

SYRATHON 2016

Welcome aboard the Syrathon Road Race Challenge for 2016! Below is the Syrathon Mileage Chart for 2016, **updated through the Strathmore Parks Run** on September 11th ... Check back within a week or so of each Series race to make sure your mileage was properly updated. If your mileage does not seem complete, please let us know... We may have missed something! Send an e-mail to cabbott@syrgov.net with any questions! Best of luck with your running goals for 2016!

GOALS: Syrathoner: 26.2 miles / Ultra Syrathoner: All 7 races plus a fun run, for 35+ miles

First Name	Last Name	T.H.	MG	PB	VNC	IH	Stra	EWD	Fun	Total
Cathy	Abbott	4	10	3.1	4	3.1	4		0	28.2
Renee	Affinati	4	10		4	3.1	4		3	28.1
Kathy	Arsenault		1.8	3.1	4	3.1	4		6	22
Christine	Asmus	4	10	3.1	4	3.1	4		9	37.2
Jade	Asmus	4	10	3.1	4	3.1			3	27.2
Jeremie	Auge	4	10	3.1	4	3.1			0	24.2
Thomas	Beeman	4	10						0	14
Caitlin	Bennett	4	10						0	14
Lauren	Berkun	4	10	3.1	4	3.1	4		9	37.2
Sarah	Birch	4							0	4
Michelle	Blair	4	10	3.1		3.1			3	23.2
Greg	Boehler	4	10	3.1		3.1			6	26.2
Theresa	Boehler	4	10	3.1		3.1			6	26.2
Michael	Bonadonna	4	10	3.1		3.1	4		0	24.2
Christopher	Bowman	4			4				0	8
Tina	Bowman	4	10	3.1	4	3.1	4		3	31.2
Debbie	Bowyer	4							0	4
Michelle	Breidenbach	4	10						0	14
Maggie	Bristol		10	3.1					0	13.1
Wendy	Broton	4	10	3.1		3.1			3	23.2
Chris	Brunelle	4		3.1					3	10.1
Sarah	Burns	4		3.1					3	10.1
Melissa	Button	4	10	3.1	4	3.1	4		3	31.2
Chris	Byrnes								0	0
Alexandra	Cannon	4							0	4
Paul	Cantello	4	10	3.1	4		4		9	34.1
Lauren	Cassidy	4	10	3.1		3.1	4		3	27.2

Steven	Challis	4	10	3.1		3.1			3	23.2
Erik	Cominolli	4	10	3.1		3.1	4		0	24.2
Sally	Cornelison		10	3.1	4	3.1			6	26.2
Danielle	Cross	4	10						0	14
John	Crowley	4	10	3.1	4	3.1	4		9	37.2
Judy	Crowley	4	10	3.1		3.1	4		6	30.2
Melissa	Crysler	4	5	3.1	4	3.1	4		3	26.2
Willson	Cummer		10						0	10
Ryan	Dague	4	10		4	3.1	4		3	28.1
Naser	Darwish	4	10		4				0	18
Deborah	Deming	4	10						0	14
Natasha	Demlein		10						0	10
John	DeMott								0	0
Dean	Derbyshire	4	10	3.1	4	3.1	4		3	31.2
Claire	Ders	4	1.8	3.1	4	3.1	4		0	20
Diane	Detrick	4	10	3.1	4				9	30.1
Jenny	Dickinson		10	3.1		3.1	4		0	20.2
Jes	Dickinson	4	10	3.1	4		4		3	28.1
Sheriah	Dixon		10						0	10
Khristopher	Dodson	4	10		4	3.1	4		0	25.1
Penny	Donahue	4	10	3.1	4	3.1	4		3	31.2
Elizabeth	Dubiel	4	10	3.1	4	3.1	4		3	31.2
Brett	Dumais	4	10			3.1			9	26.1
Melanie	Dunn	4		3.1	4	3.1	4		6	24.2
Jessica	Durst	4							0	4
Karen	Dygert	4	10	3.1	4	3.1			3	27.2
Danielle	Edwards	4		3.1					0	7.1
Michael	Edwards	4		3.1					0	7.1
Ted	Emmanuel	4	10	3.1	4	3.1	4		6	34.2
Michael	Fallon	4	10			3.1	4		9	30.1
Caitlyn	Ferber	4		3.1					0	7.1
Brandi	Ferrini	4	10	3.1	4	3.1	4		3	31.2
John	Ferrini	4	10	3.1	4	3.1	4		6	34.2
Bradley	Fetes	4	10	3.1		3.1			3	23.2
Gretchen	Fitzgerald		10	3.1					0	13.1
Andrew	Foster	4	10	3.1	4	3.1			0	24.2
Mark	Fullerton	4	10	3.1	4	3.1	4		0	28.2
Eva	Goodwin	4	10	3.1					0	17.1

Bill	Hastings	4	10	3.1	4	3.1	4		0	28.2
Betsy	Henderson	4	5	3.1	4	3.1	4		6	29.2
Jake	Herrick	4	10				4		6	24
Christopher	Hess	4	10	3.1	4	3.1	4		0	28.2
LaShonda	Hill		10						0	10
Cynthia	Hoalcraft	4							0	4
Chris	Holverson	4	10						0	14
Diana	Jaramillo	4	10						0	14
Cindy	Jefferds	4	10	3.1	4	3.1	4		9	37.2
Denise	Johns	4		3.1	4	3.1	4		3	21.2
Stephanie	Johnson	4	10						0	14
Jeffrey	Jones	4	10	3.1	4	3.1	4		3	31.2
Lynn	Jones	4	10	3.1	4	3.1	4		0	28.2
Micheal	Jones	4	10	3.1	4	3.1	4		9	37.2
Michael	Jordan	4	10	3.1		3.1	4		9	33.2
Dianna	Joslyn		10	3.1			4		6	23.1
Karen	Keller	4	10	3.1	4				3	24.1
Todd	Keller	4	10	3.1	4	3.1	4		6	34.2
David	Kent	4	10		4	3.1	4		0	25.1
Jessica	Knapp	4	10	3.1	4	3.1	4		3	31.2
Kristen	Kohanski	4	10	3.1	4		4		3	28.1
Cynda	Lamb	4	10	3.1	4	3.1	4		6	34.2
Rosemary	Laquidari	4	10	3.1			4		6	27.1
Yiu	Lau		10	3.1	4				6	23.1
Serena	Lazarus	4	10	3.1	4	3.1	4		3	31.2
Andrew	Lodge	4	10	3.1	4	3.1	4		0	28.2
Joelle	Lutgen	4	10	3.1			4		6	27.1
Mary	MacBlane	4	10	3.1	4				0	21.1
Jeannine	Malay	4	10	3.1		3.1	4		3	27.2
Donalea	Maloney	4		3.1	4		4		6	21.1
Jordyn	Maloney	4							0	4
Colin	Massulik	4	10	1.8					0	15.8
Jennifer	Matott	4	10	3.1		3.1	4		0	24.2
Frank	Mayville	4	10	3.1	4				6	27.1
Robin	Mcenaney	4	10			3.1	4		0	21.1
Scott	Mcgraw	4	10	3.1		3.1	4		0	24.2
Peter	McMahon	4	5	3.1	4	3.1	4		0	23.2
Cynthia	Mead	4	10						3	17

Krissy	Menkins	4		3.1					0	7.1
Alyssa	Merriam	4	10						0	14
Sherry	Merriam	4	10		4				0	18
Beth	Meyer	4		3.1	4	3.1	4		6	24.2
Keith	Meyer	4		3.1	4	3.1	4		6	24.2
Jean	Miller	4	10	3.1		3.1	4		0	24.2
Wilfred	Miller	4	1.8	3.1		3.1	4		0	16
Beth	Montague	4	10	3.1	4	3.1	4		6	34.2
Connor	Moore	4		3.1		3.1	4		9	23.2
Karen	Moore	4		3.1		3.1	4		9	23.2
Jen	Morgan		10	3.1			4		0	17.1
Mike	Morgan	4	10		4				3	21
Amy	Morton	4	10	3.1			4		3	24.1
Nick	Mozzetti	4	5	3.1	4	3.1	4		9	32.2
Maureen	Mulderig			3.1					0	3.1
Nick	Mulderig								0	0
Lucille	Murphy	4	5		4	3.1			3	19.1
Michael	Myers	4	10	3.1	4	3.1			3	27.2
Anders	Nelson	4	10	3.1	4	3.1	4		6	34.2
Eric	Neubauer	4	10	3.1					0	17.1
Federica	Panozzo	4							0	4
Joshua	Parsons	4		3.1	4	3.1	4		3	21.2
Lauren	Patton	4	10						0	14
Mark	Person	4	10	3.1	4	3.1	4		0	28.2
Lara	Philip	4	10						6	20
Elizabeth	Robinson		10	3.1					3	16.1
Heather	Rogers	4	10	3.1		3.1	4		0	24.2
Bob	Ryan	4	10		4		4		0	22
Robert	Santos	4	10	3.1	4				6	27.1
Kevin	Sapio	4	10	3.1	4				0	21.1
Richard	Sargent	4	10	3.1	4	3.1	4		0	28.2
Wendy	Savage	4	10			3.1	4		6	27.1
Robert	Savage Jr		10		4				6	20
Mark	Schaeber	4	11.8	3.1	4	3.1	4		6	36
Lauren	Schaefer	4							0	4
Stefanie	Schimpff	4	10	3.1	4		4		0	25.1
Kim	Schulz	4	10		4				6	24
Andrew	Schweitzer	4	10			3.1			3	20.1

Pauline	Shostack	4							0	4
Steve	Smorol	4	10	3.1					3	20.1
Donna	Sparkes	4	1.8	3.1	4	3.1	4		6	26
William	Sparkes	4	10	3.1	4	3.1	4		6	34.2
Terrilyne	Speight	4	10	3.1					6	23.1
Brianna	Sprole	4	10	3.1					0	17.1
Steve	Stehman	4	10	3.1	4	3.1			6	30.2
Megan	Stilwell	4	10						0	14
Kaitlyn	Stooks	4	10						0	14
Deborah	Storrings	4	5	3.1	4	3.1	4		6	29.2
Samantha	Strang	4	10	3.1	4	3.1			0	24.2
Brian	Szyffer	4							0	4
Robyn	Taft-Smith	4	10	3.1	4	3.1	4		0	28.2
Sarah	Tandle	4	10						0	14
Jessica	Tatusko	4	10						0	14
Cindy	Taylor	4	1.8	3.1	4	3.1	4		0	20
Morgan	Thomas	4	5	3.1	4	3.1	4		9	32.2
Allyson	Towndrow	4	10	3.1	4	3.1	4		0	28.2
Seth	Tucker	4	10	3.1		3.1			3	23.2
Amanda	Van Vorce	4	5	3.1					3	15.1
Ben	Walsh								0	0
Bridget	Walsh	4							0	4
Lindsay	Walsh								0	0
Sarah	Wansart	4							0	4
Grahame	Ward	4		3.1					6	13.1
April	Wertheim	4	10			3.1			0	17.1
Jennifer	Wheeler	4	10		4	3.1			3	24.1
Jeff	Winchell								0	0
Kelly	Winchell	4	10						0	14
Christopher	Wojnarek			3.1					6	9.1
Ashley	Woodard		10						0	10
Jennifer	Woody	4	10						0	14