

44th Runnin' of the Green 5K  
 HMRRC Grand Prix Event  
 USATF Certified Course  
 Rotterdam, NY March 16, 2024 10:00am

Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
1	1/16	Ryan Udvadia	277	27	M	Clifton Park	NY	15:10	4:53
New record.		Old record 15:14 James Anderson in 2023							
2	2/16	Sean McAneny	194	26	M	98 Winnie Stree	AL	15:16	4:55
3	3/16	Charles Ragone	244	26	M	Niskayuna	DE	15:37	5:02
4	1/21	Ricardo Estremera	122	38	M	Albany	NY	15:43	5:04
5	4/16	Simon Powhida	239	26	M	Albany	NY	15:49	5:06
6	2/21	Jonathan Lindenauer	177	36	M	BALLSTON LAKE	NE	15:58	5:09
7	3/21	Shaun Donegan	118	38	M	Malta	NE	16:12	5:13
8	5/16	Jacob Koplík	167	22	M	Delmar	NY	16:29	5:19
9	6/16	Andrew Mongiat	217	26	M	Littleton	NH	16:31	5:19
10	4/21	Vincent Aceto Jr	69	37	M	Schenectady	NE	16:48	5:25
11	7/16	Caleb Mallery	192	23	M	Albany	NE	16:49	5:25
12	5/21	Brad Lewis	176	37	M	Troy	NY	16:53	5:26
13	6/21	Michael Hamilton	145	36	M	Oneonta	NE	17:01	5:29
14	7/21	Thomas O'Grady	229	38	M	Slingerlands		17:11	5:32
15	1/6	Joseph Sullivan	268	45	M	Schenectady	NY	17:25	5:37
16	1/20	Nicole Moslander	221	36	F	Schenectady	NY	17:46	5:43
17	8/21	Matt Ninneman	226	31	M	Albany	NY	17:53	5:46
18	8/16	Jack Hallam	142	27	M	Saratoga Spring	NY	17:54	5:46
19	2/20	Karen Bertasso-Hugh	79	39	F	Selkirk		17:56	5:47
20	3/20	Tricia Longo	179	34	F	Waterford	NY	17:57	5:47
21	9/21	Ben Heller	147	35	M	Watervliet	NY	18:15	5:53
22	4/20	Stefanie Berggren	78	31	F	Clifton Park	NY	18:18	5:54
23	9/16	Nathan Laing	168	29	M	Schenectady	NY	18:25	5:56
24	10/21	Robert Diamond	111	32	M	Latham	NY	18:41	6:01
25	1/20	Robert Irwin	154	51	M	Guilderland	NY	18:45	6:03
26	1/8	Jerry Ma	188	15	M	CLIFTON PARK	NE	18:50	6:04
27	5/20	Lisa Chase	94	37	F	Delmar		18:50	6:04
28	11/21	Russell Brown	80	31	M	37 Highland Dr	NY	18:51	6:04
29	1/12	Sarah Cottone	100	29	F	Malta	NY	18:52	6:05
30	2/20	Greg Ethier	123	50	M	Ballston Lake		18:53	6:05
31	2/12	Noreen Guilfoyle	141	24	F	Jefferson	NY	18:59	6:07
32	1/21	Meg Versteegen	280	45	F	Schenectady	NY	19:06	6:09
33	6/20	Meghan Mortensen	219	38	F	Glenville	NY	19:07	6:10
34	2/6	John Deer	107	41	M	Slingerlands	NY	19:09	6:10
35	10/16	Matthew Bentz	76	28	M	Albany		19:17	6:13
36	12/21	Thomas Dansereau	102	36	M	Troy		19:23	6:15
37	1/19	Derrick Staley	262	65	M	Ballston Lake	NE	19:34	6:18
38	7/20	Michelle Carr	89	35	F	Schenectady	NY	19:35	6:19
39	3/12	Meg Champagne	93	25	F	Albany	NY	19:42	6:21
40	11/16	Christopher Cook	98	29	M	Clifton Park		19:59	6:26
41	8/20	Amanda Aussems	71	30	F	Slingerlands	NY	20:01	6:27
42	9/20	Brina Seguine	254	34	F	Rensselaer	NE	20:29	6:36
43	3/20	Neil Sergott	256	52	M	Clifton Park	NY	20:35	6:38
44	13/21	Dylan Hedderman	146	31	M	Waterford	NY	20:49	6:42
45	10/20	Erin Rightmyer	249	39	F	Delmar		20:53	6:44
46	14/21	Adam Wingate	289	33	M	Niskayuna	NY	20:54	6:44
47	15/21	Wudu Girma	135	31	M	Rotterdam	NE	21:05	6:47
48	2/21	Sarah Parks	235	43	F	Troy	NY	21:06	6:48
49	2/19	John Sestito	257	60	M	Johnsonville	NY	21:07	6:48
50	3/6	Daniel Murphy	296	49	M	Delmar	NY	21:14	6:50

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Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
51	4/20	Edward Carroll	90	52	M	Clifton Park	NE	21:17	6:51
52	4/12	Kendall Cietek	95	29	F	Ballston Lake	NY	21:19	6:52
53	2/8	Jacob Laribee	171	18	M	Schenectady		21:21	6:52
54	11/20	Megan James	155	34	F	Charlton	NY	21:22	6:53
55	5/12	Emily DeCocker	104	24	F	Albany	NE	21:30	6:56
56	3/19	David Roy	251	69	M	Schoharie	NY	21:32	6:56
57	12/20	Kelsey Wingate	288	32	F	Niskayuna	NY	21:32	6:56
58	4/6	William Dodds	114	49	M	Watervliet	NY	21:44	7:00
59	1/18	Alyssa Risko	250	58	F	Schenectady, NY	NY	21:49	7:02
60	1/9	Abigail Stubbs	264	15	F	Schenectady	NY	21:58	7:04
61	3/21	Kay Williams	287	43	F	Scotia	NY	22:04	7:06
62	5/20	Patrick Lynskey	320	51	M	Clifton Park	NY	22:27	7:14
63	6/20	Rick Zachgo	290	53	M	Rexford	NY	22:34	7:16
64	4/21	Laura Rickmyre	248	40	F	Schenectady	NY	22:36	7:17
65	5/21	Kari Deer	106	45	F	Slingerlands	NY	22:39	7:18
66	2/18	Laura Paolino	233	50	F	Burnt Hills		22:43	7:19
67	3/18	Kristen Hislop	149	59	F	Halfmoon	NY	22:47	7:20
68	6/21	Daniel McConnelee	195	44	F	Pattersonville	NY	22:52	7:22
69	12/16	Keiler MacNeal	189	20	M	Amsterdam	NY	22:54	7:23
70	3/8	Jack Hamilton	144	7	M	Oneonta	NE	23:03	7:26
71	13/20	Angela Sickles	260	37	F	Rexford	NY	23:08	7:27
72	13/16	Christopher Golden	137	25	M	Glenville	NE	23:18	7:30
73	7/21	Jennifer Bergeron	77	43	F	Delmar	NY	23:22	7:32
74	4/19	Mark Nunez	228	67	M	Ballston Lake		23:25	7:32
75	4/18	Christine Stanavich	300	52	F	Amsterdam	NY	23:38	7:37
76	5/19	William Douglas	119	62	M	Rensselaer	NE	23:53	7:41
77	2/9	Sarah Raymond	245	17	F	Troy	NY	23:54	7:42
78	4/8	Angelo Vaccaro	278	13	M	Schenectady	NY	23:57	7:43
79	7/20	Shawn Decenzo	103	50	M	Glenville	BY	23:58	7:43
80	6/19	Stephen Jones	157	69	M	Averill Park		24:01	7:44
81	14/20	Katherine Guilfoyle	298	38	F	Mechanicville	NY	24:08	7:46
82	8/21	Joelle Mann	193	44	F	SCHENECTADY	NY	24:14	7:48
83	14/16	Dalton Loper	181	23	M	Schenectady	NY	24:15	7:49
84	8/20	Kieran Weidner	285	55	M	Ballston Lake	NE	24:22	7:51
85	6/12	Casey Vincelette	281	27	F	Colonie	NY	24:25	7:52
86	15/16	Christopher Ferguso	125	25	M	Schenectady		24:25	7:52
87	1/11	paul bennett	75	72	M	Latham		24:38	7:56
88	9/20	JOHN MODOSKI	199	55	M	Amsterdam	NY	24:42	7:57
89	9/21	Carmela Giordano	134	48	F	Hoosick Falls	NE	24:54	8:01
90	10/20	Jason DiPierro	112	50	M	Cherry Plain	NY	24:55	8:01
91	15/20	Krystina Diamond	110	32	F	Latham	NY	24:56	8:02
92	5/8	Kyle Laribee	172	17	M	Schenectady		24:59	8:03
93	16/21	Zach Nightingale	225	32	M	Clifton park		25:06	8:05
94	16/20	Taylor Mead	197	31	F	Schenectady		25:25	8:11
95	2/11	Kenneth Klapp	163	74	M	Schenectady	NY	25:38	8:15
96	6/8	Robbie Stubbs	265	16	M	Schenectady	NY	25:49	8:19
97	5/18	Lonnie Halusic	143	55	F	Ballston Spa	NY	25:52	8:20
98	3/9	Anne Stanavich	263	19	F	Amsterdam	NY	26:25	8:31
99	11/20	Michael Kenneally	160	57	M	East Greenbush	NE	26:28	8:31
100	4/9	Anna Lowry	185	15	F	Delanson	NY	26:30	8:32

Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
101	12/20	Dennis Quinn	243	59	M	Niskayuna	NY	26:31	8:32
102	7/12	Elise Netoskie	222	27	F	Schenectady	NY	26:33	8:33
103	3/11	Dave Glass	136	77	M	Glenville	NY	26:45	8:37
104	8/12	Alexis Cashman	91	28	F	Au Sable Forks	NY	26:52	8:39
105	5/6	Ethan Lowry	186	45	M	Delanson	NY	26:53	8:40
106	10/21	Kim Donegan	117	43	F	Ballston Spa	NY	26:59	8:42
107	4/11	George Baranauskas	72	70	M	Scotia	NY	27:37	8:54
108	1/7	Erika Oesterle	231	72	F	Stamford	NY	27:38	8:54
109	7/8	Aaron Levin	175	15	M	Schenectady	NY	27:41	8:55
110	11/21	Kelly Sullivan	266	45	F	Schenectady	NY	27:53	8:59
111	5/11	Daniel Larson	173	72	M	Queensbury	NY	28:03	9:02
112	13/20	Shawn Kelly	159	52	M	Albany		28:05	9:03
113	1/8	Patricia Greenwood	139	66	F	Schenectady	NY	28:10	9:04
114	14/20	John Brunner	81	57	M	Schenectady	NY	28:15	9:06
115	12/21	Jennifer Pierce	236	40	F	Schenectady	NY	28:19	9:07
116	7/19	Dave cole	96	66	M	troy	NY	28:20	9:08
117	17/21	IAN FISHER	130	32	M	Norwood	MA	28:24	9:09
118	6/18	Karen Quinn	242	59	F	Niskayuna	NY	28:25	9:09
119	7/18	Linda DeDominicis	105	55	F	Menands	NY	28:29	9:10
120	13/21	Susan Knapp	166	45	F	Schenectady	NY	28:37	9:13
121	14/21	Lindsay McConnelee	196	42	F	Pattersonville	NY	28:38	9:13
122	18/21	Justin Sheward	259	35	M	Schenectady		28:45	9:16
123	8/19	Daniel Vincelette	283	61	M	Selkirk	NE	28:48	9:16
124	9/19	Robert Futterman	133	60	M	Glenmont	NY	28:49	9:17
125	15/21	Joy Bufano	82	49	F	Newtonville	NY	29:09	9:23
126	5/9	MaryEllen Moslander	220	11	F	Schenectady	NY	29:17	9:26
127	2/8	Joanne Richardson	247	63	F	Clifton Park	NY	29:19	9:26
128	9/12	Cat Corbett	99	29	F	Saratoga Spring	NY	29:34	9:31
129	15/20	Robert Paley	232	59	M	Watervliet	NE	29:37	9:32
130	10/19	steven silverberg	261	65	M	Schenectady	NY	29:47	9:36
131	3/8	Colleen Walsh	284	67	F	Troy		29:54	9:38
132	11/19	Eric Niehaus	224	63	M	Glenmont	NY	29:57	9:39
133	16/21	Kristin Lopez	183	42	F	GLENVILLE	NY	29:58	9:39
134	12/19	Denis Hurley	152	61	M	Delmar	NY	30:10	9:43
135	16/16	Dylan Syrbe	269	24	M	31010 Squaw Cre	NY	30:11	9:43
136	10/12	Samantha Shaw	258	24	F	Ballston Spa	NY	30:12	9:44
137	6/6	Shawn Tinling	274	48	M	Albany	NY	30:32	9:50
138	17/21	Jessica Montgomery	218	46	F	Guilderland	NY	30:37	9:52
139	8/18	Christina Raymond	246	53	F	Troy	NY	30:38	9:52
140	6/9	Lily DeRocher	109	13	F	410 Long Pond D	NY	30:40	9:53
141	13/19	Vincent Wenger	286	60	M	Menands	NE	30:41	9:53
142	7/9	Katie Tromp	319	10	F		NY	30:43	9:53
143	2/7	Martha DeGrazia	108	73	F	Slingerlands	NY	30:44	9:54
144	8/9	Maggie Tromp	275	18	F	Glenmont	NY	30:44	9:54
145	4/8	Anne Hurley	151	61	F	Delmar	NY	30:44	9:54
146	14/19	Agapito Tarquinio	270	69	M	Schenectady	NY	31:00	9:59
147	18/21	Ashley Quartararo	240	40	F	Saratoga Spring	NY	31:17	10:04
148	15/19	Eric Parker	234	68	M	Johnstown	NY	31:21	10:06
149	16/20	Adam Nichols	223	54	M	Rock City Falls	NE	31:27	10:08
150	11/12	Dana Ackley	294	26	F	Albany	NY	31:33	10:09

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Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
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151	17/20	John Dziezynski	120	59	M	Niskayuna	NY	31:47	10:14
152	18/20	shawn lynch	187	53	M	Guilderland	NY	31:47	10:14
153	16/19	Peter Fish	128	65	M	Albany	NY	31:50	10:15
154	9/9	Samantha Lopez	182	13	F	GLENVILLE	NY	32:04	10:20
155	3/7	Diane Anderson	70	73	F	Mechanicville	NY	32:29	10:28
156	6/11	Peter Kircher	162	71	M	albany	NY	32:53	10:35
157	19/21	Patrick Ambrosio	293	35	M	Delmar	NY	32:57	10:37
158	7/11	Leo J. DiPierro	113	73	M	Cherry Plain	NY	33:01	10:38
159	4/7	Debra Kelley	158	70	F	Albany	NY	33:02	10:38
160	9/18	Jean Lange	169	58	F	Schenectady	NY	33:03	10:39
161	17/20	Katherine Eberhardt	121	35	F	Watervliet	NE	33:20	10:44
162	10/18	Karen Bauer	74	50	F	Troy	NY	33:30	10:47
163	8/11	James Fiore	127	76	M	Latham	NY	33:34	10:49
164	11/18	Joanne Kingston	161	58	F	Feura Bush	NY	33:52	10:54
165	5/7	Katherine Ambrosio	292	73	F	Delmar	NY	34:10	11:00
166	12/18	Kathleen Tersigni	271	52	F	Burnt Hills	NE	34:55	11:15
167	17/19	Stephen Obermayer	230	62	M	Burnt Hills	NY	35:10	11:19
168	1/2	Frank Klose	165	81	M	Castleton	NY	35:19	11:22
169	13/18	Mary Frawley	132	50	F	Loudonville	NY	36:00	11:36
170	18/20	Kelly Honsaker	150	38	F	Ballston Spa		36:01	11:36
171	5/8	Jill Mehan	198	69	F	Troy	NY	36:03	11:37
172	14/18	Josephine Polsinell	238	51	F	Schenectady	NY	36:43	11:49
173	19/21	Lauren Carnahan	87	41	F	Latham	NY	36:43	11:50
174	6/8	Donna Grandeau	138	61	F	Schectady	NY	36:44	11:50
175	19/20	Daniel De Federicis	291	58	M	Saratoga Spring	NY	37:13	11:59
176	7/8	Susan Klim	164	68	F	Altamont	NY	37:18	12:01
177	8/8	Trent Fuschino	297	9	M	Mechanicville	NY	37:41	12:08
178	18/19	Brian Platt	237	65	M	Latham		37:44	12:09
179	15/18	Kristine Uvadia	276	52	F	Ballston Spa	NY	37:50	12:11
180	19/19	Ned Norton	227	65	M	Albany	NY	38:14	12:19
181	16/18	Mary Insogna	153	51	F	Schenectady	NY	38:29	12:23
182	6/7	Mary Ann Macri	191	72	F	Albany	NY	38:30	12:24
183	20/21	JAMIE DOMINY	115	40	F	SCHENECTADY	NY	38:34	12:25
184	20/21	Gregory Satterlee	252	35	M	Schenectady	NY	38:46	12:29
185	7/7	Alice Carpenter	88	73	F	Delmar	NY	39:42	12:47
186	9/11	Ralph Feinstein	124	70	M	Scotia	NE	39:44	12:48
187	12/12	Valerie Burger	83	28	F	Duanesburg	NE	40:05	12:54
188	20/20	Donald Burton	84	58	M	Alcove	NY	40:18	12:59
189	19/20	Josette Langlois	170	39	F	Schenectady		41:29	13:21
190	21/21	Debbie Griswold	140	44	F	Schenectady	NY	44:04	14:11
191	20/20	Amber Quill	241	33	F	Sprakers	NE	44:16	14:15
192	10/11	john vavasour	279	75	M	albany	NY	44:28	14:19
193	21/21	Taylor Patzwahl	299	31	M	East Greenbush	NY	44:29	14:19
194	17/18	Charnice Williams	295	55	F	Watervliet	NY	46:16	14:54
195	11/11	Brad Lzach	322	71	M	Albany	NY	48:09	15:30
196	2/2	Raymond Lee, Jr	174	82	M	Halfmoon	NY	48:22	15:35
197	18/18	Marie Byrne	86	54	F	CHARLOTTE	VT	59:59	19:19
198	8/8	Nancy Cashman	92	66	F	East Greenbush	NY	1:00:06	19:21