

RESULTS OF 29TH ANNUAL DYNAMIC DUO, AUGUST 4, 2007

- 36

-36 Con't

1	Shamus Nally Meaghan Gregory	14:48 17:41	32:29	19	Mackey Lloyd Hilary Edmunds	16:05 20:51	36:56
2	Ryan Pezzulo Molly Pezzulo	15:11 17:22	32:33	20	Josh Gordon Emily McTague	17:49 19:16	37:05
3	Greg Kiley Kaitlin O'Sullivan	14:45 18:14	32:59	21	Zach Goodrich Larene Cameron	17:06 20:02	37:08
4	Jerry Greenlaw Tori Pennings	15:44 17:56	33:40	22	Sam Predmore Christine Sloat	17:50 19:21	37:11
5	Andrew Jess Sam Rocker	16:23 17:19	33:42	23	Riley Wilk Chance Wilk	17:27 20:13	37:40
6	Chris Williams Caroline King	15:15 18:37	33:52	24	Brian Treadway Mikala Anson	18:17 19:26	37:43
7	John Kenworthy Jillian King	16:02 18:37	34:39	25	Ian Leavitt Gina Cristaldi	18:03 19:46	37:49
8	Brian Trainor Morgan Roche	16:11 19:11	35:22	26	Jon Aziz Mairin O'Connor	17:02 21:20	38:22
9	Kyle O'Connor Chelsea Trant	16:01 19:45	35:46	27	Chris Manico Maureen Hill	16:08 22:26	38:34
10	Jeff Minucci Carolyn Herkenham	16:29 19:20	35:49	28	Michael Campbell Nima Balan	17:11 21:49	39:00
11	Dan Harris Cara Janeczko	16:26 19:39	36:05	29	Seth Whitaker Tricia Wardwell	19:16 19:50	39:06
12	Jared Finke Ada Lauterbach	16:46 19:37	36:23	30	Joe Emory Katelyn Choiniere	17:03 22:06	39:09
13	Brian Benson Emma Risler	16:39 19:51	36:30	31	Zak Smetana Kelsey Fitzgerald	16:34 22:49	39:23
14	Rob Morey Evelyn Marrero	17:35 18:57	36:32	32	Greg Coleman Nayamka Roberts-Smith	18:27 21:32	39:59
15	Dave Powalyk Katlin Mock	17:18 19:21	36:39	33	Brandon Niezgoda Kristina Moller	17:36 22:25	40:01
16	Dan Bruton Meredith Peabody	17:11 19:33	36:44	34	Matt Blair Melissa Gordon	18:04 22:36	40:40
17	Matt Bogdan Seri Gordon	15:57 20:49	36:46	35	Steve Murdock Laura Morehouse	15:03 25:58	41:01
18	Nick Webster Sara Ochs	16:02 20:52	36:54	36	Zack Paley Victoria Ballestero	19:26 22:18	41:44

-36 Con't

37	Devon Sedgwick Gabby Rodriguez	17:25 24:44	42:09
38	Andrew Cox Kaylan Rhoades	18:23 24:19	43:42
39	Buddy Herkenham Alyssa Drapeau	22:51 20:12	43:03
40	Bob Hollinger Emma Hollinger	19:38 23:56	43:34
41	Sam Perkins Lizzy Olson	22:51 23:00	45:51
42	Nathan Bub Zoe Edmunds	22:59 22:58	45:57
43	Todd Degnan Emily Britz	21:15 26:21	47:36
44	Marc Casile Maria Casile	21:12 26:42	47:54

37-45

1	Kevin Treadway Shannon Finnegan	15:00 19:13	34:13
2	Josh Merlis Nicole Soblosky	16:15 19:18	35:33
3	Dave Jones Liz Montgomery	15:39 20:01	35:40
4	Matt Dispensa Megan Reynolds	15:51 19:54	35:45
5	Pat Cullen Melissa Bredice	16:13 19:53	36:06
6	Tom O'Grady Meghan LaPoint	16:21 20:07	36:28
7	Matt Purtuk Keelan King	17:16 19:37	36:53
8	Justin Bishop Emily Finnegan	16:10 21:19	37:29
9	Brad Lewis Shylah Weber	15:48 21:44	37:32
10	Eric Choundhay Nikki Kosina	16:50 20:57	37:47

37-45 Con't

11	Brian Rhodes-Devey Monica Zimmers	16:16 22:05	38:21
12	John Thomas Andrea Hollinger	19:45 20:01	39:46
13	Chad Davey Shea Foley	17:58 23:14	41:12
14	Greg Buck Amanda Boccio	21:28 20:09	41:37
15	Matt Wolfe Katie Wolfe	20:44 21:44	42:28
16	Alan Nyquist Laura Hickey	21:50 20:59	42:49
17	Cheyne Ashline Jen Ryback	22:25 28:15	50:40
1	Pat Gaffney Meghan Davey	15:29 19:39	35:08

46-54

2	Shawn Zepf Kiersten Anderson	19:07 19:19	38:26
3	Joe Benny Colleen Hayden	18:35 20:28	39:03
4	Jim Van Ess Kaylee Scott	19:26 21:43	41:09
5	Jeff Long Jennifer Senez	19:33 24:22	43:55

55-63

1	Dan Predmore Lizzie Predmore	17:28 19:04	36:32
2	Rob Gregory Erin Gregory	18:19 20:43	39:02
3	Brennan Tarrier Amanda Long	19:15 24:40	43:55
4	Matt McPartlon Melissa McPartlon	19:57 29:44	49:41
5	R. J. Sniffen Kathy Sniffen	15:47 35:04	50:51
6	Matt Bashant Carolyn Bashant	18:54 32:37	51:31

64-72

1	Carlo Cherubino	21:08	
	Kate Apfelbaum	20:26	41:34
2	Paul Ryan	20:11	
	Kelsey Ryan	22:02	42:13
3	Phil Brown	23:46	
	Martha Brown	18:59	42:45
4	Frank Boscoe	18:23	
	Kristen Admiraal	24:30	43:53
5	James Wood	20:48	
	Melissa Wood	24:19	45:07
6	David Shumpert	20:18	
	Joanie Anderson	29:20	49:38
7	Andy Penn	26:59	
	Jen Eaton	27:50	54:49

73-81

1	Bob Irwin	15:16	
	Mary Buck	19:11	34:27
2	Richard Marrero	19:17	
	Regina Flint	19:53	
3	Richard Bashant	19:55	
	Shannon Bashant	22:07	42:02
4	Frank Broderick	21:43	
	Rebecca Rosenberg-Beran	20:58	42:41
5	Curt Tucker	25:22	
	Maura Tucker	19:53	45:15
6	Roy Penn	23:47	
	Heather Penn	24:02	47:49
7	Ted Peltier	25:55	
	Julie Peltier	23:48	48:43
8	Michael Tierney	23:53	
	Rachel Tierney	25:51	49:44
9	Chris McCullough	23:54	
	Stacey Piel	28:35	52:29
10	Paul Bashant	30:53	
	Jenn Bashant	25:43	56:36

82-90

1	Ed Menis	17:23	
	Laurie Hoyt	20:56	38:19

82-90 Con't

2	Dale Broomhead	20:37	
	Estelle Burns	20:10	40:47
3	John Van Zutphan	32:33	
	Bridget Van Zutphan	28:06	60:39

91-99

1	Jim Bowles	19:27	
	Kim Misena-Bowles	20:58	40:18
2	Rick Munson	18:30	
	Josie Bates	21:52	40:22
3	Bill Herkenham	19:27	
	Elizabeth Herkenham	23:16	42:43
4	John Parisella	18:59	
	Sharon Fellner	29:01	47:00
5	Tom McDermott	21:48	
	Chris Treadway	26:10	47:58

6	Bob Knouse	24:58	
	Angela Vasalakos	27:19	52:17
7	Jim McTague	23:54	
	Peg McTague	31:45	55:39

100-108

1	Paul Bennett	19:02	
	Nancy Nicholson	20:29	39:31
2	Bob Oates	18:38	
	Caitlin St. George	21:57	40:35
3	Stu Burton	23:17	
	Joyce Goodrich	21:05	44:22
4	Jim Cochran	23:50	
	Fran Pilato	24:59	48:49
5	Luis Pacheco	28:02	
	Maria Garcia	29:11	57:13
6	James Thomas	20:28	
	Kathleen Harrison	36:46	57:14

109+

1	Douglas Fox	22:21	
	Phyllis Fox	27:38	49:59
2	Wade Stockman	25:27	
	Anny Stockman	28:42	54:15
3	Joe Hein	25:35	
	Gail Hein	29:51	54:26

RESULTS OF 29TH ANNUAL DYNAMIC DUO, AUGUST 4, 2007

Individual Men's Results

1	Greg Kiley	14:45	56	Greg Coleman	18:27
2	Shamus Nally	14:48	57	Rick Munson	18:30
3	Kevin Treadway	15:00	58	Joe Benny	18:35
4	Steve Murdock	15:03	59	Bob Oates	18:38
5	Ryan Pezzulo	15:11	60	Matt Bashant	18:54
6	Chris Williams	15:15	61	John Parisella	18:59
7	Bob Irwin	15:16	62	Paul Bennett	19:02
8	Pat Gaffney	15:29	63	Shawn Zepf	19:07
9	Dave Jones	15:39	64	Brenan Tarrier	19:15
10	Jerry Greenlaw	15:44	65	Seth Whitaker	19:16
11	R. J. Sniffen	15:47	66	Richard Marrero	19:17
12	Brad Lewis	15:48	67	Jim Bowles	19:21
13	Matt Dispensa	15:51	68	Zack Paley	19:26
14	Matt Bogdan	15:57	69	Jim Van Ess	19:26
15	Kyle O'Connor	16:01	70	Bill Herkenham	19:27
16	Nick Webster	16:02	71	Jeff Long	19:33
17	John Kenworthy	16:02	72	Bob Hollinger	19:38
18	Mackey Lloyd	16:05	73	Josh Thomas	19:45
19	Chris Manico	16:08	74	Richard Bashant	19:55
20	Justin Bishop	16:10	75	Matt McPartlon	19:57
21	Brian Trainor	16:11	76	Paul Ryan	20:11
22	Pat Cullen	16:13	77	David Shumpert	20:18
23	Josh Merlis	16:15	78	James Thomas	20:28
24	Brian Rhodes-Devey	16:16	79	Dale Broomhead	20:37
25	Tom O'Grady	16:21	80	Matt Wolfe	20:44
26	Andrew Jess	16:23	81	James Wood	20:48
27	Dan Harris	16:26	82	Carlo Cherubino	21:08
28	Jeff Minucci	16:29	83	Marc Casile	21:12
29	Zak Smetana	16:34	84	Todd Degnan	21:15
30	Brian Benson	16:39	85	Greg Buck	21:28
31	Jared Finke	16:46	86	Frank Broderick	21:43
32	Eric Choundhay	16:50	87	Tom McDermott	21:48
33	Jon Aziz	17:02	88	Alan Nyquist	21:50
34	Joe Emory	17:03	89	Douglas Fox	22:21
35	Zach Goodrich	17:06	90	Cheyne Ashline	22:25
36	Dan Bruton	17:11	91	Buddy Herkenham	22:51
37	Michael Campbell	17:11	92	Sam Perkins	22:51
38	Matt Purtuk	17:16	93	Mathew Bub	22:59
39	Dave Powalyk	17:18	94	Stu Burton	23:17
40	Ed Menis	17:23	95	Phil Brown	23:46
41	Devon Sedgwick	17:25	96	Roy Penn	23:47
42	Riley Wilk	17:27	97	Jim Cochran	23:50
43	Dan Predmore	17:28	98	Michael Tierney	23:53
44	Rob Morey	17:35	99	Chris McCullough	23:54
45	Brandon Niezgod	17:36	100	Jim McTague	23:54
46	Josh Gordon	17:49	101	Bob Knouse	24:58
47	Sam Predmore	17:50	102	Curt Tucker	25:22
48	Chad Davey	17:58	103	Wade Stockman	25:27
49	Ian Leavitt	18:03	104	Joe Hein	25:35
50	Matt Blair	18:04	105	Ted Peltier	25:55
51	Nathan Marsan	18:13	106	Andy Penn	26:59
52	Brian Treadway	18:17	107	Luis Pacheco	28:02
53	Rob Gregory	18:19	108	Paul Bashant	30:53
54	Andrew Cox	18:23	109	John Van Zutphan	32:33
55	Frank Boscoe	18:23			

RESULTS OF 29TH ANNUAL DYNAMIC DUO, AUGUST 4, 2007

Individual Women's Results

1	Sam Rocker	17:19	56	Mairin O'Connor	21:20
2	Molly Pezzulo	17:22	57	Nayamka Roberts-Smith	21:32
3	Meaghan Gregory	17:41	58	Kaylee Scott	21:43
4	Tori Pennings	17:56	59	Shylah Weber	21:44
5	Kaitlin O'Sullivan	18:14	60	Katie Wolfe	21:44
6	Jillian King	18:37	61	Nima Balan	21:49
7	Caroline King	18:37	62	Josie Bates	21:52
8	Evelyn Marrero	18:57	63	Caitlin St. George	21:57
9	Martha Brown	18:59	64	Kelsey Ryan	22:02
10	Lizzie Predmore	19:04	65	Monica Zimmers	22:05
11	Morgan Roche	19:11	66	Katelyn Choiniere	22:06
12	Mary Buck	19:11	67	Shannon Bashant	22:07
13	Shannon Finnegan	19:13	68	Victoria Ballestero	22:18
14	Emily McTague	19:16	69	Kristina Moller	22:25
15	Nicole Soblosky	19:18	70	Maureen Hill	22:26
16	Kiersten Anderson	19:19	71	Melissa Gordon	22:36
17	Carolyn Herkenham	19:20	72	Kelsey Fitzgerald	22:49
18	Christine Sloat	19:21	73	Zoe Edmunds	22:58
19	Katlin Mock	19:21	74	Lizzy Olson	23:00
20	Mikala Anson	19:26	75	Shea Foley	23:14
21	Meredith Peabody	19:33	76	Elizabeth Herkenham	23:16
22	Ada Lauterbach	19:37	77	Julie Peltier	23:48
23	Keelan King	19:37	78	Emma Hollinger	23:56
24	Cara Janeczko	19:39	79	Heather Penn	24:02
25	Meghan Davey	19:39	80	Kaylan Rhoades	24:19
26	Chelsea Trant	19:45	81	Melissa Wood	24:19
27	Gina Cristaldi	19:46	82	Jennifer Senez	24:22
28	Tricia Wardwell	19:50	83	Kristen Admiraal	24:30
29	Emma Risler	19:51	84	Amanda Long	24:40
30	Melissa Bredice	19:53	85	Gabby Rodriguez	24:44
31	Maura Tucker	19:53	86	Fran Pilato	24:59
32	Regina Flint	19:53	87	Rachel Tierney	25:51
33	Megan Reynolds	19:54	88	Jenn Bashant	25:53
34	Andrea Hollinger	20:01	89	Laura Morehouse	25:58
35	Larene Cameron	20:02	90	Chris Treadway	26:10
36	Liz Montgomery	20:01	91	Emily Britz	26:21
37	Meghan LaPoint	20:07	92	Maria Casile	26:42
38	Amanda Boccio	20:09	93	Angela Vasalakus	27:19
39	Estelle Burns	20:10	94	Phyllis Fox	27:38
40	Alyssa Drapeau	20:12	95	Jen Eaton	27:50
41	Chance Wilk	20:13	96	Bridget Van Zutphan	28:06
42	Kate Apfelbaum	20:26	97	Jen Ryback	28:15
43	Colleen Hayden	20:28	98	Stacey Piel	28:35
44	Nancy Nicholson	20:29	99	Anny Stockman	28:42
45	Erin Gregory	20:43	100	Sharon Fellner	29:01
46	Seri Gordon	20:49	101	Maria Garcia	29:11
47	Hilary Edmunds	20:51	102	Joanie Anderson	29:20
48	Sara Ochs	20:52	103	Melissa McPartlon	29:44
49	Laurie Hoyt	20:56	104	Gail Hein	29:51
50	Nikki Kosina	20:57	105	Peg McTague	31:45
51	Rebecca Rosenberg-Beran	20:58	106	Carolyn Bashant	32:37
52	Kim Misena-Bowles	20:58	107	Kathy Sniffen	35:04
53	Laura Hickey	20:59	108	Kathleen Harrison	36:46
54	Joyce Goodrich	21:05			
55	Emily Finnegan	21:19			

**Results of 29th Annual Dynamic Duo 3-Mile "Couples" Road Race - Colonie Town Park
Saturday, August 4, 2007**

	-36				73-81	
Shamus Nally	14:48			Bob Irwin	15:16	
Meaghan Gregory	17:41	32:29		Mary Buck	19:11	34:27
	37-45				82-90	
Kevin Treadway	15:00			Ed Menis	17:23	
Shannon Finnegan	19:13	34:13		Laurie Hoyt	20:56	38:19
	46-54				91-99	
Pat Gaffney	15:29			Jim Bowles	19:27	
Meghan Davey	19:39	35:08		Kim Misena-Bowles	20:58	40:18
	55-63				100-108	
Dan Predmore	17:28			Paul Bennett	19:02	
Lizzie Predmore	19:04	36:32		Nancy Nicholson	20:29	39:31
	64-72				109+	
Carlo Cherubino	21:08			Douglas Fox	22:21	
Kate Apfelbaum	20:26	41:34		Phyllis Fox	27:38	49:59

*** The age groups are gotten by adding the male and female age together***

Individual Men's Bests

1	Greg Kiley	14:45
2	Shamus Nally	14:48
3	Kevin Treadway	15:00
4	Steve Murdock	15:03
5	Ryan Pezzulo	15:11
6	Chris Williams	15:15
7	Bob Irwin	15:16
8	Pat Gaffney	15:29
9	Dave Jones	15:39
10	Jerry Greenlaw	15:44

Individual Women's Bests

1	Sam Rocker	17:19
2	Molly Pezzulo	17:22
3	Meaghan Gregory	17:41
4	Tori Pennings	17:56
5	Kaitlin O'Sullivan	18:14
6	Jillian King	18:37
7	Caroline King	18:37
8	Evelyn Marrero	18:57
9	Martha Brown	18:59
10	Lizzie Predmore	19:04