

14SaratogaXC-ADK-Overall and Awards

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*****USATF Adirondack 5 km Cross Country Championships *****

Adirondack Member Results

Organized by USATF Adirondack(518)273-5552

Thank you Pat Glover

Sunday, October 19, 2014 - 10:00 a.m.

Saratoga Spa State Park, Saratoga Springs, New York

Timing by Green Leaf Racing LLC

For results questions or corrections - events@greenleafracing.com

Results will be posted on www.usatfadir.org

Place	Div	Name	Age	S	City	St	Time	Pace
1	1	Aaron Lozier	26	M	Albany	NY	15:42	5:04
2	2	Thomas O'Grady	29	M	Latham	NY	16:09	5:12
3	3	Ken Little	28	M	Ballston Lake	NY	16:22	5:16
4	1	Derrick Staley	56	M	Ballston Lake	NY	17:24	5:36
5	4	Eric Macknight	25	M	Ballston Lake	NY	17:25	5:37
6	1	Sara Dunham	38	F	Plattsburgh	NY	17:55	5:46
7	1	Thomas Kracker	50	M	Delmar	NY	18:10	5:51
8	1	Travis Dunham	34	M	Plattsburgh	NY	18:36	6:00
9	1	Mary Veltre	22	F	Watervliet	NY	19:06	6:09
10	1	Michael Dinicola	39	M	Albany	NY	19:16	6:12
11	2	Fred Kitzrow	58	M	Delmar	NY	19:23	6:15
12	1	John Pusateri	47	M	Castleton	NY	19:31	6:17
13	1	Lee Pollock	62	M	Queensbury	NY	19:44	6:21
14	2	Christopher Buckley	53	M	Burnt Hills	NY	19:47	6:22
15	2	Craig Evans	49	M	Malta	NY	19:50	6:23
16	3	Sam Mercado	51	M	Saratoga Spring	NY	20:00	6:27
17	3	John Williams-Searl	46	M	Albany	NY	20:03	6:27
18	1	Whitney Wright	14	F	Ballston Spa	NY	20:16	6:32
19	2	Michelle Binsfeld	35	F	Clifton Park	NY	20:20	6:33
20	1	Anne Benson	49	F	Clifton Park	NY	20:26	6:35
21	1	Mike Kelly	44	M	Selkirk	NY	20:27	6:35
22	4	Russell Thielke	45	M	Clifton Park	NY	20:36	6:38
23	3	David Peterson	56	M	Saratoga Spring	NY	20:52	6:43
24	4	John Couch	56	M	Malta	NY	20:52	6:43
25	4	Thomas Rest	54	M	Clifton Park	NY	21:12	6:50
26	5	Mark Regan	58	M	Queensbury	NY	21:18	6:52
27	1	Beth Stalker	55	F	Burnt Hills	NY	21:20	6:52
28	2	Judy Guzzo	47	F	Niskayuna	NY	21:23	6:53
29	6	Gary Burak	56	M	New Hartford	NY	22:00	7:05
30	7	Frank Lombardo	59	M	Saratoga Spring	NY	22:07	7:07
31	1	Vi Pham	25	F	Saratoga Spring	NY	22:07	7:08
32	1	Dave Glass	68	M	Glenville	NY	22:29	7:15
33	2	Raymond Scaringe	60	M	Rexford	NY	22:41	7:18
34	3	Paul Forbes	64	M	Colonie	NY	23:02	7:25
35	1	Crystal Perno	33	F	Clifton Park	NY	23:09	7:28
36	2	Katlin Mock	24	F	Albany	NY	23:09	7:28
37	2	Kristen Quaresimo	30	F	Ballston Lake	NY	23:10	7:28
38	1	Renee Tolan	40	F	Clifton Park	NY	23:10	7:28
39	2	Meghan Lapoint	25	F	Schenectady	NY	23:11	7:28
40	1	Nancy Nicholson	52	F	Queensbury	NY	23:18	7:30
41	2	Andrea Peterson	55	F	Saratoga Spring	NY	25:15	8:08
42	4	Rick Morse	64	M	Malta	NY	25:15	8:08
43	3	Pamela Delsignore	45	F	S Glens Falls	NY	26:14	8:27
44	2	Phyllis Prince	50	F	Ballston Spa	NY	27:02	8:42
45	1	Christopher Rush	78	M	Schenectady	NY	27:11	8:45
46	1	Emily Laplante	15	F	Troy	NY	27:38	8:54
47	4	Jill Rembetski	45	F	Averill Park	NY	28:42	9:15

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48	5	Abby Atkins	45	F	Troy	NY	29:54	9:38
49	1	Laura Clark	67	F	Saratoga Spring	NY	31:40	10:12
50	1	Ray Lee	72	M	Halfmoon	NY	31:59	10:18
51	3	Felicia Burak	51	F	New Hartford	NY	35:05	11:18
52	2	Walt McConnell	83	M	Bolton Landing	NY	36:52	11:52

Adirondack Member Age-Graded Results

♀ Place	Div	Name	Age	S	City	St	Time	Agegrd%
1	1	Derrick Staley	56	M	Ballston Lake	NY	17:24	89.12
2	1	Sara Dunham	38	F	Plattsburgh	NY	17:55	84.47
3	1	Beth Stalker	55	F	Burnt Hills	NY	21:20	83.80
4	1	Lee Pollock	62	M	Queensbury	NY	19:44	82.83
5	1	Aaron Lozier	26	M	Albany	NY	15:42	82.19
6	2	Fred Kitzrow	58	M	Delmar	NY	19:23	81.35
7	1	Thomas Kracker	50	M	Delmar	NY	18:10	81.25
8	1	Anne Benson	49	F	Clifton Park	NY	20:26	81.09
9	2	Thomas O'Grady	29	M	Latham	NY	16:09	79.99
10	3	Ken Little	28	M	Ballston Lake	NY	16:22	78.84
11	1	Whitney Wright	14	F	Ballston Spa	NY	20:16	77.61
12	1	Mary Veltre	22	F	Watervliet	NY	19:06	77.55
13	1	Dave Glass	68	M	Glenville	NY	22:29	76.75
14	2	Christopher Buckley	53	M	Burnt Hills	NY	19:47	76.42
15	2	Judy Guzzo	47	F	Niskayuna	NY	21:23	75.78
16	3	Sam Mercado	51	M	Saratoga Spring	NY	20:00	74.36
17	3	David Peterson	56	M	Saratoga Spring	NY	20:52	74.32
18	4	John Couch	56	M	Malta	NY	20:52	74.28
19	4	Eric Macknight	25	M	Ballston Lake	NY	17:25	74.09
20	5	Mark Regan	58	M	Queensbury	NY	21:18	74.04
21	1	Christopher Rush	78	M	Schenectady	NY	27:11	73.88
22	1	Craig Evans	49	M	Malta	NY	19:50	73.83
23	2	John Pusateri	47	M	Castleton	NY	19:31	73.81
24	1	Nancy Nicholson	52	F	Queensbury	NY	23:18	73.76
25	2	Michelle Binsfeld	35	F	Clifton Park	NY	20:20	73.55
26	2	Paul Forbes	64	M	Colonie	NY	23:02	72.15
27	6	Frank Lombardo	59	M	Saratoga Spring	NY	22:07	71.94
28	4	Thomas Rest	54	M	Clifton Park	NY	21:12	71.91
29	3	John Williams-Searl	46	M	Albany	NY	20:03	71.28
30	2	Andrea Peterson	55	F	Saratoga Spring	NY	25:15	70.76
31	3	Raymond Scaringe	60	M	Rexford	NY	22:41	70.72
32	1	Travis Dunham	34	M	Plattsburgh	NY	18:36	70.53
33	7	Gary Burak	56	M	New Hartford	NY	22:00	70.47
34	1	Michael Dinicola	39	M	Albany	NY	19:16	70.38
35	4	Russell Thielke	45	M	Clifton Park	NY	20:36	68.87
36	1	Mike Kelly	44	M	Selkirk	NY	20:27	68.82
37	1	Laura Clark	67	F	Saratoga Spring	NY	31:40	67.02
38	1	Vi Pham	25	F	Saratoga Spring	NY	22:07	66.93
39	1	Renee Tolan	40	F	Clifton Park	NY	23:10	66.07
40	4	Rick Morse	64	M	Malta	NY	25:15	65.81
41	1	Crystal Perno	33	F	Clifton Park	NY	23:09	64.22
42	2	Katlin Mock	24	F	Albany	NY	23:09	63.93
43	2	Kristen Quaresimo	30	F	Ballston Lake	NY	23:10	63.91
44	2	Meghan Lapoint	25	F	Schenectady	NY	23:11	63.87
45	2	Phyllis Prince	50	F	Ballston Spa	NY	27:02	62.04
46	2	Walt McConnell	83	M	Bolton Landing	NY	36:52	61.80
47	3	Pamela Delsignore	45	F	S Glens Falls	NY	26:14	60.56
48	1	Ray Lee	72	M	Halfmoon	NY	31:59	56.57
49	1	Emily Laplante	15	F	Troy	NY	27:38	56.12
50	4	Jill Rembetski	45	F	Averill Park	NY	28:42	55.36
51	5	Abby Atkins	45	F	Troy	NY	29:54	53.14
52	3	Felicia Burak	51	F	New Hartford	NY	35:05	48.38

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 ***** USATF Adirondack Awards *****

		FEMALE Open		
1	10 Sara Dunham	38 Plattsburgh		17:55
2	17 Mary Veltre	22 Watervliet		19:06
3	32 Whitney Wright	14 Ballston Spa		20:16
		MALE Open		
1	2 Aaron Lozier	26 Albany		15:42
2	3 Thomas O'Grady	29 Latham		16:09
3	4 Ken Little	28 Ballston Lake		16:22
		FEMALE AGE GROUP: 40 - 44		
1	68 Renee Tolan	40 Clifton Park	NY	23:10
		MALE AGE GROUP: 40 - 44		
1	35 Mike Kelly	44 Selkirk	NY	20:27
		FEMALE AGE GROUP: 45 - 49		
1	34 Anne Benson	49 Clifton Park	NY	20:26
2	50 Judy Guzzo	47 Niskayuna	NY	21:23
3	92 Pamela Delsignore	45 S Glens Falls	NY	26:14
		MALE AGE GROUP: 45 - 49		
1	22 John Pusateri	47 Castleton	NY	19:31
2	26 Craig Evans	49 Malta	NY	19:50
3	29 John Williams-Searl	46 Albany	NY	20:03
		FEMALE AGE GROUP: 50 - 54		
1	70 Nancy Nicholson	52 Queensbury	NY	23:18
2	100 Phyllis Prince	50 Ballston Spa	NY	27:02
3	131 Felicia Burak	51 New Hartford	NY	35:05
		MALE AGE GROUP: 50 - 54		
1	12 Thomas Kracker	50 Delmar	NY	18:10
2	25 Christopher Buckley	53 Burnt Hills	NY	19:47
3	28 Sam Mercado	51 Saratoga Springs	NY	20:00
		FEMALE AGE GROUP: 55 - 59		
1	48 Beth Stalker	55 Burnt Hills	NY	21:20
2	85 Andrea Peterson	55 Saratoga Springs	NY	25:15
		MALE AGE GROUP: 55 - 59		
1	6 Derrick Staley	56 Ballston lake	NY	17:24
2	21 Fred Kitzrow	58 delmar	NY	19:23
3	39 David Peterson	56 Saratoga Springs	NY	20:52
		FEMALE AGE GROUP: 60 - 64		
		MALE AGE GROUP: 60 - 64		
1	23 Lee Pollock	62 Queensbury	NY	19:44
2	60 Raymond Scaringe	60 rexford	NY	22:41
3	63 Paul Forbes	64 colonie	NY	23:02
		FEMALE AGE GROUP: 65 - 69		
1	127 Laura Clark	67 Saratoga Springs	NY	31:40
		MALE AGE GROUP: 65 - 69		
1	59 Dave Glass	68 Glenville	NY	22:29
		FEMALE AGE GROUP: 70 - 74		
		MALE AGE GROUP: 70 - 74		
1	129 Ray Lee	72 Halfmoon	NY	31:59
		FEMALE AGE GROUP: 75 - 79		
		MALE AGE GROUP: 75 - 79		
1	102 Christopher Rush	78 Schenectady	NY	27:11
		FEMALE AGE GROUP: 80 - 99		
		MALE AGE GROUP: 80 - 99		
1	132 Walt McConnell	83 Bolton Landing	NY	36:52

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 TEAM Results USATF Adirondack Open Men

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TEAM Results USATF Adirondack Open Women

1.	12	WillowStreet	(20:43 1:02:09)
1	3	Michelle Binsfeld	20:20
2	4	Anne Benson	20:26
3	5	Judy Guzzo	21:23
4	(12)	Nancy Nicholson	23:18
2.	17	FleetFeetA	(21:48 1:05:24)
1	2	Mary Veltre	19:06
2	7	Crystal Perno	23:09
3	8	Katlin Mock	23:09
4	(10)	Renee Tolan	23:10
3.	21	FleetFeetB	(21:26 1:04:16)
1	1	Sara Dunham	17:55
2	9	Kristen Quaresimo	23:10
3	11	Meghan Lapoint	23:11
4.	33	SaratagoStryders	(26:57 1:20:49)
1	6	Vi Pham	22:07
2	13	Phyllis Prince	27:02
3	14	Laura Clark	31:40

USATF Adirondack Men 40 TEAM RESULTS

1.	15	AdirondackAthleticClub	(19:23 1:36:54 1:40)
1	1	Thomas Kracker	50 18:10
2	2	Fred Kitzrow	58 19:23
3	3	Lee Pollock	62 19:44
4	4	Christopher Buckley	53 19:47
5	5	Craig Evans	49 19:50

USATF Adirondack Men 50 TEAM RESULTS

1.	15	SaratagoStryders	(21:01 1:45:03 2:07)
1	1	Sam Mercado	51 20:00
2	2	David Peterson	56 20:52
3	3	John Couch	56 20:52
4	4	Thomas Rest	54 21:12
5	5	Frank Lombardo	59 22:07

USATF Adirondack Men 60 TEAM RESULTS

1.	6	AdirondackAthleticClub	(23:29 1:10:25 2:46)
1	1	Dave Glass	68 22:29
2	2	Raymond Scaringe	60 22:41

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3	3	Rick Morse	64	25:15
4	(4)	Christopher Rush	78	27:11
5	(5)	Ray Lee	72	31:59