

2025 Adirondack Runners Club Grand Prix

OVERALL LONG COURSE LEADERS THRU 4 RACES

			1	2	3	4	5	6	7	8	9	10	11				
			S	H	P	R	T	F	C	A	D	L	P	F	S	T	GRAND
		AG GRP	S	H	M	L	C	S	F	M	H	B	O	Best 7	Scored	Total	
Name															Races	Races	
					M	A	L	E									
Greg	Ethier	50-59	7	13		11									31	3	3
Tom	Portuese	40-49	9		13	9									31	3	3
Jim	Flint	60-69		11	11	7									29	3	3
Chad	Stevens	40-49	8		9	8									25	3	3
Andrew	McCarthy	40-49	11			13									24	2	2
Timothy	Schwimer	50-59	3		7	4									14	3	3
Lou	Pauquette	40-49	13												13	1	1
Don	VanWely	70-79	1	9	1	1									12	4	4
Alexandru	Mailat	<20			6	5									11	2	2
Jeremy	Grabbe	40-49	1	8		1									10	3	3
Jason	Campopiano	50-59			8										8	1	1
John	Woodard	40-49	4		3	1									8	3	3
Sam	Mercado	60-69				6									6	1	1
Lance	Purvis	40-49	6												6	1	1
Harris	Lonergan	50-59	1		4	1									6	3	3
Randy	Hawkins	40-49	5												5	1	1
Lee	Pollock	70-79			5										5	1	1
Nick	Lamando	60-69			1	3									4	2	2
Keenan	Wittenberg	30-39	1		1	2									4	3	3
Raymond	Lee Jr.	80+	1		1	1									3	3	3
Matthew	Miczek	50-59	1		1	1									3	3	3
Nicholas	Rimualdo	<20	2												2	1	1
Anthony	Szmul	30-39			2										2	1	1
Tom	Behlmer	60-69			1	1									2	2	2
Patrick	Connors	60-69			1	1									2	2	2
Michael	Dolan	60-69	1			1									2	2	2
Christopher	Kunkel	60-69	1			1									2	2	2
Daniel	Larson	70-79	1		1										2	2	2
Daniel	Rice	50-59	1		1										2	2	2
Raymond	Ruby	50-59	1			1									2	2	2
Ted	Rydzewski	50-59	1			1									2	2	2
Andrew	Blaine	40-49				1									1	1	1
Nicholas	Chowske	40-49	1												1	1	1
Jim	Cunningham	70-79	1												1	1	1
Vince	Fiori	50-59	1												1	1	1
Avi	Goldstein	30-39	1												1	1	1
David	Judkins	60-69			1										1	1	1
Steve	Mastaitis	70-79			1										1	1	1
Daniel	Olden	70-79			1										1	1	1
Sean	Palladino	30-39				1									1	1	1
Mark	Sager	70-79			1										1	1	1
Mark	Schachner	60-69			1										1	1	1
Jeffrey	Schwartz	50-59				1									1	1	1
Garrett	Smith	60-69	1												1	1	1
Ed	Swanson	70-79				1									1	1	1

2025 Adirondack Runners Club Grand Prix

OVERALL LONG COURSE LEADERS THRU 4 RACES

			1	2	3	4	5	6	7	8	9	10	11			
			H	P	R	F	C	A	L	S				GRAND	Scored Races	Total Races
Name		AG GRP	S	T	T	C	D	A	P	F	T		TOTAL			
			S	H	M	L	C	S	F	M	H	B	O	Best 7		
			F E M A L E													
Justine	Trybendis	40-49	9	13	13	11								46	4	4
Marcia	Paterson	60-69		11	11	7								29	3	3
Emily	McCarthy	40-49	13			13								26	2	2
Cristina	Marchese	40-49	8		9	8								25	3	3
Lisa	Grabbe	40-49	7	9	1	2								19	4	4
Christine	Cifone-Clohosey	50-59	6		6	6								18	3	3
Beth	Hladik	40-49			4	9								13	2	2
Megan	Kellogg	20-29	11											11	1	1
Amy	Campopiano	50-59			8									8	1	1
Lois	Shoemaker	60-69		8										8	1	1
Michelle	Ching	60-69	1	7										8	2	2
Melissa	Davidson	30-39			5	3								8	2	2
Beth	Portuese	40-49			7									7	1	1
Heidi	Collins	50-59	1	6										7	2	2
Cynthia	White	40-49	5			1								6	2	2
Vanessa	Negaard	30-39				5								5	1	1
Michelle	Hunt	50-59	4											4	1	1
Jane	Labombard	50-59				4								4	1	1
Mary	Dalaba	60-69	3			1								4	2	2
Jill	Pederson	70-79	2		1	1								4	3	3
Daniella	Grabbe	<20			3									3	1	1
Jill	Mehan	70-79	1		1	1								3	3	3
Regina	Grabbe	<20			2									2	1	1
Cathy	Biss	70-79	1		1									2	2	2
Barbara	Joudry	60-69			1	1								2	2	2
Kathleen	Tersigni	50-59	1			1								2	2	2
Margaret	Wallace	70-79	1		1									2	2	2
Lyndsey	Cahill	40-49	1											1	1	1
Rachele	Herrington	40-49				1								1	1	1
Lori	Langdon	40-49				1								1	1	1
Elizabeth	Lawler	<20	1											1	1	1
Heather	Pauquette	40-49	1											1	1	1
Linda	Pollock	70-79	1											1	1	1
Joanne	Underwood	60-69	1											1	1	1
Diane	Zeccola	70-79			1									1	1	1

The Races: **SS** Shamrock Shuffle
HTH Helerberg to Hudson Half
PM Prospect Mountain Roadrace
RTL Race to the Lake
FC Firecracker 4
CS Cerveza Shuffle 10K
ADF Adirondack Distnace Festival 10K
AM Adirondack Marathon
PLH Lake Placid Half
FB Fall Back 5M
STO Stockade-athon 15K