

# FIT Run For Life! 5k Run

Timing, Finish Line and Results provided by



## Age Group Results

### Overall

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Place	Name	Age	City	State	Time	Pace
<b>Male</b>						
1	Jordan Ahrens	18	Fort Plain	NY	16:49	5:25
2	Randall Cannell	41	Broadalbin	NY	17:49	5:44
3	Daniel Fogarty	27	Saratoga Springs	NY	18:26	5:56
<b>Female</b>						
1	Katie Monks	42	Broadalbin	NY	23:17	7:30
2	Mindy Mariano	33	Johnstown	NY	23:52	7:41
3	Melissa Norris	31	Buffalo	NY	24:01	7:44

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Place	Name	Age	City	State	Time	Pace
<b>Male</b>						
1	Jesse Goebel	9	Gloversville	NY	23:03	7:25
2	Jack Goebel	9	Gloversville	NY	23:07	7:26
3	Carter Sgambato	9	Broadalbin	NY	26:17	8:28
4	Tyler Allen	5	Broadalbin	NY	26:53	8:39
5	Evan Gralitzer	9	Broadalbin	NY	29:36	9:32
6	Stephen Chrysler	8		NY	29:46	9:35

7	Adam Horan	10	Johnstown	NY	30:28	9:48
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**Female**

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1	Emma Goebel	9	Gloversville	NY	24:42	7:57
2	Samantha Murphy	10		NY	25:08	8:05
3	Marlysa Rackmyre	10	Broadalbin	NY	28:47	9:16
4	Lily Bown	9	Broadalbin	NY	31:48	10:14
5	Alexandra Georgelos	9	Fort Johnson	NY	31:58	10:17
6	Haley Tomlinson	7	Broadalbin	NY	32:02	10:19
7	Emily Johnston	10	Ballston Spa	NY	32:13	10:22
8	Jillian Sanford	6	Broadalbin	NY	32:26	10:26
9	Zofia Jankowski	9	Amsterdam	NY	32:37	10:30
10	Lilian Mitchell	10	Broadalbin	NY	32:59	10:37
11	Laurel Mitchell	6	Broadalbin	NY	33:02	10:38
12	Bianca Ropeter	9	Broadalbin	NY	34:33	11:07
13	Lilliana Powers	9	Broadalbin	NY	35:03	11:17
14	Allison Spagnola	10	Amsterdam	NY	36:43	11:49
15	Natalie Priamo	9	Amsterdam	NY	46:49	15:04

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Cory Sgambato	13	Broadalbin	NY	20:13	6:30
2	Brian Sanford	14	Broadalbin	NY	30:40	9:52
3	Justin Horan	14	Johnstown	NY	46:46	15:03
4	John Person	14	Amsterdam	NY	1:01:03	19:39

5	Eddie Caughey	14	Broadalbin	NY	1:01:04	19:39
6	Dylan Sweet	14	Broadalbin	NY	1:01:06	19:40
7	Stephen Spraker	14	Batchelorville	NY	1:01:40	19:51

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**Female**

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1	Cassandra Sgambato	12	Broadalbin	NY	26:08	8:25
2	Paige Phillips	13	Broadalbin	NY	28:59	9:20
3	Tyler Purdy	13	Broadalbin	NY	46:06	14:50
4	Danika Dygon	11	Amsterdam	NY	46:07	14:51
5	Kassandra Vickers	11	Broadalbin	NY	53:51	17:20
6	Micheala Eagan	14	Batchelorville	NY	1:01:37	19:50
7	Victoria Laurange	14		NY	1:01:38	19:50

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Brandon Ferguson	27	Broadalbin	NY	21:19	6:52
2	Jimmy Murray Jr	21	Broadalbin	NY	34:34	11:08

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**Female**

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1	Nicole Lanczak	25	Saratoga Springs	NY	25:16	8:08
2	Ally Russo	28	Northville	NY	27:21	8:48
3	Marjory LaBudia	28	Fonda	NY	33:32	10:48
4	Danielle Jasewicz	28	Amsterdam	NY	34:26	11:05
5	Tanya Jasewicz	29	Amsterdam	NY	34:27	11:05
6	Mahgan Spagnolia	26	Amsterdam	NY	36:47	11:50
7	Nicole Higgins	28	Amsterdam	NY	39:35	12:45

8	Nichole Sullivan	23	Saratoga	NY	49:41	16:00
9	Ashley Whitney	26	Saratoga Springs	NY	49:43	16:00
10	Samantha Fonda	25	Amsterdam	NY	51:27	16:34
11	Jillian Kenna	28	Hagaman	NY	52:04	16:46
12	Amy King	25	Amsterdam	NY	1:14:33	24:00

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Carl Aery	36	Broadalbin	NY	20:38	6:39
2	Jonathan Aery	32	Rotterdam	NY	21:15	6:50
3	Aaron Speer	31	Johnstown	NY	22:57	7:23
4	Tim Fioretti	37	Gloversville	NY	23:34	7:35
5	Manny Yuret	30	Broadalbin	NY	23:40	7:37
6	Jim Higgins Jr	33	Amsterdam	NY	23:45	7:39
7	Matt Mariano	34	Johnstown	NY	23:51	7:41
8	Dan Casey	35	Gloversville	NY	25:13	8:07
9	Michael Darling	34	Fort Johnson	NY	25:30	8:13
10	Rob Phillips	36	Broadalbin	NY	26:42	8:36
11	Eric Rosenzweig	36	Delanson	NY	27:16	8:47
12	Cliff Payan	34	Gloversville	NY	31:08	10:01
13	Steven Jankowski	39	Amsterdam	NY	32:38	10:30
14	Tim Munn	38	Amsterdam	NY	55:19	17:48

**Female**

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1	Holly Gatto	39	Amsterdam	NY	24:53	8:01
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2	Amy Goebel	34	Gloversville	NY	25:02	8:04
3	Carolyn Sniezyk	35	Broadalbin	NY	25:15	8:08
4	Karen Izzo	34	Northville	NY	26:30	8:32
5	Caetlin Ebersole	37	Gloversville	NY	26:56	8:40
6	Kristen DeLuca	33	Fort Johnson	NY	28:10	9:04
7	Jana Sniezyk	30	Broadalbin	NY	28:14	9:05
8	Jen Casey	30	Gloversville	NY	28:57	9:19
9	Laura Aery	31	Rotterdam	NY	30:11	9:43
10	Jennifer Martelle	39	Johnstown	NY	30:46	9:54
11	April Payan	31	Mayfield	NY	31:07	10:01
12	Melisa Zumbolo	39	Tribes Hill	NY	31:44	10:13
13	Amber Fredericks	36	Gloversville	NY	31:53	10:16
14	Charlene Millias	31	Johnstown	NY	31:55	10:16
15	Beth Tomlinson	38	Broadalbin	NY	32:01	10:18
16	Jennifer Georgelos	38	Fort Johnson	NY	32:06	10:20
17	Brya Casler	37	Canajoharie	NY	32:40	10:31
18	Julee Hart	34	Johnstown	NY	34:43	11:11
19	Stephany Powers	36	Broadalbin	NY	35:04	11:17
20	Sarah Matarazzo	32	Northville	NY	35:05	11:18
21	Casey Rosenzweig	36	Delanson	NY	35:28	11:25
22	Amanda DuMont	33	Gloversville	NY	38:03	12:15
23	Amy Deal	31	Ft Johnson	NY	46:48	15:04
24	Jessica Jamkowski	35	Amsterdam	NY	49:56	16:04

25	Lindsay Hinkle	37	Fultonville	NY	49:58	16:05
26	Jennifer Jordan	38	Amsterdam	NY	50:00	16:06
27	Sue Ryder	39	Gloversville	NY	51:49	16:41
28	Pamela Munn	35	Fairport	NY	55:17	17:48
29	Kristin Silvernail	39	Amsterdam	NY	1:14:23	23:57

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Larry Poitras	47	Johnstown	NY	18:44	6:02
2	Scott Sgambato	42	Broadalbin	NY	21:08	6:48
3	Brian Kearns	42	Fultonville	NY	21:25	6:54
4	Rick Vertucci	49	Amsterdam	NY	21:45	7:00
5	Andrew Kilmer	43	Johnstown	NY	26:04	8:23
6	Thaddeus Izzo	42	Northville	NY	28:26	9:09
7	Stephen Tomlinson	45	Broadalbin	NY	32:04	10:19
8	Art Playford	48	Amsterdam	NY	32:17	10:24
9	Travis Mitchell	40	Broadalbin	NY	33:04	10:39
10	Robert Faulds	43	Gloversville	NY	37:07	11:57
11	Ryan Casey	47	Gloversville	NY	50:44	16:20
12	Don Munn	42	Fairport	NY	55:15	17:47

**Female**

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1	Michelle Simonds	43	Broadalbin	NY	26:09	8:25
2	Amy Feinour	43	Broadalbin	NY	27:23	8:49
3	Kristie Schwartz	40		NY	29:53	9:37

4	Margo Johnston	46	Ballston Spa	NY	32:15	10:23
5	Lisa Holland	41	Fort Johnson	NY	34:44	11:11
6	Melissa Bown	41	Broadalbin	NY	36:36	11:47
7	Patricia Marcucia	41	Amsterdam	NY	36:54	11:53
8	Susan Martin	49	Broadalbin	NY	37:06	11:57
9	Michele Rackmyre	47		NY	41:12	13:16
10	Kim Boxwell	43	Broadalbin	NY	43:46	14:05
11	Trisha Horan	41	Johnstown	NY	46:45	15:03
12	Jill Shannon	45	Amsterdam	NY	51:11	16:29
13	Diana Mack	46	Broadalbin	NY	51:12	16:29
14	Sherry Brown	42	Amsterdam	NY	51:26	16:33
15	Kymerly Fonda	43	Hagaman	NY	51:46	16:40
16	Salleane Ryder	46	Broadalbin	NY	51:48	16:40
17	Johanne Krause	49	Amsterdam	NY	54:32	17:33
18	Christine Munn	40	Amsterdam	NY	55:20	17:49
19	Bobbie Jo Kiefner	40	Pattersonville	NY	1:03:32	20:27
20	Beverly Chrysler	43	Amsterdam	NY	1:03:34	20:28
21	Kiersti Person	43	Amsterdam	NY	1:03:35	20:28
22	Tami Bort	41	Broadalbin	NY	1:03:37	20:29
23	Jean Hallett	46	Amsterdam	NY	1:14:35	24:01

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Chris Douglass	54	Gloversville	NY	20:27	6:35
2	Myron Ferguson	55	Middle Grove	NY	20:28	6:35
3	Jim Murray	54	Fultonville	NY	22:11	7:08
4	Charles Bousa Jr	53	Broadalbin	NY	27:27	8:50
5	Paul DuMont	52	Gloversville	NY	27:33	8:52
6	Mark Feinour	54	Broadalbin	NY	28:16	9:06
7	David Gurga	57	Fonda	NY	50:42	16:19
8	Anan Gallagher	58	Fonda	NY	51:01	16:25

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**Female**

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1	Patti Canterbury	54	Amsterdam	NY	26:58	8:41
2	Sandra Ann Moore	51	Broadalbin	NY	36:51	11:52
3	Kathy Deal	57	Ft Johnson	NY	47:03	15:09
4	Debbie Hickie	57	Schenectady	NY	49:19	15:53
5	Terri Casey	50	Gloversville	NY	50:41	16:19
6	Laurene Suchy	56	Amsterdam	NY	52:05	16:46
7	Dolores Rizzo	57	Amsterdam	NY	59:56	19:18

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Place	Name	Age	City	State	Time	Pace
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**Male**

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1	Vern Demmons	67	Warren	ME	25:04	8:04
2	Terry Smith	66	Galway	NY	25:50	8:19
3	Robert Fairman	66	Johnstown	NY	28:38	9:13
4	Peter Tautznik	65	Gloversville	NY	32:50	10:34
5	Don Ericksen	64	Broadalbin	NY	43:45	14:05



6	Ron Dicaprio	62	Fort Johnson	NY	46:50	15:05
7	Jon Barton	60	Hadley	NY	47:04	15:09
8	James Higgins	66	Broadalbin	NY	51:08	16:28
9	Bob Munn	67	Fairport	NY	55:14	17:47

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**Female**

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1	Mary Ann Ericksen	64	Broadalbin	NY	43:43	14:04
2	Donna Cramer	63	Mayfield	NY	46:47	15:04
3	Barbara Bilins	65	Fort Johnson	NY	49:31	15:56
4	Sheila Bleyl	60	Broadalbin	NY	51:43	16:39
5	Marcia Klug	65	Broadalbin	NY	51:45	16:40
6	Audie DiCaprio	61	Fort Johnson	NY	54:30	17:33
7	Toby Ortell	64	Gloversville	NY	55:27	17:51
8	Judy Munn	67	Fairport	NY	55:29	17:52
9	Candy Jennings	67	Broadalbin	NY	59:58	19:18
10	Linda Gaydusek	68	Broadalbin	NY	1:06:55	21:32
11	Joan Silvernail	62	Amsterdam	NY	1:14:21	23:56

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**70** ——— **100**

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<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>City</b>	<b>State</b>	<b>Time</b>	<b>Pace</b>
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**Male**

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1	Lawrence Fisher	80	Gloversville	NY	46:00	14:48
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