

## Onondaga Lake Park Thursday Night Fun Run June 15, 2023

It was a nice evening with a 75 degree temperature, 41% relative humidity and a 14 MPH W wind.

### 400 Meters

Name	Time	Age
Ava LaValle	1:31	13
Nell Pierce	2:20	8

### 2 Miles

Name	Time	Age
Spencer Ruediger	11:23	22
Warren Staver	11:58	27
Ava LaValle	15:32	13
Emma Dunn	21:30	27
Bob Michiel	23:38	73
Dan Kanaley	24:13	75

### 5K

Name	Time	Age
Nicole Barbour	22:42	29
Bob Holdenbetts	23:48	48
Trista Holdenbetts	24:39	49
Elizabeth Poole	25:37	24
Richard Bower	30:14	51
Melissa Phelps	34:32	37
Amanda Howard	36:42	29
Amanda Russell	40:16	32
Rebecca Figueras	40:33	32
Chris Rogers	40:33	32

### 4 Miles

Name	Time	Age
Jim Cox	35:12	62

### 8K

Name	Time	Age
John Schaefer	48:01	51
Matt Dyer	48:37	28
Moe Colosi	49:27	70
Siddharth Gaelladurat	??:??	28