

45th Runnin' of the Green 5K  
 HMRRRC Grand Prix Event  
 USATF Certified Course  
 Rotterdam, NY March 15, 2025 10:00am

Place	Div/Tot	Name	No.	Age	S	City	St	Time	Pace
1	1/16	Ryan Udvardia	234	28	M	Clifton Park	NY	15:12	4:54
2	1/16	John Longo	232	34	M	Waterford	NY	15:40	5:03
3	2/16	Austin Turner	230	28	M	Menands	NY	15:46	5:05
4	3/16	Ben Fazio	248	29	M	Troy	NY	15:54	5:07
5	2/16	Jonathan Lindenauer	293	37	M	BALLSTON LAKE	NY	15:56	5:08
6	1/18	Nick Conway	452	49	M	Albany	NY	15:57	5:08
7	1/8	Matthew Voynovich	383	19	M	Roslyn Heights	NY	16:29	5:19
8	3/16	Vincent Aceto Jr	210	38	M	Schenectady	NY	16:36	5:21
9	4/16	Christopher Miedema	257	34	M	Pattersonville	NY	16:43	5:23
10	5/16	Thomas O'Grady	237	39	M	Slingerlands	NY	16:44	5:24
11	2/18	Chuck Terry	322	42	M	Albany	NY	16:45	5:24
12	1/14	Cara Udvardia	229	28	F	Clifton Park	NY	16:46	5:24
13	4/16	Joshua Korn	267	29	M	Albany	NY	16:53	5:26
14	5/16	Peter Maroko	363	21	M	Nyack	NY	16:54	5:27
15	6/16	Alex Tong	439	21	M	Denville	NJ	17:00	5:28
16	7/16	Brendon VanVlack	313	25	M	Rotterdam	NY	17:00	5:29
17	6/16	Robert Ordish	209	39	M	Niskayuna	NY	17:05	5:30
18	7/16	Brad Lewis	316	38	M	Troy	NY	17:10	5:32
19	2/8	Jacob Walker	303	18	M	Troy	NY	17:12	5:33
20	8/16	Andrew Bank	384	21	M	Ellicott City	MD	17:16	5:34
21	9/16	Aryan Bhujbal	364	21	M	Princeton	NJ	17:22	5:36
22	2/14	Kerry Flower	263	24	F	Schenectady/ Ro	NY	17:25	5:37
23	1/19	Karen Bertasso-Hughe	224	40	F	Selkirk	NY	17:34	5:40
24	3/18	Justin Guldenzopf	242	44	M	Ballston Spa	NY	17:46	5:43
25	4/18	Alejandro Gauna	282	42	M	Delmar	NY	17:47	5:44
26	8/16	Matt Ninneman	223	32	M	Albany	NY	17:52	5:45
27	9/16	Ben Heller	343	36	M	Albany	NY	17:56	5:47
28	3/14	Abbi Raghubar	254	27	F	Voorheesville	NY	17:56	5:47
29	10/16	Tyler Stroup	362	21	M	Mendham	NJ	17:57	5:47
30	3/8	Jayden Thomas	319	18	M	Bennington	VT	17:58	5:47
31	4/14	Karina Turner	231	27	F	Menands	NY	18:00	5:48
32	4/8	Andrew Turinsky	394	14	M	Delmar	NY	18:03	5:49
33	10/16	Robert Diamond	381	33	M	Latham	NY	18:11	5:51
34	11/16	Ethan Wyman	352	26	M	Scotia	NY	18:14	5:52
35	11/16	Russell Brown	369	32	M	East Greenbush	NY	18:15	5:53
36	1/22	Nicole Moslander	320	37	F	Schenectady	NY	18:24	5:56
37	5/18	Jonathan Louden	304	40	M	Clifton Park	NY	18:27	5:57
38	5/14	Jill Omicinski	258	29	F	Niskayuna	NY	18:29	5:57
39	6/14	Emily Burns	318	27	F	Slingerlands	NY	18:34	5:59
40	2/22	Lisa Chase	272	38	F	Delmar	NY	18:40	6:01
41	6/18	Noah White	448	46	M	Slingerlands	NY	18:51	6:04

42	3/22	Sarah Cottone	212	30	F	Malta	NY	18:53	6:05
43	4/22	Stefanie Berggren	341	32	F	Clifton Park	NY	18:56	6:06
44	7/18	Clay Lodovice	287	49	M	Voorheesville	NY	18:59	6:07
45	1/14	Dean Geesler	225	52	M	Slingerlands	NY	19:00	6:07
46	12/16	Liam Regan	344	28	M	Cohoes	NY	19:11	6:11
47	7/14	Annabel Gregg	250	23	F	Albany	NY	19:13	6:11
48	8/18	John Deer	286	42	M	Slingerlands	NY	19:17	6:13
49	9/18	Andrew Rickert	281	45	M	Delmar	NY	19:22	6:14
50	1/23	Ed Menis	437	60	M	Schenectady	NY	19:31	6:17
51	13/16	Joseph Killian Jr.	361	25	M	Troy	NY	19:33	6:18
52	2/19	Megan Greene	315	44	F	Albany	NY	19:33	6:18
53	5/22	Kendall Cietek	332	30	F	Ballston Lake	NY	19:36	6:19
54	3/19	Meg Versteegen	334	46	F	Schenectady	NY	19:37	6:19
55	2/23	Derrick Staley	368	66	M	Ballston lake	NY	19:51	6:24
56	6/22	Meghan Mortensen	338	39	F	Glenville	NY	19:54	6:25
57	4/19	Julianne Mccarthy	314	42	F	Clifton Park	NY	20:02	6:27
58	12/16	Dylan Hedderman	382	32	M	Albany	NY	20:08	6:29
59	8/14	Laura Klang	308	25	F	Troy	NY	20:20	6:33
60	2/14	Ryan McCann	295	50	M	Albany	NY	20:23	6:34
61	7/22	Danielle Eckler	440	31	F	Troy	NY	20:33	6:37
62	8/22	Megan James	331	35	F	Charlton	NY	20:37	6:38
63	3/14	Greg Ethier	306	51	M	Ballston Lake	NY	20:51	6:43
64	1/8	Natalie Schmitt	390	18	F	Hillsborough	NJ	20:54	6:44
65	4/14	Neil Sergott	266	53	M	Clifton Park	NY	21:01	6:46
66	9/14	Abbey Pettus	317	20	F	Chattanooga	TN	21:23	6:53
67	9/22	Lauren Scarupa	435	33	F	Albany	NY	21:26	6:54
68	10/18	Michael Van Flue	208	42	M	GUILDERLAND	NY	21:27	6:55
69	10/22	Meghan Louden	290	38	F	Clifton Park	NY	21:36	6:57
70	11/22	Michelle Carr	262	36	F	Schenectady	NY	21:45	7:00
71	12/22	Amanda Fitzgerald	348	36	F	EAST GREENBUSH	NY	21:47	7:01
72	5/14	William Dodds	449	50	M	Watervliet	NY	21:52	7:03
73	3/23	John Sestito	273	61	M	Johnsonville	NY	21:54	7:03
74	5/19	Liz Chauhan	446	40	F	Albany	NY	21:58	7:05
75	4/23	Michael Stalker	288	62	M	Chestertown	NY	22:01	7:05
76	1/14	Beth Stalker	333	65	F	Chestertown	NY	22:05	7:07
77	2/8	Emma Stone	357	14	F	Albany	NY	22:09	7:08
78	6/19	Kari Deer	336	46	F	Slingerlands	NY	22:12	7:09
79	13/22	Angela Sickles	339	38	F	Rexford	NY	22:32	7:15
80	11/18	Dan McConnelee	244	45	M	Pattersonville	NY	22:43	7:19
81	7/19	Laura Rickmyre	247	41	F	Schenectady	NY	22:45	7:20
82	1/13	Judy Guzzo	330	57	F	Niskayuna	NY	22:49	7:21
83	1/16	David Roy	199	70	M	Schoharie	NY	22:54	7:23
84	6/14	Patrick Lynskey	450	52	M	Clifton Park	NY	22:58	7:24
85	5/23	Bill Douglas	269	63	M	Rensselaer	NY	23:13	7:29
86	14/22	Krystina Diamond	277	32	F	Latham	NY	23:18	7:30
87	8/19	Erin Rightmyer	329	40	F	Delmar	NY	23:46	7:39
88	2/16	David Rowell	192	72	M	Albany	NY	24:01	7:44
89	2/13	Laurie Hoyt	436	59	F	Schenectady	NY	24:07	7:46
90	13/16	Evan Dwyer	255	35	M	Albany	NY	24:10	7:47
91	6/23	Mark Nunez	193	68	M	Ballston Lake	NY	24:16	7:49

92	3/16	Paul Bennett	347	73	M	Latham	NY	24:24	7:51
93	3/13	Christine Stanavich	392	53	F	Amsterdam	NY	24:32	7:54
94	12/18	Ethan Lowry	207	46	M	Delanson	NY	24:42	7:57
95	14/16	Andrew Dewald	275	24	M	Clifton Park	NY	24:54	8:01
96	4/16	Kenneth Klapp	285	75	M	Schenectady	NY	24:56	8:02
97	13/18	Ravi Chauhan	438	48	M	Albany	NY	24:59	8:03
98	4/13	nicola macneil	265	51	F	Rotterdam Junct	NY	25:11	8:07
99	5/8	Angelo Vaccaro	354	14	M	Schenectady	NY	25:15	8:08
100	6/8	Caleb Jones	399	14	M	Westerlo	NY	25:26	8:12
101	10/14	Casey Vincelette	350	28	F	Troy	NY	25:32	8:14
102	15/16	John Vincelette	351	22	M	Albany	NY	25:33	8:14
103	3/8	Anna Lowry	194	15	F	Delanson	NY	25:42	8:17
104	14/18	Sean Stephens	366	41	M	Latham	NY	25:43	8:17
105	15/22	Taylor Mead	311	32	F	Schenectady	NY	25:46	8:18
106	5/16	Michael Wright	373	71	M	Albany	NY	25:48	8:19
107	7/23	Terry Langlois	323	65	M	Niskayuna	NY	26:01	8:23
108	14/16	Terence Cassidy	376	33	M	Schenectady	NY	26:24	8:30
109	15/18	Jason Stone	445	47	M	Albany	NY	26:39	8:35
110	8/23	Dennis Quinn	279	60	M	Niskayuna	NY	26:44	8:37
111	9/19	Susan Knapp	307	46	F	Schenectady	NY	26:54	8:40
112	6/16	Tom McGuire	388	73	M	Slingerlands	NY	26:58	8:41
113	10/19	Megan Stewart	274	40	F	Burnt Hills	NY	27:06	8:44
114	16/22	Melanie Sheldon	271	30	F	Nassau	NY	27:08	8:44
115	16/18	Matthew Wolcott	312	46	M	Schenectady	NY	27:19	8:48
116	4/8	Madeline Patton	355	17	F	Brunswick	NY	27:22	8:49
117	11/14	Shea Bisner-Boulay	360	21	F	Schenectady	NY	27:24	8:49
118	7/14	Brian Hughes	393	52	M	Schenectady	NY	27:32	8:52
119	9/23	Roy Mowrey	374	66	M	Gloversville	NY	27:36	8:54
120	2/14	Kathleen Dougherty	197	60	F	Troy	NY	27:38	8:54
121	8/14	John Brunner	345	58	M	Schenectady	NY	27:44	8:56
122	7/16	Daniel Larson	253	73	M	Queensbury	NY	28:01	9:01
123	9/14	John Modoski	294	56	M	Amsterdam	NY	28:03	9:02
124	8/16	Dave Glass	342	78	M	Schenectady	NY	28:06	9:03
125	10/23	Daniel Vincelette	349	62	M	Selkirk	NY	28:15	9:06
126	5/13	Courtney Moriarta	340	56	F	Saratoga Spring	NY	28:47	9:16
127	3/14	Anne Hurley	201	62	F	Delmar	NY	28:50	9:17
128	11/23	John Dziezynski	204	60	M	Niskayuna	NY	29:04	9:22
129	1/6	Carolyn George	327	71	F	Albany	NY	29:20	9:27
130	2/6	Erika Oesterle	190	73	F	Stamford	NY	29:26	9:29
131	12/23	Dave cole	239	67	M	troy	NY	29:30	9:30
132	13/23	Denis Hurley	200	62	M	Delmar	NY	29:30	9:30
133	10/14	Patrick Anderson	356	53	M	Mechanicville	NY	29:53	9:37
134	11/19	Kelly Lord	395	40	F	Wynantskill	NY	30:04	9:41
135	4/14	Karen Quinn	280	60	F	Niskayuna	NY	30:06	9:42
136	12/19	Nikki Schaffer	238	40	F	Cobleskill	NY	30:07	9:42
137	11/14	Timothy Testa	400	50	M	Cobleskill	NY	30:13	9:44
138	13/19	Sarah Horaczek	299	44	F	Schenectady	NY	30:15	9:45
139	17/22	Pam Eistertz	372	32	F	Castleton on Hu	NY	30:18	9:46
140	14/23	Jonathan Eisenberg	443	63	M	Albany	NY	30:25	9:48
141	5/8	Lily DeRocher	264	14	F	Rotterdam	NY	30:26	9:48

142	15/23	steven silverberg	241	66	M	Schenectady	NY	30:32	9:50
143	14/19	Lindsay McConnelee	243	43	F	Pattersonville	NY	30:33	9:50
144	12/14	Savannah Manning	251	20	F	Troy	NY	30:41	9:53
145	18/22	Chinchi Cassidy	377	33	F	Schenectady	NY	30:48	9:55
146	17/18	Mike Gentine	198	43	M	Crofton	MD	30:55	9:57
147	18/18	Shawn Trombley	260	41	M	Scotia	NY	31:10	10:02
148	6/13	Monica Manning	216	51	F	Troy	NY	31:19	10:05
149	16/23	Robert Crystal	310	69	M	Albany	NY	31:23	10:06
150	5/14	Karen Gerstenberger	249	67	F	Colonie	NY	31:33	10:09
151	6/8	Chloe Canham	358	18	F	Albany	NY	31:50	10:15
152	17/23	Dale Lamphere	220	63	M	canajoharie	NY	31:52	10:16
153	3/6	Martha DeGrazia	335	74	F	Slingerlands	NY	31:59	10:18
154	18/23	Eric Niehaus	268	64	M	Glenmont	NY	32:00	10:18
155	7/13	Linda DeDominicis	256	56	F	Menands	NY	32:09	10:21
156	15/16	Patrick Ambrosio	297	36	M	Delmar	NY	32:45	10:33
157	19/23	Eric Parker	236	69	M	Johnstown	NY	32:52	10:35
158	8/13	Kimberly Miseno-Bowle	321	54	F	Amsterdam	NY	33:13	10:42
159	16/16	Patrick Snider	305	29	M	Rensselaer	NY	33:40	10:51
160	6/14	Lisa Lorman	196	62	F	Amsterdam	NY	34:22	11:04
161	9/16	Leo J. DiPierro	298	74	M	Cherry Plain	NY	34:31	11:07
162	7/14	Shaula Rickmyre	245	68	F	Schenectady	NY	34:42	11:10
163	9/13	Jenifer Kish	283	51	F	Albany	NY	34:42	11:10
164	7/8	David Cassidy	378	12	M	Schenectady	NY	34:58	11:16
165	7/8	Genevieve Sheward	370	8	F	Schenectady	NY	35:04	11:18
166	16/16	Justin Sheward	371	36	M	Schenectady	NY	35:05	11:18
167	4/6	Katherine Ambrosio	296	74	F	Delmar	NY	35:16	11:21
168	10/16	Agapito Tarquinio	324	70	M	Schenectady	NY	35:40	11:29
169	11/16	Jim Fiore	441	77	M	Latham	NY	35:42	11:30
170	8/14	Colleen Walsh	375	68	F	Troy	NY	35:44	11:31
171	10/13	Jean Lange	222	59	F	Schenectady	NY	35:45	11:31
172	15/19	Stephanie Canham	359	47	F	Albany	NY	35:47	11:31
173	9/14	Johna Palmer	379	63	F	Selkirk	NY	35:47	11:31
174	12/16	Jesse Dinkin	397	78	M	Schenectady	NY	36:03	11:36
175	11/13	Michele Celesello	284	58	F	East Greenbush	NY	36:16	11:41
176	16/19	Lauren Jones	289	48	F	Westerlo	NY	36:42	11:49
177	20/23	Brian Platt	215	66	M	Latham	NY	36:43	11:49
178	10/14	Susan Klim	276	69	F	Altamont	NY	36:52	11:52
179	21/23	Harry Ching	221	62	M	Clifton Park	NY	37:04	11:56
180	11/14	Frances Maloy	387	67	F	Niskayuna	NY	37:20	12:01
181	13/14	Valerie Burger	278	29	F	Duanesburg	NY	37:27	12:04
182	12/14	Michelle CHING	202	64	F	Clifton Park	NY	37:37	12:07
183	5/6	Jill Mehan	385	70	F	Troy	NY	37:48	12:10
184	19/22	Veronica Nieves	218	32	F	Coxsackie	NY	38:17	12:20
185	13/16	Dan Rickmyre	246	78	M	Schenectady	NY	38:19	12:20
186	22/23	Ned Norton	261	66	M	Albany	NY	38:27	12:23
187	17/19	Samantha Pratt	346	46	F	Cairo	NY	39:08	12:36
188	13/14	Georgia Sullivan	367	69	F	Albany	NY	39:18	12:39
189	14/16	Bradford Leach	398	72	M	Albany	NY	39:25	12:42
190	8/8	Jaxton NcCord	451	9	M	Rotterdam	NY	39:32	12:44
191	20/22	Kelly Honsaker	270	39	F	Ballston Spa	NY	40:01	12:53

192	15/16	Stephen Jones	211	70	M	Averill Park	NY	40:02	12:53
193	12/14	Daniel Pollay	227	55	M	DELANSON	NY	40:03	12:54
194	23/23	Arthur March	309	65	M	Schenectady	NY	40:05	12:54
195	13/14	Kevin Baker	386	56	M	Glenmont	NY	40:27	13:02
196	18/19	Kim Rose	365	43	F	Latham	NY	41:18	13:18
197	6/6	Alice Carpenter	259	74	F	Delmar	NY	41:48	13:28
198	8/8	Ella Thompson	326	7	F	Rotterdam	NY	42:28	13:41
199	19/19	Andrea Thompson	325	40	F	Rotterdam NY	NY	42:29	13:41
200	21/22	Amber Quill	214	34	F	Sprakers	NY	43:26	13:59
201	22/22	Stacey Helming	252	38	F	Troy	NY	43:27	13:59
202	14/14	Elizabeth Decker	442	21	F	Ganesvoort	NY	43:50	14:07
203	14/14	Bonnie Eisenberg	444	62	F	Albany	NY	47:44	15:22
204	12/13	CHARNICE WILLIS	203	57	F	Watervliet	NY	47:56	15:26
205	16/16	John Vavasour	300	76	M	albany	NY	49:30	15:56
206	1/1	Ray Lee	217	83	M	Halfmoon	NY	49:54	16:04
207	14/14	Patrick Shields	191	50	M	Albany	NY	50:46	16:21
208	13/13	Wendy Nieves	380	53	F	Coxsackie	NY	54:06	17:25

Record 15:10 Ryan Udvadia in 2024