



2013 REDDING ROAD RACE FINISHER NEWSLETTER





New Pond Farm

EDUCATION CENTER

Programs

for adults, families, children

"Connecting people with the land that enriches and sustains us all."

SPECIAL EVENTS

Founders' May Fair

Saturday, May 18th 11am-4 pm

(rain date 19th 1-4pm)

This is one of our favorite days of the year! As we celebrate the growing season we also take time to remember our Founders, Carmen Mathews and Sally Trippe, whose generosity and vision made the Education Center possible. There will be Maypole Dancing with students from RES, Morris Dancing, horse drawn hayrides, sheep shearing, fleece spinning, and bee keeping. Meet live sheep, calves, and chickens. Create many fun crafts to take home! Purchase a wonderful variety of heirloom vegetable seedlings to plant in your garden!

Please leave your dogs at home!

*\$5 per person & 20 maximum per family
There will be small fees at the craft
tables to cover the cost of supplies.*



From Farm to Canvas Art Show

June 1-15 - Gallery Hours: 10 am-5pm,

Monday-Saturday,
12-5 pm on Sunday

Once again artists and art lovers are focusing on the unique beauties of New Pond Farm, with its sweeping vistas and tranquil views of barnyard animals. Some fifty regional artists will transfer their visions of the farm to canvas so that, from June 1-15, the public may browse among portraits of its bounty and may buy images of a place that so perfectly reminds us of our elemental connection to the land. Also featuring: Portfolios of art depicting the natural world • Silent Auction • Raffles • Artist Demos • Workshops • Kids' Activities • Paint and Picnic, a community plein air event. All proceeds benefit the educational programs.

*Admission is free. Please come and
browse through two beautiful rooms
of artwork and portfolios.*



The Art Show Preview Party

Friday, May 31st from 6-8 pm

We will inaugurate our "From Farm to Canvas" art show with a gala evening of beautiful art, live music, Banfi wines and sumptuous hors d'oeuvres.

*For NPF members, artists and guests.
\$25 per person.*

*Register online or call for
reservations 203-938-2117.*

"FROM FARM TO CANVAS" ART SERIES FOR ADULTS AND OLDER STUDENTS

We are excited to offer these special programs, free of charge, in connection with our Farm to Canvas Art Show. We ask that you make a reservation either by calling 203.938.2117 or by visiting the Program Registration section at www.newpondfarm.org

Robert Sauber Painting Workshop

Saturday, June 1st, 1-3 pm

Join acclaimed artist and award winning illustrator Robert Sauber for A Naturally Inspired Approach



Tadpoles, Dragonflies, & Diving Beetles!

Tuesday, May 21st

Children 4-5 with an adult
and Children 6-12

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Diggers:

Family Gardening Brigade
5 Weeks

Wednesday, May 15th -
Wednesday, June 12th

4:30-5:30 pm

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*Pre-payment and
registration are required.*

*One week cancellation
is required for a refund.*

*Park at the Indoor
Learning Center.*

Dress for the outdoors.

To register, **CLICK HERE**
or email
alex@newpondfarm.org
or call 203-938-2117

REGISTRATION

Spring, 2013

Spring Art Series for Adults and Older Students...

(Continued from page 1)

to Painting and what promises to be a fascinating painting demonstration. Robert has illustrated dozens of children's books, and his work has appeared in numerous magazines including Reader's Digest, Cosmopolitan, and Good Housekeeping. In addition to publication work, Robert has designed videos and websites for educational organizations and corporations.
www.robertsauber.com

Watercolor Workshop with Sally Aldrich

Sunday, June 2nd, 1-3 pm

Please bring your own materials and create your very own masterpiece with popular artist Sally Aldrich. Sally graduated from Connecticut College with a degree in Fine Arts. She was an art teacher and department chair in Pleasantville, NY, teaching ceramics, painting and drawing. She is a member of the Clay Art Center, where she creates pottery and sculpture. She has served as the President of the Katonah Museum Artists Association and is on the Hammond Museum Exhibition Committee.
www.sallyaldrichart.com

President's Tea & Floral Still Life Watercolor Demonstration with Adele Moros

Wednesday, June 12th, 2-4 pm

Board President Sharon Coates has the well-deserved reputation of being one of the premiere bakers and hostesses in town. Sharon invites you to join her for an enjoyable afternoon of delectable treats and teas, and to spend time with the inspirational watercolorist Adele Moros as she paints a floral bouquet gathered from the farm. Adele has taught painting for the past 25 years, she is a Fellow with the International Guild of Miniature Artisans, and her work is in many private, corporate and museum collections.
www.adelemoros.com

Painting Demonstration with Contemporary Impressionist Painter Catherine M. Elliott

Saturday, June 15th, 2-4 pm

Please join us for an enjoyable afternoon at New Pond Farm with impressionist painter, Catherine M. Elliott. Painting "en plein air", Catherine will share the fascinating way in which she explores atmospheric and lighting conditions to capture a moment in time and place that invokes the viewer to "see" the sublime. Catherine teaches an annual artist workshop in Ireland and resides in Connecticut. Catherine is currently represented by 12 galleries throughout New England and abroad and is an elected member of the Lyme Art Association and Connecticut Plein Air Painters Society. Demonstration will be held indoors in the event of rain.
www.catherinemelliott.com

CULINARY SERIES FOR ADULTS AND OLDER STUDENTS

The Art of Fermentation - An Introduction to vegetable cultures and preservation

Wednesday, May 15, 11 am-12:30 pm

Join Program Director Alex Keilty in NPF's teaching kitchen for a fun, lively and informative class about the basics of culturing vegetables. Much better than canning, lacto-fermenting vegetables is another way to preserve fresh produce that infuses more nutritional benefits and flavors. This class is a delicious way to

start learning about the bacterial balance humans need for vibrant health. There will be plenty of samples, leave with a kit to start fermenting at home.

\$15/member, \$20/nonmember

Focaccia Bread Workshop

Wednesday, May 22nd, 6:30-8:30 pm

One of the simplest breads to make, focaccia is also one of the most easily varied. Ingredients will be provided for you to individualize a focaccia to suit your taste. Please bring a large mixing bowl, wooden spoon, and sturdy baking sheet or pizza pan. Assistant Farm Manager, Adam Gelroth, known for his delicious breads, will walk you through the steps of making this delightful Italian bread.

\$15 /member, \$20/nonmember

Family Programs

Dirt Made My Lunch

Saturday, May 11th, 1-3 pm

Learn how to diminish your whole family's impact on the landfill and recycle your lawn clippings, leaves and kitchen scraps. We will learn the vital knowledge of Greens vs. Browns and build a hot compost pile together. Leave with plans and the confidence to cut your family's waste production and make your garden beautiful.

\$10/member family, \$12/nonmember family

Spring Astronomy

Saturday, May 11th 8:15 pm

We will turn our sights onto two spectacularly beautiful planets, Jupiter and Saturn, and we will learn more about our spring constellations.

*\$4/member, \$16 max per member family
\$6/nonmember, \$24 max per nonmember family*

Living with Coyotes

Thursday, May 16th, 7 p.m.

We have all heard their howls and many of us have seen them skulking through our backyards, now we have a chance to spend an evening with DEEP biologist Chris Vann to learn more about coyotes. Chris will share the natural history of this ever-present member of the canine family, he will give us insight into their behaviors, and take time to answer our questions. *FREE*

Farm Chores

Saturday, June 1st OR Sunday, June 2nd at 2:30 pm

Who drinks milk, who munches on hay, and who eats grain and why? Find out these answers and many more when you help to feed our pigs, chickens, sheep and cows.

Members Only! \$10 per family

Spring Astronomy Program and Telescope Clinic

Saturday, June 15th 7:30 pm

If you have a telescope at home gathering dust because you don't know how to use it or if you are thinking of purchasing a telescope, our astronomy volunteers will be on hand to share their expertise. Once the sun has set, join them for an evening on Astronomy Hill as they focus the telescopes on Venus and other celestial wonders.

*\$4/member, \$16 max per member family
\$6/nonmember, \$24 max per nonmember family*

4/5 Year Olds with an Adult

All programs meet from 1-2 pm unless noted *
\$6/member child and \$8/nonmember child

Mother's Day Celebration

Thursday, May 9th

Visit some of the furrier mothers on the farm, share a favorite story, and create a beautiful farm gift for your Mother to show just how much you love her on her special day.

Tadpoles, Dragonflies, & Diving Beetles!

Tuesday, May 21st

Join us for a fun afternoon of marsh explorations! Using our nets we will capture, observe and release many of the fascinating residents who live in our marsh. Let's see who's hopping, swimming and diving in this watery habitat.

Oink!! Oink!!

Thursday, June 6th

Why do pigs need mud? How much do pigs really eat? Are pigs really messy? Let's spend some time with our piglets and find out! We will bring them a morning snack, read a favorite pig story, and make a piggy craft!

The Wonderous Worm

Thursday, June 13th, 10 - 11*

There can be up to 50,000 pounds of worms per acre of grassland, which means that sometimes worms outweigh the animals grazing on top of them. Come learn about the under appreciated ground dweller, get up close and see them work, learn some songs and go home with plans on how to make and care for a worm composting system.

SUMMER SHAKESPEARE 2013 FOR MIDDLE SCHOOL ACTORS

"If music be the food of love, play on."

Our popular Summer Shakespeare program returns with the Bard's "TWELFTH NIGHT". This engaging three week theatre program with director Nancy Ponturo will incorporate acting, movement and voice. Students will become more familiar with the intricacies of Shakespearean language, garner a sound knowledge of the text and get a glimpse into life in Elizabethan times as they prepare for their three performances. We aim to stimulate their imaginations through an innovative and fun approach to classical material.

Dates: July 1-July 20

Times: 9:30am-12:30pm, Monday-Friday
(longer rehearsals during week #3)

Evening Performances: July 18-20

Tuition: \$650 for NPF members; \$725 for non-members

Please call Ann Taylor at 938-2117 to register, [CLICK HERE](#)
or go to www.newpondfarm.org

6-12 Year Olds

All Programs meet from 4:30-5:30 pm and are
drop off programs
\$8/member, \$10/nonmember unless noted*

Diggers - Gardening Brigade

Wednesday, May 15th - Wednesday, June 12th 4-5 pm

Growing your own food naturally and taking care of the land is a revolutionary act. During this 5-week series you will work your own garden plot from start to harvest. Classes will include soil prep and organic fertilizing, planting, and cultivation. Rain or shine.

*\$50/member, \$65/non-members. Harvest will
begin in June and continue after the last class meets.*

Tadpoles, Dragonflies, & Diving Beetles!

Tuesday, May 21st

Join us for a fun afternoon of marsh explorations! Using our nets we will capture, observe and release many of the fascinating residents who live in our marsh. Let's see who's hopping, swimming and diving in this watery habitat.

Huckleberry Fishing

Tuesday, June 4th

Come to New Pond Farm and learn to fish with homemade and primitive fishing tools. We will meet in the afternoon and become familiar with the creatures of our fishing hole and then start fishing. Participants will leave with a fishing device of their design and construction and many stories of "whoppers" caught.

Pastel Workshop with Becky Holden

Wednesday, June 5th

(Part of our Farm to Canvas Art Series)

Talented pastellist and popular RES art teacher, Becky Holden, invited you to spend a creative afternoon with pastels. Use the farm and its animals and plants for inspiration and create your own special work of art.

** Free of charge*

SUMMER CAMP

Each year New Pond Farm hosts a unique summer camp that brings together children from the inner cities of CT with area youngsters. If you have an 8-12 year old who would enjoy making new friends from different backgrounds and becoming a part of the farm family, then New Pond Farm is the right place. Activities include exploring the woodlands and wetlands, Native American programs, swimming, working with the animals, fun in the gardens, cooking, hiking, outdoor games, crafts and more.

Session I July 8-12
Session II July 22-26
Session III August 5-9

Campers must be FAMILY MEMBERS.

Fee: \$550 includes snacks, lunch, crafts materials & t-shirt.

To register please call the farm 203-938-2117 and leave a message on the machine with your child's name, and 1st and 2nd choice of session. You will receive a confirmation call from us.

To register call 203-938-2117 or visit www.newpondfarm.org • [Friend Us on Facebook](#)

Membership...the perfect gift!

The majority of our operating budget is dependent on memberships, program revenues and private grants. We welcome your support! *Please make your contribution payable to New Pond Farm Education Center* and send it to: New Pond Farm Education Center; Box 116; West Redding, CT 06896.

To have a gift card mailed, please call the office!

As members you will have the opportunity to:

- Hike, cross country ski and explore on our spectacular private 102-acre property
- Receive discounts on programs
- Enjoy many Members-Only programs — like Junior Staff, Summer Camp, Pancake Breakfasts, Caroling with the Animals & evening amphibian programs
- Receive seasonal Newsletter and calendars in advance so that you may be first to sign up for our classes
- Participate in educational and unique birthday parties for your children
- Enjoy an ongoing series of adult workshops and outdoor activities throughout the year
- Discover the fascinating plant and animal communities of the Redding area in our hands-on classes
- Support one of the last working farms in Fairfield County — celebrating our connection to the land and the origins of our food
- Support environmental programs that plant the seeds of conservation, encouraging students of all ages to become responsible stewards of the land
- Support a summer camp that brings together children from the inner city and children from surrounding areas in a personal atmosphere, fostering new understandings and friendships

MEMBERSHIP CATEGORIES:

| | | | | | |
|---|------|-------------------------------------|-------|-----------------------------------|---------|
| <input type="checkbox"/> Individual Adult | \$50 | <input type="checkbox"/> Supporting | \$100 | <input type="checkbox"/> Patron | \$500 |
| <input type="checkbox"/> Family | \$75 | <input type="checkbox"/> Sustaining | \$300 | <input type="checkbox"/> Sponsor | \$1,000 |
| | | | | <input type="checkbox"/> Guardian | \$5,000 |

Name(s) of family members: _____

MAILING ADDRESS INFORMATION:

Name: _____

Street: _____ City, State, Zip _____

Phone: _____ email: _____



New Pond Farm Education Center is a nonprofit 501(c)(3) public foundation. Memberships are tax deductible to the fullest extent provided by law.

Say hello to...

100% NATURAL

PURE AND SIMPLE

HANDBAKED

We are proud to support the 2nd Annual
Ola! Foods Redding Road Race and New Pond Farm.
Congratulations to all the runners!



Kid friendly...Mom approved!

- ✓ "not too sweet"
- ✓ pure maple syrup
- ✓ whole nuts
- ✓ family snack
- ✓ no added oils
- ✓ 100 calories per serving)
- ✓ low sugar, fat & sodium



Look out this summer, for **GLUTEN FREE!**
and our New Flavor, Chocolate Banana Chip!

Follow us @ /olafoods



OLA! FOODS, LLC NORWALK, CT WWW.OLAFOODS.COM 203.295.8105 SHARE@OLAFOODS.COM





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



Sandi O'Reilly

busy weekend

From left, Tessa Higgins, Huckleberry the Frog, Zach Higgins, Kevin McCleary, Daisy the Cow and Jeremy Cutler invite the public to have a staycation in Redding this weekend. Kick off Saturday, May 4, from 10 to 4 at the Frog Frolic at the Redding Community Center to benefit the Mark Twain Library. Then enjoy dinner on Saturday evening at the West Redding fire-house from 4:45 to 8, when the Boy Scouts are hosting their Annual Spaghetti Dinner. After a good night's rest, head over to New Pond Farm Sunday morning by 8 to cheer on the Redding Road Race — A Run for the Cows runners. The race is sold out, but the Piglet Prance Kids Race remains open.

New Pond Farm grateful to participants, supporters of road race

To the Editor:

Last Sunday New Pond Farm hosted its second annual Redding Road Race — A Run For the Cows, and 650 runners dedicated themselves to the Seven-Mile Run and the Half Marathon, and close to 100 youngsters joined us for the Piglet Prance 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 several amazing fleet-

of-foot 10- and 12-year-olds complete the seven miler in record time, an inspirational gentleman 70 years young completed the half marathon handily, two young parents ran the seven-miler with their children in strollers, and several parents and children 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 50 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 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!

Ann Taylor

Executive Director

Redding, May 6



B. Letter from John McCleary, Race Director

Make sure to check out the awesome race video from Vidfly: <https://vimeo.com/66393870>

First of all, congratulations to all the finishers, including the winners: Liz, Meredith, Ken and Larry. All times were course records!!

Once again we were lucky to have ideal weather, and, for anyone running a race this past Memorial Day Saturday, nice May weather is never a given.

There are so many people that deserve a huge thanks and I hope I don't leave anybody out. Thanks to new Pond Farm and its staff, Kimberly Swabsin (Volunteer Chairperson), my family (Terri, John and Kevin) for putting up with me from January through May (maybe a bit longer??), our 75 or so sponsors listed in the upcoming pages, our 125+ volunteers listed later on including the Weston Cross Country Team, The Boy Scouts, Cub Scouts and Venture Crew, Evan and my aid station set up crew, Alice, Jody, Thea, Teren, Mom, Dad, Tony, Heather, Cathy Kane, Greg Young and Dina & Kurt Houser, Redding Zoning, the Redding and Danbury Police

Departments, Gary Fields and the West Redding Fire Department. Most of all, thanks to you, the runners, who allow us to put on this event.

Some interesting occurrences (at least I think they are), in no particular order:

- September 2011 – Terri and I are walking on the New Pond Farm path and I think this would be a great place to host a race. Terri doesn't say no way, so.....
- February 8th, 2012 – race capacity reached for the 2012 race.
- January 8th, 2013 – race capacity reached for the 2013 race.
- February, 2013 – Sharon, New Pond Farm Board President, starts baking cookies and muffins for the race – no lie!!
- May 4th, 4pm – looking for the 5 gallon jugs of water for the age stations. They were supposed to be in the barn. Apparently they haven't been delivered = big problem.
- May 5th, 8pm – Evan locates 5 gallon jugs of water at Home Depot, picks them up and delivers them to the aid stations – thank you Evan!!
- 1:00am, May 5th – Terri and I finish up coning Topstone Park. I'm backing up but can't see behind me, Terri says "all is clear." Bang!! "except maybe for that big tree!! No damage to car, no damage to tree = no problem.
- 8:00am, May 5th – the Half is supposed to start but there's still a line in the port-o-let area. Runners lined up in a big line instead of individual lines, which slowed down usage considerably – didn't anticipate this!!
- 8:08am, May 5th – the Half starts.
- 9:10am, or so, May 5th – I'm driving down Simpaug Turnpike (around the 8 mile mark) dropping off three runners who went off course so they can run the full 13.1 miles. Maybe it's because of the part of the race (mile 8 is where runners are probably starting to tire and think, I have to run 5 more miles!!), but as I pass hundreds of runners, nobody is talking and all I hear is breathing – really cool!
- 10:45am, May 5th – award ceremony starts.
- 11:30am, May 5th – awards ceremony still going on –this needs to be shortened somehow next year!!
- Noon, May 5th – I make my way over to the food tent, no pizza left. Order more next year.
- 1:00pm, May 5th – nobody left at the farm, EXCEPT there is still a line at the massage tent – Tony and colleagues had a busy day!
- 2:00pm, May 5th – except for the tents, you would have never know there was a race at the farm that day. Everything is cleaned up – thanks New Pond Farm staff and volunteers!!
- Thursday May 9th – Unnamed supplier attempts to deliver twenty two 5 gallon jugs to New Pond Farm. Delivery rejected.

- Thursday, May 9th – I look at the finishing pictures from JLG Designs and Studio1923 and it's awesome to see the joy in the faces of the finishers. Whether it's the joy of accomplishing a goal or the joy of not having to run any more hills, the joy is apparent. It's also these pictures where I see the kids finishing the 7 miler and realize there's no way I can discontinue the 7 miler.
- Speaking of joy, two of the best running books that focus on the joy of running are "Born to Run," and "Once a Runner." If you're a runner, and all of you are, I highly recommend these two books.
- January 1st, 2014, noon – registration for the RRR14 will start – will it also end on the 1st??

2014 Race Changes:

- New Piglet Prance course that won't interfere with exiting cars – will still be a mile for the longer race.
- Piglet Prance Race will be at 10:30am.
- American flags at the start.
- 7 mile will remain but will start at 8:35, 35 minutes after the half. This will allow for the winners of each race to finish near each other, if winning times remain consistent.
- More pizza.
- Port-o-lets will be coned off individually for efficiency.
- Finish area will be leveled.
- Athena/Clydesdale awards.
- Mighty Cow Awards.
- Even cooler runner gifts.
- One thing that won't change – race price will remain the same.

Thanks again and I hope to see a lot of you in the area races this summer. If not, mark your calendars for noon on January 1, 2014 as registration for the RRR14 will begin then and may sell out quickly, as race capacity will remain the same. I will send out a reminder email shortly before then. As always, if you'd like to run with our ever-growing group (The Redding Running Club), email me and I'll send you details.

I compared runners' times who ran both the 2012 half to the 2013 half and here's a list of 65 people with time improvements from 2012 to 2013 – some astounding!! On average, the 2013 course was 3 minutes faster than the 2012, which is significant.

Jonathan Burke; Trumbull, CT
Day De Rosa; Redding, CT
George Huffman; Huntington, CT

36:34
36:20
35:09

| | |
|------------------------------------|-------|
| Jeanette Trujillo; Norwalk, CT | 26:46 |
| Karen Sitney; Weston, CT | 19:46 |
| Abigail Zohn; Astoria, NY | 18:29 |
| Thomas Hynes; New Canaan, CT | 18:06 |
| Peter Shiue; Wilton, CT | 17:26 |
| Tim Darcy; Brooklyn, NY | 16:50 |
| Jill Leo; Weston, CT | 12:30 |
| Kathy Otzel; Lewisburg, PA | 11:44 |
| Karen Pray; Ridgefield, CT | 11:38 |
| Kathryn Stoker; Norwalk, CT | 11:09 |
| Sharon Gawe; Bridgewater, CT | 11:04 |
| Tamara Pardo; Darien, CT | 9:55 |
| Jason Basford; Huntington, CT | 9:53 |
| Steve Morrissey; Darien, CT | 9:36 |
| Shannon Leduc; Norwalk, CT | 8:39 |
| Hillary Tonken; Redding, CT | 8:38 |
| Craig Sloan; Darien, CT | 8:33 |
| Mark Schwartz; Brooklyn, NY | 8:05 |
| Christopher Ahlberg; Fairfield, CT | 7:50 |
| David Kimball; Redding, CT | 7:48 |
| Bill McBrayer; Redding, CT | 7:29 |
| Bonnie Caton; Redding, CT | 7:12 |
| Jeremiah McGuire; New York, NY | 6:44 |
| Susan Pagan; Brookfield, CT | 6:38 |
| Susan Laub; Ridgefield, CT | 6:31 |
| Joe Amuso; Stafford Springs, CT | 6:29 |
| Amy Taylor; Redding, CT | 6:27 |
| George Yurchishin; Danbury, CT | 6:12 |
| Joyce Allen; Bethel, CT | 5:58 |
| Gean Tremaine; Southport, CT | 5:55 |
| Julie Anne Fossi; New Milford, CT | 5:55 |
| Andy Burdick; Riverside, CT | 5:54 |
| Larry Ikard; New Canaan, CT | 5:48 |
| Mary Newell; New Haven, CT | 5:45 |
| Mary Principe; Danbury, CT | 5:18 |
| Kevin Tanzer; Weston, CT | 5:16 |
| Jennifer Braga; Middletown, CT | 5:08 |
| Nancy Lovas; East Norwalk; CT | 5:04 |
| Joshua Friend; Monroe, CT | 5:03 |
| Diane Hayes; Weston; CT | 5:01 |
| Cathryn Laydon; East Haven, CT | 4:48 |

| | |
|--|-------------|
| James McDevitt; Redding, CT | 4:39 |
| Susan David; Ridgefield, CT | 4:24 |
| Justin Violette; Vernon, CT | 4:16 |
| Floris Zinghini; Redding, CT | 4:13 |
| Jason Howard; Redding, CT | 4:07 |
| Rich Freeda; Stamford, CT | 4:06 |
| Rich Gairing; Newtown, CT | 4:06 |
| Jan Schole; Ridgefield, CT | 3:20 |
| Karla Frisenda; Cold Spring, NY | 3:00 |
| Elizabeth Gallo; Ridgefield, CT | 2:57 |
| Stephen McDonnell; Fairfield, CT | 2:42 |
| Michael Demello; Yorktown Heights, NY | 2:39 |
| Karl Eilers; Danbury, CT | 2:23 |
| Bruce Goulart; Newtown, CT | 2:22 |
| Katrina Mata; Cos Cob, CT | 2:20 |
| Robert Pezzulo; Plainville, CT | 2:19 |
| Bill Hunter; Fairfield, CT | 1:40 |
| Krista Benson; Newtown, CT | 1:09 |
| William Homes; Darien, CT | 1:04 |
| Leah Begg; Newtown, CT | 0:55 |
| Ane Georgiades; New York, NY | 0:35 |
| JP Milot; Ridgefield, CT | 0:00 |

C. Half Marathon

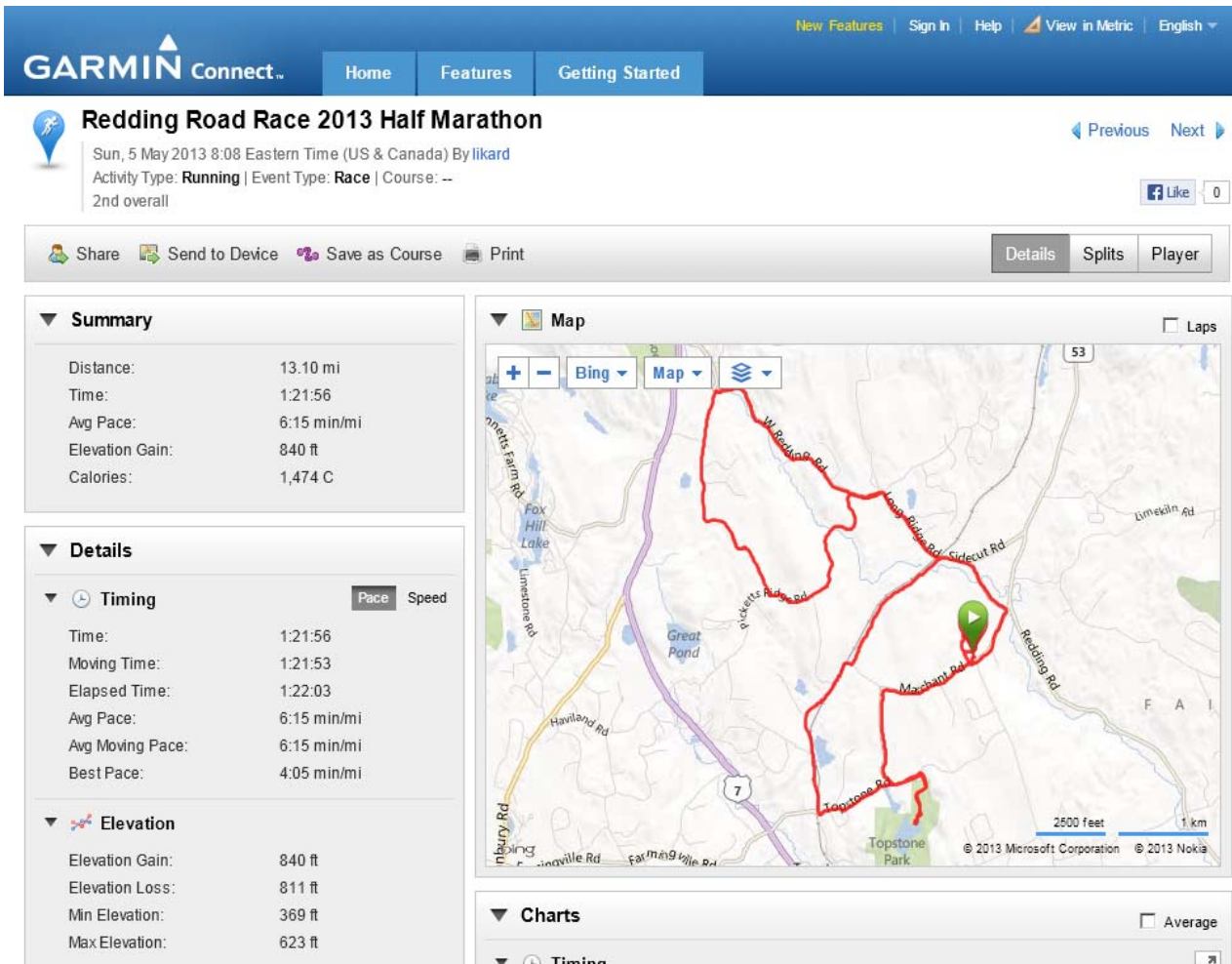
1. Map

REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

2. Garmin Information from Larry – 2nd place in the half





3. 2013 Results

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|--------------------|-----|-----|---------------|----|---------|---------|
| 1 | 1/49 | 366 | Ken Merrick | 44 | M | New Fairfield | CT | 1:20:17 | 1:20:17 |
| 2 | 1/27 | 265 | Larry Ikard | 38 | M | New Canaan | CT | 1:21:57 | 1:21:58 |
| 3 | 1/20 | 199 | Nick Fraticelli | 30 | M | Danbury | CT | 1:24:06 | 1:24:07 |
| 4 | 1/18 | 130 | Elizabeth Campbell | 22 | F | Norwalk | CT | 1:25:30 | 1:25:31 |
| 5 | 2/27 | 509 | Matt Tebbe | 36 | M | Atlanta | GA | 1:26:56 | 1:26:57 |
| 6 | 1/40 | 371 | John Minervino | 49 | M | Higginum | CT | 1:27:20 | 1:27:21 |
| 7 | 2/40 | 562 | Matthew Woods | 48 | M | Stamford | CT | 1:27:29 | 1:27:32 |
| 8 | 2/49 | 399 | Ednaldo Oliveira | 44 | M | Danbury | CT | 1:27:51 | 1:27:52 |
| 9 | 3/49 | 251 | William Homes | 43 | M | Darien | CT | 1:27:59 | 1:28:00 |
| 10 | 4/49 | 503 | Kevin Tanzer | 42 | M | Weston | CT | 1:28:35 | 1:28:36 |
| 11 | 3/40 | 49 | Peter Lesser | 49 | M | Milford | CT | 1:30:47 | 1:30:49 |
| 12 | 2/20 | 572 | Jordan Zinn | 31 | M | Hamden | CT | 1:31:44 | 1:31:45 |
| 13 | 2/18 | 360 | Milly Wade-West | 23 | F | Shelton | CT | 1:33:08 | 1:33:08 |
| 14 | 3/27 | 223 | Chris Greene | 39 | M | Trumbull | CT | 1:33:07 | 1:33:09 |
| 15 | 1/39 | 235 | Jeanne Halloran | 34 | F | Redding | CT | 1:34:31 | 1:34:32 |
| 16 | 2/39 | 70 | Sara Belles | 32 | F | Brookfield | CT | 1:34:36 | 1:34:36 |
| 17 | 3/18 | 577 | Kristen Curran | 20 | F | Fairfield | CT | 1:34:49 | 1:34:51 |
| 18 | 4/40 | 453 | Jan Schole | 45 | M | Ridgefield | CT | 1:34:54 | 1:34:55 |
| 19 | 1/42 | 610 | Maureen Jansen | 44 | F | Stamford | CT | 1:23:00 | 1:36:59 |
| 20 | 1/15 | 533 | Justin Violette | 25 | M | Vernon | CT | 1:37:14 | 1:37:49 |
| 21 | 1/20 | 257 | Bill Hunter | 51 | M | Fairfield | CT | 1:38:14 | 1:38:18 |
| 22 | 2/20 | 608 | David Cappello | 50 | M | Avon | CA | 1:38:28 | 1:38:57 |
| 23 | 4/27 | 35 | Tim Darcy | 35 | M | Brooklyn | NY | 1:38:43 | 1:39:15 |
| 24 | 5/40 | 370 | Jp Milot | 45 | M | Ridgefield | CT | 1:39:48 | 1:39:52 |
| 25 | 5/49 | 510 | David Tess | 42 | M | Mystic | CT | 1:40:06 | 1:40:14 |
| 26 | 6/40 | 120 | Stewart Pomeroy | 45 | M | Wilton | CT | 1:40:37 | 1:40:40 |
| 27 | 7/40 | 566 | Felipe Zarama | 47 | M | Pasto | | 1:40:44 | 1:40:50 |
| 28 | 1/44 | 44 | Melissa Reynolds | 37 | F | Wallingford | CT | 1:40:52 | 1:40:56 |
| 29 | 3/20 | 507 | Matthew Taverna | 30 | M | Trumbull | CT | 1:40:59 | 1:41:02 |
| 30 | 6/49 | 505 | Troy Tassier | 42 | M | Pleasantville | NY | 1:41:32 | 1:41:35 |
| 31 | 4/20 | 34 | Kevin Kunak | 33 | M | South Windsor | CT | 1:41:53 | 1:42:13 |
| 32 | 5/27 | 437 | Eric Friedland | 39 | M | Westport | CT | 1:42:03 | 1:42:13 |
| 33 | 1/15 | 524 | Bruce Goulart | 63 | M | Newtown | CT | 1:42:12 | 1:42:20 |
| 34 | 2/44 | 55 | Lindsay Tristine | 37 | F | Monroe | CT | 1:42:09 | 1:42:21 |
| 35 | 8/40 | 799 | Lai Sun | 49 | M | Newtown | CT | 1:41:30 | 1:42:21 |
| 36 | 1/22 | 45 | Joyce Allen | 51 | F | Bethel | CT | 1:42:43 | 1:42:53 |
| 37 | 1/23 | 793 | Marisa Coyne | 26 | F | Bethlehem | CT | 1:42:58 | 1:43:03 |
| 38 | 6/27 | 402 | Jeffrey Palma | 39 | M | Wilton | CT | 1:43:18 | 1:43:51 |
| 39 | 2/23 | 353 | Kelly McGary | 27 | F | Middletown | CT | 1:43:24 | 1:43:53 |
| 40 | 4/18 | 36 | Callie Grace | 24 | F | Islip | NY | 1:43:38 | 1:43:55 |
| 41 | 9/40 | 152 | Steve Coppock | 48 | M | Redding | CT | 1:43:58 | 1:44:06 |
| 42 | 7/49 | 335 | Joseph Malcarne | 40 | M | Staatsburg | NY | 1:43:43 | 1:44:06 |
| 43 | 3/39 | 204 | Sara Fucci | 32 | F | Stamford | CT | 1:44:05 | 1:44:10 |
| 44 | 8/49 | 384 | Peeter Muursepp | 43 | M | Ridgefield | CT | 1:44:13 | 1:44:18 |
| 45 | 3/44 | 513 | Jennifer Hansen | 35 | F | Ridgefield | CT | 1:44:13 | 1:44:18 |
| 46 | 10/40 | 349 | James McDevitt | 48 | M | Redding | CT | 1:44:14 | 1:44:20 |
| 47 | 2/15 | 777 | Ken Larson | 60 | M | Bolton | CT | 1:44:41 | 1:44:44 |
| 48 | 9/49 | 213 | Charles Gay | 41 | M | Ridgefield | CT | 1:44:40 | 1:44:50 |
| 49 | 5/20 | 66 | Jeffrey Bellemare | 32 | M | Thomaston | CT | 1:44:35 | 1:44:51 |
| 50 | 3/23 | 236 | Molly Radis | 25 | F | New Haven | CT | 1:44:21 | 1:44:52 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|--------------------|-----|-----|-----------------|----|---------|---------|
| 51 | 11/40 | 595 | Tracy Montoya | 48 | M | Waterford | CT | 1:44:53 | 1:44:56 |
| 52 | 10/49 | 537 | Michael McCreesh | 44 | M | Southport | CT | 1:44:54 | 1:44:57 |
| 53 | 11/49 | 475 | Craig Sloan | 43 | M | Darien | CT | 1:45:13 | 1:45:26 |
| 54 | 1/23 | 72 | Cory Benson | 56 | F | Newtown | CT | 1:45:12 | 1:45:29 |
| 55 | 12/49 | 378 | Steve Morrissey | 41 | M | Darien | CT | 1:45:29 | 1:45:40 |
| 56 | 13/49 | 426 | Dan Readyoff | 44 | M | New Milford | CT | 1:45:30 | 1:45:47 |
| 57 | 6/20 | 471 | Jason Simone | 34 | M | Brewster | NY | 1:45:37 | 1:45:48 |
| 58 | 4/39 | 118 | Jennifer Braga | 31 | F | Middletown | CT | 1:44:51 | 1:45:54 |
| 59 | 1/20 | 224 | Daniel Willey | 58 | M | Stamford | CT | 1:45:50 | 1:45:54 |
| 60 | 7/27 | 92 | Kevin Auwarter | 39 | M | Danbury | CT | 1:45:44 | 1:46:00 |
| 61 | 2/42 | 164 | Maureen Decker | 41 | F | Chester Springs | PA | 1:31:53 | 1:46:21 |
| 62 | 2/15 | 308 | Anthony Leno II | 25 | M | Enfield | CT | 1:45:52 | 1:46:29 |
| 63 | 14/49 | 234 | Mark Haines | 44 | M | Ridgefield | CT | 1:46:19 | 1:46:30 |
| 64 | 3/42 | 303 | Michelle Leclair | 40 | F | East Hampton | NY | 1:46:44 | 1:46:49 |
| 65 | 12/40 | 87 | Barry Blumenfield | 46 | M | Redding | CT | 1:46:47 | 1:46:58 |
| 66 | 13/40 | 345 | Bill McBrayer | 47 | M | Redding | CT | 1:46:47 | 1:46:58 |
| 67 | 15/49 | 351 | Stephen McDonnell | 44 | M | Fairfield | CT | 1:46:43 | 1:47:09 |
| 68 | 2/20 | 167 | Larry Deming | 55 | M | Bethel | CT | 1:47:12 | 1:47:19 |
| 69 | 16/49 | 117 | Adam Gentile | 42 | M | Fairfield | CT | 1:47:17 | 1:47:33 |
| 70 | 8/27 | 776 | Aaron Masek | 39 | M | Wilton | CT | 1:47:06 | 1:47:41 |
| 71 | 3/15 | 315 | Ross Levy | 62 | M | Chappaqua | NY | 1:47:50 | 1:47:56 |
| 72 | 4/15 | 249 | Thomas Hiten | 62 | M | Cheshire | CT | 1:47:55 | 1:47:58 |
| 73 | 2/23 | 779 | Kathy Manizza | 55 | F | Bolton | CT | 1:47:54 | 1:47:58 |
| 74 | 4/44 | 381 | Katherine Munno | 35 | F | Stamford | CT | 1:47:05 | 1:47:59 |
| 75 | 5/39 | 593 | Katrina Mata | 31 | F | Cos Cob | CT | 1:48:02 | 1:48:15 |
| 76 | 7/20 | 344 | Robert Mata | 32 | M | Cos Cob | CT | 1:48:02 | 1:48:16 |
| 77 | 3/15 | 89 | Samuel Haber | 27 | M | Queens | CT | 1:48:22 | 1:48:32 |
| 78 | 17/49 | 479 | Jeff Snyder | 44 | M | Wilton | CT | 1:47:59 | 1:48:32 |
| 79 | 9/27 | 110 | Jim Bremner | 37 | M | Redding | CT | 1:47:56 | 1:48:33 |
| 80 | 1/41 | 191 | Susan Fegelman | 49 | F | Milford | CT | 1:48:11 | 1:48:40 |
| 81 | 1/4 | 119 | Ron Rembaum | 67 | M | Old Greenwich | CT | 1:48:59 | 1:49:01 |
| 82 | 4/15 | 38 | Lawrence Ahearn | 25 | M | Yonkers | NY | 1:48:40 | 1:49:03 |
| 83 | 5/18 | 581 | Rebecca Harms | 21 | F | Mystic | CT | 1:48:48 | 1:49:04 |
| 84 | 14/40 | 151 | Scott Cooney | 49 | M | Roxbury | CT | 1:49:03 | 1:49:09 |
| 85 | 4/42 | 556 | Tina Roese | 43 | F | Redding | CT | 1:49:14 | 1:49:29 |
| 86 | 18/49 | 419 | Anthony Preisano | 43 | M | Wilton | CT | 1:49:01 | 1:49:35 |
| 87 | 4/23 | 441 | Lisa Samelwich | 27 | F | Milford | CT | 1:49:32 | 1:49:45 |
| 88 | 19/49 | 428 | Kevin Reilly | 42 | M | New Fairfield | CT | 1:49:24 | 1:49:46 |
| 89 | 2/22 | 248 | Alison Hiten | 50 | F | Cheshire | CT | 1:49:47 | 1:49:51 |
| 90 | 5/42 | 85 | Lisa Brody | 43 | F | New Haven | CT | 1:49:49 | 1:50:01 |
| 91 | 6/42 | 196 | Natalia Glenn | 40 | F | Ridgefield | CT | 1:49:53 | 1:50:12 |
| 92 | 15/40 | 300 | Mark Prendergast | 47 | M | Ivoryton | CT | 1:50:07 | 1:50:22 |
| 93 | 20/49 | 539 | Glenn Walsh | 41 | M | Wilton | CT | 1:49:50 | 1:50:23 |
| 94 | 16/40 | 27 | Wayne Zimmerman | 49 | M | Weston | CT | 1:50:20 | 1:50:31 |
| 95 | 5/44 | 214 | Shannon Leduc | 38 | F | Norwalk | CT | 1:49:33 | 1:50:33 |
| 96 | 2/41 | 294 | Sheilah Krasnickas | 46 | F | Newtown | CT | 1:50:13 | 1:50:38 |
| 97 | 10/27 | 261 | Thomas Hynes | 39 | M | New Canaan | CT | 1:50:15 | 1:50:50 |
| 98 | 11/27 | 200 | Michael Fitzgerald | 38 | M | Roanoke | VA | 1:50:29 | 1:51:03 |
| 99 | 7/42 | 432 | Heather Roles | 41 | F | Danbury | CT | 1:51:17 | 1:51:23 |
| 100 | 6/39 | 322 | Courtney Lovejoy | 34 | F | New York | NY | 1:51:02 | 1:51:36 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|---------------------|-----|-----|------------------|----|---------|---------|
| 101 | 6/44 | 21 | Joy Bean | 39 | F | Hastings On Huds | NY | 1:50:52 | 1:51:36 |
| 102 | 12/27 | 587 | Jonathan Krausche | 38 | M | Redding | CT | 1:51:37 | 1:51:39 |
| 103 | 5/15 | 172 | Lawrence Desousa | 26 | M | Danbury | CT | 1:51:12 | 1:51:41 |
| 104 | 21/49 | 317 | Michael Demello | 43 | M | Yorktown Heights | NY | 1:51:37 | 1:51:46 |
| 105 | 3/41 | 242 | Diane Hayes | 47 | F | Weston | CT | 1:51:34 | 1:51:50 |
| 106 | 3/20 | 825 | Greg Nilan | 50 | M | Stratford | CT | 1:51:46 | 1:51:53 |
| 107 | 4/20 | 131 | Christopher Ahlberg | 51 | M | Fairfield | CT | 1:51:41 | 1:51:59 |
| 108 | 17/40 | 273 | Frank Jozefick | 47 | M | Milford | CT | 1:51:52 | 1:52:00 |
| 109 | 7/44 | 530 | Lori Vickers | 36 | F | Danbury | CT | 1:51:54 | 1:52:08 |
| 110 | 5/23 | 773 | Kathryn Seyboth | 28 | F | Middlebury | CT | 1:52:15 | 1:52:27 |
| 111 | 5/15 | 319 | Bob Listorti | 64 | M | Milford | CT | 1:52:42 | 1:52:47 |
| 112 | 7/39 | 393 | Shawna Nickerson | 30 | F | Danbury | CT | 1:52:35 | 1:52:48 |
| 113 | 8/44 | 506 | Joli D'Elia | 35 | F | Westport | CT | 1:52:27 | 1:52:52 |
| 114 | 8/42 | 46 | Jennifer Amend | 40 | F | Bethel | CT | 1:52:50 | 1:52:57 |
| 115 | 22/49 | 102 | Darren Bosch | 44 | M | Norwalk | CT | 1:52:46 | 1:52:59 |
| 116 | 5/20 | 604 | Michael Astorino | 50 | M | Easton | CT | 1:52:16 | 1:53:01 |
| 117 | 18/40 | 560 | David Wolfsohn | 48 | M | Easton | CT | 1:52:19 | 1:53:03 |
| 118 | 3/20 | 161 | Bill Davidson | 56 | M | New Milford | CT | 1:52:46 | 1:53:04 |
| 119 | 19/40 | 599 | Steve Riley | 45 | M | Mystic | CT | 1:53:02 | 1:53:13 |
| 120 | 4/41 | 333 | Tammy Perrotta | 49 | F | Middletown | CT | 1:52:25 | 1:53:14 |
| 121 | 6/18 | 420 | Cecilia Probst | 21 | F | Redding | CT | 1:53:09 | 1:53:23 |
| 122 | 20/40 | 481 | Jim Spak | 46 | M | Easton | CT | 1:52:42 | 1:53:25 |
| 123 | 23/49 | 108 | Warren Bradley | 40 | M | Stamford | CT | 1:52:40 | 1:53:28 |
| 124 | 9/44 | 586 | Rhoda Kasperek | 37 | F | Norwalk | CT | 1:53:20 | 1:53:29 |
| 125 | 6/15 | 288 | Richard Kochan | 29 | M | Middletown | CT | 1:53:08 | 1:53:38 |
| 126 | 9/42 | 781 | Kathleen Parker | 44 | F | Fairfield | CT | 1:53:25 | 1:53:55 |
| 127 | 7/18 | 486 | Lora Ulmer | 24 | F | Norwalk | CT | 1:53:41 | 1:54:02 |
| 128 | 6/15 | 496 | Vic Swaller | 62 | M | Stratford | CT | 1:54:11 | 1:54:19 |
| 129 | 8/20 | 127 | Jonathan Burke | 34 | M | Trumbull | CT | 1:54:05 | 1:54:23 |
| 130 | 13/27 | 358 | Tim McLaughlin | 35 | M | New York | NY | 1:54:06 | 1:54:23 |
| 131 | 3/23 | 219 | Janis Grant | 57 | F | Milford | CT | 1:54:16 | 1:54:24 |
| 132 | 6/20 | 607 | Michael Ciardullo | 51 | M | Redding | CT | 1:53:36 | 1:54:35 |
| 133 | 10/42 | 64 | Leah Begg | 43 | F | Newtown | CT | 1:54:42 | 1:54:51 |
| 134 | 4/23 | 552 | Andrea Williamson | 58 | F | Norwalk | CT | 1:54:32 | 1:54:53 |
| 135 | 21/40 | 543 | Randy Watkins | 49 | M | New Milford | CT | 1:54:30 | 1:55:01 |
| 136 | 9/20 | 504 | Albert Tarrab | 34 | M | Danbury | CT | 1:54:56 | 1:55:14 |
| 137 | 22/40 | 603 | Eric Heaton | 46 | M | Pound Ridge | NY | 1:55:04 | 1:55:19 |
| 138 | 10/44 | 245 | Nancy Heaton | 39 | F | Pound Ridge | NY | 1:55:04 | 1:55:20 |
| 139 | 5/41 | 467 | Tara Simeonidis | 47 | F | Stamford | CT | 1:55:02 | 1:55:21 |
| 140 | 24/49 | 11 | Joe Amuso | 43 | M | Stafford Springs | CT | 1:54:36 | 1:55:23 |
| 141 | 25/49 | 338 | Lawrence Mango | 43 | M | South Salem | NY | 1:55:05 | 1:55:24 |
| 142 | 26/49 | 166 | Jorge Delaguila | 43 | M | Shelton | CT | 1:55:25 | 1:55:38 |
| 143 | 3/22 | 448 | Beth Scarborough | 52 | F | Weston | CT | 1:55:16 | 1:55:40 |
| 144 | 4/20 | 290 | Stephen Kontra | 57 | M | Easton | CT | 1:55:26 | 1:55:52 |
| 145 | 27/49 | 502 | Mattt Talucci | 42 | M | Darien | CT | 1:54:46 | 1:55:56 |
| 146 | 10/20 | 332 | Mike Maksymiw | 32 | M | Plainville | CT | 1:55:51 | 1:55:57 |
| 147 | 6/23 | 327 | Meg Orange | 26 | F | Greenwich | CT | 1:55:14 | 1:55:58 |
| 148 | 6/41 | 526 | Debby Valin | 45 | F | Woodbridge | CT | 1:55:33 | 1:55:59 |
| 149 | 11/42 | 321 | Nancy Lovas | 41 | F | East Norwalk | CT | 1:55:35 | 1:56:09 |
| 150 | 7/15 | 571 | Fred Zinn | 62 | M | Fairfield | CT | 1:55:55 | 1:56:15 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|----------------------|-----|-----|---------------|----|---------|---------|
| 151 | 28/49 | 180 | Todd Doyle | 43 | M | Bethel | CT | 1:55:10 | 1:56:16 |
| 152 | 12/42 | 293 | Cathy Kost | 40 | F | Sandy Hook | CT | 1:55:10 | 1:56:16 |
| 153 | 7/15 | 398 | Stephen Okin | 25 | M | New Haven | CT | 1:56:19 | 1:56:34 |
| 154 | 11/44 | 91 | Ama Auwarter | 36 | F | Danbury | CT | 1:56:21 | 1:56:37 |
| 155 | 29/49 | 462 | Andrew Shantz | 41 | M | Fairfield | CT | 1:56:16 | 1:56:41 |
| 156 | 14/27 | 555 | Gean Tremaine | 39 | M | Southport | CT | 1:56:26 | 1:56:51 |
| 157 | 15/27 | 547 | Jeff Wheeler | 38 | M | Fairfield | CT | 1:56:28 | 1:56:54 |
| 158 | 30/49 | 79 | Mike Bingle | 41 | M | Riverside | CT | 1:55:48 | 1:56:56 |
| 159 | 23/40 | 591 | Edward Marquez | 48 | M | Ridgefield | CT | 1:56:37 | 1:56:58 |
| 160 | 8/15 | 26 | Thomas Mount | 26 | M | Milford | CT | 1:56:02 | 1:57:06 |
| 161 | 13/42 | 474 | Gladys Alcedo | 41 | F | Wallingford | CT | 1:56:01 | 1:57:08 |
| 162 | 8/39 | 10 | Lindsay Prendergast | 30 | F | Middletown | CT | 1:56:51 | 1:57:12 |
| 163 | 16/27 | 90 | Keith Baldwin | 35 | M | Arlington | VA | 1:57:16 | 1:57:41 |
| 164 | 8/15 | 247 | James Heus | 61 | M | Ridgefield | CT | 1:57:44 | 1:58:03 |
| 165 | 9/15 | 141 | Tim Cavazos | 26 | M | Mineola | NY | 1:57:27 | 1:58:11 |
| 166 | 31/49 | 590 | Sean Covert | 42 | M | Gaylordsville | CT | 1:58:05 | 1:58:21 |
| 167 | 5/20 | 84 | Kent Blocher | 55 | M | Redding | CT | 1:57:18 | 1:58:27 |
| 168 | 12/44 | 438 | Patty Ryan | 38 | F | Trumbull | CT | 1:57:57 | 1:58:28 |
| 169 | 8/18 | 76 | Allison Fell | 23 | F | Middletown | CT | 1:57:26 | 1:58:30 |
| 170 | 13/44 | 461 | Tiffanie Sgritta | 39 | F | Stamford | CT | 1:58:20 | 1:58:33 |
| 171 | 4/22 | 600 | Hillary Tonken | 52 | F | Redding | CT | 1:57:32 | 1:58:40 |
| 172 | 14/44 | 508 | Amy Taylor | 39 | F | Redding | CT | 1:58:16 | 1:58:44 |
| 173 | 17/27 | 387 | Martin Naughton | 36 | M | Portlaoise | | 1:58:11 | 1:58:54 |
| 174 | 7/20 | 771 | Jeffrey Weslow | 53 | M | Fairfield | CT | 1:58:25 | 1:58:56 |
| 175 | 8/20 | 609 | Manrico Caglioni | 53 | M | Redding | CT | 1:58:52 | 1:58:58 |
| 176 | 6/20 | 367 | Jerry Meshell | 57 | M | Orange | CT | 1:59:02 | 1:59:11 |
| 177 | 9/20 | 520 | Michael Truscott | 54 | M | Redding | CT | 1:58:38 | 1:59:12 |
| 178 | 14/42 | 596 | Keri O'Neill | 41 | F | Fairfield | CT | 1:59:00 | 1:59:15 |
| 179 | 7/20 | 94 | James Barickman | 56 | M | Redding | CT | 1:58:42 | 1:59:18 |
| 180 | 1/2 | 592 | Lindsey Marra | 19 | F | Woodbury | CT | 1:59:17 | 1:59:34 |
| 181 | 15/44 | 114 | Angela Killay | 38 | F | Orange | MA | 1:59:01 | 1:59:38 |
| 182 | 9/39 | 250 | Jennifer Hoffman | 32 | F | Mamaroneck | NY | 1:59:40 | 1:59:40 |
| 183 | 18/27 | 77 | Roman Cebulski | 37 | M | Newtown | CT | 1:59:45 | 1:59:50 |
| 184 | 32/49 | 477 | David Smith | 41 | M | New Milford | CT | 1:59:09 | 1:59:51 |
| 185 | 33/49 | 78 | Michael Bertie | 41 | M | Trumbull | CT | 1:59:39 | 1:59:53 |
| 186 | 24/40 | 582 | Rick Heyman | 48 | M | Redding | CT | 1:59:24 | 1:59:54 |
| 187 | 1/2 | 536 | Janet Voelpert | 65 | F | Shelton | CT | 1:59:33 | 2:00:00 |
| 188 | 7/41 | 310 | Jennine Lesica | 46 | F | Danbury | CT | 1:59:42 | 2:00:01 |
| 189 | 34/49 | 15 | Michael Pozika | 43 | M | New Haven | CT | 1:59:52 | 2:00:03 |
| 190 | 10/20 | 396 | Oliver North | 51 | M | Redding | CT | 1:59:30 | 2:00:07 |
| 191 | 15/42 | 275 | Darlene Kaschel | 41 | F | Fairfield | CT | 1:59:46 | 2:00:14 |
| 192 | 11/20 | 554 | Tim Wilson | 31 | M | Bristol | CT | 2:00:19 | 2:00:33 |
| 193 | 16/42 | 529 | Lisa Van Etten | 44 | F | Cross River | NY | 1:59:50 | 2:00:41 |
| 194 | 16/44 | 307 | Melissa Lynn Lemieux | 36 | F | West Redding | CT | 2:00:03 | 2:00:46 |
| 195 | 8/41 | 564 | Katie Young | 46 | F | Monroe | CT | 2:00:15 | 2:01:09 |
| 196 | 9/15 | 134 | Don Capone | 64 | M | Norwalk | CT | 2:00:27 | 2:01:13 |
| 197 | 8/20 | 254 | Jason Howard | 59 | M | Redding | CT | 2:00:45 | 2:01:16 |
| 198 | 10/39 | 469 | Kyle McClintock | 32 | F | New Haven | CT | 2:00:52 | 2:01:18 |
| 199 | 35/49 | 465 | Peter Shiue | 43 | M | Wilton | CT | 2:00:51 | 2:01:28 |
| 200 | 25/40 | 795 | Craig Meadows | 49 | M | Monroe | CT | 2:00:40 | 2:01:42 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|---------------------|-----|-----|----------------|----|---------|---------|
| 201 | 5/23 | 65 | Ronnie Behringer | 55 | F | Norwalk | CT | 2:01:22 | 2:01:46 |
| 202 | 2/4 | 111 | Paul Couzelis | 70 | M | Sarasota | FL | 2:01:23 | 2:01:46 |
| 203 | 11/39 | 553 | Nicole Wilson | 32 | F | Bristol | CT | 2:01:37 | 2:01:46 |
| 204 | 19/27 | 68 | John Belles | 36 | M | Brookfield | CT | 2:01:28 | 2:01:48 |
| 205 | 17/42 | 146 | Jessica Chesler | 40 | F | Brooklyn | NY | 2:01:03 | 2:01:50 |
| 206 | 7/23 | 149 | Nicole Colasurdo | 27 | F | Newington | CT | 2:01:31 | 2:01:51 |
| 207 | 17/44 | 104 | Katie Bouchard | 35 | F | Milford | CT | 2:01:10 | 2:01:52 |
| 208 | 5/22 | 380 | Betty Mulvihill | 53 | F | Bethel | CT | 2:01:52 | 2:02:01 |
| 209 | 20/27 | 347 | Jason McCaughey | 37 | M | Stamford | CT | 2:01:53 | 2:02:01 |
| 210 | 9/41 | 177 | Elli Hess | 48 | F | Danbury | CT | 2:01:04 | 2:02:01 |
| 211 | 26/40 | 169 | Frank Scarfi | 48 | M | Brookfield | CT | 2:01:04 | 2:02:01 |
| 212 | 10/41 | 439 | Linda Ryder | 46 | F | Redding | CT | 2:01:00 | 2:02:05 |
| 213 | 12/20 | 602 | Kurt Weissgerber | 32 | M | Jessup | MD | 2:01:15 | 2:02:14 |
| 214 | 18/44 | 476 | Brooke Smith | 37 | F | New Milford | CT | 2:01:40 | 2:02:18 |
| 215 | 36/49 | 528 | Robert Valinsky | 40 | M | Fairfield | CT | 2:02:22 | 2:02:26 |
| 216 | 21/27 | 449 | Joseph Schafer | 37 | M | New York | NY | 2:02:19 | 2:02:26 |
| 217 | 12/39 | 238 | Lisa Harvey | 30 | F | Bethel | CT | 2:02:03 | 2:02:26 |
| 218 | 22/27 | 12 | Mark Scozzafava | 36 | M | Darien | CT | 2:01:44 | 2:02:31 |
| 219 | 27/40 | 193 | Rich Freeda | 45 | M | Stamford | CT | 2:01:47 | 2:02:37 |
| 220 | 11/41 | 782 | Catherine Lowe | 45 | F | Darien | CT | 2:01:44 | 2:02:37 |
| 221 | 28/40 | 305 | Emmett Lee | 49 | M | Monroe | CT | 2:02:29 | 2:02:38 |
| 222 | 13/20 | 821 | Jason Basford | 32 | M | Huntington | CT | 2:01:48 | 2:02:53 |
| 223 | 9/20 | 136 | Michael Carpenter | 56 | M | Redding | CT | 2:02:40 | 2:03:01 |
| 224 | 10/15 | 208 | Michael Garland | 27 | M | Danbury | CT | 2:02:36 | 2:03:02 |
| 225 | 3/4 | 377 | Craig Morrison | 68 | M | Bethel | CT | 2:02:51 | 2:03:12 |
| 226 | 18/42 | 403 | Tamara Pardo | 43 | F | Darien | CT | 2:02:24 | 2:03:17 |
| 227 | 19/42 | 427 | Jennifer Reilly | 40 | F | New Fairfield | CT | 2:02:48 | 2:03:18 |
| 228 | 11/20 | 243 | Paul Hayslett | 50 | M | Branford | CT | 2:03:11 | 2:03:19 |
| 229 | 29/40 | 98 | Bill Begg | 49 | M | Newtown | CT | 2:03:19 | 2:03:25 |
| 230 | 23/27 | 350 | Pat McCleary | 39 | M | Toronto | | 2:02:47 | 2:03:27 |
| 231 | 12/41 | 316 | Stacy Levy | 45 | F | Wilton | CT | 2:02:46 | 2:03:33 |
| 232 | 12/20 | 796 | Anthony Rivadeneyra | 54 | M | Danbury | CT | 2:03:30 | 2:03:38 |
| 233 | 13/41 | 342 | Victoria Marsh | 49 | F | Stamford | CT | 2:03:02 | 2:03:40 |
| 234 | 1/1 | 176 | Stephen Donnelly | 24 | M | North Branford | CT | 2:02:55 | 2:03:46 |
| 235 | 9/18 | 135 | Danielle Carlino | 23 | F | Northford | CT | 2:02:55 | 2:03:46 |
| 236 | 30/40 | 25 | Todd Ackerman | 46 | M | Ridgefield | CT | 2:03:23 | 2:04:05 |
| 237 | 14/41 | 171 | Susan Dewitt | 47 | F | Bethel | CT | 2:03:32 | 2:04:12 |
| 238 | 15/41 | 241 | Tina Hassenstein | 45 | F | Ridgefield | CT | 2:03:54 | 2:04:13 |
| 239 | 6/22 | 75 | Susan Pagan | 51 | F | Brookfield | CT | 2:03:39 | 2:04:23 |
| 240 | 24/27 | 357 | Jeremiah McGuire | 35 | M | New York | NY | 2:03:49 | 2:04:24 |
| 241 | 13/20 | 786 | Dave Handy | 53 | M | Semora | NC | 2:04:22 | 2:04:36 |
| 242 | 31/40 | 356 | James McGonnigle | 48 | M | New Fairfield | CT | 2:03:56 | 2:04:41 |
| 243 | 6/23 | 266 | Pam Iyer | 57 | F | Fort Collins | CO | 2:03:50 | 2:04:48 |
| 244 | 10/15 | 585 | Hari Iyer | 63 | M | Fort Collins | CO | 2:03:51 | 2:04:49 |
| 245 | 20/42 | 207 | Elizabeth Gallo | 40 | F | Ridgefield | CT | 2:04:23 | 2:05:05 |
| 246 | 13/39 | 574 | Kate Baron | 31 | F | Guilford | CT | 2:05:07 | 2:05:18 |
| 247 | 37/49 | 775 | Mark Schwartz | 44 | M | Brooklyn | NY | 2:05:04 | 2:05:29 |
| 248 | 14/39 | 365 | Coralie Medrano | 32 | F | Gaylordsville | CT | 2:04:40 | 2:05:34 |
| 249 | 19/44 | 450 | Kate Schafer | 39 | F | South Salem | NY | 2:04:55 | 2:05:45 |
| 250 | 8/23 | 798 | Corey Tolkin | 25 | F | Weston | CT | 2:05:16 | 2:05:52 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|----------------------|-----|-----|------------------|----|---------|---------|
| 251 | 9/23 | 605 | Nicole Wright | 28 | F | Stamford | CT | 2:05:35 | 2:06:01 |
| 252 | 14/20 | 778 | Harold Walker | 51 | M | Norwalk | CT | 2:05:19 | 2:06:07 |
| 253 | 38/49 | 780 | Jacob Lipman | 41 | M | Norwalk | CT | 2:05:18 | 2:06:07 |
| 254 | 32/40 | 497 | James Swan | 48 | M | Stamford | CT | 2:05:17 | 2:06:07 |
| 255 | 20/44 | 584 | Katy Ingulli | 39 | F | Darien | CT | 2:05:46 | 2:06:14 |
| 256 | 39/49 | 22 | Matt Carley | 40 | M | Trumbull | CT | 2:05:58 | 2:06:16 |
| 257 | 40/49 | 550 | Sean Connelly | 42 | M | Ridgefield | CT | 2:05:43 | 2:06:24 |
| 258 | 14/20 | 576 | Michael Brokaw | 33 | M | Sandy Hook | CT | 2:05:48 | 2:06:28 |
| 259 | 15/39 | 375 | Melissa Morello | 32 | F | Higganum | CT | 2:06:21 | 2:06:45 |
| 260 | 16/39 | 124 | Jessica Bower | 34 | F | Weston | CT | 2:05:51 | 2:06:47 |
| 261 | 15/20 | 153 | David Costello | 34 | M | New York | NY | 2:05:56 | 2:06:48 |
| 262 | 10/20 | 170 | Rick Dewitt | 55 | M | Bethel | CT | 2:06:12 | 2:06:50 |
| 263 | 41/49 | 527 | Erich Wenis | 40 | M | Woodbury | CT | 2:06:22 | 2:07:00 |
| 264 | 10/18 | 255 | Kristiane Huber | 23 | F | Southbury | CT | 2:05:55 | 2:07:01 |
| 265 | 42/49 | 56 | Andy Burdick | 42 | M | Riverside | CT | 2:05:53 | 2:07:02 |
| 266 | 21/42 | 361 | Shelley McNamee | 42 | F | Tolland | CT | 2:06:41 | 2:07:04 |
| 267 | 11/20 | 162 | Day De Rosa | 56 | M | Redding | CT | 2:07:06 | 2:07:14 |
| 268 | 21/44 | 422 | Nicole Bunaskavich | 39 | F | Shelton | CT | 2:07:03 | 2:07:17 |
| 269 | 22/42 | 291 | Denise Kopchick | 40 | F | Shelton | CT | 2:07:04 | 2:07:17 |
| 270 | 17/39 | 302 | Kelly Yontef | 33 | F | Hamden | CT | 2:06:31 | 2:07:25 |
| 271 | 16/20 | 480 | Salvatore Spadaccino | 33 | M | Shelton | CT | 2:06:21 | 2:07:26 |
| 272 | 23/42 | 304 | Amanda Lee | 41 | F | Redding | CT | 2:06:25 | 2:07:28 |
| 273 | 22/44 | 116 | Dorothy Goettler | 37 | F | 'ast Lyme | CT | 2:06:33 | 2:07:29 |
| 274 | 7/23 | 311 | Janet Levy | 59 | F | Chappaqua | NY | 2:07:21 | 2:07:31 |
| 275 | 11/18 | 601 | Tracey Wahl | 23 | F | Redding | CT | 2:07:13 | 2:07:42 |
| 276 | 16/41 | 355 | Diane McGonnigle | 48 | F | New Fairfield | CT | 2:07:08 | 2:07:53 |
| 277 | 24/42 | 33 | Amy Santaniello | 40 | F | Danbury | CT | 2:07:42 | 2:08:00 |
| 278 | 25/42 | 18 | Krista Benson | 42 | F | Newtown | CT | 2:07:39 | 2:08:07 |
| 279 | 7/22 | 559 | Lisa Wnuck | 50 | F | Cheshire | CT | 2:07:57 | 2:08:10 |
| 280 | 12/20 | 59 | Michael Taricani | 59 | M | Burlington | CT | 2:07:39 | 2:08:13 |
| 281 | 18/39 | 331 | Jennifer Maksymiw | 30 | F | Plainville | CT | 2:08:09 | 2:08:18 |
| 282 | 10/23 | 203 | Karla Frisenda | 27 | F | Cold Spring | NY | 2:07:39 | 2:08:18 |
| 283 | 8/22 | 458 | Bettina Sementilli | 51 | F | Katonah | NY | 2:07:54 | 2:08:21 |
| 284 | 1/4 | 412 | Sharon Gawe | 60 | F | Bridgewater | CT | 2:08:14 | 2:08:25 |
| 285 | 17/41 | 160 | Susan David | 47 | F | Ridgefield | CT | 2:07:56 | 2:08:28 |
| 286 | 11/23 | 341 | Emily Marsh | 25 | F | Danbury | CT | 2:08:11 | 2:08:40 |
| 287 | 8/23 | 222 | Chris Walsh | 59 | F | Brewster | NY | 2:08:23 | 2:08:43 |
| 288 | 18/41 | 445 | Doreen Sauter | 46 | F | Tolland | CT | 2:08:22 | 2:08:43 |
| 289 | 4/4 | 414 | Tom Place | 67 | M | Redding | CT | 2:07:42 | 2:08:52 |
| 290 | 26/42 | 569 | Mary Zeman | 44 | F | West Hartford | CT | 2:08:27 | 2:08:57 |
| 291 | 9/23 | 478 | Ellen Smithberg | 55 | F | Chappaqua | NY | 2:08:21 | 2:09:00 |
| 292 | 23/44 | 456 | Lydia Segui | 38 | F | Shelton | CT | 2:07:55 | 2:09:03 |
| 293 | 15/20 | 443 | Bill Santanello | 50 | M | Wappingers Falls | NY | 2:08:16 | 2:09:12 |
| 294 | 13/20 | 57 | Roger Billings | 57 | M | Brewster | NY | 2:08:52 | 2:09:13 |
| 295 | 2/4 | 61 | Linda Goldstein | 61 | F | Fairfield | CT | 2:08:46 | 2:09:19 |
| 296 | 33/40 | 202 | Joshua Friend | 46 | M | Monroe | CT | 2:08:20 | 2:09:19 |
| 297 | 19/39 | 446 | Joanna Savino | 31 | F | Stamford | CT | 2:08:59 | 2:09:20 |
| 298 | 34/40 | 279 | Greg Kearns | 49 | M | Santa Monica | CA | 2:08:27 | 2:09:28 |
| 299 | 12/18 | 244 | Alexa Gregory | 22 | F | Stamford | CT | 2:08:55 | 2:09:32 |
| 300 | 9/22 | 405 | Marycatherine Parr | 53 | F | Ridgefield | CT | 2:09:05 | 2:09:37 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|--------------------|-----|-----|-------------|----|---------|---------|
| 301 | 24/44 | 418 | Karen Pray | 38 | F | Ridgefield | CT | 2:09:38 | 2:09:42 |
| 302 | 19/41 | 468 | Josephine Simko | 49 | F | Bethel | CT | 2:09:23 | 2:09:53 |
| 303 | 27/42 | 239 | Beth Harvison | 43 | F | New Milford | CT | 2:09:40 | 2:09:57 |
| 304 | 20/41 | 67 | Kathryn Stoker | 45 | F | Norwalk | CT | 2:09:44 | 2:10:05 |
| 305 | 10/22 | 285 | Judy Klein | 52 | F | Suffern | NY | 2:09:26 | 2:10:11 |
| 306 | 12/23 | 336 | Aggie Malloy | 25 | F | Allston | MA | 2:09:31 | 2:10:28 |
| 307 | 14/20 | 220 | Joel Z. Green | 55 | M | Fairfield | CT | 2:09:35 | 2:10:31 |
| 308 | 21/41 | 570 | Floris Zinghini | 49 | F | Redding | CT | 2:09:47 | 2:10:32 |
| 309 | 22/41 | 13 | Claire Gladstone | 45 | F | Ridgefield | CT | 2:10:19 | 2:10:37 |
| 310 | 20/39 | 774 | Sophie Mond | 33 | F | Redding | CT | 2:10:15 | 2:10:44 |
| 311 | 25/44 | 158 | Lea Crown | 35 | F | Meriden | CT | 2:10:18 | 2:10:49 |
| 312 | 23/41 | 460 | Joanne Sezon | 49 | F | Easton | CT | 2:10:41 | 2:10:51 |
| 313 | 13/23 | 386 | Ann Nastasi | 28 | F | Sunnyside | NY | 2:10:29 | 2:10:57 |
| 314 | 14/23 | 138 | Mary-Kate Casey | 26 | F | Milford | CT | 2:10:19 | 2:10:59 |
| 315 | 15/20 | 175 | John Dierna | 59 | M | Stratford | CT | 2:09:59 | 2:11:04 |
| 316 | 43/49 | 29 | Ray Acunto | 44 | M | Southbury | CT | 2:10:47 | 2:11:06 |
| 317 | 28/42 | 215 | Ane Georgiades | 41 | F | New York | NY | 2:10:40 | 2:11:26 |
| 318 | 26/44 | 792 | Angelika Zierl | 35 | F | Aidlingen | | 2:10:55 | 2:11:33 |
| 319 | 16/20 | 133 | Daniel Capodicci | 53 | M | Southbury | CT | 2:10:35 | 2:11:36 |
| 320 | 35/40 | 369 | Rich Milliman | 49 | M | Weston | CT | 2:11:09 | 2:11:54 |
| 321 | 21/39 | 237 | Margaret Harris | 34 | F | Mt Kisco | NY | 2:11:40 | 2:12:08 |
| 322 | 11/15 | 274 | Sam Junno | 29 | M | Milford | CT | 2:11:29 | 2:12:09 |
| 323 | 24/41 | 787 | Robyn Handy | 47 | F | Semora | NC | 2:11:59 | 2:12:13 |
| 324 | 16/20 | 63 | Jon Muro | 58 | M | Westport | CT | 2:11:59 | 2:12:16 |
| 325 | 22/39 | 30 | Sara Hayes | 30 | F | Norwalk | CT | 2:11:47 | 2:12:20 |
| 326 | 25/41 | 107 | Thea Boyle | 47 | F | Redding | CT | 2:12:02 | 2:12:44 |
| 327 | 10/23 | 323 | Dorothy Lupariello | 58 | F | Shelton | CT | 2:12:21 | 2:12:49 |
| 328 | 23/39 | 276 | Jessica Katuska | 30 | F | Monroe | CT | 2:12:21 | 2:12:57 |
| 329 | 17/20 | 41 | Chris Ainley | 52 | M | Trumbull | CT | 2:12:11 | 2:13:21 |
| 330 | 29/42 | 325 | Cheryl Lyon | 43 | F | Tolland | CT | 2:13:25 | 2:13:48 |
| 331 | 11/23 | 512 | Jill Thau | 56 | F | Chappaqua | NY | 2:13:44 | 2:13:54 |
| 332 | 12/23 | 318 | Helen Liberatore | 59 | F | Chappaqua | NY | 2:13:44 | 2:13:54 |
| 333 | 11/22 | 313 | Jeanette Trujillo | 51 | F | Norwalk | CT | 2:13:28 | 2:13:55 |
| 334 | 17/20 | 148 | Tom Claire | 59 | M | Newtown | CT | 2:13:42 | 2:14:30 |
| 335 | 26/41 | 436 | Trisha Rozas | 49 | F | Katonah | NY | 2:14:22 | 2:14:49 |
| 336 | 18/20 | 459 | Bernie Sezon | 51 | M | Easton | CT | 2:15:02 | 2:15:12 |
| 337 | 27/44 | 568 | Clare Zecher | 39 | F | Redding | CT | 2:15:21 | 2:15:22 |
| 338 | 25/27 | 115 | Tim Bruder | 36 | M | Bethel | CT | 2:15:31 | 2:15:31 |
| 339 | 24/39 | 144 | Katherine Chastain | 32 | F | New York | NY | 2:15:13 | 2:15:53 |
| 340 | 12/22 | 154 | Elizabeth Cox | 50 | F | Redding | CT | 2:15:38 | 2:15:56 |
| 341 | 18/20 | 794 | Danny Mallozzi | 55 | M | Redding | CT | 2:15:46 | 2:16:17 |
| 342 | 36/40 | 19 | John Sindel | 45 | M | Redding | CT | 2:15:54 | 2:16:21 |
| 343 | 25/39 | 226 | Suzanne Griffin | 34 | F | Windsor | CT | 2:15:35 | 2:16:26 |
| 344 | 28/44 | 334 | Jennifer Malcarne | 38 | F | Staatsburg | NY | 2:15:35 | 2:16:26 |
| 345 | 12/15 | 183 | Joe Duffy | 28 | M | Stratford | CT | 2:15:39 | 2:16:31 |
| 346 | 2/2 | 80 | Lauren Khamarji | 18 | F | Easton | CT | 2:15:40 | 2:16:34 |
| 347 | 13/15 | 129 | Alexandre Camargo | 28 | M | Danbury | CT | 2:16:23 | 2:16:34 |
| 348 | 29/44 | 122 | April Buompane | 39 | F | South Salem | NY | 2:15:42 | 2:16:38 |
| 349 | 37/40 | 206 | Rich Gairing | 45 | M | Newtown | CT | 2:15:43 | 2:16:46 |
| 350 | 26/39 | 328 | Katharine Macmanus | 31 | F | New York | NY | 2:15:59 | 2:16:51 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|-----------------------|-----|-----|----------------|----|---------|---------|
| 351 | 27/39 | 544 | Amanda Weiner | 31 | F | New York | NY | 2:15:59 | 2:16:51 |
| 352 | 13/22 | 326 | Theresa Lyons | 52 | F | Danbury | CT | 2:17:00 | 2:17:13 |
| 353 | 27/41 | 374 | Jennifer Monier-Willi | 46 | F | West Simsbury | CT | 2:16:29 | 2:17:14 |
| 354 | 30/42 | 198 | Julie Anne Fossi | 44 | F | New Milford | CT | 2:16:45 | 2:17:24 |
| 355 | 14/22 | 473 | Karen Sitney | 53 | F | Weston | CT | 2:17:37 | 2:17:37 |
| 356 | 28/39 | 545 | Erica Weisberg | 34 | F | White Plains | NY | 2:17:25 | 2:17:39 |
| 357 | 28/41 | 408 | Lucy Peto | 49 | F | Wilton | CT | 2:17:07 | 2:17:39 |
| 358 | 15/23 | 99 | Abigail Zohn | 29 | F | Astoria | NY | 2:17:15 | 2:17:43 |
| 359 | 11/15 | 62 | James Anderson | 62 | M | Torrington | CT | 2:16:50 | 2:17:53 |
| 360 | 19/20 | 788 | Zell Gaston | 51 | M | Avon | CT | 2:17:49 | 2:18:11 |
| 361 | 30/44 | 42 | Ines Allen | 35 | F | Fairfield | CT | 2:18:01 | 2:18:12 |
| 362 | 29/39 | 225 | Regina Grieco | 32 | F | Higganum | CT | 2:17:48 | 2:18:13 |
| 363 | 31/44 | 532 | Susie Vignone | 37 | F | Rocky Hill | CT | 2:17:48 | 2:18:13 |
| 364 | 20/20 | 791 | Jeffrey Bruno | 50 | M | Bethel | CT | 2:17:37 | 2:18:24 |
| 365 | 32/44 | 340 | Lisa Mara | 38 | F | Ridgefield | CT | 2:18:04 | 2:18:29 |
| 366 | 33/44 | 221 | Janine Russo | 35 | F | Redding | CT | 2:18:02 | 2:18:34 |
| 367 | 29/41 | 314 | Kathryn Ryan | 46 | F | Ivoryton | CT | 2:17:36 | 2:18:37 |
| 368 | 31/42 | 487 | Heidi Staniszewski | 40 | F | Milford | CT | 2:17:38 | 2:18:37 |
| 369 | 30/39 | 209 | Sara Garrell | 31 | F | Brewster | NY | 2:18:25 | 2:18:37 |
| 370 | 30/41 | 271 | Gretchen Johnson | 47 | F | Old Greenwich | CT | 2:17:37 | 2:18:37 |
| 371 | 34/44 | 578 | Tracy Darmofal | 35 | F | Redding | CT | 2:18:04 | 2:19:04 |
| 372 | 31/39 | 240 | Joanne Hasko | 32 | F | South Salem | NY | 2:18:20 | 2:19:16 |
| 373 | 15/22 | 523 | Joan Tschudi | 54 | F | Redding | CT | 2:18:10 | 2:19:18 |
| 374 | 13/23 | 263 | Mandy Ianiri | 57 | F | Easton | CT | 2:19:25 | 2:20:11 |
| 375 | 32/42 | 163 | Elizabeth Decker | 44 | F | Redding | CT | 2:19:10 | 2:20:12 |
| 376 | 31/41 | 86 | Jodi Blumenfield | 49 | F | Redding | CT | 2:19:58 | 2:20:20 |
| 377 | 33/42 | 511 | Lisa Tess | 41 | F | Mystic | CT | 2:19:50 | 2:20:38 |
| 378 | 12/15 | 137 | Ward Carpenter | 60 | M | Ridgefield | CT | 2:19:46 | 2:20:41 |
| 379 | 35/44 | 470 | Christine Simon | 38 | F | Stratford | CT | 2:19:43 | 2:20:42 |
| 380 | 38/40 | 352 | Mike McEvoy | 48 | M | Monroe | CT | 2:20:00 | 2:21:00 |
| 381 | 36/44 | 410 | Rachel Stansel | 38 | F | Vernon | CT | 2:20:10 | 2:21:14 |
| 382 | 14/23 | 444 | Helen Oster | 55 | F | Danbury | CT | 2:22:00 | 2:22:04 |
| 383 | 44/49 | 231 | Paul Guggenheimer | 42 | M | Pleasantville | NY | 2:21:27 | 2:22:05 |
| 384 | 16/22 | 324 | Mary Principe | 54 | F | Danbury | CT | 2:22:04 | 2:22:09 |
| 385 | 13/15 | 565 | George Yurchishin | 60 | M | Danbury | CT | 2:22:05 | 2:22:09 |
| 386 | 34/42 | 140 | Bonnie Caton | 41 | F | Redding | CT | 2:21:45 | 2:22:15 |
| 387 | 17/22 | 824 | Terri McCleary | 51 | F | Redding | CT | 2:21:53 | 2:22:16 |
| 388 | 13/18 | 495 | Caitlyn Sutherland | 20 | F | Somers | CT | 2:22:15 | 2:22:50 |
| 389 | 45/49 | 789 | Sean McAuley | 42 | M | Madison | CT | 2:22:22 | 2:23:04 |
| 390 | 37/44 | 227 | Nicole Griswold | 39 | F | Bethel | CT | 2:23:15 | 2:23:18 |
| 391 | 46/49 | 28 | Ed Fung | 44 | M | Wilton | CT | 2:22:36 | 2:23:30 |
| 392 | 16/23 | 546 | Nina Weissgerber | 27 | F | Jessup | MD | 2:23:00 | 2:23:58 |
| 393 | 17/23 | 589 | Kaitlin Maguire | 28 | F | Arlington | MA | 2:23:58 | 2:24:13 |
| 394 | 38/44 | 430 | Michelle Robinson | 35 | F | Groton | CT | 2:23:38 | 2:24:21 |
| 395 | 32/39 | 561 | Stacey Wolinsky | 33 | F | Suffield | CT | 2:23:52 | 2:24:55 |
| 396 | 39/44 | 51 | Courtney Apgar | 35 | F | Ridgefield | CT | 2:24:19 | 2:25:17 |
| 397 | 35/42 | 201 | Carrie Friend | 44 | F | Monroe | CT | 2:24:29 | 2:25:29 |
| 398 | 32/41 | 230 | Cathryn Laydon | 47 | F | East Haven | CT | 2:24:52 | 2:25:50 |
| 399 | 33/41 | 498 | Leslie Swan | 47 | F | Redding | CT | 2:25:20 | 2:26:09 |
| 400 | 34/41 | 145 | Katie Yant | 45 | F | East Greenwich | RI | 2:25:45 | 2:26:49 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|-----------------------|-----|-----|---------------|----|---------|---------|
| 401 | 33/39 | 262 | Kelly Iacovacci | 32 | F | New York | NY | 2:26:54 | 2:27:24 |
| 402 | 3/4 | 391 | Mary Newell | 62 | F | New Haven | CT | 2:26:44 | 2:27:38 |
| 403 | 18/22 | 457 | Cindy Sell Pol | 51 | F | Milford | CT | 2:27:50 | 2:27:56 |
| 404 | 18/23 | 542 | Karin Wannamaker | 28 | F | Boston | MA | 2:27:40 | 2:28:40 |
| 405 | 14/15 | 541 | Charlie Wannamaker | 29 | M | Boston | MA | 2:27:39 | 2:28:40 |
| 406 | 35/41 | 165 | Susan Decker | 46 | F | Old Greenwich | CT | 2:27:42 | 2:28:43 |
| 407 | 39/40 | 499 | Peter Swan | 45 | M | Redding | CT | 2:29:23 | 2:30:13 |
| 408 | 36/42 | 71 | Eileen Bellmay | 43 | F | Thomaston | CT | 2:29:32 | 2:30:15 |
| 409 | 19/22 | 424 | Laura Purol | 52 | F | Holt | MI | 2:30:14 | 2:30:20 |
| 410 | 26/27 | 284 | Paul Stansel | 38 | M | Vernon | CT | 2:29:32 | 2:30:36 |
| 411 | 17/20 | 826 | Robert Pezzulo | 30 | M | Plainville | CT | 2:29:59 | 2:30:45 |
| 412 | 40/44 | 579 | Manuela Esposito | 37 | F | Stratford | CT | 2:30:28 | 2:31:20 |
| 413 | 14/18 | 184 | Kelsey Durels | 22 | F | New York | NY | 2:31:11 | 2:32:02 |
| 414 | 34/39 | 415 | Kim Pollard | 32 | F | Danbury | CT | 2:32:11 | 2:32:14 |
| 415 | 41/44 | 186 | Catherine East | 39 | F | Norwalk | CT | 2:31:17 | 2:32:23 |
| 416 | 37/42 | 548 | Rita Wilker | 42 | F | Norwalk | CT | 2:31:17 | 2:32:24 |
| 417 | 35/39 | 573 | Amy Zvovushe-Ramos | 32 | F | Monroe | CT | 2:33:22 | 2:33:24 |
| 418 | 36/39 | 531 | Jennifer Vigneault | 33 | F | Coventry | CT | 2:34:12 | 2:34:21 |
| 419 | 27/27 | 606 | Sachin Munje | 35 | M | Stamford | CT | 2:34:24 | 2:34:25 |
| 420 | 18/20 | 281 | David Kimball | 32 | M | Redding | CT | 2:33:20 | 2:34:27 |
| 421 | 19/23 | 401 | Bruna Paca | 27 | F | Danbury | CT | 2:34:53 | 2:35:04 |
| 422 | 19/20 | 583 | George Huffman | 56 | M | Huntington | CT | 2:35:20 | 2:35:20 |
| 423 | 36/41 | 128 | Catherine Burnett | 47 | F | New York | NY | 2:35:27 | 2:35:36 |
| 424 | 38/42 | 16 | Christina Calabro | 41 | F | Ridgefield | CT | 2:35:05 | 2:35:47 |
| 425 | 19/20 | 109 | Will Breitkreutz | 32 | M | New York | NY | 2:35:06 | 2:35:47 |
| 426 | 15/18 | 229 | Chalise Grogan | 24 | F | Ridgefield | CT | 2:35:51 | 2:35:57 |
| 427 | 42/44 | 299 | Susan Laub | 39 | F | Ridgefield | CT | 2:36:00 | 2:36:00 |
| 428 | 37/39 | 113 | Helen Bruder | 32 | F | Bethel | CT | 2:36:00 | 2:36:00 |
| 429 | 47/49 | 522 | David Tsang | 41 | M | Fairfield | CT | 2:35:00 | 2:36:07 |
| 430 | 48/49 | 329 | Jim Maher | 44 | M | Shelton | CT | 2:36:49 | 2:36:52 |
| 431 | 37/41 | 379 | Barbara Mueller-Marqu | 48 | F | Ridgefield | CT | 2:37:08 | 2:37:15 |
| 432 | 14/15 | 188 | Karl Eilers | 60 | M | Danbury | CT | 2:37:16 | 2:37:20 |
| 433 | 43/44 | 233 | Dawn Gunderson | 37 | F | Norwalk | CT | 2:36:54 | 2:37:56 |
| 434 | 20/23 | 364 | Megan McReynolds | 28 | F | New Haven | CT | 2:38:13 | 2:38:21 |
| 435 | 20/22 | 363 | Barbara McReynolds | 54 | F | Wheat Ridge | CO | 2:38:31 | 2:38:39 |
| 436 | 21/23 | 580 | Amanda Glendinning | 29 | F | West Redding | CT | 2:38:59 | 2:39:47 |
| 437 | 22/23 | 24 | Gina Saponare | 29 | F | New York | NY | 2:39:00 | 2:39:48 |
| 438 | 39/42 | 174 | Kathleen Didio | 42 | F | Monroe | CT | 2:40:25 | 2:40:28 |
| 439 | 21/22 | 187 | Irene Eid | 51 | F | Terryville | CT | 2:40:04 | 2:40:40 |
| 440 | 40/42 | 43 | Jennifer English | 43 | F | Fairfield | CT | 2:40:38 | 2:40:48 |
| 441 | 38/41 | 337 | Mel Rolleri | 48 | F | Bridgeport | CT | 2:40:41 | 2:40:48 |
| 442 | 4/4 | 156 | Donna Cramond | 63 | F | Monroe | CT | 2:41:05 | 2:41:08 |
| 443 | 49/49 | 112 | Barrett Brown | 41 | M | Ridgefield | CT | 2:40:39 | 2:41:15 |
| 444 | 16/18 | 125 | Emily Burk | 21 | F | Danbury | CT | 2:45:08 | 2:45:19 |
| 445 | 20/20 | 455 | Kevin Seaman | 31 | M | Bethel | CT | 2:45:29 | 2:46:20 |
| 446 | 15/15 | 395 | Bradley Noone | 27 | M | Bethel | CT | 2:45:58 | 2:46:49 |
| 447 | 17/18 | 558 | Alyssa Wisenbaugh | 22 | F | Lansing | MI | 2:47:20 | 2:47:23 |
| 448 | 38/39 | 452 | Rochelle Schnurr | 32 | F | New Haven | CT | 2:47:43 | 2:48:50 |
| 449 | 15/15 | 423 | David Purol | 63 | M | Holt | MI | 2:50:40 | 2:50:47 |
| 450 | 44/44 | 39 | Faith Ficarra | 39 | F | New Fairfield | CT | 2:50:54 | 2:50:59 |

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|-------------------|-----|-----|------------------|----|---------|---------|
| 451 | 22/22 | 784 | Judi Silliere | 52 | F | Wilton | CT | 2:53:40 | 2:53:50 |
| 452 | 15/23 | 194 | Martha Flanagan | 58 | F | Darien | CT | 2:55:49 | 2:55:56 |
| 453 | 16/23 | 359 | Elizabeth McMahon | 56 | F | Ridgefield | CT | 2:55:50 | 2:55:56 |
| 454 | 23/23 | 785 | Diana Vilibert | 26 | F | Brooklyn | NY | 2:56:07 | 2:56:11 |
| 455 | 39/39 | 283 | Jennifer Kish | 33 | F | Brewster | NY | 2:55:12 | 2:56:18 |
| 456 | 17/23 | 210 | Marylu Garrow | 58 | F | Oxford | MA | 2:57:23 | 2:57:23 |
| 457 | 39/41 | 309 | Jill Leo | 48 | F | Weston | CT | 2:58:49 | 2:58:52 |
| 458 | 18/23 | 567 | Lee Anne Zarger | 59 | F | New Milford | CT | 3:00:46 | 3:00:52 |
| 459 | 19/23 | 368 | Debbie Meszaros | 56 | F | Oxford | CT | 3:02:25 | 3:02:35 |
| 460 | 40/40 | 60 | Tom Auray | 49 | M | Easton | CT | 2:13:24 | 3:03:04 |
| 461 | 20/23 | 400 | Kathy Otzel | 57 | F | Lewisburg | PA | 3:11:06 | 3:11:17 |
| 462 | 20/20 | 212 | Joe Gelb | 59 | M | Milford | CT | 3:12:07 | 3:13:08 |
| 463 | 40/41 | 121 | Christina Gelb | 48 | F | Milford | CT | 3:12:10 | 3:13:08 |
| 464 | 18/18 | 464 | Christine Shawah | 23 | F | Easton | CT | 2:26:14 | 3:16:06 |
| 465 | 2/2 | 54 | Cathy Troisi | 67 | F | Cohoes | NY | 3:16:45 | 3:16:54 |
| 466 | 41/42 | 514 | Bethann Thompson | 43 | F | North Stonington | CT | 3:22:02 | 3:22:11 |
| 467 | 21/23 | 23 | Ruth Morrow | 57 | F | Wichita Falls | TX | 3:24:46 | 3:24:55 |
| 468 | 41/41 | 575 | Marge Barretta | 47 | F | Meriden | CT | 3:25:40 | 3:26:54 |
| 469 | 42/42 | 482 | Jean Maday | 40 | F | Chicago | IL | 3:30:19 | 3:30:23 |
| 470 | 22/23 | 435 | Kathy Rowland | 55 | F | Ladora | IA | 3:47:07 | 3:47:12 |
| 471 | 23/23 | 205 | Ruth Gagne | 55 | F | Oxford | MA | 4:04:28 | 4:04:32 |

4. Note From Liz Campbell, Half Marathon Female Champion

Hi John! I would love to write up some thoughts! Here are some below :)

After graduating from college last May, I moved to Connecticut for work and decided to start doing road races for fun. I asked my high school coach to send me occasional workouts that I could do in between working just to keep my fitness up. After Christmas I decided to enter a Winter Wonderland 5 miler in Milford just to see how I would do. And I ended up winning! After that race, a co-worker (Day DeRosa!) asked me if I would ever think of doing a half marathon. He mentioned the Redding Race to me and I decided to give it a shot.

So from January until the race I increased my mileage and raced here and there. I ended up winning the Sham Rock N Roll 5k in New Haven, the St. Patricks Day Classic 4 miler in Fairfield, the Sandy Hook Run for the Families 5k in Hartford, and the Tick Borne Disease 10k in Westport. I was running personal bests then started thinking....maybe I could win this half. I never go into a race thinking I would win because I never want to get ahead of myself. I think it's important to keep your goals in check and more importantly have fun.

I kept counting down the weeks until the Redding Half! And I was so excited to see how it would go. I heard the course was hilly so I wanted to see if I could average 6:30 mile pace. My parents even came up from Jersey to see me run! They haven't had the opportunity of seeing me race in Connecticut yet and my dad even jumped into the 7 miler! Before every race I say a quick prayer, so at the starting line I said a quick prayer to have fun and then before I knew it we were racing!

My favorite part of the course was actually the first half mile. I got such a rush from seeing everyone at the farm watching and yelling. I love that feeling of adrenaline, it's one of the main reasons I love to race. The toughest part of the course was definitely the last mile. There was a gradual long hill around mile 12 and I remember thinking to myself "a half marathon seemed like a good idea at the time..." I think it was around mile 11 or so when I realized "oh my god I think I can win this." There is a point in the course when you do a turnaround in Topstone Park (I think that's what it's called) which was around mile 11, and I used that as an opportunity to see where the other women were. It was at that point that I knew. Those last two miles, though tough, were magical. I was actually smiling even though it was painful. I wanted to remember every minute of it.

When I came through the barn the first thing I saw was my dad ringing the cow bell and I started laughing and I pumped my fist at him. I don't think I've ever sprinted to the finish line as fast as I did through that barn. My mom was crying and my sister and my boyfriend even made huge signs! The next day was a different story, I was walking so slow around work and I felt like it took me years to walk down the stairs. SO SORE. I'd say it took me maybe about 4 days until I was able to run without soreness! it was definitely due to the hilly course. I do most of

my training on the treadmill because I work in a very busy area of Danbury and sometimes it's dark by the time I get home.

My cow trophy and medal are right next to my bed. I have a little desk in my room with some trophies on it, but this one is in the front. If I ever get discouraged about anything, not even just running, I want to be able to look at it and realize that when you have goals and set your mind to them, amazing things can happen. My future racing plans for now are to jump in some summer 5ks! I actually just raced my first 5k since the half this past weekend and ran a personal best! I am having so much fun with all of these races and the Redding Half was by far the most memorable. Thank you so much for providing me with this amazing racing opportunity! And if everything goes according to plan, I want to brave those hills again in 2014!!!

Thanks again John

Liz



Liz At the finish

5. Note From Ken Merrick, Half Marathon Male Champion

I really enjoyed your race. What a beautiful day and race. Redding is a really nice place to run. I would like to say a special thank you to Marty for being the pace vehicle (bike). The course was as advertised, rolling hills, which did not disappoint. I think my favorite parts of the course were the downhill dirt section and of course the finish through the barn. All the cowbells ringing were amazing. What a well organized race.

Thank you and all the volunteers who made this a truly special race. I hope to see you again next year.

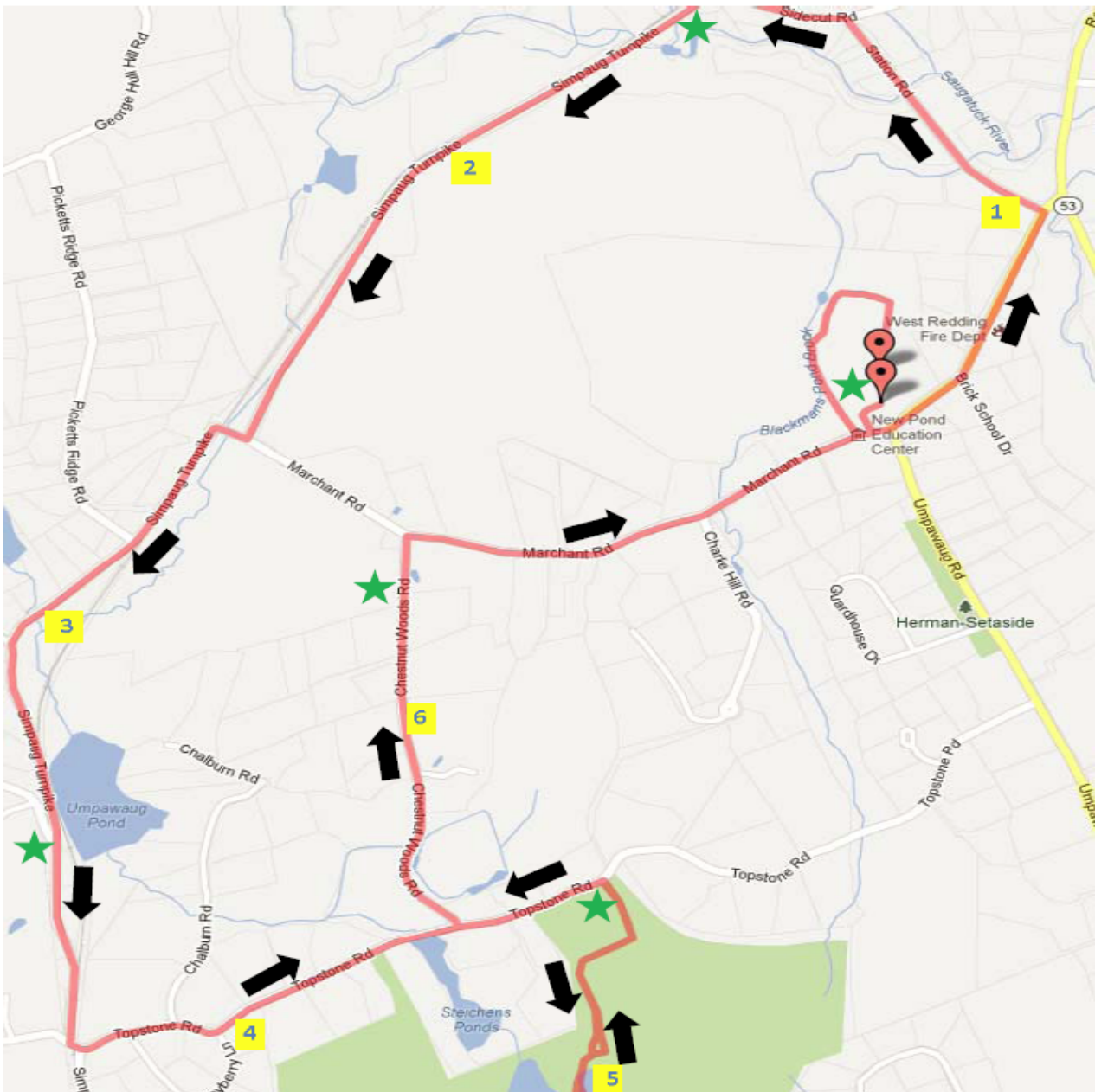
Ken Merrick



D. Seven Miler

1. Map

REDDING ROAD RACE SEVEN MILE COURSE



AID STATIONS/PORT-O-LETS

2. 2013 Results

Page 1

REDDING ROAD RACES 7 MILE
Redding, CT Sunday, May 5, 2013
Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|----------------------|-----|-----|-------------|----|---------|---------|
| 1 | 1/18 | 816 | Meredith Anand | 34 | F | Easton | CT | 46:48 | 46:48 |
| 2 | 1/8 | 646 | Larry De Maria | 37 | M | Southport | CT | 51:13 | 51:21 |
| 3 | 1/19 | 676 | Christine Hurley | 43 | F | Glastonbury | CT | 51:57 | 51:57 |
| 4 | 1/5 | 407 | James Patts | 34 | M | Redding | CT | 51:40 | 52:07 |
| 5 | 2/19 | 683 | Kristin Johnson | 42 | F | Wilton | CT | 52:26 | 52:27 |
| 6 | 1/17 | 706 | Andrea Mindell | 47 | F | Ridgefield | CT | 52:41 | 52:47 |
| 7 | 1/6 | 677 | Steve Hurley | 45 | M | Glastonbury | CT | 53:11 | 53:12 |
| 8 | 3/19 | 667 | Lisa Goldstein | 43 | F | Redding | CT | 53:38 | 53:38 |
| 9 | 2/6 | 665 | Eric Goldstein | 47 | M | Redding | CT | 53:41 | 53:41 |
| 10 | 1/2 | 803 | Ben Accardo | 23 | M | Danbury | CT | 54:24 | 54:26 |
| 11 | 1/19 | 411 | Julia Joy Morgillo | 27 | F | New Haven | CT | 54:24 | 54:31 |
| 12 | 2/18 | 339 | Susi Manheimer | 34 | F | Ridgefield | CT | 55:10 | 55:20 |
| 13 | 1/4 | 622 | Eric Boucher | 26 | M | Astoria | NY | 55:09 | 55:42 |
| 14 | 1/6 | 103 | Brad Bottger | 52 | M | Redding | CT | 55:34 | 55:56 |
| 15 | 2/4 | 662 | Scott Gangloff | 26 | M | Newington | CT | 55:38 | 56:11 |
| 16 | 1/25 | 267 | Lauren Jacobi | 37 | F | Kew Gardens | NY | 56:37 | 56:40 |
| 17 | 1/7 | 859 | Rick Deitch | 42 | M | Kew Gardens | NY | 56:37 | 56:40 |
| 18 | 2/17 | 736 | Nancy Rowe | 49 | F | Ridgefield | CT | 56:41 | 56:54 |
| 19 | 1/8 | 699 | Molly Martin | 20 | F | Newington | CT | 56:26 | 56:59 |
| 20 | 2/8 | 106 | Pete Bower | 36 | M | Weston | CT | 57:00 | 57:15 |
| 21 | 4/19 | 189 | Jeannine Fagan | 43 | F | Bethel | CT | 57:24 | 57:28 |
| 22 | 1/9 | 168 | Diana Derivan | 55 | F | Redding | CT | 57:28 | 57:29 |
| 23 | 3/8 | 197 | Dave Foss | 38 | M | Stratford | CT | 57:33 | 57:48 |
| 24 | 2/25 | 674 | Eleanor Hershey | 37 | F | Katonah | NY | 57:45 | 58:11 |
| 25 | 4/8 | 624 | Jamie Branyan | 36 | M | Trumbull | CT | 58:05 | 58:13 |
| 26 | 1/2 | 715 | Jeff Morgan | 64 | M | Redding | CT | 58:38 | 58:38 |
| 27 | 2/5 | 805 | Bryan Grosnick | 30 | M | Danbury | CT | 58:57 | 58:58 |
| 28 | | 858 | Irene Goldman | 0 | F | | CT | 59:36 | 59:40 |
| 29 | 3/18 | 132 | Julie Campbell | 34 | F | Peekskill | NY | 59:33 | 59:45 |
| 30 | 1/7 | 620 | Jacob Skor | 12 | M | Weston | CT | 59:51 | 59:54 |
| 31 | 3/6 | 814 | Bill Baker | 48 | M | New Milford | CT | 59:56 | 59:58 |
| 32 | 2/6 | 857 | Ben Campbell | 53 | M | | CT | 59:53 | 1:00:00 |
| 33 | 1/5 | 770 | Cristina Romano | 19 | F | Bethel | CT | 1:00:15 | 1:00:17 |
| 34 | 2/7 | 704 | Sean McHale | 13 | M | Redding | CT | 59:55 | 1:00:19 |
| 35 | 2/19 | 297 | Carrie Lang | 27 | F | Oxford | CT | 1:00:11 | 1:00:20 |
| 36 | 5/19 | 751 | Heather Sung | 43 | F | Redding | CT | 1:00:26 | 1:00:50 |
| 37 | 6/19 | 725 | Jill Newcomer | 43 | F | Wilton | CT | 1:00:25 | 1:00:50 |
| 38 | 3/6 | 727 | Karl Pelikan | 53 | M | Bethel | CT | 1:00:53 | 1:00:58 |
| 39 | 4/6 | 737 | Christopher Runge | 45 | M | Redding | CT | 1:00:37 | 1:01:12 |
| 40 | 4/18 | 653 | Nora Durling | 31 | F | Danbury | CT | 1:00:45 | 1:01:14 |
| 41 | 3/25 | 705 | Jennifer Marsilius | 38 | F | Trumbull | CT | 1:01:36 | 1:01:45 |
| 42 | 7/19 | 813 | Nancy Liskiewicz | 43 | F | Bethel | CT | 1:01:48 | 1:01:55 |
| 43 | 1/9 | 768 | Deborah Schmid | 50 | F | Bethel | CT | 1:02:17 | 1:02:21 |
| 44 | 5/6 | 301 | Michael Leckie | 47 | M | Ridgefield | CT | 1:02:07 | 1:02:26 |
| 45 | 5/18 | 296 | Amy Kundrat | 33 | F | Bethel | CT | 1:02:25 | 1:02:35 |
| 46 | 5/8 | 490 | Cameron Sterling | 38 | M | Greenwich | CT | 1:02:26 | 1:02:46 |
| 47 | 4/25 | 491 | Rebecca Sterling | 36 | F | Greenwich | CT | 1:02:26 | 1:02:46 |
| 48 | 2/7 | 614 | Michael Baisley | 43 | M | Fairfield | CT | 1:02:35 | 1:02:56 |
| 49 | 4/6 | 766 | Paul Hirsch | 53 | M | Redding | CT | 1:02:55 | 1:03:07 |
| 50 | 8/19 | 827 | Kellie Ryan Ouimette | 40 | F | | CT | 1:03:04 | 1:03:11 |

REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|----------------------|-----|-----|---------------|----|---------|---------|
| 51 | 1/3 | 228 | Bruce Schechner | 57 | M | Pleasantville | NY | 1:03:16 | 1:03:19 |
| 52 | 2/3 | 692 | Michael Londrigan | 58 | M | Brookfield | CT | 1:03:29 | 1:03:37 |
| 53 | 3/7 | 718 | Grant Morse | 12 | M | New Canaan | CT | 1:03:33 | 1:03:52 |
| 54 | 2/8 | 764 | Laura Zoradi | 24 | F | New York | NY | 1:03:43 | 1:03:56 |
| 55 | 2/5 | 612 | Abigail Baisley | 12 | F | Fairfield | CT | 1:03:45 | 1:04:05 |
| 56 | 2/9 | 811 | Cathy King | 53 | F | Manchester | CT | 1:04:08 | 1:04:13 |
| 57 | 2/9 | 447 | Cindy Scannell | 55 | F | Middlebury | CT | 1:03:59 | 1:04:17 |
| 58 | 4/7 | 717 | Dj Morse | 13 | M | New Canaan | CT | 1:04:15 | 1:04:34 |
| 59 | 3/8 | 809 | Leah Bridle | 22 | F | New Haven | CT | 1:04:25 | 1:04:35 |
| 60 | 5/25 | 720 | Susan Morse | 37 | F | New Canaan | CT | 1:04:18 | 1:04:37 |
| 61 | 9/19 | 613 | Amy Baisley | 42 | F | Fairfield | CT | 1:04:17 | 1:04:38 |
| 62 | 5/7 | 716 | Andrew Morse | 10 | M | New Canaan | CT | 1:04:20 | 1:04:39 |
| 63 | 6/8 | 713 | Andrew Moreo | 35 | M | New Milford | CT | 1:04:36 | 1:04:49 |
| 64 | 6/25 | 690 | Allison Lisbon | 39 | F | Weston | CT | 1:04:26 | 1:04:57 |
| 65 | 3/5 | 756 | Jason Walsh | 31 | M | Naugatuck | CT | 1:04:46 | 1:05:03 |
| 66 | 3/17 | 815 | Barbara Greenspan | 49 | F | Westport | CT | 1:04:51 | 1:05:12 |
| 67 | 7/25 | 806 | Amanda Anderson | 37 | F | Stamford | CT | 1:05:08 | 1:05:15 |
| 68 | 3/5 | 640 | Emma Creighton | 17 | F | Redding | CT | 1:04:55 | 1:05:17 |
| 69 | 8/25 | 619 | Kari Bley | 38 | F | Westport | CT | 1:04:51 | 1:05:22 |
| 70 | 9/25 | 691 | Beth Llanos | 37 | F | South Salem | NY | 1:05:08 | 1:05:35 |
| 71 | 3/19 | 17 | Jenna Tucker | 26 | F | West Orange | NJ | 1:05:10 | 1:05:38 |
| 72 | 4/19 | 433 | Julia Rosenblum | 25 | F | New York | NY | 1:05:47 | 1:05:50 |
| 73 | 3/9 | 286 | Sally Kniffin | 57 | F | Redding | CT | 1:06:07 | 1:06:17 |
| 74 | 6/18 | 269 | Suzanne Jeschke | 34 | F | Wilton | CT | 1:06:04 | 1:06:26 |
| 75 | 7/18 | 820 | Sandi Levine | 32 | F | Stamford | CT | 1:06:35 | 1:06:42 |
| 76 | 3/7 | 703 | Joseph McHale | 42 | M | Redding | CT | 1:06:20 | 1:06:45 |
| 77 | 4/17 | 181 | Benay Rubin | 48 | F | Westport | CT | 1:06:29 | 1:06:51 |
| 78 | 5/19 | 312 | Carolyn Taylor | 28 | F | Hull | MA | 1:06:28 | 1:06:53 |
| 79 | 4/7 | 616 | Robert Berry | 42 | M | Norwalk | CT | 1:07:39 | 1:07:43 |
| 80 | 6/19 | 701 | Erin Matteau | 27 | F | Coventry | CT | 1:07:18 | 1:07:51 |
| 81 | 4/9 | 147 | Susan Christoffersen | 55 | F | Fairfield | CT | 1:07:36 | 1:08:00 |
| 82 | 6/6 | 557 | David Winslow | 46 | M | Redding | CT | 1:07:48 | 1:08:11 |
| 83 | 4/8 | 637 | Jennifer Coombs | 23 | F | Fairfield | CT | 1:07:47 | 1:08:18 |
| 84 | 5/17 | 362 | Elizabeth McQueen | 48 | F | Bridgewater | CT | 1:07:56 | 1:08:19 |
| 85 | 6/17 | 678 | Susan Improta | 49 | F | Bethel | CT | 1:08:01 | 1:08:24 |
| 86 | 5/6 | 746 | George Shawah | 52 | M | Easton | CT | 1:08:26 | 1:08:32 |
| 87 | 7/19 | 681 | Lauren Jassil | 27 | F | Shelton | CT | 1:08:01 | 1:08:33 |
| 88 | 2/2 | 745 | Richard Shaw | 23 | M | South Salem | NY | 1:08:21 | 1:08:34 |
| 89 | 5/9 | 642 | Anda Cumings | 56 | F | Redding | CT | 1:08:41 | 1:08:59 |
| 90 | 10/19 | 672 | Jeannine Hannum | 42 | F | Brewster | NY | 1:08:56 | 1:09:12 |
| 91 | 6/7 | 660 | Noah Friend | 15 | M | Monroe | CT | 1:09:03 | 1:09:14 |
| 92 | 4/5 | 632 | Suzanne Casey | 33 | M | Ridgefield | CT | 1:09:06 | 1:09:35 |
| 93 | 10/25 | 740 | Stephanie Schafer | 35 | F | New York | NY | 1:09:26 | 1:09:35 |
| 94 | 11/25 | 641 | Tina Critelli | 38 | F | Danbury | CT | 1:09:14 | 1:09:50 |
| 95 | 5/7 | 192 | Troy Ficarra | 42 | M | New Fairfield | CT | 1:09:30 | 1:09:54 |
| 96 | 8/19 | 804 | Sarah Grosnick | 28 | F | Danbury | CT | 1:10:06 | 1:10:06 |
| 97 | 7/17 | 708 | Ingrid Milne | 45 | F | Weston | CT | 1:10:03 | 1:10:35 |
| 98 | 11/19 | 808 | Anna Pizzo | 41 | F | Redding | CT | 1:10:07 | 1:10:37 |
| 99 | 12/19 | 724 | Mandy McDonnell | 41 | F | Fairfield | CT | 1:10:26 | 1:10:49 |
| 100 | 3/9 | 673 | Marge Heminway | 50 | F | Ridgefield | CT | 1:10:58 | 1:11:13 |

REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|--------------------|-----|-----|---------------|----|---------|---------|
| 101 | 8/17 | 626 | Lynne Briody | 49 | F | Ridgefield | CT | 1:11:03 | 1:11:18 |
| 102 | 6/9 | 617 | Marla Schechner | 55 | F | Pleasantville | NY | 1:11:20 | 1:11:23 |
| 103 | 12/25 | 818 | Kacie Rowland | 37 | F | Stamford | CT | 1:11:16 | 1:11:34 |
| 104 | 9/17 | 761 | Liz Wolf | 46 | F | Redding | CT | 1:11:09 | 1:11:35 |
| 105 | 4/9 | 647 | Jean Debacher | 50 | F | Bethel | CT | 1:11:39 | 1:11:48 |
| 106 | 5/9 | 735 | Christine Richards | 50 | F | Ridgefield | CT | 1:11:31 | 1:11:54 |
| 107 | 13/25 | 516 | Lori Tomlinson | 36 | F | Stamford | CT | 1:11:34 | 1:12:01 |
| 108 | 7/7 | 743 | Chris Sezon | 14 | M | Easton | CT | 1:11:36 | 1:12:06 |
| 109 | 14/25 | 680 | Alison Pellicci | 36 | F | Stamford | CT | 1:11:51 | 1:12:07 |
| 110 | 5/8 | 268 | Shahina Jain | 22 | F | Easton | CT | 1:11:48 | 1:12:16 |
| 111 | 4/5 | 817 | Grace Bodkin | 18 | F | Redding | CT | 1:11:54 | 1:12:16 |
| 112 | 9/19 | 549 | Meghan Kuebler | 29 | F | Wilton | CT | 1:13:11 | 1:13:13 |
| 113 | 10/19 | 451 | Brooke Schechner | 26 | F | Ny | NY | 1:13:13 | 1:13:15 |
| 114 | 7/8 | 631 | Shane Casey | 38 | M | Ridgefield | CT | 1:13:17 | 1:13:48 |
| 115 | 10/17 | 758 | Lee Wilson | 46 | F | Redding | CT | 1:13:28 | 1:13:57 |
| 116 | 8/18 | 800 | Meghan Crystal | 31 | F | Katonah | NY | 1:13:34 | 1:14:02 |
| 117 | 9/18 | 139 | Brittany Cates | 33 | F | Stamford | CT | 1:13:44 | 1:14:09 |
| 118 | 7/9 | 741 | Sonia Schott | 55 | F | New Canaan | CT | 1:14:07 | 1:14:23 |
| 119 | 5/5 | 828 | Tara Stokes | 17 | F | Ridgefield | CT | 1:14:54 | 1:15:08 |
| 120 | 11/17 | 633 | Deirdre Clyne | 48 | F | Ridgefield | CT | 1:15:03 | 1:15:18 |
| 121 | 3/4 | 666 | Aubri Drake | 26 | M | East Berlin | CT | 1:14:46 | 1:15:18 |
| 122 | 10/18 | 801 | Jennifer Pope | 32 | F | Hamden | CT | 1:15:11 | 1:15:23 |
| 123 | 12/17 | 629 | Barbara Campbell | 47 | F | Redding | CT | 1:15:00 | 1:15:24 |
| 124 | 13/19 | 722 | Paula Murphy | 43 | F | Trumbull | CT | 1:16:02 | 1:16:11 |
| 125 | 15/25 | 689 | Jeanette Li | 38 | F | Fairfield | CT | 1:16:21 | 1:16:29 |
| 126 | 6/8 | 648 | Nicole Deering | 24 | F | Easton | CT | 1:16:24 | 1:16:53 |
| 127 | 11/18 | 652 | Kristine Drozd | 31 | F | Redding | CT | 1:16:39 | 1:17:01 |
| 128 | 6/9 | 484 | Melanie St Raymond | 50 | F | Easton | CT | 1:16:52 | 1:17:20 |
| 129 | 6/7 | 182 | Ron Dudding | 42 | M | Ny | NY | 1:16:57 | 1:17:24 |
| 130 | 8/9 | 634 | Margaret Coleman | 56 | F | Danbury | CT | 1:16:54 | 1:17:24 |
| 131 | 16/25 | 669 | Jennifer Granados | 39 | F | Orange | CT | 1:17:22 | 1:17:27 |
| 132 | 3/3 | 812 | Mitch Bielenda | 56 | M | South Windsor | CT | 1:17:07 | 1:17:42 |
| 133 | 6/6 | 628 | Paul Buttress | 51 | M | Trumbull | CT | 1:17:25 | 1:17:47 |
| 134 | 11/19 | 623 | Heather Boucher | 27 | F | Astoria | NY | 1:17:38 | 1:18:10 |
| 135 | 12/19 | 819 | Liz Vilani | 29 | F | Danbury | CT | 1:17:39 | 1:18:16 |
| 136 | 13/19 | 493 | Jennifer Sullivan | 25 | F | Danbury | CT | 1:17:55 | 1:18:22 |
| 137 | 2/2 | 630 | Paul Carpenter | 61 | M | Easton | CT | 1:18:40 | 1:19:11 |
| 138 | 7/9 | 663 | Deborah Glassford | 52 | F | Fair Lawn | NJ | 1:19:02 | 1:19:12 |
| 139 | 14/19 | 767 | Stephanie Caputi | 29 | F | White Plains | NY | 1:19:02 | 1:19:19 |
| 140 | 7/8 | 802 | Jillian Handy | 23 | F | Semora | MD | 1:18:56 | 1:19:20 |
| 141 | 17/25 | 40 | Lori Falcone | 39 | F | Stamford | CT | 1:19:07 | 1:19:25 |
| 142 | 13/17 | 409 | Wendy Phaff | 49 | F | Valley Stream | NY | 1:19:48 | 1:19:59 |
| 143 | 14/19 | 643 | Lisa Cummings | 44 | F | Danbury | CT | 1:19:47 | 1:20:23 |
| 144 | 14/17 | 659 | Jennifer Ford | 46 | F | Orange | CT | 1:20:21 | 1:20:26 |
| 145 | 12/18 | 684 | Ainat Koller | 32 | F | New Haven | CT | 1:20:45 | 1:21:07 |
| 146 | 7/7 | 714 | David Morgan | 44 | M | Redding | CT | 1:21:11 | 1:21:37 |
| 147 | 15/19 | 649 | Jessie Dillon | 27 | F | New Milford | CT | 1:21:09 | 1:21:38 |
| 148 | 15/17 | 655 | Lisa Esneault | 45 | F | Danbury | CT | 1:21:11 | 1:21:47 |
| 149 | 15/19 | 810 | Jackie Knob | 40 | F | Redding | CT | 1:21:56 | 1:22:10 |
| 150 | 5/5 | 74 | Erik Berdinka | 33 | M | New York | NY | 1:22:22 | 1:22:37 |

REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Nettime | Time |
|-------|---------|-----|----------------------|-----|-----|-------------|----|---------|---------|
| 151 | 1/1 | 73 | Dorothy Berdinka | 62 | F | Westhampton | NY | 1:22:23 | 1:22:38 |
| 152 | 1/1 | 656 | Charlie Euston | 68 | M | Woodbury | CT | 1:22:15 | 1:22:42 |
| 153 | 4/4 | 754 | Joshua Valinsky | 29 | M | Warren | VT | 1:22:36 | 1:23:11 |
| 154 | 13/18 | 657 | Lisa Fine | 33 | F | Warren | VT | 1:22:37 | 1:23:11 |
| 155 | 16/19 | 728 | Angela Petitti | 44 | F | Shelton | CT | 1:23:05 | 1:23:34 |
| 156 | 16/19 | 31 | Michelle Swiderski | 27 | F | Danbury | CT | 1:23:54 | 1:23:54 |
| 157 | 18/25 | 625 | Jillian Brennan | 36 | F | Monroe | CT | 1:23:55 | 1:24:19 |
| 158 | 14/18 | 769 | Constance Drozd | 33 | F | Astoria | NY | 1:24:11 | 1:24:33 |
| 159 | 16/17 | 638 | Marie Elena Cordisco | 49 | F | Ridgefield | CT | 1:24:57 | 1:25:15 |
| 160 | 15/18 | 734 | Azadeh Rezvani | 33 | F | Hamden | CT | 1:25:10 | 1:25:27 |
| 161 | 17/19 | 645 | Tara Ryan | 44 | F | Danbury | CT | 1:25:42 | 1:26:19 |
| 162 | 18/19 | 742 | Lori Kassabian | 43 | F | Danbury | CT | 1:25:44 | 1:26:20 |
| 163 | 16/18 | 710 | Victoria Monks | 30 | F | Shelton | CT | 1:26:24 | 1:26:58 |
| 164 | 8/9 | 755 | Donna Walsh | 50 | F | Fairfield | CT | 1:28:16 | 1:28:51 |
| 165 | 19/25 | 688 | Vivian Lee-Shiue | 39 | F | Wilton | CT | 1:28:57 | 1:29:37 |
| 166 | 8/8 | 719 | Matthew Morse | 39 | M | New Canaan | CT | 1:29:47 | 1:30:07 |
| 167 | 17/18 | 738 | Brianna Ruocco | 34 | F | Brookfield | CT | 1:29:28 | 1:30:12 |
| 168 | 20/25 | 730 | Carolyn Baker | 35 | F | Redding | CT | 1:30:35 | 1:31:08 |
| 169 | 17/19 | 654 | Nicole Dzamko | 26 | F | New Milford | CT | 1:30:41 | 1:31:10 |
| 170 | 21/25 | 644 | Cathy Czerkie | 39 | F | Redding | CT | 1:31:53 | 1:32:31 |
| 171 | 22/25 | 615 | Kimberly Berry | 36 | F | Norwalk | CT | 1:32:53 | 1:32:56 |
| 172 | 18/19 | 343 | Heather Massiello | 29 | F | Danbury | CT | 1:33:33 | 1:33:47 |
| 173 | 19/19 | 14 | Sarah Dormady | 27 | F | Danbury | CT | 1:33:33 | 1:33:47 |
| 174 | 23/25 | 733 | Kristine Redlien | 38 | F | Stamford | CT | 1:33:27 | 1:33:58 |
| 175 | 24/25 | 621 | Jennifer Skor | 37 | F | Weston | CT | 1:37:32 | 1:38:02 |
| 176 | 8/8 | 143 | Ann Charles | 24 | F | Stamford | CT | 1:39:09 | 1:39:31 |
| 177 | 17/17 | 757 | Frances Willis | 48 | F | Chuckey | TN | 1:43:28 | 1:44:00 |
| 178 | 9/9 | 747 | Jane Shelly | 59 | F | Stamford | CT | 1:44:15 | 1:44:46 |
| 179 | 25/25 | 142 | Jennifer Chabus | 39 | F | Long Beach | NY | 1:45:25 | 1:45:37 |
| 180 | 19/19 | 763 | Deborah Young | 43 | F | Amityville | NY | 1:45:26 | 1:45:37 |
| 181 | 9/9 | 744 | Rhonda Shaw | 51 | F | South Salem | NY | 1:46:46 | 1:47:20 |
| 182 | 18/18 | 431 | Josephine Hoffman | 30 | F | Mamaroneck | NY | 1:47:18 | 1:47:35 |

3. Note From Meredith Anand, Seven Mile Female Champion

It was a gorgeous day perfect for running. Here are some of my answers to your questions:

I really didn't have any expectations as I had never been on the course. I wanted to go out and do a steady pace for the full 7 miles and tried my best not to go out too fast. I had hoped to do a 6:30 pace but that was before I knew about the hills and the dirt sections. My favorite part of the course was the loop around the fields of the course - felt like I was running cross country again. The toughest part for me was the hilly section on the dirt roads in the park. I was out front the whole time without anyone in sight so that was also tough for me. I am used to running near the front of the pack but not so far out in front. I loved running through the barn at the end!

I have run and won many other local races including the Weston Memorial Day 5K which I have won the past 3 years. I also won the Pequot runners Thanksgiving day race in 2011. I have also had victories at the MADD Dash in Stratford, Pumpkin classic in Trumbull, Trumbull Sunset Run, Easton DARE race and Bigelow Tea race in Southport. I also compete in Maine a lot where my family is from. I have placed 2nd at the LL Bean 10K on the 4th of July the past 2 years and held a regional elite spot at Beach to Beacon 10K in Cape Elizabeth the past 2 years and have one for this year. I am currently on the comeback path from a really aggravating hip injury so hoping to get back to my real form soon!

As for next year I hope to be back and possibly do the half.

Thanks again!

Meredith Anand



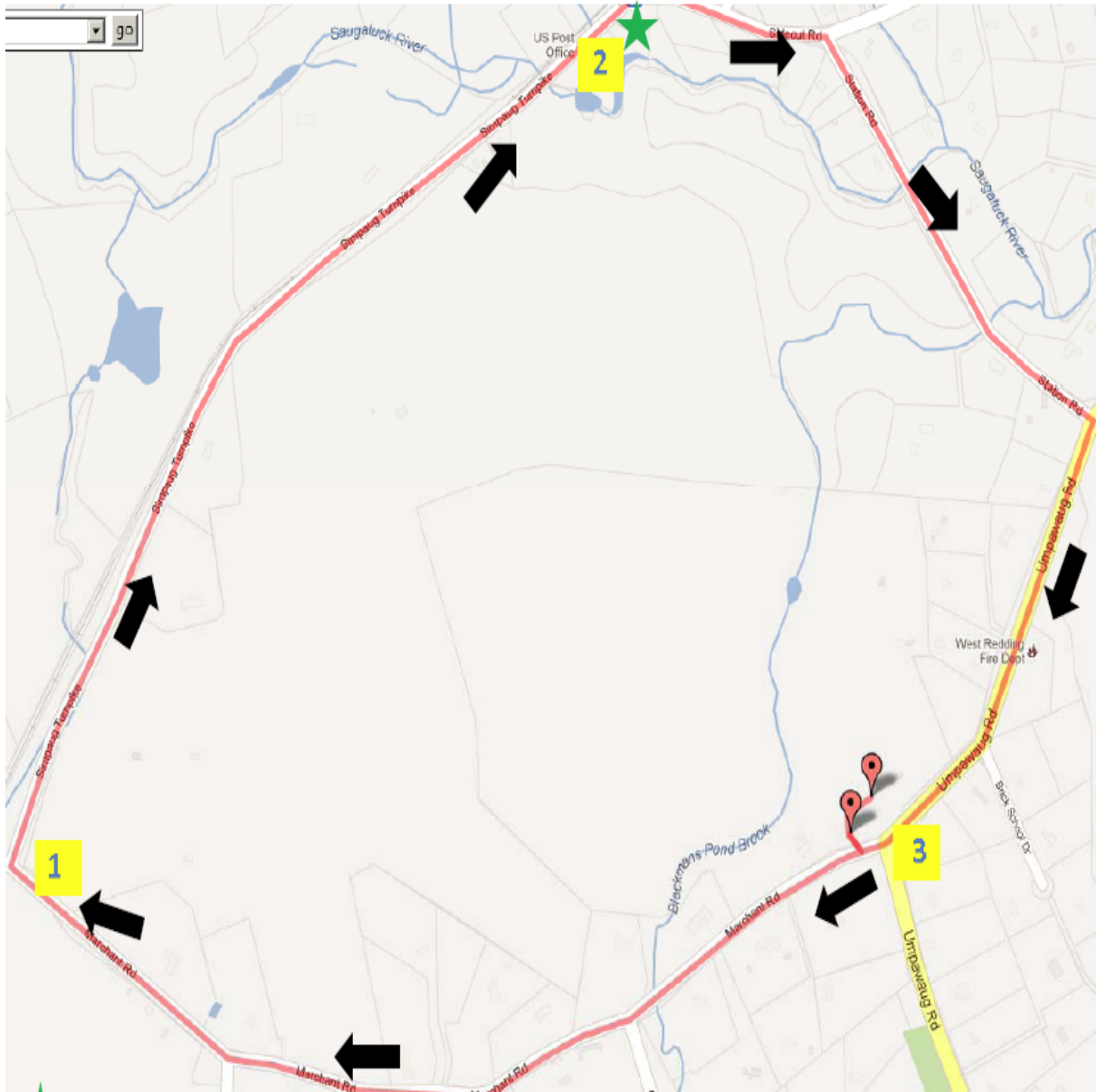
4. Larry De Maria, Seven Mile Male Champion



E. Mighty Cow Race

1. Map

REDDING ROAD RACE MIGHTY COW COURSE



AID STATIONS/PORT-O-LETS

2. 2014 Mighty Cow special gift – wear it with pride!!



1. Results

Page

REDDING ROAD RACES MIGHTY COW
 Redding, CT Sunday, May 5, 2013
 Timing by: StartLine Race Services

| Place | No. | Name | Age | Sex | City | St | Time | Pace |
|-------|-------|---------------------|-------|-------|--------------|-------|-------|-------|
| ===== | ===== | ===== | ===== | ===== | ===== | ===== | ===== | ===== |
| 1 | 595 | Tracy Montoya | 48 | M | Waterford | CT | 22:37 | 7:18 |
| 2 | 599 | Steve Riley | 45 | M | Mystic | CT | 22:51 | 7:23 |
| 3 | 89 | Samuel Haber | 27 | M | Queens | CT | 23:31 | 7:35 |
| 4 | 602 | Kurt Weissgerber | 32 | M | Jessup | MD | 23:34 | 7:36 |
| 5 | 360 | Milly Wade-West | 23 | F | Shelton | CT | 23:52 | 7:42 |
| 6 | 224 | Kurt Willey | 58 | M | Stamford | CT | 24:24 | 7:53 |
| 7 | 587 | Jonathan Krausche | 38 | M | Redding | CT | 25:46 | 8:19 |
| 8 | 786 | Dave Handy | 53 | M | Semora | NC | 25:56 | 8:22 |
| 9 | 574 | Kate Baron | 31 | F | Guilford | CT | 26:09 | 8:26 |
| 10 | 85 | Lisa Brody | 43 | F | New Haven | CT | 26:09 | 8:26 |
| 11 | 586 | Rhoda Kasperek | 37 | F | Norwalk | CT | 26:39 | 8:36 |
| 12 | 592 | Lindsey Marra | 19 | F | Woodbury | CT | 26:48 | 8:39 |
| 13 | 596 | Keri O'Neill | 41 | F | Fairfield | CT | 26:50 | 8:40 |
| 14 | 600 | Hillary Tonken | 52 | F | Redding | CT | 27:11 | 8:47 |
| 15 | 582 | Rick Heyman | 48 | M | Redding | CT | 27:12 | 8:47 |
| 16 | 584 | Katy Ingulli | 39 | F | Darien | CT | 27:28 | 8:52 |
| 17 | 67 | Kathryn Stoker | 45 | F | Norwalk | CT | 28:44 | 9:16 |
| 18 | 410 | Rachel Stansel | 38 | F | Vernon | CT | 28:47 | 9:17 |
| 19 | 302 | Kelly Yontef | 33 | F | Hamden | CT | 29:00 | 9:22 |
| 20 | 131 | Christopher Ahlberg | 51 | M | Fairfield | CT | 29:07 | 9:24 |
| 21 | 589 | Kaitlin Maguire | 28 | F | Arlington | MA | 29:10 | 9:25 |
| 22 | 116 | Dorothy Goettler | 37 | F | East Lyme | CT | 29:12 | 9:26 |
| 23 | 591 | Edward Marquez | 48 | M | Ridgefield | CT | 29:53 | 9:39 |
| 24 | 266 | Pam Iyer | 57 | F | Fort Collins | CO | 30:22 | 9:48 |
| 25 | 585 | Hari Iyer | 63 | M | Fort Collins | CO | 30:23 | 9:48 |
| 26 | 787 | Robyn Handy | 47 | F | Semora | NC | 30:44 | 9:55 |
| 27 | 579 | Manuela Esposito | 37 | F | Stratford | CT | 31:00 | 10:00 |
| 28 | 788 | Zell Gaston | 51 | M | Avon | CT | 31:33 | 10:11 |
| 29 | 778 | Harold Walker | 51 | M | Norwalk | CT | 32:32 | 10:30 |
| 30 | 780 | Jacob Lipman | 41 | M | Norwalk | CT | 32:36 | 10:31 |
| 31 | 576 | Michael Brokaw | 33 | M | Sandy Hook | CT | 32:51 | 10:36 |
| 32 | 284 | Paul Stansel | 38 | M | Vernon | CT | 33:12 | 10:43 |
| 33 | 721 | Kathleen P. Murphy | 59 | F | Wilton | CT | 34:01 | 10:59 |
| 34 | 723 | Peter L. Murphy | 59 | M | Wilton | CT | 34:02 | 10:59 |

F. Title Sponsor



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The advertisement features a large, high-quality aerial photograph of a large, multi-story stone house with a red-tiled roof and multiple chimneys. In the foreground, there is a paved patio area with outdoor furniture, including a white sofa and a small table. Above the main image, there are three smaller, square inset images showing different aerial views: a garden path, a body of water, and a close-up of a building's roofline. The Vidifly logo and tagline are in the top left corner. The main text and contact information are at the bottom, set against a solid orange background.

H. Andrew - Runner Spotlight, follow up

Andrew: I must say that I found running the 7 mile RRR an incredible thrill and has given me a new sense of pride and accomplishment in myself. In the weeks leading up to the race I started to experience Illioptic Band pain and was not sure that I would even be able to run. I didn't make the final decision until the day before! But I am so glad that I did! The day of the race started on the early side as I had an hour ride into Redding, but it was a gorgeous morning, so with a coffee, toast and eggs I geared up for the day. I met my Mom and one of her friends at the tents. We figured out that between the three of us we represented over 320 lb. of weight loss!! It's quite an awesome feeling.

Armed with a new knee band, and fortified with a little bagel and cream cheese I was ready to go. Unsure how my knee was going to react to the day, I started out on the slow side but maintained my 8.5 – 9 minute mile. After the 2nd mile everything still felt great so I decided to just go for it. I got my next 2 miles under 8.5 minutes. Of course all was fine, until the real hills started. But I had been training for them and I wasn't going to yield. It wasn't fun, and I still hate hills with a passion, but on that day I WON!

As I made the last right hand turn, I knew I was going to make it. I wasn't going to bonk or fall out, I was going to run the entire 7.13 miles. My one miscalculation was the energy I had left on the last hill, I was determined to run hard and I did, but it almost cost me an unpleasant pit stop as the old tummy started its unhappy you pushed too hard dance. But then the final decent and into the farm.

As I crossed the finish line I looked up to the clock and to my dismay it said 1:03:30! I was amazed. My goal was 1:10. That was probably the best reward of all...beating myself! My official time was 1:04:?? and I finished in the top 1/3 of the pack. All in all a great day! Now I have my sights set on a half marathon. See you all next year!



Andrew sprinting at the finish



A Charm given to Andrew upon finishing, by his wife

1. Cathy - Runner Spotlight, follow up

I traveled to Connecticut
To run thirteen point one.
To meet up with a couple friends
And have a lot of fun.

We took the early morning start
We knew what was to come
Not only were there many hills
But also we had sun.

Some hills were more than daunting
They never seemed to end
And when you thought it over
Another round the bend.

Up and down and up we went
And then there was some more
Would it ever ever end
Not til we reached barn's door.

That last climb was a killer
But glad that it was done

There has to be a flatter course
To run for thirteen one.

But nonetheless, no matter
It's tough but still the best
I'll be back another time
After a year or two of rest.

Cathy Troisi

Cohoes, NY



Cathy at the finish

J. Lisa - Runner Spotlight, follow up

May 08, 2013

Redding Road Race Recap.

Ah, a new race season. There's nothing like it. Running races again means the weather's warmed up, and it's time to set a new goal.

Since the 7 Miler of Sunday's [Redding Road Race](#) fit perfectly into our [marathon training schedule](#), we signed up months ago when the race opened. (Good thing, since both their 7 Miler and Half Marathon sold out in just 8 days.) It also sounded like a good match for us since it starts and ends at a farm. Can't beat views like this.



So, Sunday morning, we got to the race early, put our bibs on, and waited in the cold, wondering how to properly dress for a race when the temperature hovered just below 50 degrees and was slightly windy.

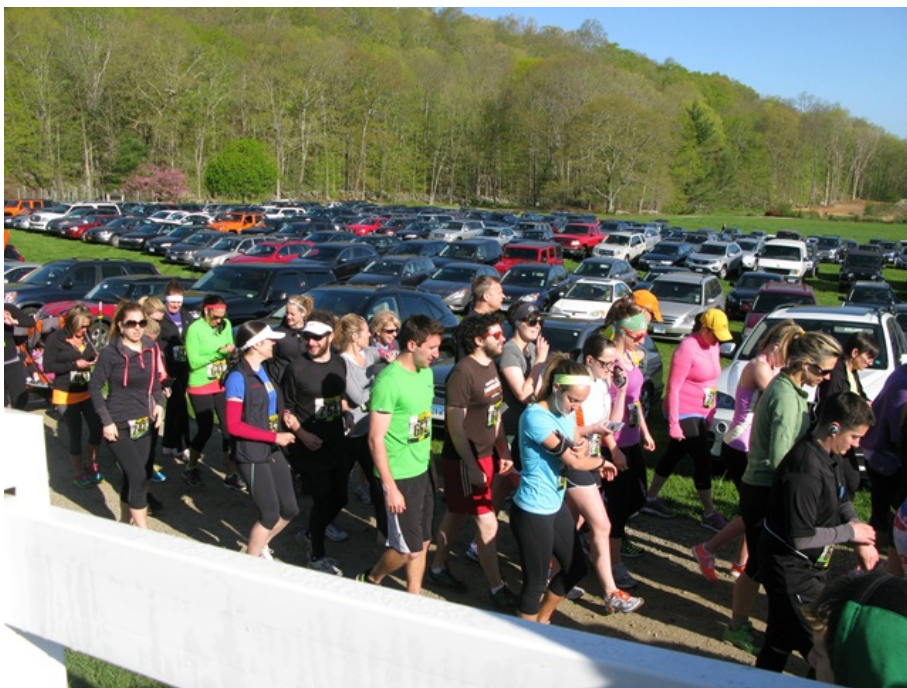


We watched the half marathoners, including one of Josh's brothers, take off.





And 15 minutes later we lined up, awaiting our own start...and we were off! The course was good – well marked, plenty of fuel along the way, and a just little bit hilly. Josh and I stayed together the whole way, chatting a lot, using [run-walk intervals](#), and wondering how our [puppy pick-up](#) later that day would go.



We finished, got our medals, and met up with our families who came to watch. The medals are cute, and grabbed free slices of pizza after the race. Yum.





While I always feel like I could go faster after I've finished running a race, I also know that I'm training for a new distance right now and don't need to push it to run faster. I'm enjoying tapering down my miles before the marathon in just a few weeks, and once we finish that race, I'll probably look for a summer or fall 5k to start training for speed, something I've wanted to try for ages.

Plus, I had never run a 7 mile race before, so I got a new personal record, slow or not.

The Redding Road Race was a great race to add in during training. It's always a nice change to run a race instead of just running the usual miles around the neighborhood, and it was fun to have a bunch of our family there too.

K. Stamford Advocate Article

Running Column: Redding Road Races a popular destination

Jim Gerweck

Published 5:55 pm, Saturday, May 4, 2013

A few weeks ago I mentioned that the Fairfield Half Marathon was the only area race that has reached its field limit and closed its registration.

I was quickly corrected by [John McCleary](#), who directs the Redding Road Races. The Redding races achieved that feat in its inaugural edition last year and duplicated it again in 2013, proving that the first time was no fluke.

Of course, the comparison isn't exactly equal, since the Redding event, which takes place this morning, is smaller than Fairfield -- it would be kind of like comparing a sellout at a small college football game to one in the NFL.

Still, there's no denying Redding has struck a chord with runners, not just local but from around the country. And given the near-perfect weather predicted for today and the new, improved courses, that should only increase rather than diminish its appeal.

Thanks to the completion of the Umpawaug Turnpike bridge, a project that seemingly took longer than construction of the [George Washington](#) and Golden Gate spans combined, runners will be able to avoid some of the rugged up (and down) hills they encountered last year.

Also avoidable now are some blind curves that could have spelled trouble if there was any kind of traffic on a sleepy Redding Sunday morning.

The half marathon is greatly improved, especially the finish, which will be approached from an easier direction, rather than a punishing climb in the last half mile.

And once runners enter the New Pond Farm grounds, they'll finish almost immediately after running through the barn, instead of covering an additional quarter mile on a dirt road through the pasture.

Not only was this tough on tired legs last year. But also runners who had finished had to walk back through the crowds of those still approaching the line, making for some awkward pedestrian flow.

The accompanying race is also easier, in spite of being lengthened from a 10K to seven miles. And in a happy coincidence, shares the same start and finish line with the half marathon.

Everything else that made the race such a first-year hit with runners last year, from food to finishers' medals to massages, will be back, and more.

It all means that next year's event will not only cap out once again, but do so in an even quicker time period.

[Jim Gerweck](#) is Editor-at-Large at [Running Times magazine](#) and organizes area races

L. Hamlet Hub Article

the Cows was a Success!

Written by Terri Garlick



This morning, my daughter and I had the pleasure of volunteering at New Pond Farm's 2nd annual "Run for the Cows," Ola! Foods Redding Road Race, featuring a half-marathon, a 7 mile run, and the Piglet Prance ~ a 3/4 of a mile kids' fun run around the grounds of New Pond Farm. My daughter and I were greeters, giving finishers their medals, much needed water and flowers. It was a sight to see ~ kids joined their parents at the finish line, friends held hands and supported each other as they finished, and one enterprising young woman cartwheeled her way to the end. Approximately 650 runners (and walkers) participated in this event which raises much-needed funds to support the farm's many and various educational programs. Not only were the runners from 92 different Connecticut towns, but 6 foreign countries as well. And there was much fun was to be had post race. There was music, free massages for runners, food and beverages, but mainly there was socializing ~ it was definitely a day for families and friends. Although, in the end, I didn't leave with a medal for having completed the race, I left with much more... the satisfaction of knowing that a local farm that has given so much to the community (and my family) will continue to offer fun and educational programs for all to enjoy!

M. Daily Voice Article

Redding Road Race Is A Quick Hit Among Runners

by [Tom Renner Sports](#) 05/02/13



New Pond Farm hosts the Redding Road Race on Sunday. In just two years, it has become popular among runners throughout Connecticut and beyond. Photo Credit: *Contributed by Redding Road Race*

REDDING, Conn. – In just its second year, the [Ola! Foods Redding Road Race](#) has become a must-run. Even race director John McCleary is surprised at the race's popularity.

"I'm kind of a dreamer, but I never thought it would be as good as it has turned out," McCleary said. "The response from the running community has been tremendous. We're trying to give back to a local charity and show runners a little piece of where you live. In just 18 months I have met hundreds and hundreds of people I now call friends."

The race, sponsored by Norwalk-based Ola! Foods, features a half-marathon of 13.1 miles, a 7-mile road race and a kids' race. Race proceeds benefit the New Pond Farm Education Center. It starts at 8 a.m.

Last year, the race had nearly 500 runners. This year, McCleary capped registration at 800.

Registration sold out in eight days. Runners from six countries, 20 states and 92 Connecticut towns will be participating.

"I've run about 30 marathons and a lot of other races," McCleary said. "I wanted to have a race in my hometown, and have a race that could be one of the premier races in the area. We really spoil our runners. We have 10 gifts for each of them, great raffle prizes and the best finishers medals you'll ever see. They spoiled us by selling out the race so quickly, so we spoil them back."

The half-marathon course is not easy. "Redding is hilly to begin with," he said. "We made it as flat as you can in Redding. There's not one big one, but there's a lot of them. If you're in good shape, you'll be fine. If not, the course will eat you up."

McCleary even added an extra 5K (3.1 miles) for runners looking for a warmup run before the half-marathon.

The race supports New Pond Farm, an environmental education center that also features a small working farm. "They're in my community, their programs are wonderful and it's a Redding treasure," he said.

Some races never seem to get off the ground and can have a short life. McCleary's race is the opposite. It has caught the attention of the running community, and there's no turning back now.

"Before we started it, my wife asked me what if only 25 runners show up," McCleary said. "I really didn't know. It's simple economics, and the law of supply and demand. Right now the half-marathon is what people are gravitating to. I picked my race for a weekend where there are no other distance races near it.

"I think with any race if you do a good job of marketing and come up with a niche, it can be successful. It's so hard to be successful in a 5K now because there are just so many of them."

A Run for the Cows! aka Redding Half Marathon = Amazing Day



Ever wondered how many half marathons are held to “Run for the Cows”? I know of one!! The Redding Half Marathon in Redding Connecticut. I ran this on Sunday May 5th and I have to tell you it was one AMAZING race, the cows were fantastic! 😊



Seriously, the race is a fund raising event for New Pond Farms in Redding (yes, they do have cows, along with a ton of other fun farm stuff and events and etc. see the link at the bottom of this blog).

The race starts and ends on the farm where they had this huge tent set up with coffee and bagels over an hour before the events started (great encouragement to have folks get there early for good parking and yoga (yep, pre race yoga), massages (yes, pre-race!!) and getting your bib and goodie bag if you didn't pick it up the day before. Speaking of goodie bags, talk about cool stuff along with a very cool tech tee shirt!!!



There are a number of races ranging from the Piglet Prance (for kids), a 7 miler, and the half marathon. Realizing the Piglet Prance was beyond my skills, I had registered for the Half Marathon instead 😊

The half started at 8AM and we streamed out from the starting point to circle this huge field and pass by the starting point again to head out onto the road (very much like a high school or college cross country course in the field, very cool). Once on the road we were able to setting into a nice rhythm as the miles unwound. Be warned, this is a hilly course with lots of winding roads and beautiful views.





Most of the roads are paved but there are some dirt roads as well (which were wonderful on the legs).

You wind up and down along the route and find your way running along a road parallel to the train (which does roar by about 1 1/2 hours into the run (if you are on that part of the course at that time, nice distraction).





Around mile 10.5 you run into Topstone Park and up the trail to the lake where you turn around and come back out to the road. **They have CANDY station in the park with jelly beans, M&Ms, drinks (including soda, wow!)**

Now you have less then 2 miles to go for the finish. Be prepared for a couple more hills (at this point, what's another hill, right?). Then a nice strong downhill and a quick left **INTO A BARN** and out and a right and 50 feet later, the finish line!!



The previous photo taken by JLG Designs (many thanks for taking all those great finisher photos!)

You are handed an amazingly cool finisher medal (see the photo at the top), a cold bottle of water and then you find your way to the tent for, (ready for this?) PIZZA, bagels, fruit, ice cones, coffee, muffins, more water. It just gets better and better. This was like what you get at the end of a full marathon. My hat is off to John McCleary, the race director, and his wonderful team of volunteers!!!

Overall, if we were to rate this race on a one to ten scale, I would rate it a 12! The weather (how did you do that John??) was perfect (starting temp about 47 and the ending temp about 60), not a cloud in the sky! The course was beautiful, the volunteers were great, the runners were pumped!



O. Ed Article

A Brazilian athlete on A Run for the Cows

By Angela Barbosa in [Columns](#), [Community in Focus](#) · May 2, 2013



Cinco de Maio is celebrated worldwide in all fashions. Here in the United States, the freedom and democracy of Mexico is observed as a commemoration of Mexican heritage and pride. Some folks attend parties, others opt for going out and enjoying some Mexican food and there are those that would rather partake in a race. And for Brazilian athlete Edinaldo Oliveira, who has participated in races from Greater Hartford's Bushnell Park, to Boston's historic course, to the strenuous New York City Marathon that attracts the world's best every November, on Cinco de Maio he plans to run in the Ola! Foods Redding Road Race: "A Run For The Cows."

"Running for me became a hobby and a therapy that makes me leave all my worries aside to focus on achieving my goal," said Oliveira. According to Oliveira, the location of the race, The New Pond Farm, is breathtaking. This beautiful 102-acre property, once owned by its founder, actress Carmen Mathews, is an environmental education center with a small working farm!

The race is a fundraiser function with proceeds being used to sustain their programs for children and adults.

How do they incorporate the Cinco de Maio tradition? At the end of the race, organizers will be offering the finest food spread. The program also includes a trophy ceremony in racing, massage therapy and even a yoga class to help runners relax the muscles. The Ola! Foods Redding Road Race: "A Run For The Cows" will be held on Sunday, May 5, with the main race starting at 8 a.m. The New Pond Farm is located at 101 Marchant Road in Redding, CT. For more information, visit <http://www.reddingroadrace.com>. Join the fun, and while you are there, don't forget to cheer for our fellow Danburian runner Edinaldo Oliveira.

P. Volunteers

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

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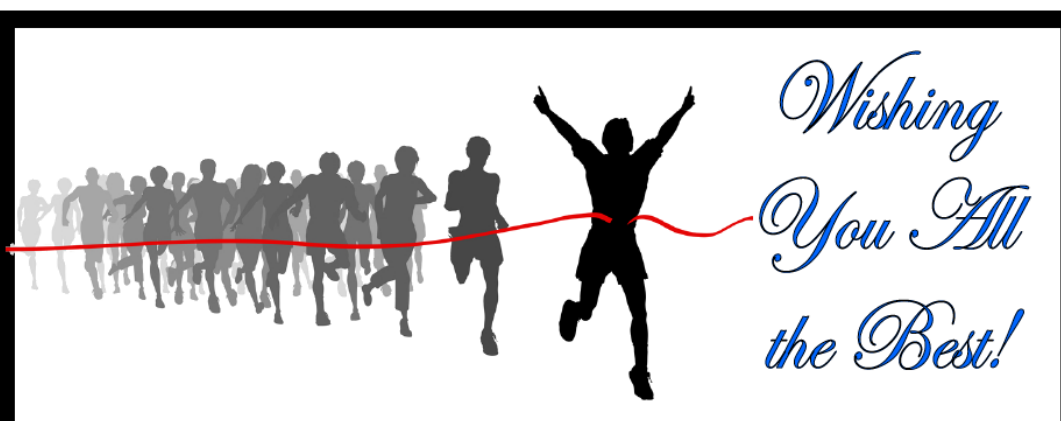


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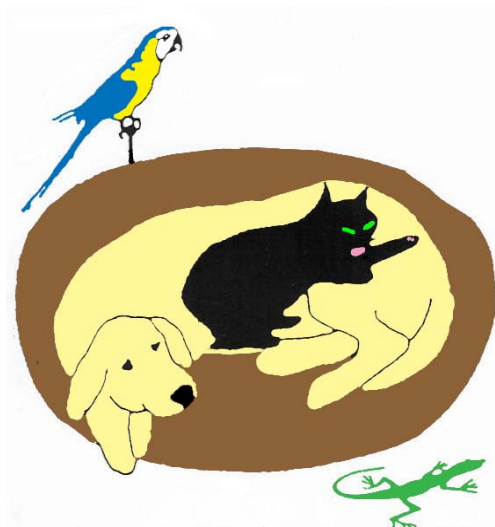
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