

Eighth Annual
National Union Bank of Kinderhook
OK 5k
June 10, 2006

***** AWARDS LIST *****

***** MALE OVERALL RESULTS *****

1	Ed Crowley	24 Allston	MA	16:27
2	Darren Legere	20 Ghent	NY	16:32
3	Jeff Vona	19 Valatie	NY	16:54

***** FEMALE OVERALL RESULTS *****

1	Kimberly Miseno-Bow	35 Amsterdam	NY	18:19
2	Alison Heaphy	39 North Chatham	NY	19:00
3	Dana Peterson	35 Albany	NY	19:43

MALE AGE GROUP: 1 - 14

1	44 Revor Kent	13 Red Hook	NY	20:26
2	50 Ryan Nightingale	14 East Chatham	NY	20:43
3	59 Joseph Martino	13		21:11

FEMALE AGE GROUP: 1 - 14

1	144 Carolyn Jolly	14 North Chatham	NY	24:08
2	167 Leah Wightman	14 Chatham	NY	24:52
3	179 Morgan VanAlstyne	13 Kinderhook	NY	25:16

MALE AGE GROUP: 15 - 19

1	7 Macky LLOYD	16 Voorheesville	NY	17:30
2	10 Gerald DeChance III	18 Valatie	NY	17:52
3	16 Richard Messineo	17 Nassau	NY	18:27

FEMALE AGE GROUP: 15 - 19

1	32 Lucy Von Reusner	15 Red Hook	NY	20:00
2	68 Teresa Matthews	19 Old Chatham	NY	21:34
3	142 Kati Rothwein	17 Valatie	NY	24:06

MALE AGE GROUP: 20 - 24

1	17 Chris Abbott	22 Slingerlands	NY	18:33
2	23 Joe Silver	22 Kinderhook	NY	18:58
3	51 Alex Wilson	20 Kinderhook	NY	20:44

FEMALE AGE GROUP: 20 - 24

1	139 Nicoletta DeCicco	21 Stuyvesant Falls	NY	24:04
2	176 Stephanie DeFrances	23 East Greenbush	NY	25:11
3	231 Rachel Schneider	20 Stuyvesant	NY	27:20

MALE AGE GROUP: 25 - 29

1	6 Matthew Crave	29 Albany	NY	17:25
2	33 John Carlino	25 Watervliet	NY	20:01
3	39 Dave Cadalso	25 Niskayuna	NY	20:18

FEMALE AGE GROUP: 25 - 29

1	108 Alexys Wiggle	27 Hudson	NY	23:00
2	148 Kristen Mantello	27 Rensselaer	NY	24:15
3	178 Maria Vavrina	27 Hudson	NY	25:13

MALE AGE GROUP: 30 - 34

1	20 Patrick Lynskey	33		18:49
2	26 Tom Frasier	33 Valatie	NY	19:16
3	45 Bill Becker	33 Valatie	NY	20:27

FEMALE AGE GROUP: 30 - 34

1	73 Jessica VanAlstyne	33 Austerlitz	NY	21:52
2	116 Robyn Smith	30 Germantown	NY	23:19
3	152 Leanna O'Grady	30 Castleton	NY	24:22

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MALE AGE GROUP: 35 - 39					
1	4	Rich Cummings	38	Schenectady	NY 17:06
2	8	Todd Mesick	39	Cohoes	NY 17:31
3	12	Jon Rocco	39	Colonie	NY 18:01
FEMALE AGE GROUP: 35 - 39					
1	55	Penny Tisko	37	Albany	NY 20:58
2	91	Heather Leggieri	35	Ballston Spa	NY 22:30
3	174	Karen Ressler	39	Kinderhook	NY 25:09
MALE AGE GROUP: 40 - 44					
1	13	Chuck Heaphy	42		18:17
2	14	Russell Lauer	43		18:18
3	30	Michael Howard	40	Hudson	NY 19:48
FEMALE AGE GROUP: 40 - 44					
1	103	Mary Shufelt	42	Old Chatham	NY 22:48
2	117	Theresa Warner	41	Hudson	NY 23:20
3	143	Dana VanAlstyne	44	Kinderhook	NY 24:07
MALE AGE GROUP: 45 - 49					
1	5	Jim Maney	48	Slingerlands	NY 17:18
2	9	Vladimir Ilin	48	Albany	NY 17:43
3	18	John Parisella	48	Schenectady	NY 18:33
FEMALE AGE GROUP: 45 - 49					
1	40	Nancy Taormina	47	Albany	NY 20:18
2	71	Laura Manchester	48	Hillsdale	NY 21:39
3	87	Joyce Poulin	45	Amsterdam	NY 22:24
MALE AGE GROUP: 50 - 54					
1	11	Rob Picotte	52	Slingerlands	NY 17:54
2	28	James Girmindl	50	Niverville	NY 19:40
3	57	Frank Broderick	54	Ballston Lake	NY 21:09
FEMALE AGE GROUP: 50 - 54					
1	215	Gail Hein	54	Altamont	NY 26:51
2	220	Rose Marie Hawver	53	Loudonville	NY 26:56
3	234	Anna Nadeau	53	Valatie	NY 27:24
MALE AGE GROUP: 55 - 59					
1	46	Lenny Collins	57	Valatie	NY 20:32
2	47	Frederick Eames	57		20:34
3	53	Paul Forbes	55		20:55
FEMALE AGE GROUP: 55 - 59					
1	240	Sue Nealon	56	Troy	NY 27:54
2	273	Jacqueline Tremont	55		29:38
3	333	Harriet Kang	56	Hartsdale	NY 34:59
MALE AGE GROUP: 60 - 64					
1	120	Frank Klose	63	Averill Park	NY 23:28
2	151	Robert Danz	62	Hudson	NY 24:20
3	181	Gerald Sun	62	Brooklyn	NY 25:16
FEMALE AGE GROUP: 60 - 64					
1	137	Jayne Zinke	63		24:00
2	274	Debbie Brown	64	Castleton	NY 29:39

3 281 Phyllis Teal

60 Valatie

NY 30:15

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MALE AGE GROUP: 65 - 69				
1	145	Jim Hotaling	65 Niverville	NY 24:09
2	326	Robert Carroll	65 Kinderhook	NY 33:59
3	373	Terry McEneny	65 Coeymans Hollow	NY 51:56
FEMALE AGE GROUP: 65 - 69				
1	321	Bonnie Newkirk	65 Ghent	NY 33:17
2	352	Suzanne Carroll	67 Kinderhook	NY 42:41
3	363	Jane Rose	67 East Greenbush	NY 48:45
MALE AGE GROUP: 70 - 99				
1	180	Dick Green	71 East Chatham	NY 25:16
2	300	Daniel Wellner	72 Hillsdale	NY 31:36
FEMALE AGE GROUP: 70 - 99				
1	362	Shirley Kipp	72 Niverville	NY 48:03
2	378	Nancy Guest	71 Loudonville	NY 1:03:00
3	380	Francine Frank	75 Albany	NY 1:03:03

