

**2016 Stockade-athon Elite Entries      41<sup>th</sup> Annual- Nov 13<sup>th</sup>, 2016**

Prepared by Vince Juliano & Karen Bertasso

**Men   Open**

BIB 2-	John Raneri	AZ
BIB 3-	Jake Sienko	RI
BIB 4-	Dan Lennon	NY
BIB 5-	Louis Serafini	MA
BIB 6-	Omar Boulama	NY
BIB 7-	Johnathan Aziz	CO
BIB 8-	Eric MacKnight	NY
BIB 9-	Thomas Young	NJ
BIB 10-	Matt Brooker	NY
BIB 11-	Jacob Andrews	NY
BIB 12-	Connor Cashin	MA
BIB 13	Scott Mindel	MA
BIB 14	Alex Benway	NY
BIB 15	Dylan Lowry	NY
BIB 16	Aaron Lozier	NY
BIB 17	Andrew Dionne	NY
BIB 18	Greg Selke	NY
BIB 19	Shaun Donegan	NY
BIB 20	Nick Webster	NY

**Women Open**

BIB 1	Hannah Davidson	NY
BIB 21	Karen Bertasso	NY
BIB 22	Katie O'Regan	PA
BIB 23	Erin Lopez	NY
BIB 24	Mollie Turner	NY
BIB 25	Katie Messina	MA
BIB 26	Hannah Brooker	NY
BIB 27	Sasha Mindel	MA
BIB 28	Sara Buckley	CT

**Men   Masters**

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BIB 29	Mark Andrews 44	NY
BIB 30	Kent Lemme 50	MA
BIB 31	Joseph Ekoum 46	NY
BIB 32	Tim Van Olden 48	MA

**Women Masters**

BIB 33	Emily Bryans 49	NY
BIB 34	Erin Corcoran 43	NY
BIB 35	Renee Tolan 42	NY

### **Men 50+ AG**

BIB 36-	Derrick Staley 58	NY
BIB 37 –	John Stadtlander 50	NY
BIB 38-	John Noonan 57	NY
BIB 39-	Kevin Dollard 60	NY
BIB 40-	Tim Haley 67	NY
BIB 42-	Roger Robinson 73	NY

### **Women 50+ AG**

BIB 43-	Susan Hay 53	OR
BIB 44	Beth Stalker 56	NY
BIB 45	Stephanie Landy 56	NY
BIB 46	Lori Kingsley 50	PA
BIB 47	Martha Degrazia 65	NY
BIB 51	Karen Provencher 61	NY

### **Other Seeded BIBS**

BIB 41	Mark Mindel	NY – Honorary BIB
BIB 48	Carlos Roa	NY- Late Entry
BIB 49	Cole Sanseverino	MI Late Entry
BIB 50	John Busque	CT Late Entry

BIB 85	Ed Whitlock 85	ON, Canada
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**BIB 1** Returning champion Hannah Davidson is a national ranked runner who was only 10 seconds off the Stockade-athon event record last year when she posted a 51:19. Hannah recently posted a 33:35 10K at Tufts last month (7<sup>th</sup> American). Named “NY Runner of the Year” by New England Runner Magazine in 2015. Attempting to win her 3<sup>rd</sup> Stockade-athon title in 4 years.

### **Open Men’s Field Summary**

**BIB 2 -** John Raneri – 2009 Connecticut XC runner of the year. Qualified for Footlocker Championship with a 4<sup>th</sup> place at the NE Regionals. At University of North Carolina Raneri was a 2-time NCAA XC National Championship Qualifier. At

UNC his outdoor track bests were 5K 14:07 and 10K 29:48. In 2015 ran the Philly Half in 1:04:29 to qualify for the Olympic Trials. Most recently posted a 1:01:11 at the New Haven National 20K Championships. Training in Flagstaff Az.

**BIB 3** - Jake Sienko- Rhode Island Runner...went to Columbia U, and spent time in Portland OR post college. Targeted Houston Half Marathon in 2015 and made the Olympic Trials Q in first attempt...1:04:35. Followed that effort with another half marathon in 1:04:25. Favorite Quote” You can’t teach guts”.

**BIB 4-** Dan Lennon- Peru NY native and 2011 Foot Locker Finalist is a recent graduate of Syracuse U. (2016) where he posted collegiate bests at Outdoor Track 5K 14:12 and 10K 28:46. At recent road 10K he ran 31:23 at the hilly Pit Run in Oneonta. 15K Debut.

**BIB 5** - Lou Serafini – Niskayuna NY native...now lives in Boston. Was named 2015 MA Runner of the year by NE Runner Magazine and also won the New England USATF Grand Prix. A self-described “blue collar runner” has 2016 personal bests at the Half Marathon 1:04:17 in April and most recently at the MHR Marathon posted a PB 2:17:25. Serafini has also posted 15K PB of 47:05 at the 2014 Stockade-athon where he placed 5<sup>th</sup>. Appears to have the home course advantage.

**BIB 6-** Omar Boulama , another Syracuse U graduate (2015) has dominated western New Yorks competitive road racing circuit in 2016, earning victories at Johnny’s Running of the Green 5M (24:48), the Lilac Festival 10K (30:55), & the Festival of Races 5K (14:40). He also placed 4<sup>th</sup> at the Subaru Chase 4M in 19:12 as the first update New York finisher.

**BIB 7-** Johnathan Aziz – Guilderland NY native...graduated from Syracuse U and is now a University of Colorado Grad Student. Returned home last year to establish a new 5K record at the 4 decades old Troy Turkey Trot.14:53. In 2015 he posted a 1:07:01 half marathon at Rock & Roll San Jose CA.

**BIB 8** Eric MacKnight- local standout ran to a personal best runner-up finish last year at the Stockade-athon (46:41) and tuned up for this years race with an impressive victory at the Saratoga XC 5K (14:57).

**BIB 9** Thomas Young – New Jersey resident ran to a stellar 4<sup>th</sup> place finish in the Stockade-athon last year (46:49) and this year posted a 19:53 at the NYRRC Retro 4 Miler.

**BIB 10-** Matt Brooker- PA native now local runner posted an impressive victory at the Albany Workforce Challenge 3.5M (17:01) this spring. In early October finished 4<sup>th</sup> at the MHR Marathon in a PB 2:26...in only his second marathon.

**BIB 11** - Jacob Andrews RPI standout made his half marathon debut at the Hannaford Half...and won in 1:07:55. Stockade-athon will be his 15K debut.

**BIB 12-** Connor Cashin ran to a 6<sup>th</sup> place finish in his Stockade-athon debut last year in a fine 47:43. Cashin finished 3<sup>rd</sup> at the local Hannaford Half in 1:08:40.

**BIB 13-** Scott Mindel ran 31:43 at the Butte to Butte 10K in July, and finished in the top 10 at the Stockade-athon last year. May better this rating.

**BIB 14** -Alex Benway local talent finished 3<sup>rd</sup> at the Arsenal City 5k in 15:30 and posted a 25:36 at his hometown 5M race this spring. Ran a 48:18 at his Stockade-athon debut in 2014.

**BIB 15-** Dylan Lowry ran a 1:12 half last year. Posted a 15:35 at the 2016 OK 5K this past June.

**BIB 16-** Aaron Lozier went sub 1:12 this year at the Hannaford Half and posted a 20:22 at the ROG 4 Miler.

**BIB 17-** Andrew Dionne – Syracuse runner made the podium at the 2016 Mountain Goat 10 miler . Last year ran sub 2:30 at the MHR Marathon.

**BIB 18-** Greg Selke ran to a sub 51minute 15K at the Boilermaker.

**BIB 19-** Shawn Donnegan posted a 20:53 at the Firecraker 4M, and won the Adirondack Half Marathon in 1:13:55.

**BIB 20-** Nick Webster ran a 72 half and posted a 51:08 in 2014. Missed most of 2015 with injury but is trending upward of late and is healthy.

### **Open Women's Field Summary**

**BIB 21** Karen Bertasso placed 4<sup>th</sup> in the 2015 Stockade-athon (56:11). Earlier this year she ran a 2:46 marathon at Houston, finished 2<sup>nd</sup> female at the Firecracker 4 miler in Saratoga Springs. 5K 17:31 at Flat Fast 5K in Westfield Ma.

**BIB 22** Katie O'Regan is a Stockade-athon mainstay who routinely finishes on the podium (top 5). She finished 5<sup>th</sup> last year and is a regular mountain goat. She placed 20<sup>th</sup> at the USA Mountain Running Championships this year in NH.

**BIB 23** Erin Lopez- Winner of the Plattsburgh Half Marathon this spring and followed that with a 5K victory at the OK 5K in a PB 17:28.

**BIB 24** Molly Turner – won the Arsenal 5K in a course record 17:20 in September and followed with a victory at the Saratoga XC 5K this October in 17:47. This will be her 15K debut since returning to competitive running after taking parental leave the past few years.

**BIB 25** Katie Messina – Boston runner posted a 36:29 at the James Joyce 10K and a 79 half marathon earlier this spring. May better this rating.

**BIB 26** Hannah Brooker ran 2nd at the Troy Turkey Trot last November 36:55 and at this years Malta 5K where she posted a 17:33.

**BIB 27** Sasha Mindel – braved the heat at the Olympic Marathon Trials this past February. She returns to the Stockade-athon after a few years, and she has run well here in the past.

**BIB 28** Sara Buckley – winner of the Hartford 5K last month and recently ran a 37:35 10K PB. This will be her 15K debut.

### **Masters Men & Women**

**BIB 29** Mark Andrews 45 – National Masters 10K Champion at James Joyce (32:45) and won his age-group at National Masters 5K with a world class 15:39. In 2011 at age 41, Andrews finished 3<sup>rd</sup> at the Stockade-athon in 48:41.

**BIB 30** Kent Lemme 50- New England masters mainstay, won the Age-graded division at the 2014 Stockade-athon with a world class 51:02 at age 48.

**BIB 31** Joseph Ekoum 46- Kingston runner makes the trip to Schenectady nearly every year....posting a best 52:13 two years ago.

**BIB 32** Tim Van Olden 48- Masters Ace on roads and trails recently won the Age-graded division of the Saratoga XC 5K (16:15) AG 89.4%. At FOR National Masters 5K on the road...he posted up in 15:58, 12<sup>th</sup> overall.

**BIB 33** Emily Bryans - 2-time former Stockade-athon champ, has 11 top 5 finishes at the Stockade-athon and can still run sub 60 minutes for 15K. Recently she won the masters division of the Hannaford Half in 1:25:10.

**BIB 34** Erin Corcoran - made the masters podium at FRW 5K when she placed 4<sup>th</sup>, and also at the Boilermaker 15K where she placed 5<sup>th</sup> in 1:00:31. Finished a close second in the Masters Division at Hannaford Half in 1:25:13.

**BIB 35** Renee Tolan - was the top female masters at the Stockade-athon the past 2 years...running a career best 57:12 last year to place 6<sup>th</sup> overall. Earlier this spring was second masters at FRW 5K in 17:44 and won the Albany Workforce Challenge 3.5 mile race in 20:18.

**BIB 36** Derrick Staley – at the Stockade-athon last year he won his age-group with a 55:00 posting. Staley has been this regions top age-graded performer for the past decade eclipsing the 90% world class standard many times.

**BIB 37** John Stadtlander- Ran a 22:01 at the FC 4M, the top age-graded performance for men. Posted a 16:36 at the OK 5K in June, and ran 55:30 at the Masterdon 15K.

**BIB 38** John Noonan- Stockade-athon mainstay has stellar performances each year including 57:59 (Age 56); 57:06 (Age55); 56:43 (Age 54); 56:13 (Age 53).

**BIB 39** Kevin Dollard- ran 59:49 15K at age 60 last year and has ran sub 3 hour marathons several times in his late 50's.

**BIB 40** Tim Haley -Tivoli NY senior with impressive age-group performances each year, including a PB 58:47 at age 63. Haley also ran 60 minutes at age 64 and 65.

**BIB 41** Mark Mindel-Honorary Entrant. First Stockade-athon Race Director; won this event 3 times in the 1970's. Only person to run and finish all 40 races!

**BIB 42-** Roger Robinson ran at the world level for New Zealand and set masters marathon records at Boston and New York with a best of 2:18 at age 41 at Vancouver. A senior runner for Running Times and has been recognized with awards for journalism. At age 76 three years after knee replacement surgery, he made his Stockade-athon debut last year in 1:12:29....7:45 per mile pace.

**BIB 43** Susan Hay won the 1979 Stockade-athon as a Niskayuna HS runner (56:40), and posted a 61:11 at age 51 when she returned to the Stockade-athon for the first time since moving to Oregon.

**BIB 44** Beth Stalker- All around athlete who performs at the national level within her age-group in running and Tri-athlon. Locally, has set the standard for female age-graded performances the past 2 years....exceeding 85% consistently. Holds the all-time 50+ records at ROG 4, Delmar Dash, Bill Robinson 10K, OK 5K, and Troy Turkey Trot 10k.

**BIB 45** Stephanie Landy- All around athlete, runner, tri-athlete and mountain runner, who recently won her 5-year age division (55-59) at the world X Terra Games in Maui.

**BIB 46** Lori Kingsley, holds the Stockade-athon masters event record 56:10, and posted 4 sub 2:52 marathons as a master runner including a career best 2:46:45 at Boston at age 44, where she placed 2<sup>nd</sup> masters.

**BIB 47** Martha Degrazia a local distance running pioneer, Degrazia has completed 75 marathons since age 43, all competitive within her age-group. Degrazia focuses on International marathons in recent years...and still runs sub 4 hours.

**BIB 51** Karen Provnecher holds the 55-59 all-time record at the Bridge of Flowers 10K race and 2<sup>nd</sup> best all-time at the Adirondack Distance Classic in the same age-group.. National class AG runner...enters the Stockade-athon in a new age category (60-64).

### **Late Entrants**

**BIB 48** Carlos Roa- NYC chef ran to a 9<sup>th</sup> place finish at Philly Rock and Roll Half 71.10. Roa is training for a Spain marathon in December.

**BIB 49** Cole Sanseverino- the boyfriend of course record holder Megan Hogan, has focused on the track with sub 32 minute 10K results.

**BIB 50** John Busque made the podium at the FC4 Miler this year (19:55), and placed 5<sup>th</sup> in the 2015 Stockade-athon with a personal best 47:34.

**BIB 85** ED Whitlock fresh off a world record marathon performance in Toronto in October where he posted a remarkable 3:56 marathon at age 85, one runs out of superlatives to describe this legendary distance runner from Canada. He remains the only person to ever run a sub 3-hour marathon after age 70, accomplishing this feat multiple times from age 71 through 74 with a world record best of 2:54:58 at age 73! He has run sub 60 minutes 3 times after age 70 at the Stockade-athon with a best of 58:57 at age 73. Welcome back Ed!