

# Adirondack Runner's Club Grand Prix 2023

## Race to the lake 7 mile roadrace - GP Race # 7

<b>Males</b>					<b>Females</b>				
<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>		
Nathan Laing	28	44:56	13	13	Emily McCarthy	39	47:08	13	13
Lou Pacquette	42	46:08	11	13	Justine Trybendis	40	50:46	11	13
Joe Marasco	27	46:38	9	11	Jennifer Dingman	36	57:45	9	11
Tom Portuese	41	48:00	8	11	Cristina Marchese	38	57:55	8	9
Timothy Bardin	61	49:34	7	13	Jane LaBombard	49	1:02:51	7	11
Andrew McCarthy	39	49:57	6	13	Christine Cifone-Clohoosey	54	1:06:27	6	13
Sam Mercado	60	51:05	5	11	Jessica Dickinson	38	1:07:01	5	8
Christian Tuttle	31	54:52	4	11	Tarah Horan	35	1:09:37	4	7
Nick Lamando	64	56:20	3	9	Laurie Anderson	64	1:10:41	3	13
Tim Schwimer	50	59:07	2	13	Melissa Davidson	35	1:14:46	2	6
Jim Goodspeed	72	1:01:46	1	13	Patricia Johnston	61	1:15:50	1	11
Daniel Larson	71	1:04:57	1	11	Jill Pederson	72	1:16:25	1	13
Thomas Behlmer	65	1:05:05	1	8	Kathleen Tersigni	52	1:20:48	1	11
Patrick Connors	59	1:06:06	1	11	Jamie Lewiszki	44	1:21:05	1	9
Harris Lonergan	53	1:07:37	1	9	Kelly McCart	47	1:22:57	1	8
Raymond Ruby	55	1:08:40	1	8	Suzanne Nealon	73	1:30:13	1	11
Michael Rozell	66	1:09:47	1	7	Rachele Herrington	38	1:33:29	1	5
Peter Carpenter	65	1:11:24	1	6	Heather Pacquette	41	1:35:04	1	7
Ethan Danforth	38	1:12:09	1	9	Kathy Chambers	62	1:43:15	1	9
Ted Rydzewski	59	1:12:24	1	7	Joanne Underwood	65	1:43:22	1	8
Ed Swanson	73	1:30:07	1	9	Cathy Biss	76	1:44:55	1	9
Raymond Lee Jr	81	1:46:50	1	13	Laura Clark	76	2:01:54	1	8

## Cerveza Shuffle 10 KM race - GP Race # 8

<b>Males</b>					<b>Females</b>				
<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>		
Lou Pacquette	42	38:07.8	13	13	Justine Trybendis	40	43:52.7	13	13
Joe Marasco	27	38:03.1	11	13	Shannon Grommes	50	64:28.9	11	13
Sam Mercado	60	42:49.7	9	13	Jill Pederson	72	65:50.9	9	13
Chris Kunkel	66	53:08.2	8	11	Heather Pacquette	41	69:14.5	8	11
Jim Goodspeed	72	53:29.9	7	13	Heidi Collins	55	75:17.8	7	11
Ed Swanson	74	76:21.1	6	11					
Raymond Lee Jr	81	83:57.2	5	13					

Notes: These are preliminary results. They do not yet include any volunteer points.

If you think you have been missed, please email me at [brianteague@live.com](mailto:brianteague@live.com)

Remember: only members as 7/25/23 are counted here. Membership may take up to 2 weeks to process.

Thank you,  
Brian Teague