

Onondaga Lake Park Thursday Night Fun Runs July 18, 2019

It was a hot and humid evening with a 88 degree temperature and 54% humidity with a 4 MPH ENE wind.

400 Meters

Name	Time	Age
Mackenzie Morrell	2:05	6
Alexander Morrell	2:23	5
Liam Dembowski	2:42	3
Lucciana Vigliotti	2:50	3

2 miles

Name	Time	Age
Mark Morrell	13:26	31
Daniel Delgado	14:39	23
Ashley Morrell	16:38	32
Barbara Emmi	22:28	46
Dawn Richey	25:23	47
Izzy Bower	27:29	12
Richard Bower	27:30	47

5K

Name	Time	Age
Paul Cianfrocca	23:11	55
Ben Seigal	26:40	29
Rowan Meador	28:20	25
Chris Rogers	28:40	28
Missy Phelps	28:42	33
Monica Emmi	31:46	47
Bethany Hetrick	?	38

8K

Name	Time	Age
Chuck Milazzo	45:54	63