, 2008

-36

-36 Con't

1	Zak Predmore	15:01		18	Alex Berensz	17:23	
	Lizzie Predmore	17:15	32:16		Lindsey Bonk	20:50	38:13
2	Ryan Pezzulo	15:19		19	Freddy Hance	19:17	
	Molly Pezullo	17:05	32:24		Patty Massa	19:54	39:11
3	Michael Champagne	15:53		20	Matt Roberts	17:36	
	Mary Kate Champagne	17:53	33:46		Katie Zeppetelli	21:51	39:27
4	Kyle O'Connor	16:55		21	Alney Tobias	17:33	
	Chelsea Trant	18:34	35:29		Larissa Melendez	22:17	39:50
5	Joe Emory	16:52		22	Ian Leavitt	19:07	
	Nayamka Roberts-Smith	18:58	35:50		Gina Cristaldi	20:52	39:59
6	Connor Maggs	16:15		23	Will Schanz	18:24	
	Amanda Schermerhorn	19:48	36:03		Molly Nephew	21:55	40:09
7	Sam Predmore	17:00		24	Chris Vanzetta	17:56	
	Nicole Irving	19:06	36:06		Julia McCane	23:04	41:00
8	Kevin Sheehan	15:56		25	Brian Harris	21:27	
	Martha Brown	20:17	36:13		Alexandra Bartnick	19:35	41:02
9	Danny Harris	16:27		26	R. J. Sniffen	16:36	
	Meredith Peabody	19:56	36:23		Casey Connolly	24:41	41:17
10	Tom Dorweldt	17:28		27	Michael Cyrus	21:10	
	Gabby Rodriguez	19:09	36:37		Rachel Cyrus	20:17	41:27
11	Louis Serafini	15:49		28	Sean O'Brien	17:54	
	Samantha Legere	20:49	36:38		Erin Leitt	23:51	41:45
12	Jake Flynt	17:20		29	C. J. Sousis	17:57	
	Becky Martin	20:04	37:24		Kayla Mason	24:35	42:32
13	Matt Blair	17:49		30	Matt Strenk	18:36	
	Laura Isabella	19:44	37:33		Rosie Brown	24:03	42:39
14	Ryan Jones	19:01		31	Bob Herkenham	21:54	
	Cara Janeczko	18:40	37:41		Carolyn Herkenham	20:46	42:40
15	Jared Finke	16:51		32	Michael Sherry	20:58	
	Joan Kanarkiewicz	20:53	37:44		Jessica Abrams	22:30	43:28
16	Ian Dorsett	17:54		33	Albert Scardera	20:11	
	Claire Walling	20:00	37:54		Blair Meeson	24:06	44:17
17	Zak Smetarzen	16:45		34	Johnny Ozlalo	20:43	
	Kelsey Fitzgerald	21:24	38:09		Jessica Oslalo	24:25	45:08

## 37-45

## 37-45 Con't

1	Josh Henry Sam Roecker	15:20 17:03	32:23	20	Daniel Sullivan Emily McDonald	19:23 27:02	46:25
2	Seamus Nally Meaghan Gregory	15:06 17:57	33:03	21	Marc Casile Megan Wiedl	22:21 26:21	48:42
3	Scott Mindel Claire Hardwick	14:58 18:21	33:19	1	Chuck Terry Alyssa Lotmore	15:12 17:35	32:47
4	Rob Cloutier Morgan Roche	15:24 18:34	33:58	2	Kirk Dornton Liza Grudzinski	15:33 17:57	33:30
5	Pat Cullen Melissa Bredice	15:53 19:08	35:01	3	Geoff Decker Julie LaFrano	15:46 18:37	34:23
6	Bryce Wilk Riley Wilk	15:29 19:43	35:14	4	Sam MacKenzie Natalie Gingrich	16:16 18:21	34:37
7	Justin Bishop Emily Finnegan	15:41 19:41	35:22	5	Josh Merlis Sara Brenner	16:06 20:27	36:33
8	Andrew McCarthy Nicole Soblosky	16:35 18:52	35:27	6	Steve Hicks Christine Peltier	16:47 20:29	37:16
9	Nick Webster Meghan LaPoint	15:24 20:06	35:30	7	Eamon Dempsey Mary Borenski	15:57 21:45	37:42
10	Nick Henry Liz Montgomery	18:32 18:36	37:08	8	Tom O'Grady Sarah Peloquin	16:23 22:28	38:51
11	Brad Lewis Shayla Weber	15:55 22:48	38:43	9	Boone Gorges Rebecca Rosenberg-Barin	20:39 19:53	40:32
12	John Kenworthy Emily Leitt	15:13 23:57	39:10	10	Shaun Zepf Megan Reynolds	17:53 22:07	42:00
13	Kyle Lynch Natasha DeGive	18:20 21:47	40:07	11	Chris Imperial Karen Bertasso	21:15 21:07	42:22
14	Chris Chromczak Emily Gravelle	18:21 21:53	40:14	12	Natt Kalinski Julie Peltier	18:30 24:47	43:17
15	Chad Davey Shea Foley	18:42 22:06	40:48	13	Joe Benny Jennifer Senez	20:09 24:17	44:26
16	Brian Stitt Meredith Apfelbaum	19:54 21:55	41:49	14	Felipe Swarez Rachel Tierney	26:46 24:57	51:43
17	Brian Benson Keegan Kennedy	16:30 28:18	44:48	15	Matt Walsh Christina Zessin	17:45 34:18	52:03
18	Christopher Senez Amanda Thornton	23:27 21:36	45:03				
19	Ryan DuBois Kayla Dubois	24:19 21:37	45:56				

## 55-63

## 73-81 Con't

1	Kyle Merber Kathy Champagne	16:25 18:47	35:12	5	Cole Racho Sashi Racho	22:54 26:34	49:28
2	Aaron Knoblach Erin Rightmyer	16:30 22:32	39:02	6	Marc Caprara Angela Vasilakos	21:02 24:52	55:54
3	Scott Ely Jessica Sherry	19:27 19:36	39:03	7	Paul Bashant Jennifer Bashant	32:04 26:29	58:33
4	Norman Drapeau Alyssa Drapeau	21:32 19:19	40:51				
5	Eddie Habeck Jennifer Habeck	18:55 25:21	44:16	1	Ed Menis Laurie Hoyt	17:45 21:24	39:09
6	Brenan TARRIER Amanda Long	18:54 26:45	45:39	2	Chris Jones Margaret Jones	18:04 21:12	39:16
7	Larry Quinn Brittany Pappuza	21:54 23:51	45:45	3	Dale Broomhead Estelle Burns	21:00 19:12	40:12
				4	Fred Hence Theresa Hence	19:54 21:28	41:22

## 82-90

1	Rick Munson Ada Lauterbach	17:58 18:32	36:30	5	Vince Juliano Michelle LaVigne	22:38 19:18	41:56
2	Scott Hodge Katie Hodge	19:09 19:45	38:54	6	Brian Norhan Susan Burns	19:00 23:58	42:58
3	John King Caroline King	20:40 19:48	40:28	7	Bob Oates Jen Petersen	20:50 23:06	43:56
4	Will Moran Elizabeth Moran	19:57 21:34	41:31	8	Robert Paley Pam Paley	21:02 23:44	44:46
5	Paul Ryan Kelsey Ryan	20:46 21:16	42:02	9	Chuck Brooks Lisbeth Brooks	22:44 25:31	48:15

## 64-72

1	Alex Chlopecki Nicole Chlopecki	24:35 23:17	47:52				
7	John Caher Kerry Caher	26:49 22:57	49:46	1	Dan Predmore Ellen Predmore	17:41 20:30	38:11
				2	John Stockwell Lori Weaver	21:11 19:02	40:13

## 91-99

## 73-81

1	Ben Greenberg Emily Bryans	16:03 17:18	33:21	1	Paul Bennett Nancy Nicholson	19:11 20:01	39:12
2	Bob Irwin Mary Buck	16:16 18:33	34:49	2	Bill Herkenham Elizabeth Herkenham	19:46 22:34	41:20
3	Dan Martinelli Brenda Bashant	22:13 22:20	44:33	3	Frank Broderick Chris Varley	21:07 21:22	42:29
4	Richard Reynolds Kate Reynolds	24:55 24:11	49:06	4	Jim Murphy Joyce Goodrich	21:35 21:19	42:54

## 100-108



RESULTS OF 30TH ANNUAL DYNAMIC DUO - SATURDAY, AUGUST 2, 2008

3 MILES COUPLES RACE

SPONSORED BY THE COLONIE RECREATION DEPARTMENT - COLONIE TOWN PARK

- 36 Years			73-81 Years		
Zak Predmore	15:01		Ben Greenberg	16:03	
Lizzie Predmore	17:15	32:16	Emily Bryans	17:18	33:21
37-45 Years			82-90 Years		
Josh Henry	15:20		Ed Menis	17:45	
Sam Roecker	17:03	32:23	Laurie Hoyt	21:24	39:09
46-54 Years			91-99 Years		
Chuck Terry	15:12		Dan Predmore	17:41	
Alyssa Lotmore	17:35	32:47	Ellen Predmore	20:30	38:11
55-63 Years			100-108 Years		
Kyle Merber	16:25		Paul Bennett	19:11	
Kathy Champagne	18:47	35:12	Nancy Nicholson	20:01	39:12
64-72 Years			109+ Years		
Rick Munson	17:58		Steve Sweeney	19:00	
Ada Lauterbach	18:32	36:30	Judy Phelps	20:57	39:57

INDIVIDUALS

Men

1	Scott Mindel	14:58	55	Chris Chromczak	18:21
2	Zak Predmore	15:01	56	Will Schanz	18:24
3	Seamus Nally	15:06	57	Natt Kalinski	18:30
4	Chuck Terry	15:12	58	Nick Henry	18:32
5	John Kenworthy	15:13	59	Matt Strenk	18:36
6	Ryan Pezzulo	15:19	60	Chad Davey	18:42
7	Josh Henry	15:20	61	Brenan TARRIER	18:54
8	Rob Cloutier	15:24	62	Eddie Habeck	18:55
9	Nick Webster	15:24	63	Brian Norhan	19:00
10	Bryce Wilk	15:29	64	Steve Sweeney	19:00
11	Kirk Dornton	15:33	65	Ryan Jones	19:01
12	Justin Bishop	15:41	66	Ian Leavitt	19:07
13	Geoff Decker	15:46	67	Scott Hodge	19:09
14	Louis Serafini	15:49	68	Paul Bennett	19:11
15	Michael Champagne	15:53	69	Freddy Hance	19:17
16	Pat Cullen	15:53	70	Daniel Sullivan	19:23
17	Brad Lewis	15:55	71	Scott Ely	19:27
18	Kevin Sheehan	15:56	72	Bill Herkenham	19:46
19	Eamon Dempsey	15:57	73	Brian Stitt	19:54
20	Ben Greenberg	16:03	74	Fred Hence	19:54
21	Josh Merlis	16:06	75	Will Moran	19:57
22	Connor Maggs	16:15	76	Joe Benny	20:09
23	Sam MacKenzie	16:16	77	Albert Scardera	20:11
24	Bob Irwin	16:16	78	Boone Gorges	20:39
25	Tom O'Grady	16:23	79	John King	20:40
26	Kyle Merber	16:25	80	Johnny Ozlalo	20:43
27	Danny Harris	16:27	81	Paul Ryan	20:46
28	Brian Benson	16:30	82	Bob Oates	20:50
29	Aaron Knoblach	16:30	83	Michael Sherry	20:58
30	Andrew McCarthy	16:35	84	Dale Broomhead	21:00
31	R. J. Sniffen	16:36	85	Marc Caprara	21:02
32	Zak Smetarzen	16:45	86	Robert Paley	21:02
33	Steve Hicks	16:47	87	Tom Adams	21:03
34	Jared Finke	16:51	88	Frank Broderick	21:07
35	Joe Emory	16:52	89	William Hicks	21:07
36	Kyle O'Connor	16:55	90	Michael Cyrus	21:10
37	Sam Predmore	17:00	91	John Stockwell	21:11
38	Jake Flynt	17:20	92	Chris Imperial	21:15
39	Alex Berensz	17:23	93	Brian Harris	21:27
40	Tom Dorweldt	17:28	94	Norman Drapeau	21:32
41	Alney Tobias	17:33	95	Jim Murphy	21:35
42	Matt Roberts	17:36	96	Bob Herkenham	21:54
43	Dan Predmore	17:41	97	Larry Quinn	21:54
44	Matt Walsh	17:45	98	Stan Westoff	22:08
45	Ed Menis	17:45	99	Dan Martinelli	22:13
46	Matt Blair	17:49	100	Marc Casile	22:21
47	Shaun Zepf	17:53	101	Vince Juliano	22:38
48	Ian Dorsett	17:54	102	Chuck Brooks	22:44
49	Sean O'Brien	17:54	103	Howard Jones	22:48
50	Chris Vanzetta	17:56	104	Cole Racho	22:54
51	C. J. Sousis	17:57	105	Christopher Senez	23:27
52	Rick Munson	17:58	106	Chris Rush	23:34
53	Chris Jones	18:04	107	Steve Benedict	23:54
54	Kyle Lynch	18:20	108	Ryan DuBois	24:19

INDIVIDUALS

Men - Con't

109	Wade Stockman	24:26	114	John Caher	26:49
110	Alex Chlopecki	24:35	115	David Barlow	27:15
111	Richard Reynolds	24:55	116	Ray Lee	27:34
112	Joe Hein	26:16	117	Paul Bashant	32:04
113	Felipe Swarez	26:46			

INDIVIDUALS

Women

1	Sam Roecker	17:03	46	Sara Brenner	20:27
2	Molly Pezullo	17:05	47	Christine Peltier	20:29
3	Lizzie Predmore	17:15	48	Ellen Predmore	20:30
4	Emily Bryans	17:18	49	Carolyn Herkenham	20:46
5	Alyssa Lotmore	17:35	50	Samantha Legere	20:49
6	Mary Kate Champagne	17:53	51	Lindsey Bonk	20:50
7	Meaghan Gregory	17:57	52	Gina Cristaldi	20:52
8	Liza Grudzinski	17:57	53	Joan Kanarkiewicz	20:53
9	Claire Hardwick	18:21	54	Judy Phelps	20:57
10	Natalie Gingrich	18:21	55	Karen Bertasso	21:07
11	Ada Lauterbach	18:32	56	Margaret Jones	21:12
12	Mary Buck	18:33	57	Kelsey Ryan	21:16
13	Chelsea Trant	18:34	58	Joyce Goodrich	21:19
14	Morgan Roche	18:34	59	Chris Varley	21:22
15	Liz Montgomery	18:36	60	Kelsey Fitzgerald	21:24
16	Julie LaFrano	18:37	61	Laurie Hoyt	21:24
17	Cara Janeczko	18:40	62	Theresa Hence	21:28
18	Kathy Champagne	18:47	63	Elizabeth Moran	21:34
19	Nicole Soblosky	18:52	64	Martha DeGrazia	21:35
20	Nayamka Roberts-Smith	18:58	65	Amanda Thornton	21:36
21	Lori Weaver	19:02	66	Kayla Dubois	21:37
22	Nicole Irving	19:06	67	Mary Borenski	21:45
23	Melissa Bredice	19:08	68	Natasha DeGive	21:47
24	Gabby Rodriguez	19:09	69	Katie Zeppetelli	21:51
25	Estelle Burns	19:12	70	Emily Gravelle	21:53
26	Michelle LaVigne	19:18	71	Molly Nephew	21:55
27	Alyssa Drapeau	19:19	72	Meredith Apfelbaum	21:55
28	Nancy Briskie	19:33	73	Shea Foley	22:06
29	Alexandra Bartnick	19:35	74	Megan Reynolds	22:07
30	Jessica Sherry	19:36	75	Larissa Melendez	22:17
31	Emily Finnegan	19:41	76	Brenda Bashant	22:20
32	Riley Wilk	19:43	77	Sarah Peloquin	22:28
33	Laura Isabella	19:44	78	Jessica Abrams	22:30
34	Katie Hodge	19:45	79	Erin Rightmyer	22:32
35	Amanda Schermerhorn	19:48	80	Elizabeth Herkenham	22:34
36	Caroline King	19:48	81	Shayla Weber	22:48
37	Rebecca Rosenberg-Barin	19:53	82	Kerry Caher	22:57
38	Patty Massa	19:54	83	Julia McCane	23:04
39	Meredith Peabody	19:56	84	Jen Petersen	23:06
40	Claire Walling	20:00	85	Cynthia Finnegan	23:07
41	Nancy Nicholson	20:01	86	Nicole Chlopecki	23:17
42	Becky Martin	20:04	87	Pam Paley	23:44
43	Meghan LaPoint	20:06	88	Erin Leitt	23:51
44	Martha Brown	20:17	89	Brittany Pappuza	23:51
45	Rachel Cyrus	20:17	90	Emily Leitt	23:57

INDIVIDUALS

Women - Con't

91	Susan Burns	23:58	106	Katie Barlow	25:12
92	Rosie Brown	24:03	107	Jennifer Habeck	25:21
93	Blair Meeson	24:06	108	Lisbeth Brooks	25:31
94	Kate Reynolds	24:11	109	Megan Wiedl	26:21
95	Jennifer Senez	24:17	110	Jennifer Bashant	26:29
96	Jessica Oslalo	24:25	111	Sashi Racho	26:34
97	Kayla Mason	24:35	112	Cathy Sheridan	26:42
98	Casey Connolly	24:41	113	Amanda Long	26:45
99	Julie Peltier	24:47	114	Emily McDonald	27:02
100	Sharon Hicks	24:51	115	Joann Barlow	27:06
101	Angela Vasilakos	24:52	116	Keegan Kennedy	28:18
102	Ginny Pezzula	24:55	117	Anny Stockman	28:22
103	Rachel Tierney	24:57	118	Gail Hein	28:28
104	Adele Pace	25:00	119	Jessica Niles	28:51
105	Laura Barlow	25:08	120	Christina Zessin	34:18