

The 33rd Annual
WILLOW BAY 5k RUN & FITNESS WALK FOR WOMEN
Conducted by the Syracuse Chargers Track Club
Onondaga Lake Park, Liverpool, New York Aug. 15, 2026
AGE GROUP RESULTS

O'All	Name	City	State	Age	Time
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DIV = 0109

92	Bellarose Laquidari	Liverpool	NY	9	40:00
105	Charlotte Jones	Baldwinsville	NY	7	41:37
114	Allie McCarthy	E Syracuse	NY	9	43:51
166	Marie Geiss	Baldwinsville	NY	9	1:04:16

Number listed 4

DIV = 1014

8	Payton Cameron	Syracuse	NY	13	23:48
17	Norah Christensen	Rochester	NY	13	25:46
21	Peyton Loveless	N Syracuse	NY	11	27:07
38	Kallan Aiello	Baldwinsville	NY	10	30:34
39	Lila Schell	Syracuse	NY	14	30:39
45	Skyler Loveless	N Syracuse	NY	12	31:56
101	Isabella Hughes	Sterling	NY	12	41:19
110	Rashaye Hale	Russell	NY	14	42:46
139	Blake Buffum	Baldwinsville	NY	12	54:17

Number listed 9

DIV = 1519

2	Lexi Ward	Brookfield	CT	15	19:45
3	Natalie Digennaro	Chittenango	NY	18	22:24
11	Morgan Cooper	Baldwinsville	NY	15	24:04
164	Leora Zames	Jamesville	NY	19	1:03:39

Number listed 4

DIV = 2024

6	Sophia DiGennaro	Chittenango	NY	20	23:30
12	Morgan Kingsley	Cazenovia	NY	22	24:15
15	Abby Stever	Macedon	NY	21	25:13
22	Reeghan Wojslaw	Clay	NY	22	27:19
24	Megan Stever	Macedon	NY	20	27:37
34	Meilin Z Lamanna	Liverpool	NY	21	30:10
48	Elsa Marshall	Skaneateles	NY	20	32:14
93	Hailey Webber	Jamesville	NY	20	40:06

Number listed 8

DIV = 2529

32	Jasmine Brockway	Marcellus	NY	25	29:42
50	Grace Wallace	Phoenix	NY	29	32:31
62	Taylor Frisch	Liverpool	NY	29	33:53
66	Allison Iles	Camillus	NY	29	34:48

Number listed 4

DIV = 3034

1	Bethany M Hudson	Liverpool	NY	33	19:21
31	Emilee Argus	Syracuse	NY	34	29:40
35	Melissa Moran	Syracuse	NY	30	30:14
40	Meg Coleman	Syracuse	NY	30	31:14
52	Brianna Murray	N Syracuse	NY	34	32:44
97	Brianne Wolfram	Fulton	NY	30	40:20
116	Erica Sorrells	Syracuse	NY	31	44:18
121	Sarah Watson	Cicero	NY	32	46:34
155	Renee Reynolds	King Ferry	NY	31	59:26

157 Caitlin Tomko-Smith	Manlius	NY	34	1:00:25
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Number listed 10

DIV = 3539

25 Alaina VanHee	Liverpool	NY	37	27:46
42 Jenna Curtis	Rome	NY	36	31:28
60 Marsha Fiesinger	Syracuse	NY	38	33:32
75 Megan Furco	Cicero	NY	35	36:46
84 Jennifer Kane	Rochester	NY	37	38:43
122 Alaina Buckley	Baldwinsville	NY	35	46:39
161 Angelina Frey	Clay	NY	36	1:01:22

Number listed 7

DIV = 4044

4 Rebecca Lazarek	Syracuse	NY	42	23:00
26 Megan Reeves	Syracuse	NY	40	28:17
77 Eileen Kalfass	Cicero	NY	43	37:12
78 Erika Lewis	Syracuse	NY	40	37:19
82 Lauren Culyer	Whitesboro	NY	41	38:17
85 Irene Fiesinger	Syracuse	NY	41	38:46
89 Kira Pierce	Liverpool	NY	41	39:24
98 Heather LaPrate	Syracuse	NY	41	40:20
102 Hayley Carmona	Sterling	NY	40	41:21
104 Courtney Jones	Baldwinsville	NY	40	41:37
113 Nicole Roche	Liverpool	NY	41	43:42
132 Trisha Hornick	Phoenix	NY	40	51:12
144 Meghan Wilkie	Liverpool	NY	40	55:57
167 Courtney Cameron	Syracuse	NY	43	1:05:52

Number listed 14

DIV = 4549

9 Stacy Kingsley	Cazenovia	NY	49	23:56
13 Sara Getman	Sherrill	NY	47	24:16
14 Kristen Worden	Liverpool	NY	45	24:23
27 Renee Affinati	West Monroe	NY	45	28:56
30 Jennifer Sprague	Liverpool	NY	45	29:34
37 Brianne Aiello	Baldwinsville	NY	45	30:34
41 Brianna Christensen	Rochester	NY	45	31:22
81 Katherine McPhee	Bridgeport	NY	49	38:16
115 Katie McCarthy	E Syracuse	NY	48	43:56
135 Jessica Scott	Brewerton	NY	45	51:23
149 Felicia Case	Syracuse	NY	47	57:53

Number listed 11

DIV = 5054

19 Kim Colagiovanni	Cicero	NY	53	26:41
20 Lynne DiGennaro	Chittenango	NY	54	26:42
28 Bridget Cooley	Clay	NY	53	29:21
73 Kelly Thomas	Clay	NY	51	36:13
111 Malissa Hale	Russell	NY	54	42:48
120 Arvinder Dhamoon	Syracuse	NY	52	46:10
125 Danielle Carusone	West Monroe	NY	50	48:44
126 Jennifer Zinga	Clay	NY	53	48:53
156 Phyllis Zames	Syracuse	NY	51	1:00:25
158 Bobbi Vergara	Clay	NY	52	1:01:17

Number listed 10

DIV = 5559

7 Kara D Rusch	Cazenovia	NY	58	23:42
16 Kristen DiMatteo	Auburn	NY	56	25:14
44 Mary Colagiovanni	New Smyrna Bch	FL	59	31:49
47 Jeannette Clark	Syracuse	NY	57	31:58
59 Bridget Lichtinger	Cicero	NY	56	33:24
69 Cynthia Althouse	Sterling	NY	59	35:39

76	Shannon Davies	Liverpool	NY	57	36:49
83	Jill Marshall	Skaneateles	NY	56	38:42
95	Cynthia Mead	Liverpool	NY	56	40:14
99	Michele Webber	Jamesville	NY	56	40:30
138	Kelli Stone	Canastota	NY	55	54:04
151	Deborah Sindone	Liverpool	NY	58	57:54
159	Terri House	Clay	NY	55	1:01:18

Number listed 13

DIV = 6064

5	Joan Rappaport	Manlius	NY	63	23:02
10	Karyl Sargent	LaFayette	NY	63	24:02
36	Mary Stachelek	Minoa	NY	61	30:26
43	Audrey Kane	Cicero	NY	64	31:29
51	Laura Wallace	Redfield	NY	61	32:31
57	Lisa M Green	Auburn	NY	63	33:03
61	Marie Nellenback	Cayuga	NY	62	33:51
65	Marjorie Lawton	Weedsport	NY	61	34:40
67	Jo May	Aurora	NY	64	34:56
70	Johnna Sohovic-Urban	Brewerton	NY	63	35:53
86	Leslie Smith	Manlius	NY	64	38:55
94	Lori Clarke	Vernon Center	NY	61	40:08
96	Kimberly Schulz	Syracuse	NY	60	40:14
109	Carolyn Maloney	Oswego	NY	64	42:15
118	Sylvia Zibuck	Syracuse	NY	64	45:20
154	Shellie Poullott	Syracuse	NY	61	59:25

Number listed 16

DIV = 6569

18	Ruth Yanai	Syracuse	NY	67	26:15
23	Donna Reagan	Marcellus	NY	66	27:31
29	Cathy Rudick	Auburn	NY	68	29:34
33	Henriette Carvalho	Baldwinsville	NY	68	29:49
46	Eva VanderMolen	Tully	NY	66	31:57
53	Cathy Verginio	Cicero	NY	65	32:46
54	Maryclair Grace	Liverpool	NY	69	32:48
56	Rhonda L Wandersee	Liverpool	NY	65	32:52
63	Andrea Brown	Liverpool	NY	66	34:05
64	Janet I Metcalf	Syracuse	NY	67	34:33
71	Cindy Daly	Weedsport	NY	68	36:05
79	Gail Roemer	Camillus	NY	66	37:39
91	Donna Ditota	Syracuse	NY	65	39:52
107	Ellen Hahn	Baldwinsville	NY	66	41:48
108	Rosemarie Hudson	Liverpool	NY	68	41:54
124	Isabell Smith	Clay	NY	68	48:44
127	Lorraine Weber	LaFayette	NY	65	49:22
129	Wendy Ostuni	Liverpool	NY	66	49:54
133	Mary Lou Tebo	Liverpool	NY	65	51:12
140	Deborah Wood	Syracuse	NY	66	54:50
143	Joan Bjorness	Syracuse	NY	68	55:39
146	Janet Reitz	Liverpool	NY	69	57:18
147	Irene Maskelony	Tully	NY	67	57:19
153	Lynn Lappin	Baldwinsville	NY	69	58:08
165	Cindee Daniels	Liverpool	NY	67	1:04:16
173	Mary Beth Domachowske	Syracuse	NY	68	1:08:31

Number listed 26

DIV = 7074

49	Cindy Rahrle	Baldwinsville	NY	73	32:28
55	Beverly Sortland	Cazenovia	NY	73	32:51
58	Cynthia Bohlke	N Syracuse	NY	72	33:16
72	Patricia Kawryga	Syracuse	NY	70	36:10
74	Cynthia Morris	Syracuse	NY	71	36:44
80	Carol Wilkie	Liverpool	NY	70	37:41
87	Cindy Shore	Tully	NY	70	39:07
88	Marie Grace	Liverpool	NY	72	39:10

90	Mary Flannery	E Syracuse	NY	71	39:32
100	Lynn Bendekovio	N Syracuse	NY	71	40:35
112	Donna Marie Schaefer	Chittenango	NY	74	42:54
130	Judy Granatstein	Fayetteville	NY	72	50:52
131	Diane Nappa	Fayetteville	NY	71	50:53
136	Linda Scott	Brewerton	NY	73	51:23
141	Elizabeth Lazarek	Baldwinsville	NY	72	54:54
145	Dianne Smith	Clinton	NY	70	55:57
148	Anne Marie Heymann	Tully	NY	71	57:19
152	Doreen Bednarski	Baldwinsville	NY	73	58:08
163	Diane Betelak	Liverpool	NY	70	1:03:18
168	Dianne Cameron	Syracuse	NY	72	1:05:53
172	Kim Ryder	Bernhards Bay	NY	73	1:08:30
175	Kathleen Koss	Fayetteville	NY	73	1:15:30

Number listed 22

DIV = 7579

68	Jean Rand	Syracuse	NY	77	35:25
103	Rosalie Brennan	Syracuse	NY	77	41:28
106	Mary Ann Perlman	Oswego	NY	75	41:48
117	Marguerite M Fulton-Newto	Liverpool	NY	78	44:53
119	Anne E Proppe	Baldwinsville	NY	75	45:44
123	Kathleen Effler	Syracuse	NY	79	48:07
128	Mary M Nichols	Liverpool	NY	78	49:37
137	Bonnie Misch	Syracuse	NY	79	51:49
150	Sondra Lennox	Apulia Station	NY	75	57:53
162	Michaelann Hunter	Baldwinsville	NY	76	1:03:18
169	Meg Schneider	Oswego	NY	75	1:06:01
170	Patricia Cullinan	Oswego	NY	75	1:06:02
171	Theresa Mancuso	Fairport	NY	75	1:06:03
174	Ruth Ripley	Pennellville	NY	79	1:08:35

Number listed 14

DIV = 8084

134	Rosemary Laquidari	Liverpool	NY	82	51:16
176	Rosalie Young	Syracuse	NY	83	1:16:17

Number listed 2

DIV = 8589

142	Nancy Bamann	Warners	NY	86	55:39
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Number listed 1

DIV = 9094

160	Carol Frey	Cicero	NY	91	1:01:21
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Number listed 1