

*** RESULTS GRADED BY AGE AND SEX BASED ON WAVA TABLES **
 45th Runnin' of the Green 5K
 HMRRRC Grand Prix Event
 USATF Certified Course
 Rotterdam, NY March 15, 2025 10:00am

Place	Name	Age	S	Time	Age %
=====	=====	===	=	=====	=====
1	Nick Conway	49	M	15:57	90.91
2	Beth Stalker	65	F	22:05	89.21
3	Cara Udvadia	28	F	16:46	87.87
4	Karen Bertasso-Hughe	40	F	17:34	86.15
5	Kerry Flower	24	F	17:25	84.59
6	Ryan Udvadia	28	M	15:12	84.54
7	Derrick Staley	66	M	19:51	84.30
8	Jonathan Lindenauer	37	M	15:56	83.05
9	John Longo	34	M	15:40	82.87
10	Abbi Raghubar	27	F	17:56	82.16
11	Chuck Terry	42	M	16:45	81.99
12	Karina Turner	27	F	18:00	81.85
13	Austin Turner	28	M	15:46	81.50
14	Ed Menis	60	M	19:31	81.30
15	Nicole Moslander	37	F	18:24	81.16
16	Ben Fazio	29	M	15:54	80.82
17	Meg Versteegen	46	F	19:37	80.63
18	Vincent Aceto Jr	38	M	16:36	80.32
19	Thomas O'Grady	39	M	16:44	80.28
20	Lisa Chase	38	F	18:40	80.27
21	Jill Omicinski	29	F	18:29	79.71
22	Megan Greene	44	F	19:33	79.54
23	Emily Burns	27	F	18:34	79.35
24	Robert Ordish	39	M	17:05	78.63
25	Justin Guldenzopf	44	M	17:46	78.52
26	Judy Guzzo	57	F	22:49	78.23
27	Dean Geesler	52	M	19:00	78.16
28	Sarah Cottone	30	F	18:53	78.02
29	Matthew Voynovich	19	M	16:29	77.96
30	Stefanie Berggren	32	F	18:56	77.90
31	Christopher Miedema	34	M	16:43	77.67
32	Brad Lewis	38	M	17:10	77.67
33	Alejandro Gauna	42	M	17:47	77.23
34	Annabel Gregg	23	F	19:13	76.67
35	Julianne Mccarthy	42	F	20:02	76.46
36	Clay Lodovice	49	M	18:59	76.38
37	David Roy	70	M	22:54	76.13
38	Joshua Korn	29	M	16:53	76.11
39	Peter Maroko	21	M	16:54	76.04
40	Laurie Hoyt	59	F	24:07	75.74
41	Meghan Mortensen	39	F	19:54	75.63

42	Alex Tong	21	M	17:00	75.59
43	Brendon VanVlack	25	M	17:00	75.59
44	Kenneth Klapp	75	M	24:56	75.20
45	Kendall Cietek	30	F	19:36	75.17
46	Andrew Turinsky	14	M	18:03	75.07
47	Noah White	46	M	18:51	75.07
48	Jacob Walker	18	M	17:12	74.71
49	Erika Oesterle	73	F	29:26	74.69
50	David Rowell	72	M	24:01	74.53
51	Andrew Bank	21	M	17:16	74.42
52	Paul Bennett	73	M	24:24	74.39
53	Aryan Bhujbal	21	M	17:22	73.99
54	Jonathan Loudon	40	M	18:27	73.35
55	Michael Stalker	62	M	22:01	73.35
56	Ben Heller	36	M	17:56	73.33
57	John Sestito	61	M	21:54	73.14
58	Carolyn George	71	F	29:20	72.84
59	Andrew Rickert	45	M	19:22	72.55
60	Laura Klang	25	F	20:20	72.46
61	Matt Ninneman	32	M	17:52	72.11
62	Megan James	35	F	20:37	71.95
63	Ryan McCann	50	M	20:23	71.71
64	Danielle Eckler	31	F	20:33	71.70
65	Tyler Stroup	21	M	17:57	71.59
66	Jayden Thomas	18	M	17:58	71.52
67	Kari Deer	46	F	22:12	71.25
68	John Deer	42	M	19:17	71.22
69	Neil Sergott	53	M	21:01	71.21
70	Robert Diamond	33	M	18:11	71.13
71	Emma Stone	14	F	22:09	71.11
72	Natalie Schmitt	18	F	20:54	70.81
73	Greg Ethier	51	M	20:51	70.66
74	Russell Brown	32	M	18:15	70.59
75	Dave Glass	78	M	28:06	70.58
76	Ethan Wyman	26	M	18:14	70.48
77	Mark Nunez	68	M	24:16	70.33
78	Bill Douglas	63	M	23:13	70.21
79	Martha DeGrazia	74	F	31:59	69.72
80	Christine Stanavich	53	F	24:32	69.50
81	Meghan Loudon	38	F	21:36	69.37
82	Abbey Pettus	20	F	21:23	68.90
83	Lauren Scarupa	33	F	21:26	68.90
84	Liz Chauhan	40	F	21:58	68.89
85	Michael Wright	71	M	25:48	68.41
86	Michelle Carr	36	F	21:45	68.35
87	Amanda Fitzgerald	36	F	21:47	68.25
88	Tom McGuire	73	M	26:58	67.31
89	Liam Regan	28	M	19:11	66.99
90	Kathleen Dougherty	60	F	27:38	66.95
91	Laura Rickmyre	41	F	22:45	66.89

92	William Dodds	50 M	21:52	66.84
93	Angela Sickles	38 F	22:32	66.49
94	nicola macneil	51 F	25:11	66.18
95	Joseph Killian Jr.	25 M	19:33	65.73
96	Anne Hurley	62 F	28:50	65.72
97	Daniel Larson	73 M	28:01	64.78
98	Patrick Lynskey	52 M	22:58	64.66
99	Karen Gerstenberger	67 F	31:33	64.08
100	Michael Van Flue	42 M	21:27	64.02
101	Dylan Hedderman	32 M	20:08	63.99
102	Terry Langlois	65 M	26:01	63.74
103	Erin Rightmyer	40 F	23:46	63.67
104	Krystina Diamond	32 F	23:18	63.30
105	Katherine Ambrosio	74 F	35:16	63.23
106	Dan McConnelee	45 M	22:43	61.85
107	Karen Quinn	60 F	30:06	61.46
108	Courtney Moriarta	56 F	28:47	61.26
109	Roy Mowrey	66 M	27:36	60.63
110	Anna Lowry	15 F	25:42	60.25
111	Dennis Quinn	60 M	26:44	59.35
112	Shaula Rickmyre	68 F	34:42	59.08
113	Susan Knapp	46 F	26:54	58.80
114	Casey Vincelette	28 F	25:32	57.70
115	Ravi Chauhan	48 M	24:59	57.57
116	Colleen Walsh	68 F	35:44	57.37
117	Ethan Lowry	46 M	24:42	57.29
118	Dave cole	67 M	29:30	57.29
119	Taylor Mead	32 F	25:46	57.24
120	Daniel Vincelette	62 M	28:15	57.17
121	Susan Klim	69 F	36:52	56.33
122	John Brunner	58 M	27:44	56.25
123	Megan Stewart	40 F	27:06	55.84
124	Jill Mehan	70 F	37:48	55.73
125	Lisa Lorman	62 F	34:22	55.14
126	Jesse Dinkin	78 M	36:03	55.02
127	Robert Crystal	69 M	31:23	54.91
128	Linda DeDominicis	56 F	32:09	54.85
129	steven silverberg	66 M	30:32	54.80
130	Denis Hurley	62 M	29:30	54.75
131	Madeline Patton	17 F	27:22	54.69
132	John Modoski	56 M	28:03	54.66
133	John Dziezynski	60 M	29:04	54.59
134	Jim Fiore	77 M	35:42	54.48
135	Melanie Sheldon	30 F	27:08	54.30
136	Frances Maloy	67 F	37:20	54.15
137	Evan Dwyer	35 M	24:10	54.00
138	Brian Hughes	52 M	27:32	53.93
139	Shea Bisner-Boulay	21 F	27:24	53.77
140	Angelo Vaccaro	14 M	25:15	53.66
141	Johna Palmer	63 F	35:47	53.66

142	Jonathan Eisenberg	63 M	30:25	53.59
143	Jason Stone	47 M	26:39	53.53
144	Leo J. DiPierro	74 M	34:31	53.40
145	Alice Carpenter	74 F	41:48	53.35
146	Caleb Jones	14 M	25:26	53.28
147	Monica Manning	51 F	31:19	53.22
148	Sean Stephens	41 M	25:43	53.01
149	Georgia Sullivan	69 F	39:18	52.84
150	Eric Parker	69 M	32:52	52.43
151	Genevieve Sheward	8 F	35:04	52.14
152	Kimberly Miseno-Bowle	54 F	33:13	51.88
153	Matthew Wolcott	46 M	27:19	51.80
154	Dan Rickmyre	78 M	38:19	51.76
155	Lily DeRocher	14 F	30:26	51.75
156	Michelle CHING	64 F	37:37	51.71
157	Andrew Dewald	24 M	24:54	51.61
158	Sarah Horaczek	44 F	30:15	51.40
159	Eric Niehaus	64 M	32:00	51.35
160	Dale Lamphere	63 M	31:52	51.15
161	Jean Lange	59 F	35:45	51.10
162	Lindsay McConnelee	43 F	30:33	50.52
163	Kelly Lord	40 F	30:04	50.33
164	John Vincelette	22 M	25:33	50.29
165	Nikki Schaffer	40 F	30:07	50.25
166	Patrick Anderson	53 M	29:53	50.08
167	Michele Celello	58 F	36:16	49.77
168	Terence Cassidy	33 M	26:24	48.99
169	Agapito Tarquinio	70 M	35:40	48.88
170	Pam Eistertz	32 F	30:18	48.68
171	Timothy Testa	50 M	30:13	48.37
172	Jenifer Kish	51 F	34:42	48.03
173	Savannah Manning	20 F	30:41	48.02
174	Chinchi Cassidy	33 F	30:48	47.94
175	Chloe Canham	18 F	31:50	46.49
176	Brian Platt	66 M	36:43	45.57
177	Bradford Leach	72 M	39:25	45.41
178	Ray Lee	83 M	49:54	44.96
179	Mike Gentine	43 M	30:55	44.74
180	Stephanie Canham	47 F	35:47	44.62
181	Ella Thompson	7 F	42:28	44.54
182	Lauren Jones	48 F	36:42	43.96
183	Shawn Trombley	41 M	31:10	43.74
184	Harry Ching	62 M	37:04	43.57
185	Stephen Jones	70 M	40:02	43.55
186	Ned Norton	66 M	38:27	43.52
187	Arthur March	65 M	40:05	41.37
188	David Cassidy	12 M	34:58	40.80
189	Jaxton NcCord	9 M	39:32	40.73
190	Samantha Pratt	46 F	39:08	40.42
191	Patrick Ambrosio	36 M	32:45	40.15

192	Bonnie Eisenberg	62	F	47:44	39.70
193	Valerie Burger	29	F	37:27	39.34
194	John Vavasour	76	M	49:30	38.55
195	Veronica Nieves	32	F	38:17	38.53
196	Patrick Snider	29	M	33:40	38.17
197	Daniel Pollay	55	M	40:03	37.99
198	Kevin Baker	56	M	40:27	37.91
199	Kelly Honsaker	39	F	40:01	37.61
200	Justin Sheward	36	M	35:05	37.48
201	Kim Rose	43	F	41:18	37.37
202	CHARNICE WILLIS	57	F	47:56	37.24
203	Andrea Thompson	40	F	42:29	35.62
204	Stacey Helming	38	F	43:27	34.48
205	Amber Quill	34	F	43:26	34.08
206	Elizabeth Decker	21	F	43:50	33.61
207	Wendy Nieves	53	F	54:06	31.52
208	Patrick Shields	50	M	50:46	28.79