

**Summer Sunset #1
June 11, 2019**

Course: Clear, 64 degrees F

Canton, NY 310 runners and walkers completed the 5k or 1 mile fun run of the 2019 Series. Jacob Erdman placed first with a time of 18:33 followed by Blaine Ayotte in 18:44 and Jeff Lyndaker in 18:48.

Carrie Ponainville led the women with a time of 20:19. Erika Abrantes placed second in 20:35 and Emily Cotey placed third with a time of 20:54. Zadok Roiger led the Milers in 7:27, with Noah Trombly second in 7:38 and Hayden Towle third in 7:42.

The next races will be held July 9th and August 13th. The one mile fun run starts at 7:15 pm, followed by the 5K cross country race at 7:30. Registration and race start location is the J-lot at St. Lawrence University off of Park Street. Dates for the 2020 Frozen Foote Series will be December 14, 2019, and January 11, February 8 and March 14th, 2020. Look for details at Northernrunner.org. Questions can be directed to Suna Stone at smcmasters@stlawu.edu or (315) 229-5105.

	Men	Division Leaders	Women	
Open				
1	Jacob Erdman	18:33	1	Carrie Pomainville 20:19
2	Blaine Ayotte	18:44	2	Erika Abrantes 20:35
3	Charlie Cahillane	19:18	3	Emily Cotey 20:54
30-39				
1	Eric Barr	19:37	1	Liz Pienkos 22:40
2	Lyles Trombly	21:38	2	Amanda Stopa Goldstein 23:12
3	Art Michalek	21:40	3	Jacqueline Bill 24:49
40-49				
1	Jeff Lyndaker	18:48	1	Kristen Betrus 21:40
2	Shawn Spriggs	19:42	2	Rhonda McNish 25:07
3	Christopher LaPoint	21:42	3	Shelly Roiger 25:39
50-59				
1	James Gattuso	22:38	1	April Barnes 25:46
2	Joel Howie	24:13	2	Brenda Preston 28:04
3	Dan Dominie	24:37	3	Mary Kelly 28:23
60-69				
1	Bill Amberman	25:28	1	Lyn Short 26:03
2	Paul Pierce	25:33	2	Sue Pierce 28:36
3	Bob Rogers	27:51	3	Nadia Marano 28:43
70-79				
1	Peter Feickert	26:36	1	Mary Clayton 31:21
2	Ron Reid	59:30	2	Anne Hodgson 35:28
High School				
1	Cooper Stuntz	19:52	1	Hannah Tupper/Claira Royce 23:34
2	Nick Lyndaker	22:33	3	Madelyn Dinneer/Erin Dickinson 28:05
3	Nelson Dane	23:24		
Youth				
1	Charlie Todd	23:39	1	Grace McDonough 23:35
2	Ethan Francey	25:02	2	Sharon Colbert 24:21
3	Ryan Jones	26:17	3	Lindy Betrus 25:53
80+				
1	Merv Hodgson	31:08		

**Summer Sunset #1
June 11, 2019**

Men				Women				
1	Jacob Erdman	18:33	49	Casey Bill	26:20	100	Brian Jolley	NR
2	Blaine Ayotte	18:44	50	Peter Feickert	26:36	101	Ethan Townsend	NR
3	Jeff Lyndaker	18:48	51	Allen Kelly	26:42	102	Justin Daniels	NR
4	Charlie Cahillane	19:18	52	Jason Pfothenhauer	26:44			
5	Eric Barr	19:37	53	Sam Pfothenhauer	26:44			
6	Nick Vielhauer	19:39	54	Henry Bogrette	27:30			
7	Shawn Spriggs	19:42	55	Chris Keeffe	27:30			
8	Cooper Stuntz	19:52	56	Jerod Sommerfeldt	27:39			
9	Matt Fortin	20:21	57	Jamie Sinclair	27:46			
10	Joshua Tupper	21:14	58	Ian McGuire	27:46			
11	Lyles Trombly	21:38	59	Matthew Tupper	27:48			
12	Art Michalek	21:40	60	Griffin Scafidi-McGuire	27:50			
13	Christopher LaPoint	21:42	61	Bob Rogers	27:51			
14	Josh Akins	21:50	62	Steve Barr	28:06			
15	Kevin Tupper	21:56	63	JD Meyers	28:22			
16	Kas Dane	22:24	64	Joe McDonough	28:24			
17	Nick Lyndaker	22:33	65	Paul Preston	28:25			
18	James Gattuso	22:38	66	Jeff McGrath	28:34			
19	Connor Hardiman	22:46	67	Jeff Weeks	28:43			
20	Josh Dickinson	22:47	68	Alan Barr	29:09			
21	Roy Porter	22:47	69	Mark Josephs	29:21			
22	Kyle Holloway	23:00	70	Alan Hughes	29:24			
23	Craig Wood	23:04	71	Casey Grev	29:30			
24	Adam Lewis	23:04	72	Aaron Todd	29:34			
25	Conrad Stuntz	23:24	73	Mark Hartman	29:41			
26	Nelson Dane	23:24	74	Chris Rediehs	30:34			
27	Justin Goldstein	23:30	75	Merv Hodgson	31:08			
28	Nolan Anderson	23:32	76	Richard Dub	31:13			
29	Charlie Todd	23:39	77	Michael Schuckers	31:55			
30	Joel Howie	24:13	78	Gino Bisceglia	32:14			
31	Jonathan Pinckney	24:15	79	Benny Levendusky	32:15			
32	Chad Colbert	24:23	80	Ben Levendusky	32:33			
33	Dan Dominie	24:37	81	Tom Graser	32:50			
34	Paul Graham	24:38	82	Tim Richards	34:29			
35	John Newman	24:38	83	Ed Eby	34:31			
36	Charlie Shene	24:45	84	Jon Lomaki	36:47			
37	Carson Smith	24:50	85	Tim Danehy	37:02			
38	Sean Clemens	24:55	86	Daniel Paladin	37:14			
39	Zach Denesha	24:58	87	John R. O'Connor	38:49			
40	Ethan Francey	25:02	88	Zach Platt	39:00			
41	Nathaniel Stowe	25:12	89	Dave McAdoo	40:19			
42	Clay Denesha	25:15	90	Jasper Strong	40:19			
43	Shawn Cummings	25:28	91	Terry Hodge	44:25			
44	Bill Amberman	25:28	92	Matt Jenkins	45:27			
45	Paul Pierce	25:33	93	Kevin McAdoo	52:00			
46	Layton Colbert	25:39	94	Ashton Sears	53:11			
47	Kent Fetter	25:42	95	Tyson Terpstra	58:00			
48	Ryan Jones	26:17	96	Ron Reid	59:30			
			97	Arthur Andrews	69:00			
			98	Ayomi Odemyinbo	NR			
			99	Owen Pearson	NR			

Summer Sunset #1
June 11, 2019

46 Elli Dane	29:31	97 Brittany Terpstra	58:00	33 Lance Goodrow	12:58
47 Alyssa Hughes	29:36	98 Jennifer Dishaw	58:36	34 Alayna Goodrow	12:58
48 Jeni Backus	29:43	99 Ann Reid	59:33	35 Cathy Conlon	13:00
49 Paula Jones	29:54	100 Paige Weston	NR	36 Julia Trombly	13:08
50 Molly Lapinski	30:25	101 Nicole Smith	NR	37 Nora Rumbaugh	13:15
51 Johanna Tupper	30:26	102 Tara LaPoint	NR	38 Calvin Townsend	13:22
52 Debra Backus	30:32	103 Camilla Smith	NR	39 Anastasia Kelly	13:55
53 Debbie McDonald	30:35	104 Kim Wile	NR	40 Ian Barr	14:30
54 Sara Behiniak	30:35	105 Katelyn Guarino	NR	41 Alden Barr	14:31
55 Ccheryl Scott	30:36	106 Jessica McGuire	NR	42 Carson Rouse	15:20
56 Casey Ostler	30:46	107 Lenore VanderZee	NR	43 Shawn Spadaccini	15:34
57 Emily Estabrooks	30:46	108 Tara Stevenson	NR	44 Cameron Whiteford	15:34
58 Gabreilla Schuckers	30:46	109 Katie Schuler	NR	45 Michael Pinckney	15:34
59 Laurena Greenhill	30:54	110 Eowyn Hewey	NR	46 Emily Pinckney	15:34
60 Elizabeth Gallagher	31:12	111 Sarah Wentzel	NR	47 Paul Doty	18:47
61 Meg Lapinski	31:14	112 Liz Daniels	NR	48 Agnes Hoey	18:47
62 Becky Henderson-Howi	31:14			49 Giada Bisceglia	20:00
63 Eniko Gilbert	31:14			50 Giselle Kelly	20:00
64 Mary Clayton	31:21			51 Isis Casserly	NR
65 Jessica Brown	31:26			52 Zoe Daniels	NR
66 Stephanie Schuckers	32:41			53 Kathryn Fitzgerald	NR
67 Yasemin Eissenstat	33:02			54 Ara Fitzgerald	NR
68 Lorie Guy	33:45			55 Garritt Palmer	NR
69 Debbie Grant	34:06			56 Lorien Kelly	NR
70 Sue Hughes	34:06			57 Maya Townsend	NR
71 Sarah Kaufman	34:41			58 Mike Fitzgerald	NR
72 Adrianna Levendusky	35:03			59 Charles Rouse	NR
73 Anne Hodgson	35:28			60 Jennifer Pfothauer	NR
74 Karen McDonald Hurler	35:28			61 Riley Daniels	NR
75 Olivia Martin	35:29			62 Gwen Daniels	NR
76 Lexi Stuntz	35:42			63 Gabe Daniels	NR
77 Maya Thomas	35:45			64 Addison Daniels	NR
78 Charlotte Colello	36:09			65 Claire Thomas	NR
79 Jackilyn Kelly	36:15			66 Lily Todd	NR
80 Ana Estevez	37:02			67 Frances Frank	NR
81 Aubrey Paladin	37:14				
82 Cassandra Caswell	37:15				
83 Elena Levendusky	38:00				
84 Ingrid Doucette	38:55				
85 Sarah Platt	39:00				
86 Kim Wangler	43:22				
87 Kara McLuckie	43:22				
88 Adrienne Hartman	43:22				
89 Pam Beaudette	43:23				
90 Nicole Cox	44:21				
91 Fenna Jenkins	45:35				
92 Billy Joe Duprey	48:00				
93 Heather Newcombe	48:26				
94 Autumn Gilson	48:26				
95 Shauna Sears	53:11				
96 Tasha Bogrette	53:11				
		1 Mile			
		1 Zadok Roiger	7:27		
		2 Noah Trombly	7:38		
		3 Hayden Towle	7:42		
		4 Will McDonough	7:45		
		5 Shoham Zuker	8:31		
		6 Aurora Casserly	8:45		
		7 Brendan Todd	8:46		
		8 Eimi Iwahashi	8:50		
		9 Sophia James	8:56		
		10 Jamie Towle	9:09		
		11 Justin Towle	9:09		
		12 Ellie McDonough	9:32		
		13 William Rumbaugh	9:42		
		14 Myles LaPoint	9:51		
		15 Marty Oyema	10:04		
		16 Daniel Richardson	10:09		
		17 Mia Akins	10:10		
		18 Hudson Rumbaugh	10:23		
		19 Lisa Towle	10:24		
		20 Emmarie Towle	10:24		
		21 Lena Frank	10:33		
		22 Joe Anderson	11:14		
		23 Bea Colello	11:15		
		24 Colden Akins	11:24		
		25 Stella Todd	11:25		
		26 JD Oyema	11:30		
		27 Wyatt Francey	11:35		
		28 Bryan Francey	11:40		
		29 Beth Todd	11:46		
		30 Claire Todd	11:46		
		31 Soraya Rumbaugh	12:11		
		32 Sarah Goodrow	12:58		
				Walkers	
				1 Debbie Pomainville	34:38
				2 Paula Jensen-Moulton	44:35
				3 Douglas Duprey	47:10
				4 Donna Alvarez	48:25
				5 Pedro Alvarez	48:25
				6 Natalie Jackson	49:00
				7 Hannah Collier	51:21
				8 Heather Boyce	51:21
				9 Jessica Fenlong	51:21
				10 Heather Collier	51:23
				11 Beth Holland	51:23
				12 Jen Knack	53:00
				13 Kimberly Duprey	54:00

Summer Sunset #1
June 11, 2019

14	Doug Dominy	54:41
15	Jeffrey McAdoo	57:00
16	Matt Turnbull	57:00
17	Jeff Smith	57:05
18	Kasey Smith	57:05
19	Karen Wright	57:05
20	Allan Mooney	59:40
21	Freida Mooney	59:40
22	John Peacock	60:00
23	Becky Nicholl	60:00
24	Tyler Bowman	60:00
25	Richard Cota	60:00
26	Barb Towne	NR
27	Rachael Towne	NR
28	Rose Towne	NR
29	John Beaudette	NR