

## **2023 McGuire's Breakfast Run Recap**

McGuire's Breakfast Runs have been on the Empire Runners schedule for more than 40 years now. While the courses have changed many times, the opportunity to run two races consecutive, and challenge oneself on big hills has not. Most importantly, the emphasis has stayed on having a good time running with new and old friends, and a chance to share a post-run breakfast together. Between the two races we had 51 finishers this year, and an especially speedy run by out-of-town guest Anthony Cortes who won the 8K in 29:26. Chris Gardina was runner up in the 8K, just after winning the 3K. On the women's side, Cathy Dubay dominated the day by winning both the 3K and 8K races. This year also featured what was likely a record number of McGuire's – Mike's wife, their kids and their families, with at least 3 grandkids. A big thank you to Kenny and Kathy Brown, Tori Meredith, and the McGuire family for helping to put on this year's race.

Continue to Pages 2 and 3 for race results.

**McGuire's Breakfast Runs 2023 - 3K Results**

<b>Place</b>	<b>Time</b>	<b>First Name</b>	<b>Last name</b>	<b>Gender</b>	<b>Age</b>
1	10:43	Christopher	Gardina	Male	38
2	11:28	Guy	Schott	Male	60
3	12:18	Derek	Sadorra	Male	18
4	12:45	Kanato	Creekmore	Male	12
5	12:58	Cathy	Dubay	Female	59
6	13:11	Kosuke	Cugini	Male	12
7	13:28	Kerry	Hanlon	Female	51
8	13:44	Spencer	Joyce	Male	31
9	14:03	Andrea	Guzman	Female	42
10	14:16	Andy	Howard	Male	62
11	14:17	Cameron	Tully-Smith	Male	46
12	14:17	Neil	Ortiz	Male	54
13	17:09	Parker	Duncan Diaz	Male	55
14	17:16	Lisa Titus	Isabeau	Female	65
15	17:47	Rebekah	McGuire	Female	42
16	18:13	Shelly	Howe	Female	46
17	18:24	Gianna	Bannister	Female	9
18	18:24	Brandon	Bannister	Male	48
19	19:02	Paul	Peck	Male	62
20	19:13	Olive	McGuire	Female	10
21	19:58	Sean	McGuire	Male	44
22	20:20	Marcelo	Azevedo	Male	8
23	20:21	Francisco	Azevedo	Male	42
24	20:38	Emma	McGuire	Female	8
25	23:39	Molly	McGuire	Female	48
26	23:40	Dylan	Nunn	Male	14
27	24:01	Aurelio	Azevedo	Male	6
28	24:10	Alyssa	Keeney-Roe	Female	42
29	26:45	Mike	Fairchild	Male	78
30	26:45	Andrew	Fairchild	Male	38

**McGuire's Breakfast Runs 2023 - 8K Results**

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<b>Place</b>	<b>Time</b>	<b>First Name</b>	<b>Last name</b>	<b>Gender</b>	<b>Age</b>
1	29:26	Anthony	Cortes	Male	29
2	34:19	Christopher	Gardina	Male	38
3	34:21	Spencer	Joyce	Male	31
4	36:01	Francisco	Azevedo	Male	42
5	38:29	Cathy	Dubay	Female	59
6	39:05	Neil	Ortiz	Male	54
7	39:42	J.R.	Mintz	Male	57
8	39:49	Kerry	Hanlon	Female	51
9	39:59	Leah	Cederborg	Female	18
10	40:11	Margaret	Pedersen	Female	28
11	41:20	Derek	Sadorra	Male	18
12	41:31	Cameron	Tully-Smith	Male	46
13	41:34	Bella	Erwin	Female	22
14	44:24	Andrea	Guzman	Female	42
15	45:15	Andy	Howard	Male	62
16	49:32	Parker	Duncan Diaz	Male	55
17	52:30	Lisa Titus	Isabeau	Female	65
18	55:03	Tanya	Narath	Female	60
19	1:00:32	shelly	howe	Female	46
20	1:00:50	Asher	Nathan	Male	76
21	1:08:00	William	Parks	Male	71