

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-T%	Bib	Plce	First	Last	Time	Age
137.00614	173	5	Joan	Rappaport	23.016	63.068
131.71789	96	10	Karyl	Sargent	24.016	63.268
129.49771	131	18	Ruth	Yanai	26.250	67.986
124.42055	151	7	Kara D	Rusch	23.700	58.975
120.08257	150	23	Donna	Reagan	27.500	66.045
115.94001	94	29	Cathy	Rudick	29.550	68.520
114.43412	17	33	Henriette	Carvalho	29.800	68.202
113.87684	132	49	Cindy	Rahrle	32.450	73.906
111.24678	153	55	Beverly	Sortland	32.833	73.052
111.15718	142	16	Kristen	DiMatteo	25.216	56.060
108.94280	88	68	Jean	Rand	35.400	77.131
108.74034	8	58	Cynthia	Bohlke	33.250	72.312
105.67932	165	54	Maryclair	Grace	32.783	69.290
104.86315	118	46	Eva	VanderMolen	31.933	66.972
103.26380	168	9	Stacy	Kingsley	23.916	49.394
102.92692	54	43	Audrey	Kane	31.466	64.775
101.21523	192	36	Mary	Stachelek	30.416	61.572
101.20018	30	20	Lynne	DiGennaro	26.683	54.007
100.74092	180	53	Cathy	Verginio	32.750	65.985
99.85613	121	56	Rhonda L	Wandersee	32.850	65.605
99.84760	21	19	Kim	Colagiovanni	26.666	53.252
98.42783	76	64	Janet I	Metcalfe	34.533	67.980
97.72826	57	72	Patricia	Kawryga	36.150	70.657
97.36863	189	63	Andrea	Brown	34.066	66.340
97.00346	80	74	Cynthia	Morris	36.716	71.232
97.00325	42	13	Sara	Getman	24.250	47.046
95.66509	45	57	Lisa M	Green	33.033	63.202
95.34519	120	51	Laura	Wallace	32.500	61.974
94.45977	28	71	Cindy	Daly	36.066	68.136
93.90345	9	103	Rosalie	Brennan	41.450	77.845
93.90229	127	80	Carol	Wilkie	37.666	70.739
93.52115	22	44	Mary	Colagiovanni	31.800	59.479
93.43552	156	14	Kristen	Worden	24.366	45.534
92.95414	63	4	Rebecca	Lazarek	23.000	42.758
92.71390	70	67	Jo	May	34.916	64.745
92.17446	43	88	Marie	Grace	39.150	72.172
92.07228	149	61	Marie	Nellenback	33.833	62.302
91.56400	24	28	Bridget	Cooley	29.333	53.717
90.84700	84	106	Mary Ann	Perlman	41.783	75.917
90.79228	37	90	Mary	Flannery	39.516	71.756
90.26066	161	47	Jeannette	Clark	31.950	57.676
89.71190	105	87	Cindy	Shore	39.100	70.154
88.99148	193	65	Marjorie	Lawton	34.650	61.671
88.90763	93	79	Gail	Roemer	37.633	66.917
88.45164	174	70	Johnna	Sohovic-Urban	35.866	63.449
87.80405	202	100	Lynn	Bendekovio	40.566	71.238
87.40415	183	117	Marguerite M	Fulton-Newton	44.866	78.430
86.64256	97	112	Donna Marie	Schaefer	42.883	74.310
85.60699	166	1	Bethany M	Hudson	19.333	33.101
84.97801	65	59	Bridget	Lichtinger	33.383	56.736
84.16392	2	69	Cynthia	Althouse	35.633	59.980
83.15667	109	86	Leslie	Smith	38.900	64.695
82.80904	87	119	Anne E	Proppe	45.716	75.715
82.30865	33	91	Donna	Ditota	39.850	65.600
82.14906	35	123	Kathleen	Effler	48.100	79.027
81.23674	49	108	Rosemarie	Hudson	41.883	68.049
80.52944	62	134	Rosemary	Laquidari	51.250	82.542
78.98743	190	107	Ellen	Hahn	41.783	66.007
78.97020	199	27	Renee	Affinati	28.916	45.671

78.64451	82	128	Mary M	Nichols	49.600	78.015
78.15664	164	76	Shannon	Davies	36.800	57.523
77.45538	201	142	Nancy	Bamann	55.633	86.182
76.88848	110	30	Jennifer	Sprague	29.550	45.441
76.53779	78	137	Bonnie	Misch	51.800	79.293
76.38338	162	94	Lori	Clarke	40.116	61.284
76.32418	169	109	Carolyn	Maloney	42.233	64.468
75.82217	99	96	Kimberly	Schulz	40.216	60.986
74.54884	39	160	Carol	Frey	61.333	91.446
73.86498	158	37	Brianne	Aiello	30.550	45.131
72.86420	56	83	Jill	Marshall	38.683	56.372
72.16981	89	26	Megan	Reeves	28.266	40.800
71.99291	102	136	Linda	Scott	51.366	73.960
71.91453	18	41	Brianna	Christensen	31.350	45.090
71.74373	176	73	Kelly	Thomas	36.200	51.942
71.50496	44	130	Judy	Granatstein	50.850	72.720
70.74173	108	124	Isabell	Smith	48.716	68.926
70.73813	195	118	Sylvia	Zibuck	45.316	64.112
70.08126	125	99	Michele	Webber	40.483	56.742
69.89533	81	131	Diane	Nappa	50.866	71.106
69.62969	75	95	Cynthia	Mead	40.216	56.005
67.00017	171	129	Wendy	Ostuni	49.883	66.843
66.74071	154	25	Alaina	VanHee	27.750	37.041
66.43232	182	141	Elizabeth	Lazarek	54.883	72.920
66.02823	155	127	Lorraine	Weber	49.350	65.169
65.37229	64	150	Sondra	Lennox	57.866	75.657
64.38893	74	81	Katherine	McPhee	38.250	49.257
64.20432	46	111	Malissa	Hale	42.800	54.958
63.76219	116	133	Mary Lou	Tebo	51.183	65.271
63.45494	5	152	Doreen	Bednarski	58.116	73.755
63.16962	107	145	Dianne	Smith	55.933	70.665
62.16261	144	148	Anne Marie	Heymann	57.300	71.238
61.91469	7	143	Joan	Bjorness	55.633	68.890
60.44455	187	146	Janet	Reitz	57.283	69.249
60.38076	51	162	Michaelann	Hunter	63.283	76.421
60.35424	181	140	Deborah	Wood	54.816	66.168
59.64384	60	153	Lynn	Lappin	58.116	69.326
59.28183	69	147	Irene	Maskelony	57.300	67.936
58.47737	53	77	Eileen	Kalfass	37.183	43.487
58.11870	36	60	Marsha	Fiesinger	33.516	38.958
57.74801	91	174	Ruth	Ripley	68.566	79.191
57.57343	4	31	Emilee	Argus	29.650	34.141
57.49504	27	42	Jenna	Curtis	31.450	36.164
57.46990	98	169	Meg	Schneider	66.000	75.860
57.44087	25	170	Patricia	Cullinan	66.016	75.841
57.27908	68	171	Theresa	Mancuso	66.033	75.646
56.78030	29	120	Arvinder	Dhamoon	46.150	52.408
55.94106	6	163	Diane	Betelak	63.283	70.802
55.02190	14	168	Dianne	Cameron	65.866	72.482
54.98574	200	126	Jennifer	Zinga	48.866	53.739
54.79244	73	115	Katie	McCarthy	43.916	48.126
54.79102	26	82	Lauren	Culyer	38.266	41.933
54.66220	157	176	Rosalie	Young	76.266	83.378
54.03430	148	78	Erika	Lewis	37.300	40.309
53.58368	95	172	Kim	Ryder	68.483	73.391
53.04816	191	85	Irene	Fiesinger	38.750	41.112
52.72378	172	89	Kira	Pierce	39.383	41.528
52.22323	141	165	Cindee	Daniels	64.250	67.106
52.11009	137	125	Danielle	Carusone	48.716	50.772
51.97223	170	52	Brianna	Murray	32.716	34.007
51.71011	113	138	Kelli	Stone	54.050	55.898
51.39523	85	154	Shellie	Poullott	59.400	61.057
51.24499	61	98	Heather	LaPrate	40.316	41.320
50.80602	106	151	Deborah	Sindone	57.883	58.816
50.24097	34	173	Mary Beth	Domachowske	68.500	68.830
50.17777	79	35	Melissa	Moran	30.216	30.324
48.73070	147	175	Kathleen	Koss	75.483	73.567
48.54452	197	104	Courtney	Jones	41.600	40.389
48.47326	16	102	Hayley	Carmona	41.333	40.071

48.15900	23	40	Meg	Coleman	31.216	30.067
48.12971	41	75	Megan	Furco	36.750	35.375
48.11511	55	84	Jennifer	Kane	38.700	37.241
47.88756	92	113	Nicole	Roche	43.683	41.837
46.76000	167	12	Morgan	Kingsley	24.233	22.663
46.05978	119	50	Grace	Wallace	32.500	29.938
45.00542	184	159	Terri	House	61.283	55.161
44.58096	101	135	Jessica	Scott	51.366	45.799
43.82189	40	62	Taylor	Frisch	33.866	29.682
43.35922	32	6	Sophia	DiGennaro	23.483	20.364
43.26384	111	15	Abby	Stever	25.200	21.804
42.92842	136	156	Phyllis	Zames	60.400	51.857
42.91445	52	66	Allison	Iles	34.783	29.854
42.62301	185	158	Bobbi	Vergara	61.266	52.227
42.35115	10	32	Jasmine	Brockway	29.683	25.142
42.10447	129	22	Reeghan	Wojslaw	27.300	22.989
40.75026	138	149	Felicia	Case	57.866	47.161
40.56627	31	3	Natalie	Digennaro	22.383	18.160
40.51971	122	2	Lexi	Ward	19.733	15.991
39.88616	145	132	Trisha	Hornick	51.183	40.830
38.18401	130	97	Brianne	Wolfram	40.316	30.789
37.99093	77	122	Alaina	Buckley	46.633	35.432
36.84733	112	24	Megan	Stever	27.600	20.339
36.19769	128	144	Meghan	Wilkie	55.933	40.493
36.03848	186	34	Meilin Z	Lamanna	30.150	21.731
35.24007	175	116	Erica	Sorrells	44.283	31.210
34.81600	123	121	Sarah	Watson	46.550	32.413
33.33229	13	167	Courtney	Cameron	65.850	43.898
33.18429	163	11	Morgan	Cooper	24.050	15.961
31.91575	188	48	Elsa	Marshall	32.216	20.564
29.62789	38	161	Angelina	Frey	61.350	36.353
29.26362	15	8	Payton	Cameron	23.783	13.919
28.73537	117	157	Caitlin	Tomko-Smith	60.400	34.712
26.50868	19	17	Norah	Christensen	25.750	13.651
26.23451	90	155	Renee	Reynolds	59.416	31.175
25.99037	124	93	Hailey	Webber	40.083	20.835
23.66980	152	39	Lila	Schell	30.633	14.501
21.65495	66	21	Peyton	Loveless	27.100	11.736
19.92775	67	45	Skyler	Loveless	31.916	12.720
17.70284	159	38	Kallan	Aiello	30.550	10.816
17.09526	47	110	Rashaye	Hale	42.750	14.616
15.23281	135	164	Leora	Zames	63.633	19.386
14.84626	50	101	Isabella	Hughes	41.300	12.263
12.25449	194	92	Bellarose	Laquidari	39.983	9.799
11.47554	12	139	Blake	Buffum	54.266	12.454
10.35366	72	114	Allie	McCarthy	43.833	9.076
8.59128	196	105	Charlotte	Jones	41.600	7.147
7.18085	143	166	Marie	Geiss	64.250	9.227