

**Frozen Foote #4 40th season
March 9, 2019**

Course: Clear, 32 degrees I

Canton, NY 120 runners and walkers completed the final 4 mile event of the Frozen Foote 2019 Series. John French placed first with a time of 22:21 followed by Eric Barr in 23:10 and Shawn Spriggs in 23:42.

Victoria Lederer led the women once again, with a time of 25:16. Jillian Zick placed second in 28:24 and Amanda Stopa Goldstein placed third with a time of 28:58.

Mark your calendar for the Summer Sunset Series! Races this year take place June 11th, 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. Any questions can be directed to Suna Stone at smcmasters@stlawu.edu. (315) 229-5111

Division Leaders

	Men		Women
Open			
1	Connor Hardiman	26:25	1 Victoria Lederer
2	Joshua Tupper	27:02	2 Jillian Zick
3	Dwayne Ghostlaw	34:55	3 Rose Lucidi
30-39			
1	Jon French	22:21	1 Amanda Stopa Goldstein
2	Eric Barr	23:10	2 Jessie Barr
3	James Farrell	24:22	3 Erica Preston
40-49			
1	Shawn Spriggs	23:42	1 Amy Hollister
2	Kevin Tupper	27:07	2 Angela Villeneuve-Brown
3	Christopher LaPoint	27:22	3 Cheryl Stuntz
50-59			
1	John Beaudette	27:21	1 April Barnes
2	Michael Garrow	27:29	2 Alena Bicknell
3	Dan Erdman	30:37	3 Lori Brewer
60-69			
1	Bill Amberman	31:12	1 Lyn Short
2	Alan Barr	32:35	2 Nadia Marano
3	Bob Rogers	33:18	
70-79			
1	Peter Feickert	32:48	1 Fran Naccarato
2	Hugh Wilson	43:42	1 Grace Cicchinelli
3	Toby Irven	45:01	
High School			
1	Layton Colbert	32:21	
Youth			
1	Logan Bradley	26:35	
2	Lance Bradley	27:10	
3	Nick Lyndaker	27:37	
80+			
1	Jean Bernaquez	49:45	

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Men

1	Jon French	22:21
2	Eric Barr	23:10
3	Shawn Spriggs	23:42
4	James Farrell	24:22
5	Josh Akins	25:55
6	Connor Hardiman	26:25
7	Logan Bradley	26:35
8	James Sieja	26:54
9	Kristopher Boettcher	26:58
10	Joshua Tupper	27:02
11	Kevin Tupper	27:07
12	Lance Bradley	27:10
13	John Beaudette	27:21
14	Christopher LaPoint	27:22
15	Michael Garrow	27:29
16	Nick Lyndaker	27:37
17	Chad Colbert	28:13
18	Mark Duchaine	29:43
19	Dan Erdman	30:37
20	Allen Kelly	30:42
21	Bill Amberman	31:12
22	Jeff Maynes	31:36
23	Charlie Shene	31:52
24	Layton Colbert	32:21
25	Alan Barr	32:35
26	Peter Feickert	32:48
27	Terry Vivyurka	33:04
28	Bob Rogers	33:18
29	Conrad Stuntz	34:30
30	Jude Ducharme	34:55
31	Dwayne Ghostlaw	34:55
32	Drew McNichol	34:58
33	Tristan McKnight	35:09
34	Casey Grev	35:17
35	Alan Hughes	35:47
36	Jonathan Santamoor	37:06
37	Steve Barr	37:25
38	Andrew Willard	37:54
39	Tom Graser	39:42
40	Hugh Wilson	43:42
41	Jon Lomaki	44:49
42	Toby Irvn	45:01
43	Jean Bernaquez	49:45
44	Allen Bradley	52:08
45	Harry W. Garvey	72:36
46	Myles LaPoint	72:36
47	Norm Pomainville	99:98
48	Jamie Sinclair	99:98

Women

1	Victoria Lederer	25:16
2	Jillian Zick	28:24
3	Amanda Stopa Goldste	28:58
4	Amy Hollister	30:25
5	Angela Villeneuve-Bro	30:45
6	Jessie Barr	33:22
7	April Barnes	33:23
8	Lyn Short	33:33
9	Alena Bicknell	33:43
10	Erica Preston	34:00
11	Christy Tupper	34:07
12	Annie Drake	34:16
13	Lori Brewer	36:00
14	Lisa Guccione	36:04
15	Mollie Ladoucheur	36:18
16	Jacqueline Bill	36:18
17	Debbie Grant	36:20
18	Grace Cicchinelli	36:34
19	Cheryl Stuntz	36:35
20	Nadia Marano	36:35
21	Rose Lucidi	37:11
22	Beth Colello	37:34
23	Kelly Fountain	38:02
24	Sally MacDonald	38:02
25	Susan Fenlong	38:02
26	Stephanie Plaisted	38:02
27	Carol Palmer-Garvey	38:15
28	Yasemin Eissenstat	38:40
29	Suna Stone	38:40
30	Debbie McDonald	38:51
31	Sara Behiniak	38:57
32	Anne Carberry	39:23
33	Sue Hughes	40:03
34	Katie Schuler	43:42
35	Lorie Guy	43:42
36	Cassandra Caswell	44:42
37	Rachel Cutter	46:20
38	Adrienne Hartman	53:25
39	Kara McLuckie	53:25
40	Pam Beaudette	53:25
41	Fran Naccarato	59:37
42	Allyssa Theobald	99:98
43	Carrie Pomainville	99:98
44	Debbie Pomainville	99:98

Walkers

1	Paul Guinn	44:20
2	Shari Gilman	52:00

3	Pendra King	52:00
4	Katy Collette	52:00
5	Marcy Smutz	52:00
6	Julie Bradley	52:43
7	Brittany Smith	56:33
8	Courtney Smith	56:53
9	Jeff Smith	56:53
10	Nicolas Terrier	56:53
11	Kasey Smith	56:53
12	Paula Jensen-Moulton	59:46
13	Kevin McAdoo	60:00
14	Doug Dominy	62:12
15	Tyler Bowman	65:00
16	John Peacock	65:00
17	Mandy Simser	65:00
18	Matt Turnbull	66:00
19	Jessica Fenlong	66:00
20	Jeffrey McAdoo	66:00
21	Allan Mooney	68:45
22	Margaret Pratt	99:98
23	Shannon Kenny	99:98
24	Shondel Boyden	99:98
25	Susan Holz	99:98
26	Jeff Weeks	99:98
27	Rachel Holz	99:98
28	Kerry Newell	99:98