



## REDDING ROAD RACE FINISHER NEWSLETTER



# Say hello to...

100% NATURAL ENERGY

FAMILY FRIENDLY

CLEAN AND SIMPLE

We are proud to support the 1st Annual  
Redding Road Race and New Pond Farm.  
Congratulations to all the runners!



## MORE FLAVOR LESS STUFF

Clean, distinct flavor with minimal ingredients

Lightly sweetened with pure maple syrup

Naturally fuels the body for healthy, sustaining energy

Addictive family snack without the guilt

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## a true story

I have been receiving rave reviews from friends and clients about my secret oat concoction for many years. On Earth Day 2009, Ola! 100% Natural Granola was introduced to the marketplace for everyone to experience this incredibly delicious and some call "addictive" treat!

As a mother of three boys, wife and business woman, I originally made this granola treat for my family. By using only the best ingredients like whole grain oats and grains, aromatic flavors such as pure vanilla, cinnamon and Vermont maple syrup as a natural sweetener, our granola stands out from the rest. The perfect ready-to-go snack for the entire family.

We at Ola! Foods are committed to providing healthful sustaining foods that appeal to everyone. Ola! is Happy Good for You Energy Food®.

Enjoy!

*Dina H.*

Dina Houser, Founder, Ola! Foods, LLC



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## **A. Letter From Ann Taylor, New Pond Farm Executive Director**

Sunday, May 6<sup>th</sup>, New Pond Farm hosted its inaugural *Ola! Foods Redding Road Race ~ A Run For the Cows*. 500+ runners dedicated themselves to the 10K and the Half Marathon, and close to 50 youngsters joined us for Fun Runs around the pastures.

Inspiring stories abounded - some people ran in memory of loved ones while others ran to celebrate a triumph over a health challenge, and everyone was focused on doing their personal best. We had an amazing fleet-of-foot 11 year old complete the 10K in record time, we had CT's top women's runner in the over 60 age group, a young mother ran the 10K with two children in a stroller, and several grandparents and grandchildren ran together.

This was a fantastic event from start to finish and we would like to thank everyone who helped to make it a success. Police departments from Redding and Danbury, along with our EMTs, and cardiologist Dr. Harvey Kramer kept our runners safe; scores of dedicated race committee volunteers worked tirelessly; friends hosted aid stations; and neighbors ventured outside, some in their pajamas with their early morning coffee, to cheer and ring cow bells as runners passed by.

Special thanks to our more than fifty local sponsors, especially our top sponsor *Ola! Foods*. Their generous donations for funds, food, and products are gratefully appreciated. We encourage readers to visit [www.reddingroadrace.com](http://www.reddingroadrace.com) for a complete listing.

*But most of all, we extend our heartfelt thanks to the extraordinary John McCleary, an NPF member whose vision and passion guided us all. His months of hard work, attention to detail, and unending thoughtfulness were truly inspirational.*

Funds raised by the runners and sponsors will support the programs of the education center. We are so grateful for their overwhelming support.

We are already looking forward to next year!

With warm regards,

Ann Taylor, Executive Director

## **B. What is New Pond Farm?**

**New Pond Farm** is celebrating its 27th anniversary as an environmental education center with a small working farm! Our mission is to connect people with the land that enriches and sustains us all.

Our beautiful 102-acre property, once owned by our founder, actress Carmen Mathews, is an outstanding outdoor classroom: we have a variety of habitats for our environmental programs including woodlands, wetlands and pastures. Our Native American programs are enhanced by an authentically-recreated encampment. Our astronomy buildings are home to monthly astronomy programs as well as being the field station for Joel Barlow High School's astronomy classes. Our vegetable and herb programs are featured in our Shared Harvest Program. Our farm programs take place in our barns, which house milking cows, sheep, chickens and roosters. Our barn-like Learning Center with its classroom and spacious meeting areas has been the site of art shows, adult lectures, barn dances and more. In 2007 New Pond Farm was designated a Connecticut Dairy Farm of Distinction, people visiting our Dairy Annex may purchase freshly pasteurized milk and yogurt.

In the summer we host a small and personal residential camp. During three ten-day sessions, we bring together children from the inner cities of Connecticut with children from the surrounding area. Together these youngsters, aged 8-12, from diverse socioeconomic and ethnic backgrounds form friendships, develop an understanding and appreciation of one another as individuals and have a marvelous time discovering the many wonders of the farm.



## **C. Letter from John McCleary, Race Director**

First of all, congratulations to all the finishers, including the winners: Kati, Roxanne, Peter and Blake. The weather was close to ideal, which helped counter the tough course (more on that later). Irrelevant of your finishing time, you completed 6.2 or 13.1 miles on a hilly course so you should be proud of your accomplishment!!

When I first started putting together this race, my wife Terri asked me what I would do if only 50 people signed up for the race. I told her I had no idea. Thank you so much for alleviating this fear by selling out the race in a month!! Thank you also for sharing all of your stories with me (some of which have been highlighted in newsletters with follow-ups here). The many causes you are running for and the many things you have overcome, or are overcoming, have been truly inspirational. As strictly a runner up until this event, I kind of just showed up to run and never saw this side of the sport. My life has been enhanced in so many ways by getting to know all of you and I hope to continue hearing from you.

Thank you so much to all the volunteers, including my family and friends, the New Pond Farm staff, the Cub Scouts and all the other friends of the Farm. With close to 100 volunteers needed, the race simply wouldn't have been possible without all the hard work of the volunteers. Ann and the entire New Pond Farm family were invaluable throughout the process. With their experience in event planning, they were leaned on heavily and responded remarkably. A special thanks to all the volunteers at the aid stations, including the Sullivan's, the Coppock's, the Fagan's and all the other aid station volunteers. Your jobs were long, tough and critical for the runners and you were awesome!! Thanks to our two photographers that allowed runners to download pictures for FREE – JLG Designs and Studio1923 llc. Thanks to Evan Bassett who was out to 5am Sunday morning with me, putting up signs and back to the farm by 6:30am to help set up. He then proceeded to be a lead bike in the race, amazingly without falling asleep at the wheel!! Thanks to Kate Stoker and Heather Roles who were invaluable to the race in getting sponsors and runner participation, amongst many other things. Lastly, thank you to my family – Terri, John and Kevin, for “loaning me” to the race for six months and giving endless hours to the race.

A difficult question to consider in planning an inaugural race is how would the community respond to the race? We have 75 Redding Road Race sponsor names (listed in the pages that follow) that say the community responded unbelievably!! One of my best days leading up to the race was when Cathy Kane, Greg Young and Dina & Kurt Houser approached me saying that Ola! Foods wanted to be the title sponsor of the race. For an inaugural race to get a title sponsor, especially one from such a quality company that tied into the race goals so perfectly, further legitimized all that we were doing. As I've said before, it's a lot easier for a company to say no to a sponsorship request (or ignore the request) than to say yes. We received 75 yes's – please take note of our sponsors if you can.



Before getting into what to expect for next year, I'd like tell a couple of stories you may or may not have heard of before from me that can be classified as, "it all works out in the end." The first one is of a lovely lady who took advantage of the 7am early start for the half marathon. About 15 minutes after the 8am race started she ended back at the farm and showed me her Garmin watch, saying she had run 6.8 miles, or so, but took a wrong turn and ended up back at the farm. I personally would have mailed it in, stayed at the farm and said 6.8 miles was enough. Not her – she wanted to finish the whole half marathon. So, my wife Terri drove her out to the part of the course where she should have been and she proceeded to jump out of the car and finish the race.

I could be associated with this race for another 40 years and probably will never be involved with another story as bazaar and funny (at least to me) like the one that follows. A couple decided to register for the half – let's call them Brooke and Brian. Brooke told Brian she had already registered and to register for the "run for the cow race" at a cost of \$45. Brian did – see below.

### **Running With the Cows 2012 Registration**

**Thanks for registering to be part of Running With the Cows 2012.**

**Here is your information:**

**Sub Event Group: Running With the Cows**

**Sub Event: Half Marathon**

**T-Shirt Size: Youth-L**

**Donation Amount: n/a**

**Confirmation number: KCRWCP1200935F**

**Total Charges: \$48.92**

**Please print this information for your records.**

**Be sure to check out [www.runningwiththecows.com](http://www.runningwiththecows.com) for more information.**

**We're looking forward to seeing you at Holy Rosary School on 5/12/2012 7:30:00 AM!**

**Thank you!**

**Running With the Cows 2012**

Unfortunately, Brian registered for "Running WITH the Cows" instead of "A Run For The Cows." Brian's race cost was \$45 (same as our race), 6 days later, in Kansas Missouri. Our registration had closed when they realized the mistake, but, we luckily found a spot for him.

Brooke and I conspired to put “IS THIS KANSAS” on his bib and I luckily got to meet them right before the race started. To show it all works out in the end, Brian won our best door prize – 13 free bagels per month for a year from Panera Bread.

## **What can you expect for next year?**

**Sunday May 5<sup>th</sup>, 2013; 8am Half Marathon start/8:15am Quarter Marathon Start (changed from the 10k due to distance constraints)/10:30am Piglet Prance Start (Kid’s Race)**

**Registration anticipated to open January 1, 2013 (December 1, 2012 for Redding Residents and New Pond Farm Members)**

Two new courses – with the Simpaug bridge re-opening shortly, both courses will be altered significantly to make them a bit easier (though still tough) and more scenic. See links to new courses below:

<http://www.usatf.org/routes/view.asp?rID=480493>

<http://www.usatf.org/routes/view.asp?rID=482990>

Changes for both courses:

1. The start will be on the farm (Quarter Marathon will start on the road, right by the farm) – the 5 minute journey off the property to the start line is eliminated!!
2. The finish line will be right after the run through the barn (by the tent before the garden) – the walk from the finish line to the tent is eliminated!!
3. The hilly neighborhood section (miles 2.3 to 3.4) will be eliminated.

Half Marathon specific changes:

1. The steep downhill section on Picketts Ridge Road will be eliminated, replaced by a much more scenic and less quad-killing mile downhill on George Hull Hill Rd.
2. The uphill on Umpawaug Road at the end will be eliminated – you’ll be approaching the farm from the other direction (downhill finish).
3. The out and back in Topstone Park will be extended to take you to the pond. The extension is flat, very scenic and is a rounded turnaround instead of the abrupt one from last year.

Quarter Marathon specific changes:

1. Runners no longer run across the tracks by the Post Office, instead go straight down Simpaug Turnpike.

2. New Course takes the runners across the bridge, down Simpaug to Topstone Road into Topstone Park to the pond and back and up Chestnut Woods Road, ending with the downhill finish like last year.

#### Mighty Cow Changes:

1. The course will start and end in the barn and will be exactly a 5K in distance.
2. The race will be timed and recorded.

#### Other Race changes:

1. There will be an additional aid station (8 in total).
2. A carbo load pasta dinner hosted by the Boy Scouts (right down the street from New Pond Farm at the West Redding Fire Station) will be offered Saturday Night, May 4<sup>th</sup> at a very reasonable cost.
3. There will be more water at the finish, less juice, less pizza.
4. There will be more port-a-lets at the start per runner (they will be doubled).
5. To avoid confusion there will be only one early start (7:15am)
6. Bag pick up will be by the big tent, conveniently located by the pre-race food and coffee.
7. The discarded clothing bins at the start and first aid station will be collected by one volunteer to alleviate confusion.
8. There will be a sentry at EVERY corner to direct runners.
9. Wheat bagels along with the white one will be provided.
10. We will have small safety pins for bibs.
11. I will personally coordinate late checkouts at local hotels.
12. Due to demand, the runner field will be increased from 500 to 650 (still small enough to keep its intimacy). The race sold out in a month this year, and we assume it could close out quicker in 2013.
13. The Quarter Marathon will start fifteen minutes after the Half Marathon start.
14. There will be different color bibs for Quarter Marathon and Half Marathon runners.
15. Garbage cans will be located at every mile marker, along with every aid station, for runner convenience.
16. Due to the narrowness of the farm road, corrals will be set up at the start for the Half Marathon, based on anticipated finish time.
17. At the candy station in Topstone Park, candy will be separated into paper containers.
18. Along with the lead bikes, there will be follow bikes (following the last runners of each race).
19. And of course, there will be new, really cool runner gifts.

Thanks once again to everyone for making this hopefully not only a race, but an event. It's my time to train now and I hope to see you at one of Don Capone's Lighfoot Summer Series



races (I hope to run all of them) and/or one of Marty's or Jim's races. Next Marathon for me is my favorite, Wineglass, September 30<sup>th</sup>.

By the way, if I don't see you at a race, maybe I'll see you at the Redding Running Club. Contact me if interested.

#### **D. Sponsor Highlight – Tusk & Cup Fine Coffee**



(From John M) One of the best things to happen in my area, as far as I'm concerned, is the recent opening of Tusk & Cup by Laura and Joe Ancona near the corner of RT 7 and Branchville Road (RT 102) in Ridgefield. The homemade gelato compares favorably to the gelato I had on vacation in Italy last year and the delicious coffee and breakfast sandwiches (how do I put this gently) has enabled us to finally be able to avoid the chain store, average coffee places. If you're in the area, definitely stop in.

**Tusk & Cup Espresso Bar & Gelateria**  
**Open Monday to Thursday 6a - 8p**  
**Friday 6a-10p, Saturday 7a-10p, Sunday 7a-6p**

**51 Ethan Allen Highway - Ridgefield, CT**

**A unique new artisanal coffee and hand made gelato experience for the passionate palate.** Steeped in Italian tradition, enjoy the highest quality locally roasted beans, skillfully trained baristas, state of the art technology, and the freshest, natural ingredients for our incomparable gelato, pastries, soups, salads, and sandwiches.

Gather 'round our inviting fireplace, comfy lounge, and enjoy complimentary Wifi. With soothing colors, sounds, and smells, lose yourself in a little bit of "Tuskany" right here in Ridgefield.

**Oh, so you're wondering about the name....**

Elephants have always held a special place in both Italian heritage and the Ancona family.

Elephants are a symbol of wisdom, power, loyalty, intelligence, and strength. Elephant figurines placed on shelves or by doorways are said to ensure longevity and luck. Not to mention, elephants never forget!

So...remember to come see us for an UNFORGETTABLE new traditional Italian cafe experience!

# Laura & Joe Ancona Tusk & Cup Fine Coffee

51 Ethan Allen Highway  
Ridgefield, CT 06877  
203-544-0800  
[info@tuskandcup.com](mailto:info@tuskandcup.com)



Welcome to town, [Tusk & Cup Fine Coffee](#) ~ Joe and Laura Ancona's new adventure, and one that will have Ridgefielders smiling... and returning.

Located in the heart of Branchville, customers can experience a unique artisanal coffee bar with delicious sandwiches, soups, salads, pastries and handmade goods. Nothing has been forgotten, from the inviting fireplace to the comfy leather chairs with free wifi to the locally-roasted coffee beans personally selected by Laura and Joe. Partnering with *Redding Roasters Coffee Company*, it is a little bit of "Tusk"any in Ridgefield. By using the freshest, natural

ingredients in their food and beverages, and importing other products from Italy, Tusk & Cup is the perfect mixture of old and new; and the partnering with local establishments, *The Cake Box* and *Deborah Ann's Sweet Shoppe*, for additional treats makes it decidedly Ridgefield.

One of the highlights of the day was learning about "the trifecta coffee brewer," individualized brewing using three steps: wetting, extraction, and hydrolysis which unlock nuances in flavors and aromas for a perfect cup. One of only two in Connecticut to offer this method of brewing, coffee-a-holics or just the casual drinkers are sure to be smitten with this brewing method and the many nuances a single cup can offer. And not to be missed, the flavored teas... their Choc was so rich it made me think of the upcoming holidays.

With soothing colors, sounds, and smells, it is the perfect spot to join with friends, have a meeting or enjoy some solo time. Open from 6 am to 10 pm, it's just right for your morning cup o' joe, mid-morning snack, lunch meeting or coffee and after dinner.



## E. Interview with Kati Gosnell, Female Half Marathon Winner

### Kati:

1. What were your expectations, pre-race? I actually had no idea how hilly the course was going to be until I got there, but that didn't bother me too much. I mostly was just hoping to run a strong pace and try to finish in a decent time and not hurt myself too much.
2. What other distance races have you previously run? Have you won other races? I have run a few half marathons and some 15K and 10K races. Haven't quite tried the marathon yet, but I would like to run one someday. I have won a few races before.
3. What was the toughest part of the race for you? I'd probably have to say that miles 8-11 were pretty tough on and off. There were some big hills in mile 8 from what I remember! Most of the race I was going back and forth between feeling good and smooth and feeling like I wanted to wuss out a little.
4. How'd you like running through the barn at the end? Oh that was great! It was a fun little finish, rolling downhill through the grass. It was nice how everyone was hanging around and cheering at the end too, really helped carry us to the end.
5. How tough did you find the course and how long did it take to recover? The course was pretty tough, but it wasn't too bad actually. It was definitely a challenging and hilly course, but it was really fun and scenic as well. I like rolling hills and pretty things to look at. I have to admit, I was actually sore for most of the week. I think I was finally feeling more mobile by Friday.
6. At what point in the race did you think you could win? At some point in the middle I thought I might have a shot at it, but then at the turnaround I had a few doubts. But then once I got in a little groove for the last few miles I was pretty hopeful.
7. Were you out front the whole race? Nah, I started back a little bit and was catching up for the first 3 miles or so I think. I don't remember at what point I realized I was in the lead though, maybe somewhere around mile 6.
8. Where is your cow trophy currently located? My cow trophy is in my office window surrounded by a bunch of plants. I figured it would like it there since it is close enough to being in a grassy pasture as I could get.
9. What are your future racing plans? Probably going to take it easy during the summer since I am not a fan of running a ton in all the heat and humidity we get around here. Hopefully I can get in good shape and get another half or 10K in the fall and run a turkey trot. Maybe next year I'll finally try a marathon...we'll see though!



## **F. Interview With Peter Murphy, Male Half Marathon Winner & Kathleen Murphy**

### **Peter**

1. What were your expectations, pre-race, considering it was your first half marathon? I ran Cross Country in both high school and college, so my expectations were probably a little bit different than many of the other runners; I would say, mine were a bit elevated, despite it being my first race in over 3 years. I've had friends and former teammates run both half and full marathons before, so I had a pretty good gauge of what timeframe I wanted to finish in. That being said, a big variable determining speed is course elevation. And, I will say, that I did not expect it to be quite as hilly. Rolling hills in New York City, where I do most of my running, are a little bit different than rolling hills in Redding.
2. What other distance races have you previously run? In high school, all competitions were 5k, so 3.1 miles, and that stepped up to 8k in college, which is 5 miles. I ran in two or three 10k's on a track – which gets a little boring.
3. How did it feel winning the race in front of your parents and sister? It was fantastic to have all of them there. My parents were great sports for many years, scampering around trails, fields, and roads in order to watch me run at school. They endured 8 years of watching me participate in a sport which is almost as brutal for spectators as it is for the athletes! I think I was more proud of their accomplishment of finishing the race than they were of mine. It was the first time that I had ever seen them run competitively, which was quite a thrill. I'm hoping it's the first race of many for all three.
4. What was the toughest part of the race for you? Unquestionably, it was the final hill. You have so much adrenaline and excitement for the first portion of the race, particularly when you're surrounded by other runners, but by the end, all you want to do is put it in cruise control. Unfortunately, that hill up to the entrance makes you work hard all the way through the end.
5. How'd you like running through the barn at the end? The barn was pretty incredible. It's a great feeling to run through the far opening and see all the spectators lined up. It's also a nice feeling knowing that it's all downhill once you're through it.
6. How tough did you find the course and how long did it take to recover? The course was certainly tougher than I had expected. The smaller hills were nice because they break up the monotony and complacency that often comes with a flat course. However, there were a few unexpected pops that reduced me to near walking speed. As for recovery, the first two days were pretty tough on the legs once everything tightened up. I tried to run on Tuesday, but lasted about 10 minutes. It took me a full week to get back out for a real run.



7. At what point in the race did you think you could win? I really didn't know what was going on in terms of placing until about the 11 mile mark. Edinaldo and I had alternated the lead for most of the first 7 or 8 miles, so I assumed he was still lurking behind me as we approached the closing miles. As we got closer to the base of the final hill, I was told by the pace bike that I would be the inaugural champion, at which point I looked behind me for the first time in a couple miles. I still saw Edinaldo in the distance, so I didn't feel totally comfortable until I made it through the barn.
8. Where is your cow trophy currently located? My cow trophy is currently located on the top of a bookshelf just through the entrance of my apartment. It's hard to miss it when you walk through the doors.
9. What are your future racing plans? I'm definitely planning on running more halves in the near future. It might be tricky to get one on the calendar this summer, but I've started looking for some in the early fall. I'll probably stick to halves for a while (try to run some flat ones) and then maybe in a few years think about a full; but in no rush to do that.

### **Kathleen**

1. Whose idea was it to sign up the Murphy Family for the race and how did it all happen? I(Kathleen) heard from a colleague at work about the first inaugural New Pond Farm Road Race and I immediately had fond memories of times spent visiting NPF when Kiley and Peter were youngsters. I thought it would be a wonderful family activity in which we could all participate and have fun on a Sunday in early May. I immediately emailed my family to see if there was any interest and all responded positively and marked their calendars for a Sunday race in Redding. Since Kiley and Peter both work and live in NYC it was easy for them to come home to Wilton.
2. How did it feel watching your son win the race and your daughter finish the race with a great time? Obviously, it was great fun and we had tremendous pride to realize that they had done so well. Both Kiley and Peter have been competitive athletes their whole young lives even through the collegiate level and have always been motivated to do their best. This was evident even in a family fun race! We were both incredibly proud to be together to run our first race and very happy when we knew well that they could have been many other places that weekend. Their wonderful results were icing on the cake!
3. What were your thoughts when you saw Peter running through the barn in first place? Did you have any idea he would win? We had no idea that winning was a goal for him, however, we were not surprised knowing how dedicated and disciplined he is about fitness. Obviously, he had set a goal for his time and he was able, despite the rolling hills of Redding, to achieve it. Clearly, we were proud parents, but we were even more excited for him and his first half

marathon win. We all shared his victory and Kiley's individual success in her first half marathon too.

4. How did the 10k go for you and Peter Sr.? It was a spectacular family day for all of us. It was my (Kathleen's) first 10K and I was happy to feel so well at the finish. Peter, Sr.'s first 10K was the Cowtown Race in Texas, 20 years ago, so it was quite ironic that we were back running in a cow race! We look forward to our second NPF race next year.



**G. Roxanne Wegman, Female 10K Winner**



## H. Interview with Blake Murdoch, 10k Male Winner

1. What were your expectations, pre-race, have you won other races? I've done a few Sprint and Olympic distance triathlons, but this was my first open road race. I wasn't sure how that experience would translate to the 10K, but I had a time goal in my head heading into this race.
2. Were you out in front (not counting Roxanne) the whole race? If not, when did you take the lead? I was #2 to Roxanne from start to finish, though the two lead guys in the half marathon passed me around the 3 mile mark.
3. What was the toughest part of the race for you? Hurricane Roxanne. My pre-race plan was to go out under control, and then pick up the pace after the turn back onto Long Ridge. Instead, I made the rookie mistake of going out too fast with her, and I suffered a mini-blowup on the Lamppost section.
4. How'd you like running through the barn at the end? Running through the barn was fun, but I assumed I was done after that. The remaining couple-hundred yards to the actual finish were pretty tough after I figured out that I wasn't done!
5. How tough did you find the course and how long did it take to recover? The two hilly sections were tough, but no worse than most running around here. Recovery was only a couple of days.
6. At what point in the race did you think you could win? I wasn't really thinking about winning until I crossed the line and someone said I was second. My focus heading into the race was to hit a time goal, as I always figured there would be some 25 year-old who would run 4-5 minutes faster than me.
7. Where is your cow trophy currently located? My 4 year old daughter loves it, and it sits next to her seat at the breakfast table.
8. How often do you race and what are your future racing plans? I started doing triathlons 2 years ago, and really started running consistently about a year ago, so it's pretty new to me. I was using this race to train for the Philadelphia Olympic Triathlon in late-June. I might try a half marathon this Fall, depending on how my old legs hold up??





**I. Title Sponsor**



## J. Gold Sponsors



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# Ancona's Market est 1920

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# Congratulations to all who participated in the Redding Road Race



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## K. Sponsor Highlight – Ola!



### Ola! says Hello to Norwalk

*Richard Lee, Staff Writer*

*Thursday, June 10, 2010*

What started as a homemade family gift for friends and co-workers has become a sought-after healthy snack for shoppers throughout the Northeast. The founder of Ola! O' So Natural Granola said she hopes her new Norwalk kitchen will be what she needs to meet the growing demand for her product.

Since bringing Ola! to the market in last year, Redding resident Dina Houser has assembled an impressive portfolio of grocers that offer her products, despite opening her business during an economic downturn.

Norwalk-based Stew Leonard's, as well as Whole Foods, Fairway Markets, various IGA stores and independent merchants throughout Connecticut, Massachusetts, New Jersey and New York state have Ola! on their shelves.

"It's hard work and perseverance," said Houser, co-owner of DK Design Partners in Redding with her husband, Kurt Houser. "Being

a branding and design firm, we have the knowledge of how to market and brand a product -- in-store demos, events, local tastings. We try to get our products into as many mouths as possible. We have a great message. It's a universal 'hello.' "

Soon after starting her business, Houser brought her granola to the New York Botanical Gardens' "Edible Gardens" series last year, and it was there that Ola received a major boost when it was discovered by associates of food personality Rachel Ray, who named it a "Snack of the Day" on her TV show.

As Houser's marketing efforts showed results, the need for a larger kitchen became obvious, resulting in a move from Westport to a 2,700-square-foot leased facility on Woodward Avenue in Norwalk, owned by Baywater Properties. She declined to disclose the number of Ola employees, but she said she was heartened by the welcome she received from Norwalk officials.

Having that extra production capacity is crucial for a product's success if it starts flying off the shelves, said Craig Johnson, president of Custom Growth Partners, a New Canaan-based retail consultancy. "You have to scale rapidly and cost-effectively if it takes off," said Johnson, who is impressed by the distribution that Ola has achieved in such a short time. Having Stew Leonard's as a client is important because success at that level can lead to entry into larger chains, he said. But retaining that distribution level is the challenge, Johnson said, because there are thousands of new grocery products vying for shelf space and grocery chains continually looking for the latest products. "If you get in there, and the stuff isn't moving, you're out," he said.

Based on his experience with Ola, Tad Diesel, Norwalk director of marketing and economic development, said he doesn't believe Houser will have that problem. "There are two packs of Ola in my desk drawer right now," said Diesel, who has seen several food-related companies grow in Norwalk, citing Michelle's Pies, Knipschildt Chocolates, Galaxy Cookies and Yumnuts Naturals as examples. "What you have are these small cuisine companies that may be small in size but their reputations are huge."

One Norwalk company, Bear Naked, a maker of granola cereals, hit the jackpot in 2007 when it was bought by the Kellogg Co. after several years of strong growth.

media



## REAL SIMPLE

life made easier every day

### BEST GIFT GRANOLA

Ola! Granola Cranberry Orange Pecan  
selected best granola gift!



### SNACK OF THE DAY

Tasty and Fun Vanilla Almond - YummmOla!



### LOW-FAT - DELICIOUS!

Super nutrient dense, we fell in love with lower-in-fat Ola!  
We mix with our favorite Greek yogurt daily.



## CHOWHOUND

**IT'S KILLER!** Two Ola! granola flavors rank in the  
top 3 in food-critic panel blind taste test.



## **L. Jane S. Follow Up**

### **Running to Make up for Lost Time – the Sequel – I DID IT!!**

(Jane was featured in our 5<sup>th</sup> Newsletter – she participated in a C2-5k program (couch to 5k, but upped it to our 10k), has lost over 100 pounds and is healthier than she's ever been – great job Jane!!)

After months of training and a couple of small setbacks, race day finally came – and I can't imagine a better first race experience – (except for maybe the downhill). The day was perfect – not too hot, not too humid, and of course the setting was gorgeous. The cows, for whom we were racing, were out in full force and seemed to know it was their special day. There were lots and lots of people around to help me figure out where to get my packet, how to affix the bib – where the race starts etc etc. .

I had set only two goals for myself for the 10K....to keep running (no matter how slowly) , to not walk any of it and to finish in under 90 minutes. And I did just that – I did not walk or stop at all and my official time was 88 minutes and 40 seconds. Not bad for a 58 year old grandmother who had never done anything athletic before in her whole life....(not to mention having just lost nearly 100 lbs in the previous year.) . I loved the fact that there were people all along the route who were stationed to make sure we did not take any wrong turns, handed us water and Gatorade as we ran by and gave us encouraging words to keep on going and to say we were doing a great job. Despite the fact that there were 86 people ahead of me to whom they had already said it, their enthusiasm did not wane at all for those of us bringing up the rear. And they had not run out of carnations, finishing metals or enthusiasm when they greeted me at the finish line!

I also loved the fact that the half-marathon was being run simultaneously. I arrived at the finish line at about the same time as some of the fastest of the half-marathoners so I did not feel like anyone was waiting for me to finally get there!

The number of sponsors was very impressive to me – all the great food, the massages, the general festive, happy atmosphere all made this event a real joy for me to participate in. One of my concerns was how the neighbors were going to react to 500 people running through their neighborhood. Judging from the number of volunteers and the amount of homemade goodies on the food table, I could tell that the Race (and the Farm) has good community support. This was a huge plus for my experience! I am looking forward to next year – when my son, who is in the middle of his own weight loss journey, wants to join me for the race!

Thanks so much to the organizers of the event. You have given me a great start to my running “career” and encouragement to keep at it!





## **M. Iron girl Follow Up**

(Cindi was featured in our 2<sup>nd</sup> newsletter. Amazingly, she has now finished a half marathon in every state. Ours was her 47<sup>th</sup> State and she completed her 50<sup>th</sup> in Wyoming on June 16<sup>th</sup>).

Wow! Did I really do that?! Are the things that come to mind when I think about the Redding Road Race. Connecticut was my 47<sup>th</sup> state and I still wasn't ready for those hills! I knew I was in trouble when I hit the hill in the pasture in the first mile!

Although the course was challenging, the beautiful scenery helped to pass the time and provide a distraction during the race. I don't think I've ever been on a course with such nice roads where there was no traffic honking or flying by the runners! The police support during the race was the most I've ever seen on a course and they were quick to stop traffic and allow runners to pass thru the intersections. The police were actually standing in the intersections and not just sitting in their cars - which was amazing!

I was also impressed with the water stations along the course. Towards the end, it seemed like they were getting farther apart, but that was primarily because I was slowing down! The volunteers were enthusiastic and quick to make sure I had cup of water (or two).

The rolling hills throughout the course weren't too bad - for this flatlander! But I have to admit the long descent around mile 7 and the long climb at the end definitely was a challenge. While most courses will say they are challenging, John wasn't fibbing in the least!

This is one of the most beautiful and peaceful settings for a race I've been too. Also, the best organized and personalized race. I participated in an Annapolis, MD half late last year which was a first year race and over 25% of us were sitting on interstate trying to get into the parking lot when the race started (we had been sitting on the interstate for over an hour)! John did a great job of personally communicating directions and timelines before the race and ensured a peaceful start to the day!

While I didn't think I'd ever repeat a race which wasn't local - I think I'll put this one on my list. I'd like to conquer those hills next time!

Cindi





## N. Mandy Follow Up

(Mandy was featured in our 3<sup>rd</sup> newsletter. She was diagnosed with Dysautonomia about fifteen years ago which causes her autonomic nervous system to not work properly. She signed up for our 5k before it was cancelled, but, bravely agreed to the 10k. Running has been a way to keep Dysautonomia in check – if she stops exercising her symptoms re-emerge).

I will always remember the 2012 Redding Road Race as a turning point in my life. Not because I set a PR (I didn't) or came in at the front of the pack (not even close), but rather because if someone had told me that I would be able to finish a 10K a year ago I would never have believed them. I used to walk around my neighborhood with my children and they would ask me to "go faster like Dada", because my husband would run with them. My response would always be the same, "Mama can't go faster, Mama can't run."

Then one day after a walk, I felt terrible. I became symptomatic. I got so angry, all that walking and using the recumbent bike in the hopes of getting better seemed for nothing. The next time I went out to walk, I felt terrible again, so in my frustration, I sped up; I pushed my body and began to jog. It was like magic; afterwards I felt good. I just needed to progress in my reconditioning. My husband encouraged me to begin a simple running program.

My health really began turning around, but it was a constant effort. If I didn't run, I began to decline again. I realized I needed a goal in order to stay motivated. I found the Redding Road Race on-line and was struck by how enthusiastic and personable John was on the website. I felt like this race, which was a 5K at the time, was exactly what I needed. When it became a 10K, my husband quelled my fears and told me to go for it.

This race took on so much importance, that I was very nervous the two days leading up to it. I slept a total of four hours the night before. It was great to meet John and see beautiful New Pond Farm. At the start of the race I lined up in the back, knowing I would probably be going slower than most of the other participants. But standing there, I felt like I had already won my own victory. My speed didn't matter at that point, it was all about being capable of finishing, and doing something I hadn't thought possible before. The race course was so pretty and I enjoyed each turn and hill, the glimpses of water and the bright spring green everywhere.

Around mile four I felt a searing pain on my right leg, looked down and saw blood. The brace I needed for my left knee had a sharp edge on it and was slicing into my right leg with each step. I paused to adjust it and just kept going. I wasn't going to let a cut stop me, but unfortunately it did slow me down a little. When I got back to the farm my husband was standing at the entrance with a volunteer, he had been waiting there the whole time. I saw him and the farm and pushed to run fast and finish strong. The whole experience was wonderful.

When I finally got home it all hit me. I looked down at my medal and cried. I told my husband that this medal meant no more wheel chair for me, ever. I'm never going to let my



limitations dictate what I am capable of doing. My daughter now has her own little running outfit and she likes to go outside and run around the block with me walking next to her. She tells me that she wants to be a runner in races just like me and instead of asking me to go faster, she asks me to slow down a little.

John, your race changed my life. Thank you for bringing your spirit of enthusiasm, your kindness, and your support to this event. There is no looking back from here. I plan on just getting stronger and faster. My next goal is a half marathon in September and I'll definitely see you next year in Redding!

On a side note, I posted about this race, along with some pictures, on the Dysautonomia website I work for and it really seems to have fired some of the kids up. The images and stories of Redding and the farm made running more friendly and enjoyable, and also more attainable to kids who believed it to be out of reach. I know a few of them are starting running programs as a result of this and one young woman is going to join me in training for a half marathon for the Autumn. Some of these kids struggle to get out of bed and walk each day, so the fact that they are so motivated to begin reconditioning up to running is awesome. Mandy



## O. Sherri Follow Up

(Sherri and the girls were featured in our 1<sup>st</sup> Newsletter. They trekked all the way from San Diego and Indiana for the race)

So, life goes on for the three gal pals who visited Connecticut and ran the Redding Road race. Thirteen point one glorious miles run on a gorgeous day, and then back to real life we all went.

San Diego Vanessa returned home and was shocked to find the dog sitter's niece had given her dog a "haircut". Vanessa also just embarked on a 545-mile, 7-day bike ride from San Francisco to Los Angeles – her first organized bike event. No 25-mile novice event for her, by God!

Kelly returned to Indianapolis and to her position as the Judge for the Indy public school system. Yes, sadly our city schools are in need of a scrappy, five foot one inch, tougher-than-nails, grew-up-Jersey, don't-sass-me Judge. She's pretty intimidating in her robe, gavel in hand.

I returned to Indiana to face a mound of freelance work that built up during my 10-day east coast trek, a trek that included 2 half marathons, a total of 1850 miles driven, and a 5-day visit with family. Nothing like coming home exhausted after a vacation! Exhausted, but smiling.

All three of us had a fantastic time at the Redding Road race, which seems best encapsulated in the following snippets of thoughts.

**Funniest Moment** – Watching Kelly's face turn to shock as I calmly informed her that her shoes were smearing cow and goose poo everywhere inside the car. Heck, what's a little poo stain here and there after such a day of running fun! BUT next year, we will all bring a change of shoes for sure!

**Most Awesome Moment** – Having the lead runners of the 8:00am starting field BLOW BY US on course after we started 30 minutes earlier than them at 7:30. Fast, speedy, graceful – and yes, sweaty and breathing hard. As we clapped and encouraged them along (easy to do when you run a slower pace), at least half of them were kind enough to cheer us along, too.

**Nicest People Moment** – Where do we start when everyone was so darn nice? Upon arriving at the farm for packet pickup, an entourage of folks surrounded us and we knew they had to be the run organizers. But no, they were simply very nice, talkative runners and walkers welcoming us. At packet pickup we were dazzled by the friendliness of Terri, Bonnie, Gene and other volunteers who made us feel like VIPs. Then we met energetic John, organizer extraordinaire (please don't edit that compliment out, John! It is so well deserved). And then there were the other racers that we chit-chatted with before, during, and after the race. In fact, let me give a big shout out to Dan from White Plains who was running his first half marathon ever with his wife Susan. YAY, Dan! Congrats to you.

**Best Food Moment** – Oh My God! BEST PIZZA EVER! Do you know how long it's been since I had east-coast style pizza? I admit that I got 2 pieces – one for me and one for Vanessa who was recovering in the car from a strained knee and ankle, but I ended up eating both of them and not sharing! (Those homemade sugar cookies were a really close second to the pizza!)

**Reason to Celebrate Moment** – Thank you, thank you for having women's shirt sizing!! Seriously, that really is a reason to celebrate after attending so many events where we walked away with boxy shirts that were destined to become painting shirts.

**Most Picturesque Moment** – The canopy of green trees above us, the gorgeous homes we passed by, and those utterly adorable and complex rock-walls that lined so many people's properties.

**Most Dangerous (in an awesome way) Moment** – Watching fellow runners FLY down that massive hill that went on and on and got steeper and steeper with every step. My adrenaline was pumping furiously as I watched people scream by me, right on the verge of toppling forward and becoming human bowling balls down the rest of the hill.

**Saddest Moment** – Realizing upon my arrival in Indiana that we were so jazzed up after the race and so intent on getting Vanessa and Kelly to Newark to catch planes back home that we somehow lost a 3-foot-long, 6-inch diameter foam roller, my favorite lime green flex-brim running cap, and a phone charger for a phone manufactured in 1994.

**Personal Accomplishments of Our Trio** – Kelly didn't get lost or fall over, things that happen to her now and then. Vanessa finished the race despite a knee and ankle that gave out on her at mile nine and she didn't have an asthma attack. And, I didn't have a car wreck driving the gals to the Newark airport (via a frantic route that almost took us into NYC) or driving myself back to Indiana. In all, a fun and successful gathering for all.

**Laugh Out Loud Moment** – Watching the Kids Race and seeing every child sprint from the Start Line as fast as they could, having no idea that their race was pretty darn long for little legs. After that fast start, you saw several of the kids slow down or stop, look around in confusion, then start walking. So darn cute and funny!

**Most Thankful Moment** – Standing by my car at Newark Airport drop-off and watching Kelly help a hobbling Vanessa into the building and realizing that I am indeed blessed to have these ladies in my life for life. Crazy, spirited, quirky as we all are, the dynamics work.

So, was the Redding Road Race a success? Heck, yes! We all agreed that if we were independently wealthy (which we aren't) or if we had jobs that would allow us to live out east (which we don't), that we would relocate to the Redding area. Beautiful scenery, lovely people, and a rocking half marathon held annually! Thanks to everyone who worked so hard to make the race happen.





## **P. Dino Follow Up (Project Purple)**

(Dino was featured in our 4<sup>th</sup> Newsletter. He founded a foundation called Project Purple to honor his Father who passed away from Pancreatic Cancer. Project Purple's first fundraising campaign centered around running 13 half's in 13 months. Project Purple was recently accepted into the ING New York City Marathon Charity program).

This was my 13 half marathon in 12 months - It was the second hardest hands down - good thing the sun stayed away. Those hills were crazy and that major downhill was a quad killer. Over all it was very well run I think you did a great job with communication and there were plenty of volunteers. I think the finish through the barn was amazing and the finish line was really cool. The course is what it is - this is a great test of will with all those hills. I would recommend the race for a couple of reasons - director does a great job, very good value (price and ROI) vs. other local races, course is a challenge but beautiful (how many races go through million dollar neighborhoods and cows mooing for you at the start and finish) and it supports a great cause.

I did not get to stick around for the after party so I can't really talk about it. Again I think you did a great job.

Great job and Thanks for all your support of Project Purple - Dino



## Q. Amanda Follow Up

(Amanda was featured in our 6<sup>th</sup> Newsletter. Through running she has lost over 85 pounds and has her Lupus under control. Amanda has a special connection to the farm, having spent many days of her childhood there with her family)

On Sunday 5/6 I ran the Inaugural Redding Road Race. Since I heard about this race, at the beginning of 2012, I have been so excited to run it.

I grew up going to New Pond Farm - traipsing with my family on weekends or sledding past the cows, going on field trips with my Girl Scout troop and my elementary school classes, and just driving past the farm and waving at the animals from the car window. When my parents moved to their new house, the Farm became a regular running destination. And, when I heard about the race, I was so excited to run to support such a great cause that is close to my heart.

The Redding Road Race was my seventh half-marathon.... and the only one that I've done with a 3.5 mile race first. I cannot believe that I've run seven half marathons. I have truly fallen in love with running - not only for what it has brought me - but for what I can do for others through it. I have found that I can bring so much for others through running - and try to run most of my races for good causes, including New Pond Farm.

Before I speak about anything from race day, I must emphasize how impressed I am with the care and LOVE that everyone involved showed for New Pond Farm - and for the runners. From the original emails that began going out to the race packets to the volunteers on race day, I have NEVER seen people more committed to the cause which they are helping. A special commendation and round of applause to John McCleary, the extraordinary race organizer. He took the time to personalize every person's bib, to pack Olá New Pond Farm lunch boxes with our goodies, and to send regular newsletters to the hundreds participating. So impressive!

The night before the race, I had texted my friend John asking how his half-Ironman from that Saturday was. His response was, "Humbling." By the end of the Run for the Cows, that's exactly how I felt. They may not have been the same length, but my experience with my Challenge was definitely humbling.

On a whim, about 5 weeks before the race, I signed up for the Mighty Cow Challenge. The Mighty Cow Challenge was a 3.5 mile race before the half-marathon.

Unfortunately, after the MORE Half Marathon, I decided that training was optional. Well... not really. But my body did.... and body won out over mind.

This emphasized to me that I need to think before I sign up for a race. I need to out my training, my availability, my ability. Will the race work for me?? How will I be able to accomplish my goals?

I also need to remember: Train, Train, Train!! The better you train (please note that I did NOT say the more you train), the better you will react during the race, run

during the race, and recover after the race.

The Challenge was a very unique experience. Around 20 of us had registered for the 3.5 mile pre-race run.... and less than those 20 ended up running the Challenge. We lined up at 7:15 and started off, running through the barn that would end our total of 16+ miles, and beginning on the hilly 3.5 miles. For the most part, the group of us stuck together in a group for the majority of the miles.

By sticking together, it allowed us to form camaraderie; temporary friendships that helped me get through some rough patches. Not necessarily during those 3.5 miles of flats and hills, which flew by, but later during the half-marathon itself. I was thrown off a bit by the end of the challenge, which wove us through the half-marathon start, where everyone was already lining up to begin, through the crowds, and down to the finish of both races. We then had to race back up to the start of the half-marathon, catch our breath, and go again.

For this half-marathon, I found that the hills, the heat, my hips and knees - nothing was working for me. So, instead of racing to beat my time, I decided to make friends along the way. Some of them were the ladies from the first section of the day; others were people I picked up conversation with randomly. I made friends with a woman running her first half-marathon for her 40th birthday; another lady whom had run the Athletes of Christ 5K the week before - and had placed 3rd in her age group; and yet another woman who was just doing the Challenge to get her mileage in. I would chat with each new friend briefly, and then keep going, feeling some new energy. I kept telling myself, "I'm x miles into this, I just need to get to the next mile." Honestly, I even had thoughts of, "I just need to get to the next mile and I can call for someone to pick me up." My body hurt that much. I passed a friend's house and again, "If they're outside, I can just go in." But I kept going and once I got to the candy stop (yes! candy stop!!) at mile 9.5, I knew I had it.

As I raced closer and closer to the finish, I still had to pace myself physically and mentally. It definitely didn't help when I hit the 20K mark and swallowed a fly (we're in the country, y'all). I told myself that it was extra protein and kept going. And got to the final hill. I was like, "C'mon really??? A hill at the end?" And I knew that this last 1/2 mile would be like this. But still! So, I ended up chatting with two more guys, about my age, who were struggling more than I was. It turns out that they had gone out to celebrate Cinco de Derby the night before. The fact that I hadn't, that I had had a good meal and rested myself, made me feel that I could just do this.

I ran up the hill and got to the barn where my mother just happened to be volunteering. I might or might not have looked at her with the death glare from h\*ll as she whipped out the camera to take photos and (by mistake) a video as she cheered. But, her cheering pushed me through the barn to the final curves where those whom had already finished were sitting to cheer on those coming through.

I finally crossed the finish line and felt that feeling of satisfaction and



accomplishment. I had run this race despite everything that I battled during the 2 and half hoursish that it took me (3 hours if I count the challenge). And despite the mind over matter mentality that I had to take, I enjoyed it. I have to admit that it was definitely the hardest half-marathon that I have battled. But I love that I can add the medal to my wall of pride and that I can say I supported Ann Taylor and New Pond Farm. Not only that, but you can bet that I've already started running my hills, getting ready for next year's race. I will be there, with a group, ready to run for the cows again.



## **R. Stroller Story - Vivian**

I just wanted to thank you for the opportunity to run with my squidiges (Alex and Brianna) in the stroller. There are understandably so few races in Fairfield County that allow strollers since the roads are so twisty and narrow; usually in races, only I or my husband can run while the other one babysits, so this was a special treat for the entire family. Alex and Brianna loved it - Brianna pretty much sang or babbled the entire way, stopping only to say hi or squeal whenever people waved at her, while Alex rang his cowbell for almost the entire 6.2 miles until he fell asleep at the end. I can honestly say that at one point, I felt like saying, "NEED (NO) MORE COWBELL!!!" I think their enjoyment of being pushed 6+ miles in the stroller was made even more exciting when we wheeled up to the food tent and saw the mounds of bananas and pizza, their two favorite foods. I think they were in toddler heaven.

Everyone was great and supportive, mostly shouting, "Go Mama" as I slowly shuffled my way through the miles. At one point, a fire department car drove by and the fireman joked that he could hook the stroller to the hitch.

One thing that my training, or lack thereof, didn't prepare me for was the SORE SHOULDERS I had the day after the race - pushing over 85 extra pounds (~35 of stroller + over 50 of kid) up those hills really gives you an upper body workout! I train on hills around home but wow...your hills make ours look nice and flat! Next year, I am going to have to beef up my upper body strength in prep for this race!

Anyway, we all (especially Alex and Brianna) thank you for a great event and for the opportunity for our family to race this together. I am looking forward to next year's event!

Cheers,

Vivian





## S. Article From The Albany Crew

### Redding Road Race 10K/Half Marathon

*The Run for the Cows*

Randy Goldberg

I must not have paid attention during Geography class in the 3<sup>rd</sup> grade when Ms. Monahan was teaching us about the terrain of the New England states. I know I was a little bored in the classroom back then. I wanted to play outside, ride my bike, play ‘ledge’, play ‘wolf’, and go to the ball park to play baseball with my friends. At 8 and 9 years old, I was really concentrating hard on my ability to steal home plate for my eventual appearance in a NY METS uniform. I was positive I would be drafted as a 12 year old to the ‘*Amazing METS*’ and getting an education was optional.

I remember that I wasn’t heavily into girls either, yet the bright yellow banana seats on their shiny new sting-ray bikes would turn my head. And when my best friend’s 11 year old sister started to clothes-pin baseball cards to her spokes, baby, was I interested! I did chase a couple of girls around school grounds and tried to kiss them but I wasn’t a runner back then and the exhaustion didn’t match the reward. And I was definitely slowed in my pursuit of romance by a repulsion of one girl in class who would pick her nose and then, yup, down it like candy...

Anyway, did *you* know that Connecticut is not flat? It’s not. I can certainly vouch for that now along with Kathleen and so can Ed & Roxanne Gillen, Dave & Leticia Ruderman, Chuck Batcher, Paul Forbes, Stacy Kelley, Donna Charlebois, Deb Batcher and our favorite West Point Cadet, Roxanne Wegman. (No longer a cadet by the time this article makes print ☺) I’m sure *they* all were paying attention in class and knew what they were in for.

We were in Redding, Connecticut running our choice of the 10K or the Half. The course led us up and down hills through wonderfully quaint and beautiful Danbury and Redding neighborhoods. There was lush foliage and small rambling creeks with small waterfalls. The hills were filled with early New England houses with exquisitely manicured gardens and lawns. There was a sprinkling of new structures that complimented the authenticity of the surrounding buildings. Lovely scenery was present up and down every hill and around every turn.

This inaugural race was held to benefit New Pond Farm, an educational center that services the local schools and communities. In addition to the usual farm animals (cows, sheep, pigs) there were lizards, turtles, spiders and snakes, none of which ended up in the soup or chili. I should probably add that none of the farm animals ended up in the soup or the chili either. Actually for the record; there *wasn’t* any soup or chili. There were however, volunteers who with incredible enthusiasm welcomed us like long lost farm hands at harvest time. There were also dozens of sponsors and half a dozen massage therapists. There was more pizza at the finish than in all of southern Italy, and terrific home baked goodies at the end of the race too. I know how we all like to eat after a race and this after-race feast was as if all the grandmothers in the village baked – muffins, cookies, cakes... Wow! And there was good coffee to boot. Can you say “chocolate milk” – oh yea, baby! Cool dark, delicious chocolate milk. Kath and I had the truck with us so I was looking to rustle the brown cow that gave us the *chocolate* milk. (Yea, another class I wasn’t paying attention in.)

Paul, Roxanne W and Deb came away with awards. The awards are pretty cool too. They are clear plastic ‘cow replica’ trophies. The trophies don’t say “moo” or give milk when squeezed, but I would still be right proud if I had one. The rest of us farm hands did not receive



any cow trophies but we did receive some interesting stuff in our goodie bag; a nice tech shirt the color of which the race director, John McCleary, allowed us to preorder, and a small bag of granola from the race *title* sponsor OLA Foods, a “too cool” running man keychain (you may all see those someday ☺ ), some lip balm and a plastic cup with lid to hold something to drink (*you* have to supply the drink), enough razors so Roxanne G and Paul would never have to purchase another they claim, and all that *bling* was offered to us in a refrigerator-type lunch bag boasting the race’s namesake.

Oh yea, and all of our ‘motorized vehicles’ (as they say on the farm) left the cow patch where we were directed to park, with a wonderful gift as well; a lovely, fragrant, brown, biodegradable, quite smushed cow pie to go. **The stuff that cows are made up of... literally...can you say ‘cow patty’?**

## **T. Sponsor Highlight – Tom, Owner of Deadly Grounds Coffee**

I wanted to thank you for the amazing support and help in getting Deadly Grounds Coffee to a new stream of folks I would have never had the chance to meet. I'm so happy the coffee and our off beat concept was so well received.

There are a few things that make our coffee a little different than most others. The first is that we're able to get a very clean source of beans. My roaster imports them themselves and they have a long-standing relationship directly with the harvesters around the world. The raw coffee beans travel in enclosed rail cars overseas and are not exposed to the elements and wild animals before they're shipped here. Each batch is sample roasted before the delivery is dropped to ensure consistency with previous deliveries. Of course each roast is a blend of select beans from different regions that complement each other and taste great together.

The real difference is in the way it's roasted. Tipping is a big problem in roasting. This is where the tips of beans will get stuck in the openings in the roasting basket as it spins. When that happens it burns, and crumbles in to the mix giving the coffee a bit of a harsh and bitter taste that so many coffee drinkers mistake for strong coffee. In addition, my roaster has a patented design that makes it almost impossible to over roast the beans - at least by accident. So in the end you end up extracting the best flavor from the best sourced bean.

The task of roasting becomes harder as we make darker roasts because of how easy it is to go too far. Even there - our Italian and French Roasts are very deeply roasted but still remain smooth and flavorful. It's what gourmet coffee should be.

One of the things other coffee companies are doing to save money and extending their supply is something we'll never do - use Robusta beans or cut their Robusta beans with Arabica. Robusta is species of beans that are easier to come by, grown in lower altitudes and are more prone to disease. Coffee makers sometimes use them to extend their supply of Arabica coffees. Deadly Grounds started off as 100% Arabica Beans and will always stay that way. There are certain things that one should expect. Life is too short. Enjoy every cup.



(From John M) I purchased some Deadly Grounds after the race, and honestly, highly, highly recommend it. The coffee saved me race day and tastes every bit as good now as it did then. I wouldn't brag about my taste buds, but the two things I can distinguish are a great wine and a great coffee. Tom has sent me the coupon below for the race – I'd recommend utilizing it.



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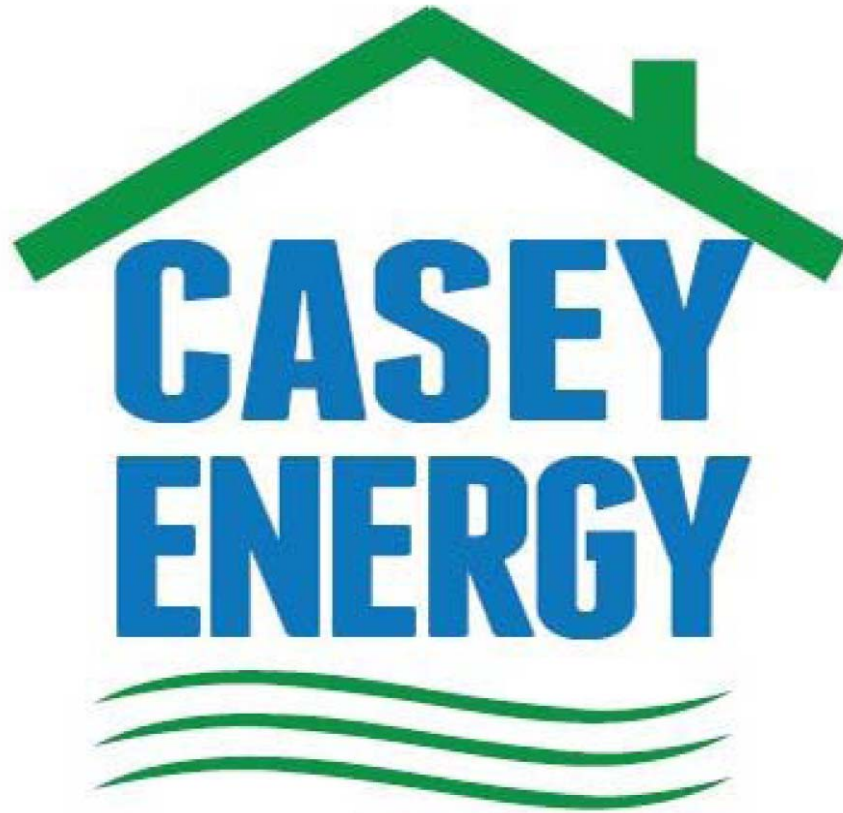
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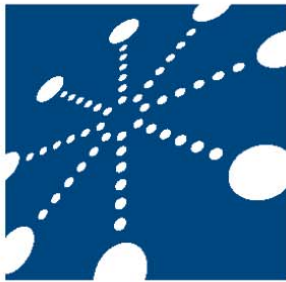
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## **W. Final Race Stats**

- Weather: Partly Sunny with a high of 66/low of 46
- 59% of all runners were women
- Average age of participant = 40.14
- 83 Connecticut Towns with participants
- 15 States with participants
- Over 75 sponsors
- Over 75 volunteers
- Waiting list to get into race: 200+
- Number of complaints logged with Town of Redding Zoning about the race: 0
- Average finishing time:
  - 10K: 1:02:08
  - Half Marathon: 2:08:54
- Medium finishing time:
  - 10K: 1:00:25
  - Half Marathon: 2:06:33

## X. Final Results

REDDING ROAD RACES 10K  
 Redding, CT Sunday, May 6, 2012  
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
1	1/9	267	Roxanne Wegman	24	F	West Point	NY	40:38	40:37
2	1/9	124	Blake Murdock	45	M	Ridgefield	CT	41:33	41:31
3	2/9	199	Ken Shann	41	M	Brookfield	CT	44:35	44:30
4	1/7	418	Deb Heelan	52	F	Bethel	CT	45:37	45:32
5	1/21	143	Janet Kane	37	F	Stratford	CT	46:03	45:55
6	1/9	146	Eric Pope	36	M	Wallingford	CT	47:22	47:18
7	3/9	94	Eric Goldstein	46	M	Redding	CT	47:33	47:28
8	2/9	368	Matt Garger	33	M	Bronx	NY	48:17	48:12
9	1/9	20	Matt Corso	56	M	Danbury	CT	48:51	48:33
10	1/19	95	Lisa Goldstein	42	F	Redding	CT	50:11	50:06
11	2/7	307	Debra-Jane Batcher	52	F	Albany	NY	50:13	50:07
12	2/21	15	Zuzana Guggenheimer	38	F	Pleasantville	NY	50:14	50:03
13	4/9	84	Bill Baker	47	M	New Milford	CT	51:22	51:10
14	1/1	142	Jeff Morgan	63	M	Redding	CT	51:30	51:23
15	2/19	516	Kathy McGroddy-Goetz	48	F	New Fairfield	CT	51:47	51:40
16	3/9	130	Larry De Maria	36	M	Southport	CT	52:01	51:53
17	4/9	53	Ewan Andrew	36	M	Wilton	CT	52:18	52:01
18	5/9	166	James Belmont	35	M	Larchmont	NY	52:38	52:37
19	3/21	134	Carolyn Oneill	36	F	Southport	CT	53:05	52:57
20	5/9	137	Seamus Oneill	43	M	Southport	CT	53:05	53:05
21	4/21	168	Lauren Jacobi	36	F	New York	NY	53:13	53:01
22	3/19	304	Louise Dobson	49	F	Norwalk	CT	53:47	53:37
23	4/19	55	Jeannine Hannum	41	F	Brewster	NY	54:01	53:54
24	6/9	60	Albert Tarrab	31	M	Danbury	CT	54:17	54:09
25	5/19	313	Tricia Melly	42	F	Farmington	CT	54:26	54:06
26	5/21	211	Elizabeth Olivastro	38	F	Farmington	CT	54:26	54:06
27	1/6	160	Doug Baker	26	M	Chicago	IL	54:30	54:08
28	6/9	45	Barry Blumenfield	45	M	Redding	CT	55:06	54:56
29	7/9	119	Todd Ackerman	45	M	Ridgefield	CT	55:44	55:39
30	6/21	346	Amy Santaniello	39	F	Redding	CT	56:16	56:08
31	3/7	311	Janet Levy	58	F	Chappaqua	NY	56:53	56:49
32	7/9	527	Erich Wenis	39	M	Woodbury	CT	57:01	56:37
33	2/9	159	Ray Kehrhaan	56	M	Woodbury	CT	58:47	58:15
34	7/21	21	Rebekah Cleary	36	F	Bethel	CT	58:49	58:23
35	6/19	150	Ingrid Milne	44	F	Weston	CT	58:52	58:42
36	2/6	151	Jacob Skor	11	M	Weston	CT	58:54	58:50
37	8/21	83	Kyle MacDonald	30	F	South Boston	MA	58:55	58:33
38	7/19	128	Genie Tricarico	41	F	Seymour	CT	58:57	58:54
39	8/19	125	Jenine Motasky	44	F	Seymour	CT	59:18	59:14
40	9/19	505	Ellen Meyst	40	F	Danbury	CT	59:27	59:05
41	9/21	102	Elizabeth Misiewicz	30	F	Shelton	CT	59:49	59:36
42	3/6	161	Michael Scaviola	29	M	Dracut	MA	59:53	59:31
43	8/9	534	John Brown	38	M	Danbury	CT	59:55	59:42
44	10/21	173	Michelle Lafond	35	F	West Harrison	NY	1:00:14	59:48
45	3/9	59	Pat Sniffin	53	M	Danbury	CT	1:01:00	1:00:25
46	11/21	165	Irina Shulman	30	F	Swampscott	MA	1:01:16	1:01:03
47	2/9	109	Lauren Shea Abrams	28	F	Redding	CT	1:02:07	1:01:46
48	4/6	92	Evan Abrams	29	M	Redding	CT	1:02:07	1:01:46
49	12/21	144	Kristin Schlechtweg	30	F	Stratford	CT	1:02:27	1:01:52
50	8/9	163	Eric Carlson	43	M	Glendale	NY	1:02:30	1:02:16

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
51	13/21	480	Rebecca Sterling	35	F	New York	NY	1:02:42	1:02:11
52	10/19	129	Loretta Lesko	48	F	Shelton	CT	1:02:48	1:02:44
53	3/9	79	Ashley Williams	25	F	New Milford	CT	1:03:54	1:03:47
54	11/19	115	Kellie Ackerman	41	F	Ridgefield	CT	1:03:59	1:03:28
55	12/19	309	Nora King	47	F	Norwalk	CT	1:04:04	1:03:31
56	4/7	18	Anda Cumings	55	F	Redding	CT	1:04:13	1:03:51
57	4/9	61	George Shawah	51	M	Easton	CT	1:04:25	1:03:55
58	9/9	121	Ken Gaynor	42	M	Ridgefield	CT	1:04:26	1:04:03
59	5/9	155	Peter Murphy	58	M	Wilton	CT	1:04:37	1:04:21
60	14/21	91	Katie Yeadon	30	F	Oxford	CT	1:05:07	1:04:53
61	15/21	30	Deborah Kellogg-Van O	30	F	Norwalk	CT	1:05:09	1:04:41
62	5/6	207	Aire Den-Breems	28	M	Redding	CT	1:05:33	1:05:19
63	13/19	164	Sandra Yablonski	48	F	Katonah	NY	1:05:41	1:05:13
64	9/9	141	Geoffrey Burr	35	M	Stratford	CT	1:06:02	1:05:53
65	5/7	80	Dale Sweeney	59	F	New Canaan	CT	1:06:46	1:06:19
66	6/9	162	Peter Justice	52	M	Gloucester	MA	1:06:49	1:06:38
67	14/19	48	Jodi Blumenfield	48	F	Redding	CT	1:07:15	1:07:04
68	7/9	40	Clarence Cherry	54	M	Danbury	CT	1:07:29	1:07:05
69	16/21	398	Amy Zvovushe-Ramos	31	F	Bridgeport	CT	1:07:34	1:07:23
70	17/21	138	Carolie Olkoski	34	F	Stamford	CT	1:07:52	1:07:25
71	6/6	222	Richard Shaw	22	M	South Salem	NY	1:08:09	1:07:45
72	15/19	81	Deirdre Clyne	47	F	Ridgefield	CT	1:08:16	1:07:48
73	8/9	145	Paul Buttress	50	M	Trumbull	CT	1:10:00	1:09:31
74	18/21	122	Tanya Gaynor	38	F	Ridgefield	CT	1:10:18	1:09:54
75	16/19	153	Susan Fullwood	44	F	Wethersfield	CT	1:11:57	1:11:23
76	17/19	74	Donna Walsh	49	F	Fairfield	CT	1:12:14	1:11:43
77	6/7	154	Kathleen Murphy	58	F	Wilton	CT	1:12:29	1:12:12
78	4/9	104	Brittany Shea	25	F	Redding	CT	1:13:16	1:12:56
79	1/1	106	Mimi Shea	61	F	Redding	CT	1:13:16	1:12:56
80	18/19	256	Zoe Hughes	46	F	Stamford	CT	1:13:56	1:13:45
81	5/9	42	Sarah Dormady	26	F	Danbury	CT	1:17:03	1:16:24
82	6/9	52	Anna Massiello	28	F	Danbury	CT	1:17:03	1:16:25
83	19/21	140	Amanda Grzyb	37	F	New Britain	CT	1:18:46	1:18:05
84	20/21	88	Vivian Lee-Shiue	38	F	Wilton	CT	1:20:54	1:20:11
85	7/9	31	Michelle Swiderski	26	F	Danbury	CT	1:25:50	1:25:24
86	19/19	98	Ellen Malmon	45	F	Redding	CT	1:27:58	1:27:26
87	7/7	139	Jane Shelley	58	F	Stamford	CT	1:28:40	1:28:18
88	8/9	170	Eowyn Driscoll	27	F	Staten Island	NY	1:29:50	1:29:24
89	21/21	36	Jennifer Skor	36	F	Weston	CT	1:34:36	1:34:00
90	9/9	108	Josephine Rodgers	29	F	Mamaroneck	NY	1:35:11	1:34:30
91	9/9	475	Oscar Batres	52	M	Danbury	CT	1:49:20	1:49:14



REDDING ROAD RACES HALF MARATHON  
 Redding, CT Sunday, May 6, 2012  
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
1	1/21	432	Peter Murphy, Jr	24	M	Wilton	CT	1:25:14	1:25:10
2	1/53	232	Ednaldo Oliveira	43	M	Danbury	CT	1:26:24	1:26:23
3	2/53	519	Tim Neil	43	M	Ridgefield	CT	1:27:30	1:27:27
4	1/34	284	Larry Ikard	37	M	New Canaan	CT	1:27:48	1:27:45
5	3/53	244	William Homes	42	M	Darien	CT	1:29:39	1:29:03
6	1/59	269	Kati Gosnell	32	F	Groton	CT	1:29:41	1:29:30
7	2/34	393	Gabriel McCool	39	M	Stratford	CT	1:31:33	1:31:24
8	1/11	465	Paul Forbes	61	M	Colonie	NY	1:31:43	1:31:40
9	4/53	352	Misha Yevemeev	41	M	Redding	CT	1:31:53	1:31:38
10	2/59	469	Shari Mark	37	F	Great Neck	NY	1:31:54	1:31:53
11	3/59	507	Kirstin Powers	31	F	Weston	CT	1:32:38	1:32:36
12	1/68	353	Teren Block	46	F	Ridgefield	CT	1:33:10	1:33:06
13	5/53	77	Kevin Tanzer	41	M	Weston	CT	1:33:53	1:33:51
14	4/59	334	Jeanne Halloran	33	F	Redding	CT	1:34:11	1:34:09
15	5/59	172	Lauren Cullen	32	F	Tarrytown	NY	1:34:15	1:34:14
16	3/34	394	Jeff Jakobsen	36	M	Torrington	CT	1:34:34	1:34:32
17	4/34	32	Anang Majmudar	37	M	Redding	CT	1:35:51	1:35:49
18	2/21	305	William Duff	22	M	Norwalk	CT	1:36:43	1:36:17
19	1/28	69	Mark Drummond	52	M	Fairfield	CT	1:37:06	1:37:04
20	5/34	520	Christian Balzano	35	M	Pound Ridge	NY	1:37:13	1:37:10
21	6/53	355	Neil Farrow	48	M	Ridgefield	CT	1:37:16	1:37:13
22	3/21	253	Nicolas Dacey	23	M	Easton	CT	1:37:18	1:37:12
23	6/34	386	Kevin Heraghty	35	M	Stamford	CT	1:37:27	1:37:22
24	7/53	361	Schole Jan	44	M	Ridgefield	CT	1:38:15	1:38:14
25	4/21	255	Anthony Leno Ii	24	M	Enfield	CT	1:38:19	1:37:46
26	6/59	377	Brigitte Paulick	34	F	South Kent	CT	1:38:39	1:38:21
27	8/53	428	Jeff Brooks	40	M	Mew Canaan	CT	1:39:33	1:39:29
28	7/59	113	Vanessa Russo	31	F	Cromwell	CT	1:39:36	1:39:32
29	2/28	532	Bill Hunter	50	M	Fairfield	CT	1:39:55	1:39:54
30	2/11	319	John Krasniewicz	61	M	Old Greenwich	CT	1:40:09	1:40:08
31	9/53	410	Jp Milot	44	M	Ridgefield	CT	1:40:09	1:39:48
32	7/34	320	Jeffrey Palma	38	M	Wilton	CT	1:40:14	1:40:10
33	8/34	33	Peter Bower	35	M	Weston	CT	1:41:27	1:41:16
34	8/59	192	Laura Mount	36	F	Bethel	CT	1:41:29	1:41:21
35	10/53	365	Geoffrey Morris	46	M	Ridgefield	CT	1:41:49	1:41:45
36	11/53	220	Steve Cognato	44	M	Danbury	CT	1:41:55	1:41:53
37	5/21	372	Ryan Donegan	23	M	Shelton	CT	1:41:59	1:41:50
38	6/21	257	Justin Violette	24	M	Enfield	CT	1:42:02	1:41:30
39	2/68	316	Lisa Lapointe	45	F	Norwich	CT	1:42:14	1:42:01
40	12/53	89	Craig Beers	46	M	Wethersfield	CT	1:42:49	1:42:46
41	3/68	177	Andrea Mindell	46	F	Ridgefield	CT	1:43:04	1:43:04
42	7/21	503	Will Honer	17	M	Old Saybrook	CT	1:43:14	1:43:13
43	9/34	437	Jeff Todd	35	M	Wilton	CT	1:43:45	1:43:34
44	3/28	181	Joe Brautigam	50	M	Bethel	CT	1:43:46	1:43:39
45	13/53	330	Steve Coppock	47	M	Redding	CT	1:43:48	1:43:32
46	10/34	197	Marc Van Den Broeck	31	M	Branford	CT	1:43:56	1:43:37
47	3/11	298	Bruce Goulart	62	M	Newtown	CT	1:44:34	1:44:34
48	14/53	16	Anthony Preisano	42	M	Wilton	CT	1:44:35	1:44:25
49	4/28	441	Joe Borge	52	M	Gloucester	MA	1:45:14	1:45:14
50	1/39	14	Meredith St. Lawrence	26	F	New York	NY	1:45:23	1:45:10

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
51	11/34	392	Alfred Montoya	33	M	Storrs	CT	1:45:40	1:45:32
52	2/39	202	Megan Welsh	24	F	Cornwall	NY	1:45:47	1:45:42
53	5/28	491	David Ruderman	50	M	Watervliet	NY	1:46:09	1:46:03
54	12/34	25	Keith Baldwin	34	M	Arlington	VA	1:46:48	1:46:36
55	15/53	401	Michael Welz	42	M	West Hartford	CT	1:46:49	1:46:44
56	9/59	280	Erica Browne	32	F	Mystic	CT	1:46:53	1:46:24
57	16/53	295	Bill Begg	48	M	Newtown	CT	1:47:00	1:46:52
58	8/21	263	Ryan Wrabel	26	M	Fairfield	CT	1:47:22	1:46:50
59	13/34	99	Brian Maupin	37	M	Norwalk	CT	1:47:33	1:47:22
60	4/11	126	Ross Levy	61	M	Chappaqua	NY	1:47:38	1:47:34
61	4/68	186	Jeannine Fagan	42	F	Bethel	CT	1:47:39	1:47:30
62	5/68	236	Heather Roles	40	F	Danbury	CT	1:47:55	1:47:52
63	17/53	443	David Teitel	48	M	Hopkinton	MA	1:48:05	1:47:48
64	10/59	524	Ciara Gedulig	30	F	Bronx	NY	1:48:51	1:48:49
65	1/31	178	Joyce Allen	50	F	Bethel	CT	1:48:53	1:48:41
66	2/31	274	Janis Grant	56	F	Milford	CT	1:49:08	1:49:00
67	18/53	343	James McDevitt	47	M	Redding	CT	1:49:19	1:48:53
68	19/53	261	Stephen McDonnell	43	M	Fairfield	CT	1:49:32	1:49:25
69	11/59	226	Sawsan Fayad	37	F	Danbury	CT	1:49:42	1:49:39
70	20/53	185	Todd Doyle	42	M	Bethel	CT	1:50:28	1:50:06
71	12/59	212	Katrina Mata	30	F	Cos Cob	CT	1:50:29	1:50:22
72	13/59	118	Jennifer Braga	30	F	Middletown	CT	1:50:29	1:49:59
73	14/59	406	Catherine McCarthy	39	F	Weston	CT	1:51:20	1:51:08
74	6/28	502	Alan Lindsay	50	M	Shelton	CT	1:51:41	1:51:31
75	15/59	369	Cathy Kost	39	F	Sandy Hook	CT	1:52:16	1:51:55
76	3/39	44	Alexa Gubinski	23	F	Fairfield	CT	1:52:19	1:52:08
77	14/34	479	Cameron Sterling	37	M	New York	NY	1:52:27	1:51:56
78	21/53	287	Steven Johnston	43	M	New Fairfield	CT	1:52:44	1:52:07
79	3/31	286	Andrea Williamson	57	F	New Canaan	CT	1:52:59	1:52:51
80	16/59	341	Melissa Lemieux	35	F	Redding	CT	1:53:00	1:52:48
81	6/68	399	Lisa Cornelio	46	F	Warren	CT	1:53:06	1:52:48
82	7/28	326	James Barickman	55	M	Redding	CT	1:53:47	1:53:12
83	4/39	453	Kimber Stannard	24	F	Jaffrey	NH	1:53:51	1:53:45
84	22/53	484	Eric Heaton	45	M	Pound Ridge	NY	1:53:55	1:53:44
85	17/59	485	Nancy Heaton	38	F	Pound Ridge	NY	1:53:55	1:53:43
86	15/34	180	Dino Verrelli	37	M	Beacon Falls	CT	1:54:12	1:54:09
87	9/21	308	Andrew Jones	27	M	Norwalk	CT	1:54:19	1:53:54
88	23/53	250	Craig Sloan	42	M	Darien	CT	1:54:19	1:53:46
89	24/53	494	Michael Demello	42	M	Yorktown Heights	NY	1:54:25	1:54:16
90	25/53	342	Bill McBrayer	46	M	Redding	CT	1:54:31	1:54:16
91	8/28	523	Michael Carpenter	55	M	Redding	CT	1:54:33	1:54:25
92	18/59	489	Alanna Almstead	35	F	Valatie	NY	1:54:34	1:54:26
93	5/39	26	Tabitha Rosien	28	F	South Boston, Ma	MA	1:54:38	1:54:19
94	26/53	463	Simon Whittington	44	M	Chappaqua	NY	1:54:56	1:54:54
95	16/34	85	Philip Kennan	34	M	New Milford	CT	1:55:06	1:54:45
96	27/53	417	Glenn McCabe	46	M	Brookfield	CT	1:55:08	1:55:02
97	10/21	136	Stephen Okin	24	M	New Haven	CT	1:55:31	1:55:25
98	28/53	424	Robert Gibbons	42	M	Wilton	CT	1:55:35	1:55:35
99	6/39	526	Gisela Dias	24	F	Danbury	CT	1:55:36	1:55:03
100	29/53	248	Steve Morrissey	40	M	Darien	CT	1:55:38	1:55:05

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
101	7/68	296	Leah Begg	42	F	Newtown	CT	1:55:43	1:55:37
102	11/21	409	Nick Falker	29	M	New Haven	CT	1:55:44	1:55:19
103	8/68	19	Megan Tiley	42	F	Bridgeport	CT	1:55:48	1:55:39
104	30/53	461	Curt Neumann	41	M	Brooklyn	NY	1:56:03	1:55:33
105	17/34	34	Tim Darcy	34	M	Brooklyn	NY	1:56:03	1:55:33
106	7/39	442	Eva Browne	28	F	Hadley	MA	1:56:06	1:55:37
107	31/53	237	Kevin Roth	41	M	Danbury	CT	1:56:16	1:56:11
108	8/39	76	Allison Fell	22	F	Middletown	CT	1:56:28	1:55:59
109	9/68	403	Diane Hayes	46	F	Weston	CT	1:56:37	1:56:35
110	1/6	376	Janet Voelpert	64	F	Shelton	CT	1:56:52	1:56:44
111	9/39	427	Olivia Herlyn	19	F	Wilton	CT	1:57:09	1:56:58
112	9/28	426	Mark Herlyn	54	M	Wilton	CT	1:57:09	1:56:58
113	12/21	371	Daniel Donegan	24	M	Shelton	CT	1:57:22	1:57:15
114	10/28	321	Randy Goldberg	53	M	Schenectady	NY	1:57:30	1:57:20
115	4/31	414	Elizabeth Scarborough	51	F	Weston	CT	1:57:38	1:57:21
116	10/68	265	Deb McFall	45	F	Glastonbury	CT	1:57:40	1:57:40
117	5/11	302	Don Capone	63	M	Norwalk	CT	1:58:08	1:57:45
118	19/59	310	Shannon Leduc	37	F	Norwalk	CT	1:58:32	1:58:12
119	6/11	191	Craig Morrison	67	M	Bethel	CT	1:58:50	1:58:27
120	11/68	240	Michele Gartland	47	F	Darien	CT	1:58:53	1:58:51
121	10/39	254	Christine Shawah	22	F	Easton	CT	1:58:57	1:58:57
122	20/59	242	Michelle Gottfried	39	F	Darien	CT	1:59:12	1:58:39
123	13/21	345	Neil Paczkowski	25	M	Redding	CT	1:59:15	1:58:53
124	5/31	183	Pavlina Brautigam	51	F	Bethel	CT	1:59:18	1:59:16
125	12/68	175	Laura Blessing	45	F	Avon	CT	1:59:23	1:59:18
126	32/53	176	Michael Blessing	47	M	Avon	CT	1:59:24	1:59:18
127	11/28	344	Oliver North	50	M	Redding	CT	1:59:31	1:58:59
128	6/31	301	Ronnie Behringer	54	F	Norwalk	CT	1:59:31	1:59:22
129	7/11	360	Jim Heus	60	M	Ridgefield	CT	1:59:40	1:59:23
130	12/28	258	Christopher Ahlberg	50	M	Fairfield	CT	1:59:41	1:59:31
131	33/53	515	Frank Scarfi	47	M	Brookfield	CT	1:59:44	1:59:30
132	13/68	514	Elli Hess	47	F	Danbury	CT	1:59:44	1:59:30
133	14/68	131	Roxanne Gillen	49	F	Schenectady	NY	1:59:47	1:59:40
134	15/68	322	Katy Guidone	42	F	Plantsivlle	CT	1:59:57	1:59:37
135	16/68	206	Liz McCall	43	F	Clinton	CT	1:59:58	1:59:39
136	34/53	303	Matt Debes	42	M	Norwalk	CT	2:00:30	2:00:01
137	21/59	402	Jessica Bower	33	F	Weston	CT	2:00:46	2:00:22
138	17/68	29	Nancy Lovas	40	F	Norwalk	CT	2:01:00	2:00:39
139	18/68	82	Agnes Porell	43	F	East Hartford	CT	2:01:11	2:00:53
140	35/53	382	Joe Amuso	42	M	Stafford	CT	2:01:16	2:01:05
141	19/68	184	Susan Dewitt	46	F	Bethel	CT	2:01:19	2:00:56
142	36/53	350	David Winslow	45	M	Redding	CT	2:01:54	2:01:33
143	20/68	416	Kathy Muro	48	F	Westport	CT	2:02:03	2:01:48
144	21/68	338	Amanda Lee	40	F	Redding	CT	2:02:17	2:02:00
145	22/68	531	Stacy Levy	44	F	Wilton	CT	2:02:21	2:02:05
146	23/68	219	Kim Cognato	43	F	Danbury	CT	2:02:23	2:02:17
147	18/34	381	Gean Tremaine	38	M	Southport	CT	2:02:34	2:02:21
148	19/34	262	Jeffrey Wheeler	37	M	Fairfield	CT	2:02:34	2:02:20
149	37/53	100	Sean Connelly	41	M	Ridgefield	CT	2:02:56	2:02:56
150	20/34	375	Salvatore Spadaccino	32	M	Shelton	CT	2:03:02	2:02:33

151	7/31	436	Katherine Stallfort	52	F	Wilton	CT	2:03:02	2:02:31
152	22/59	455	Stacey Kelley	36	F	Albany	NY	2:03:17	2:03:11
153	38/53	325	Dominique Agnes	48	M	Redding	CT	2:03:22	2:03:22
154	23/59	112	Brooke Welu	31	F	New York	NY	2:03:34	2:03:13
155	39/53	391	James Swan	47	M	Stamford	CT	2:03:36	2:03:06
156	24/59	272	Yvonne Lee	36	F	Middletown	CT	2:03:48	2:03:29
157	11/39	482	Laura Zoradi	23	F	New York	NY	2:03:48	2:03:24
158	21/34	38	Andrew Cha	32	M	Danbury	CT	2:03:56	2:03:40
159	24/68	278	Jill Lee	48	F	Monroe	CT	2:04:48	2:04:23
160	12/39	171	Kristiane Huber	22	F	Southbury	CT	2:04:51	2:04:35
161	25/59	147	Keri Jockers	37	F	Stratford	CT	2:04:56	2:04:47
162	26/59	348	Amy Taylor	38	F	Redding	CT	2:04:59	2:04:43
163	13/28	335	Jason Howard	58	M	Redding	CT	2:05:15	2:04:52
164	27/59	123	Stacey Pettinato	32	F	Redding	CT	2:05:16	2:05:13
165	8/31	374	Dorothy Lupariello	57	F	Shelton	CT	2:05:56	2:05:48
166	25/68	101	Josephine Simko	48	F	Bethel	CT	2:06:03	2:05:51
167	9/31	11	Julie Sidhu	53	F	Weston	CT	2:06:05	2:05:50
168	26/68	533	Bernie Park	45	F	Weston	CT	2:06:05	2:05:52
169	40/53	383	Rich Freeda	44	M	Stamford	CT	2:06:23	2:05:53
170	28/59	400	Kathryn Montana	30	F	Waterford	CT	2:06:33	2:06:04
171	22/34	196	Joseph Sullivan	32	M	Bozrah	CT	2:06:44	2:06:15
172	13/39	200	Stacey Holmes	29	F	Bridgeport	CT	2:06:45	2:06:34
173	10/31	231	Kathleen Goldberg	53	F	Schenectady	NY	2:06:50	2:06:41
174	11/31	349	Hillary Tonken	51	F	Redding	CT	2:06:50	2:06:10
175	27/68	43	Catherine Summ	43	F	Newtown	CT	2:07:05	2:06:33
176	14/39	457	Leah Londrigan	25	F	Bedford Hills	NY	2:07:07	2:06:50
177	14/28	203	Michael Londrigan	57	M	Brookfield	CT	2:07:17	2:07:00
178	14/21	359	Peter Greco	29	M	Ridgefield	CT	2:07:22	2:07:14
179	29/59	356	Elizabeth Gallo	39	F	Ridgefield	CT	2:07:35	2:07:20
180	12/31	70	Marycatherine Parr	52	F	Ridgefield	CT	2:07:59	2:07:41
181	28/68	504	Kelly Mittleman	48	F	Redding	CT	2:08:18	2:07:50
182	30/59	246	Jenifer Jonson	38	F	Darien	CT	2:08:39	2:08:17
183	15/39	496	Laura Sgrignoli	25	F	Harrisburg	PA	2:08:40	2:08:06
184	23/34	283	Thomas Hynes	38	M	New Canaan	CT	2:08:41	2:08:21
185	29/68	243	Lisa Heissan	42	F	Darien	CT	2:08:45	2:08:22
186	31/59	513	Suzanne Fisher	38	F	Mamaroneck	NY	2:08:49	2:08:27
187	30/68	297	Krista Benson	41	F	Newtown	CT	2:09:09	2:08:48
188	13/31	412	Sharon Gawe	59	F	Bridgewater	CT	2:09:18	2:09:18
189	16/39	277	Catie Allard	25	F	Pawtucket	RI	2:09:42	2:09:28
190	14/31	204	Susan Pagan	50	F	Brookfield	CT	2:10:29	2:10:17
191	41/53	54	George Wolf	44	M	Stamford	CT	2:10:30	2:10:13
192	31/68	404	Inger Sjogren	43	F	Wilton	CT	2:10:30	2:10:13
193	15/28	270	Gayle Smith	53	M	Groton	CT	2:10:31	2:10:00
194	24/34	78	Jeremiah McGuire	34	M	New York	NY	2:10:56	2:10:33
195	17/39	464	Karla Frisenda	26	F	Cold Spring	NY	2:11:03	2:10:39
196	42/53	56	Andy Burdick	41	M	Riverside	CT	2:11:47	2:11:47
197	32/68	476	Ane Georgiades	40	F	New York	NY	2:11:50	2:11:15
198	16/28	501	Thomas Claire	58	M	Newtown	CT	2:11:50	2:11:34
199	17/28	149	Donald Sleight	56	M	Hampden	ME	2:12:04	2:11:34
200	25/34	535	Jason Basford	31	M	Huntington	CT	2:12:10	2:11:41



201	18/39	431 Kiley Murphy	27 F	Wilton	CT	2:12:14	2:11:58
202	8/11	466 Chuck Batchner	64 M	East Berne	NY	2:12:29	2:12:18
203	33/68	107 Susan David	46 F	Ridgefield	CT	2:12:38	2:12:20
204	34/68	449 Dawn Clayson	47 F	Belair	MD	2:12:39	2:12:19
205	19/39	288 Darryll Cappiello	24 F	New Haven	CT	2:12:43	2:12:19
206	15/21	413 John Papp	25 M	Astoria	NY	2:12:50	2:12:32
207	20/39	213 Casey Reynolds	24 F	Enfield	CT	2:12:50	2:12:31
208	35/68	249 Tamara Pardo	42 F	Darien	CT	2:12:52	2:12:19
209	32/59	450 Brandan Turner	37 F	Churchville	MD	2:12:58	2:12:37
210	21/39	127 Katherine Bryce	29 F	Greenwich	CT	2:12:59	2:12:34
211	9/11	422 John C Szantyr	62 M	Stratford	CT	2:13:14	2:12:55
212	43/53	462 Mark Schwartz	43 M	Brooklyn	NY	2:13:16	2:13:09
213	26/34	23 Daniel Tanksley	35 M	New London	CT	2:13:20	2:13:20
214	33/59	363 Lisa Mara	37 F	Ridgefield	CT	2:13:21	2:13:00
215	36/68	245 Kelly Hughes	43 F	Darien	CT	2:13:33	2:13:01
216	18/28	205 Steven Anderson	59 M	Clinton	CT	2:13:42	2:13:42
217	44/53	276 Joshua Friend	45 M	Monroe	CT	2:13:48	2:13:23
218	34/59	50 Anya Brunschwig	33 F	Wethersfield	CT	2:13:55	2:13:37
219	35/59	221 Janine Russo	34 F	Redding	CT	2:14:00	2:13:39
220	37/68	331 Cathy Ann Drury	43 F	Redding	CT	2:14:12	2:13:44
221	16/21	389 Andrew Pflieger	26 M	Stamford	CT	2:14:15	2:14:02
222	22/39	385 Kellie Hayes	25 F	Stamford	CT	2:14:16	2:14:02
223	38/68	28 Florisa Zinghini	48 F	Redding	CT	2:14:28	2:14:00
224	15/31	467 Donna Charlebois	54 F	East Berne	NY	2:14:38	2:14:33
225	23/39	448 Danielle Allain	25 F	Watertown	MA	2:14:50	2:14:42
226	36/59	282 Christine Hynes	39 F	New Canaan	CT	2:14:52	2:14:33
227	39/68	530 Lisa Tess	40 F	Mystic	CT	2:15:19	2:14:47
228	37/59	194 Melanie Voelker	38 F	Bethel	CT	2:15:28	2:15:07
229	45/53	193 Mark Voelker	40 M	Bethel	CT	2:15:30	2:15:08
230	40/68	188 Lisa Garden	44 F	Bethel	CT	2:15:52	2:15:24
231	41/68	195 Mary Wagher	41 F	Bethel	CT	2:15:55	2:15:43
232	42/68	41 Kiernan Villeneuve	41 F	Danbury	CT	2:16:23	2:16:02
233	19/28	252 Robert Auer	54 M	Easton	CT	2:16:27	2:16:04
234	38/59	333 Caryn Moss	39 F	Stamford	CT	2:17:17	2:17:15
235	24/39	158 Susan Leferman	17 F	Stamford	CT	2:17:20	2:17:19
236	43/68	289 Trina Machesney	40 F	New Haven	CT	2:17:24	2:16:53
237	44/68	492 Letticia Ruderman	43 F	Watervliet	NY	2:17:47	2:17:40
238	17/21	208 Alex Bosworth	24 M	Columbia	CT	2:18:10	2:17:44
239	39/59	357 Meredith Giersch	30 F	Ridgefield	CT	2:18:13	2:17:42
240	40/59	209 Melissa Meek	37 F	Cheshire	CT	2:18:21	2:18:02
241	45/68	511 Lisa Andersen	46 F	Pasadena	MD	2:18:24	2:18:24
242	2/6	445 Anna Foulds	60 F	Reading	MA	2:18:37	2:18:24
243	46/68	315 Rita Wilker	41 F	Norwalk	CT	2:18:43	2:18:20
244	25/39	438 Sarah Bercovici	22 F	Woodbridge	CT	2:18:58	2:18:23
245	46/53	12 Peter Shiue	42 M	Wilton	CT	2:18:59	2:18:17
246	47/53	397 Richard Cowan	43 M	Trumbull	CT	2:19:30	2:18:53
247	41/59	223 Holly Colbert	35 F	Danbury	CT	2:19:32	2:19:21
248	48/53	279 Mike McEvoy	47 M	Monroe	CT	2:20:07	2:19:42
249	47/68	68 Laura Alford	44 F	Monroe	CT	2:20:16	2:20:16
250	20/28	198 Vin Dipalma	52 M	Bridgeport	CT	2:20:18	2:20:11

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
251	49/53	339	Rich Gairing	44	M	Newtown	CT	2:20:23	2:19:49
252	3/6	179	Alice Avery	61	F	Bethel	CT	2:20:34	2:20:17
253	16/31	518	Helen Oster	54	F	Danbury	CT	2:20:37	2:20:37
254	48/68	66	Kathryn Stoker	44	F	Norwalk	CT	2:21:09	2:20:53
255	42/59	366	Karen Pray	37	F	Ridgefield	CT	2:21:16	2:21:16
256	27/34	187	Christopher Crowther	31	M	New London	CT	2:21:45	2:21:45
257	26/39	478	Julia Rosenblum	24	F	New York	NY	2:21:50	2:21:44
258	27/39	488	Annie Nastasi	27	F	Sunnyside	NY	2:22:30	2:21:54
259	28/39	210	Megan Vansumeren	26	F	Columbia	CT	2:22:39	2:22:13
260	49/68	294	Julie Anne Fossi	43	F	New Milford	CT	2:22:49	2:22:40
261	28/34	182	Brian Terwilliger	30	M	Stamford	CT	2:22:54	2:21:52
262	50/68	251	Carolyn Wallach	44	F	Durham	CT	2:22:58	2:22:31
263	51/68	468	Bonnie Harper	47	F	Glendale	NY	2:23:13	2:22:59
264	29/39	495	Danielle Guldner	25	F	Enola	PA	2:23:28	2:22:54
265	21/28	506	Edward Gillen	54	M	Schenectady	NY	2:24:14	2:24:04
266	43/59	73	Audrey Ryan	39	F	New Milford	CT	2:24:24	2:24:24
267	52/68	266	Lori Diamond	45	F	Glendale	CT	2:24:40	2:24:26
268	53/68	275	Carrie Friend	43	F	Monroe	CT	2:24:46	2:24:21
269	44/59	117	Kelly Marsh	35	F	Norwalk	CT	2:25:16	2:24:56
270	30/39	27	Jennifer Sullivan	24	F	Danbury	CT	2:25:20	2:24:47
271	18/21	110	Doug Langley	24	M	Waterbury	CT	2:25:27	2:25:18
272	29/34	477	Brian McCloskey	34	M	New York	NY	2:26:09	2:25:47
273	50/53	227	Dan Flynn	42	M	Danbury	CT	2:26:36	2:26:36
274	17/31	510	Mary Principe	53	F	Danbury	CT	2:27:22	2:27:22
275	22/28	411	Calvin Andersen	50	M	Pasadena	MD	2:27:35	2:27:35
276	23/28	509	George Yurchishin	59	M	Danbury	CT	2:28:17	2:28:17
277	18/31	351	Rosamond Witte	52	F	Redding	CT	2:28:25	2:28:03
278	45/59	299	Catherine Kennedy	30	F	Niantic	CT	2:29:01	2:28:33
279	54/68	328	Bonnie Caton	40	F	Redding	CT	2:29:18	2:28:57
280	46/59	132	Maryann Kelly	32	F	Red Hook	NY	2:29:23	2:29:23
281	55/68	387	Maureen Jansen	43	F	Stamford	CT	2:29:25	2:29:11
282	56/68	370	Cathryn Laydon	46	F	East Haven	CT	2:30:02	2:29:36
283	19/31	451	Sabra Kurth	50	F	Havre De Grace	MD	2:30:05	2:30:05
284	30/34	396	Jonathan Burke	33	M	Trumbull	CT	2:31:07	2:30:39
285	47/59	395	Jennifer Burke	33	F	Trumbull	CT	2:31:07	2:30:39
286	31/39	17	Jessica Anderson	22	F	Clinton	CT	2:31:21	2:31:21
287	57/68	49	Terri Linstrum	49	F	New Milford	CT	2:31:21	2:31:21
288	32/39	318	Kristina Goldbach	28	F	Oakdale	CT	2:31:41	2:31:41
289	20/31	24	Cherie Norton	58	F	Berlin	CT	2:31:47	2:31:13
290	48/59	347	Lindsey Guerrero	31	F	West Hartford	CT	2:32:05	2:31:37
291	49/59	499	Megan Gearhart	32	F	Pearl River	NY	2:32:07	2:31:39
292	50/59	500	Alicia Andriopoulos	32	F	Stamford	CT	2:32:08	2:31:40
293	33/39	174	Marissa Brodie	24	F	Ashford	CT	2:32:11	2:31:58
294	58/68	314	Tasha Cusson	45	F	Clinton	CT	2:32:32	2:32:32
295	34/39	332	Amanda Glendinning	28	F	Redding	CT	2:32:34	2:32:15
296	19/21	421	Robert Pezzulo	29	M	Plainville	CT	2:32:54	2:32:18
297	31/34	420	Jack Schlechtweg	32	M	Stratford	CT	2:32:54	2:32:19
298	4/6	291	Mary Newell	61	F	New Haven	CT	2:32:55	2:32:29
299	21/31	215	Kathy Macko	59	F	Cromwell	CT	2:34:29	2:33:56
300	51/53	454	Bill Frost	40	M	Ridgewood	NJ	2:34:30	2:34:09

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Chiptime
301	59/68	439	Sherri Decoursey	45	F	Martinsville	IN	2:34:56	2:34:56
302	51/59	189	Erica Herbert	39	F	Bethel	CT	2:35:41	2:35:41
303	35/39	430	Caroline Morgan	23	F	Wilton	CT	2:36:12	2:36:12
304	20/21	317	John Camarillo	23	M	Arlington	VA	2:36:12	2:36:12
305	52/59	481	Chynna Van Dyke	30	F	New York	NY	2:36:16	2:35:40
306	36/39	111	Abigail Zohn	28	F	Astoria	NY	2:36:22	2:35:44
307	5/6	62	Donna Cramond	62	F	Monroe	CT	2:36:31	2:36:31
308	60/68	65	Kelly Rota-Autry	47	F	Indianapolis	IN	2:36:53	2:36:53
309	10/11	444	Alan Foulds	60	M	Reading	MA	2:36:55	2:36:42
310	32/34	323	Michael Bell	37	M	Quaker Hill	CT	2:37:18	2:37:18
311	22/31	415	Karen Sitney	52	F	Weston	CT	2:37:23	2:37:23
312	23/31	407	Susan Nakas	58	F	Weston	CT	2:37:24	2:37:24
313	24/31	452	Debra Sleight	54	F	Hampden	ME	2:37:39	2:37:39
314	25/31	525	Mary Costigan	56	F	Danbury	CT	2:39:23	2:39:23
315	53/59	358	Allannah Greco	30	F	Ridgefield	CT	2:39:26	2:39:26
316	24/28	225	Karl Eilers	59	M	Danbury	CT	2:39:39	2:39:39
317	54/59	224	Jaime Demetrius	32	F	Danbury	CT	2:39:56	2:39:56
318	26/31	312	Jeanette Trujillo	50	F	Norwalk	CT	2:40:32	2:40:14
319	33/34	528	David Kimball	31	M	Redding	CT	2:40:58	2:40:58
320	27/31	364	Elizabeth McMahon	55	F	Ridgefield	CT	2:41:17	2:40:46
321	61/68	97	Ali Haffner	40	F	Danbury	CT	2:41:39	2:41:39
322	28/31	337	Debbie Dusza	56	F	West Greenwich	RI	2:41:58	2:41:32
323	34/34	157	Daniel Laub	38	M	White Plains	NY	2:42:31	2:42:31
324	55/59	493	Susan Laub	38	F	White Plains	NY	2:42:31	2:42:31
325	62/68	13	Vanessa Bowman	42	F	San Diego	CA	2:43:05	2:43:05
326	25/28	156	Gary Dusza	50	M	West Greenwich	RI	2:43:08	2:42:13
327	37/39	238	Emma Westa	27	F	Danbury	CT	2:43:20	2:43:20
328	26/28	517	Day De Rosa	55	M	Redding	CT	2:43:26	2:43:26
329	52/53	214	Peter King	41	M	Cheshire	CT	2:43:44	2:43:25
330	29/31	116	Jill Tierney	55	F	Cromwell	CT	2:45:06	2:44:33
331	11/11	497	Peter Geltner	69	M	Warrenton	VA	2:45:08	2:45:08
332	30/31	419	Jane Jylkka	50	F	Wethersfield	CT	2:45:12	2:44:38
333	63/68	64	Marie Elena Cordisco	48	F	Ridgefield	CT	2:46:40	2:46:40
334	64/68	63	Sue Scibilia	48	F	Deer Park	NY	2:46:58	2:46:58
335	65/68	306	Yoko Hayashida	42	F	Norwalk	CT	2:47:34	2:47:03
336	38/39	486	Joy Mather	27	F	Staten Island	NY	2:51:27	2:50:59
337	27/28	228	Daniel Goble	52	M	Danbury	CT	2:51:45	2:51:45
338	56/59	39	Andrea Von Der Pfordt	39	F	Bethesda	MD	2:51:45	2:51:45
339	66/68	362	Libby Julo	48	F	Ridgefield	CT	2:52:58	2:52:58
340	53/53	508	Tony Cabrales	49	M	Wellington	FL	2:52:58	2:52:58
341	57/59	292	Kellie Park	32	F	New Haven	CT	2:59:57	2:59:33
342	21/21	378	Logan D'Souza	25	M	South Windsor	CT	3:02:01	3:02:01
343	39/39	379	Stephanie D'Souza	26	F	South Windsor	CT	3:02:01	3:02:01
344	58/59	47	Cindi Allrich	39	F	Dallas	TX	3:09:14	3:09:14
345	28/28	373	George Huffman	55	M	Shelton	CT	3:10:29	3:10:29
346	67/68	405	Jill Leo	47	F	Weston	CT	3:11:11	3:11:09
347	59/59	120	Jen Hoffman	31	F	Mamaroneck	NY	3:16:34	3:15:53
348	6/6	498	Sharon Geltner	68	F	Warrenton	VA	3:21:52	3:21:52
349	31/31	512	Kathy Otzel	56	F	Lewisburg	PA	3:22:50	3:22:50
350	68/68	300	Beth Thompson	42	F	North Stonington	CT	3:23:22	3:23:22

## **Y. Volunteers**

**(Sorry if I have left anybody off the list by accident)**

Kristen Allore  
Ted Augustine  
Evan Bassett  
Sheva Bassett  
Joy Bean  
The Bloom Family  
Phil Bronson  
Pete Brooks  
John Campbell  
Don Capone  
Bonnie Caton  
Jen Clados  
Parker Coates  
Sharon Coates  
Ben Coppock  
Melissa Coppock  
The Cordisco Family  
Rachel Corr  
Donna Cramond  
The Cubscouts  
The Den Breem Family  
Adrienne Dooley  
Diane Dooley  
Tara Dooley  
Jan Dorenbosh  
Matthew Dorenbosch  
Sue Dorenbosch  
Eowyn Driscoll  
John Dugdale  
Dona Esposito  
Rick Favier  
Gary Feld  
Eric Friedland  
Douglas Fuchs  
Jim Gerweck  
Bruce Given  
Susan Glendinning  
Jason Guidone  
Katy Guidone



Joe Hanczor  
John Hichwa  
Marion Hichwa  
Colleen Joyce  
Hunter Julo  
Mackenzie Julo  
Jean Kelly  
Dr. Harvey Kramer  
Emmett Lee  
Carlos Maldonado  
Caylynn Maldonado  
John McCleary Jr  
John McCleary III  
Kevin McCleary  
Sandy McCleary  
Terri McCleary  
Kelly Mittleman  
Ann Murray  
Mike Murray  
Kim O'Neill  
Lucy Peto  
Helen Phillips  
Joanne Phillips  
Diana Remaley  
Heather Roles  
Josephine Romano  
Marty Schaivone  
Fred Schroeder  
Jean Schroeder  
Norris Scott  
Matt Sherwood  
Tina Sherwood  
Dave Shuford  
Sue Siburn  
Tess Siburn  
Janet Sommers  
Dan Stewart  
Kate Stoker  
Scott Sturgis  
Dan Sullivan  
Greg Sullivan  
Jake Sullivan  
Wendy Sullivan

Mike Sun  
Kimberly Swabsin  
Ann Taylor  
Anya Taylor  
Jean Taylor  
Katla Taylor  
Thatcher Taylor  
Morgan Tess  
The Thompson Family  
Tony Trujillo  
Flo Vannoni  
Masako Vigneault  
Abi Wycoff  
Joe Zinghini

**Z. May 6, 2012 In Pictures**















































