

2026 Glens Falls Hospital Foundation Aloha 5K and 1Mile Walk/Rur



Age Group Awards

| Plac | Bib | Name | Age | Gender | Team | GunTime | Pace |
|------------------------------|-----|---------------------|-----|--------|-----------------------------------|---------|------------|
| 5K | | | | | | | |
| Male 14 & Under | | | | | | | |
| 1. | 465 | Hardy, Cameron | 10 | M | | 27:50.5 | 8:58 / mi |
| 2. | 104 | Dickson, Nate | 14 | M | The Runny Noses | 30:25.3 | 9:48 / mi |
| 3. | 312 | Nudi, Owen | 9 | M | | 33:06.6 | 10:40 / mi |
| Female 14 & Under | | | | | | | |
| 1. | 52 | Carolan, Mila | 13 | F | | 26:47.1 | 8:38 / mi |
| 2. | 163 | Goddard, Evelyn | 11 | F | CR Wood Warriors | 30:33.0 | 9:51 / mi |
| 3. | 424 | Weigand, Grace | 8 | F | | 32:05.1 | 10:20 / mi |
| Male 15-19 | | | | | | | |
| 1. | 102 | Dickson, Ben | 16 | M | The Runny Noses | 24:25.5 | 7:52 / mi |
| 2. | 198 | Hartwell, Hayden | 15 | M | Capital Area Physical Therapy And | 25:51.5 | 8:20 / mi |
| 3. | 7 | Alessi, Haven | 17 | M | Epic Runtime! | 26:54.1 | 8:40 / mi |
| Female 15-19 | | | | | | | |
| 1. | 404 | Varney, Allyson | 17 | F | The Stat Pack (Nursing Group) | 39:58.6 | 12:53 / mi |
| 2. | 26 | Bell, Izabella | 17 | F | | 41:25.1 | 13:21 / mi |
| Male 20-29 | | | | | | | |
| 1. | 343 | Richardson, Scott | 27 | M | Herzog Law Firm | 22:04.8 | 7:07 / mi |
| 2. | 5 | Ahrens, Zack | 27 | M | The Rehab Racers | 22:28.3 | 7:14 / mi |
| 3. | 37 | Brayton, Joshua | 28 | M | | 22:47.1 | 7:20 / mi |
| Female 20-29 | | | | | | | |
| 1. | 17 | Bain, Katie | 27 | F | The Quality Quacks | 25:56.1 | 8:21 / mi |
| 2. | 447 | Morton, Kaylie | 23 | F | | 27:11.1 | 8:46 / mi |
| 3. | 6 | Albert, Keana | 27 | F | | 28:47.8 | 9:17 / mi |
| Male 30-39 | | | | | | | |
| 1. | 396 | Truax, Tyler | 34 | M | Glens Falls Run Club | 20:17.3 | 6:32 / mi |
| 2. | 347 | Rodman, Stephen | 36 | M | Glens Falls Run Club | 22:53.7 | 7:23 / mi |
| 3. | 213 | Hunsinger, Nick | 36 | M | Glens Falls Run Club | 23:19.6 | 7:31 / mi |
| Female 30-39 | | | | | | | |
| 1. | 378 | Tirrell, Rheana | 33 | F | Glens Falls Run Club | 25:51.9 | 8:20 / mi |
| 2. | 421 | Weatherhead, Jordan | 35 | F | Glens Falls Run Club | 25:55.1 | 8:21 / mi |
| 3. | 398 | Vacchio, Jennifer | 38 | F | Herzog Law Firm | 25:56.4 | 8:22 / mi |
| Male 40-49 | | | | | | | |
| 1. | 188 | Hare, Jason | 49 | M | The Quality Quacks | 20:18.6 | 6:33 / mi |
| 2. | 250 | Legere, Ryan | 42 | M | Fort Miller Group | 21:56.7 | 7:04 / mi |
| 3. | 451 | Graham, Derek | 44 | M | | 22:28.3 | 7:14 / mi |
| Female 40-49 | | | | | | | |
| 1. | 22 | Barbieri, Alexandra | 41 | F | Glens Falls Run Club | 25:29.2 | 8:13 / mi |
| 2. | 111 | Doran, Anna | 46 | F | Glens Falls Run Club | 28:25.6 | 9:10 / mi |
| 3. | 224 | Kergel, Amanda | 43 | F | | 29:30.7 | 9:31 / mi |

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| Plac | Bib Name | Age | Gender | Team | GunTime | Pace |
|------------------------------|----------------------------|-----|--------|----------------------|---------|------------|
| Male 50-59 | | | | | | |
| 1. | 417 Waldmann, Jesse | 54 | M | Where's Waldmann | 23:17.0 | 7:30 / mi |
| 2. | 225 Kergel, Jeremy | 51 | M | | 25:39.8 | 8:16 / mi |
| 3. | 137 Fosmire, Wayne | 59 | M | Fort Miller Group | 25:51.4 | 8:20 / mi |
| Female 50-59 | | | | | | |
| 1. | 246 Law, Kirsten | 56 | F | | 30:14.7 | 9:45 / mi |
| 2. | 253 Lorrain, Carrie | 57 | F | The Quality Quacks | 32:52.4 | 10:36 / mi |
| 3. | 416 Wagner, Jill | 55 | F | Glens Falls Run Club | 33:35.5 | 10:50 / mi |
| Male 60-69 | | | | | | |
| 1. | 445 Watkins, Randy | 62 | M | | 24:25.9 | 7:52 / mi |
| 2. | 356 Seyb, Ron | 65 | M | | 25:59.2 | 8:22 / mi |
| 3. | 143 Gaffney, Jim | 66 | M | | 26:37.5 | 8:35 / mi |
| Female 60-69 | | | | | | |
| 1. | 184 Hanehan, Cathy | 62 | F | The Quality Quacks | 36:16.7 | 11:42 / mi |
| 2. | 244 LaRock, Linda | 66 | F | | 37:17.1 | 12:01 / mi |
| 3. | 289 Monahan, Patricia | 64 | F | | 39:08.7 | 12:37 / mi |
| Male 70-79 | | | | | | |
| 1. | 319 Parker, Eric | 70 | M | | 35:33.0 | 11:28 / mi |
| 2. | 408 Vavasour, John | 77 | M | | 46:31.2 | 15:00 / mi |
| Female 70-79 | | | | | | |
| 1. | 53 Carpenter, Alice | 75 | F | | 47:49.0 | 15:25 / mi |
| 2. | 175 Green, Victoria | 71 | F | | 52:13.7 | 16:50 / mi |
| 3. | 316 Paetsch, Mary | 76 | F | | 56:55.4 | 18:21 / mi |
| Male 80+ | | | | | | |
| 1. | 467 Weatherherd, Andrew | 87 | M | | 26:58.4 | 8:42 / mi |
| 2. | 315 Paetsch, Gerry | 82 | M | | 56:56.1 | 18:21 / mi |
| Female 80+ | | | | | | |
| 1. | 448 Johnston, Nancy | 80 | F | | 52:57.8 | 17:05 / mi |
| No age Listed | | | | | | |
| 1. | 218 Jacobs, Michael | 99 | M | | 26:56.2 | 8:41 / mi |
| 1. | 301 Neigh, Michael | 99 | F | | 33:29.6 | 10:48 / mi |
| 2. | 127 Fairbanks, Brenda | 99 | F | | 39:08.7 | 12:37 / mi |
| 2. | 351 Rusate, Alex | 99 | M | | 37:00.6 | 11:56 / mi |
| 3. | 47 Bussing, Michelle | 99 | F | | 54:21.5 | 17:32 / mi |
| 1 Mile Walk/Run | | | | | | |
| Male 14 & Under | | | | | | |
| 1. | 271 Mason, Jr, Christopher | 9 | M | CR Wood Warriors | 20:20.6 | 20:20 / mi |
| 2. | 64 Changelo, Rolland | 9 | M | The Rehab Racers | 22:13.6 | 22:13 / mi |
| 3. | 412 Vooris, Sam | 8 | M | | 23:09.0 | 23:08 / mi |
| Female 14 & Under | | | | | | |
| 1. | 410 Vooris, Emma | 6 | F | | 21:31.1 | 21:31 / mi |

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|------|-------------------|-----|--------|------|---------|------------|
| 2. | 456 Ives, Mia | 10 | F | | 24:15.4 | 24:15 / mi |
| 3. | 402 Vallone, Lola | 7 | F | | 26:01.2 | 26:01 / mi |

Female 15-19

| | | | | | | |
|----|-----------------------|----|---|--------------------|---------|------------|
| 1. | 370 Susko, Cassandra | 19 | F | The Quality Quacks | 21:08.1 | 21:08 / mi |
| 2. | 120 Durling, Margaret | 17 | F | Epic Runtime! | 21:15.6 | 21:15 / mi |
| 3. | 119 Durling, Jillian | 15 | F | Epic Runtime! | 21:16.0 | 21:15 / mi |

Male 20-29

| | | | | | | |
|----|---------------------|----|---|--------------------|---------|------------|
| 1. | 23 Barrett, Kyle | 29 | M | The Quality Quacks | 19:52.5 | 19:52 / mi |
| 2. | 313 O'Leary, Keegan | 28 | M | The Quality Quacks | 25:13.4 | 25:13 / mi |

Female 20-29

| | | | | | | |
|----|------------------------|----|---|--------------------|---------|------------|
| 1. | 449 Hyde, Kiley | 24 | F | The Rehab Racers | 19:04.4 | 19:04 / mi |
| 2. | 13 Arehart, Hannah | 28 | F | The Quality Quacks | 19:53.0 | 19:52 / mi |
| 3. | 107 Dimick-Mack, Sarah | 27 | F | | 24:18.2 | 24:18 / mi |

Male 30-39

| | | | | | | |
|----|--------------------|----|---|------------------|---------|------------|
| 1. | 155 Ghulam, Robert | 36 | M | The Rehab Racers | 25:13.0 | 25:12 / mi |
| 2. | 139 Frys, James | 31 | M | | 28:23.4 | 28:23 / mi |
| 3. | 376 Thakkar, Chris | 32 | M | | 30:36.6 | 30:36 / mi |

Female 30-39

| | | | | | | |
|----|----------------------|----|---|-------------------------------|---------|------------|
| 1. | 43 Burns, Kayla | 35 | F | The Stat Pack (Nursing Group) | 20:13.5 | 20:13 / mi |
| 2. | 39 Brown, Jenna | 37 | F | | 21:08.2 | 21:08 / mi |
| 3. | 69 Choudhary, Faryal | 38 | F | | 24:17.6 | 24:17 / mi |

Male 40-49

| | | | | | | |
|----|------------------------|----|---|------------------|---------|------------|
| 1. | 309 Nudi, Alan | 42 | M | | 16:32.6 | 16:32 / mi |
| 2. | 452 Silver, Robert | 42 | M | | 21:58.3 | 21:58 / mi |
| 3. | 268 Mason, Christopher | 44 | M | CR Wood Warriors | 24:09.3 | 24:09 / mi |

Female 40-49

| | | | | | | |
|----|----------------------|----|---|------------------|---------|------------|
| 1. | 450 Hyde, Tracy | 47 | F | The Rehab Racers | 19:04.7 | 19:04 / mi |
| 2. | 453 Evellis, Shannon | 40 | F | | 21:59.8 | 21:59 / mi |
| 3. | 93 Decker, Jamee | 46 | F | The Rehab Racers | 22:43.5 | 22:43 / mi |

Male 50-59

| | | | | | | |
|----|-----------------|----|---|--------------------|---------|------------|
| 1. | 372 Susko, Mark | 54 | M | The Quality Quacks | 21:06.2 | 21:06 / mi |
| 2. | 19 Bain, Sean | 59 | M | The Quality Quacks | 25:14.6 | 25:14 / mi |

Female 50-59

| | | | | | | |
|----|-----------------------|----|---|-----------------------------------|---------|------------|
| 1. | 371 Susko, Colleen | 55 | F | The Quality Quacks | 21:08.8 | 21:08 / mi |
| 2. | 380 Torrissi, Deirdre | 58 | F | Capital Area Physical Therapy And | 23:11.1 | 23:11 / mi |
| 3. | 430 Win, San | 52 | F | | 48:03.7 | 48:03 / mi |

Male 60-69

| | | | | | | |
|----|--------------------------|----|---|-----------------------------------|---------|------------|
| 1. | 383 Torrissi Jr., Thomas | 62 | M | Capital Area Physical Therapy And | 23:11.3 | 23:11 / mi |
| 2. | 276 McDermott, Tom | 68 | M | The Stat Pack (Nursing Group) | 24:04.2 | 24:04 / mi |
| 3. | 148 Geddes, Mark | 67 | M | Glens Falls Run Club | 27:14.1 | 27:14 / mi |

Female 60-69

| | | | | | | |
|----|--------------------|----|---|-------------------------------|---------|------------|
| 1. | 203 Heidorf, Donna | 68 | F | The Stat Pack (Nursing Group) | 20:12.2 | 20:12 / mi |
|----|--------------------|----|---|-------------------------------|---------|------------|

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|------|-----|----------------|-----|--------|------------------|---------|------------|
| 2. | 285 | Mic, Lidia | 68 | F | The Rehab Racers | 23:59.5 | 23:59 / mi |
| 3. | 65 | Chase, Jeannie | 62 | F | The Rehab Racers | 23:59.8 | 23:59 / mi |

Male 70-79

| | | | | | | | |
|----|----|----------------|----|---|------------------|---------|------------|
| 1. | 34 | Bradway, Larry | 78 | M | The Rehab Racers | 34:39.0 | 34:38 / mi |
|----|----|----------------|----|---|------------------|---------|------------|

Female 70-79

| | | | | | | | |
|----|-----|-------------------|----|---|--------------------|---------|------------|
| 1. | 226 | Kimball, Kathleen | 71 | F | The Quality Quacks | 24:20.8 | 24:20 / mi |
| 2. | 252 | Little, Connie | 70 | F | The Rehab Racers | 24:55.7 | 24:55 / mi |
| 3. | 324 | Persons, Donna | 73 | F | The Rehab Racers | 24:56.0 | 24:55 / mi |

Male 80+

| | | | | | | | |
|----|-----|-----------------|----|---|-----------------------------------|---------|------------|
| 1. | 381 | Torrisi, Thomas | 86 | M | Capital Area Physical Therapy And | 23:15.4 | 23:15 / mi |
| 2. | 459 | Lyons, Tom | 81 | M | | 27:08.0 | 27:07 / mi |

Female 80+

| | | | | | | | |
|----|-----|----------------|----|---|--------------------|---------|------------|
| 1. | 20 | Bain, Sharon | 81 | F | The Quality Quacks | 25:14.5 | 25:14 / mi |
| 2. | 308 | Novotny, Nancy | 83 | F | | 53:09.1 | 53:09 / mi |
| 3. | 455 | Carfo, Nonie | 81 | F | | 53:09.7 | 53:09 / mi |