

GFD Fit for Duty 5K Run/Walk
 October 7, 2023 9:00am
 Greenwich, NY
 Results by Do Right Timing

FFG = Firefighter in Gear

| Place | Div/Tot | Name | Age | S | Club | Catag | Time | Pace |
|-------|---------|--------------------|-----|---|-------------|-------|-------|-------|
| 1 | 1/6 | Ryan LeGere | 40 | M | FMG 5K Team | | 19:29 | 6:17 |
| 2 | 1/2 | Mike Smith | 60 | M | | | 20:35 | 6:38 |
| 3 | 1/5 | Rebecca Cotugno | 36 | F | | | 21:31 | 6:56 |
| 4 | 2/6 | Mark Walter | 49 | M | | | 21:37 | 6:58 |
| 5 | 3/6 | Stephen Griffin | 48 | M | | | 21:45 | 7:01 |
| 6 | 1/5 | Riley Gallagher | 14 | F | | | 21:54 | 7:03 |
| 7 | 1/4 | Finn McCart | 12 | M | FMG 5K Team | | 22:24 | 7:13 |
| 8 | 1/7 | Chad Stevens | 39 | M | | | 22:29 | 7:15 |
| 9 | 2/7 | Devom Bulger | 37 | M | | | 22:51 | 7:22 |
| 10 | 1/2 | Isabelle Miller | 15 | F | | | 24:09 | 7:47 |
| 11 | 1/3 | Lucas Roods | 33 | M | | | 24:10 | 7:47 |
| 12 | 1/15 | Karen Linendoll | 52 | F | | | 24:34 | 7:55 |
| 13 | 4/6 | Joel Stark | 46 | M | Monumental | | 24:36 | 7:56 |
| 14 | 1/15 | Matthew Lohret | 54 | M | | | 24:53 | 8:01 |
| 15 | 1/9 | Sarah Yurschak | 48 | F | | | 25:18 | 8:09 |
| 16 | 2/5 | Laura Cary | 35 | F | | | 25:45 | 8:18 |
| 17 | 2/3 | Nic Mikesha | 31 | M | | | 25:56 | 8:21 |
| 18 | 3/7 | Lyman Tinc | 39 | M | | FFG | 26:11 | 8:26 |
| 19 | 2/15 | Wayne Fosmire | 56 | M | | | 26:18 | 8:28 |
| 20 | 2/15 | Jill Kozrol | 50 | F | | | 26:21 | 8:29 |
| 21 | 2/9 | Angie Lauder | 45 | F | ADK CRAZIES | | 26:35 | 8:34 |
| 22 | 3/9 | Debbie Gulneck | 49 | F | ADK CRAZIES | | 26:48 | 8:38 |
| 23 | 1/3 | Sandy Adams | 63 | F | | | 27:17 | 8:47 |
| 24 | 3/15 | Lisa Rufo | 53 | F | | | 27:37 | 8:54 |
| 25 | 1/4 | Isaac Gile | 22 | M | Team Griff | | 27:39 | 8:54 |
| 26 | 4/7 | Jon Davis | 35 | M | | | 27:41 | 8:55 |
| 27 | 2/2 | Mishal Powers | 19 | F | | | 27:47 | 8:57 |
| 28 | 1/2 | Ashley Moss | 31 | F | | | 27:58 | 9:00 |
| 29 | 2/5 | Theresa Miller | 12 | F | | | 28:24 | 9:09 |
| 30 | 3/3 | Sean Gerghy | 30 | M | | | 28:43 | 9:15 |
| 31 | 2/2 | Jean Marie Kratzer | 34 | F | | | 28:48 | 9:17 |
| 32 | 3/15 | David Klingebiel | 50 | M | | | 29:06 | 9:23 |
| 33 | 3/5 | Meagan Brown | 38 | F | | | 29:08 | 9:23 |
| 34 | 4/15 | Rebecca Cook | 50 | F | Team Roadki | | 29:09 | 9:24 |
| 35 | 1/3 | Owen Cook | 15 | M | Team Roadki | | 29:10 | 9:24 |
| 36 | 2/3 | Ethan Cook | 18 | M | Team Roadki | | 29:10 | 9:24 |
| 37 | 1/3 | Adam Krasuski | 26 | M | | FFG | 29:18 | 9:26 |
| 38 | 4/15 | Robert Griffin | 53 | M | Team Griff | | 29:50 | 9:36 |
| 39 | 5/15 | Todd Gile | 59 | M | Team Gile | | 29:53 | 9:38 |
| 40 | 5/15 | Jenny Lago | 53 | F | | | 29:53 | 9:38 |
| 41 | 4/9 | Jennifer Wright | 42 | F | | | 30:28 | 9:49 |
| 42 | 5/9 | Kelly McCart | 47 | F | FMG | | 30:55 | 9:58 |
| 43 | 3/5 | Jenna Stevens | 10 | F | | | 31:35 | 10:10 |
| 44 | 1/2 | Mary Ellen Bain | 70 | F | | | 32:27 | 10:27 |
| 45 | 6/9 | Megan Adams | 45 | F | | | 32:41 | 10:32 |
| 46 | 6/15 | Lynn Griffin | 54 | F | Team Griff | | 32:45 | 10:33 |
| 47 | 4/5 | Danik Stevens | 12 | F | | | 33:08 | 10:40 |
| 48 | 5/7 | Andrew Miller | 39 | M | | FFG | 33:15 | 10:43 |
| 49 | 1/3 | Paris Walkowiak | 25 | F | | | 33:38 | 10:50 |

GFD Fit for Duty 5K Run/Walk
 October 7, 2023 9:00am
 Greenwich, NY
 Results by Do Right Timing

FFG = Firefighter in Gear

| Place | Div/Tot | Name | Age | S | Club | Catag | Time | Pace |
|-------|---------|---------------------|-----|---|-------------|-------|-------|-------|
| 51 | 7/9 | Kathleen Haug | 45 | F | ADK CRAZIES | | 34:11 | 11:01 |
| 52 | 2/3 | Linda LaRock | 63 | F | | | 34:36 | 11:09 |
| 53 | 8/9 | Nola Dwyer | 45 | F | | | 34:46 | 11:12 |
| 54 | 6/15 | Duane Culbertson | 57 | M | Team Griff | | 35:14 | 11:21 |
| 55 | 1/2 | Alan Wrigley | 73 | M | | | 35:52 | 11:33 |
| 56 | 2/3 | Mike Davoli | 25 | M | | | 36:00 | 11:36 |
| 57 | 1/3 | Eugene Colburn | 67 | M | | | 36:08 | 11:38 |
| 58 | 3/3 | Colin Stevens | 16 | M | | | 36:19 | 11:42 |
| 59 | 7/15 | Laurie Scheuing | 57 | F | | FFG | 36:41 | 11:49 |
| 60 | 8/15 | Mary Ann Spiezio | 55 | F | FMG 5K Team | | 36:46 | 11:51 |
| 61 | 2/4 | Stanton Murray | 09 | M | | | 36:47 | 11:51 |
| 62 | 3/3 | Felicia Leighton-Ib | 62 | F | | | 36:50 | 11:52 |
| 63 | 7/15 | Michael White | 51 | M | | FFG | 36:54 | 11:53 |
| 64 | 2/3 | John Webber | 68 | M | | | 37:12 | 11:59 |
| 65 | 9/15 | Vickie Stillman | 57 | F | FMG 5K Team | | 37:13 | 11:59 |
| 66 | 8/15 | Rick Spiezio | 57 | M | FMG 5K Team | | 37:14 | 11:59 |
| 67 | 2/4 | Josh Gadway | 24 | M | | FFG | 37:33 | 12:06 |
| 68 | 3/4 | Chase Vascheraulkt | 09 | M | | | 38:17 | 12:20 |
| 69 | 4/5 | Jenna Newton | 38 | F | | | 38:25 | 12:23 |
| 70 | 1/1 | Emma Ibbotson | 24 | F | | | 39:05 | 12:35 |
| 71 | 9/15 | Joshua Hagadorn | 53 | M | | | 39:09 | 12:37 |
| 72 | 5/5 | Emily Geraghty | 35 | F | | | 40:06 | 12:55 |
| 73 | 1/2 | Jim Cunningham | 79 | M | | | 41:55 | 13:30 |
| 74 | 10/15 | Bob Tucker | 50 | M | | FFG | 42:01 | 13:32 |
| 75 | 10/15 | Victoria Burdick | 55 | F | | | 42:27 | 13:40 |
| 76 | 5/6 | Mark Murray | 42 | M | | FFG | 42:35 | 13:43 |
| 77 | 11/15 | Tracy Hudson | 53 | F | ADK CRAZIES | | 42:55 | 13:50 |
| 78 | 12/15 | Terri Garibaldi | 55 | F | ADK CRAZIES | | 43:08 | 13:54 |
| 79 | 2/2 | Pam Fuller | 74 | F | | | 43:08 | 13:54 |
| 80 | 11/15 | Scott Chase | 52 | M | ADK CRAZIES | | 43:36 | 14:03 |
| 81 | 9/9 | Heather Griffin | 46 | F | Team Griff | | 43:50 | 14:07 |
| 82 | 13/15 | Tammy Gero | 59 | F | ADK CRAZIES | | 47:51 | 15:25 |
| 83 | 14/15 | Tracey VanAllen | 55 | F | | | 48:40 | 15:40 |
| 84 | 12/15 | Bob Kubiak | 59 | M | | | 48:40 | 15:41 |
| 85 | 13/15 | Terry McCart | 55 | M | FMG | | 50:06 | 16:08 |
| 86 | 4/4 | Aran McCart | 14 | M | FMG 5K Team | | 50:06 | 16:08 |
| 87 | 15/15 | Tracy Chase | 51 | F | ADK CRAZIES | | 50:25 | 16:14 |
| 88 | 3/3 | Wayne Vanvalkenburg | 29 | M | | FFG | 51:33 | 16:36 |
| 89 | 6/7 | Dominick Refino Jr | 38 | M | | FFG | 51:43 | 16:39 |
| 90 | 14/15 | Wayne Vanvalkenburg | 52 | M | | FFG | 51:45 | 16:40 |
| 91 | 2/2 | Eric Hamilton | 78 | M | | | 52:50 | 17:01 |
| 92 | 5/5 | Riley Vascherault | 11 | F | | | 53:59 | 17:23 |
| 93 | 3/3 | Alex Quinn | 26 | F | | FFG | 55:31 | 17:53 |
| 94 | 7/7 | TJ Worner | 36 | M | | FFG | 55:32 | 17:53 |
| 95 | 3/4 | Peter Jubie | 24 | M | | FFG | 55:33 | 17:53 |
| 96 | 4/4 | Zachary LaBounty | 23 | M | | FFG | 55:33 | 17:54 |

| | | | | | | | |
|-----|-------|--------------|------|-------------|-----|-------|-------|
| 97 | 6/6 | Larry Lauder | 49 M | ADK CRAZIES | | 55:56 | 18:01 |
| 98 | 3/3 | Frank Mazza | 65 M | | FFG | 56:11 | 18:06 |
| 99 | 2/2 | Peter Shaw | 64 M | | FFG | 56:12 | 18:06 |
| 100 | 15/15 | Dan Cook | 59 M | RoadKill | | 58:46 | 18:56 |

GFD Fit for Duty 5K Run/Walk
 October 7, 2023 9:00am
 Greenwich, NY
 Results by Do Right Timing

FFG = Firefighter in Gear

| Place | Div/Tot | Name | Age | S | Club | Catag | Time | Pace |
|-------|---------|-------------|-----|---|------|-------|-------|-------|
| 101 | 2/2 | Craig Roods | 74 | M | | | 58:46 | 18:56 |

