

Frank J. Valvano 5K Run/Walk & 10K Run

Lake Carey

July 31st, 2010

Results 5K Run

- | | |
|-----------------------------|----------------------------|
| 1. Chris Wadas 15:34 | 34. Robin Schaefer 26:31 |
| 2. Ben Robinson 16:35 | 35. Shawn McKay 26:44 |
| 3. Alex Zubko 17:45 | 36. Tammy Bonnice 27:03 |
| 4. Dan Thomas 18:35 | 37. Dan Holod 27:04 |
| 5. Ryan Thomas 19:22 | 38. Jillian Holod 27:13 |
| 6. Michael Kinney 19:52 | 39. Tom Ostrowski 27:14 |
| 7. Alex Nole 20:35 | 40. Alison McKay 27:57 |
| 8. Jen Stec-Gagliardi 20:42 | 41. Jack Moreck 28:10 |
| 9. Ethan Brown 20:53 | 42. Philip Urie 28:16 |
| 10. Jack Tidball 21:06 | 43. Erica Christ 28:49 |
| 11. Dustin LaBar 21:47 | 44. Molly Johnson 29:02 |
| 12. Justin Stonier 21:54 | 45. Jerry Pitkus 29:13 |
| 13. Dyan Cokely 22:14 | 46. Pat Sample 29:17 |
| 14. Andrew Razawich 22:25 | 47. Kurtis Christ 29:18 |
| 15. Alice McLaughlin 22:27 | 48. Miranda Killian 29:27 |
| 16. Alyssa Namey 22:38 | 49. Stella Novack 29:56 |
| 17. Matt Johnson 22:43 | 50. Mikayla Surridge 30:14 |
| 18. Dianna Kloss 22:45 | 51. William Surridge 30:14 |
| 19. Travis Russell 23:33 | 52. Lynnelle Welch 30:44 |
| 20. Jay Cwynar 24:03 | 53. Debbie Reeves 31:04 |
| 21. Jennifer Oleniacz 24:06 | 54. Frances Urie 31:36 |
| 22. Matt Bolcavage 24:08 | 55. Nick Thakar 32:19 |
| 23. Jody Daye 24:16 | 56. Rebecca Horman 32:24 |
| 24. Todd Vaskus 24:48 | 57. John Reeves 33:50 |
| 25. Rick Keogh 24:54 | 58. Anne Thakar 33:56 |
| 26. Richard Novack 25:02 | 59. Jessica Scheuch 35:06 |
| 27. Brett Tinna 25:16 | 60. Paula Glogowski 35:08 |
| 28. Colin Flak 25:40 | 61. Karen Rigard 35:29 |
| 29. Nan Scheuch 25:45 | 62. Louise Brennan 35:31 |
| 30. Quin Davis 26:00 | 63. Amey Johnson 35:42 |
| 31. Kevin Packer 26:07 | 64. Jaime Burns 36:24 |
| 32. Leanna Bell 26:08 | 65. George Dietrich 43:25 |
| 33. Jeremy Conrad 26:31 | 66. Harry Sharpe 46:43 |

Age group results 5K ~

Men

Overall winner – Chris Wadas

14 and under

1. Jack Tidball
2. Justin Stonier
3. Quin Davis

15 to 19

1. Ben Robinson
2. Alex Zubko
3. Ryan Thomas

20 to 29

1. Ethan brown

30 to 39

1. Jay Cwynar
2. Matt Bolcavage
3. Jeremy Conrad

40 to 49

1. Todd Vaskus
2. Nick Thakar
3. John Reeves

50 to 59

1. Dan Thomas

2. Dustin Labar
3. Dylan Cokely

60 and above

1. Dan Holod
2. Jack Moreck
3. Jerry Pitkus

15 to 19

1. Leanna Bell

20 to 29

1. Alyssa Namey
2. Robin Schaefer
3. Jillian Holod

30 to 39

1. Dianna Kloss
2. Jennifer Oleh
3. Erica Christ

2. Michael Kinney
3. Rick Keogh

Women

Overall winner – JenStec-Gagliardi

14 and under

1. Allison McKay
2. Mikayla Surridge
3. Anne Thakar

40 to 49

1. Alice McLoughlin
2. Jody Daye
3. Tammy Bonnie

50 to 59

1. Nan Scheveh
2. Pat Sample
3. Stella Novack

60 and above

1. Karen Rigard

Big Boned Winners (Frank Valvano Division) – William Surridge, Jerrmy Conrad and Dan Holod

Results 10K Run

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|-----------------------------|---------------------------|
| 1. Tom Daniels 35:48 | 19. Kerry Zawadski 46:27 |
| 2. Jeff Bachak 36:11 | 20. Mike Delano 47:45 |
| 3. John Johnson 36:41 | 21. Sherri Kukuchka 47:37 |
| 4. John Evangelista 38:11 | 22. Ryan Smith 47:59 |
| 5. Jeremy Stonier 38:29 | 23. Trevar Scheuch 48:07 |
| 6. Dan Toye 39:37 | 24. Laura Lyons 48:44 |
| 7. Stephen Skierski 39:54 | 25. Ian Barnes 49:20 |
| 8. Randy White 40:48 | 26. Richard Rigard 49:36 |
| 9. Anthony DiSalvo 41:02 | 27. Kodie Tanner 49:54 |
| 10. George Dunbar Jr. 41:29 | 28. Robert Damians 50:00 |
| 11. Robert Moore 41:58 | 29. Helene Strutko 50:55 |
| 12. Martin Perez 42:05 | 30. Cathy Guzzi 51:03 |
| 13. Reg Thomas 42:49 | 31. Alison Shames 51:56 |
| 14. Chad Butcher 44:37 | 32. Ed Hetzel 52:00 |
| 15. Bob Guzzi 44:38 | 33. Allison Sole 53:14 |
| 16. Bill Lawrence 45:16 | 34. Donna Fetzko 53:57 |
| 17. John Tidball 45:48 | 35. Doug Chaapel 54:36 |
| 18. Robert Urban 46:24 | 36. Bridget White 56:47 |
| | 37. Stephen Parowe 58:48 |

Age group results 10 K ~

Men

Overall winner – Tom Daniels

15 to 19

1. Jeremy Stonier
2. Stephen Skierski

20 to 29

1. Jeff Bochak

40 to 49

1. John Evangelista
2. Randy White
3. Anthony DiSalvo

50 to 59

2. Dan Toye
3. Ryan Smith

1. Reg Thomas
2. Bill Lawrence
3. Ed Hetzel

30 to 39

1. John Johnson
2. Chad Butcher
3. Robert urban

60 and above

1. Richard Rigard

Women

Overall winner – Kerry Zawaoski

20 to 29

1. Laura Lyons
2. Kodie Tanner

40 to 49

1. Cathy Guzzi
2. Allison Shames
3. Allison Sole

30 to 39

1. Sherri Kukuchka
2. Helen Strutko

50 and above

1. Donna Fetzko

Results 5K Walk

1. Teresa Cavalier 40:57
1. Kathi Keefe 40:57
3. Jean Casterline 41:23
4. Nancy Marshall 41:23
5. Sue Patchoski 41:29
6. Stew Casterline 41:46
7. Mary Skierski 42:21
8. Debbie Dunbar 44:52
9. Jackie Leszczynski 45:56
10. Melanie Leszczynski 46:22
11. Kolin Jeffers 46:22
12. John Anthony Rossi 46:23
13. Teena Thatcher 47:49
14. Joanne Williams 48:19
15. Mike Egan 49:19
16. Pam Valvano 50:59
17. Maureen Egan 51:02
18. Abbey Valvano 51:19
19. Mark Johnson 51:31
20. Hollie D'Agata 51:32
21. Nan DeMarco 51:35
22. Penny Davis 51:37
23. Debbie Holod 51:37
24. Gloria Fassett 51:38
25. Leah Valvano 52:02
26. Jane Helman 52:16
27. John Gibbons 52:33
28. Rachel Wiernusz 52:34
29. Manda D'Agata 52:34
30. Sue Gibbons 52:35
31. Kate Gibbons 52:43
32. Lisa Lyons 52:44
33. Cienna Leshley 52:46
34. Alexa Miller 52:46
35. Rebecca Caines 52:55
36. Nicole Peree 52:55
37. Maria Sherwood 53:14
38. Chelsey Puza 53:15
39. Lori Bennett 55:11
40. LeAnn Newell 56:47
41. Corey Welch 56:48
42. Don Davis 56:56
43. Lisa Koval 58:39
44. Mike Koval 58:40
45. Barb Davis 58:47
46. Ellen Welch 58:47
47. Jane Thakar 58:49
48. Jack Thakar 59:59
49. Mary Ellen Kalamon 1:00:01
50. Elinor "Pudge" Kairis 1:00:02
51. Lorraine Lupini 1:06:44
52. Doug Miller 1:06:46

First place male ~ Stew Casterline

First place female (tie) ~ Teresa Cavalier and Kathi Keefe