

Seventh Annual River 5k - Ladies Day

"LADIES DAY" AT THE 7TH ANNUAL RIVER 5K IN PATCHOGUE

It's a rare thing when a woman wins a road race outright, even when that woman is as talented a runner as 24 year old Bay Shore star Laura Cummings. But Cummings won the May 6th Keegan & Keegan, Ross & Rosser River 5K Run at the River Elementary School in Patchogue in commanding fashion, with a 17:09 finish that gave her a 19 second margin over runner-up (and first male) John Theissen. Even more unusual from a purely sexist standpoint, the ladies captured four of the first seven places, with Jessica Petermann, Barbara Russo, and Elizabeth Waywell capturing 4th, 5th and 7th places overall.

135 finishers, including a contingent of 29 GLIRC members, opted for the River 5K in lieu of the Long Island Marathon this year. Nice job by Dina Underwood and the River Elementary School PTA, nice post-race refreshments, great raffle and a quick and accurate results by timer/scorer Nikita Dorcinvil.

GLIRC Award winners at the River 5K were: John Theissen (1st male OA), Alexandra Russo (1st woman 15-19), Kathleen Dillon (1st woman 20-24), Rebecca Allenbrand (2nd woman, 25-29), Jessica Peterman (1st woman 30-34), Gigi Becker (3rd woman, 35-39), Lorraine Browne (1st woman 40-44), Vic Guadagnino (3rd 40-44), Barbara Russo (1st woman 45-49),), Jerry Crennan (1st 50-54), Rick Secor (2nd 50-54), Elizabeth Waywell (1st woman 50-54), Susan Critz (3rd woman 50-54), Rosemary Camilleri (1st woman 55-59), Laurie McMillan (2nd woman 55-59), Joe D'Agostino (2nd 60-64), Tom Keegan (3rd 60-64), Christine Brakel (1st woman 60-64), Maury Dean (1st 65-69), John Parrish (2nd 65-69), James Wegryn (3rd 65-69).

GLIRC finishers included: John Theissen (17:28, a PR), Jessica Peterman (19:31), Barbara Russo (19:42), Elizabeth Waywell (19:51), Jerry Crennan (21:25), Rick Secor (22:04), Maury Dean (22:14), Alexandra Russo (22:19), Lorraine Browne (22:59), Kathleen Dillon (23:36), Joe D'Agostino (23:38, a PR), Tom Keegan (25:23), Vic Guadagnino (25:28), Susan Critz (27:12), John Parrish (27:59), Rebecca Allenbrand (28:03),), Christine Brakel (28:26), Rosemary Camilleri (29:03), James Wegryn (29:18), Jessica Guadagnino (29:42), Chip Herbst (30:38), Gigi Becker (32:26), Dawn Tenny (32:34), Robin Portnoy (32:35), Kathie Gabriel (32:57), Bob Koening (33:12), Laurie McMillan (35:22), Anita Wooten (36:28).



John Theissen



Jessica Petermann



Barbara Russo



Elizabeth Waywell



Jerry Crennan



The view from the start on River Avenue



Rick Secor



Maury Dean



Lorraine Browne



Kathleen Dillon



Joe D'Agostino



Tom Keegan



Vic Guadagnino



Susan Critz



John Parrish



Rebecca Allenbrand



Christine Brahel



Rosemary Camilleri



James Wigrzyn



Chip Herbst



Gigi Becker



Bob Ruernig



Laurie McMillen



Dawn Terry outkicks Robin Portnog



Kathie Gabriel



Anita Woolen