

33rd Annual Prospect Mountain Road Race  
 May 13,2023 \* Lake George, NY \* 9:00 AM  
 www.adirondackrunners.org  
 www.dorighttiming.com

\*\*\*\*\* AWARDS LIST \*\*\*\*\*

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

1	Karen Bertasso	38	selkirk	NY	42:17
2	Tara Peck	28	Gansevoort	NY	42:45
3	Tricia Longo	33	Waterford	NY	46:09

Record 42:13 by Nikki Kimball in 2003

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

1	Eric Blake	44	West Hartfor	CT	35:15
2	Shaun Donegan	37	Malta	NY	38:16
3	Jim Sweeney	41	Albany	NY	39:36

Record 34:52 by Eric Morse in 2004

FEMALE AGE GROUP: 01 - 19

MALE AGE GROUP: 01 - 19

1 117 William Mohr III 14 Ballston Spa NY 1:14:35

FEMALE AGE GROUP: 20 - 24

1 94 Jenna Urbanski 20 Stillwater NY 1:07:20

MALE AGE GROUP: 20 - 24

1 4 Jared Dybas 23 GROTON CT 40:58

FEMALE AGE GROUP: 25 - 29

1 30 Margaret MacDonald 28 Gansevoort NY 50:14

2 41 Amy McLean 26 Queensbury NY 53:01

MALE AGE GROUP: 25 - 29

1 5 Rob Barracca 26 East Meadow NY 41:01

2 7 Jacob Erdman 26 LAKE GEORGE NY 42:08

3 12 Nick Underwood 29 Queensbury NY 43:29

FEMALE AGE GROUP: 30 - 34

1 56 Megan James 34 Charlton NY 56:26

2 92 Danielle Moroukian 32 Adirondack NY 1:06:56

3 114 Portia Studenroth 34 Glens Falls NY 1:13:49

MALE AGE GROUP: 30 - 34

1 9 Michael Bodnar 31 Westport NY 42:33

2 13 Frankie Disomma 32 Adirondack NY 43:52

3 15 Ben Heller 34 Troy NY 45:01

FEMALE AGE GROUP: 35 - 39

1 28 Elizabeth Chauhan 38 Albany NY 49:55

2 40 Erin Rightmyer 39 Delmar NY 52:56

3 50 Janne Rand 38 Rexford NY 54:21

MALE AGE GROUP: 35 - 39

1 11 Thomas Gabriel 35 Niskayuna NY 43:23

2 16 Greg Potestio 37 Delmar NY 45:46

3 20 Paul Mueller 39 Delmar NY 46:35

FEMALE AGE GROUP: 40 - 44

1 29 Justine Trybendis 40 Glens Falls NY 50:03

2	42	Diana Knobloch	42	Niskayuna	NY	53:07
3	48	Kari Deer	44	Slingerlands	NY	54:02

MALE AGE GROUP: 40 - 44

1	6	Alejandro Gauna	40	Delmar	NY	41:56
2	14	Michael Austin	41	Slingerlands	NY	44:46
3	19	Peter Koch	41	Delmar	NY	46:11



FEMALE AGE GROUP: 45 - 49

1	70	Jessica Northan	47	Guilderland	NY	59:07
2	100	Pamela Cooper	46	Greenfield Center	NY	1:08:54
3	124	Lindsay France	46	Ballston lake	NY	1:16:50

MALE AGE GROUP: 45 - 49

1	22	Brian Northan	48	Guilderland	NY	47:36
2	25	Joe Cetnar	46	Fort Johnson	NY	49:08
3	34	Gabriel McGarry	46	Slingerlands	NY	51:21

FEMALE AGE GROUP: 50 - 54

1	52	Freddi Triback	51	Lynn	MA	54:52
2	78	Julie Urbanski	54	Stillwater	NY	1:01:47
3	93	Linda DeDominicis	54	Menands	NY	1:07:16

MALE AGE GROUP: 50 - 54

1	23	William Amoriell	53	Peru	NY	48:35
2	26	Andrew Eyer	51	Gansevoort	NY	49:16
3	46	Neil Sergott	51	Clifton Park	NY	53:26

FEMALE AGE GROUP: 55 - 59

1	44	Emily Bryans	55	Delanson	NY	53:13
2	62	susan Demos	56	queensbury	NY	57:36
3	68	Pamela Ricker	58	Middle Village	NY	58:48

MALE AGE GROUP: 55 - 59

1	38	Jeff Gould	58	Gardner	MA	51:57
2	51	Mike Langevin	58	Colonie	NY	54:26
3	57	Nick Demos	58	queensbury	NY	56:36

FEMALE AGE GROUP: 60 - 64

1	37	Beth Stalker	63	Chestertown	NY	51:54
2	43	Colleen Brackett	62	Albany	NY	53:10
3	64	Jacqueline Shakar	63	Sutton	MA	58:07

MALE AGE GROUP: 60 - 64

1	32	Michael Stalker	60	Chestertown	NY	50:59
2	39	Timothy Bardin	61	Queensbury	NY	52:34
3	47	Sam Mercado	60	Saratoga Springs	NY	53:56

FEMALE AGE GROUP: 65 - 69

1	89	Caryn Etherington	66	Middlebury	VT	1:05:58
2	115	Melody Hoffmann	66	Coeymans Hollow	NY	1:13:57
3	146	Georgia Sullivan	67	Albany	NY	1:32:14

MALE AGE GROUP: 65 - 69

1	55	Richard Foote	65	Bridport	VT	56:07
2	87	Ron Lester	65	Coeymans Hollow	NY	1:04:56
3	98	Darrel Lasell	65	Williamstown	VT	1:08:04

FEMALE AGE GROUP: 70 - 79

1	99	Missy Foote	70	Bridport	VT	1:08:10
2	106	Martha DeGrazia	72	Slingerlands	NY	1:10:20

3	126 Deborah Briggs	71 Rhinebeck	NY 1:17:52
		MALE AGE GROUP: 70 - 74	
1	63 Lee Pollock	70 Queensbury	NY 57:40
2	76 Roy Kline	70 Queensbury	NY 1:01:39
3	80 Mark Sager	72 Glens Falls	NY 1:02:29
		MALE AGE GROUP: 75 - 79	
1	140 James Callahan	78 Saratoga Springs	NY 1:26:57
		FEMALE AGE GROUP: 80 - 99	
		MALE AGE GROUP: 80 - 99	
1	151 Ray Lee Jr	81 Halfmoon	NY 1:41:29

