

2010 Adirondack Runners Track Series

<u>Name</u>	<u>Date</u>	<u>50</u>	<u>100</u>	<u>200</u>	<u>400</u>	<u>800</u>	<u>Mile</u>
Laurie Anderson	06/08/10						8:30.7
	06/15/10						8:03.1
	06/29/10				1:48.6		7:58.3
	07/13/10						8:19.7
Tristan Baldouf	11 06/01/10	:07.3	:16.0		1:25.5		
Ashley Beard	06/15/10		:18.8	:40.6			
Caroline Biondo	12 07/20/10	:08.4	:15.5				
Maria Biondo	12 07/20/10	:08.5	:15.4				
Cathy Biss	06/22/10						10:50.4
	06/29/10						10:29.2
	07/06/10						11:51.8
P Reilley Brodt	06 06/08/10	:11.5	:23.0		2:13.0		
	06/15/10	:11.7	:24.0		2:20.1		
	06/22/10	:11.5	:22.6		2:17.3		
	07/13/10		:22.7		2:03.2		
	07/27/10		:25.3		1:58.2		
Miranda Burak	07 06/29/10			:55.4			
	07/27/10		:23.0		2:09.1		
Ally Buser	10 06/29/10	:09.2	:17.2		1:29.6		
	07/27/10	:09.2	:17.6	:40.1	1:33.3		
P Amy Campopiano	06/01/10						6:26.5
	06/08/10						6:20.3
	06/15/10						6:13.0
P Ella Campopiano	08 06/01/10			1:08.1		6:37.1	
	06/08/10	:11.5	:23.9		2:34.3		
	06/15/10		:22.3	1:18.3	2:29.3	6:02.2	
	06/29/10	:11.8	:27.2	1:13.1	2:47.4	4:12.6	
Henry Campopiano	06 06/01/10	:13.5	:31.3		2:30.6		
	06/08/10	:14.1		1:09.0	2:35.9		
	06/15/10	:14.6	:33.8		2:50.2		
	06/29/10	:13.3	:29.0				
Jason Campopiano	06/08/10						5:57.7
	06/15/10	:07.3					5:54.2
P Julian Campopiano	03 06/01/10	:16.5	:41.8				
	06/08/10	:19.4	:47.0				
P Charlie Cann	05 06/15/10	:14.5	:32.8	1:06.3			
	06/22/10	:13.8	:30.0		2:22.8		
	06/29/10	:12.5	:24.5		2:12.2		
	07/20/10	:13.2	:29.2		2:22.1		
	07/27/10	:15.1	:27.1		2:29.2		
David Cann	06/22/10						6:53.6
Alissa Caprood	07/20/10						8:05.1
	07/27/10						7:46.5
P Bergen Caprood	04 07/13/10	:13.7	:25.9				
	07/20/10	:13.2	:26.7		2:33.2		
	07/27/10	:13.3	:25.8				
Emma Caprood	07 07/13/10		:21.7				9:42.0
	07/20/10		:21.1				11:00.7
	07/27/10	:10.6	:20.6				
Garrett Caprood	10 07/13/10		:18.2				8:48.1
	07/20/10		:18.6				9:13.3
	07/27/10		:18.2				9:44.2
Isabel Capood	09 07/13/10		:18.4				10:52.3
	07/20/10		:17.8				8:44.8
	07/27/10	:09.7	:18.0				

Shelby Caprood	09	07/13/10		:21.6				11:17.4
		07/20/10		:22.9				11:02.7
		07/27/10	:12.0	:23.5				
Pete Carpenter		07/13/10						6:25.0
		07/20/10						6:19.9
P Saige Carpenter	08	07/20/10	:10.0	:20.5	:48.8			
P Allie Casertino	12	06/22/10	:09.5			1:35.7		8:31.9
		06/29/10	:09.5	:19.0	:47.3	1:56.2	4:11.7	9:18.7
		07/13/10		:19.1	:49.9	1:47.4	4:10.7	9:11.1
P Julia Casertino	06	06/29/10	:13.7	:30.8				
		07/13/10	:11.6	:30.7	1:12.3			
Peter Casertino		06/22/10						7:57.3
		06/29/10						8:04.4
		07/13/10					3:49.1	8:01.7
Chanleigh Casey		06/22/10						9:00.3
Colleen Casey		06/01/10						10:46.7
		06/08/10						10:39.7
		06/15/10						11:11.9
		06/22/10						10:51.4
		06/29/10						10:51.4
Lucas Casey	09	06/22/10	:09.6	:19.8	:46.1			
P David Cass, Jr		06/08/10					2:24.5	5:46.8
		06/22/10				1:00.3	3:09.9	
P David Cass, Sr		06/08/10		14.6				
		06/15/10	:07.8					
P McKenzie Collier	10	06/08/10	:08.3	:16.1				
		06/15/10	:08.7	:17.4	:38.0	1:27.3		
		06/22/10	:08.7	:17.0	:37.9	1:34.1		
		06/29/10	:08.7	:16.7		1:27.2		
		07/06/10	:08.4	:16.7				
		07/13/10	:08.9	:17.2		1:31.0		
		07/20/10	:08.9	:17.3	:39.2	1:28.5		
		07/27/10	:08.5	:16.2	:36.8	1:31.4		
James Conway	11	06/29/10		:15.1				3:07.9
		07/13/10				1:19.2		
Patrick Conway	10	06/01/10						3:08.7
Dasha Coutts	05	07/20/10		:29.8				
		07/27/10		:31.3				
Uli Coutts		07/27/10						8:19.3
Madeline Cox	05	07/13/10	:12.8	:25.9		2:15.4		
		07/20/10	:12.3	:24.2		2:13.8		
		07/27/10	:12.8	:25.2		2:20.0		
Matthew Cox	04	07/13/10	:13.1	:34.1				
		07/20/10	:15.8	:33.2				
		07/27/10	:16.7	:36.5				
Leigh Crannell	09	06/29/10	:10.3	:22.1				
Amanda D'Allaird	12	06/01/10						11:35.0
		06/08/10			:46.1			
		06/29/10						11:20.2
		07/20/10						10:45.3
		07/27/10						10:24.6
Becky D'Allaird		06/01/10						10:01.0
		06/15/10						9:53.3
		06/22/10						10:13.4
		06/29/10				2:04.8		10:04.0
		07/20/10						10:07.5
P Don D'Allaird		06/01/10						10:00.0
		06/15/10						9:00.6
		06/22/10						10:13.0
		06/29/10				1:32.6		9:54.2
		07/20/10				1:26.0		

	Joe D'Allaird		06/15/10	:08.1		:33.2			
P	Jon D'Allaird		06/01/10	:06.2	:13.9		1:20.0	4:10.0	6:32.9
			06/08/10	:07.0	:15.2	:34.0	1:24.0		
			06/15/10	:07.2	:13.9	:31.6	1:31.0		6:49.3
			06/22/10						6:48.7
			06/29/10	:07.3	:13.5	:35.4	1:24.7		
			07/20/10	:07.5	:13.6	:31.5	1:11.9		
			07/27/10	:07.4	:14.0	:32.9	1:43.0		
	Dominick Daly	03	06/29/10	:16.3	:38.5				
			07/13/10	:12.5	:30.7				
			07/27/10	:13.6	:28.9				
	Dawn Decesare		06/15/10						10:47.1
	Salmon Decesare	1.5	06/15/10	:47.0	:82.8				
			06/29/10	:30.1	60.2				
			07/20/10	:35.4	:69.6				
			07/27/10	:50.7	:74.4				
	Anthony DelSignore		06/15/10		:13.3		1:09.6		
	Brenden Dilmore	12	07/13/10	:07.7					
	David Dilmore	09	07/13/10	:10.9					
P	Sean Donahue	04	06/08/10	:15.5	:38.3				
			06/22/10	:17.6	:42.2				
			06/29/10	:15.6	:34.9				
P	Lily Duer	08	06/08/10	:09.8	:22.0				
			06/22/10	:10.9	:21.5				
			06/29/10	:10.3	:21.1				
	Alyssa Duguay	10	06/29/10	:09.8					
	Alana Duvall	10	06/01/10		:16.0		1:34.8		
			07/13/10		:16.5	:38.0			
			07/20/10	:08.6					
	Mayah Echevarria	08	07/27/10	:10.5	:21.5				
P	Allyson Eicher	05	06/01/10	:11.1	:29.2		2:41.6		
			06/15/10	:14.2	:30.8		3:04.3		
			06/22/10	:12.1	:25.7		2:45.5		
			06/29/10	:11.8	:23.1		2:47.3		
			07/13/10	:10.9	:27.5		2:35.2		
			07/20/10	:13.9	:26.7		2:42.5		
P	Todd Eicher		06/22/10						5:42.4
			06/29/10						6:05.3
			07/06/10						6:11.1
P	Eric Facklam		07/13/10					2:56.1	6:15.0
			07/20/10			:34.8	1:20.5		6:16.0
			07/27/10		:16.6				6:34.7
	Norm Facklam		07/13/10						8:36.4
			07/20/10						9:12.5
			07/27/10						8:49.0
	Jessica Freiburger	07	06/29/10	:12.2	:22.2		2:15.9		
	Terri Freiburger	08	06/29/10	:11.0	:21.5		2:07.9		
P	Alejandro Garcia	10	06/22/10	:09.1	:18.5	:44.4	1:35.1		
			06/29/10	:09.4	:17.5		1:35.2	3:36.1	
			07/20/10	:09.3	:16.4				
	Roberto Garcia	07	06/29/10	:10.2	:20.3				
			07/20/10	:11.5					
	Gary Geiger		07/13/10				1:05.5		
P	Katie Geruso	09	07/06/10	:09.6	:19.7				
P	Ryan Geruso	06	07/06/10	:10.9	:23.0				
	Jessie Gillispie	11	07/13/10	:10.7					
	Emily Guidetti	04	06/29/10	:16.6					
	Debi Halliday		06/15/10						8:47.2
			06/29/10						8:19.9
	Dylan Halliday	02	06/08/10	:42.6					
			06/15/10	:56.1					

		06/22/10	:23.9	:51.2				
		06/29/10	:21.7	:51.2				
		07/13/10	:45.4					
		07/27/10	:43.9	:51.2				
P	Colby Harvish	07/06/10						6:44.8
	Gillian Hayden	12 07/13/10	:08.8	:17.5	:44.4			9:06.3
		07/27/10	:09.3	:19.0	:39.0			9:13.7
	Matt Hayden	07/13/10		:13.6			2:44.8	6:08.7
		07/27/10						6:01.1
	Sue Hayden	07/27/10				1:16.0		7:41.1
	Emma Hayes	11 06/22/10	:07.8	:15.6				
		06/29/10	:08.2	:15.1				
		07/20/10	:08.3	:15.2				
	Lance Hayes	07 06/29/10	:08.6	:16.6				
		07/20/10	:08.5	:18.2				
	Senyah Holmes	03 06/01/10		:54.7		2:52.0		
		06/22/10	:13.2					
		07/27/10	:15.9	:25.7				
P	Ava Hubany	05 06/22/10	:10.7	:19.8				
		06/29/10	:11.0	:23.9		2:03.9		
		07/20/10	:10.7	:21.4		2:08.7		
		07/27/10	:12.2	:21.3		2:08.8		
	Lila Hubany	1.5 06/22/10	:32.0	60.1				
		07/20/10	:31.4					
	Mateo Islas	07 06/29/10	:12.2	:28.0				
P	Tate Islas	08 06/29/10	:08.7	:18.5				
		07/06/10	:09.8	:21.9				
P	Tiara Islas	05 06/29/10	:11.7	:24.3				
		07/06/10	:14.1	:27.5				
	Grace Jackson	02 06/22/10	:59.2					
		06/29/10	:54.2	:78.7				
	Ian Jackson	04 06/22/10	:14.8	:35.0				
		06/29/10	:20.6	:33.0				
P	Jake Keshmiri	03 06/01/10	:12.8	:29.8				
		06/08/10	:14.8	:30.1				
		06/15/10	:14.5	:25.9				
		06/22/10	:13.6	:31.1				
		07/27/10	:14.5	:31.8		2:41.6		
P	Julia Keshmiri	05 06/01/10	:10.3	:23.0	1:15.8			6:37.9
		06/08/10	:10.8	:23.3	1:01.0	2:17.9		3:33.2
		06/15/10	:11.3	:24.2	1:13.3	2:01.6		3:26.4
		07/27/10	:11.5	:19.3		2:26.8		
P	Mia Keshmiri	02 06/01/10	:40.0	:43.9				
		06/08/10	:35.2	1:02.5				
		06/15/10	:30.5	:58.0				
P	Sophia Keshmiri	07 06/01/10		:22.1	:58.1			4:20.5
		06/15/10	:10.7	:21.2	:50.7	1:46.6		4:24.1
		06/22/10	:10.6	:22.1		1:57.9		
		07/27/10	:11.1	:22.3		1:57.3		
P	Hayley Kingman	09 07/13/10	:09.7	:20.0	:49.5			
		07/20/10	:09.7	:19.5	:46.7			
		07/27/10	:09.9	:39.5				
	Gabby Lamouree	08 07/06/10	:09.4	:18.9				
	Sidney Lany	02 06/29/10	:36.0					
	Will Lany	05 06/29/10	:11.9	:24.8		2:06.3		
	Dan Larson	06/08/10						7:19.1
		07/20/10						7:15.6
	Marjorie Layden	08 06/15/10		:22.8		2:15.0		
		06/22/10	:11.8	:24.0		2:16.1		
	Sean Layden	02 06/15/10	:62.9					
	Laura Leyva	06/15/10		:15.9	:32.8			6:11.5

	Anthony Marcelletti	10	06/22/10		:18.7	:40.9			
			07/20/10		:14.7	:42.4			
P	Joseph Marcelletti	07	06/22/10	:09.6	:19.7				
			07/20/10	:10.2	:20.2	:50.4	1:55.1		
	Susan Marois		06/22/10						11:34.0
			06/29/10						11:09.2
			07/06/10						10:50.5
			07/20/10						9:56.6
			07/27/10						11:07.7
	Stephanie Meehan	09	07/20/10	:08.3	:16.7	:37.5	1:30.2		
			07/27/10	:08.2	:16.5	:36.7	1:36.7		
	Emma Mercadante	05	07/20/10		:30.6				
			07/27/10	:10.6	:31.4				
	Paul Mercadante	02	07/20/10	:39.5					
	Chloe Metcalfe	09	06/29/10	:09.8	:18.1	:43.9			
	Sherri Metcalfe	11	06/08/10						6:38.1
P	Debonnay Meyers	12	06/01/10	:07.3	:16.8	:43.4	1:28.3		
			06/08/10	:08.2	:16.9	:41.5	1:35.0		
			06/15/10	:06.3	:17.7	:38.8	1:30.3		
			06/22/10	:08.5	:16.9				
			06/29/10	:08.5	:16.8	:42.7		3:31.6	
			07/06/10	:08.6	:16.8				
			07/13/10	:08.6	:18.1	:43.1	1:47.3		
	Shauna Mower	05	06/29/10	:11.4	:24.5		2:08.7		
	Michael Music	02	07/27/10	:30.5	:47.8				8:19.3
	Kayden Naatz	04	07/27/10	:22.9					
	Kurtis Naatz	02	07/27/10	:44.1					
	Liam Nelson	02	07/13/10	:32.3					
P	Doris Nichols		06/01/10						11:02.5
			06/08/10			:59.2			10:50.3
			06/15/10			:58.4			12:29.2
			06/29/10			:59.1	2:10.6		11:07.0
			07/06/10						11:15.8
			07/13/10			1:03.3	2:18.7		12:32.3
			07/20/10			:58.9	2:11.6		11:02.2
P	Colden Noody	03	07/06/10	:16.9	:43.7				
P	Hunter Noody	05	07/06/10	:15.9	:37.4				
	Mikayla Pinto	11	06/22/10	:09.5		:41.6	1:36.2		8:15.6
	Dan Pollock		06/08/10				1:09.6	2:16.2	4:50.0
	Jackson Povie	09	06/01/10	:07.8	:17.6				
			06/08/10	:09.0	:16.6				
			06/22/10	:08.9					
	Alex Ramos	05	06/01/10	:12.2	:31.3				
			06/15/10	:24.9	:31.8				
			06/29/10	:13.8					
			07/20/10	:14.9	:27.8				
			07/27/10	:13.4					
P	Liz Ramos		06/01/10						9:59.9
			06/15/10						9:50.3
			06/29/10			:47.8	2:01.4		10:09.0
			07/20/10						8:32.0
			07/27/10						9:49.7
	Carly Rodriquez	11	06/15/10	:08.4					
P	Bobby Rohne	02	06/01/10	:27.5					
			06/08/10	:29.5	1:03.0				
			06/15/10	:28.5	:55.0				
			06/22/10	:25.2	:56.5				
			06/29/10	:28.5	:57.0				
			07/27/10	:29.3	:59.8				
	Kristen Rhone	10	06/15/10						7:43.2
			07/27/10	:09.9	:18.4				

Maddy Rohne	06	06/01/10	:08.5	:21.0				
		06/08/10	:10.1	:20.4		1:46.2		
		06/15/10	:10.7	:22.5		1:53.0		
		06/22/10	:10.9	:21.7		1:48.8		
		06/29/10	:10.3	:20.2			4:12.6	
		07/27/10	:10.2	:21.0	:49.4	1:55.5		
P Bobby Rohne	02	06/01/10	:27.5					
Mack Ryan	05	06/22/10	:10.6	:22.6		1:50.9		
		07/20/10	:10.7	:20.9	:49.1	1:56.4		
		07/27/10	:10.8	:20.4		1:58.3		
P Mae Ryan	09	06/15/10	:08.5			1:33.0		
		06/22/10	:08.7	:17.4	:37.6			
		07/20/10	:08.7	:17.4	:40.0	1:28.2		
		07/27/10	:09.2					
Maggie Ryan	07	06/22/10	:10.7	:21.6				
		07/20/10	:10.7	:20.7	:47.6	1:49.7		
		07/27/10	:11.6	:22.2				
Devan Salone	07	06/29/10	:09.4	:18.4		1:48.0		
Mark Schachner		06/01/10					6:48.1	
		06/08/10					6:40.3	
		06/15/10					6:32.0	
		06/22/10					6:21.0	
		07/06/10					6:47.4	
		07/13/10					6:29.4	
		07/20/10					6:31.5	
Annika Schermerhorn	05	06/22/10	:15.3	:31.7		2:46.8		
		07/20/10	:15.0	:31.4		2:39.9		
		07/27/10	:16.0	:33.7				
Candi Schermerhorn		06/22/10					8:17.0	
		07/20/10					8:25.8	
Ryer Schermerhorn	02	07/27/10	:23.6	:44.0				
Mike Schiheir		07/20/10			:33.0	1:11.3		
Claire Schrader	06	06/15/10	:12.0	:29.0		3:01.9		
		06/22/10	:11.2	:24.4				
P Anna Schuette	05	06/29/10	:10.1	:20.5				
		07/13/10		:21.3		1:54.8		
P Leah Schuette	08	06/29/10	:09.9					
		07/13/10		:20.6		1:50.8		
P Matt Schuette		06/29/10					6:31.0	
		07/13/10				1:09.8	6:20.9	
P Ryan Schuette	11	06/29/10					3:42.2	
		07/13/10		:17.5		1:38.5		
Kira Seaman	10	07/27/10	:09.5	:20.2				
Rachel Seaman	07	07/27/10	:10.8	:23.5				
P Landry Shannon	12	06/01/10	:07.2	:17.0				
P Rose Shannon	09	06/01/10	:08.8	:21.1				
P Patrick Shannon	11	06/01/10	:07.2	:17.4				
Madison Sheehan	05	06/29/10	:12.0	:28.4		2:42.5		
		07/20/10	:13.1	:25.2		2:34.8		
		07/27/10	:13.9	:27.5		2:47.9		
Cooper Owen Smith	02	06/22/10	:37.5					
		06/29/10	:35.1	:71.1				
Rebecca Smith		07/20/10					9:13.5	
Jack Sturman	05	06/01/10	:11.3	:26.7		2:22.5		
Peter Sturn		06/01/10	:06.8	:15.1	:34.5	1:29.2		
Kelly Stzczynski		06/15/10					3:26.3	
Brooke Taylor	09	06/15/10	:08.1			1:35.2	8:06.4	
		06/22/10				1:35.5	8:06.4	
Derek Taylor		06/15/10					8:05.8	
P Brian Teague		06/01/10					6:07.7	
		06/08/10					5:54.2	

		06/15/10					6:00.4
		06/29/10					6:26.2
		07/27/10					5:58.0
Brooke Thomas	08	06/08/10	:09.1	:18.6		1:39.5	
Trent Thomas	10	06/08/10	:08.2	:15.9		1:36.2	
Arianna Turks	12	06/29/10			:52.5		
		07/27/10		:23.8		2:17.3	
Trinity Turks	03	07/27/10	:23.9				
		07/20/10					5:12.8
		07/27/10					5:12.3
Shirley Venner		06/01/10					11:57.8
		06/08/10			:50.6		11:13.6
		06/15/10			:51.5		12:15.9
		06/22/10			:49.8		12:04.0
		07/06/10					12:33.9
		07/13/10			:59.7		13:25.4
		07/20/10			:52.9	2:21.1	11:24.3
		07/27/10					11:37.2
Will Vogel	08	06/01/10	:08.1	:20.0			
Alexandra Wade	08	06/22/10	:09.9	:20.0			10:59.9
		07/20/10	:09.8	:20.3			
Cassie Wade	04	06/15/10	:14.5	:27.3			12:06.3
		06/22/10	:13.2	:27.5			10:59.6
		07/20/10	:14.0	:27.5			11:29.1
		07/27/10	:14.1				
Emma Wade	05	06/22/10	:10.4	:21.8			12:06.3
		07/20/10	:10.8	:21.7			11:29.1
Jason Wade	06	06/15/10	:13.7	:28.0			12:35.2
		06/22/10	:12.1	:25.2			11:48.7
		06/29/10	:12.7	:25.9			12:00.8
		07/20/10	:12.8	:26.7			12:21.4
		07/27/10	:13.9	:25.3			
Kayleigh Wade	08	06/15/10	:09.3	:19.0			8:53.2
		06/22/10	:09.5	:19.3	:42.3		8:14.1
		06/29/10	:10.1	:18.1			8:06.6
		07/20/10	:09.6	:18.8			8:28.0
		07/27/10	:10.2	:18.0			
Rocky Wade		06/15/10					8:53.6
		06/22/10			:34.9		8:19.9
		06/29/10					9:15.8
Jaclyn Walls	05	06/01/10	:12.8	:26.7		2:10.7	
		06/22/10	:12.9	:25.5			
		07/27/10	:12.1	:23.9			
Dakota Winch	05	07/27/10	:10.4	:27.0			
Brooke Wright	08	07/13/10	:10.0	:19.4			3:55.3
		07/27/10	:09.9	:19.7	:47.4		
David Wright		07/27/10					6:28.7
P Evan Wright	05	06/08/10	:11.5	:23.9	:49.2	1:59.0	
		06/15/10	:12.4	:29.3	:58.4	2:03.0	
P Paul Wright	08	06/08/10	:09.4	:18.0	:41.1	1:43.5	
		06/22/10	:09.0	:18.4	:45.8	1:43.8	
		06/29/10	:08.9	:17.4	:41.4		
Tyra Wynn	12	06/08/10					6:23.2