

OUT OF THE SHADOWS 5K

5K RUN/WALK

RESULTS

08/24/2019



CENTER FOR RECOVERY
FREEDOM MACHINES

PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
OVERALL MEN								
1	725	5	OM	MONGEON, JOSEPH	31 GLENS FALLS NY	:20:26.3	-14:30.7	6:35
OVERALL FEMALE								
1	758	10	OF	LEDGER, SARAH	31	:22:59.6	-13:11.6	7:25
MEN 1-18								
1	769	19	M1	CALVIN, LUKE	13	:24:53.7	: 0.0	8:01
2	766	41	M1	LABRUM, NOAH	8	:33:08.6	8:14.9	10:41
WOMEN 1-18								
1	768	22	W1	CALVIN, SARAH	17	:25:55.1	: 0.0	8:21
2	715	35	W1	MACLEOD, ALEXIS	15 WHITEHALL NY	:29:20.6	3:25.5	9:27
3	750	56	W1	CLARK, KYRA	11	:53:09.5	27:14.4	17:08
4	751	57	W1	MELVIN, ABIGAIL	17	:53:12.1	27:17.0	17:09
5	714	64	W1	LOTZ, SAVANNAH	14 GRANVILLE NY	:55:55.9	30:00.8	18:02
MEN 19-29								
1	757	20	M2	DEROZIERE, CHRIS	29	:25:13.4	: 0.0	8:08
2	701	29	M2	ASHLINE, DEVIN	26 GREENFIELD CENTER	:27:59.1	2:45.7	9:01
3	744	50	M2	BULL, NICHOLAS	23	:45:44.4	20:31.0	14:45
WOMEN 19-29								
1	712	27	W2	KNIGHT, SAMANTHA	27 BALLSTON SPA NY	:27:27.4	: 0.0	8:51
2	708	42	W2	FRASER, MACKENZIE	29 MANCHESTER NY	:34:21.2	6:53.8	11:04
3	765	47	W2	LABRUM, BRITTNEY	29	:40:33.6	13:06.2	13:05
4	720	67	W2	MANGAN, NATASHA	27 TROY NY	:56:05.4	28:38.0	18:05
5	717	68	W2	MANAGAN, EILEEN	26 TROY NY	:56:10.8	28:43.4	18:07
6	778	73	W2	BARTLETT, TANISHA	25	1:01:41.4	34:14.0	19:54
MEN 30-39								
2	721	6	M3	MCGUIRE, MIKE	37 LAKE GEORGE NY	:20:42.0	:15.7	6:40
3	729	9	M3	O'CONNOR, DANIEL	36 GLENS FALLS NY	:22:51.2	2:24.9	7:22
4	777	25	M3	WEBBER, JOHN	34	:26:48.4	6:22.1	8:38
5	739	32	M3	WELLER, TYSON	37 GANSEVOORT NY	:28:26.7	8:00.4	9:10
6	775	44	M3	IRWIN, TIM	35	:39:30.0	19:03.7	12:44
7	761	71	M3	MCNAUTEN, JOSHUA	37	1:01:06.5	40:40.2	19:42
WOMEN 30-39								
2	781	12	W3	KOCHON, A;EX	33	:23:14.5	:14.9	7:29
3	735	17	W3	STEVES, KATE	39 GLENS FALLS NY	:24:23.8	1:24.2	7:52
4	705	18	W3	DEELEY, SAMANTHA	39 CORTLAND NY	:24:26.3	1:26.7	7:53
5	737	24	W3	TAYLOR, VANESSA	33 LAKE LUZERNE NY	:26:31.9	3:32.3	8:33
6	756	37	W3	SCHAFFER, JACKIE	38	:30:38.1	7:38.5	9:52
7	776	39	W3	TUCKER, HEIDI	36	:32:19.2	9:19.6	10:25
8	738	40	W3	WELLER, HEATHER	37 GANSEVOORT NY	:32:55.8	9:56.2	10:37



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WOMEN 30-39								
9	771	43	W3	BARNES, SAMANTHA	34	:36:33.7	13:34.1	11:47
10	767	48	W3	GORDON, MISSY	32	:43:25.7	20:26.1	14:00
11	716	62	W3	MACLEOD, APRIL	36 WHITEHALL NY	:55:44.2	32:44.6	17:58
MEN 40-49								
1	754	45	M4	GULICK, MARK	46	:40:10.9	: 0.0	12:57
2	704	54	M4	CLARK, MATTHEW	42 WHITEHALL NY	:53:04.3	12:53.4	17:07
WOMEN 40-49								
1	731	23	W4	QUILOP LOCKE, OLIE	47 WHITEHALL NY	:25:58.5	: 0.0	8:22
2	763	26	W4	FELTON, THERESA	44	:27:09.5	1:11.0	8:45
3	770	33	W4	CALVIN, TOBI	46	:28:37.3	2:38.8	9:13
4	733	36	W4	SECOR, AMY	43 WEVERTOWN NY	:30:31.2	4:32.7	9:50
5	755	46	W4	GULICK, STEPHANIE	44	:40:11.9	14:13.4	12:58
6	743	49	W4	LARROW, BRENDA	43	:45:37.7	19:39.2	14:43
7	707	53	W4	DIFREE, MELISSA	40 QUEENSBURY NY	:50:13.0	24:14.5	16:11
8	749	55	W4	CLARK, SHANNON	43	:53:06.4	27:07.9	17:07
9	703	59	W4	BOLIVAR, DAWN	43 QUEENSBURY NY	:55:09.3	29:10.8	17:47
10	741	60	W4	WILLIAMSON, LISA	45 QUEENSBURY NY	:55:39.2	29:40.7	17:57
11	713	63	W4	LOTZ, AMANDA	44 GRANVILLE NY	:55:53.8	29:55.3	18:01
12	719	66	W4	MANGAN, KATIE	48 ITHACA NY	:56:01.8	30:03.3	18:04
13	764	72	W4	BARTLETT, REBECCA	49	1:01:41.0	35:42.5	19:53
MEN 50-59								
1	779	58	M5	VALERICA, BILL	59	:55:06.3	: 0.0	17:46
2	718	65	M5	MANGAN, JAMES	53 ITHACA NY	:55:59.8	:53.5	18:03
3	780	70	M5	MCINNIS, CALVIN	53	1:01:04.8	5:58.5	19:42
WOMEN 50-59								
1	760	28	W5	WALKER, AMY	52	:27:40.0	: 0.0	8:55
2	727	34	W5	MOYNIHAN, LISA	55 QUEENSBURY NY	:28:51.9	1:11.9	9:18
3	730	38	W5	O'HEARN, MARY BETH	55 EAGLE BRIDGE NY	:32:01.4	4:21.4	10:19
4	736	52	W5	STRADER, ELIZABETH	56 GLENS FALLS NY	:46:42.9	19:02.9	15:04
5	753	69	W5	MARTINEAU, NATHALIE	52	1:01:03.1	33:23.1	19:41
MEN 60 +								
1	772	13	M6	GOODSPEED, JIM	68	:23:33.7	: 0.0	7:36
2	774	21	M6	ROZELL, MIKE	62	:25:23.8	1:50.1	8:11
3	740	30	M6	WHALEN, STEVE	70 FAIR HAVEN VT	:28:06.2	4:32.5	9:03
4	773	31	M6	WRIGLEY, ALAN	69	:28:21.2	4:47.5	9:08
WOMEN 60 +								
1	732	51	W6	RYAN, ANN	63 QUEENSBURY NY	:46:41.5	: 0.0	15:03
2	728	61	W6	O'BRIEN, SHARON	64 QUEENSBURY NY	:55:40.9	8:59.4	17:57



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PLC	BIB	PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND
FREEDOM MACINES BIKE RIDE							
1	702	1	BIK	BAKER, NATHAN	34 FORT EDWARD NY	:11:53.7	: 0.0
2	55	2	BIK	OLSEN, MIRANDA		:12:56.5	1:02.8
3	748	3	BIK	LEE, EDWARD	46	:18:19.3	6:25.6
4	710	4	BIK	HACKETT, JEFF	44 GLENS FALLS NY	:18:20.8	6:27.1
5	56	7	BIK	LUTZ, JACQUI		:22:46.4	10:52.7
6	54	8	BIK	WEBB, MIALA		:22:50.3	10:56.6
7	709	11	BIK	FRASER, PETER	60 CLEVERDALE NY	:23:03.8	11:10.1
8	101	14	BIK	HOUSE, CARTER	6 HAMPTON	:23:39.1	11:45.4
9	102	15	BIK	KIRBY, DEBBIE	61 HAMPTON NY	:23:40.6	11:46.9
10	759	16	BIK	WILLIAMS, JOHN	40	:23:46.6	11:52.9

73 COMPETITORS

