

Inaugural 5k in memory of Frank Romano huge success

BY LAURIE GORDON

GOSHEN — The Inaugural Frank J. Romano Rock N' Run 5k, held on Sunday at Goshen High School, attracted runners from all over the region.

Nick Kealy, who traveled to the race with members of the Kittatinny High School Cross Country Team, from Sussex County, N.J., was the champion completing the hilly circuit five-kilometer course in 17:47.

"I liked the course and it was awesome to win first place," said the senior from Layton, N.J.

Until this year, Kealy spent his falls playing soccer but converted over to cross-country for the 2010 season.

Gregory Foster of Goshen was second, running 17:54, and Kealy's teammate, sophomore Mark Stark, was third in 17:57.

In the women's race, the champion was Erin Ballard, who came to Goshen from Boston to run. She swept the women's field turning in a time of 19:04.

The event benefited the Frank J. Romano Foundation and the memory of a civic-minded man. Romano's daughters — Carolyn Romano, Amy Byers, Kelly Jeffers, and Dina Prosser — started the foundation to honor their father's lifelong dedication to public service and to continue his legacy of charitable work. He was councilman, then supervisor, on the Goshen Town Board, and before that served on the Village of Goshen's Zoning Board of Appeals. He also did volunteer work with the Italian-American Club. Romano died on July 17, 2007, at the age of 66.

"Our dad lived fully immersed in the belief that anything was possible and that we could do anything," said his daughter and the foundation's president, Carolyn Romano.

She recalled how he once fished her keys

out from behind the Goshen High School lockers.

"I had to call him and tell him what had happened," she said. "The lockers had this slant so my friend was throwing the keys up and catching them as they slid down. I knew there was a slight gap, and that's where the keys of course ended up falling. My dad arrived with a fishing pole and proceeded to fish them out. He never doubted that he'd retrieve them."

Following the marquis event and the awards ceremony, there were kids races which saw three events: the three-year-olds, the five-year-olds and the six- and seven-year-olds. The race directors put each group through some stretches, and then races of varying lengths based on age were run down the high school track.

Live music and a barbecue followed, and event organizers said this will become an annual event. For further information about the foundation, visit: www.fjroundation.org.

Race results

Age Group/Place/Time/Name/City/Bib No/Age

M 17-19 117:47.4 Nick Kealy Layton NJ 233 17
M 30-39 2 17:54.9 Gregory Foster Goshen 125 37
M 14-16 3 17:57.3 Mark Stark Newton NJ 201 15
1 M 14-16 4 18:26.3 Christopher Maroni Middletown 146 15
2 M 14-16 5 18:31.3 Chris Avarella Fredon NJ 187 16
3 M 14-16 6 18:32.7 Blake Digialimo Newton NJ 114 15
F 20-29 7 19:04 Erin Ballard Boston Ma 205 26
1 M 50-59 8 19:37.7 Guy Gordon Newton NJ 185 52
1 M 40-49 9 19:56.5 Vaughan Banfield New Hampton 194 47
F 20-29 10 20:09.7 Kristin Matson Middletown 204 29
1 M 30-39 11 20:12.8 Kyle Wolfe Bethel Ct 229 39



PHOTOS BY LAURIE GORDON

Winner Nick Kealy, of Layton, N.J., poses with his coach after the event.

4 M 14-16 12 20:25.9 Kyle Pasake Aa 151 16
1 M 20-29 13 20:27.6 Tom Daly Chester 212 23
5 M 14-16 14 20:30.6 Michael Bussow Layton NJ 109 15
F 30-39 15 20:35.7 Carolina Hamilton Westtown 131 35
6 M 14-16 16 20:56.8 Nick Sullivan Goshen 166 15
2 M 20-29 17 20:57.7 Jon Redeker Goshen 156 27
1 M 17-19 18 21:05.6 Louis Rittendale Goshen 208 17
2 M 17-19 19 21:18.8 Dylan Amalfitano Newton NJ 227 18
3 M 17-19 20 21:30.8 Nick Savarese Newton NJ 226 18
2 M 30-39 21 21:35.5 Brian Skurla 196 30
1 M 13-22 22 21:50.6 Ryan Miele Warwick 149 12
2 M 20-29 23 22:26.1 Kyle Gordon Middletown 204 29

6 M 30-39 28 22:44.7 John Russo II Goshen 188 31
1 F 30-39 29 22:55.7 Lyn McCabe Bethel Ct 230 32
2 M 40-49 30 23:01.8 Enrique Pajemola Circleville 189 41
1 F 17-19 31 23:23.1 Tina Wildrick Goshen 175 17
2 M 50-59 32 23:39.7 Neal Frishberg Goshen 126 51
3 M 40-49 33 24:01.6 Bob Waterman Middletown 228 43
1 F 40-49 34 24:03.1 Daria Petraglia Philadelphia Pa 152 43
2 F 17-19 35 24:33.8 Emily Tooker Sandyston NJ 202 18
3 F 14-16 36 24:34.3 Amanda Sparling Newton 164 16