

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
RESULTS

Place	Name	City	St	Age	Time
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1	Bethany M Hudson	Liverpool	NY	33	19:21
2	Lexi Ward	Brookfield	CT	15	19:45
3	Natalie Digennaro	Chittenango	NY	18	22:24
4	Rebecca Lazarek	Syracuse	NY	42	23:00
5	Joan Rappaport	Manlius	NY	63	23:02
6	Sophia DiGennaro	Chittenango	NY	20	23:30
7	Kara D Rusch	Cazenovia	NY	58	23:42
8	Payton Cameron	Syracuse	NY	13	23:48
9	Stacy Kingsley	Cazenovia	NY	49	23:56
10	Karyl Sargent	LaFayette	NY	63	24:02
11	Morgan Cooper	Baldwinsville	NY	15	24:04
12	Morgan Kingsley	Cazenovia	NY	22	24:15
13	Sara Getman	Sherrill	NY	47	24:16
14	Kristen Worden	Liverpool	NY	45	24:23
15	Abby Stever	Macedon	NY	21	25:13
16	Kristen DiMatteo	Auburn	NY	56	25:14
17	Norah Christensen	Rochester	NY	13	25:46
18	Ruth Yanai	Syracuse	NY	67	26:15
19	Kim Colagiovanni	Cicero	NY	53	26:41
20	Lynne DiGennaro	Chittenango	NY	54	26:42
21	Peyton Loveless	N Syracuse	NY	11	27:07
22	Reeghan Wojslaw	Clay	NY	22	27:19
23	Donna Reagan	Marcellus	NY	66	27:31
24	Megan Stever	Macedon	NY	20	27:37
25	Alaina VanHee	Liverpool	NY	37	27:46
26	Megan Reeves	Syracuse	NY	40	28:17
27	Renee Affinati	West Monroe	NY	45	28:56
28	Bridget Cooley	Clay	NY	53	29:21
29	Cathy Rudick	Auburn	NY	68	29:34
30	Jennifer Sprague	Liverpool	NY	45	29:34
31	Emilee Argus	Syracuse	NY	34	29:40
32	Jasmine Brockway	Marcellus	NY	25	29:42
33	Henriette Carvalho	Baldwinsville	NY	68	29:49
34	Meilin Z Lamanna	Liverpool	NY	21	30:10
35	Melissa Moran	Syracuse	NY	30	30:14
36	Mary Stachelek	Minoa	NY	61	30:26
37	Brianne Aiello	Baldwinsville	NY	45	30:34
38	Kallan Aiello	Baldwinsville	NY	10	30:34
39	Lila Schell	Syracuse	NY	14	30:39
40	Meg Coleman	Syracuse	NY	30	31:14
41	Brianna Christensen	Rochester	NY	45	31:22
42	Jenna Curtis	Rome	NY	36	31:28
43	Audrey Kane	Cicero	NY	64	31:29
44	Mary Colagiovanni	New Smyrna Bch	FL	59	31:49
45	Skyler Loveless	N Syracuse	NY	12	31:56
46	Eva VanderMolen	Tully	NY	66	31:57
47	Jeannette Clark	Syracuse	NY	57	31:58
48	Elsa Marshall	Skaneateles	NY	20	32:14
49	Cindy Rahrle	Baldwinsville	NY	73	32:28
50	Grace Wallace	Phoenix	NY	29	32:31
51	Laura Wallace	Redfield	NY	61	32:31
52	Brianna Murray	N Syracuse	NY	34	32:44
53	Cathy Verginio	Cicero	NY	65	32:46
54	Maryclair Grace	Liverpool	NY	69	32:48
55	Beverly Sortland	Cazenovia	NY	73	32:51
56	Rhonda L Wandersee	Liverpool	NY	65	32:52
57	Lisa M Green	Auburn	NY	63	33:03
58	Cynthia Bohlke	N Syracuse	NY	72	33:16
59	Bridget Lichtinger	Cicero	NY	56	33:24
60	Marsha Fiesinger	Syracuse	NY	38	33:32

61 Marie Nellenback	Cayuga	NY	62	33:51
62 Taylor Frisch	Liverpool	NY	29	33:53
63 Andrea Brown	Liverpool	NY	66	34:05
64 Janet I Metcalf	Syracuse	NY	67	34:33
65 Marjorie Lawton	Weedsport	NY	61	34:40
66 Allison Iles	Camillus	NY	29	34:48
67 Jo May	Aurora	NY	64	34:56
68 Jean Rand	Syracuse	NY	77	35:25
69 Cynthia Althouse	Sterling	NY	59	35:39
70 Johnna Sohovic-Urban	Brewerton	NY	63	35:53
71 Cindy Daly	Weedsport	NY	68	36:05
72 Patricia Kawryga	Syracuse	NY	70	36:10
73 Kelly Thomas	Clay	NY	51	36:13
74 Cynthia Morris	Syracuse	NY	71	36:44
75 Megan Furco	Cicero	NY	35	36:46
76 Shannon Davies	Liverpool	NY	57	36:49
77 Eileen Kalfass	Cicero	NY	43	37:12
78 Erika Lewis	Syracuse	NY	40	37:19
79 Gail Roemer	Camillus	NY	66	37:39
80 Carol Wilkie	Liverpool	NY	70	37:41
81 Katherine McPhee	Bridgeport	NY	49	38:16
82 Lauren Culyer	Whitesboro	NY	41	38:17
83 Jill Marshall	Skaneateles	NY	56	38:42
84 Jennifer Kane	Rochester	NY	37	38:43
85 Irene Fiesinger	Syracuse	NY	41	38:46
86 Leslie Smith	Manlius	NY	64	38:55
87 Cindy Shore	Tully	NY	70	39:07
88 Marie Grace	Liverpool	NY	72	39:10
89 Kira Pierce	Liverpool	NY	41	39:24
90 Mary Flannery	E Syracuse	NY	71	39:32
91 Donna Ditota	Syracuse	NY	65	39:52
92 Bellarose Laquidari	Liverpool	NY	9	40:00
93 Hailey Webber	Jamesville	NY	20	40:06
94 Lori Clarke	Vernon Center	NY	61	40:08
95 Cynthia Mead	Liverpool	NY	56	40:14
96 Kimberly Schulz	Syracuse	NY	60	40:14
97 Brianne Wolfram	Fulton	NY	30	40:20
98 Heather LaPrate	Syracuse	NY	41	40:20
99 Michele Webber	Jamesville	NY	56	40:30
100 Lynn Bendekovio	N Syracuse	NY	71	40:35
101 Isabella Hughes	Sterling	NY	12	41:19
102 Hayley Carmona	Sterling	NY	40	41:21
103 Rosalie Brennan	Syracuse	NY	77	41:28
104 Courtney Jones	Baldwinsville	NY	40	41:37
105 Charlotte Jones	Baldwinsville	NY	7	41:37
106 Mary Ann Perlman	Oswego	NY	75	41:48
107 Ellen Hahn	Baldwinsville	NY	66	41:48
108 Rosemarie Hudson	Liverpool	NY	68	41:54
109 Carolyn Maloney	Oswego	NY	64	42:15
110 Rashaye Hale	Russell	NY	14	42:46
111 Malissa Hale	Russell	NY	54	42:48
112 Donna Marie Schaefer	Chittenango	NY	74	42:54
113 Nicole Roche	Liverpool	NY	41	43:42
114 Allie McCarthy	E Syracuse	NY	9	43:51
115 Katie McCarthy	E Syracuse	NY	48	43:56
116 Erica Sorrells	Syracuse	NY	31	44:18
117 Marguerite M Fulton-Newton	Liverpool	NY	78	44:53
118 Sylvia Zibuck	Syracuse	NY	64	45:20
119 Anne E Proppe	Baldwinsville	NY	75	45:44
120 Arvinder Dhamoon	Syracuse	NY	52	46:10
121 Sarah Watson	Cicero	NY	32	46:34
122 Alaina Buckley	Baldwinsville	NY	35	46:39
123 Kathleen Effler	Syracuse	NY	79	48:07
124 Isabell Smith	Clay	NY	68	48:44
125 Danielle Carusone	West Monroe	NY	50	48:44
126 Jennifer Zinga	Clay	NY	53	48:53
127 Lorraine Weber	LaFayette	NY	65	49:22
128 Mary M Nichols	Liverpool	NY	78	49:37
129 Wendy Ostuni	Liverpool	NY	66	49:54

130	Judy Granatstein	Fayetteville	NY	72	50:52
131	Diane Nappa	Fayetteville	NY	71	50:53
132	Trisha Hornick	Phoenix	NY	40	51:12
133	Mary Lou Tebo	Liverpool	NY	65	51:12
134	Rosemary Laquidari	Liverpool	NY	82	51:16
135	Jessica Scott	Brewerton	NY	45	51:23
136	Linda Scott	Brewerton	NY	73	51:23
137	Bonnie Misch	Syracuse	NY	79	51:49
138	Kelli Stone	Canastota	NY	55	54:04
139	Blake Buffum	Baldwinsville	NY	12	54:17
140	Deborah Wood	Syracuse	NY	66	54:50
141	Elizabeth Lazarek	Baldwinsville	NY	72	54:54
142	Nancy Bamann	Warners	NY	86	55:39
143	Joan Bjorness	Syracuse	NY	68	55:39
144	Meghan Wilkie	Liverpool	NY	40	55:57
145	Dianne Smith	Clinton	NY	70	55:57
146	Janet Reitz	Liverpool	NY	69	57:18
147	Irene Maskelony	Tully	NY	67	57:19
148	Anne Marie Heymann	Tully	NY	71	57:19
149	Felicia Case	Syracuse	NY	47	57:53
150	Sondra Lennox	Apulia Station	NY	75	57:53
151	Deborah Sindone	Liverpool	NY	58	57:54
152	Doreen Bednarski	Baldwinsville	NY	73	58:08
153	Lynn Lappin	Baldwinsville	NY	69	58:08
154	Shellie Poullott	Syracuse	NY	61	59:25
155	Renee Reynolds	King Ferry	NY	31	59:26
156	Phyllis Zames	Syracuse	NY	51	1:00:25
157	Caitlin Tomko-Smith	Manlius	NY	34	1:00:25
158	Bobbi Vergara	Clay	NY	52	1:01:17
159	Terri House	Clay	NY	55	1:01:18
160	Carol Frey	Cicero	NY	91	1:01:21
161	Angelina Frey	Clay	NY	36	1:01:22
162	Michaelann Hunter	Baldwinsville	NY	76	1:03:18
163	Diane Betelak	Liverpool	NY	70	1:03:18
164	Leora Zames	Jamesville	NY	19	1:03:39
165	Cindee Daniels	Liverpool	NY	67	1:04:16
166	Marie Geiss	Baldwinsville	NY	9	1:04:16
167	Courtney Cameron	Syracuse	NY	43	1:05:52
168	Dianne Cameron	Syracuse	NY	72	1:05:53
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
172	Kim Ryder	Bernhards Bay	NY	73	1:08:30
173	Mary Beth Domachowske	Syracuse	NY	68	1:08:31
174	Ruth Ripley	Pennellville	NY	79	1:08:35
175	Kathleen Koss	Fayetteville	NY	73	1:15:30
176	Rosalie Young	Syracuse	NY	83	1:16:17