



**OLA! FOODS REDDING ROAD RACE**

**FINISHER'S MAGAZINE**

**06/04/14**

# Say hello to...

100% NATURAL

PURE AND SIMPLE

HANDBAKED

We are proud to support the 3rd 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!

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## a true story

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

As a mother of three boys, wife and business woman, I originally made this granola treat for my family.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

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

Enjoy!

*Dina H.*

Dina Houser, Founder, Ola! Foods, LLC



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

To our volunteers: Thank you for helping to make this a truly amazing day! *We could not possibly have done it without you!*

Thank you for waking up before dawn and for making your way over to the farm for a very busy morning. (Isn't a beautiful time of day over here?) As I looked around the tents, the lawns, the driveways and the farm road, you were all so busy at your stations and welcoming our runners and their families—representing the farm so beautifully, making everyone feel welcomed. I was overwhelmed with gratitude to have all of you here. You make New Pond Farm the very special place that it is.

Well over 1,000 guests were with us today. I believe John said over 800 runners actually arrived for the Half Marathon and Seven Miler...and close to 100 darling little Piglet Prancers, all of them with their families in tow. *Extraordinary* is the perfect word.

I hope that you had time to hear some of the runners' stories...grandparents running with grandchildren, some people running in honor of loved ones, others running to celebrate a victory over their particular illness—some were first time racers, others well seasoned...everyone with a personal goal and determination. It was an inspirational day.

How fortunate we are to have John and Terri McCleary as the race originators and organizers, our heartfelt thanks to their entire family for their months of planning, and of course an enormous thanks to our amazing, hard working staff who completed pages of checklists and worked tirelessly so that the property would be at its very best, despite the rains, and how fortunate we are to have our treasured volunteers...together, we hosted a memorable event. Congratulations!! Thank you. Ann



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

Well, we continued to luck out on the weather – three years in and three years of almost ideal conditions. Congratulations to our winners; Liz and Ken (repeat winners of the half) and Susi and David in the 7 miler. Congratulations to all of you in the preparation and training you entailed to complete such a challenging race. There are so many people I need to thank, so, we'll start with a big thank you to:

- All the volunteers. Our volunteers are simply the most giving people I've ever met and the race could not exist without them. Our race requires over 100 volunteers.
- The 50+ sponsors. As I always say, it's easier for a business to say no to a sponsorship request than to say yes, so please keep that in mind with your future purchases. Our sponsors are all listed at the back of the magazine
- The over 1,100 runners who signed up. I truly appreciate the hundreds of nice emails you sent me – whenever I need a “pick-me-up” I read some of them!! When preparing for this gets a bit stressful, the fact that you sold the race out in a week is all the reward one could ask for.
- Mike Richter and Joseph Bastianich who not only ran very well but added a little celebrity “cred” to the race!!
- Ann Taylor and the New Pond Farm family – your organizational skills are incredible!!
- And mostly, my wife Terri, who took on the huge role of Volunteer Coordinator, slept very little in late April and early May and put up with me!! Thanks to my boys too, John and Kevin.

For this year's race, I'm very proud that we started all 4 races on time!! We also had no port-o-let lines, the pizza lasted to the very end and everyone seemed to have a great time.

What to expect for 2015:

- Same size field (sign up early, as it will probably close out quicker than a week)
- Pricing will stay the same for the 3<sup>rd</sup> straight year!
- Pre-race, we will have Colleen constantly announcing information about the races: where they start and locations. This will alleviate any confusion.
- More great runner gifts – I'm already planning!
- The timing of the Piglet Prance will be changed, either to before the main races (As most prefer and all other races seems to do) or after the entire award ceremony. My idea is to do the Piglet Prance at 8:00am and push back the start of the main races to 8:25am (half) and 9:00am (7 miler). Heat hasn't been an issue in the first 3 years, so pushing back the races slightly shouldn't be an issue. A lot of kids could not run at 11am this year due to schedule conflicts with baseball and lacrosse, amongst other things.

- A volunteer committee is being formed to help the race run even more smoothly. If interested in being on it, email me.

Thanks again for making our race one of the most popular in the area – if you keep selling it out, we'll keep organizing it! I hope to see a lot of you wearing your RRR14 shirts in races this summer. John



The McCleary's



And now we can rest



## C. Half Marathon

### 1. Half Marathon Map

#### REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

## 2. Garmin Information From Larry Ikard

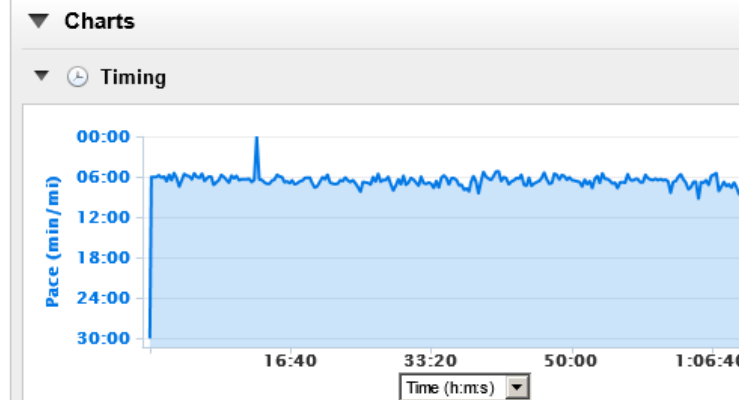
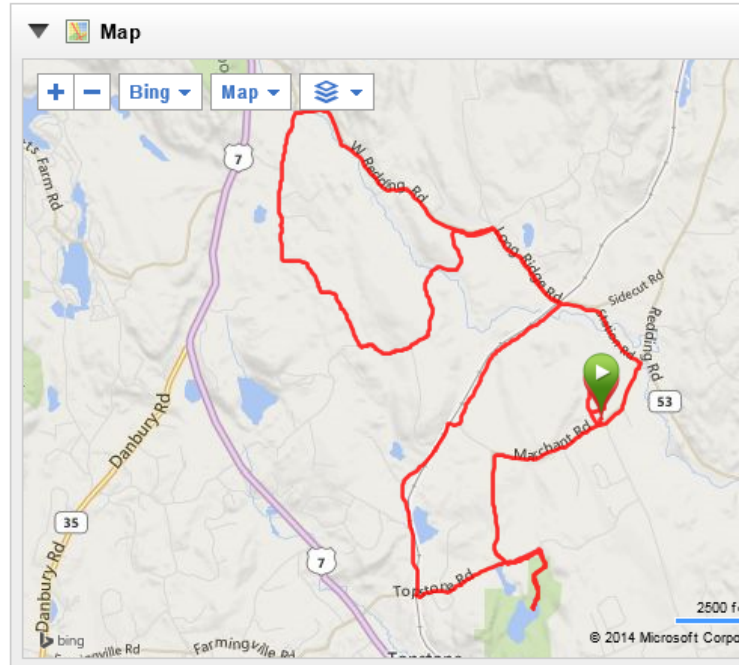
▼	Summary
Distance:	13.08 mi
Time:	1:25:31
Avg Pace:	6:32 min/mi
Elevation Gain:	819 ft
Calories:	1,474 C

▼	Details
▼	Timing <span>Pace</span> <span>Speed</span>
Time:	1:25:31
Moving Time:	1:25:12
Elapsed Time:	1:25:37
Avg Pace:	6:32 min/mi
Avg Moving Pace:	6:31 min/mi
Best Pace:	4:18 min/mi
▼	Elevation
Elevation Gain:	819 ft
Elevation Loss:	797 ft
Min Elevation:	369 ft
Max Elevation:	619 ft

 **Laps** **14**

View Splits

Split	Time	Distance	Avg Pace
1	6:02.5	1.00	6:02
2	6:18.9	1.00	6:19
3	6:27.9	1.00	6:28
4	6:41.4	1.00	6:41
5	6:41.3	1.00	6:41
6	6:51.0	1.00	6:51
7	6:29.4	1.00	6:29
8	6:24.9	1.00	6:25
9	6:31.8	1.00	6:32
10	6:34.0	1.00	6:34
11	6:50.0	1.00	6:50
12	7:04.2	1.00	7:04
13	6:12.0	1.00	6:12
14	:21.6	0.08	4:45
Summary	1:25:30.9	13.08	6:32



### 3. 2014 Half Marathon Results

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/37	339	Ken Merrick	45	M	New Fairfield	CT	1:21:29	6:14
2	1/26	257	Larry Ikard	39	M	New Canaan	CT	1:25:31	6:32
3	1/14	113	Elizabeth Campbell	23	F	Norwalk		1:25:39	6:33
4	1/24	432	Jeff Sheldon	34	M	Southbury	CT	1:29:05	6:48
5	1/41	483	Andis Vitolins	44	M	Monsey	NY	1:30:01	6:53
6	1/23	649	John Minervino	50	M	Higganum	CT	1:30:21	6:54
7	2/26	460	Matt Tebbe	37	M	Alpharetta	GA	1:31:05	6:58
8	2/41	12	David Smith	42	M	New Milford	CT	1:31:20	6:59
9	1/22	156	Liz Crowley	28	F	Arlington	MA	1:34:08	7:12
10	1/15	434	Tyler Silverman	28	M	Redding	CT	1:34:14	7:12
11	2/37	424	Jan Schole	46	M	Ridgefield	CT	1:34:19	7:12
12	2/14	685	Liana Eckert	22	F	Bethel	CT	1:35:41	7:19
13	3/41	457	Kevin Tanzer	43	M	Weston	CT	1:35:42	7:19
14	4/41	164	Richard Deitch	41	M	Kew Gardens	NY	1:35:43	7:19
15	3/37	773	Steve Coppock	49	M	Redding	CT	1:35:54	7:20
16	4/37	288	Steve Leslie	49	M	Brookfield	CT	1:36:09	7:21
17	3/14	676	Andrea Divenere	20	F	Bristol	CT	1:36:23	7:22
18	1/33	84	Teren Block	48	F	Ridgefield	CT	1:36:34	7:23
19	5/37	515	Tracy Montoya	49	M	Waterford	CT	1:36:58	7:25
20	1/16	55	Noel Roberts	55	M	Durham	CT	1:37:51	7:29
21	2/24	603	Morten Kristiansen	34	M	Norwalk	CT	1:37:52	7:29
22	2/23	675	David Cappello	51	M	Avon	CT	1:37:54	7:29
23	5/41	216	Chris Greene	40	M	Trumbull	CT	1:38:07	7:30
24	2/15	281	Rohit Naimpally	26	M	Boston	MA	1:39:02	7:34
25	6/37	398	Dan Readyoff	45	M	New Milford	CT	1:39:27	7:36
26	3/23	371	Bill Hunter	52	M	Fairfield	CT	1:39:34	7:36
27	1/47	522	Theresa Krebs	44	F	Roxbury	CT	1:39:36	7:37
28	6/41	535	Jason Falzon	40	M	Summit	NJ	1:39:57	7:38
29	4/23	390	Frank Picchione	50	M	New York	NY	1:40:04	7:39
30	2/47	175	Keri McKay	42	F	Fairfield	CT	1:40:04	7:39
31	7/37	511	Felipe Zarama	48	M	Shelton	VA	1:40:20	7:40
32	3/15	374	Mark Oeding	29	M	Bethel	CT	1:40:22	7:40
33	1/48	623	Julie Schlafman	32	F	New Canaan	CT	1:40:42	7:42
34	1/51	222	Jeanne Halloran	35	F	Redding	CT	1:40:59	7:43
35	3/47	494	Amy West	43	F	Rye Brook	NY	1:41:04	7:43
36	8/37	530	Carmine Broccole	48	M	Thornwood	NY	1:41:22	7:45
37	2/48	687	Sarah Caputo	33	F	Westport	CT	1:41:46	7:47
38	9/37	455	Jim Swan	49	M	Stamford	CT	1:42:00	7:48
39	10/37	552	Eugene Roche	46	M	Redding	CT	1:42:18	7:49
40	11/37	350	Jp Milot	46	M	Ridgefield	CT	1:42:43	7:51
41	2/16	523	Matt Andrulis Mette	56	M	Litchfield	CT	1:43:00	7:52
42	3/24	689	Jonathan Downs	34	M	Millbrook	NY	1:43:03	7:52



43	3/26	323 Jason McCaughey	38 M	Stamford	CT 1:43:26	7:54
44	4/26	337 Sean Mehner	36 M	Redding	CT 1:44:03	7:57
45	5/26	302 Dominic Maciocia	35 M	Ridgefield	CT 1:44:11	7:58
46	4/47	663 Kristen Porter	42 F	Ridgefield	CT 1:44:15	7:58
47	2/22	702 Meghan Pernice	27 F	Brookfield	CT 1:44:21	7:58
48	6/26	109 David Brown	38 M	Medford	MA 1:44:23	7:59
49	5/23	430 Marek Sernicki	51 M	Ridgefield	CT 1:44:48	8:00
50	7/41	710 Jason Kapell	41 M	Monroe	CT 1:44:51	8:01
51	6/23	452 Lai Sun	50 M	Newtown	CT 1:45:06	8:02
52	8/41	307 Joseph Malcarne	41 M	Staatsburg	NY 1:45:27	8:03
53	2/51	594 Joli D'Elia	36 F	Westport	CT 1:45:35	8:04
54	3/22	517 Erica Remo	26 F	Stamford	CT 1:45:49	8:05
55	1/27	29 Joyce Allen	52 F	Redding	CT 1:45:50	8:05
56	12/37	326 Stephen McDonnell	45 M	Fairfield	CT 1:45:52	8:05
57	9/41	446 John Steers	40 M	Fairfield	CT 1:46:01	8:06
58	1/1	558 Marcus Hijkoop	19 M	New Canaan	CT 1:46:11	8:07
59	3/48	574 Nicole Semanchik	34 F	Milford	CT 1:46:14	8:07
60	10/41	265 Brian Ordway	42 M	Shelton	CT 1:46:14	8:07
61	11/41	487 Yirong Wang	41 M	Danbury	CT 1:46:34	8:09
62	4/14	489 Kelly Watkins	24 F	Litchfield	CT 1:46:35	8:09
63	12/41	459 Troy Tassier	43 M	Pleasantville	MI 1:46:44	8:09
64	13/41	31 Michael Anderson	42 M	Westport	CT 1:46:46	8:09
65	7/23	27 Wayne Zimmerman	50 M	Weston	CT 1:47:33	8:13
66	3/51	341 Lauren Messina	37 F	Ridgefield	CT 1:47:35	8:13
67	14/41	596 Arnil Deguzman	44 M	Poughkeepsie	NY 1:47:39	8:13
68	4/48	118 Jennifer Braga	32 F	Middletown	CT 1:47:41	8:14
69	4/51	361 Katherine Munno	36 F	Stamford	CT 1:47:47	8:14
70	7/26	104 James Bremner	38 M	Redding	CT 1:47:48	8:14
71	15/41	45 Kevin Auwarter	40 M	Danbury	CT 1:47:58	8:15
72	8/26	639 David Fisher	37 M	Ridgefield	CT 1:47:59	8:15
73	4/24	42 Bryce Petruccelli	31 M	Redding	CT 1:48:04	8:15
74	1/6	277 Daniel Korin	23 M	Bethel	CT 1:48:13	8:16
75	16/41	136 Charles Buckley	41 M	Mount Kisco	NY 1:48:13	8:16
76	4/15	92 Adam Bomberger	25 M	Bethel	CT 1:48:14	8:16
77	13/37	54 Michael Baneat	48 M	Shelton	CT 1:48:34	8:18
78	5/14	395 Cecilia Probst	22 F	Redding	CT 1:48:41	8:18
79	2/33	479 Debby Valin	46 F	Woodbridge	CT 1:48:56	8:19
80	5/48	201 Sara Fucci	33 F	New Haven	CT 1:48:59	8:20
81	14/37	353 Steve Mortinger	49 M	Ridgefield	CT 1:49:07	8:20
82	5/47	402 Heather Roles	42 F	Danbury	CT 1:49:37	8:23
83	8/23	145 Scott Cooney	50 M	Roxbury	CT 1:49:45	8:23
84	15/37	653 Steve Riley	46 M	Mystic	CT 1:49:57	8:24
85	3/33	394 Dawn Prisco	46 F	Ridgefield	CT 1:50:07	8:25
86	16/37	49 Jeff Falberg	49 M	Bridgeport	CT 1:50:19	8:26
87	6/47	400 Tina Roese	44 F	Redding	CT 1:50:19	8:26
88	7/47	500 Tammy Grella	40 F	Litchfield	CT 1:50:20	8:26
89	9/23	630 Christopher Ahlberg	52 M	Fairfield	CT 1:50:34	8:27
90	9/26	245 Andrew Hollopeter	35 M	Lexington Park	MD 1:50:36	8:27

91	5/24	599 Keith Morrissey	32 M	Highland Lakes NJ	1:50:42	8:28
92	6/48	327 Amanda Kaslowitz	30 F	Norwalk CT	1:50:44	8:28
93	17/37	322 Bill McBrayer	48 M	Redding CT	1:50:53	8:28
94	4/33	228 Diane Hayes	48 F	Weston CT	1:50:56	8:29
95	1/13	126 Ross Levy	63 M	Chappaqua NY	1:51:06	8:29
96	6/24	79 Jeff Bishop	33 M	Southbury CT	1:51:13	8:30
97	8/47	32 Amelia Audette	40 F	Trumbull CT	1:51:14	8:30
98	7/48	325 Jean Marie Poster	31 F	New York NY	1:51:24	8:31
99	1/14	146 Diana Derivan	56 F	Redding CT	1:51:31	8:31
100	18/37	666 Michael Leckie	48 M	Ridgefield CT	1:51:31	8:31
101	19/37	88 Ed Fung	45 M	Wilton CT	1:51:32	8:31
102	5/51	469 Susanne Tranguch	35 F	Fairfield CT	1:51:46	8:32
103	3/16	123 Larry Deming	56 M	Bethel CT	1:51:48	8:33
104	7/24	498 Josh Williams	34 M	New Milford CT	1:52:06	8:34
105	5/33	673 Esther Aronson	49 F	Avon CT	1:52:18	8:35
106	8/48	279 Amy Kundrat	34 F	Bethel CT	1:52:21	8:35
107	8/24	314 Matt Marcella	33 M	Naugatuck CT	1:52:40	8:36
108	4/16	490 Alan Watkins	56 M	Litchfield CT	1:52:40	8:37
109	1/9	529 Erin McGuire	17 F	Avon CT	1:52:41	8:37
110	20/37	648 Edward Marquez	49 M	Ridgefield CT	1:52:47	8:37
111	6/51	626 Kier Archer	35 F	New York NY	1:52:48	8:37
112	21/37	669 Glenn Hill	49 M	Norfolk CT	1:52:53	8:37
113	6/33	278 Sheilah Krasnickas	47 F	Newtown CT	1:53:28	8:40
114	9/24	199 Eric Koenig	34 M	Southbury CT	1:53:32	8:40
115	9/48	274 Krystal Koenig	31 F	Southbury CT	1:53:32	8:40
116	17/41	492 Jonah Wellins	40 M	East Granby CT	1:53:37	8:41
117	10/48	619 Jennifer Rinaldi	33 F	Katonah NY	1:53:41	8:41
118	11/48	581 Katrina Mata	32 F	Greenwich CT	1:53:49	8:42
119	10/26	518 Erik Rufa	37 M	Natick MA	1:53:49	8:42
120	22/37	701 Mark Haines	45 M	Ridgefield CT	1:53:49	8:42
121	10/24	686 Robert Mata	33 M	Greenwich CT	1:53:50	8:42
122	18/41	203 Charles Gay	42 M	Ridgefield CT	1:53:50	8:42
123	9/47	632 Lisa Brody	44 F	New Haven CT	1:54:01	8:43
124	7/51	638 Natalie Edwards	35 F	Waterford CT	1:54:13	8:44
125	12/48	38 Ciara Gorglione	32 F	New Milford CT	1:54:14	8:44
126	2/6	140 Nicholas Colazzo	20 M	Wayne NJ	1:54:16	8:44
127	19/41	318 Aaron Masek	40 M	Wilton CT	1:54:20	8:44
128	11/24	188 Rob Fonseca	33 M	Woodbury CT	1:54:32	8:45
129	10/47	155 Lori Crenshaw	44 F	Stratford CT	1:54:40	8:46
130	23/37	182 Rick Heyman	49 M	Redding CT	1:54:43	8:46
131	8/51	555 Amy Murray	37 F	Fairfield CT	1:54:50	8:46
132	10/23	368 Greg Nilan	51 M	Stratford CT	1:55:03	8:47
133	2/13	90 Brian Bomberger	61 M	Bethel CT	1:55:12	8:48
134	2/27	445 Katherine Stallfort	54 F	Wilton CT	1:55:18	8:49
135	13/48	429 Mary Sekhri	34 F	Hopewell Junct NY	1:55:25	8:49
136	20/41	117 Micah Lawrence	40 M	Fairfield CT	1:55:27	8:49
137	14/48	367 Shawna Nickerson	31 F	Danbury CT	1:55:46	8:51
138	11/23	696 Jim Wynn	53 M	Gurnee IL	1:55:48	8:51

139	24/37	703 Joseph Bastianich	45 M	New York	NY 1:55:53	8:51
140	11/47	132 Nina Carlson	41 F	Holmes	NY 1:55:55	8:51
141	21/41	192 Chris Frederick	42 M	Pleasantville	NY 1:56:04	8:52
142	5/15	641 Miguel Guzman	27 M	Stamford	CT 1:56:19	8:53
143	12/47	295 Nancy Lovas	42 F	East Norwalk	CT 1:56:19	8:53
144	11/26	391 Michael Pierce	36 M	Hyannis	MA 1:56:23	8:54
145	12/24	572 Jordan Giles	30 M	Stamford	CT 1:56:36	8:54
146	13/47	454 Heather Sung	44 F	Redding	CT 1:56:39	8:55
147	15/48	533 Vanessa Rufa	31 F	Natick	MA 1:56:45	8:55
148	3/27	373 Wendi O'Donnell	53 F	Sherman	CT 1:56:54	8:56
149	14/47	33 Jennifer Amend	41 F	Bethel	CT 1:57:05	8:57
150	5/16	340 Jerry Meshell	58 M	Orange	CT 1:57:11	8:57
151	2/14	617 Lynn Ferrara	55 F	Montvale	NJ 1:57:15	8:58
152	15/47	431 Tiffanie Sgritta	40 F	Stamford	CT 1:57:23	8:58
153	13/24	631 Stephen Apy	31 M	Norwalk	CT 1:57:25	8:58
154	1/9	243 Clementine Hollopeter	60 F	Bethel	CT 1:57:32	8:59
155	9/51	538 Ines Allen	36 F	Fairfield	CT 1:57:34	8:59
156	7/33	284 Kathy Lang	46 F	Ridgefield	CT 1:57:34	8:59
157	8/33	242 Kristen Hoban	47 F	Ridgefield	CT 1:57:35	8:59
158	12/26	425 Mark Scozzafava	37 M	Darien	CT 1:57:37	8:59
159	14/24	411 Michael Rupp	32 M	Trumbull	CT 1:57:40	8:59
160	16/48	409 Karen Rupp	32 F	Trumbull	CT 1:57:40	8:59
161	10/51	232 Eleanor Hershey	38 F	Katonah	NY 1:57:55	9:00
162	6/14	705 Kristyn Zygmunt	23 F	Avon	CT 1:57:57	9:01
163	4/22	635 Elizabeth Dreier	28 F	Newington	CT 1:57:59	9:01
164	9/33	404 Donna Rosato	47 F	Greenwich	CT 1:58:11	9:02
165	25/37	509 Simon Young	48 M	Mount Kisco	NY 1:58:15	9:02
166	3/14	499 Andrea Williamson	59 F	Norwalk	CT 1:58:16	9:02
167	12/23	488 Randy Watkins	50 M	New Milford	CT 1:58:16	9:02
168	17/48	697 Meghan Kuebler	30 F	Stamford	CT 1:58:22	9:03
169	15/24	609 Michael Smith	31 M	Garfield	NJ 1:58:24	9:03
170	5/22	103 Kristina Braun	25 F	Bethel	CT 1:58:29	9:03
171	22/41	401 John Morneau	43 M	New York	NY 1:58:39	9:04
172	16/47	608 Allison Reilly	42 F	Fairfield	CT 1:59:01	9:06
173	10/33	656 Kimberly Tully	46 F	Wilton	CT 1:59:02	9:06
174	2/9	525 Elizabeth Gallucci	17 F	Fairfield	CT 1:59:03	9:06
175	6/16	82 Kent Blocher	56 M	Redding	CT 1:59:08	9:06
176	13/23	593 Alan Tousignant	52 M	Millbrook	NY 1:59:11	9:06
177	13/26	99 Jonathan Burke	35 M	Trumbull	CT 1:59:11	9:06
178	7/14	110 Lauren Bruchansky	22 F	Hamden	CT 1:59:12	9:06
179	18/48	205 Michelle George	33 F	Gaylordville	CT 1:59:36	9:08
180	19/48	336 Coralie Medrano	33 F	Gaylordsville	CT 1:59:39	9:09
181	4/14	273 Sally Kniffin	58 F	Redding	CT 1:59:54	9:10
182	26/37	614 Christopher Holness	45 M	Roswell	GA 1:59:58	9:10
183	8/14	478 Christine Moran	21 F	Bethel	CT 2:00:05	9:10
184	14/26	605 Matt Haines	35 M	Stamford	CT 2:00:16	9:11
185	1/4	67 Bill Fishman	67 M	Rye	NY 2:00:40	9:13
186	11/33	290 Stacy Levy	46 F	Wilton	CT 2:00:44	9:13

187	14/23	60 William Begg	50 M	Newtown	CT 2:00:47	9:14
188	6/15	37 Jeremy Pinches	29 M	Brooklyn	NY 2:00:53	9:14
189	3/6	28 Eric Vo	22 M	East Hartford	CT 2:00:54	9:14
190	4/6	347 Ryan Milligan	23 M	Boston	MA 2:00:54	9:14
191	15/26	423 Joseph Schafer	38 M	New York	NY 2:00:54	9:14
192	16/26	369 Jeff Hopper	39 M	Amawalk	NY 2:00:56	9:14
193	23/41	470 Gean Tremaine	40 M	Southport	CT 2:01:10	9:15
194	17/26	496 Jeffrey Wheeler	39 M	Fairfield	CT 2:01:11	9:16
195	18/26	468 Christopher Tracey	35 M	Trumbull	CT 2:01:18	9:16
196	4/27	695 Mary Kay Wynn	53 F	Gurnee	IL 2:01:33	9:17
197	1/2	485 Janet Voelpert	66 F	Shelton	CT 2:01:34	9:17
198	17/47	520 Tanya Rubin	44 F	Weston	CT 2:01:42	9:18
199	3/13	238 James Heus	62 M	Ridgefield	CT 2:01:42	9:18
200	12/33	688 Kathryn Flodquist	48 F	Terryville	CT 2:01:48	9:18
201	18/47	376 Keri O'Neill	42 F	Fairfield	CT 2:01:54	9:19
202	19/47	564 Amanda Lee	42 F	Redding	CT 2:01:59	9:19
203	13/33	506 Katie Young	47 F	Monroe	CT 2:02:04	9:20
204	20/47	570 Barbara Grant	44 F	Norwich	CT 2:02:12	9:20
205	24/41	664 Russ Porter	43 M	Ridgefield	CT 2:02:22	9:21
206	11/51	449 Emily Stumph	38 F	Trumbull	CT 2:02:29	9:21
207	4/13	990 Christopher Kennan	64 M	Pine Plains	NY 2:02:37	9:22
208	27/37	421 Frank Scarfi	49 M	Danbury	CT 2:02:38	9:22
209	25/41	541 Brian Stempel	42 M	South Salem	NY 2:02:51	9:23
210	21/47	267 Darlene Kaschel	42 F	Fairfield	CT 2:03:02	9:24
211	5/27	526 Jenifer Parker	52 F	Darien	CT 2:03:03	9:24
212	14/33	148 Susan Dewitt	48 F	Bethel	CT 2:03:12	9:25
213	20/48	315 Michele Meltzer	33 F	Rocky Hill	CT 2:03:16	9:25
214	15/33	419 Elli Scarfi	49 F	Danbury	CT 2:03:18	9:25
215	22/47	321 Kimberly Van Den Heuv	43 F	Wilton	CT 2:03:19	9:25
216	7/15	629 David Harrison	26 M	Brookfield	CT 2:03:26	9:26
217	23/47	15 Krista Benson	43 F	Newtown	CT 2:03:32	9:26
218	16/24	671 Jason Hehman	33 M	Katonah	NY 2:03:33	9:26
219	26/41	173 Todd Doyle	44 M	Bethel	CT 2:03:37	9:27
220	6/22	602 Lindsay Frey	29 F	Rye	NY 2:03:45	9:27
221	15/23	566 Harold Walker	52 M	Norwalk	CT 2:03:54	9:28
222	2/4	531 Craig Morrison	69 M	Bethel	CT 2:03:57	9:28
223	7/16	133 Michael Carpenter	57 M	Redding	CT 2:04:08	9:29
224	12/51	287 Melissa Lynn Lemieux	37 F	West Redding	CT 2:04:23	9:30
225	24/47	672 Amy Taylor	40 F	Redding	CT 2:04:27	9:30
226	27/41	545 Cristian Pojano	44 M	Wilton	CT 2:04:39	9:31
227	28/41	480 Rob Valinsky	41 M	Fairfield	CT 2:04:51	9:32
228	13/51	582 Monica Gonzalez	36 F	Wheaton	IL 2:04:57	9:33
229	19/26	642 Ken Alferez	39 M	Danbury	CT 2:05:00	9:33
230	28/37	24 John Reed	45 M	Sandy Hook	CT 2:05:04	9:33
231	29/41	226 Joseph Hartwell	44 M	Danbury	CT 2:05:05	9:33
232	21/48	65 Michelle Behr	34 F	Sandy Hook	CT 2:05:09	9:34
233	8/16	224 Tony Rivadeneyra	55 M	Danbury	CT 2:05:14	9:34
234	3/9	580 Nikki Kaufmann	18 F	Greenwich	CT 2:05:31	9:35

235	6/27	359 Betty Mulvihill	54 F	Bethel	CT 2:05:31	9:35
236	20/26	93 Roman Cebulski	38 M	Newtown	CT 2:05:52	9:37
237	3/4	130 Don Capone	65 M	Norwalk	CT 2:05:56	9:37
238	5/6	23 Brian Flaherty	22 M	Fairfield	CT 2:06:04	9:38
239	7/22	587 Allie Wassel	29 F	Hoboken	NJ 2:06:08	9:38
240	8/15	13 Ted Reynolds	29 M	Washington	DC 2:06:11	9:38
241	8/22	111 Jamie Knight	29 F	Washington	DC 2:06:12	9:38
242	9/14	590 Samantha Bennett	23 F	New York	NY 2:06:16	9:39
243	25/47	528 Nancy Liskiewicz	44 F	Bethel	CT 2:06:19	9:39
244	5/13	169 Michael Taricani	60 M	Burlington	CT 2:06:25	9:39
245	29/37	680 Rich Freeda	46 M	Stamford	CT 2:06:30	9:40
246	17/24	43 Brandon Schneider	32 M	Danbury	CT 2:06:36	9:40
247	22/48	87 Jennifer Schneider	33 F	Danbury	CT 2:06:36	9:40
248	23/48	592 Mykel Bridget Czaja	30 F	East Lyme	CT 2:06:45	9:41
249	9/22	466 Corey Tolkin	26 F	Weston	CT 2:06:54	9:42
250	10/14	211 Katherine Edkins	24 F	Boston	MA 2:06:57	9:42
251	24/48	660 Kelly Yontef	34 F	Hamden	CT 2:06:59	9:42
252	21/26	91 Keith Baldwin	36 M	Arlington	VA 2:07:13	9:43
253	30/41	319 David Pennino	40 M	Wilton	CT 2:07:20	9:44
254	16/33	543 Elizabeth Cunane	47 F	Bethel	CT 2:07:30	9:44
255	25/48	578 Dawn Jenci	34 F	Milford	CT 2:07:31	9:45
256	17/33	47 Jennine Lesica	47 F	Danbury	CT 2:07:35	9:45
257	26/47	333 Amy Santaniello	41 F	Bethel	CT 2:07:37	9:45
258	10/22	349 Elizabeth Poster	28 F	New York	NY 2:07:45	9:46
259	9/16	586 James Barickman	57 M	Redding	CT 2:07:46	9:46
260	26/48	320 Kristen Massaro	32 F	Woodside	NY 2:07:54	9:46
261	30/37	329 Mike McEvoy	49 M	Monroe	CT 2:07:57	9:47
262	18/24	171 Jeff Donegan	33 M	Westport	CT 2:08:07	9:47
263	27/48	385 Kristine Pavelchak	33 F	Bristol	CT 2:08:07	9:47
264	27/47	691 Clare Zecher	40 F	Greenwich	CT 2:08:11	9:48
265	18/33	189 Julie Anne Fossi	45 F	New Milford	CT 2:08:12	9:48
266	7/27	467 Hillary Tonken	53 F	Redding	CT 2:08:18	9:48
267	9/15	200 David Fu	25 M	New York	NY 2:08:28	9:49
268	22/26	342 Anthony Messina	39 M	Ridgefield	CT 2:08:44	9:50
269	14/51	661 Jamie Grennan	36 F	Norwalk	CT 2:08:56	9:51
270	15/51	215 Tara Rupp	35 F	Monroe	CT 2:08:57	9:51
271	19/24	583 Richard Lopez	33 M	Fairfield	CT 2:09:04	9:52
272	16/23	124 Manrico Caglioni	54 M	New Milford	CT 2:09:16	9:53
273	16/51	620 Erin Horbach	36 F	Trumbull	CT 2:09:19	9:53
274	31/37	708 Theodore Prospect	49 M	Wilton	CT 2:09:25	9:53
275	4/9	707 Lauren Prospect	19 F	Wilton	CT 2:09:26	9:53
276	28/47	259 Jennifer Caron	42 F	Ridgefield	CT 2:09:35	9:54
277	29/47	119 April Buompane	40 F	South Salem	TN 2:09:43	9:55
278	19/33	105 Jennifer Brennan-Fran	48 F	South Salem	NY 2:09:44	9:55
279	8/27	239 Berta Andrulis Mette	50 F	Litchfield	CT 2:09:47	9:55
280	9/27	235 Marge Heminway	51 F	Ridgefield	CT 2:09:49	9:55
281	20/33	208 Claire Gladstone	46 F	Ridgefield	CT 2:09:50	9:55
282	5/9	280 Caroline Kupersmith	18 F	Wilton	CT 2:10:06	9:56

283	6/9	247 Kimberly Holmgren	17 F	Wilton	CT	2:10:07	9:56
284	10/16	58 Roger Billings	58 M	Brewster	NY	2:10:12	9:57
285	7/9	585 Harper Robinson	18 F	Greenwich	CT	2:10:13	9:57
286	21/33	644 Jung Kim	45 F	Wilton	MI	2:10:14	9:57
287	17/23	465 Marc Thompson	51 M	Trumbull	CT	2:10:26	9:58
288	18/23	142 John Collura	52 M	Fitchburg	MA	2:10:44	9:59
289	2/9	412 Sharon Gawe	61 F	Bridgewater	CT	2:10:57	10:00
290	3/9	311 Janet Levy	60 F	Chappaqua	NY	2:10:58	10:00
291	17/51	551 Jennifer Bird	38 F	Greenwich	CT	2:10:59	10:00
292	11/14	606 Nabiha Nuruzzaman	22 F	Norwalk	CT	2:11:35	10:03
293	5/14	442 Ellen Smithberg	56 F	Chappaqua	NY	2:12:08	10:06
294	10/15	627 Donald Poster	28 M	New York	NY	2:12:19	10:06
295	18/51	313 Amy Mannion	38 F	Bethel	CT	2:12:20	10:07
296	19/51	484 Whitney Vitti	36 F	Bethel	CT	2:12:21	10:07
297	30/47	537 Christina Cumberton	40 F	Brookfield	CT	2:12:21	10:07
298	11/16	57 Danny Mallozzi	56 M	Redding	CT	2:12:37	10:08
299	20/51	633 Natalie Carpenter	35 F	Ellington	CT	2:13:03	10:10
300	8/9	25 Lindsay Swatland	17 F	Stamford	CT	2:13:23	10:11
301	22/33	289 Catherine Lever	46 F	Weston	CT	2:13:34	10:12
302	31/47	98 Sarah Boyce	42 F	Weston	CT	2:13:35	10:12
303	28/48	184 Nicky Federici	34 F	Beacon	NY	2:13:36	10:12
304	31/41	11 Joe Amuso	44 M	Stafford Sprin	CT	2:13:42	10:13
305	21/51	405 Kacie Rowland	36 F	Stamford	CT	2:13:48	10:13
306	23/26	406 Grant Rowland	36 M	Stamford	CT	2:13:49	10:13
307	23/33	667 Kathryn Stoker	46 F	Norwalk	CT	2:13:49	10:13
308	19/23	129 Daniel Capodicci	54 M	Southbury	CT	2:14:01	10:14
309	4/4	66 Mike Ligett	66 M	Raleigh	NC	2:14:06	10:15
310	11/22	217 Katie Grigg	25 F	Colchester	CT	2:14:07	10:15
311	22/51	39 Ann Marie Beurle	39 F	Pound Ridge	NY	2:14:07	10:15
312	32/41	628 Alex Beurle	41 M	Pound Ridge	NY	2:14:07	10:15
313	32/47	40 Sujatha Unny	40 F	Wilton	CT	2:14:11	10:15
314	12/22	584 Van Vu	25 F	Danbury	CT	2:14:15	10:15
315	23/51	618 Melissa Lawrence	38 F	Fairfield	CT	2:14:21	10:16
316	24/51	282 Lisa Kwon	38 F	Fairfield	CT	2:14:21	10:16
317	33/41	579 Brian Tramontozzi	42 M	Bedford Hills	NY	2:14:21	10:16
318	29/48	348 Sophie Mond	34 F	Redding	CT	2:14:36	10:17
319	25/51	625 Lori Vickers	37 F	Danbury	CT	2:14:43	10:17
320	11/15	196 Matthew Frisenda	29 M	Cold Spring	NY	2:15:08	10:19
321	13/22	195 Karla Frisenda	28 F	Cold Spring	NY	2:15:09	10:20
322	24/33	115 Sarah Zimmerman	45 F	Wilton	CT	2:15:13	10:20
323	12/16	162 Day De Rosa	57 M	Redding	CT	2:15:19	10:20
324	10/27	18 Susan Pagan	52 F	Brookfield	CT	2:15:20	10:20
325	30/48	486 Shawna Walsh	31 F	Brewster	NY	2:15:21	10:20
326	24/26	397 Sean Rayball	39 M	Cheshire	CT	2:15:34	10:21
327	11/27	472 Jeanette Trujillo	52 F	Norwalk	CT	2:15:53	10:23
328	33/47	36 Miriam Cope	41 F	Plantsville	CT	2:16:17	10:25
329	34/41	220 Brett Gustafson	43 M	Trumbull	CT	2:16:49	10:27
330	34/47	495 Heather Whaley	42 F	Redding	CT	2:16:54	10:27



331	35/41	163 Sergio De Sousa	42 M	Wethersfield	CT 2:16:56 10:28
332	26/51	157 Lea Crown	36 F	Meriden	CT 2:17:02 10:28
333	27/51	137 Jaime Chetta	37 F	Norwalk	CT 2:17:11 10:29
334	20/23	8 Christopher Garcia	50 M	Stamford	CT 2:17:12 10:29
335	12/27	451 Pamela Suhr	50 F	Redding	CT 2:17:12 10:29
336	20/24	565 Paul Stellato	31 M	Weston	CT 2:17:12 10:29
337	31/48	261 Jennifer Pope	33 F	Hamden	CT 2:17:27 10:30
338	6/14	298 Dorothy Lupariello	59 F	Shelton	CT 2:17:32 10:30
339	12/15	197 James Van Wattum	28 M	Redding	CT 2:17:40 10:31
340	12/14	108 Kellie Mongillo	22 F	Columbus	OH 2:17:40 10:31
341	32/48	588 Jennifer Kuo	31 F	Park Ridge	NJ 2:17:41 10:31
342	13/27	513 Florisa Zinghini	50 F	Redding	CT 2:17:41 10:31
343	14/22	185 Ashley Ficaro	28 F	Southington	CT 2:17:51 10:32
344	33/48	706 Anca Jordan	34 F	New Canaan	CT 2:17:55 10:32
345	14/27	335 Kristina McQuilkin	51 F	Ridgefield	CT 2:18:20 10:34
346	4/9	694 Deborah Chessari	62 F	Bloomfield	CT 2:18:24 10:34
347	28/51	14 Allison St. Germain	38 F	Bethel	CT 2:18:33 10:35
348	35/47	268 Kelly Kazup	41 F	Hopewell Junct	NY 2:18:36 10:35
349	36/41	297 Jose Lugo	41 M	Hartford	CT 2:18:40 10:36
350	21/23	549 Arthur Bodek	51 M	New Rochelle	NY 2:18:41 10:36
351	29/51	634 Tracy Darmofal	36 F	Redding	CT 2:18:45 10:36
352	30/51	444 Sonia Spencer	37 F	Stratford	CT 2:18:50 10:36
353	21/24	610 Rob Troesser	31 M	Newtown	CT 2:19:16 10:38
354	36/47	168 Sandra Diehl	42 F	New Fairfield	NY 2:19:17 10:38
355	13/16	165 Mark Delieto	59 M	Shelton	CT 2:19:28 10:39
356	5/9	681 Chris Lollo	60 F	Brewster	NY 2:19:29 10:39
357	34/48	275 Emily Kolmotycki	31 F	New Haven	CT 2:19:56 10:41
358	15/27	258 Susan Improta	50 F	Bethel	CT 2:19:58 10:41
359	6/9	456 Dale Sweeney	61 F	New Canaan	CT 2:20:12 10:43
360	32/37	436 Dave Simko	46 M	Yonkers	NY 2:20:18 10:43
361	15/22	573 Jessie Carpenter	29 F	Stamford	CT 2:20:28 10:44
362	16/27	435 Josephine Simko	50 F	Bethel	CT 2:20:29 10:44
363	35/48	271 Pam Kim	34 F	Danbury	CT 2:20:30 10:44
364	22/24	272 Jason Kim	33 M	Danbury	CT 2:20:30 10:44
365	17/27	407 Trisha Rozas	50 F	Pound Ridge	NY 2:20:31 10:44
366	16/22	647 Kaitlin Maguire	29 F	Arlington	MA 2:20:34 10:44
367	13/15	304 Jeff Maguire	27 M	Boulder	CO 2:20:34 10:44
368	37/41	346 Peter Milewski	44 M	Westbrook	ME 2:20:36 10:44
369	37/47	345 Kelly Milewski	44 F	Westbrook	ME 2:20:37 10:44
370	18/27	141 Sue Collura	53 F	Fitchburg	MA 2:20:39 10:45
371	36/48	30 Gina Saponare	30 F	New York	NY 2:21:01 10:46
372	31/51	426 Sara Scully	37 F	Wilton	CT 2:21:03 10:47
373	32/51	26 Suzen Stewart	38 F	Sandy Hook	CT 2:21:09 10:47
374	38/47	645 Maggie Lawry	43 F	Simsbury	CT 2:21:12 10:47
375	37/48	968 Jennifer Thomas	34 F	Fairfield	CT 2:21:21 10:48
376	38/48	240 Kim Hillyer	33 F	Sandy Hook	CT 2:21:38 10:49
377	39/48	505 Sara York	31 F	Stamford	CT 2:21:46 10:50
378	23/24	420 Robert Pezzulo	31 M	West Hartford	CT 2:21:58 10:51

379	14/15	414 Matthew Santacroce	25 M	New Haven	CT 2:22:07	10:51
380	17/22	301 Julie Maas	25 F	New Haven	CT 2:22:07	10:51
381	33/37	190 Jonathan Hirst	45 M	Lowell	MA 2:22:22	10:53
382	25/33	501 Michele Pruchnicki	45 F	Bethlehem	CT 2:22:25	10:53
383	38/41	474 David Tsang	42 M	Fairfield	CT 2:22:58	10:55
384	6/13	364 Frank Murphy	61 M	Northford	CT 2:23:00	10:55
385	33/51	161 Rebecca Darst	38 F	Wilton	CT 2:23:06	10:56
386	7/9	52 Alice Avery	63 F	Bethel	CT 2:23:07	10:56
387	34/37	438 John Sindel	46 M	Redding	CT 2:23:44	10:59
388	26/33	464 Wendy Thompson	49 F	Trumbull	CT 2:23:46	10:59
389	34/51	547 Jennifer Doerner	35 F	Stamford	CT 2:24:01	11:00
390	7/13	546 Robert Dixon	63 M	Norwalk	CT 2:24:06	11:00
391	14/16	150 Rick Dewitt	56 M	Bethel	CT 2:24:08	11:01
392	25/26	312 Alberto Macias	38 M	Norwalk	CT 2:24:16	11:01
393	18/22	422 Kristina Scaviola	29 F	Dracut	MA 2:24:52	11:04
394	7/14	158 Anda Cumings	57 F	Redding	CT 2:24:52	11:04
395	35/51	437 Christine Simon	39 F	Stratford	CT 2:24:53	11:04
396	8/13	134 Ward Carpenter	61 M	Ridgefield	CT 2:25:10	11:05
397	40/48	303 Katharine Macmanus	32 F	New York	NY 2:25:50	11:08
398	41/48	283 Kim Landman	32 F	New York	NY 2:25:50	11:08
399	42/48	491 Amanda Weiner	32 F	New York	NY 2:25:51	11:08
400	13/14	177 Kelsey Durels	23 F	Wilton	CT 2:26:07	11:10
401	36/51	223 Crystal Hancock	36 F	Sherman	CT 2:27:22	11:15
402	19/22	381 Abby Palmer	26 F	New Haven	CT 2:28:56	11:23
403	6/6	308 Dan Maloney	21 M	New Milford	CT 2:29:57	11:27
404	27/33	101 Katie Yant	46 F	East Greenwich	RI 2:30:28	11:30
405	28/33	72 Debbie Majeske	49 F	Litchfield	CT 2:30:29	11:30
406	37/51	408 Brianna Ruocco	35 F	Brookfield	CT 2:30:48	11:31
407	2/2	20 Virginia Kopperl	66 F	Branchville	NJ 2:30:55	11:32
408	38/51	476 Manuela Esposito	38 F	Trumbull	CT 2:31:04	11:32
409	19/27	152 Elizabeth Cox	51 F	Redding	CT 2:31:11	11:33
410	39/41	674 Boris Busljeta	41 M	New Rochelle	NY 2:31:44	11:35
411	39/47	178 Catherine East	40 F	Norwalk	CT 2:31:46	11:36
412	40/47	497 Rita Wilker	43 F	Norwalk	CT 2:31:46	11:36
413	43/48	316 Jamie Marcella	32 F	Naugatuck	CT 2:31:57	11:36
414	29/33	386 Julia Pemberton	48 F	Redding	CT 2:31:59	11:37
415	8/14	73 Kristin Benson	55 F	Redding	CT 2:32:16	11:38
416	9/14	324 Mary Principe	55 F	Danbury	CT 2:32:17	11:38
417	9/13	510 George Yurchishin	61 M	Danbury	CT 2:32:17	11:38
418	41/47	611 Jill Adrian	41 F	Homestead	FL 2:32:43	11:40
419	35/37	194 Joshua Friend	47 M	Monroe	CT 2:33:20	11:43
420	44/48	682 Amy Zvovushe-Ramos	32 F	Monroe	CT 2:33:38	11:44
421	20/22	160 Danica Daly	28 F	Ridgefield	CT 2:34:50	11:50
422	42/47	102 Dianna Manger	42 F	Redding	CT 2:34:53	11:50
423	10/13	677 Dennis Harrington	60 M	New Milfgord	CT 2:34:54	11:50
424	45/48	16 Amanda Glendinning	30 F	West Redding	CT 2:34:54	11:50
425	39/51	512 Angelika Zierl	36 F	Aidlingen	2:35:40	11:53
426	40/51	657 Danielle Visconti	35 F	Stratford	CT 2:35:43	11:54

427	30/33	193 Carrie Friend	45 F	Monroe	CT 2:36:13	11:56
428	41/51	180 Rachel Estes	35 F	Terryville	CT 2:36:27	11:57
429	11/13	46 Charles Petruccelli	63 M	Redding	CT 2:36:31	11:57
430	10/14	416 Elizabeth Santana	56 F	Seymour	CT 2:37:11	12:00
431	42/51	591 Cori Beckwith	36 F	Norwich	CT 2:38:44	12:07
432	31/33	328 Laura McDonnell	46 F	Avon	CT 2:39:00	12:09
433	43/47	471 Rachel Tressy	44 F	Weatogue	CT 2:39:00	12:09
434	32/33	344 Ann Marie Miles	47 F	Weston	CT 2:39:27	12:11
435	21/22	276 Stephanie Konopaske	28 F	Terryville	CT 2:40:09	12:14
436	44/47	41 Faith Ficarra	40 F	New Fairfield	CT 2:40:13	12:14
437	26/26	75 Roy Krueger	38 M	Redding	CT 2:41:18	12:19
438	43/51	650 Christie Pascavis	39 F	Simsbury	CT 2:41:39	12:21
439	20/27	516 Julie Zollmann	51 F	Ridgefield	CT 2:41:48	12:22
440	40/41	481 Mark Vannini	41 M	Ridgefield	CT 2:41:48	12:22
441	21/27	51 Mary Rahe	51 F	Katonah	NY 2:42:00	12:22
442	9/9	804 Pauline Fitzgerald	18 F	Newtown	CT 2:42:18	12:24
443	8/9	154 Donna Cramond	64 F	Monroe	CT 2:42:21	12:24
444	33/33	357 Barbara Mueller-Marqu	49 F	Ridgefield	CT 2:42:49	12:26
445	41/41	266 Christopher Kanuk	44 M	Carmel	NY 2:42:55	12:27
446	14/14	655 Patricia Tueme	20 F	Pound Ridge	NY 2:43:07	12:28
447	45/47	306 Laura Maher	42 F	Shelton	CT 2:43:35	12:30
448	36/37	305 Jim Maher	45 M	Shelton	CT 2:43:36	12:30
449	46/47	71 Michelle Benish	44 F	Southbury	CT 2:44:11	12:32
450	9/9	63 Cathy Ward	63 F	Raleigh	NC 2:45:33	12:39
451	44/51	415 Tammy Brower	38 F	Seymour	CT 2:46:10	12:42
452	46/48	502 Kelly Wood	33 F	Danbury	CT 2:47:39	12:48
453	22/27	50 Marie Elena Cordisco	50 F	Ridgefield	CT 2:48:12	12:51
454	23/27	363 Joni Whelen	51 F	Melbourne	FL 2:48:12	12:51
455	45/51	624 Danielle Meskin	38 F	Fairfield	CT 2:48:40	12:53
456	24/24	17 Daniel Mond	34 M	Redding	CT 2:50:12	13:00
457	47/47	70 Eileen Bellmay	44 F	Thomaston	CT 2:52:10	13:09
458	46/51	571 Lisa Gauthier	38 F	Norwich	CT 2:52:33	13:11
459	47/51	508 Rebecca Chirevas	39 F	Bronxville	NY 2:53:35	13:16
460	15/16	699 Raul Morales	59 M	Mexico City	2:55:22	13:24
461	48/51	170 Kelly Dinoia	37 F	Lynbrook	NY 2:55:35	13:25
462	24/27	389 Wendy Phaff	50 F	Briarwood	NY 2:55:35	13:25
463	22/23	354 Andrew Mound	54 M	Redding	CT 2:57:35	13:34
464	47/48	410 Jill Reeves	30 F	Mystic	CT 2:59:51	13:44
465	48/48	96 Stephanie Shannon	30 F	Clinton	CT 2:59:52	13:44
466	49/51	89 Katie Boland	35 F	Milford	CT 3:00:46	13:48
467	25/27	433 Judi Silliere	53 F	Wilton	CT 3:03:01	13:59
468	50/51	264 Ruth Jones	36 F	Arlington	VT 3:04:48	14:07
469	11/14	343 Debbie Meszaros	57 F	Oxford	CT 3:07:34	14:20
470	16/16	548 Chris Albanese	57 M	Gales Ferry	CT 3:12:57	14:44
471	51/51	396 Sandra Purington	39 F	Oxford	CT 3:16:15	14:59
472	26/27	233 Nancy Hebert	51 F	West Haven	CT 3:16:15	14:59
473	12/14	379 Kathy Otzel	58 F	Lewisburg	PA 3:20:38	15:19
474	23/23	202 Kyle Fuller	52 M	Bristol	CT 3:22:05	15:26

475	12/13	69 Karl Eilers	61 M	Danbury	CT	3:22:57	15:30
476	13/14	352 Ruth Morrow	58 F	Wichita Falls	TX	3:23:57	15:35
477	13/13	249 Jason Howard	60 M	Redding	CT	3:23:58	15:35
478	27/27	377 Luz Orozco	54 F	West Haven	CT	3:25:01	15:39
479	37/37	85 Steven Kanuk	45 M	Poughquag	NY	3:34:58	16:25
480	14/14	48 Barbara Brown	57 F	Elmwood Park	NJ	3:35:12	16:26
481	15/15	269 Brendan Kibbe	29 M	Vernon	CT	3:45:48	17:15
482	2/22	450 Sharon Suchecki	29 F	Vernon	CT	3:45:59	17:15

#### 4. Note From Liz Campbell, Half Marathon Female Champion

Never would I have thought that I would be writing this for a second year in a row, especially after finishing this race last year (my first half marathon) and saying to my mother at the finish line: "that was the hardest thing I've ever done. This is my first and last half marathon."

Yeah.....ok. A year later....and four half marathons later....I was able to bookend my year of half marathons with the first and last ones being this awesome race. This course is definitely brutal. But it's brutally beautiful in its own way. The rush you get from flying up and down the hills of Redding is probably one of the main reasons why I am so in love with this grueling sport. To be able to cross the finish line knowing that you conquered every single one of those hills is a beautiful thing.....especially when you're thinking about it with that free slice of pizza in your hand.

Thanks again for an enjoyable experience, John. As usual, the race was a blast. I'm sure my family and I will be back again.....And as for you, Mr. Ken Merrick.....you better look out, I'll be coming for you next year! Liz



## 5. Note From Ken Merrick, Half Marathon Male Champion

First of all I would like to thank you for running a first class race. It has become a spring favorite of mine. The return to New Pond Farm in early May is truly a treasure.

I was nervous on race day because I ran a marathon a couple weeks before hand and was not sure how well I recovered from it. Before I knew it we were lining up for the start and it was time to go. The first mile or so we had a group of Larry Ikard, Jeff Sheldon, Andis Vitolins, and a few others cruising along. The group thinned out over the next couple miles, although I thought I heard footsteps behind me the whole race. Some form of psychosis perhaps? I know the course was the same as last year but it seemed hillier this year! The water stations and cheering spectators were great and really appreciated. They helped carry me to the finish line exhausted but satisfied with my effort and result.

As usual the post race food was great and the volunteers were as well. I love this race! And finally my winners trophy is sitting on top of my piano right next to last years. They look like they are ready to go grazing back at New Pond Farm. Thank you again for such a wonderful race. Ken

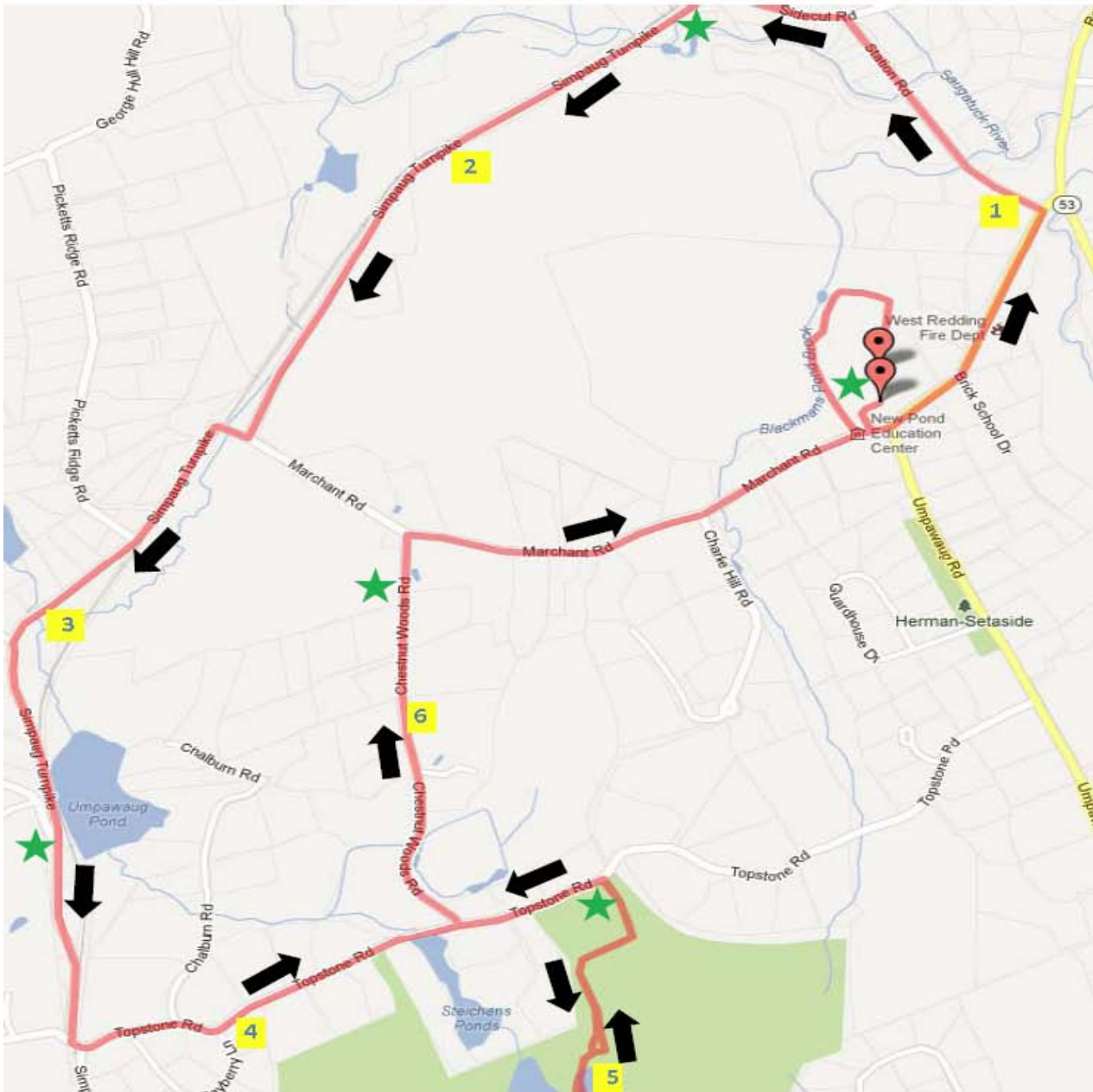




## D. Seven Miler

### 1. Map

#### REDDING ROAD RACE SEVEN MILE COURSE



AID STATIONS/PORT-O-LETS



## 2. 2014 7 Mile Results

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/17	837	David Hambleton	40	M	Stanfordville	NY	45:24	6:30
2	1/9	1074	Lhassan Afkir	38	M	White Plains	NY	47:53	6:51
3	1/7	971	Ryan Tolfree	30	M	Millbrook	NY	49:42	7:06
4	1/13	800	Kurt Ogren	45	M	Seymour	CT	49:48	7:07
5	1/28	310	Susi Manheimer	34	F	Ridgefield	CT	51:45	7:24
6	1/5	885	Damian McCullough	15	M	Redding	CT	51:48	7:24
7	2/9	922	James Patts	35	M	Redding	CT	51:49	7:25
8	2/5	927	Luke Peterson	15	M	Fairfield	CT	53:06	7:35
9	2/28	787	Mary Disimone	34	F	Fairfield	CT	53:15	7:37
10	2/13	1058	Kevin McCullough	49	M	Redding	CT	54:28	7:47
11	1/39	709	Erin Withstandley	43	F	Greenwich	CT	54:28	7:47
12	1/12	991	Ron Hooker	54	M	Monroe	CT	54:37	7:49
13	1/4	889	Sean McHale	12	M	Redding	CT	55:02	7:52
14	2/12	749	Brad Bottger	52	M	Redding	CT	55:02	7:52
15	1/39	825	Megan Holbert	37	F	Ridgefield	CT	55:10	7:53
16	3/5	915	Dylan Olson	17	M	Bethel	CT	55:35	7:57
17	3/9	1062	Sam Brindley	35	M	New Canaan	CT	55:38	7:57
18	2/17	758	Justin Cahill	43	M	Ridgefield	CT	55:40	7:58
19	3/13	886	James McDevitt	49	M	Redding	CT	56:02	8:01
20	3/28	1061	Rebecca Brindley	33	F	New Canaan	CT	56:09	8:02
21	1/19	835	Renee Gross	29	F	New Haven	CT	57:26	8:13
22	1/2	826	Michael Murphy	65	M	Millbrook	NY	57:54	8:17
23	1/33	77	Andrea Mindell	48	F	Ridgefield	CT	57:57	8:17
24	4/9	919	Brian Leonard	36	M	Bethel	CT	58:10	8:19
25	3/12	1066	Benedict Campbell	54	M	Colonia	NJ	58:14	8:20
26	4/12	439	Jeff Eglash	53	M	Weston	CT	58:30	8:22
27	1/8	704	Kailey Bundy	23	F	New Fairfield	CT	58:30	8:22
28	2/33	1022	Sandi Fox	45	F	Danbury	CT	58:43	8:24
29	2/39	743	Jo Blackmore	44	F	Amenia	NY	59:07	8:27
30	4/13	753	Laurence Briody	46	M	Ridgefield	CT	59:26	8:30
31	1/4	1000	Dana Taylor	58	M	Redding	CT	59:43	8:32
32	5/9	1024	Brock Peters	38	M	Tolland	CT	59:43	8:32
33	5/13	35	Mike Richter	47	M	Greenwich	CT	59:43	8:32
34	2/4	924	Dalton Peters	9	M	Tolland	CT	59:44	8:32
35	1/27	951	Cathy Satz	51	F	Stamford	CT	59:51	8:33
36	6/13	1038	James Minor	49	M	Seymour	CT	1:00:03	8:35
37	5/12	983	George Whalen	54	M	Millbrook	NY	1:00:06	8:35
38	6/9	1031	Lorenzo Herrara	35	M	Staten Island	NY	1:00:11	8:36
39	2/39	879	Jennifer Marsilius	39	F	Trumbull	CT	1:00:16	8:37
40	1/5	818	Madeline Frierson	17	F	Redding	CT	1:00:20	8:38
41	1/8	1072	Julie Lynn	58	F	New Canaan	CT	1:00:26	8:38
42	4/28	1055	Kristen Skulte	34	F	Farmington	CT	1:00:43	8:41
43	7/13	1002	David Liebel	45	M	New Fairfield	CT	1:00:44	8:41
44	8/13	1011	Michael Minutillo	47	M	Waterbury	CT	1:00:47	8:41

45	2/7	692 Ryan Lynn	31 M	New Canaan	CT 1:00:55	8:43
46	2/19	1067 Erin Downs	29 F	Millbrook	NY 1:01:10	8:45
47	3/7	300 Kevin Seaman	32 M	Bethel	CT 1:01:15	8:45
48	3/33	1004 Susan Liebel	45 F	New Fairfield	CT 1:01:21	8:46
49	6/12	925 Karl Pelikan	54 M	Bethel	CT 1:01:33	8:48
50	3/39	865 Christine Lascano	35 F	Trumbull	CT 1:01:38	8:49
51	5/28	796 Nora Durling	32 F	Brookfield	CT 1:01:47	8:50
52	3/39	998 Kristin Overton	41 F	Middletown	CT 1:01:50	8:50
53	4/33	828 Amanda Grant	45 F	Ridgefield	CT 1:02:01	8:52
54	4/39	262 Lauren Jacobi	38 F	Kew Gardens	NY 1:02:17	8:54
55	3/19	713 Jill Frier	29 F	Milford	CT 1:02:29	8:56
56	9/13	843 Tom Hoban	45 M	Ridgefield	CT 1:02:33	8:57
57	5/39	952 Kimberly Markin	38 F	New Canaan	CT 1:02:36	8:57
58	1/3	183 Ryan Walsh	22 M	New Canaan	CT 1:02:50	8:59
59	2/27	1019 Kathy McGroddy-Goetz	50 F	Ridgefield	CT 1:03:04	9:01
60	6/28	698 Angela Caes	34 F	Redding	CT 1:03:06	9:01
61	3/27	992 Kim Hooker	50 F	Monroe	CT 1:03:09	9:02
62	7/12	1049 Jack Weber	54 M	Newtown	CT 1:03:18	9:03
63	5/33	727 Terri Carta	48 F	Middletown	CT 1:03:21	9:03
64	7/9	973 Craig Tracey	37 M	Boston	MA 1:03:34	9:05
65	4/7	834 Josh Griffin	34 M	Windsor	CT 1:03:35	9:05
66	4/19	1020 Shannon Rountos	29 F	Brookfield	CT 1:03:44	9:07
67	6/39	95 Jessica Bower	35 F	Weston	CT 1:03:47	9:07
68	2/8	299 Jennifer Lynn	23 F	Newtown	CT 1:04:07	9:10
69	7/28	1027 Courtney Williams	31 F	New York	NY 1:04:09	9:10
70	7/39	760 Julie Campbell	35 F	Peekskill	NY 1:04:22	9:12
71	8/9	948 Ryan Sullivan	39 M	Danbury	CT 1:04:25	9:13
72	4/27	754 Lynne Briody	50 F	Ridgefield	CT 1:04:48	9:16
73	5/7	1043 Steven Gmelin	32 M	Ridgefield	CT 1:04:54	9:17
74	4/5	958 Matthew Shannon	15 M	Ridgefield	CT 1:04:59	9:17
75	4/39	829 Robin Damato	43 F	Milford	CT 1:05:03	9:18
76	8/39	862 Kristy Liesegang	38 F	Ridgefield	CT 1:05:05	9:18
77	5/27	775 Carolyn Couture	50 F	Ridgefield	CT 1:05:05	9:18
78	10/13	997 Vinay Sampson	48 M	Monroe	CT 1:05:09	9:19
79	9/39	854 Suzanne Jeschke	35 F	Wilton	CT 1:05:12	9:19
80	8/28	986 Heather Wilhelm	33 F	Ridgefield	CT 1:05:23	9:21
81	11/13	884 Bill McCarthy	46 M	Sandy Hook	CT 1:05:23	9:21
82	6/33	784 Susan David	48 F	Ridgefield	CT 1:05:27	9:21
83	10/39	1014 Maureen Dowd	39 F	Hoboken	NJ 1:05:37	9:23
84	5/19	683 Amanda Roleder	27 F	Bridgeport	CT 1:05:42	9:24
85	7/33	768 Sally Ann Ciarlo	49 F	Middlebury	CT 1:05:42	9:24
86	9/28	693 Taylor Lynn	30 F	New Canaan	CT 1:05:44	9:24
87	5/39	807 Nicole Fortson	42 F	Ridgefield	CT 1:05:45	9:24
88	6/27	965 Diane Tamboia	53 F	Redding	CT 1:05:53	9:25
89	3/17	795 Jon Dupree	44 M	Danbury	CT 1:06:03	9:27
90	3/8	928 Lindsay Peterson	23 F	Millbrook	NY 1:06:09	9:27
91	6/39	932 Anna Pizzo	42 F	Redding	CT 1:06:21	9:29
92	2/4	1069 Lorenzo Denino	55 M	Longboat Key	FL 1:06:25	9:30

93	11/39	744 Kari Bley	39 F	Westport	CT	1:06:29	9:30
94	7/39	867 Allison Lisbon	40 F	Weston	CT	1:06:30	9:30
95	4/17	887 Joseph McHale	43 M	Redding	CT	1:06:32	9:31
96	10/28	798 Allison Ebrahimi Gold	30 F	Brooklyn	NY	1:06:43	9:32
97	8/33	1013 Ruth Amaio	45 F	Southington	CT	1:06:44	9:32
98	8/39	995 Debbie Hammarlund	42 F	Plantsville	CT	1:06:44	9:32
99	9/39	823 Lisa Goldstein	44 F	Redding	CT	1:06:44	9:32
100	5/17	808 Chip Fortson	44 M	Ridgefield	CT	1:06:45	9:33
101	3/4	891 Robert Menegay	57 M	Easton	CT	1:06:52	9:34
102	5/5	1003 Griffin Liebel	15 M	New Fairfield	CT	1:06:52	9:34
103	6/19	989 Laura Zoradi	25 F	New York	NY	1:06:53	9:34
104	6/17	832 Dan Gregory	44 M	Watertown	CT	1:07:04	9:35
105	12/39	840 Sapna Shah	39 F	New Canaan	CT	1:07:12	9:36
106	13/39	34 Ama Auwarter	37 F	Danbury	CT	1:07:14	9:37
107	2/3	959 Richard Shaw	24 M	South Salem	NY	1:07:21	9:38
108	11/28	913 Kelly Lundgren	33 F	Stamford	CT	1:07:25	9:38
109	2/5	861 Asha Krista	19 F	Ridgefield	CT	1:07:29	9:39
110	7/17	1071 Greg Kalt	44 M	Stamford	CT	1:07:32	9:39
111	10/39	733 Andrea Atkins	42 F	Ridgefield	CT	1:07:32	9:39
112	11/39	830 Karen Grant	41 F	Riverside	CT	1:07:33	9:39
113	8/12	1001 Paul O'Grady	51 M	Wilton	CT	1:07:36	9:40
114	9/12	966 Chris Tamboia	53 M	Redding	CT	1:07:37	9:40
115	7/19	941 Julia Rosenblum	26 F	New York	NY	1:07:38	9:40
116	1/2	748 Grant Borgelt	28 M	New York	NY	1:07:39	9:40
117	12/39	855 Carla Johnson	44 F	Easton	CT	1:07:41	9:41
118	4/4	926 Ed Peterson	59 M	Fairfield	CT	1:07:41	9:41
119	9/33	1037 Thea Boyle	48 F	Redding	CT	1:07:47	9:41
120	13/39	791 Eve Donovan	44 F	Wilton	CT	1:07:50	9:42
121	14/39	448 Rebecca Sterling	37 F	Greenwich	CT	1:07:59	9:43
122	9/9	447 Cameron Sterling	39 M	Greenwich	CT	1:08:00	9:43
123	14/39	892 Ellen Meyst	42 F	Danbury	CT	1:08:36	9:48
124	7/27	999 Debbi Schmid	52 F	Bethel	CT	1:08:51	9:51
125	8/27	920 Marycatherine Parr	54 F	Ridgefield	CT	1:08:51	9:51
126	12/28	763 Brittany Cates	34 F	New Haven	CT	1:08:57	9:51
127	15/39	954 Stephanie Schafer	36 F	New York	NY	1:08:58	9:52
128	15/39	1047 Laura Prior	40 F	New Canaan	CT	1:09:03	9:52
129	16/39	937 Amie Reid	38 F	Monroe	CT	1:09:05	9:53
130	17/39	801 Melissa Ferreira	35 F	Ridgefield	CT	1:09:06	9:53
131	2/8	767 Susan Christoffersen	56 F	Fairfield	CT	1:09:11	9:53
132	9/27	987 Sandy Yablonski	50 F	Katonah	NY	1:09:13	9:54
133	10/27	736 Rosamaria Ball	52 F	New Fairfield	CT	1:09:38	9:57
134	10/33	956 Lili Schroppe	45 F	Ridgefield	CT	1:09:39	9:57
135	11/27	935 Anne Quesnell	51 F	Ridgefield	CT	1:09:45	9:58
136	16/39	1046 Carolyn Hopper	42 F	Amawalk	NY	1:09:54	10:00
137	18/39	1040 Meg Johnson	39 F	Redding	CT	1:10:01	10:01
138	8/17	186 Troy Ficarra	43 M	New Fairfield	CT	1:10:02	10:01
139	11/33	1009 Patricia Keim	45 F	New York	NY	1:10:05	10:01
140	9/17	527 Erich Wenis	41 M	Woodbury	CT	1:10:50	10:08

141	8/19	1073 Rachel MacDonald	29 F	Norwalk	CT 1:10:55	10:08
142	3/8	802 Marla Schechner	56 F	Pleasantville	NY 1:11:14	10:11
143	19/39	917 Sandra Leonard	36 F	Bethel	CT 1:11:23	10:12
144	17/39	820 Tanya Gaynor	40 F	Ridgefield	CT 1:11:27	10:13
145	13/28	739 Ck Berkowitz	31 F	Pawtucket	RI 1:11:29	10:13
146	12/27	772 Demaree Cooney	53 F	Roxbury	CT 1:11:40	10:15
147	12/13	21 Ray Acunto	45 M	Southbury	CT 1:11:48	10:16
148	3/5	1033 Vaille Brank	17 F	Ridgefield	CT 1:11:50	10:16
149	6/7	690 Joe Thorstenson	32 M	Norwalk	CT 1:11:50	10:16
150	4/5	816 Manaia Friend	13 F	Monroe	CT 1:11:52	10:16
151	13/27	1030 Allison Murphy	50 F	Redding	CT 1:11:56	10:17
152	14/27	782 Coreena D'Alessandro	52 F	Redding	CT 1:11:56	10:17
153	1/7	981 Joe Wesoski	62 M	Brookfield	MI 1:11:56	10:17
154	4/8	770 Margaret Coleman	57 F	Brookfield	CT 1:11:57	10:17
155	18/39	811 Michelle Foye	42 F	Danbury	CT 1:12:01	10:18
156	15/27	947 Diane Sahl	50 F	Danbury	CT 1:12:02	10:18
157	10/17	568 Michael Ibrahim	41 M	Greenwich	CT 1:12:07	10:19
158	19/39	567 Jo Goncalves	40 F	Greenwich	CT 1:12:08	10:19
159	9/19	910 Christine Needham	27 F	Hamden	CT 1:12:11	10:19
160	20/39	1032 Kimberly Jude	43 F	Ridgefield	CT 1:12:18	10:20
161	20/39	874 Jennifer Malcarne	39 F	Staatsburg	NY 1:12:23	10:21
162	21/39	833 Suzanne Griffin	35 F	Windsor	CT 1:12:23	10:21
163	22/39	144 Kimberly Cooke	36 F	Seaford	NY 1:12:26	10:21
164	14/28	912 Elizabeth Norton	32 F	Henniker	NH 1:12:39	10:23
165	12/33	1021 Mary Gregory	45 F	Danbury	CT 1:12:50	10:25
166	21/39	792 Sharon Dorso	43 F	Ridgefield	CT 1:13:01	10:26
167	16/27	785 Jean Debacher	51 F	Bethel	CT 1:13:10	10:28
168	1/1	946 Pamela Rybarczyk	61 F	Redding	CT 1:13:10	10:28
169	17/27	1064 Nancy King	50 F	Brewster	NY 1:13:14	10:28
170	13/33	774 Deirdre Coury	48 F	Brookfield	CT 1:13:15	10:28
171	10/12	370 Oliver North	52 M	Redding	CT 1:13:26	10:30
172	23/39	482 Danielle Velesig	38 F	Falmouth	MA 1:13:31	10:31
173	24/39	125 Alissa Cahillane	37 F	Bedford	NY 1:13:31	10:31
174	2/2	762 Dan Carr	25 M	Milford	CT 1:13:35	10:31
175	14/33	734 Lisa Attle	47 F	Bristol	CT 1:13:39	10:32
176	5/8	894 Pat Miller	59 F	Redding	CT 1:13:41	10:32
177	25/39	875 Lisa Mara	39 F	Ridgefield	CT 1:13:59	10:35
178	15/33	1005 Michelle Marcisz	45 F	Roxbury	CT 1:14:09	10:36
179	11/12	757 Paul Buttress	52 M	Trumbull	CT 1:14:38	10:40
180	26/39	813 Beth Natt	37 F	Easton	CT 1:14:41	10:41
181	11/17	793 Ron Dudding	43 M	Manhattan	NY 1:14:45	10:41
182	10/19	786 Jessie Dillon	28 F	New Milford	CT 1:14:55	10:43
183	22/39	890 Alicia McNeill	40 F	Risgefield	CT 1:15:02	10:44
184	23/39	974 Linda Tullo	42 F	Ridgefield	CT 1:15:02	10:44
185	24/39	836 Ali Haffner	42 F	Redding	CT 1:15:03	10:44
186	16/33	909 Mary Kara Murphy	45 F	Danbury	CT 1:15:21	10:46
187	27/39	866 Jeanette Li	39 F	Fairfield	CT 1:15:21	10:46
188	12/17	1018 Jason Stiber	40 M	Westport	CT 1:15:43	10:49

189	11/19	167	Gisela Dias	26 F	Danbury	CT	1:15:49	10:50
190	18/27	838	Katherine Havard	54 F	Millbrook	NY	1:16:29	10:56
191	12/12	964	David Stack	51 M	Stamford	CT	1:16:43	10:58
192	13/17	942	David Rovere	43 M	Wilton	CT	1:16:55	11:00
193	28/39	849	Lori Iorio	37 F	Stamford	CT	1:17:07	11:01
194	2/7	873	Jay Maguire	60 M	Norwalk	CT	1:17:09	11:02
195	29/39	756	Jennifer Burke	35 F	Trumbull	CT	1:17:20	11:03
196	15/28	246	Alicia Joy Hollopeter	32 F	Lexington Park	MD	1:17:25	11:04
197	25/39	83	Tammy Raiano	42 F	New Fairfield	CT	1:17:25	11:04
198	3/7	803	David Fisher	61 M	Redding	CT	1:17:25	11:04
199	26/39	731	Christine Argueta	40 F	Ridgefield	CT	1:17:33	11:05
200	16/28	882	Courtney Maxfield	33 F	Wilton	CT	1:17:40	11:06
201	2/2	1007	Steve O'Hara	71 M	Danbury	CT	1:17:45	11:07
202	4/8	1065	Lindsey Johnston	23 F	Monroe	CT	1:17:48	11:07
203	27/39	745	Justine Block	41 F	Ridgefield	CT	1:18:00	11:09
204	17/28	876	Rachel Marino	34 F	Ridgefield	CT	1:18:11	11:11
205	12/19	985	Eve Whitehouse	25 F	Millbrook	NY	1:18:17	11:11
206	14/17	812	Costas Koromilas	40 M	Bethel	CT	1:18:34	11:14
207	30/39	859	Kirsten Koromilas	37 F	Bethel	CT	1:18:34	11:14
208	18/28	883	Jeannette McCambley	34 F	Sandy Hook	CT	1:18:36	11:14
209	17/33	980	Kathy Weiss	49 F	Ridgefield	CT	1:18:43	11:15
210	18/33	897	Anne Milot	46 F	Ridgefield	CT	1:18:53	11:17
211	28/39	1068	Kathy Pesce	44 F	Ridgefield	CT	1:18:53	11:17
212	6/8	814	Camille Fremed	55 F	Ridgefield	CT	1:18:56	11:17
213	31/39	755	Colby Brunt	38 F	South Boston	MA	1:18:57	11:17
214	5/8	1008	Meagan Griffin	23 F	Bridgeport	CT	1:18:58	11:17
215	4/7	100	Robert Goldfarb	62 M	East Meadow	NY	1:18:59	11:17
216	13/19	881	Erin Matteau	28 F	Baltimore	MD	1:19:13	11:19
217	19/27	822	Deborah Glassford	53 F	Fair Lawn	NJ	1:19:51	11:25
218	5/7	761	Paul Carpenter	62 M	Easton	CT	1:19:55	11:25
219	19/33	1036	Laura Minor	47 F	Seymour	CT	1:19:56	11:26
220	29/39	621	Karin Slough	43 F	Wilton	CT	1:20:06	11:27
221	32/39	771	Jessica Collins	38 F	Ridgefield	CT	1:20:10	11:28
222	20/27	841	Mary Henwood-Klotz	50 F	Ridgefield	CT	1:20:11	11:28
223	20/33	978	Stephanie Wanzer	45 F	Danbury	CT	1:20:23	11:29
224	14/19	911	Nicole Newell	26 F	Rockland	MA	1:20:29	11:30
225	15/17	888	Peter Shiue	44 M	Wilton	CT	1:20:36	11:31
226	30/39	1012	Vivian Lee-Shiue	40 F	Wilton	CT	1:20:38	11:32
227	21/27	1041	Teresa Healy	50 F	Redding	CT	1:20:54	11:34
228	21/33	149	Cathryn Laydon	48 F	East Haven	CT	1:20:55	11:34
229	7/8	524	Dee Lamoureux	58 F	Bristol	CT	1:20:55	11:34
230	22/33	355	Gwen Stark	49 F	Egg Harbor Tow	NJ	1:20:56	11:34
231	31/39	81	Jen Blackwell	43 F	Ridgefield	CT	1:20:57	11:34
232	19/28	1028	Jeannie Goodman	32 F	Milford	CT	1:21:07	11:36
233	33/39	612	Jennifer Yeomans	35 F	New Britain	CT	1:21:19	11:37
234	16/17	993	Pasqua Broccole	43 M	Thornwood	NY	1:21:20	11:38
235	34/39	783	Rachel D'Antonio	39 F	Ridgefield	CT	1:21:25	11:38
236	22/27	817	Cathy Frierson	53 F	Redding	CT	1:21:30	11:39

237	35/39	984 Janelle Peters	37 F	Tolland	CT 1:21:35 11:40
238	23/33	831 Julie Greene	45 F	Tolland	CT 1:21:35 11:40
239	15/19	969 Katie Thompson	25 F	Milford	CT 1:21:36 11:40
240	24/33	810 Christina Gelb	49 F	Milford	CT 1:21:46 11:41
241	20/28	930 Emalee Pierce	31 F	Sandwich	MA 1:21:52 11:42
242	3/3	780 Eduardo Cruz	21 M	Stratford	CT 1:22:08 11:44
243	16/19	982 Julia Wessel	27 F	New Haven	CT 1:22:09 11:45
244	21/28	1075 Stephanie Skalicky	33 F	White Plains	NY 1:22:30 11:48
245	25/33	929 Angela Petitti	45 F	Shelton	CT 1:22:34 11:48
246	32/39	908 Paula Murphy	44 F	Trumbull	CT 1:22:58 11:52
247	22/28	827 Lyndsey Gore	33 F	Washington	DC 1:23:15 11:54
248	17/19	1063 Laura Amodeo	29 F	Newtown	CT 1:23:17 11:54
249	13/13	778 Shane Crenshaw	45 M	Stratford	CT 1:23:17 11:54
250	7/7	668 Michael Brokaw	34 M	Sandy Hook	CT 1:23:18 11:54
251	5/5	851 Katie Jelliffe	13 F	Monroe	CT 1:23:58 12:00
252	18/19	797 Nicole Dzamko	27 F	New Milford	CT 1:24:48 12:07
253	33/39	996 Elizabeth Sampson	42 F	Monroe	CT 1:25:50 12:16
254	23/28	1057 Lindsay Bistis	33 F	Stamford	CT 1:25:59 12:17
255	36/39	957 Julie Setterlund	37 F	Wilton	CT 1:26:08 12:19
256	23/27	213 Sue Scibilia	50 F	Deer Park	NY 1:26:12 12:19
257	37/39	914 Carolie Olkoski	36 F	Ridgefield	CT 1:26:15 12:20
258	26/33	863 Mary Ellen Kunz	48 F	Stamford	CT 1:26:18 12:20
259	24/28	1026 Julie Castle	32 F	Norwalk	CT 1:26:58 12:26
260	38/39	735 Carolyn Baker	36 F	Redding	CT 1:27:02 12:26
261	27/33	263 Maureen Jansen	45 F	Stamford	CT 1:27:38 12:32
262	25/28	880 Heather Massiello	30 F	Danbury	CT 1:30:08 12:53
263	28/33	292 Janet Lezama	49 F	Pound Ridge	NY 1:30:27 12:56
264	6/8	939 Jennifer Ricaurte	22 F	Seymour	CT 1:31:25 13:04
265	29/33	236 Amie Henderson	48 F	Southport	CT 1:32:14 13:11
266	30/33	972 Heather Traber	47 F	Fairfield	CT 1:32:15 13:11
267	19/19	1060 Lauren Pinson	26 F	New Haven	CT 1:33:46 13:24
268	34/39	844 Mandy Howell Mcdonnel	42 F	Fairfield	CT 1:34:06 13:27
269	31/33	872 Gioia Macey	47 F	Newtown	CT 1:34:06 13:27
270	39/39	936 Jessica Quinlan	38 F	Bridgewater	MA 1:34:56 13:34
271	26/28	899 Veronica Misiewicz	30 F	Shelton	CT 1:34:57 13:34
272	35/39	179 Jennifer English	44 F	Fairfield	CT 1:35:30 13:39
273	27/28	166 Christina Di Bona	33 F	Norwalk	CT 1:35:31 13:39
274	32/33	403 Mel Roller	49 F	Bridgeport	CT 1:35:31 13:39
275	7/8	726 Jessica Anderson	24 F	Norwalk	CT 1:36:34 13:48
276	6/7	728 Steven Anderson	61 M	Clinton	CT 1:36:37 13:49
277	8/8	934 Galuh Pusthika	21 F	Blaine	MN 1:39:49 14:16
278	24/27	976 Donna Walsh	51 F	Fairfield	CT 1:39:50 14:16
279	36/39	732 Jennifer Armas	43 F	Ridgefield	CT 1:39:50 14:16
280	17/17	765 Henry Cavillones Jr	42 M	Redding	CT 1:43:29 14:47
281	37/39	711 Jean Maday	41 F	Chicago	IL 1:45:26 15:04
282	33/33	901 Christi Moore	47 F	Hamden	CT 1:47:48 15:24
283	28/28	916 Rebecca Osborne	34 F	New York	NY 1:48:47 15:33
284	25/27	147 Velvet Desroches	52 F	Virginia Beach	VA 2:02:41 17:32



285	26/27	979 Patricia Ward	52 F	Berlin	MA 2:02:42 17:32
286	8/8	906 Susan Moylan	57 F	Madison	CT 2:02:42 17:32
287	27/27	356 Dianne Moylan	52 F	Norfolk	VA 2:02:43 17:32
288	3/4	1045 Tj Thompson	10 M	North Stoningt	CT 2:05:42 17:58
289	4/4	1044 Malcolm Thompson	12 M	North Stoningt	CT 2:05:55 18:00
290	38/39	1042 Bethann Thompson	44 F	North Stoningt	CT 2:06:11 18:02
291	7/7	809 Joseph Gelb	60 M	Milford	CT 2:06:42 18:06
292	9/39	1070 Heidi Staniszewski	41 F	Milford	CT 2:06:47 18:07

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### 3. Note From Susi Manheimer, 7 Miler Female Champion

Since I was 12, I have been a runner. It is part of who I am and what keeps me going. I am not motivated by racing or competing, it's just great to be out with the running community in such a positive and fun event. Being an athlete myself helps in my work as a Massage Therapist for other athletes. I look forward to many more Runs for the Cows.

From John: As a side note, Susi Laura Manheimer is owner of Susi Laura Massage Therapy in Ridgefield. She lives in Ridgefield with her husband, Noah, and 2 budding runners, Zoe & Skylar and is one of the races great sponsors.



#### 4. David Hambleton, 7 Miler male Champion

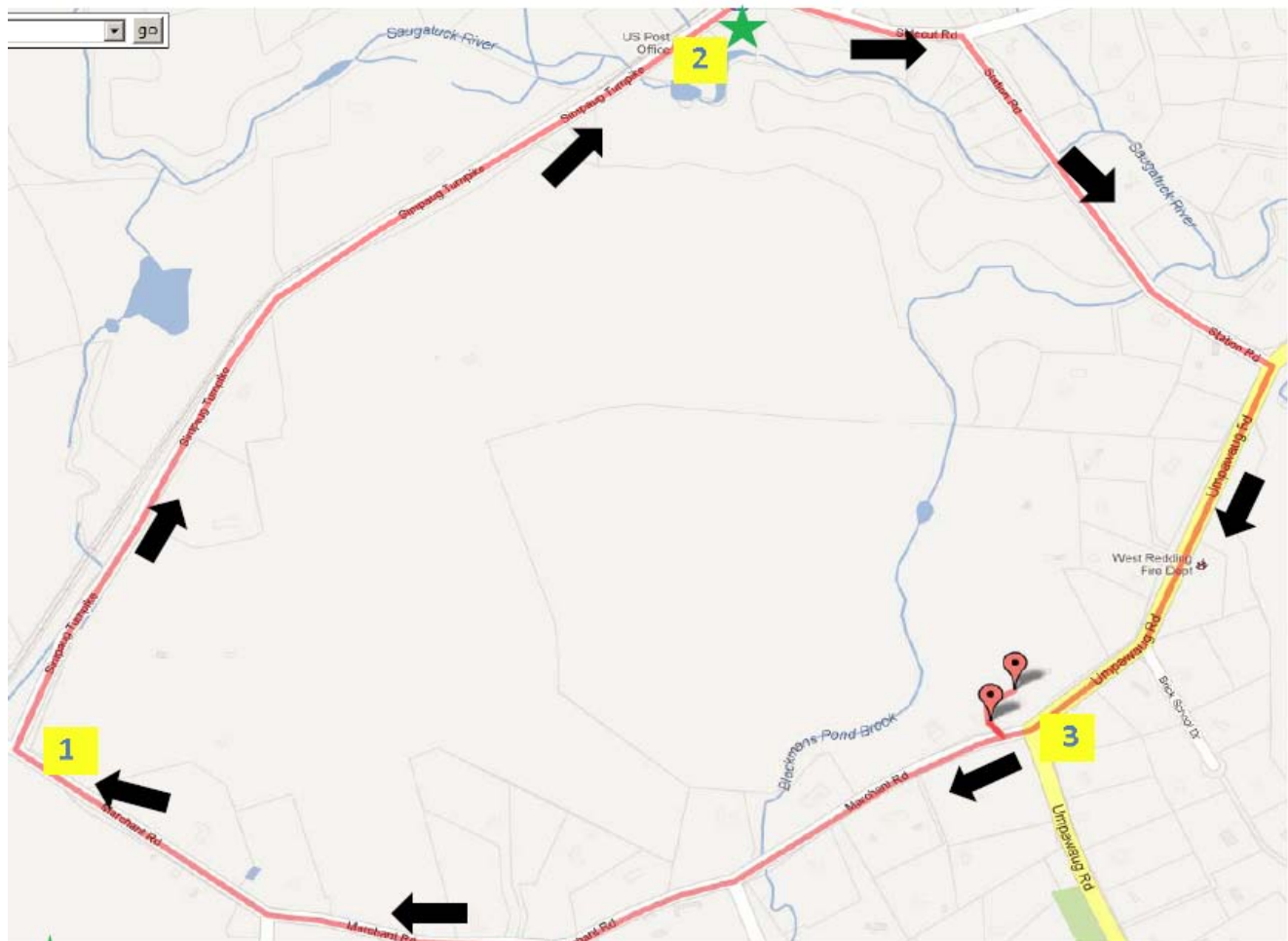
The emotions of winning a race





## 1. Map

## REDDING ROAD RACE MIGHTY COW COURSE



## AID STATIONS/PORT-O-LETS

## 2. 2014 Mighty Cow Combined Results

Overall	Bib #	Name	Age	Gender	Town	State	5K Time	5K Pace	Half Time	Combined
1	649	John Minervino	50	M	Higganum	CT	20:41	6:41	1:30:21	1:51:02
2	676	Andrea Divenere	20	F	Bristol	CT	23:36	7:37	1:36:23	1:59:58
3	55	Noel Roberts	55	M	Durham	CT	25:58	8:23	1:37:51	2:03:56
4	515	Tracy Montoya	49	M	Waterford	CT	21:34	6:58	1:36:58	2:08:32
5	639	David Fisher	37	M	Ridgefield	CT	22:41	7:20	1:47:59	2:10:40
6	523	Matt Andrulis Mette	56	M	Litchfield	CT	29:02	9:22	1:43:00	2:12:02
7	653	Steve Riley	46	M	Mystic	CT	22:30	7:16	1:49:57	2:13:27
8	663	Kristen Porter	42	F	Ridgefield	CT	30:03	9:42	1:44:15	2:14:18
9	638	Natalie Edwards	35	F	Waterford	CT	24:00	7:45	1:54:13	2:18:13
10	500	Tammy Grella	40	F	Litchfield	CT	29:02	9:22	1:50:20	2:19:22
11	630	Christopher Ahlberg	52	M	Fairfield	CT	30:43	9:55	1:50:34	2:21:17
12	648	Edward Marquez	49	M	Ridgefield	CT	28:43	9:16	1:52:47	2:21:30
13	635	Elizabeth Dreier	28	F	Newington	CT	25:45	8:19	1:57:59	2:23:44
14	632	Lisa Brody	44	F	New Haven	CT	30:45	9:56	1:54:01	2:24:46
15	629	David Harrison	26	M	Brookfield	CT	22:06	7:08	2:03:26	2:25:32
16	656	Kimberly Tully	46	F	Wilton	CT	27:31	8:53	1:59:02	2:26:33
17	28	Eric Vo	22	M	East Hartford	CT	25:58	8:23	2:00:54	2:26:52
18	641	Miguel Guzman	27	M	Stamford	CT	31:21	10:07	1:56:19	2:27:40
19	631	Stephen Apy	31	M	Norwalk	CT	31:21	10:07	1:57:25	2:28:46
20	499	Andrea Williamson	59	F	Norwalk	CT	32:22	10:27	1:58:16	2:30:38
21	664	Russ Porter	43	M	Ridgefield	CT	30:04	9:42	2:02:22	2:32:36
22	660	Kelly Yontef	34	F	Hamden	CT	30:06	9:43	2:06:59	2:37:05
23	644	Jung Kim	45	F	Wilton	CT	28:43	9:16	2:10:14	2:38:57
24	661	Jamie Grennan	36	F	Norwalk	CT	29:03	9:23	2:08:56	2:38:59
25	633	Natalie Carpenter	35	F	Ellington	CT	26:20	8:30	2:13:03	2:39:23
26	667	Kathryn Stoker	46	F	Norwalk	CT	28:50	9:18	2:13:49	2:42:39
27	628	Alex Beurle	41	M	Pound Ridge	NY	28:43	9:16	2:14:07	2:42:50
28	610	Rob Troesser	31	M	Newtown	CT	27:53	9:00	2:19:16	2:47:09
29	261	Jennifer Pope	33	F	Hamden	CT	30:07	9:43	2:17:27	2:47:34
30	647	Kaitlin Maguire	29	F	Arlington	MA	27:32	8:53	2:20:34	2:48:06
31	472	Jeanette Trujillo	52	F	Norwalk	CT	32:22	10:27	2:15:53	2:48:15
32	645	Maggie Lawry	43	F	Simsbury	CT	31:54	10:18	2:21:12	2:53:06
33	476	Manuela Esposito	38	F	Trumbull	CT	32:49	10:36	2:31:04	3:03:53
34	682	Amy Zvovushe-Ramos	32	F	Monroe	CT	33:37	10:51	2:33:38	3:07:15
35	657	Danielle Visconti	35	F	Stratford	CT	32:49	10:36	2:35:43	3:08:32
36	650	Christie Pascavis	39	F	Simsbury	CT	31:55	10:18	2:41:39	3:13:34
37	655	Patricia Tueme	20	F	Pound Ridge	NY	32:16	10:25	2:43:07	3:15:23
38	415	Tammy Brower	38	F	Seymour	CT	32:50	10:36	2:46:10	3:19:00
39	70	Eileen Bellmay	44	F	Thomaston	CT	32:33	10:30	2:52:10	3:24:40
40	410	Jill Reeves	30	F	Mystic	CT	33:11	10:43	2:59:51	3:33:02
41	95	Stephanie Shannon	30	F	Clinton	CT	33:12	10:43	2:59:52	3:33:04
42	58	Rebecca Chirevas	39	F	Bronxville	NY	35:01	11:18	2:53:35	3:28:36
43	651	Stewart Pomeroy	46	M	Wilton	CT	22:17	7:12		NA
44	899	Veronica Misiewicz	30	F	Shelton	CT	33:53	10:56		NA

## **F. Ward Carpenter Race Blog**

**Racing for the Cows can be fun!**



**A question among the runners was, "Is this the OFFICIAL COW that we are racing for"?**



**Then again, there were other cows there..... and another cow along the course around mile 8 but that's for later...**



But seriously, aLL the cows and chickens and goats and sheep and other farm animals at New Pond Farm in Redding, CT benefited from the 3rd Annual "Race for the Cows" Half Marathon and 7 miler run. I don't know how John McCleary, the Race Director, does it every year but once again, the weather was just spot on for the race. Start time temperature was 49 degrees with nice sunshine and some minor clouds along the route to keep you from getting too warm.

Talk about wonderful pre-race staging, they had tons of food and HOT COFFEE and massages (yes massages) for the runners as they waited for the start of the half marathon at 8:00 AM under the tent. Of course, a critical item for the runners, 25 port-a-lets near the tents!!



The DJ had the music cranked up and you could just feel the energy build as we got closer to the start. The early starters (those expecting over 2:30:00 finish times) left at 7:15 AM to the cheers of the other runners. The half marathon parking filled up the meadow early on (hint, get there early for good parking spots!!)



As we got close to the 8AM start time, the runners assembled at the starting point. At 7:50, Eowyn Driscoll did an amazing job singing the National Anthem. I was up on the hill doing a warm up jog and her voice just echoed across the entire farm. Very very cool.



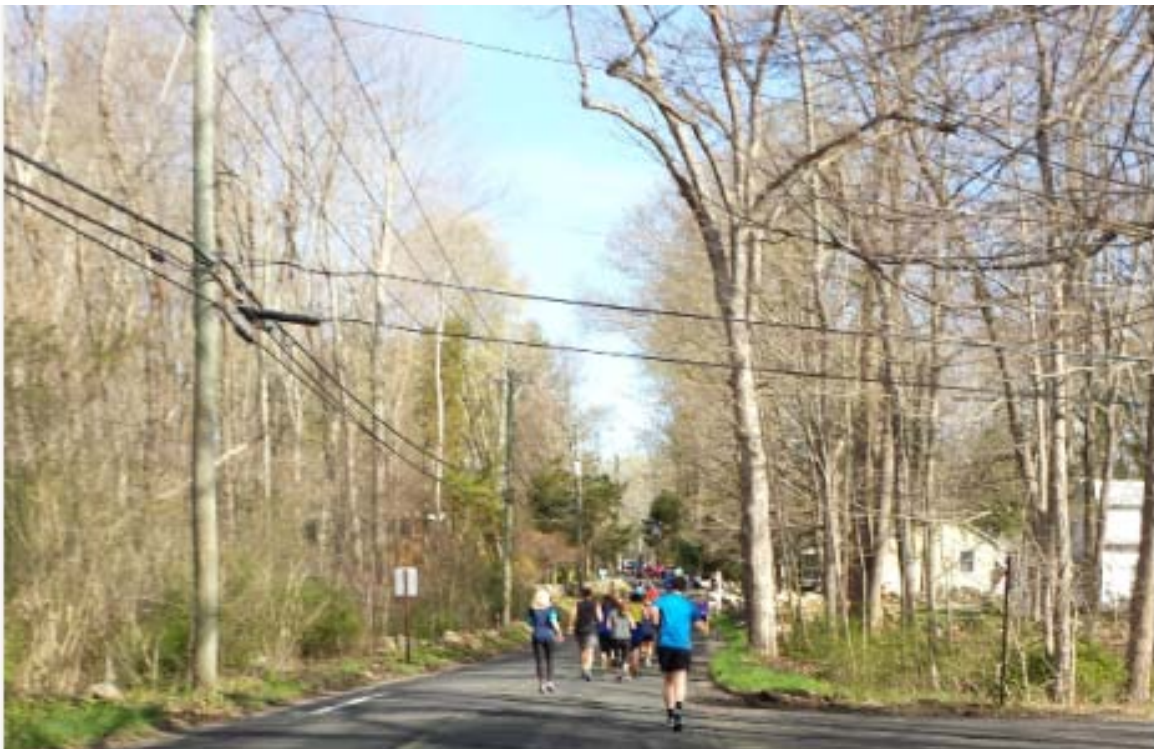
True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.





**This shot was taken from above the starting point before the race started and shows you the winding path you follow.**

Once you leave New Pond Farms, you turn left and head down the hill and take another left onto the back roads of Redding.





I ran this race last year but I had forgotten just how hilly the first 3 or 4 miles are. Fair warning to first time half marathon runners, this is NOT an easy course (not to scare you away, just make you aware you WILL find hills and hills and hills and.. well... hills)! The route is beautiful with many things to distract you as you run.



Wait, what? Um.. what IS this creature???

Once you reach the top of what you will think is the steepest hill you have run (outside of trail running), you are greeted by this beautiful dirt road that seems to be flat!





Finally, you get down hill and flat for about 4 or 5 miles! This is such a wonderful thing! I love the sign along the route as you begin a very serious down hill run on a dirt road that said something like 'Be thankful your race director had you going in the direction you are going' implying that the other direction uphill would kill you (and yes, it would!!).

The course actually loops back on itself and puts you on the Simpaug Turnpike for a few miles. This blessed FLAT section allows you to recover from the downhill part of the run and regroup. As I ran this section, off in the distance, I could see a cow waving to me! Yes, really!



**Moo** Totally impressed! 😊

The road parallels the Metro North train tracks and after some time, we take a hard left over the tracks and begin what I consider the third half of the half 😊 So far, we had a hilly start, a flat middle, and now we face more hills. You work your way up and down and up and up and up to Topstone Park where you take a right and run the small trail that takes you to the lakes edge and then loop back to the road. Here you return DOWNHILL for a spell (it feels SO good) and pass those runners who are still working their way to the park. By now, you are around mile 11.5 or so (sorry, I can't be more precise) and you work more hills. Then a blessed down hill and you pick up Marchant Road to return to New Pond Farm. Save something in the tank as you have two more hills to overcome before that last downhill and left turn to run through the barn and to the finish line!



(The photo doesn't show just how tired I was at the finish. GOOD TIRED)



Course Support was fantastic! The aid stations were at just the right places and the teams volunteering to help were wonderful. Water, sports drink, and orange slices around mile 9.5 (wow, were they good) as well as candy and wet sponges (not to be eaten 😊) at Topstone Park.

The post race food was great! Pizza (sooo good), water, snacks, ICE CONES, coffee, etc. John and his team of volunteers did such a good job this year (the first two years too!).

Bling. Did I mention Bling? The stuff you get for registering is great. Very cool shirt, coffee cup, plastic cup, mason jar, insulated snack bag, chap stick, I am sure I am forgetting half of it (I forgot to take a picture of everything).

I have to say, it was just a fantastic race (again). I hurt in places I didn't know I could hurt 😊 (wait, that suggests I could have been more prepared? Well, maybe losing a few pounds and doing my core workouts would make a HUGE difference .. lol). Okay, time to make that into action. My next half marathon is the Fairfield Half Marathon on June 22nd. That does give me enough time to see what a difference 5 lbs and core workouts can do. (Just have to be ready for the heat and humidity)



What an awesome shirt and finishers medal!

## G. Matt Marcella Race Blog

### Redding Road Race Recap



Over the course of the past week, I spent a good amount of time debating whether or not I should run the Redding Road Race Half Marathon - a race I had been extremely excited about and had stalked the sign-up page on New Year's Day to ensure that my wife and I got in.

During the Cheshire Half Marathon the previous Sunday - a race I had signed up for at the last moment for fun - I had torn my hamstring at the 11-mile mark and had been in some pretty intense pain ever since.

With Ragnar coming up just days after Redding, I didn't know if putting an extra 13 miles on my leg would be the smartest thing.

I picked up some [KT Tape](#) the night before and decided to run with my wife, figuring the worst that happens is I have to walk the entire race. Okay, that would actually be pretty upsetting for me considering how much time I put into training.

When race day arrived my wife and I set off to this new race, unsure of what to expect. And honestly, I'd have never expected what we experienced when we got there.

The race was set on the race director's farm which had cows, sheep and lambs there to greet us when we arrived.





The scenery was absolutely beautiful, and aside from having to dodge a few "cow pies" on the way to pick up our bibs, the starting area had an amazing professional feel to it.



The race kicked off just around 8am with no "Ready, set, go", just an airhorn announcing our departure. We made a lap around the parking area as I scrambled to get my music started - something I wasn't able to do without the notice that the race was kicking off.

From there we headed off onto the streets of Redding. As we ran down the first hill, my leg felt surprisingly good. I asked my wife if I could go ahead and run, and she quickly put a stop to me trying to prevent me from getting hurt.

So I held with her as we made our way through the first mile which had some beautiful scenery, and went by quickly. By the second mile, my wife wasn't feeling great and told me to go on ahead. After making sure she was okay, I pushed into my pace, or at least, attempted to.

Redding is an extremely hilly town, and the hills are no joke!

Thankfully the uphill gave way to a massive downhill, which had a great sign: "Steep downhill ahead. Be sure to thank your race director that you're not running up it". After running down it, I can tell you that if I met the director, I would totally thank him.

The downhill break led into a nice flat stretch for a few miles before we eventually hit some more uphill at the 8-mile mark.



*Photo from [www.reddingroadrace.com](http://www.reddingroadrace.com)*

Throughout the race, people had come out of their homes in droves to cheer runners on. I never knew that many people owned cowbells - though I guess it makes sense when you realize the number of farms in that area.

By the time I hit the 12-mile mark, I felt like I had been several hours. With no clocks on the course, and by not wearing a GPS, I had absolutely no concept of what my pace was.

Finally a sign told me I was a half mile from the finish, and before I knew it I was rounding the last turn, through a barn, and across the finish with a clock time of 1:53.



*Photo from [www.reddingroadrace.com](http://www.reddingroadrace.com)*

I was really proud of this time as I was able to keep pace through an injury while running one of the hilliest courses I've ever seen.

With my medal now around my neck, I turned back and started walking through the course to find my wife. I cheered on other runners that passed by to try and help them get through that last mile. It was great seeing so many friendly people out there enjoying the race.

I caught my wife at the last mile and ran with her to the finish as she came across with a really strong time.

After the race, we headed over to the refreshments tent and found more food than I've ever seen at a finish line - bagels, bananas, pizza, sno-cones! And this is in addition to a goody bag unlike any I've ever seen - an insulated cooler bag filled with a tech race shirt, mason jar mug, coffee mug, cow magnet and of course, cowbell- an absolutely top of the line gift bag.



The race left my wife and I with such a great impression that next year we decided we'd make this a family event.

There is no question that while the Redding Road Race may be a small-town race, it is a big-time event!



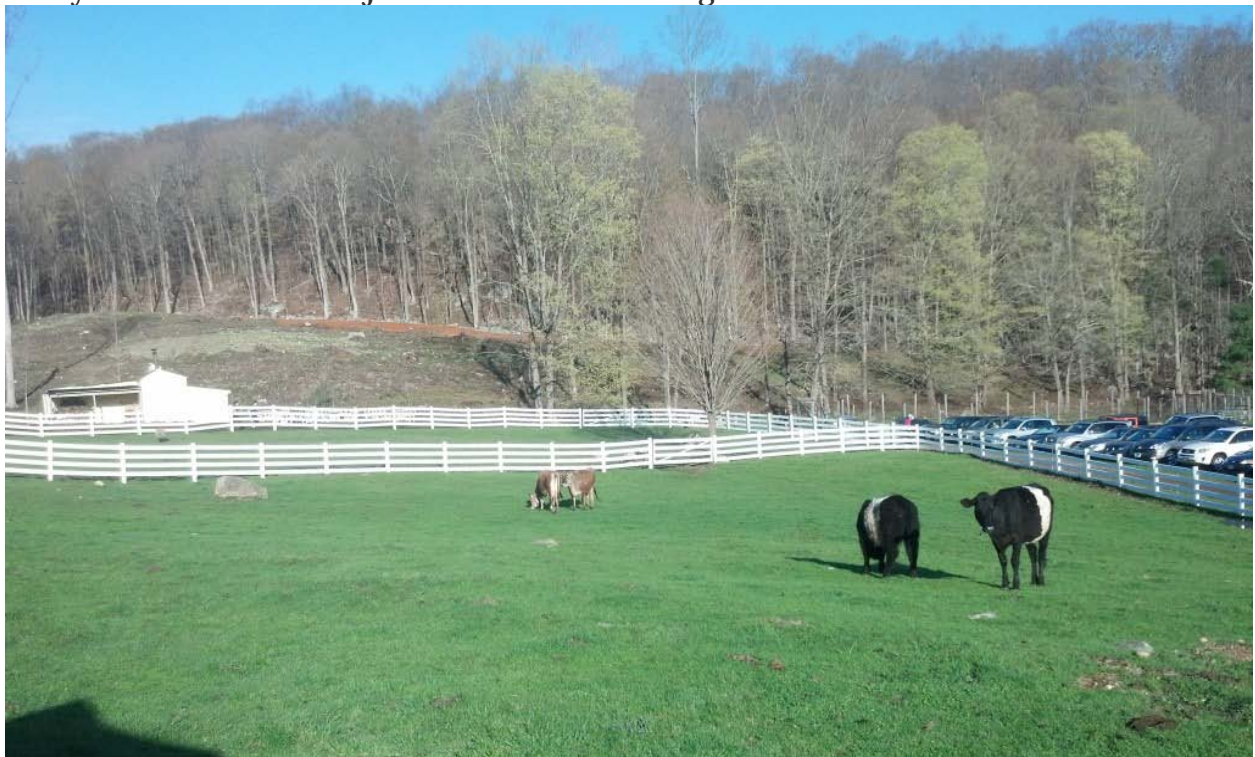


# Redding Run for the Cows- Race Review/Recap

by [Kristina Scaviola](#) Posted on [May 7, 2014](#)

Redding, CT is my hometown- so 3 years ago when Race Director John McLeary put together the first annual Run for the Cows I was psyched! Unfortunately, 3 years ago was NOT my year and I DNF (and tore my plantar fascia and spent a LONG time in a walking boot!)- and last year I had not only just run Boston but was *still* dealing with my stress fracture..... so 3rd try is a charm?

Sort of. Since Boston was only 2 weeks ago, I knew I wouldn't be in racing shape- so I ran this race to accompany my Mom for her first ever official half marathon. My mother is in fantastic shape and frequently runs for several hours on weekend mornings (distances exceeding 16 miles or so)- so we weren't intimidated by 13.1 miles. However, there is something mentally different about being timed and having others on the course with you- so we set out to just have a fantastic long run.



A view of the farm and cows!

The setting for this race is New Pond Farm- a working educational farm that features classes for children and adults as well as a summer camp for city kids who need to experience farm life. I've been visiting the farm since I was a kid- learning how maple syrup is made, where our food comes from, and as they put it "connecting people to the land that enriches and sustains us all".

The race features a the half marathon, as well as a 7 mile race- AND a 5k which takes off at 7AM- so that you can *also run the half marathon* - and earn the distinction of being a true "mighty cow". We did not opt for the mighty cow this year- but perhaps if I have a late spring marathon on the docket that would be a perfect way to get more miles in!



Tents and course maps (on the ground)

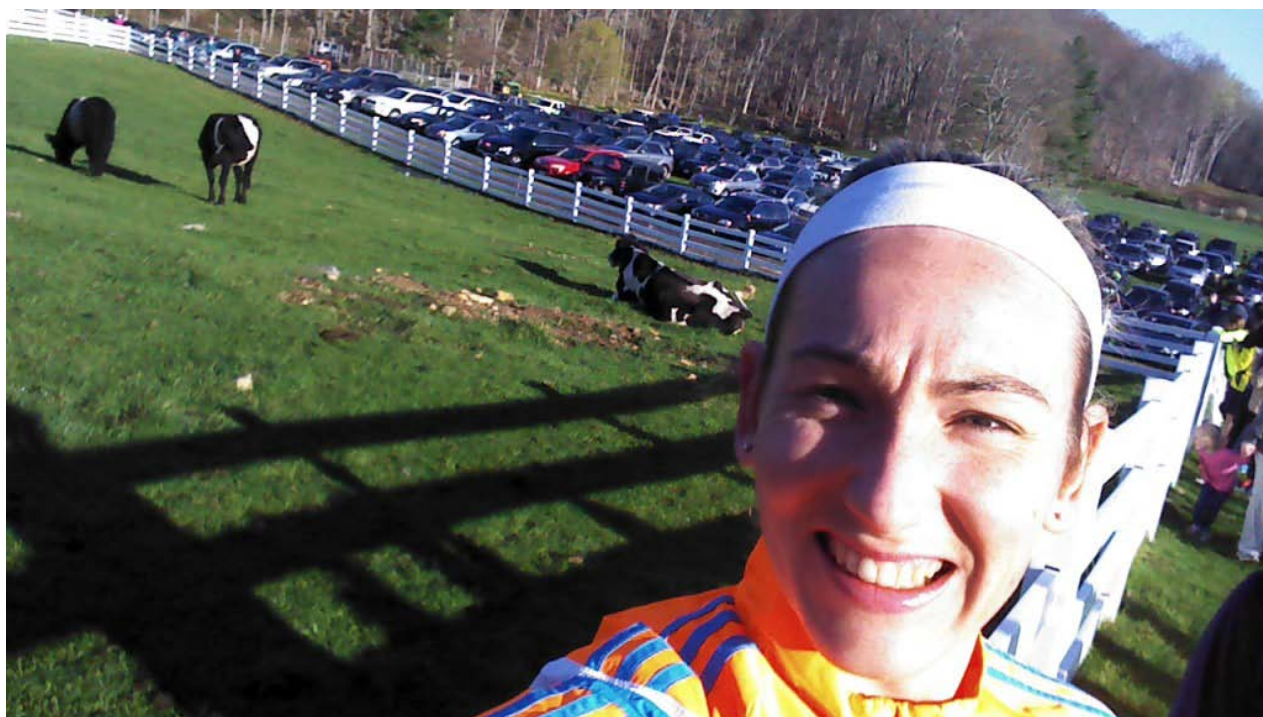


The start of the race is right on the farm. Packet and swag bag pick up was seamless- plenty of volunteers and everyone knew what was going on. There was the option to get bags the day before- and as a super personal touch, the race director would also allow people to get their things from his *home* (with an appointment) if necessary. WOW.

The swag was pretty fantastic, too. A reusable insulated bag with bottle holders (perfect for milk..... or wine!), tech t-shirt, mug, mason jar, and a cow bell!



Parking was split between the half and the 7 miler- half marathoners parked on the farm and 7 milers parked a little down the road at the fire station.



Me and the cows!

The race begins with a short loop on the farm. The path on the farm is not ideal for racing and in fact large portions of the path were really muddy and footing wasn't great- not exactly how you want to BEGIN a half marathon. Considering that there are plenty of scenic roads in Redding, I would skip this portion.

Mighty Cow 5kers are off!

The rest of the race is run through Redding and Danbury- on undulating hills (and some not so undulating!). The race is not closed to traffic, which lead to some issues on West Redding Road in particular-(a connecting road to route 7 (a massive 4 lane major road))- drivers became quite impatient and one in particular revved his engine and then deliberately drove into a huge puddle, splashing runners. Ironically, this car also had a motorized wheelchair attached to the back- why would a disabled person/their driver hate on runners so much???

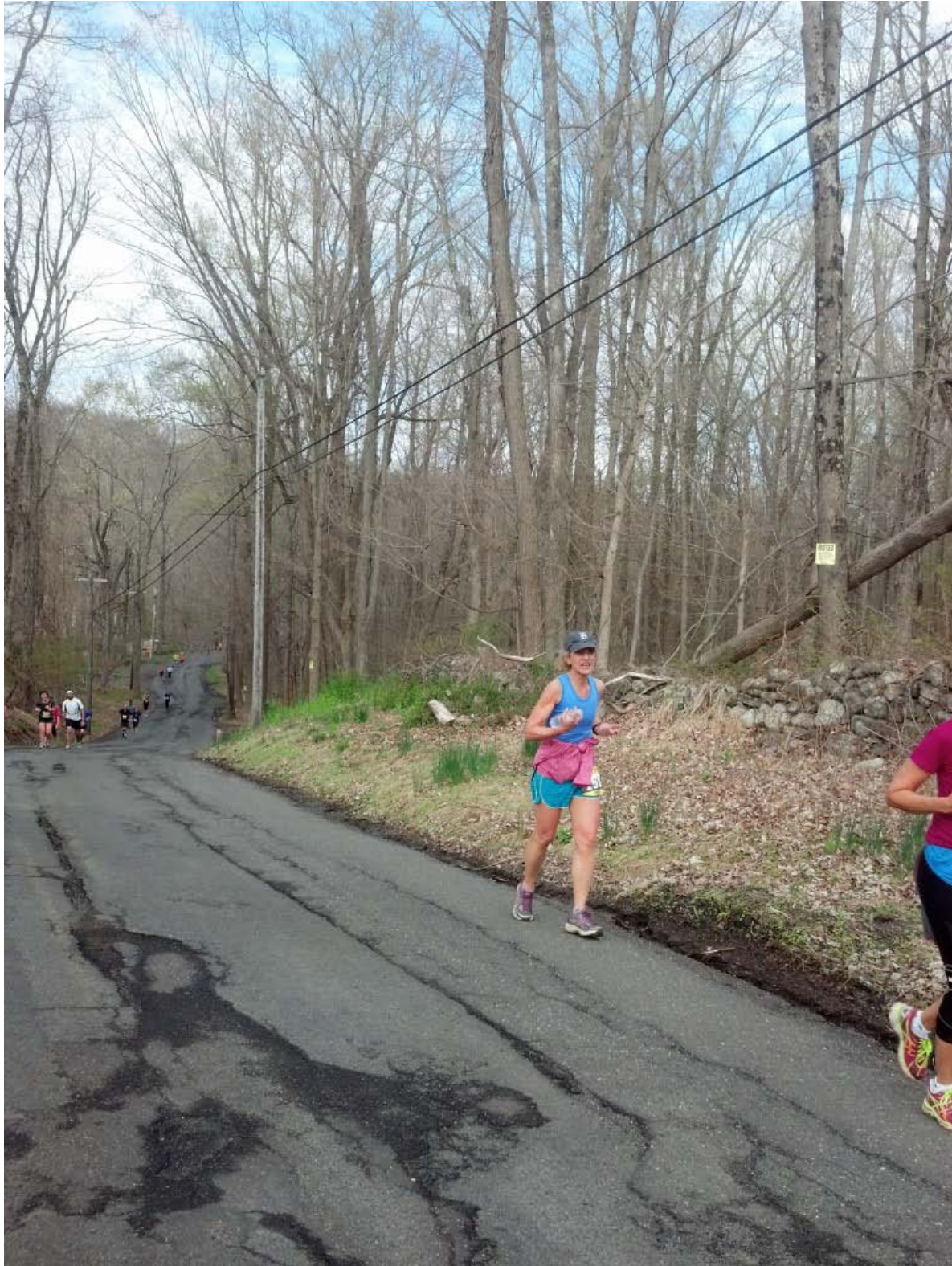




Water stop at mile 6 or 7

Water stops were plentiful and volunteers were in good spirits!





Mom coming up (and soon to be going down) Starrs Plain Rd



The course is not easy. I often found myself thinking “If I was racing this, how would I feel?” My overall impression was that we were going downhill A LOT- but a quick look at



The steep downhill is one that I would personally do away with. The course changes from paved to gravel/dirt and heads sharply downhill- if I were running at top speed this would KILL my quads and make me nervous about the remainder of the race- you still have another climb ahead! (But what doesn't kill you makes you stronger?)





The course is very scenic- and we had a good amount of spirit on the road with us!

Another portion that I would lose (in my ideal world)- the out and back down to Topstone Pond- in my opinion, this added dirt/gravel piece didn't add much other than distance- and the change in terrain would have made me NUTSO if I was racing. Also- there wasn't much to prevent people from running into each other, or even sticking to the course. The only upside of this portion were the cold sponges- being handed out by kids having a push-up contest! Talk about spirit!







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I loved the signs at the end. The last few inclines are not terrible- and as soon as you get over the last hump you have a small downhill into the finish- easily one of the MOST beautiful finish areas I have EVER seen.



Once finished, you are handed a carnation and a finisher's medal (it was beautiful- and HEAVY!).

Post-Race food: pizza, bagels, water, soda- you could really gorge if you wanted to!



We didn't hang out long – but I definitely found myself wistful to race this course at some point. Prizes for winners included cutting boards, pint glasses, plaques, etc. Getting a decent time on this course would be an indication of toughness- this is no “flat and fast” half marathon!

### **Overall:**

**AMAZING:** race support, organization, food, swag, parking.

**MEH:** portions of the actual course itself. My mother noted that for a Redding Road race an awful lot of it is run in Danbury. I could deal without the Redding Road/Starrs plain loop (traffic-y and steep downhill), and also without the Topstone out-and back.

The start! The muddy trail that has you loop around the farm needs to be re-thought. Loose footing and mud are not a good way to start the race.



## I. Vivian and Peter Shiue in the 3 years + the munchins

From Vivian: Ever since my twins were born 3.5 years ago, everyone has repeatedly told me to "enjoy every minute" and "it goes by quickly." Time has indeed gone by quickly and I have marked their growth by several standard milestones (first teeth, first words, first steps) and one very non standard annual milestone - the Redding Road Race.

I first learned about the Redding Road Race in late 2011 from a friend of mine who knew that John McCleary was trying to attract runners to his brand new event. I was itching to get back to running and loved the idea that it was local, relatively small, and unknown. However, as many parents know, in a family with young kids and two running parents, finding time to run is near impossible unless you take the kids with you. And so, I emailed John asking whether strollers would be allowed and got, "Sorry. Strollers are not allowed."

I had written this race off as another race where my husband and I would have to split up (or find a babysitter) if we ever wanted to run it but then one day a few days later, I saw an email from John. In it, he wrote, "I initially said no, but, in retrospect, I don't see why not??" and he finished with this statement: "The only relatively tough stroller part is at mile .2 thru .7..."

Yeah, right!

I am more than thankful that John reconsidered allowing strollers that first year for many reasons: the Redding Road Race is the only race that allows us to participate in something of this distance as a family, it has become my one big race to run even though I still run it at an embarrassingly slow pace, and the Redding Running Club (which was formed out of the initial race) has become a big part of my family's routine as my husband now runs with them regularly.

Time has truly flown by and I can't believe that we have done this now three years in a row. My kids love the event and talk about it throughout the year - they tell their friends that they "are runners", they talk about all of the baby animals at the farm, they love to show off their medals, and they especially love to talk about the afterparty food. My kids are now big enough that my husband ran with me this year and pushed most of the way;

partially because I am SUPER SLOW when I push the stroller, and partially because by running together, managing two very vocal toddlers ("Are we there yet??") is a lot easier. I am sad that they have almost outgrown their stroller but I am a sucker enough that I am hoping to squeeze one more year out of a race where "the only relatively tough part is at mile 0.2 thru 0.7..."

Thank you again for an awesome race.



2012 at the Finish



2014 at the afterparty



## J. Ruth Morrow/Jason Howard Reunion

38 years after last seeing each other at Whitman College, Ruth Morrow and Jason Howard ran the Redding Road Race, A Run For The Cows, in Jason's hometown. Jason said, "during last year's race I thought I saw someone who looked like Ruth during the race. Checking the results, I found IT WAS HER. We got in though and she returned this year and stayed with Gail Hall Howard and me and we ran the race together. 13.1 miles and overnight guesting was a lot of catching up, many laughs and great fun." Ruth has run marathons in all 50 states and all 7 continents while playing concert piano in many of those places. She's working her way to having all of that territory covered in half marathons.



## **K. A Note from Barbara Brown**

As I reflect back on last weekend's race, many thoughts run through my head. Your race is indeed one of the most rewarding half marathons that I have run. Such a runner friendly race, you think of everything from the early start for us slower runners to the ice cold sponges.

What really stood out that was so different from any other race, was the AMOUNT of SUPPORT from the other runners that passed me. You see, at this point in my short 4 year running career I am becoming slower and slower due to my spinal cord tumors. No more 12 min miles for me, but instead 14,15,and 16 plus depending on the day. When I run, I look like I am walking, and probably like this is my first time running and struggling. I am sure that is what the other runners in your race thought. They had the compassion, kindness and integrity to cheer me on, not even knowing "my story" but wanting to support me. It is with heartfelt thankfulness for their support that I would like to express. Sure, I have gotten yell outs during other races expressing support and encouragement, but not nearly as many as I did in this race.

The weekend before I ran the NJ Half Marathon in Long Branch at the shore. This is a totally flat course. I ran your course 2 mins slower. My running coached was amazed, especially knowing that I don't do hills and never run any race one week apart. I believe that the energy and support that I experienced during your race got me through.

As I came through the barn, my calf went into spasm, something that has never happened to me before. I came to a dead stop, started limping. I said to myself, I came this far, I am not walking across that finish line. I mustard up some courage and ran across that line, waited for the man handing out medals to turn around and see that I came across, got my medal and then limped directly onto the line for the massage, lol. It was so nice to receive a flower.

I would also like to give a shout out to the wonderful massage therapists. They did an outstanding job. I especially appreciate the fact that they spent quality time with each runner, not just a 5 minute fluff up and you are done. The stretching was much appreciated.

So, thank you again for putting on such a great event. I know you asked for suggestions for improvements, I like to look at it as changes. I loved and needed the early start. A start of 1 hour or 90 mins would be even more ideal. One of things I missed was the singing of our national anthem, which something I always look forward to at races.

I'm happy that you enjoyed the pictures and video I sent to you. Please feel free to use them. One of the perks of being a slower runner..... taking pictures. My running coached asked if I would do this race again and I said yes. He was quite surprised that I said yes considering the difficulty of the course ( I actually told him I thought the NYC Marathon was an easier course for me) but I told him, this race is not about the difficulty, it's about the runners and overall experience of what races should be like. Happy Running! Barbara Brown

## **L. Note from Eowyn Driscoll, our singer**

Hello Everyone,

I hope you've all been well. I'm writing because I have some exciting opportunities coming up over the next few months.

First and foremost, I was invited to this summer's Salzburg Voice Festival: a highly-competitive opera intensive that takes place in Austria. The program only accepts 12 singers from around the world, and I have the opportunity to work with a renowned faculty.

Naturally, getting to Salzburg is an expensive proposition, and I am running an IndieGoGo campaign to raise money. If you have the time, please check out the fundraising page, and help me get to Austria.

<https://www.indiegogo.com/projects/771812/emal/6937035>

I'm also raising funds for The Uptown Opera, a new performance group by emerging artists for emerging artists, in Uptown Manhattan. We're going to be putting on our first concert this September, adapting Richard Wagner's Die Walkure to showcase the story of Siegmund and Sieglinde.

We're also planning a concert of "Ghost Stories" for late October. You can find out more about The Uptown Opera at <http://www.TheUptownOpera.com>

Thank you again; this is a very exciting time in my career, and I thank you all for your support.

**Best - Eowyn**



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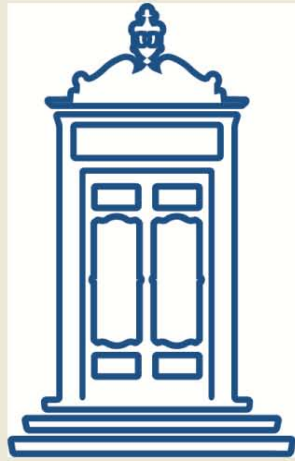
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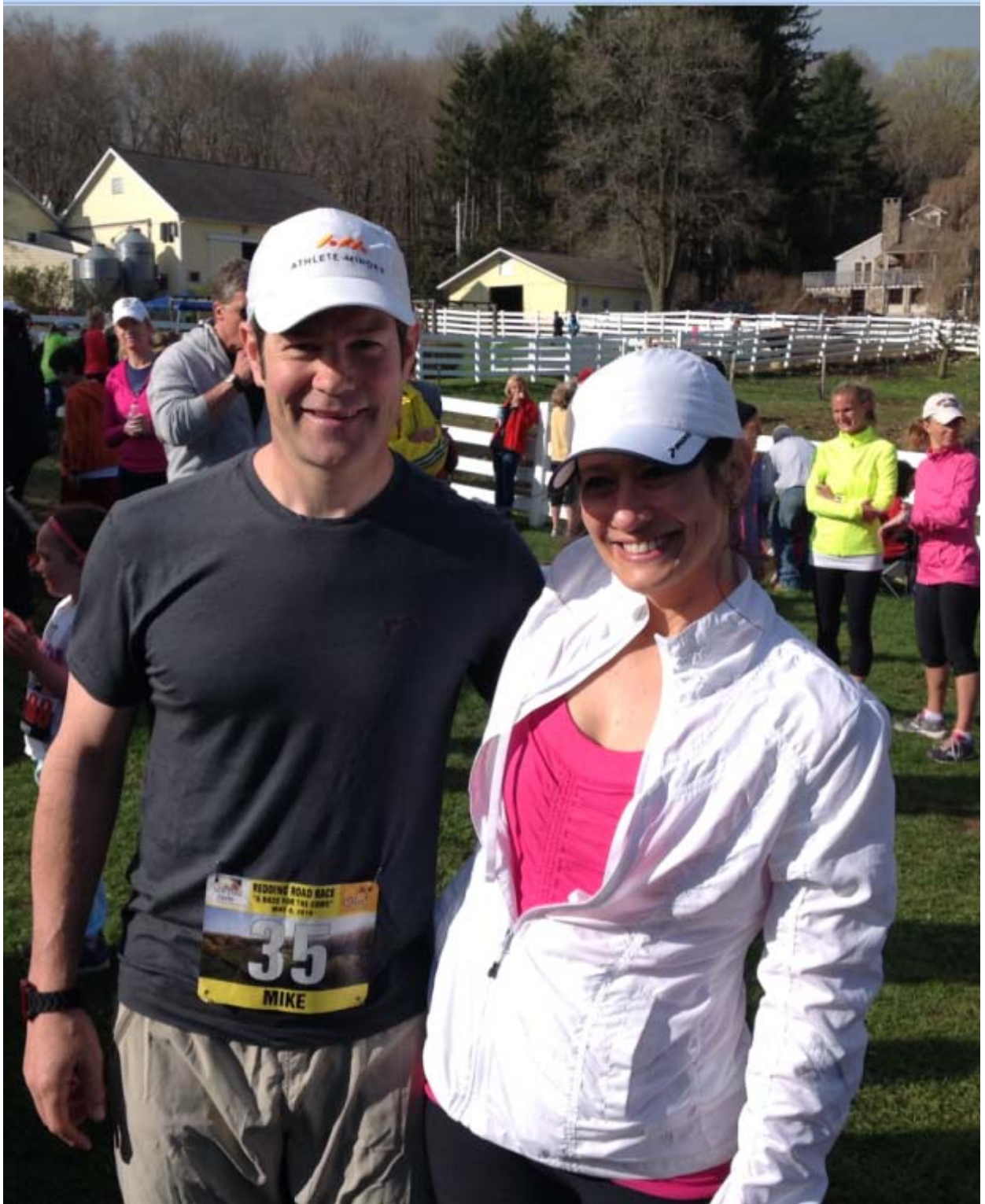
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**P. May 4, 2014 In Pictures**



**Yum**



Mike and Anne





**Our New Mascot (Kevin Tschudi unmasked!), with my wife, Terri**



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**Week old Piglets**



**Glenn H. at the finish**



Renee G., Rohit N. and a new friend





Sean M. – 1<sup>st</sup> in his age group







Redding Running Club's own, Ed. F.



I survived!!





Liz C. – our Half Champion, 2 year running, receiving her gifts from my son, Kevin



Liz C. - 2<sup>nd</sup> Place finisher in the half,



**Andrea D. - our 3<sup>rd</sup> place finisher in the half**



**David H. – our 7 Miler Champion**





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**Nice outfits!!**



**These are not outfits!!**

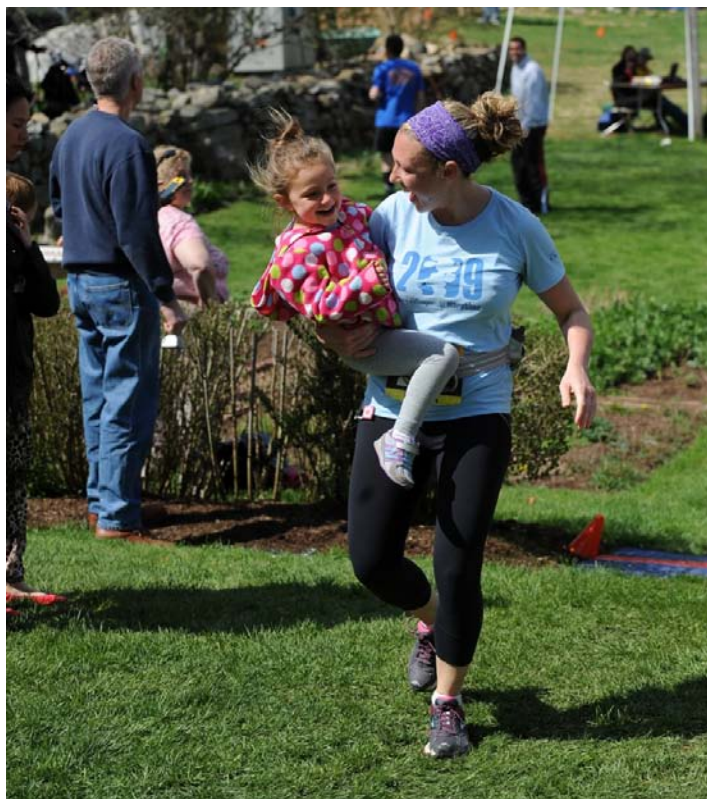








**The Roxbury Running crew**







Cheers,

John