

MARATHON RESULTS

10/14/2012	Scotiabank Toronto Waterfront	Toronto, Canada	4:56:17	11:18
5/5/2013	New Jersey	Long Branch, NJ	4:21:31	9:58
9/22/2013	MVP Healthcare	Rochester, NY	3:57:03	9:02
5/25/2014	Keybank Vermont City	Burlington, VT	4:21:59	9:59
10/26/2014	Niagara Falls International	Niagara Falls, Canada	3:52:46	8:53
5/24/2015	Keybank Vermont City	Burlington, VT	3:46:04	8:37
10/25/2015	Marine Corps	Washington, DC	3:50:05	8:46
5/29/2016	Keybank Vermont City	Burlington, VT	4:55*	11:15*
10/30/2016	Marine Corps	Washington, DC		

*Time and pace unofficial; no official times given after 4:00 due to race cancellation

HALF MARATHON RESULTS

10/16/2011	Empire State	Syracuse, NY	2:10:58	9:58
8/26/2012	Turning Stone	Verona, NY	2:12:06	10:05
3/24/2013	Syracuse	Syracuse, NY	2:06:35	9:39
9/7/2013	Dunkin Run Arc Race	Syracuse, NY	1:53:11	8:38
9/21/2014	MVP Healthcare	Rochester, NY	1:53:33	8:40
4/26/2015	Flower City Challenge	Rochester, NY	1:48:30	8:16
9/20/2015	MVP Healthcare	Rochester, NY	1:51:02	8:28
4/3/2016	Syracuse	Syracuse, NY	1:56:11	8:52
9/18/2016	MVP Healthcare	Rochester, NY	2:01:59	9:21

BOILERMAKER 15K RESULTS

7/11/2010	Boilermaker	Utica, NY	1:46:35	11:26
7/10/2011	Boilermaker	Utica, NY	1:34:54	10:10
7/8/2012	Boilermaker	Utica, NY	1:30:12	9:40
7/14/2013	Boilermaker	Utica, NY	1:27:25	9:22
7/13/2014	Boilermaker	Utica, NY	1:21:55	8:47
7/12/2015	Boilermaker	Utica, NY	1:17:04	8:16
7/10/2016	Boilermaker	Utica, NY	1:24:06	9:01