

## Onondaga Lake Park Thursday Night Fun Runs August 1, 2019

### 400 Meters

Name	Time
No Participants	

### 2 miles

Name	Time
Charles McChesney	21:17
Izzy Bower	25:43
Richard Bower	25:44
Bill Meyer	30:07
Michele Hudgston	31:09
Beth Hetrick	31:09
Melissa Phelps	31:09
Alice Carrol	42:17

### 5K

Name	Time
Greg Potter	22:23
Connor VanderPool	23:22
Ben Siegal	24:58
Chris Rogers	24:58
Paul Cianfrocca	25:40
Moe Colosi	31:19
Rowan Meador	35:57
Jacob Moose	43:56
Shawn Dormann	43:56

### 8K

Name	Time
Jim Cox	43:56
Chicago Brown	52:35

### 10K

Name	Time
Chuck Milazzo	55:06