

Polar Cap
4 Miles
Lake George, NY
02/02/2013

Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
1	1/11	James Cunningham	30	M	Ithaca	NY	23:40	5:55
2	2/11	Lou Pauquette	32	M	Granville	NY	24:03	6:01
3	1/5	Jordan Ahrens	17	M	Fort Plain	NY	24:19	6:05
4	1/22	William Venner	53	M	Granville	NY	24:30	6:08
5	2/5	Howk Alex	17	M	Wilton	NY	24:40	6:10
6	3/11	Tim Best	31	M	Hampton	NY	24:47	6:12
7	3/5	John Ferrone	15	M	Lake George	NY	25:14	6:19
8	1/12	Lawrence Poitras	47	M	Johnstown	NY	25:19	6:20
9	1/9	Michael O'Rourke	22	M	Fort Edward	NY	25:22	6:21
10	1/8	Greg Etheir	39	M	Cohoes	NY	25:25	6:22
11	2/22	Samuel Mercado	50	M	Wilton	NY	25:39	6:25
12	3/22	Jon Gurney	50	M	Saratoga Spring	NY	25:57	6:30
13	1/14	Brenden Rillahan	40	M	South Glens Fal	NY	25:59	6:30
14	2/9	Michael Goodwin	26	M	Saratoga Spring	NY	26:09	6:33
15	2/8	Joseph Genter	38	M	Wilton	NY	26:14	6:34
16	2/12	Joe Place	49	M	Saratoga Spring	NY	26:35	6:39
17	3/9	Mark Holcomb	29	M	Saratoga Spring	NY	26:48	6:42
18	4/22	Tim Bardin	51	M	Queensbury	NY	27:01	6:46
19	2/14	Jami Whitney	40	M	Granville	NY	27:19	6:50
20	1/13	Peter Carpenter	55	M	Queensbury	NY	27:21	6:51
21	1/12	Kathleen Mack	28	F	Brandon	VT	27:24	6:51
22	1/7	Dennis Fillmore	60	M	Ballston Spa	NY	27:34	6:54
23	3/14	Joe Nicoll	44	M	Wilton	NY	27:44	6:56
24	2/13	Christopher Kunkel	56	M	Pottersville	NY	28:02	7:01
25	2/12	Melissa Wern	27	F	Hudson Falls	NY	28:08	7:02
26	5/22	Tom Bielli	52	M	Gloversville	NY	28:13	7:04
27	1/17	Nicole Loscalzo	39	F	Wells	VT	28:45	7:12
28	4/5	Nate Plocharczyk	17	M	Glens Falls	NY	28:48	7:12
29	6/22	John Orsini	51	M	Saratoga Spring	NY	29:06	7:17
30	2/17	Joanne Burns	39	F	Queensbury	NY	29:08	7:17
31	4/14	David Smith	43	M	Lake Placid	NY	29:19	7:20
32	3/13	Kirk Fasking	55	M	Lake Placid	NY	29:22	7:21
33	5/14	Rob Sheffel	44	M	Troy	NY	29:26	7:22
34	4/13	Tom Tift	55	M	West Sand Lake	NY	29:32	7:23
35	2/7	Mark Sager	62	M	Kattskill Bay	NY	29:35	7:24
36	7/22	Dale Gerew	53	M	Shortsville	NY	29:40	7:25
37	8/22	Paul Stevens	52	M	Saratoga Spring	NY	29:45	7:27
38	1/11	Patty Moore	46	F	Queensbury	NY	29:51	7:28
39	3/17	Rebecca Conley	38	F	Northville	NY	29:54	7:29
40	9/22	Nick Lamando	54	M	Queensbury	NY	29:59	7:30
41	3/8	Larry Strobel	37	M	Lake George	NY	30:05	7:32
42	3/7	Rich Tanchyk	61	M	Saratoga Spring	NY	30:07	7:32
43	4/11	Randy Holmes	31	M	Salem	NY	30:10	7:33
44	5/13	Jeff Clark	55	M	Glenmont	NY	30:11	7:33
45	3/12	Ian Hutchinson	48	M	Scotia	NY	30:15	7:34
46	6/14	Keith Cottone	42	M	Queensbury	NY	30:20	7:35
47	4/9	Chris Mack	28	M	Brandon	VT	30:22	7:36
48	4/7	Daniel Larson	61	M	Queensbury	NY	30:24	7:36
49	6/13	Frank Paone	55	M	Brunswick	NY	30:43	7:41
50	2/11	Darci Lafave	45	F	Lake Placid	NY	30:47	7:42

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Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
51	5/7	Rich Elton	60	M	Queensbury	NY	30:50	7:43
52	4/12	Tom Mack	48	M	Wynantskill	NY	30:52	7:43
53	3/12	Erin Mccullough	22	F	Gansevoort	NY	31:03	7:46
54	5/12	Stephen Layden	45	M	Lake George	NY	31:06	7:47
55	7/14	Joe Forbes	43	M	Hudson Falls	NY	31:08	7:47
56	10/22	Roy Mowrey	54	M	Johnstown	NY	31:14	7:49
57	1/13	Janice Phoenix	51	F	Schenectady	NY	31:20	7:50
58	3/11	Angie Gargan	47	F	Queensbury	NY	31:29	7:53
59	4/8	Jerry Blackbird	38	M	Glens Falls	NY	31:30	7:53
60	6/12	Bryan Horan	45	M	Ballston Spa	NY	31:32	7:53
61	5/9	Seth Thomas	26	M	Plattsburgh	NY	31:35	7:54
62	5/11	Jason York	34	M	Hadley	NY	31:54	7:59
63	7/13	Jack wands	58	M	Cohoes	NY	31:57	8:00
64	4/17	Heidi Whitney	39	F	Granville	NY	31:59	8:00
65	1/16	Jennifer Metivier	42	F	Lake George	NY	32:00	8:00
66	6/11	Matthew Brown	32	M	South Glens Fal	NY	32:18	8:05
67	8/14	Nick Laplaca	43	M	Whitehall	NY	32:25	8:07
68	2/16	Kelly Collins	40	F	Queensbury	NY	32:28	8:07
69	8/13	Robert Morgansen	55	M	Lake Placid	NY	32:33	8:09
70	9/14	Erin Commerford	42	M	Clifton Park	NY	32:41	8:11
71	3/16	Amy Gould	41	F	Hudson Falls	NY	32:47	8:12
72	7/11	John McNamara	33	M	Glenville	NY	32:49	8:13
73	7/12	Brian Donohue	45	M	Queensbury	NY	33:06	8:17
74	8/11	Ryan Lemery	34	M	Glens Falls	NY	33:09	8:18
75	4/12	Cassandra Conety	24	F	Shushan	NY	33:15	8:19
76	8/12	Paul Rogers	45	M	Johnstown	NY	33:23	8:21
77	9/13	Vince Juliano	55	M	Delanson	NY	33:31	8:23
78	11/22	James Buffovi	52	M	South Glens Fal	NY	33:32	8:23
79	10/14	Sean Dolton	44	M	Amsterdam	NY	33:32	8:23
80	5/17	Lisa Fox	39	F	Lake George	NY	33:39	8:25
81	12/22	Will McGivney	50	M	Diamond Point	NY	33:51	8:28
82	2/13	Joanne Nolette	52	F	Rensselaer	NY	33:52	8:28
83	10/13	David Leith	57	M	West Charlton	NY	33:54	8:29
84	1/5	Jim Cunningham	68	M	Ticonderoga	NY	34:01	8:31
85	4/11	Denise Haraughty	47	F	Glens Falls	NY	34:18	8:35
86	9/11	Mike DeSignore	31	M	Malta	NY	34:19	8:35
87	5/12	Melissa Steciuk	23	F	Troy	NY	34:30	8:38
88	1/2	Frank Woodward	70	M	Plattsburgh	NY	34:33	8:39
89	4/16	Jill Frankoski	44	F	West Sand Lake	NY	34:41	8:41
90	2/5	Chuck Trimarchi	66	M	Albany	NY	34:55	8:44
91	6/9	Evin Sweeney	27	M	North Salem	NY	35:11	8:48
92	10/11	Matt Brunke	33	M	Slingerlands	NY	35:14	8:49
93	6/12	Brianna Knowltob	25	F	Corinth	NY	35:15	8:49
94	7/9	Bradley Forcier	24	M	Queensbury	NY	35:15	8:49
95	1/12	Bridget Daoust	33	F	Schenectady	NY	35:16	8:49
96	5/8	James Brann	35	M	Ballston Spa	NY	35:17	8:50
97	6/8	Bob Carpenter	39	M	Queensbury	NY	35:17	8:50
98	11/14	David Decelle	41	M	Mechanicville	NY	35:22	8:51
99	13/22	Andre Drollette	53	M	Queensbury	NY	35:30	8:53
100	8/9	Daniel Defillips	25	M	West Charlton	NY	35:33	8:54

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Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
101	3/13	Jen Kuzmich	54	F	Greenwich	NY	35:35	8:54
102	5/16	Marcie Alexander	42	F	Ballston Lake	NY	35:36	8:54
103	1/2	Jill Pederson	62	F	Lake George	NY	35:37	8:55
104	7/12	Lindsey Johnston-Br	24	F	Rutland	VT	35:41	8:56
105	7/8	Francis Coccozza	37	M	Lake George	NY	35:43	8:56
106	2/12	Tricia Pendergast	33	F	Troy	NY	35:46	8:57
107	11/13	Eric Parker	56	M	Johnstown	NY	35:50	8:58
108	9/12	Keith Murray	49	M	Stillwater	NY	35:53	8:59
109	3/5	Ed Murphy	67	M	Queensbury	NY	35:55	8:59
110	3/12	Alison Camarota	30	F	Latham	NY	35:59	9:00
111	12/13	Dale Broomhead	57	M	Latham	NY	36:00	9:00
112	13/13	Michael Maguire	57	M	Ballston Lake	NY	36:00	9:00
113	4/13	Nadia Stadnyk	52	F	Johnsonville	NY	36:05	9:02
114	5/11	Mary Desantis	48	F	Glens Falls	NY	36:07	9:02
115	4/12	Shannon Brown	32	F	South Glens Fal	NY	36:10	9:03
116	1/5	Coleen Durkee	57	F	South Glens Fal	NY	36:20	9:05
117	12/14	Brian Hawley	40	M	Schenectady	NY	36:23	9:06
118	6/16	Wendy Pogonowski	42	F	Queensbury	NY	36:24	9:06
119	10/12	Michael Varney	45	M	Queensbury	NY	36:28	9:07
120	6/11	Susan Coyner	49	F	Glens Falls	NY	36:39	9:10
121	7/16	Lori Allen	41	F	Cohoes	NY	36:40	9:10
122	5/13	Maryann Macura	52	F	Granville	NY	36:42	9:11
123	1/5	Emma Coyner	13	F	Glens Falls	NY	36:43	9:11
124	14/22	Glen Miller	53	M	Schuylerville	NY	36:49	9:13
125	5/12	Abra Bentley	30	F	Wynantskill	NY	36:55	9:14
126	13/14	Robert Trimarchi	43	M	Wilton	NY	37:01	9:16
127	6/12	Heather Doran	30	F	Granville	NY	37:06	9:17
128	2/5	Andrea Halnon	59	F	Lincoln,	VT	37:12	9:18
129	6/17	Angela Salerno	37	F	Kattskill Bay	NY	37:15	9:19
130	15/22	Brian Howk	54	M	Wilton	NY	37:18	9:20
131	7/17	Megan Adams	35	F	Salem	NY	37:21	9:21
132	8/17	Michele Eicher	39	F	Queensbury	NY	37:31	9:23
133	6/13	Laura Novohradsky	50	F	Queensbury	NY	37:45	9:27
134	8/12	Alison Novohradsky	22	F	Queensbury	NY	37:46	9:27
135	9/17	Tina Vogel	36	F	Watervliet	NY	37:56	9:29
136	8/16	Tracy Watson	43	F	Johnsburg	NY	38:07	9:32
137	9/16	Nancy Ovitt	40	F	Fort Edward	NY	38:13	9:34
138	16/22	Pete Delsignore	53	M	Glens Falls	NY	38:19	9:35
139	7/12	Camille Noldan	33	F	Corinth	NY	38:37	9:40
140	6/7	Rick Morgan	60	M	Stillwater	NY	38:39	9:40
141	17/22	Edward Norton	54	M	Albany	NY	38:43	9:41
142	1/3	Candi Schermerhorn	66	F	Diamond Point	NY	38:55	9:44
143	8/8	Jonathan Bujno	36	M	Gansevoort	NY	38:56	9:44
144	10/16	Cammie Simmes	40	F	Queensbury	NY	38:56	9:44
145	2/3	Gail Johnson	66	F	Shaftsbury	VT	39:12	9:48
146	11/16	Nancy Chapman	44	F	Fort Edward	NY	39:14	9:49
147	11/12	Timothy Livingston	45	M	South Glens Fal	NY	39:16	9:49
148	9/12	Amanda Palazzolo	24	F	Ballston Spa	NY	39:34	9:54
149	9/9	Andrey Kiyanitsa	26	M	Ballston Spa	NY	39:35	9:54
150	2/2	Sue Nealon	62	F	Troy	NY	39:39	9:55

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Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
151	3/3	Christine Mcknight	65	F	Gansevoort	NY	39:54	9:59
152	7/13	Audrey Fischer	52	F	Greenwich	NY	40:14	10:04
153	8/13	Ellen Caffry	52	F	Glens Falls	NY	40:32	10:08
154	4/5	James Callahan	68	M	Saratoga Spring	NY	40:32	10:08
155	9/13	Patti Shepard	54	F	Kingsbury	NY	40:37	10:10
156	8/12	Carie Telgen	31	F	Middle Falls	NY	40:52	10:13
157	18/22	Mark Klingbeil	50	M	Saratoga Spring	NY	40:59	10:15
158	12/16	Cindie Bayly	43	F	Troy	NY	41:06	10:17
159	12/12	Robert Rouse	45	M	Queensbury	NY	41:23	10:21
160	10/17	Melissa Kwasniewski	36	F	Ft Edward	NY	41:26	10:22
161	5/5	Evan Kwasniewski	8	M	Fort Edward	NY	41:27	10:22
162	3/5	Darlene Cardillo	59	F	Delmar	NY	41:40	10:25
163	19/22	Paul Edwards	51	M	Lake George	NY	41:58	10:30
164	13/16	Terri Butkowski	43	F	Lake George	NY	42:06	10:32
165	10/13	Kathy Chambers	52	F	Salem	NY	42:18	10:35
166	11/17	Brooke Morgan	36	F	Granville	NY	42:49	10:43
167	2/5	Samantha Wendell	13	F	Fort Edward	NY	42:59	10:45
168	20/22	Bob Hummel	54	M	Queensbury	NY	43:01	10:46
169	11/13	Joanne Lalonde	54	F	Hudson Falls	NY	43:14	10:49
170	12/13	Susan Hummel	53	F	Queensbury	NY	43:23	10:51
171	7/11	Sharon Varney	47	F	Queensbury	NY	43:28	10:52
172	1/2	Dottie Langworthy	72	F	Warrensburg	NY	43:36	10:54
173	5/5	Lewis Dicaterino	65	M	Amsterdam	NY	43:38	10:55
174	8/11	Tracey Holmes	48	F	Fort Ann	NY	43:42	10:56
175	14/16	Brandi Farr	41	F	Queensbury	NY	43:43	10:56
176	15/16	Kathleen Tersigni	42	F	Burnt Hills	NY	43:53	10:59
177	21/22	Steve Obermayer	51	M	Ballston Spa	NY	43:54	10:59
178	10/12	Alicia Wood	28	F	Elizaville	NY	43:54	10:59
179	22/22	Philip Moehringer	50	M	Gansevoort	NY	44:27	11:07
180	12/17	Holly Conklin	38	F	Fort Edward	NY	44:36	11:09
181	2/2	Sakiko Claus	70	F	Schroon Lake	NY	44:38	11:10
182	11/12	Rachael Rodenmayer	29	F	Glens Falls	NY	44:43	11:11
183	13/13	Jaydee Weaver	50	F	Lake George	NY	44:44	11:11
184	2/2	Ray Lee	70	M	Halfmoon	NY	44:55	11:14
185	9/11	Judi Brown	47	F	Middle Granvill	NY	44:59	11:15
186	13/17	Audrey Lent	36	F	Germantown	NY	45:05	11:17
187	12/12	Sarah Tiffany	26	F	Slingerlands	NY	45:07	11:17
188	1/1	Norm Marincic	77	M	Saratoga Spring	NY	45:09	11:18
189	14/14	Steve Igram	44	M	Hudson Falls	NY	45:21	11:21
190	9/12	Natalie Swinton	33	F	Lake George	NY	45:31	11:23
191	16/16	Abby wurst	43	F	Schenectady	NY	45:37	11:25
192	10/12	Brittany Wahrman	30	F	Clifton Park	NY	45:43	11:26
193	14/17	Becky Quesnel	36	F	North Ferrisbur	VT	45:48	11:27
194	4/5	Nancy Ternent	55	F	Cohoes	NY	45:51	11:28
195	10/11	Sandra Honsinger	46	F	Troy	NY	46:01	11:31
196	11/12	Jessica Zannini	30	F	Queensbury	NY	46:03	11:31
197	12/12	Courtney Wendell	34	F	Queensbury	NY	46:08	11:32
198	15/17	Brandy Donbeck	36	F	Gansevoort	NY	46:43	11:41
199	5/5	Kathy Pfeiffer	58	F	Queensbury	NY	46:47	11:42
200	3/5	Miranda Nage11	19	F	west Charlton	NY	48:35	12:09

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Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
201	16/17	Tara Pleat	36	F	Clifton Park	NY	48:38	12:10
202	11/11	Kelly Leclaire	48	F	Hudson Falls,	NY	49:07	12:17
203	17/17	Rebecca Holmes	35	F	Salem	NY	50:42	12:41
204	1/1	Eiko Bogue	75	F	Schaghticoke	NY	51:15	12:49
205	11/11	Mike Passarelli	32	M	Ballston Spa	NY	51:17	12:50
206	7/7	Andrew Dipalma	63	M	Clifton Park	NY	52:54	13:14
207	4/5	Averie Mallison	11	F	Ballston Spa	NY	55:08	13:47
208	5/5	Courtney Chapman	13	F	Fort Edward	NY	56:40	14:10

FMRR members are highlighted in **BOLDFACE**