



REDDING ROAD RACE
2015 FINISHER'S MAGAZINE



Expires 05/24/15 at 11:59PM EST.



CONGRATULATIONS TO ALL RUNNERS!

GONE FOR A RUN IS A PROUD LEAD SPONSOR
OF THE REDDING ROAD RACE.

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For the Love of Gardening

A Joyful Garden Tour of eight exceptional
private gardens in Redding, CT
that you won't want to miss!

Garden Tour Only \$40 / Tour & Lunch \$52

A Mini Sandwich Duo

Filet on Brioche & Fresh Roasted Turkey with
Cranberry Mustard on Pretzel Roll

Or

A Vegetarian Sandwich Duo

Fresh Mozzarella and Tomato with Pesto on Ciabatta
Grilled Vegetable with Hummose on Rustic Roll

Served with: Seasonal Fruit Salad, Individual Sweet, Bottled Water

Saturday, June 13, 2015 / Rain or Shine

10:00 a.m. to 4:30 p.m.

To make reservations online please go to
www.newpondfarm.org or call 203.938.2117

LUNCHEON RESERVATIONS ARE LIMITED AND MUST BE RECEIVED BY JUNE 6TH.
RESERVATIONS FOR TOUR-ONLY TICKETS MUST BE RECEIVED BY JUNE 10TH.

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A. LETTER FROM RACE DIRECTOR, JOHN MCCLEARY

Well, we continued to luck out on the weather – four years in and four years of almost ideal conditions. Congratulations to our winners; Liz (3 time defending champ now) and Tyler and Susi and David (both 2 time champs) 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 and they all arrive early (even before the runners) and always have a big smile on their faces. Race day (and before) goes smoothly because of their care and competence.

- The 50+ sponsors. As I always say, it's easier for a business to say no to a sponsorship request than to say yes (or simply not respond), so please keep that in mind with your future purchases. Our sponsors are all listed at the back of the magazine. Welcome to our new lead sponsor, goneforarun.com
- 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 4 days (one day next year??) is all the reward one could ask for.
- And mostly, my wife Terri, who took on the huge role of Volunteer Coordinator in 2014, slept very little in late April and early May and put up with me!! We learned a lot in 2014 and 2015 was much much better!! 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 2016:

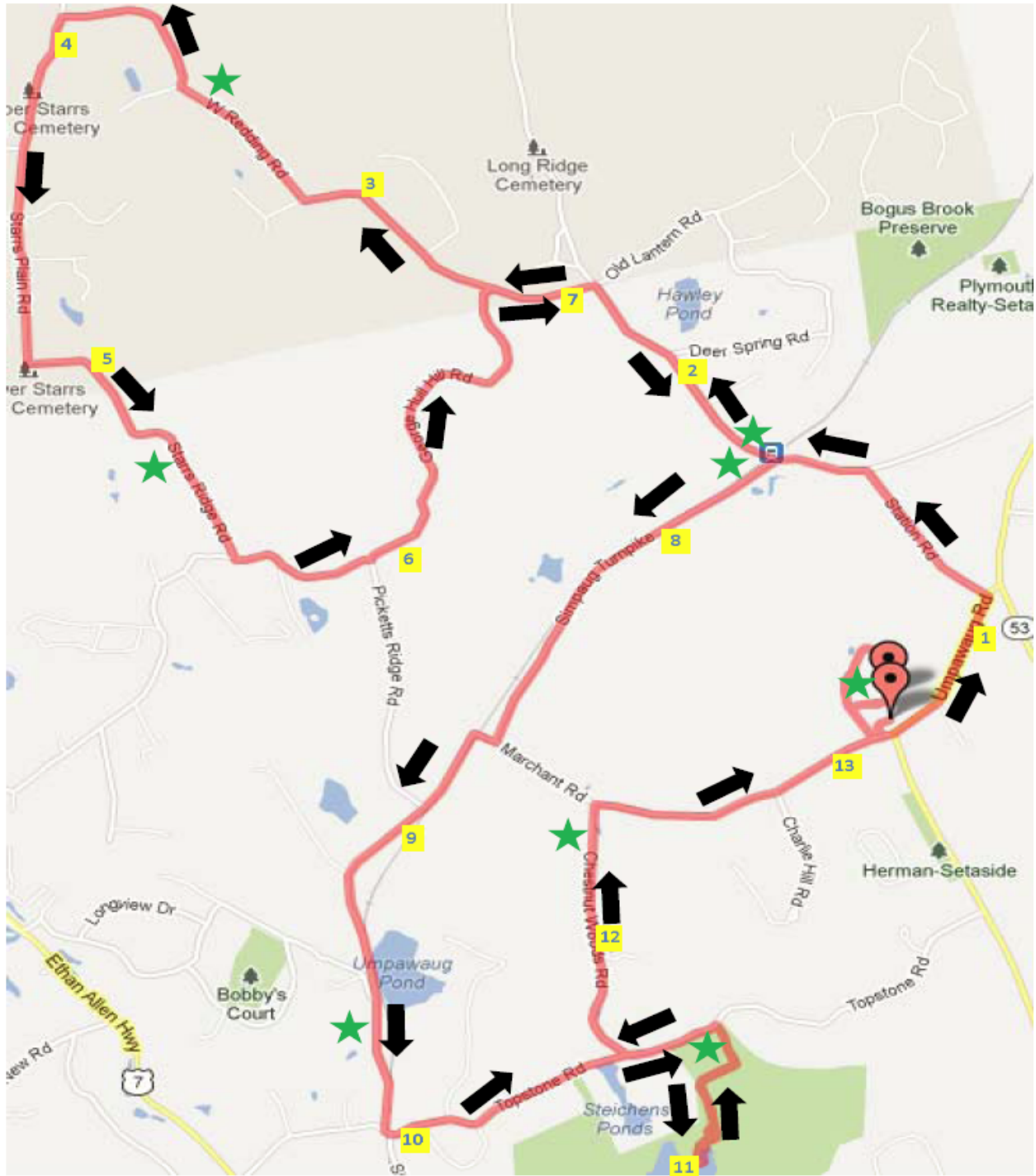
- Same size field (sign up early, as it will probably close out in a day)
- Pricing will stay the same for the 4th straight year!
- More great runner gifts – with 2016 being the 5th year, I'm planning on a special shirt and an embroidered visor or hat to celebrate the occasion. So if you thought the gifts were great this year, wait until 2016!!

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 RRR15 shirts in races this summer. John

B. HALF MARATHON

1. HALF MARATHON MAP


REDDING ROAD RACE HALF MARATHON COURSE




★ AID STATIONS/PORT-O-LETS

2. TOM TOM INFORMATION FROM LIZ CAMPBELL

[< Back](#)

 2015-05-03

[Race this](#)



Distance

13.14mi

Duration

1:24:26

 BURNED

1108 kcal

 PACE

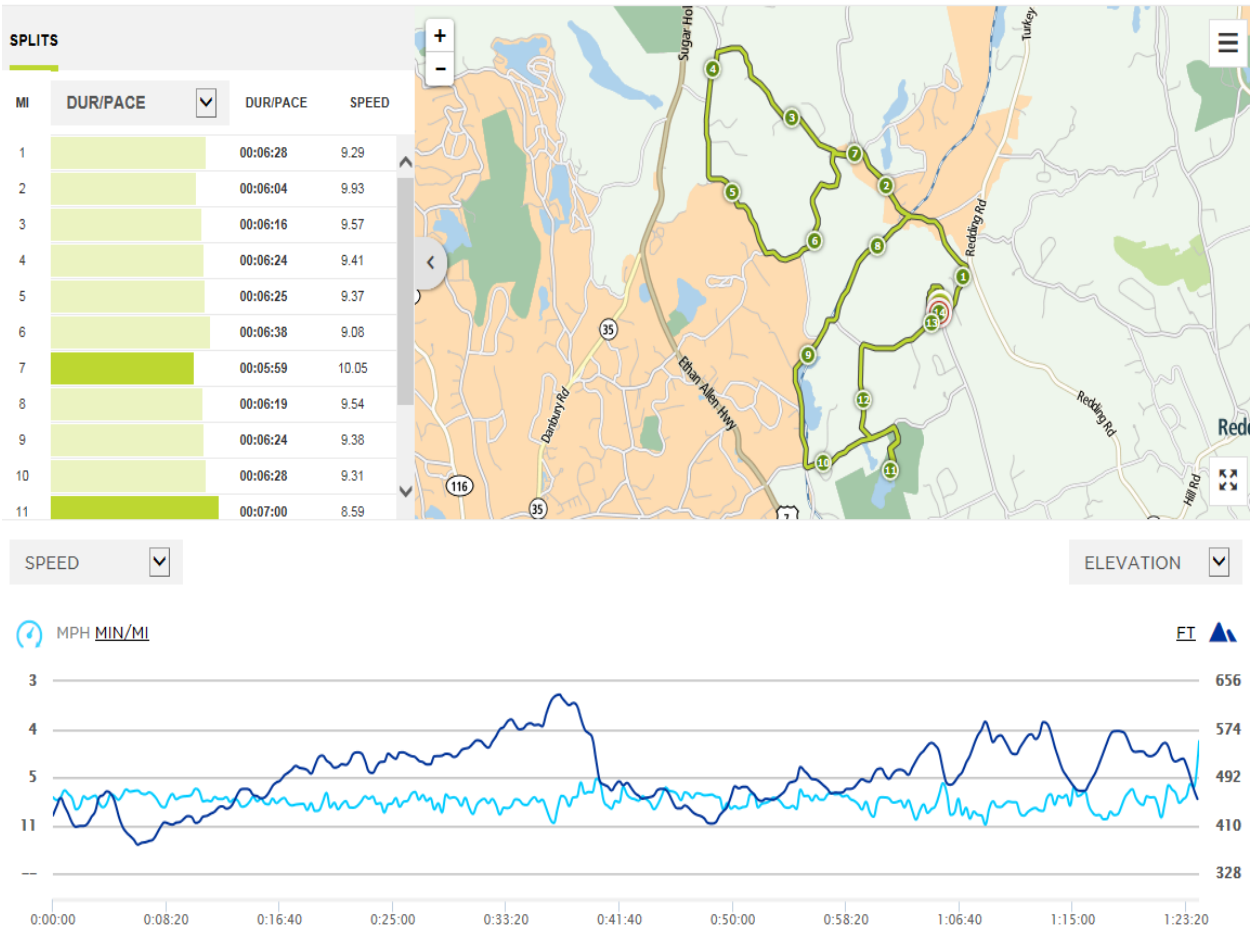
6:25 min/mi

 ELEVATION

1125 ft

 STRIDE

193 strides/min



3. 2015 HALF MARATHON RESULTS

Page 1

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 3, 2015
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
1	1/18	306	Elizabeth Campbell	24	F	Norwalk	CT	1:24:26	1:24:28
2	1/10	66	Tyler Silverman	29	M	Redding	CT	1:25:40	1:25:42
3	1/17	494	Andrew Vaccaro	30	M	Sleepy Hollow	NY	1:26:44	1:26:46
4	2/10	281	Rohit Naimpally	27	M	Cambridge	MA	1:29:10	1:29:15
5	1/26	402	Madeline Duhon	26	F	Somerville	MA	1:29:11	1:29:15
6	1/36	41	Larry Ikard	40	M	New Canaan	CT	1:32:12	1:32:20
7	1/21	226	Matt Tebbe	38	M	Alpharetta	GA	1:32:23	1:32:30
8	2/17	706	Win Bassett	30	M	New Haven	CT	1:32:46	1:32:55
9	1/43	326	John Minervino	51	M	Higganum	CT	1:33:36	1:33:38
10	2/21	665	Andrew Reed	35	M	Trumbull	CT	1:34:26	1:34:28
11	1/52	591	Bonnie Pope	38	F	Ridgefield	CT	1:34:33	1:34:42
12	3/21	667	Randy Dueck	39	M	Trumbull	CT	1:35:05	1:35:08
13	3/17	684	James Davy	33	M	Stamford	CT	1:35:52	1:35:55
14	2/43	74	Marek Sernicki	52	M	Ridgefield	CT	1:36:02	1:36:04
15	2/36	320	Jeffrey Palma	41	M	Wilton	CT	1:36:44	1:36:48
16	1/46	139	Chris Deming	48	M	Danbury	CT	1:37:23	1:37:24
17	2/46	363	Morris Pitt	46	M	Stratford	CT	1:37:36	1:37:47
18	3/43	134	Scott Holmes	53	M	Middlebury	CT	1:37:44	1:37:53
19	4/21	384	Sean Mehner	37	M	Redding	CT	1:37:50	1:37:54
20	2/52	96	Jeanne Halloran	36	F	Redding	CT	1:38:07	1:38:11
21	3/46	45	Tim Urban	45	M	Ridgefield	CT	1:38:19	1:38:25
22	1/45	103	Teren Block	49	F	Ridgefield	CT	1:38:25	1:38:28
23	5/21	111	Morten Kristiansen	35	M	Norwalk	CT	1:38:34	1:38:36
24	2/26	572	Kaylee Grant	28	F	Mamaroneck	NY	1:38:39	1:39:11
25	4/43	156	Neil Farrow	51	M	Ridgefield	CT	1:39:06	1:39:13
26	5/43	98	Steve Leslie	50	M	Brookfield	CT	1:39:13	1:39:19
27	3/26	453	Meredith Houck	25	F	New Haven	CT	1:39:08	1:39:22
28	4/26	515	Alana Levy	25	F	Chappaqua	NY	1:39:32	1:39:37
29	6/43	606	Jeffrey Molson	53	M	Avon	CT	1:39:43	1:39:48
30	4/46	307	Michael Baneat	49	M	Shelton	CT	1:39:49	1:39:51
31	6/21	268	Frisco Van Reese	39	M	Old Greenwich	CT	1:39:52	1:40:20
32	5/46	434	Felipe Zarama	49	M	Shelton	CT	1:40:11	1:40:24
33	6/46	78	Jp Milot	47	M	Ridgefield	CT	1:40:26	1:40:30
34	3/10	553	Adam Bomberger	26	M	Bethel	CT	1:40:40	1:40:50
35	4/17	662	Michael Healy	31	M	Weston	CT	1:39:54	1:40:59
36	7/46	414	Steven Crossot	49	M	Brooklyn	NY	1:41:17	1:41:58
37	7/43	390	David Cappello	52	M	Avon	CT	1:41:43	1:42:10
38	2/18	275	Meghan Garland	21	F	Milford	CT	1:41:25	1:42:10
39	8/43	423	Eric Anderson	53	M	Old Greenwich	CT	1:42:08	1:42:13
40	3/36	651	Aaron Masek	41	M	Wilton	CT	1:41:54	1:42:17
41	1/3	294	Gregory Dobbels	24	M	New Haven	CT	1:42:05	1:42:31
42	1/11	1095	Alan Newkirk	60	M	Mt. Sterling	NY	1:42:38	1:42:44
43	1/68	367	Lauren Pinchbeck	44	F	Wilton	CT	1:43:41	1:43:47
44	4/36	431	Jason Kapell	42	M	Monroe	CT	1:43:57	1:44:08
45	9/43	336	Randy Watkins	51	M	New Milford	CT	1:43:41	1:44:09
46	1/36	10	Laena Romond	32	F	Somers	NY	1:43:28	1:44:12
47	8/46	458	Steven Kirsch	45	M	Ridgefield	CT	1:44:19	1:44:35
48	4/10	57	Matthew White	26	M	Washington	DC	1:44:35	1:45:03
49	10/43	140	Tyler Carr	51	M	Ridgefield	CT	1:45:01	1:45:05
50	3/52	589	Joli D'Elia	37	F	Westport	CT	1:45:04	1:45:07

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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
51	5/17	541	Rj Mercede	30	M	Stamford	CT	1:44:35	1:45:17
52	5/36	459	Jay Lipman	43	M	New Canaan	CT	1:45:08	1:45:19
53	2/45	712	Lisa Lapointe	48	F	Norwich	CT	1:45:04	1:45:26
54	4/52	825	Megan Holbert	38	F	Ridgefield	CT	1:45:20	1:45:31
55	2/68	135	Elizabeth Derose	40	F	New Haven	CT	1:45:39	1:46:03
56	7/21	580	Jim Bremner	39	M	Redding	CT	1:45:37	1:46:04
57	9/46	625	Eugene Roche	47	M	Redding	CT	1:45:59	1:46:08
58	8/21	418	David Brown	39	M	Medford	MA	1:46:07	1:46:14
59	5/26	360	Katelyn Kennedy	28	F	Somerville	MA	1:46:18	1:46:31
60	5/10	232	Andrew Hillis	27	M	Cambridge	MA	1:46:19	1:46:31
61	11/43	427	Wayne Zimmerman	51	M	Weston	CT	1:46:31	1:46:34
62	10/46	47	Steve Riley	47	M	Mystic	CT	1:46:32	1:46:35
63	11/46	178	Stewart Pomeroy	47	M	Wilton	CT	1:46:35	1:46:44
64	6/36	347	Fabrice Garzulino	43	M	Brookfield	CT	1:46:19	1:46:51
65	12/43	442	Nicholas Lang	52	M	Ridgefield	CT	1:46:44	1:46:58
66	5/52	146	Katherine Munno	37	F	Stamford	CT	1:47:00	1:47:16
67	12/46	288	Ed Fung	46	M	Wilton	CT	1:47:13	1:47:18
68	3/18	663	Rebecca Keable	23	F	Stamford	CT	1:47:13	1:47:35
69	9/21	32	David Fisher	38	M	Ridgefield	CT	1:47:26	1:47:36
70	1/3	282	Erin McGuire	18	F	Avon	CT	1:48:43	1:48:56
71	1/15	285	Michael Costello	56	M	Fairfield	CT	1:48:50	1:48:57
72	7/36	400	Anthony Chiaverini	43	M	Fairfield	CT	1:48:48	1:49:27
73	8/36	410	Kevin Reilly	44	M	New Fairfield	CT	1:49:16	1:49:29
74	2/11	126	Ross Levy	64	M	Chappaqua	NY	1:49:57	1:50:02
75	9/36	614	Matthew Demaio	43	M	Old Saybrook	CT	1:50:00	1:50:17
76	3/68	659	Jennifer MacGregor	43	F	Wilton	CT	1:50:32	1:50:38
77	2/15	235	Matthew Andrulis Mett	58	M	Litchfield	CT	1:49:52	1:50:52
78	6/17	707	David Backeberg	34	M	New Haven	CT	1:50:03	1:50:55
79	7/17	364	Jesse York	31	M	Stamford	CT	1:50:51	1:51:01
80	10/21	568	Jeff Kochiss	36	M	Fairfield	CT	1:50:14	1:51:21
81	13/43	50	Edward Marquez	50	M	Ridgefield	CT	1:51:05	1:51:25
82	14/43	526	Lai Sun	51	M	Newtown	CT	1:50:55	1:51:33
83	3/45	639	Jeannine Fagan	45	F	Bethel	CT	1:51:31	1:51:36
84	13/46	89	Bill McBrayer	49	M	Redding	CT	1:51:39	1:51:52
85	15/43	676	Oscar Batres	54	M	Danbury	CT	1:51:52	1:51:55
86	1/36	507	Joyce Allen	53	F	Bethel	CT	1:52:02	1:52:11
87	4/68	686	Eliza Tabacchi	40	F	Weston	CT	1:51:55	1:52:11
88	2/36	113	Amanda Kaslowitz	31	F	Norwalk	CT	1:52:01	1:52:19
89	14/46	653	Jeff Snyder	46	M	Wilton	CT	1:52:07	1:52:30
90	10/36	192	Michael Lo Presti	43	M	Plantville	CT	1:52:05	1:52:39
91	5/68	353	Heather Roles	43	F	Danbury	CT	1:52:27	1:52:41
92	4/45	239	Lori Crenshaw	45	F	Stratford	CT	1:52:48	1:53:04
93	1/16	680	Sabrina Uysal	56	F	South Salem	NY	1:52:41	1:53:10
94	2/16	65	Sally Kniffin	59	F	Redding	CT	1:52:56	1:53:22
95	6/52	150	Jennifer Rumsey	36	F	Bath	NY	1:52:38	1:53:24
96	6/68	330	Tammy Grella	41	F	Litchfield	CT	1:53:06	1:53:25
97	16/43	411	Kerry Smith	51	M	New Canaan	CT	1:53:14	1:53:31
98	3/36	158	Shawna Nickerson	32	F	Danbury	CT	1:53:11	1:53:34
99	11/21	203	Adam Blank	37	M	Norwalk	CT	1:52:25	1:53:40
100	11/36	699	Philip Burke	44	M	Chestnut Hill	MA	1:52:30	1:53:44

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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
101	15/46	658	Jan Schole	47	M	Ridgefield		1:53:48	1:53:52
102	8/17	123	Stephen Apy	32	M	Norwalk	CT	1:53:35	1:53:55
103	5/45	160	Lisa Brody	45	F	New Haven	CT	1:53:30	1:53:56
104	4/36	407	Stephanie Hohenstein	34	F	Framingham	MA	1:53:35	1:54:02
105	16/46	671	Amnon A Moneta	45	M	New York	NY	1:53:21	1:54:07
106	6/10	342	Allen Pangilinan	27	M	Stamford	CT	1:53:58	1:54:12
107	7/52	3	Alexis Herron	35	F	New York	NY	1:53:06	1:54:15
108	12/36	704	Steve Weiss	44	M	Mahwah	NJ	1:54:07	1:54:18
109	17/43	229	Christopher Ahlberg	53	M	Fairfield	CT	1:54:17	1:54:20
110	7/68	448	Shannon Leduc	40	F	Norwalk	CT	1:53:52	1:54:25
111	8/68	170	Wendy Billings-Litke	40	F	Rumford	RI	1:54:01	1:54:39
112	4/18	687	Stacey Raap	22	F	Litchfield	CT	1:54:31	1:54:52
113	12/21	90	Jonathan Burke	36	M	Trumbull	CT	1:54:28	1:54:54
114	9/68	365	Amelia Audette	41	F	Trumbull	CT	1:54:33	1:55:09
115	3/15	100	David Hansen	57	M	Danbury	CT	1:54:56	1:55:12
116	17/46	485	Mark Haines	46	M	Ridgefield	CT	1:55:08	1:55:13
117	10/68	441	Cathy Kost	42	F	Sandy Hook	CT	1:55:07	1:55:22
118	11/68	71	Dawn Malone	40	F	Bethel	CT	1:55:13	1:55:28
119	12/68	377	Amy MacQueen	41	F	Durham	CT	1:55:15	1:55:29
120	13/21	426	Jerry Ruggieri	36	M	Southport	CT	1:55:00	1:55:39
121	13/68	583	Eve Olosn	44	F	Bethel	CT	1:55:33	1:55:40
122	5/18	99	Cecilia Probst	23	F	Redding	CT	1:55:33	1:55:41
123	8/52	354	Natalie Edwards	36	F	Gales Ferry	CT	1:55:49	1:55:52
124	14/68	93	Clare Zecher	41	F	Greenwich	CT	1:55:38	1:56:01
125	14/21	600	Elias Schilowitz	35	M	Great Neck	NY	1:55:16	1:56:07
126	15/68	474	Shannon Kievman	41	F	Manchester	CT	1:55:48	1:56:14
127	15/21	603	Jeffrey Swiatowicz	38	M	Ridgefield	CT	1:56:07	1:56:14
128	18/46	403	Mike May	45	M	Reading	MA	1:56:05	1:56:15
129	9/52	593	Amy Kundrat	35	F	Bethel	CT	1:55:58	1:56:15
130	16/68	251	Suzanne McMenamy	43	F	Wilton	CT	1:55:45	1:56:24
131	6/45	28	Diane Hayes	49	F	Weston	CT	1:55:59	1:56:24
132	7/45	389	Lynn Schuster	46	F	Fairfield	CT	1:56:19	1:56:33
133	19/46	388	Matt Parnell	45	M	Fairfield	CT	1:56:18	1:56:34
134	20/46	345	Christopher Reilly	47	M	Fairfield	CT	1:56:20	1:56:49
135	2/36	650	Troy Fenton	53	F	Londonderry	VT	1:56:15	1:57:03
136	4/15	127	Richard Strahota	57	M	Darien	CT	1:56:44	1:57:04
137	21/46	451	Angelo Giordano	49	M	Weston	CT	1:56:49	1:57:05
138	18/43	237	Harold Walker	53	M	Norwalk	CT	1:56:22	1:57:09
139	8/45	51	Cynthia Degirolamo	48	F	Sandy Hook	CT	1:56:40	1:57:12
140	5/36	172	Jessica Polcer	33	F	Fairfield	CT	1:57:06	1:57:13
141	9/45	536	Heather Sung	45	F	Redding	CT	1:56:50	1:57:20
142	10/45	264	Claire Gladstone	47	F	Ridgefield	CT	1:57:29	1:57:34
143	11/45	708	Kellie Brown	45	F	Bridgeport	CT	1:57:09	1:57:41
144	22/46	165	Todd Doyle	45	M	Bethel	CT	1:57:31	1:57:44
145	23/46	88	Peter Shiue	45	M	Wilton	CT	1:57:41	1:57:45
146	19/43	18	Rick Heyman	50	M	Redding	CT	1:57:20	1:57:47
147	17/68	430	Meghan Carcich	43	F	Ridgefield	CT	1:57:15	1:57:49
148	18/68	186	Krista Benson	44	F	Newtown	CT	1:57:41	1:57:55
149	6/18	265	Betsy Nilan	24	F	Milford	CT	1:57:46	1:57:55
150	20/43	63	Greg Nilan	52	M	Monroe	CT	1:57:46	1:57:55

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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
151	3/36	44	Jenifer Parker	53	F	Darien	CT	1:57:51	1:57:58
152	13/36	465	Brian Ordway	43	M	Shelton	CT	1:58:05	1:58:16
153	14/36	657	John Morneau	44	M	Wilton	CT	1:57:18	1:58:17
154	21/43	548	Mickey Wyse	53	M	Litchfield	CT	1:57:54	1:58:18
155	12/45	385	Sheilah Krasnickas	48	F	Newtown	CT	1:58:22	1:58:34
156	15/36	637	Jon Fagan	43	M	Darien	CT	1:58:03	1:58:36
157	24/46	289	Tom Hoban	48	M	Ridgefield	CT	1:58:25	1:58:38
158	3/11	82	Brian Bomberger	62	M	Bethel	CT	1:58:30	1:58:41
159	4/11	565	Brian McCormick	64	M	Litchfield	CT	1:58:19	1:58:41
160	6/36	366	Sara York	32	F	Stamford	CT	1:57:37	1:58:42
161	22/43	24	Michael Ciardullo	53	M	Redding	CT	1:57:29	1:58:49
162	9/17	230	Jordan Giles	31	M	Rowayton	CT	1:58:11	1:58:49
163	2/3	305	Grace Nickel	17	F	Wilton	CT	1:58:11	1:58:50
164	7/10	208	Larry Ahearn	27	M	Brooklyn	NY	1:58:16	1:59:03
165	13/45	277	Kathy Lang	47	F	Ridgefield	CT	1:58:42	1:59:04
166	23/43	570	Alan Lindsay	53	M	Shelton	CT	1:58:59	1:59:05
167	14/45	20	Tina Roese	45	F	Redding	CT	1:58:45	1:59:08
168	24/43	416	Paul Pronovost	51	M	Easton	CT	1:57:56	1:59:09
169	10/52	673	Heather Talbott	38	F	Westport	CT	1:58:55	1:59:29
170	16/36	643	Sean Covert	44	M	Gaylordsville	CT	1:59:02	1:59:46
171	17/36	720	Kevin Burns	44	M	Clinton Corners	NY	1:59:34	2:00:11
172	19/68	409	Patricia Ryan	40	F	Trumbull	CT	1:59:39	2:00:12
173	5/11	703	Russell Pribanic	61	M	Roxbury	CT	2:00:07	2:00:13
174	11/52	27	Melissa Lemieux	38	F	West Redding	CT	2:00:04	2:00:13
175	15/45	124	Lisa Haden	47	F	Ridgefield	CT	1:59:51	2:00:15
176	7/36	211	Caitlin Rossi	31	F	Torrington	CT	2:00:04	2:00:28
177	25/43	138	Scott Cooney	51	M	Roxbury	CT	2:00:08	2:00:39
178	8/36	542	Erin Santa	30	F	Stamford	CT	2:00:17	2:01:02
179	16/45	358	Jacqueline Lang	48	F	Ridgefield	CT	2:00:42	2:01:04
180	9/36	196	Mykel Bridget Czaja	31	F	Niantic	CT	2:00:26	2:01:08
181	20/68	5	Tiffanie Sgritta	41	F	Stamford	CT	2:01:05	2:01:40
182	26/43	693	Charles Sichel-Outcal	50	M	Richmond		2:00:39	2:01:46
183	12/52	618	Michelle Behr	35	F	Sandy Hook	CT	2:01:13	2:01:50
184	21/68	490	Deborah Povinelli	42	F	Ridgefield	CT	2:01:31	2:01:52
185	22/68	738	Lisa Mazinski	40	F	Ridgefield	CT	2:01:12	2:01:53
186	27/43	22	Owen Jordon	54	M	Ridgefield	CT	2:01:24	2:01:55
187	23/68	480	Darlene Kaschel	43	F	Fairfield	CT	2:01:18	2:01:56
188	24/68	278	Lydia Segui	40	F	Shelton	CT	2:01:09	2:02:20
189	17/45	329	Leah Begg	45	F	Newtown	CT	2:01:28	2:02:41
190	1/3	361	Bruce Goulart	65	M	Newtown	CT	2:01:52	2:02:45
191	5/15	109	Manrico Caglioni	55	M	New Milford	CT	2:02:40	2:03:00
192	1/6	412	Sharon Gawe	62	F	Bridgewater	CT	2:03:43	2:03:50
193	25/68	187	Nicole Leja	44	F	Westfield	MA	2:03:17	2:03:57
194	18/45	106	Kristen Hoban	48	F	Ridgefield	CT	2:03:37	2:04:00
195	25/46	6	Laurence Briody	47	M	Ridgefield	CT	2:03:59	2:04:15
196	6/26	157	Lisa Prevedel	26	F	Saddle Brook	NJ	2:03:42	2:04:19
197	4/36	461	Colleen Cugine	54	F	Ridgefield	CT	2:03:58	2:04:20
198	16/21	7	Roman Cebulski	39	M	Newtown	CT	2:04:24	2:04:30
199	19/45	702	Nancy Liskiewicz	45	F	Bethel	CT	2:04:19	2:04:31
200	5/36	205	Carolyn Couture	51	F	Ridgefield	CT	2:04:14	2:04:32

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 3, 2015
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
201	26/46	713	Will Hauser	47	M	Southbury	CT	2:03:44	2:04:37
202	10/36	223	Jocelyn Rubino	34	F	Oxford	CT	2:04:14	2:05:00
203	27/46	325	Walter Andersons	49	M	Brooklyn	NY	2:03:19	2:05:04
204	2/3	334	Craig Morrison	70	M	Bethel	CT	2:05:03	2:05:24
205	26/68	332	Maggie Lawry	44	F	Simsbury	CT	2:04:52	2:05:28
206	6/36	173	Elli Scarfi	50	F	Danbury	CT	2:05:07	2:05:37
207	28/43	401	Frank Scarfi	50	M	Danbury	CT	2:05:08	2:05:37
208	7/18	375	Jennifer Lynn	24	F	Newtown	CT	2:04:38	2:05:37
209	28/46	177	Sean Mayer	46	M	Lafayette	NJ	2:05:21	2:05:38
210	13/52	323	Kristin Lowman	36	F	East Granby	CT	2:05:15	2:05:42
211	27/68	19	Katherine Pitts	42	F	Willington	CT	2:05:25	2:05:42
212	29/43	348	Tom Durels	53	M	Wilton	CT	2:04:39	2:05:42
213	20/45	269	Kelly Pabilonia	45	F	Tolland	CT	2:05:20	2:05:45
214	7/36	628	Cathy Snopkowski	52	F	Ridgefield	CT	2:05:21	2:05:45
215	14/52	470	Jennifer Kanaitis	39	F	Tolland	CT	2:05:23	2:05:48
216	8/10	425	David Batcheck	28	M	New Haven	CT	2:05:22	2:05:51
217	15/52	132	Beth Natt	38	F	Easton	CT	2:05:22	2:05:54
218	28/68	210	Sheryl Ouellette	40	F	Bristol	CT	2:05:12	2:06:13
219	29/46	649	Joseph Hartwell	45	M	Danbury	CT	2:05:24	2:06:13
220	16/52	395	Nadejd Gueorguiev	37	F	Fairfield	CT	2:05:19	2:06:22
221	7/26	578	Shannon Lewis	29	F	Long Island City	NY	2:05:42	2:06:29
222	30/43	592	Mark Whittaker	52	M	Norwich	CT	2:05:04	2:06:34
223	18/36	582	Charles Morales-Thoma	42	M	Redding	CT	2:06:09	2:06:49
224	8/36	316	Esther Aronson	50	F	Avon	CT	2:06:37	2:07:07
225	8/26	374	Katie Grigg	26	F	Colchester	CT	2:06:42	2:07:14
226	17/52	167	Nicky Federici	35	F	Beacon	NY	2:06:47	2:07:17
227	9/26	608	Amanda Flachsbert	28	F	Willington	CT	2:07:02	2:07:20
228	19/36	270	Andrew Shantz	43	M	Fairfield	CT	2:06:34	2:07:25
229	10/17	380	Jason Hehman	34	M	Katonah	NY	2:06:57	2:07:26
230	20/36	555	Gean Tremaine	41	M	Southport	CT	2:06:43	2:07:32
231	21/45	180	Susan David	49	F	Ridgefield	CT	2:07:27	2:07:36
232	10/26	552	Erin Visconti	25	F	New Canaan	CT	2:07:06	2:07:36
233	21/36	383	Jeff Wheeler	40	M	Fairfield	CT	2:06:46	2:07:36
234	11/26	241	Elizabeth Dreier	29	F	Simsbury	CT	2:07:40	2:07:58
235	11/36	168	Nicole Dreier	31	F	Newington	CT	2:07:40	2:07:58
236	22/45	517	Jung Soo Kim	45	F	Wilton	CT	2:07:32	2:07:59
237	29/68	443	Anna Pizzo	43	F	Redding	CT	2:07:34	2:08:18
238	18/52	674	Glynne Bassi	36	F	St. Louis Park	MO	2:08:21	2:08:23
239	6/15	212	Daniel Capodicci	55	M	Southbury	CT	2:07:55	2:08:26
240	12/26	378	Lisa Moretti	29	F	Shelton	CT	2:08:07	2:08:27
241	23/45	381	Katie Young	48	F	Monroe	CT	2:07:25	2:08:27
242	30/68	584	Marly Saxton	40	F	Hamden	CT	2:07:32	2:08:28
243	3/16	596	Ronnie Behringer	57	F	Norwalk	CT	2:08:13	2:08:32
244	9/36	523	Berta Andrulis Mette	51	F	Litchfield	CT	2:08:16	2:08:37
245	6/11	60	Jim Moore	60	M	Litchfield	CT	2:08:12	2:08:38
246	24/45	533	Susan Dewitt	49	F	Bethel	CT	2:07:36	2:08:41
247	31/68	30	Lori Czajkowski	44	F	Naugatuck	CT	2:07:49	2:08:45
248	19/52	14	Allison St. Germain	39	F	Bethel	CT	2:07:52	2:08:45
249	25/45	11	Jennine Lesica	48	F	Danbury	CT	2:08:09	2:08:53
250	30/46	161	Christopher McCarthy	45	M	Fairfield	CT	2:07:42	2:09:09

REDDING ROAD RACES HALF MARATHON
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
251	32/68	644	Caryn Stellmach	40	F	Waterbury	CT	2:08:08	2:09:14
252	20/52	575	Jaime Chetta	38	F	Norwalk	CT	2:08:40	2:09:19
253	4/16	245	Lisa Shinall	56	F	Redding Ridge	CT	2:08:54	2:09:19
254	12/36	227	Nicole O'Hara	31	F	Danbury	CT	2:08:56	2:09:34
255	31/43	4	Kevin Briody	52	M	Ridgefield	CT	2:09:22	2:09:35
256	21/52	185	Jamie Grennan	37	F	Norwalk	CT	2:08:17	2:09:38
257	31/46	274	Daniel Navarrese	45	M	Weston	CT	2:09:45	2:09:48
258	22/52	520	Michelle Demarco	39	F	New Fairfield	CT	2:09:21	2:10:09
259	32/46	696	Joe Amuso	45	M	Stafford Springs	CT	2:09:51	2:10:13
260	13/36	630	Jessica Katuska	32	F	Monroe	CT	2:09:47	2:10:19
261	13/26	514	Sara Scribner	25	F	West Hartford	CT	2:10:02	2:10:19
262	32/43	162	Bill Davenport	51	M	Litchfield	CT	2:10:00	2:10:21
263	14/36	114	Kelly Paredes	34	F	Bethel	CT	2:09:33	2:10:22
264	5/16	376	Jean Quattrocchi	58	F	Albany	NY	2:09:32	2:10:26
265	23/52	488	Helen Perille	36	F	West Bath	ME	2:09:42	2:10:28
266	33/68	408	Jennifer Reilly	42	F	New Fairfield	CT	2:10:04	2:10:37
267	26/45	68	Sue Mayer	46	F	Lafayette	NJ	2:10:25	2:10:42
268	10/36	512	Leslie Henderson	53	F	Glenview	IL	2:09:41	2:10:44
269	33/46	486	Timothy Daubenspeck	45	M	Ridgefield	CT	2:09:41	2:10:45
270	24/52	219	Erin Horbach	37	F	Trumbull	CT	2:10:04	2:10:45
271	14/26	206	Melissa Garry	29	F	Brooklyn	NY	2:10:14	2:11:02
272	22/36	632	Brian Tramontozzi	42	M	Bedford Hills	NY	2:11:01	2:11:02
273	15/36	613	Samantha Heller	32	F	Harrison	NY	2:10:14	2:11:06
274	11/17	594	Daniel Silva	30	M	Danbury	CT	2:09:45	2:11:10
275	17/21	675	Steven Ismach	36	M	Great Neck	NY	2:10:37	2:11:13
276	34/68	190	Maureen McGrath	40	F	Wilton	CT	2:10:13	2:11:14
277	25/52	34	Anca Jordan	35	F	New Canaan	CT	2:11:17	2:11:26
278	16/36	36	Irina Acsinte	33	F	New Canaan	CT	2:11:25	2:11:33
279	6/16	654	Patti Freda	56	F	Greenwich	CT	2:11:31	2:11:35
280	7/16	13	Sabine Schultz	59	F	Danbury	CT	2:11:09	2:11:45
281	8/18	346	Kristina Durels	23	F	Wilton	CT	2:10:29	2:11:46
282	33/43	284	Mark McGuire	51	M	Avon	CT	2:10:43	2:11:51
283	11/36	481	Jen Marr	51	F	Ridgefield	CT	2:11:32	2:11:56
284	27/45	143	Abigail Cahill Kagan	49	F	Ridgefield	CT	2:11:32	2:11:57
285	15/26	115	Kristin Elwell	26	F	Arlington	VT	2:11:24	2:11:59
286	7/15	59	Roger Billings	59	M	Brewster	NY	2:11:45	2:11:59
287	28/45	218	Julie Anne Fossi	46	F	New Milford	CT	2:11:10	2:12:01
288	35/68	287	Caroline Moretti	41	F	Huntington	CT	2:10:56	2:12:03
289	26/52	293	Ines Allen	37	F	Fairfield	CT	2:10:57	2:12:04
290	27/52	386	Patty Girard	37	F	Simsbury	CT	2:11:39	2:12:06
291	18/21	421	Andrew Heller	36	M	Harrison	NY	2:11:28	2:12:20
292	34/46	276	Dean Lucente	47	M	Stamford	CT	2:11:52	2:12:37
293	28/52	189	Meg Fesh	37	F	Bethel	CT	2:11:46	2:12:39
294	17/36	422	Sara Sikes	32	F	Norwalk	CT	2:12:04	2:12:48
295	18/36	33	Mallory Billings-Litk	31	F	Rumford	RI	2:12:10	2:12:50
296	23/36	469	Chris Chatman	40	M	Middletown	CT	2:12:27	2:12:56
297	2/6	61	Chris Lollo	61	F	Brewster	NY	2:12:45	2:12:58
298	12/36	437	Anna Starodaj	53	F	New Britain	CT	2:12:37	2:13:12
299	13/36	502	Sallie Boehle	50	F	Ridgefield	CT	2:12:53	2:13:14
300	9/18	623	Erin Mitchell	23	F	New Fairfield	CT	2:12:40	2:13:14

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 3, 2015
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
301	29/52	152	Lea Crown	37	F	Meriden	CT	2:12:37	2:13:44
302	9/10	604	Jordan Hickey	28	M	Glastonbury	CT	2:13:11	2:13:59
303	14/36	524	Cathleen Wyse	50	F	Litchfield	CT	2:13:43	2:14:06
304	7/11	691	Michael Taricani	61	M	Burlington	CT	2:14:02	2:14:10
305	3/6	489	Mary Lee Shea	64	F	Redding	CT	2:12:53	2:14:11
306	19/21	35	Patrick Sikes	35	M	Norwalk	CT	2:13:27	2:14:12
307	24/36	652	David Pennino	41	M	Wilton	CT	2:12:48	2:14:14
308	36/68	204	Kathryn Wilkinson	41	F	Russell	MA	2:13:27	2:14:22
309	37/68	373	Kelly Rigby	42	F	New Hartford	CT	2:13:27	2:14:22
310	16/26	356	Caitlin Maguire	29	F	Norwalk	CT	2:13:36	2:14:23
311	20/21	169	Mike Feinberg	38	M	North Haven	CT	2:13:44	2:14:24
312	38/68	522	Sylvia Modzelewska	41	F	Greenwich	CT	2:14:19	2:14:30
313	25/36	530	Russ Porter	44	M	Ridgefield	CT	2:13:44	2:14:31
314	35/46	716	Adam Osmond	47	M	Farmington	CT	2:14:03	2:14:39
315	2/3	605	Kyle Surprenant	23	M	Glastonbury	CT	2:13:53	2:14:42
316	29/45	15	Thea Boyle	49	F	Redding	CT	2:14:32	2:14:58
317	30/52	155	Jessica Hanna	35	F	Niskayuna	NY	2:14:05	2:14:59
318	36/46	545	Cristian Pojano	45	M	Wilton	CT	2:13:51	2:15:03
319	8/15	87	Jamie Barickman	58	M	Redding	CT	2:14:16	2:15:18
320	39/68	120	Rosanne Kropp	42	F	Weston	CT	2:15:14	2:15:28
321	34/43	286	Desmond McGoe	50	M	Ridgefield	CT	2:14:58	2:15:29
322	31/52	476	Manuela Esposito	39	F	Trumbull	CT	2:15:15	2:15:34
323	40/68	220	Stacey Martwinski-Nar	44	F	Oakville	CT	2:15:47	2:15:52
324	41/68	8	Hilary Martwinski-Nar	43	F	Oakville	CT	2:15:48	2:15:53
325	15/36	664	Lauren Contorno	50	F	Bethel	CT	2:15:12	2:16:05
326	26/36	207	Michael Leja	42	M	Westfield	MA	2:14:47	2:16:05
327	17/26	563	Caitlin Campbell	26	F	Fairfield	CT	2:15:16	2:16:06
328	12/17	540	Alexander Winsor	30	M	Ridgefield	CT	2:15:17	2:16:07
329	32/52	379	Sara Scully	38	F	Wilton	CT	2:15:36	2:16:09
330	27/36	188	David Tsang	43	M	Fairfield	CT	2:15:34	2:16:10
331	42/68	532	Lisa Greenwood	44	F	Simsbury	CT	2:15:17	2:16:22
332	43/68	531	Kimberly West	41	F	West Hartford	CT	2:15:17	2:16:22
333	33/52	352	Natalie Havens	38	F	Fairfield	CT	2:16:07	2:16:30
334	37/46	263	Colin Wright	45	M	Brooklyn	NY	2:15:49	2:16:32
335	38/46	272	Mark Schwartz	46	M	Brooklyn	NY	2:15:52	2:16:35
336	19/36	382	Christine Locascio	32	F	Forest Hills	NY	2:15:40	2:16:59
337	28/36	302	Troy Ficarra	44	M	New Fairfield	CT	2:16:28	2:17:11
338	16/36	495	Joanne Sezon	51	F	Easton	CT	2:17:18	2:17:25
339	29/36	455	Christopher McCann	44	M	Wilton	CT	2:17:27	2:17:35
340	20/36	624	Maureen Jarry	32	F	Wethersfield	CT	2:17:11	2:17:43
341	18/26	137	Ashley Ficaro	29	F	Southington	CT	2:16:46	2:17:59
342	17/36	1028	Deirdre McCaffrey	53	F	Greenwich	CT	2:18:10	2:18:45
343	34/52	154	Daspina Malasky	38	F	Westport	CT	2:18:13	2:18:45
344	10/18	602	Sarah Ferris	23	F	Washington	DC	2:18:12	2:19:02
345	30/36	198	Albert Lione	41	M	Shelton	CT	2:20:04	2:20:14
346	35/43	648	John Curtis	52	M	Wilton	CT	2:19:12	2:20:32
347	4/6	319	Marjorie Klar	60	F	Easton	CT	2:20:20	2:20:46
348	11/18	151	Lauren Elwell	23	F	Arlington	VT	2:20:17	2:20:52
349	31/36	527	Erich Wenis	42	M	Woodbury	CT	2:20:28	2:20:53
350	19/26	549	Laura Angers	25	F	Stamford	CT	2:19:57	2:21:00

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 3, 2015
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
351	13/17	595	Alexandre Camargo	30	M	Danbury	CT	2:19:40	2:21:04
352	35/52	221	Janine Russo	37	F	Redding	CT	2:20:39	2:21:14
353	44/68	701	Laura Nerone	44	F	Newtown	CT	2:20:18	2:21:18
354	45/68	117	Caryn Vita	44	F	Norwalk	CT	2:20:16	2:21:18
355	21/36	487	Lauren Abrams	31	F	Westport	CT	2:20:01	2:21:18
356	14/17	291	John Caruso	34	M	Glastonbury	CT	2:20:23	2:21:22
357	3/3	679	Avery Putnam	15	F	Sherman	CT	2:20:42	2:21:25
358	22/36	297	Meghan Hurley	34	F	Norwalk	CT	2:20:47	2:21:32
359	32/36	450	Deepak Tyagi	40	M	Monroe	CT	2:21:33	2:21:37
360	18/36	75	Susan Pagan	53	F	Brookfield	CT	2:21:29	2:21:48
361	36/43	576	Richard Sileo	50	M	Thomaston	CT	2:21:36	2:21:57
362	30/45	577	Kathleen Sileo	49	F	Thomaston	CT	2:21:36	2:21:57
363	36/52	513	Angelika Zierl	37	F	Aidlingen		2:21:19	2:22:02
364	39/46	49	Ron Steele	49	M	Bristol	CT	2:22:14	2:22:48
365	37/43	622	Chuck Bennett	52	M	Anderson	IN	2:21:34	2:22:48
366	31/45	621	Tammy Bennett	49	F	Anderson	IN	2:21:34	2:22:49
367	19/36	141	Lisa Bruno	50	F	Brooklyn	NY	2:22:10	2:22:50
368	32/45	428	Cathryn Laydon	49	F	East Haven	CT	2:21:45	2:23:00
369	20/36	359	Gwen Stark	50	F	Egg Harbor Towns	NJ	2:21:45	2:23:01
370	37/52	279	Sara Caruso	35	F	Glastonbury	CT	2:22:07	2:23:06
371	40/46	581	John Sindel	47	M	Redding	CT	2:22:19	2:23:07
372	5/6	405	Polly Edwards	60	F	Easton	CT	2:23:27	2:23:29
373	38/43	393	Bernie Sezon	53	M	Easton	CT	2:23:26	2:23:29
374	20/26	295	Karla Frisenda	29	F	Hopewell Junctio	NY	2:23:27	2:23:44
375	21/36	368	Lisa Pretak	52	F	New Hartford	CT	2:22:45	2:23:45
376	9/15	534	Rick Dewitt	57	M	Bethel	CT	2:22:41	2:23:46
377	33/45	558	Susan Bard	48	F	Redding	CT	2:23:41	2:23:49
378	23/36	222	Jennifer Maksymiw	32	F	Plainville	CT	2:23:36	2:24:18
379	34/45	95	Sue Meyer	47	F	Hornell	NY	2:23:29	2:24:27
380	35/45	362	Shira Flowers	48	F	Simsbury	CT	2:23:58	2:24:36
381	38/52	615	Hilary Devries	36	F	Danbury	CT	2:23:39	2:24:36
382	24/36	417	Emily Albarillo	33	F	Brooklyn	NY	2:24:50	2:25:13
383	36/45	569	Pamela Greenblatt	45	F	Danbury	CT	2:24:32	2:25:23
384	46/68	656	Kelly Kazup	42	F	Hopewell Junctio	NY	2:25:20	2:25:24
385	39/43	690	Robert Abriola	50	M	Norwalk	CT	2:23:57	2:25:24
386	22/36	130	Marge Maida Heminway	52	F	Ridgefield	CT	2:24:49	2:25:34
387	21/26	105	Mary-Kate Casey	28	F	Milford	CT	2:24:49	2:25:36
388	47/68	191	Rita Wilker	44	F	Norwalk	CT	2:25:32	2:25:38
389	23/36	217	Lynne Briody	51	F	Ridgefield	CT	2:25:31	2:25:45
390	39/52	311	Rebecca Merz	37	F	Granby	CT	2:24:58	2:25:54
391	48/68	102	Dianna Manger	43	F	Redding	CT	2:25:19	2:26:09
392	49/68	231	Christine Simon	40	F	Stratford	CT	2:25:28	2:26:24
393	50/68	607	Ann Marie Meehan	42	F	Sandy Hook	CT	2:26:30	2:26:47
394	10/15	456	William Urban	55	M	Redding	CT	2:25:44	2:27:00
395	3/3	631	Bryan Urban	22	M	Redding	CT	2:25:44	2:27:00
396	24/36	267	Darlene Fox	54	F	Warwick	RI	2:26:13	2:27:05
397	22/26	397	Katie Thompson	26	F	Milford	CT	2:26:28	2:27:22
398	25/36	327	Jacqueline Dimeglio	31	F	Bridgeport	CT	2:26:41	2:27:27
399	33/36	387	Adam Fleisher	44	M	Glastonbury	CT	2:26:57	2:27:35
400	8/11	500	George Yurchishin	62	M	Danbury	CT	2:27:21	2:27:36

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 3, 2015
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
401	51/68	318	Catherine East	41	F	Norwalk	CT	2:27:30	2:27:36
402	12/18	339	Arielle Berger	24	F	New York	NY	2:27:47	2:27:58
403	13/18	557	Brittany Fitzgerald	24	F	Ridgefield	CT	2:27:18	2:28:03
404	23/26	505	Erin Bernard	28	F	Greenfield	MA	2:27:17	2:28:03
405	40/52	1	Kelly Yontef	35	F	Hamden	CT	2:27:24	2:28:18
406	1/1	85	Evan Meyer	14	M	Hornell	NY	2:27:21	2:28:18
407	26/36	261	Jennifer Pope	34	F	Hamden	CT	2:27:24	2:28:18
408	52/68	209	Kimberly Jude	44	F	Ridge Field	CT	2:28:22	2:28:36
409	9/11	148	Ward Carpenter	62	M	Ridgefield	CT	2:28:01	2:28:42
410	25/36	535	Wendy Thompson	50	F	Trumbull	CT	2:28:51	2:28:54
411	11/15	338	Ken Berger	57	M	Fairfield	CT	2:28:53	2:29:03
412	14/18	660	Victoria Elias	20	F	San Rafael	CA	2:29:06	2:29:18
413	15/18	661	Barbara Lucas	22	F	Woodbury	NJ	2:29:08	2:29:20
414	41/46	70	Brian Kelly	47	M	Lisbon	CT	2:27:47	2:29:23
415	27/36	153	Rebecca Caliendo	31	F	Brooklyn	NY	2:28:31	2:29:31
416	28/36	292	Becky Hayes	34	F	East Granby	CT	2:29:09	2:30:03
417	53/68	119	Jennifer Eiseman	44	F	North Bergen	NJ	2:29:25	2:30:07
418	12/15	224	Tony Rivadeneyra	56	M	Danbury	CT	2:29:51	2:30:09
419	42/46	81	Robert Sickinger	46	M	Redding	CT	2:28:49	2:30:10
420	16/18	344	Kelsey Durels	24	F	Wilton	CT	2:28:54	2:30:11
421	37/45	717	Jo Blackmore	45	F	Amenia	NY	2:29:38	2:30:36
422	8/16	629	Jojo Moore	58	F	Litchfield	CT	2:29:29	2:30:36
423	54/68	84	Tammy Raiano	43	F	New Fairfield	CT	2:30:27	2:30:38
424	38/45	197	Krystyna Galipeau	49	F	Montgomery	MA	2:29:25	2:30:44
425	9/16	620	Anda Cumings	58	F	Redding	CT	2:30:16	2:30:57
426	55/68	571	Melissa Pavlovich	42	F	West Hartford	CT	2:31:30	2:31:44
427	21/21	519	Sachin Munje	37	M	Stamford	CT	2:31:46	2:31:49
428	39/45	697	Christine Hooper-O'su	45	F	Wilton	CT	2:30:48	2:31:50
429	10/16	550	Georgia Panagopoulos	56	F	Westerly	RI	2:31:36	2:31:51
430	41/52	544	Iliana Zuniga	38	F	Norwalk	CT	2:31:44	2:32:04
431	40/45	473	Helen Stringham	49	F	Sandisfield	MA	2:31:03	2:32:05
432	56/68	475	Charity Garde	40	F	Torrington	CT	2:31:03	2:32:05
433	57/68	254	Joanne Volovski	44	F	Harwinton	CT	2:31:06	2:32:07
434	26/36	634	Mary Fitzgerald	50	F	Rocky Hill	CT	2:31:38	2:32:08
435	13/15	175	Richard Christ	59	M	Wethersfield	CT	2:32:09	2:32:12
436	41/45	683	Kendall Atterbury	46	F	Mount Kisco	NY	2:32:32	2:32:36
437	42/52	182	Amy Cooper	36	F	Southington	CT	2:31:56	2:33:10
438	27/36	72	Debra Majeske	50	F	Litchfield	CT	2:32:21	2:33:21
439	6/6	335	Alice Avery	64	F	Bethel	CT	2:34:00	2:34:15
440	58/68	682	Brenda Young	42	F	Stamford	CT	2:33:33	2:34:16
441	28/36	331	Josephine Simko	51	F	Bethel	CT	2:33:43	2:34:22
442	29/36	243	Erin Durkin	33	F	Mullica Hill	NJ	2:34:18	2:34:34
443	30/36	149	Lauryn Blakesley	34	F	Wrentham	MA	2:34:18	2:34:34
444	11/16	528	Kathleen Christ	58	F	Wethersfield	CT	2:34:41	2:34:44
445	15/17	419	Robert Pezzulo	32	M	West Hartford	CT	2:34:24	2:34:51
446	29/36	496	Wendy Phaff	51	F	Briarwood	NY	2:34:50	2:35:01
447	43/52	501	Kelly Dincio	38	F	Lynbrook	NY	2:34:50	2:35:02
448	42/45	518	Cate Brainard	48	F	Bethel	CT	2:34:14	2:35:07
449	31/36	689	Meredith Deckert	31	F	Mount Pleasant	SC	2:34:27	2:35:36
450	17/18	688	Kelsie Lindgren	23	F	Mount Pleasant	SC	2:34:27	2:35:36

REDDING ROAD RACES HALF MARATHON
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
451	34/36	694	Christopher Cole	44	M	Watertown	CT	2:35:35	2:35:40
452	59/68	9	Victoria Hodge	40	F	Oakville	CT	2:34:57	2:36:03
453	44/52	666	Melissa Daiello	36	F	South Windsor	CT	2:35:07	2:36:03
454	24/26	424	Carolyn Kurz	25	F	East Lyme	CT	2:35:25	2:36:04
455	32/36	692	Sarah Adams	33	F	Bristol	CT	2:37:36	2:37:44
456	45/52	52	Danielle Visconti	36	F	Stratford	CT	2:36:34	2:37:45
457	33/36	333	Amy Zvovushe-Ramos	33	F	Monroe	CT	2:36:54	2:37:48
458	40/43	290	Mike McEvoy	50	M	Monroe	CT	2:37:53	2:38:01
459	46/52	439	Tammy Liu-Haller	39	F	Greenville	NY	2:37:57	2:38:17
460	34/36	543	Jessica Liu	33	F	Saugerties	NY	2:37:58	2:38:17
461	16/17	700	Samuel Junno	31	M	Milford	CT	2:37:37	2:38:24
462	35/36	404	Daniel Tarabocchia	44	M	Woodcliff Lake	NJ	2:38:16	2:38:25
463	17/17	626	Graham Jarry	30	M	Wethersfield	CT	2:37:54	2:38:27
464	3/3	705	Stephen Grathwohl	67	M	Fairfield	CT	2:38:27	2:38:29
465	60/68	233	Sarah White	41	F	Bristol	E	2:39:34	2:39:44
466	12/16	125	Phyllis Kozlowski	59	F	New Fairfield	CT	2:40:45	2:40:44
467	61/68	147	Suzanne Rinaldi	41	F	Goshen	CT	2:40:48	2:40:59
468	10/10	396	Dan Carr	26	M	Milford	CT	2:40:17	2:41:11
469	43/45	516	Rhonda Lord	45	F	Naugatuck	CT	2:40:43	2:41:38
470	35/36	244	Jenna Tait	30	F	Montauk	NY	2:42:12	2:42:12
471	1/2	567	Ingrid Chorchos	68	F	West Hartford	CT	2:42:19	2:42:34
472	10/11	256	Bruce Grisafe	61	M	Salem	CT	2:41:26	2:42:36
473	13/16	55	M. Colleen Goble	59	F	Easton	CT	2:43:06	2:43:20
474	30/36	314	Kim Marshall	52	F	Ridgefield	CT	2:43:20	2:43:22
475	62/68	258	Karen Stuttard	41	F	Oriskany Falls	NY	2:43:56	2:44:09
476	43/46	260	Benjamin Stuttard	45	M	Oriskany Falls	NY	2:43:56	2:44:09
477	63/68	42	Faith Ficarra	41	F	New Fairfield	CT	2:44:10	2:44:19
478	41/43	255	Thomas Auray	51	M	Easton	CT	2:43:45	2:44:45
479	2/2	559	Donna Cramond	65	F	Monroe	CT	2:43:56	2:44:55
480	25/26	619	Lisa Dondiego	26	F	East Lyme	CT	2:44:45	2:45:44
481	14/15	83	John Meyer	55	M	Hornell	NY	2:44:54	2:45:51
482	31/36	214	Judy Litt	53	F	Latham	NY	2:46:15	2:46:21
483	64/68	521	April Prior	41	F	Ludlow	MA	2:46:17	2:47:20
484	32/36	509	Beth Munnelly	53	F	Ridgefield	CT	2:47:43	2:47:45
485	42/43	633	Mark Kratter	51	M	Norwalk	CT	2:47:42	2:47:49
486	65/68	242	Chrissy Pakutka	43	F	Farmington	CT	2:48:48	2:48:57
487	44/46	69	Brett Edmond	45	M	Lisbon	CT	2:47:36	2:49:03
488	36/36	317	Sean Rayball	40	M	Cheshire	CT	2:48:57	2:49:29
489	36/36	556	Crystal Zamfino	32	F	Stratford	CT	2:48:34	2:49:44
490	43/43	94	Gregory Meyer	51	M	Hornell	NY	2:49:18	2:50:16
491	47/52	537	Sarah Poole	37	F	Quincy	MA	2:55:09	2:56:21
492	45/46	355	Garth Anderson	49	M	Waterford	CT	2:55:20	2:56:21
493	48/52	309	Ruth Jones	37	F	Arlington	VT	2:58:19	2:58:24
494	46/46	718	David Walker	47	M	Salt Point	NY	2:59:33	2:59:36
495	44/45	80	Danielle Borgo	45	F	North Babylon	NY	2:59:54	3:00:02
496	26/26	313	Elizabeth Hackley	28	F	Branford	CT	2:59:56	3:00:08
497	18/18	296	Hillary Clifton	24	F	Killingworth	CT	2:59:56	3:00:08
498	66/68	249	Brooke Farrington	42	F	Rye	NY	2:59:03	3:00:15
499	67/68	508	Rebecca Chirevas	40	F	Bronxville	NY	3:00:11	3:00:19
500	49/52	647	Kimberly Baldwin	39	F	Bennington	VT	3:00:29	3:00:35

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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
501	50/52	234	Erica Mauro	38	F	Redding	CT	3:01:06	3:01:23
502	51/52	579	Donna Tesar	35	F	New Fairfield	CT	3:02:13	3:02:22
503	33/36	612	Darcy McCourt	54	F	Poughkeepsie	NY	3:02:40	3:02:48
504	52/52	640	Amy Herrmann	39	F	Manchester Cente	VT	3:03:25	3:03:31
505	11/11	483	Karl Eilers	62	M	Danbury	CT	3:06:15	3:06:22
506	68/68	498	Jennifer Chabus	41	F	Long Beach	NY	3:12:06	3:12:16
507	34/36	610	Kathleen Roche	51	F	Woodbury	CT	3:14:08	3:14:14
508	14/16	479	Nancy Harris	58	F	Darien	CT	3:19:09	3:19:23
509	15/15	478	James Bennett	59	M	Clifton	VA	3:19:09	3:19:23
510	15/16	246	Debbie Meszaros	58	F	Oxford	CT	3:27:15	3:27:24
511	35/36	142	Judi Silliere	54	F	Wilton	CT	3:28:45	3:28:57
512	36/36	611	Sue Meadows	53	F	Meriden	CT	3:32:01	3:32:14
513	16/16	394	Kathy Otzel	59	F	Lewisburg	PA	3:45:32	3:45:41
514	45/45	462	Bethann Thompson	45	F	North Stonington	CT	3:45:32	3:45:42

4. NOTE FROM LIZ CAMPBELL, HALF MARATHON OVERALL CHAMPION

I'll never forget this year's Redding Half Marathon. It was magical, and by no means was it easy or painless. In fact, this year felt the hardest for me out of all three and I guess that's what makes it more special. Nothing in life is more satisfying than accomplishing something that, at the time, may feel impossible. My legs actually still hurt quite a bit, which makes me feel like I'm getting old. I think what makes this year most memorable was the overwhelming support, energy, and love I felt from the minute I parked at New Pond Farm that morning. I got to accomplish something I never thought I could do with amazing people like John, Marty, my boyfriend, and the plethora of incredible people that I've had the pleasure of meeting and running with the past three years I have been competing in Connecticut.

When I crossed the finish line, the first person who hugged and kissed me was my coworker, Day DeRosa, who ironically was the man who motivated me to sign up for my first half marathon in 2013. And of course that half marathon was the Redding Road Race! It's people like Day who make me realize how wonderful runners are and how much I treasure the friendships I have made in this running community. John, thank you for putting together another awesome event that I will

definitely never forget. Another thanks to Marty, the greatest cyclist out there on the course. And lastly, thanks and congratulations to all of the amazing people who ran, cheered, and volunteered at this event to make it as incredible as it was! I feel truly thankful and so blessed. Keep calm and run on, everybody!

Liz



5. NOTE FROM TYLER SILVERMAN, MENS HALF MARATHON CHAMPION

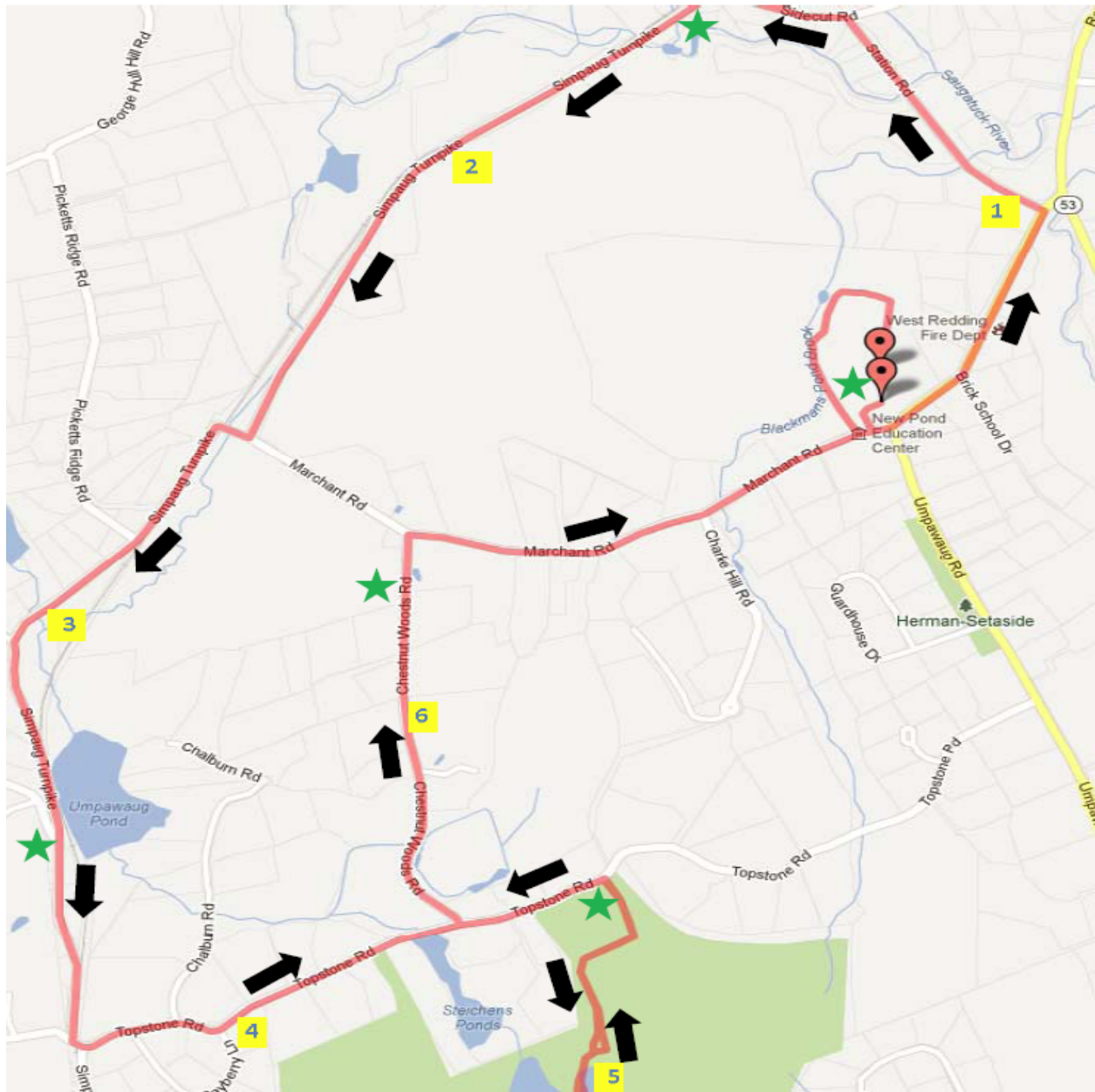
I first did this race last year because it was in my hometown. I love being able to support Newpond Farm where I volunteered when I was four years old. I came back this year because of the great organization, amazing volunteers, and awesome prizes. This race has the best porta-potty to runner ratio I have ever seen.

As long as my schedule permits, I will be back next year to run the hills of Redding.



1. MAP

REDDING ROAD RACE SEVEN MILE COURSE



AID STATIONS/PORT-O-LETS

2. RESULTS

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REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 3, 2015
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
1	1/10	970	David Hambleton	41	M	Stanfordville	NY	44:49	44:49
2	1/14	834	Joe Kearns	37	M	Tarrytown	NY	45:16	45:17
3	2/10	253	Rick Deitch	43	M	Cambridge	MA	48:36	48:39
4	1/4	927	Mathew Boley	23	M	Stamford	CT	48:58	49:03
5	1/5	899	Luke Peterson	16	M	Fairfield	CT	50:31	50:31
6	2/14	761	James Patts	36	M	Redding	CT	50:33	50:39
7	1/45	1074	Susi Manheimer	35	F	Ridgefield	CT	51:05	51:08
8	2/45	862	Mary Disimone	35	F	Fairfield	CT	51:17	51:19
9	1/42	1073	Tara Allen	42	F	Greenwich	CT	52:17	52:20
10	3/45	118	Meghan Troy	38	F	Ridgefield	CT	52:25	52:31
11	1/32	67	Sara Fucci	34	F	New Haven	CT	53:32	53:41
12	1/13	896	Ed Freeland	53	M	Trumbull	CT	54:22	54:24
13	2/5	301	Steve Fillpakos	18	M	Redding	CT	54:32	54:33
14	3/5	942	Sean McHale	13	M	Redding	CT	54:36	54:38
15	1/6	1061	Ryan Lynn	32	M	Norwalk	CT	53:53	54:57
16	1/15	1035	Elizabeth Damm	28	F	Fairfield	CT	54:49	55:17
17	2/32	806	Rebecca Brindley	34	F	New Canaan	CT	55:27	55:32
18	4/45	266	Rebecca Sterling	38	F	Greenwich	CT	56:01	56:02
19	2/13	961	Brad Bottger	53	M	Redding	CT	56:21	56:23
20	1/51	747	Debby Valin	47	F	Woodbridge	CT	56:41	56:44
21	3/14	1001	Sam Brindley	36	M	New Canaan	CT	56:41	56:46
22	2/42	842	Barbara Vanmoerkerque	43	F	Middletown	CT	56:55	56:56
23	3/42	769	Heidi Marcus	40	F	Ridgefield	CT	57:05	57:11
24	4/5	585	Dylan Olson	18	M	Bethel	CT	57:22	57:23
25	3/32	1016	Lindsey Paola	32	F	Redding	CT	57:31	57:38
26	4/32	783	Kate Fitzpatrick	31	F	Bridgeport	CT	57:35	57:42
27	1/15	1100	Eric Goldstein	49	M	Redding	CT	57:40	57:47
28	2/51	734	Lisa Goldstein	45	F	Redding	CT	57:40	57:47
29	5/45	1088	Kristin Partenza	37	F	Wilton	CT	57:33	57:52
30	6/45	948	Jessica Trichilo	37	F	Wilton	CT	57:30	57:55
31	4/42	1029	Nancy Lovas	43	F	East Norwalk	CT	57:55	58:01
32	1/2	931	Gabby Yablonski	16	F	Katonah	NY	58:13	58:15
33	1/29	843	Louise Schneider	51	F	Danbury	CT	58:45	58:48
34	7/45	538	Chrissy Colsey	39	F	Ridgefield	CT	59:14	59:20
35	4/14	1034	Kieran Bent	35	M	Stamford	CT	59:48	59:58
36	2/29	874	Cathy Satz	52	F	Stamford	CT	59:56	1:00:00
37	2/15	800	Jaime Ryskowski	26	F	New London	CT	59:58	1:00:07
38	5/32	1038	Jenn Cutler	34	F	Redding	CT	59:53	1:00:17
39	2/6	273	Jeff Bishop	34	M	Southbury	CT	1:00:09	1:00:21
40	5/14	780	Anthony Buonicore	36	M	Easton	CT	1:00:10	1:00:28
41	6/14	641	Timothy McLaughlin	37	M	Wilton	CT	59:28	1:00:33
42	1/11	749	Dana Taylor	59	M	Redding	CT	1:00:12	1:00:39
43	3/51	764	Cristina Lombardozzi	45	F	Ridgefield	CT	1:00:36	1:00:59
44	1/15	1081	Cathy King	55	F	Manchester	CT	1:00:51	1:01:00
45	5/42	724	Mandy McDonnell	43	F	Fairfield	CT	1:00:58	1:01:08
46	2/15	920	Stephen McDonnell	46	M	Fairfield	CT	1:01:00	1:01:09
47	6/32	819	Renee Gross	30	F	New Haven	CT	1:01:11	1:01:14
48	2/11	980	William Damm	59	M	Fairfield	CT	1:00:59	1:01:29
49	1/10	1050	Hannah Quesnell	23	F	Ridgefield	CT	1:00:51	1:01:33
50	6/42	669	Caroline Lippke-Danko	44	F	Ridgefield	CT	1:01:31	1:01:41

REDDING ROAD RACES 7 MILE
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
51	3/11	995	Karl Pelikan	55	M	Bethel	CT	1:01:40	1:01:47
52	2/4	733	Robbie Frierson	20	M	Redding	CT	1:01:38	1:01:49
53	2/15	1063	Julie Lynn	59	F	Norwalk	CT	1:01:54	1:02:02
54	4/11	978	Paul Hirsch	55	M	Redding	CT	1:01:49	1:02:09
55	7/42	936	Rachel Haber	40	F	Weston	CT	1:01:52	1:02:14
56	3/13	983	John Freeman	50	M	Redding	CT	1:01:54	1:02:20
57	4/51	775	Lauren McGeary	47	F	Ridgefield	CT	1:02:18	1:02:41
58	5/51	934	Alison Pratt	45	F	Ridgefield	CT	1:02:17	1:02:42
59	8/45	551	Whitney Vitti	37	F	Bethel	CT	1:02:23	1:02:44
60	9/45	16	Amy Mannion	39	F	Bethel	CT	1:02:23	1:02:44
61	10/45	778	Sarah Bourdeau	38	F	Milford	CT	1:02:46	1:02:50
62	3/10	881	Richard Sweeney	43	M	Ridgefield	CT	1:02:23	1:02:52
63	11/45	1044	Amanda Coppola	36	F	Trumbull	CT	1:02:45	1:02:54
64	8/42	1099	Jennifer Kirsch	44	F	Ridgefield	CT	1:02:42	1:03:08
65	3/15	26	John Reed	46	M	Sandy Hook	CT	1:02:39	1:03:12
66	4/15	438	Michael Leckie	49	M	Ridgefield	CT	1:02:54	1:03:18
67	6/51	1051	Sarah Simmons	49	F	Wilton	CT	1:03:23	1:03:29
68	9/42	829	Robin Damato	44	F	Milford	CT	1:03:34	1:03:37
69	12/45	503	Lauren Jacobi	39	F	Cambridge	MA	1:03:42	1:03:59
70	5/11	1024	Robert Menegay	58	M	Easton	CT	1:03:38	1:04:00
71	5/15	1078	Adam Gaber	48	M	Monroe	CT	1:04:03	1:04:09
72	10/42	1025	Kristin Overton	42	F	Middletown	CT	1:04:03	1:04:11
73	3/15	616	Jeanne Bartkus	56	F	Bridgewater	CT	1:03:38	1:04:20
74	7/51	1027	Terri Carta	49	F	Middletown	CT	1:04:16	1:04:23
75	13/45	797	Kristy Liesegang	39	F	Ridgefield	CT	1:04:31	1:04:34
76	1/8	898	Ed Peterson	60	M	Fairfield	CT	1:04:43	1:04:53
77	4/15	121	Katherine Stallfort	55	F	Wilton	CT	1:04:50	1:05:05
78	8/51	48	Stacy Levy	47	F	Wilton	CT	1:04:50	1:05:05
79	4/13	1084	Jerry De La Rosa	52	M	Waterbury	CT	1:04:27	1:05:08
80	7/14	92	Keith Baldwin	37	M	Arlington	VA	1:04:50	1:05:08
81	1/5	1093	John C Szantyr	65	M	Stratford	CT	1:04:51	1:05:14
82	7/32	1060	Ashley Lynn	31	F	Norwalk	CT	1:04:28	1:05:19
83	8/32	1062	Taylor Lynn	31	F	Norwalk	CT	1:04:28	1:05:19
84	2/8	754	Gary Malbin	60	M	Redding	CT	1:04:42	1:05:26
85	4/10	1040	Stuart Green	43	M	Naugatuck	CT	1:04:52	1:05:34
86	9/51	815	Kim Petruska	49	F	Brookfield	CT	1:05:32	1:05:46
87	3/15	493	Laura Shaw	26	F	New York	NY	1:05:35	1:05:55
88	2/10	21	Heather Sabino	22	F	Wilton	CT	1:05:43	1:05:55
89	10/51	839	Margaret Salmore	46	F	Ridgefield	CT	1:05:46	1:06:01
90	1/4	492	Richard Shaw	25	M	New York	NY	1:05:52	1:06:13
91	11/51	1052	Karen Seelert	45	F	Wilton	CT	1:05:55	1:06:13
92	6/15	869	Bill McCarthy	47	M	Sandy Hook	CT	1:06:06	1:06:16
93	9/32	1091	Michelle Dailey	32	F	Hanover	MA	1:05:34	1:06:23
94	7/15	1021	Michael Minutillo	48	M	Waterbury	CT	1:06:20	1:06:28
95	2/4	1047	Ryan Beaudry	29	M	Danbury	CT	1:05:53	1:06:29
96	11/42	1077	Miriam Cope	42	F	West Hartford	CT	1:06:18	1:06:36
97	6/11	966	Jack Weber	55	M	Newtown	CT	1:06:22	1:06:40
98	12/42	1070	Erika Mirwald	44	F	Easton	CT	1:06:06	1:06:40
99	5/13	996	Scott Sennett	51	M	Redding	CT	1:06:38	1:06:46
100	3/8	960	Brian Meehl	62	M	Redding	CT	1:06:04	1:06:48

REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 3, 2015
 Timing by: StartLine Race Services

Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
101	14/45	904	Mary Welander	36	F	Orange	CT	1:06:42	1:06:49
102	15/45	723	Monica Lederman	38	F	Redding	CT	1:06:49	1:06:51
103	8/14	912	Scott Capozza	38	M	Oxford	CT	1:06:02	1:06:52
104	7/11	128	Lorenzo Denino	56	M	Longboat Key	FL	1:06:16	1:06:55
105	12/51	748	Kathy Pesce	45	F	Ridgefield	CT	1:06:16	1:06:55
106	8/11	420	Dave Beem	56	M	Easton	CT	1:06:10	1:06:57
107	8/15	771	Andrew Lombardozzi	48	M	Ridgefield	CT	1:06:43	1:07:05
108	10/32	37	Kristen White	34	F	Ridgefield	CT	1:06:25	1:07:10
109	16/45	1076	April Lionberger	38	F	Glastonbury	CT	1:06:16	1:07:12
110	4/8	803	Joe Gelb	61	M	Milford	CT	1:07:39	1:07:44
111	3/29	1085	Mimi De La Rosa	54	F	Waterbury	CT	1:07:18	1:07:59
112	4/15	949	Allison Mangles	29	F	Hamden	CT	1:07:29	1:08:00
113	1/3	732	Janet Levy	61	F	Chappaqua	NY	1:08:12	1:08:23
114	4/29	964	Sandra Yabonski	51	F	Katonah	NY	1:08:23	1:08:25
115	13/51	1011	Anne Gannon	48	F	Farmington	CT	1:08:05	1:08:33
116	9/14	1042	Bill Stewart	38	M	Sandy Hook	CT	1:07:58	1:08:37
117	3/6	1005	Michael Jordan	34	M	Norwalk	CT	1:08:19	1:08:49
118	3/10	1090	Laura O'Reilly	23	F	Stamford	CT	1:08:41	1:08:54
119	13/42	790	Ellen Meyst	43	F	Danbury	CT	1:08:41	1:08:59
120	5/15	768	Megan Jones	26	F	Danbury	CT	1:08:13	1:09:00
121	5/29	935	Anne Havey	50	F	Cornwall On Huds	NY	1:08:59	1:09:14
122	14/51	817	Laura Schechter	48	F	Danbury	CT	1:08:50	1:09:17
123	17/45	729	Brittany Cates	35	F	New Haven	CT	1:08:59	1:09:24
124	15/51	1000	Carolyn Reed	47	F	Sandy Hook	CT	1:08:55	1:09:28
125	3/4	1048	Scott Loftus	27	M	Danbury	CT	1:08:53	1:09:34
126	4/6	821	Johnny Lo	31	M	Redding	CT	1:09:10	1:09:43
127	6/29	950	Elizabeth Sager	53	F	Redding	CT	1:09:27	1:09:54
128	14/42	793	Renee Rafferty	42	F	Wilton	CT	1:09:28	1:09:56
129	6/15	176	Ryan Virginia Donahue	26	F	Stamford	CT	1:09:20	1:10:02
130	11/32	392	Megan Hauck	33	F	Stamford	NY	1:10:03	1:10:17
131	12/32	236	Melanie Ruggieri	32	F	Southport	CT	1:10:04	1:10:17
132	5/10	444	Robert Valinsky	42	M	Fairfield	CT	1:10:16	1:10:19
133	5/6	926	Gaetano Vitiello	30	M	Yonkers	NY	1:09:39	1:10:33
134	7/15	1087	Marissa Paragano	27	F	Millburn	NJ	1:09:48	1:10:39
135	6/13	746	John Zahner	52	M	Danbury	CT	1:10:26	1:10:47
136	4/10	913	Mary Frostick	24	F	Westport	CT	1:10:44	1:10:54
137	18/45	1039	Michelle Zuscin	39	F	Oxford	CT	1:10:14	1:10:56
138	15/42	824	Monica McMullan	40	F	Southport	CT	1:10:29	1:10:59
139	19/45	841	Maureen Dowd	36	F	Hoboken	NJ	1:10:04	1:11:03
140	9/15	999	Greg Kalt	45	M	Stamford	CA	1:10:19	1:11:05
141	20/45	781	Karlen Shupp	38	F	Oxford	CT	1:10:55	1:11:06
142	6/10	782	Pete Shupp	41	M	Oxford	CT	1:10:55	1:11:07
143	10/15	998	Dan Miles	49	M	Weston	CT	1:11:19	1:11:24
144	16/42	840	Amy Betz	44	F	Bethel	CT	1:10:54	1:11:24
145	16/51	993	Ann Marie Miles	48	F	Weston	CT	1:11:19	1:11:24
146	17/51	54	Patricia Keim	46	F	Redding	CT	1:10:38	1:11:31
147	7/29	436	Jeanette Trujillo	53	F	Norwalk	CT	1:11:09	1:11:35
148	18/51	975	Jill Bornstein	47	F	Ridgefield	CT	1:11:25	1:11:41
149	11/15	854	Jon Dupree	45	M	Danbury	CT	1:11:27	1:11:46
150	13/32	1030	Natalie Hodges	34	F	North Haven	CT	1:11:28	1:11:52

REDDING ROAD RACES 7 MILE
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
151	14/32	1013	Melissa Tobias	30	F	New Haven	CT	1:11:28	1:11:53
152	17/42	259	Jennifer Caron	43	F	Ridgefield	CT	1:11:13	1:11:57
153	19/51	1018	Nerina Whittaker	45	F	Lisbon	CT	1:11:32	1:12:10
154	15/32	1055	Rachel MacDonald	30	F	Norwalk	CT	1:11:35	1:12:11
155	18/42	845	Allison Lisbon	41	F	Weston	CT	1:11:20	1:12:20
156	5/10	1065	Amanda Bolbotowski	24	F	Stratford	CT	1:11:51	1:12:26
157	3/4	794	Jon Sevilla	24	M	West Hartford	CT	1:11:36	1:12:29
158	16/32	849	Nicole Gilbert	31	F	Manchester	CT	1:12:05	1:12:41
159	21/45	992	Tara Sanft Khan	38	F	Easton	CT	1:11:54	1:12:44
160	19/42	745	Nora Zahner	44	F	Danbury	CT	1:12:49	1:13:10
161	17/32	1053	Diana De Cicco	31	F	Norwalk	CT	1:12:34	1:13:10
162	2/3	752	Pamela Rybarczyk	62	F	Redding	CT	1:12:18	1:13:14
163	20/42	774	Kari Bley	40	F	Westport	CT	1:12:32	1:13:32
164	22/45	787	Jennifer Burke	36	F	Trumbull	CT	1:12:35	1:13:33
165	21/42	851	Sue Pratt	44	F	Ridgefield	CT	1:13:09	1:13:39
166	22/42	808	Lori Falcone	41	F	Stamford	CT	1:13:00	1:13:51
167	23/42	1033	Michelle Wisniewski	43	F	Ridgefield	CT	1:13:42	1:14:10
168	20/51	468	Kathy Panageas	45	F	Ridgefield	CT	1:13:58	1:14:13
169	21/51	280	Katherine Smith	46	F	Ridgefield	DC	1:13:58	1:14:13
170	23/45	784	Rachel Marino	35	F	Ridgefield	CT	1:13:36	1:14:14
171	24/45	997	Maeve Bremner	39	F	Redding	CT	1:13:13	1:14:14
172	22/51	952	Lili Schroppe	46	F	Ridgefield	CT	1:13:47	1:14:25
173	23/51	943	Michelle Deane	47	F	Ridgefield	CT	1:13:40	1:14:26
174	25/45	252	Melissa Iacovacci	36	F	Norwalk	CT	1:13:43	1:14:29
175	18/32	1071	Stephanie Helstroffer	32	F	West Hartford	CT	1:13:49	1:14:37
176	19/32	823	Courtney Maxfield	34	F	Wilton	CT	1:14:13	1:14:45
177	8/15	921	Jessie Dillon	29	F	New Milford	CT	1:13:56	1:14:45
178	8/29	719	Florisa Zinghini	51	F	Redding	CT	1:14:22	1:14:47
179	1/1	890	Stephanie D'Orso	12	F	Ridgefield	CT	1:14:15	1:14:54
180	20/32	271	Kim Hillyer	34	F	Sandy Hook	CT	1:14:25	1:15:08
181	26/45	917	Sandra Leonard	37	F	Bethel	CT	1:14:50	1:15:08
182	10/14	919	Brian Leonard	37	M	Bethel	CT	1:14:49	1:15:09
183	9/11	751	Jason Zweig	55	M	Sherman	CT	1:14:21	1:15:09
184	2/2	750	Nina Zweig	18	F	Sherman	CT	1:14:22	1:15:10
185	24/51	739	Jane Mannal	46	F	Bedford	NY	1:14:29	1:15:12
186	25/51	23	Eve Donovan	45	F	Wilton	CT	1:14:50	1:15:15
187	27/45	64	Jennifer Diagonale	39	F	Wilton	CT	1:14:53	1:15:17
188	28/45	861	Kaley Finegan	36	F	Fairfield	CT	1:14:29	1:15:24
189	5/15	159	Trish Carroll	56	F	Darien	CT	1:14:19	1:15:24
190	24/42	1031	Allison Kelm	40	F	Bethel	CT	1:14:28	1:15:25
191	9/15	601	Danica Daly	29	F	Ridgefield	CT	1:15:12	1:15:34
192	25/42	907	Kristen Bishop	44	F	Ridgefield	CT	1:15:03	1:15:37
193	29/45	987	Laura Matefy	35	F	Fairfield	CT	1:14:44	1:15:42
194	7/13	53	Oliver North	53	M	Redding	CT	1:14:47	1:15:43
195	9/29	981	Erin Whittaker	52	F	Norwich	CT	1:15:09	1:15:45
196	26/42	1009	Michelle Foye	43	F	Danbury	CT	1:15:26	1:16:09
197	27/42	922	Tara Matzan-Fried	40	F	Ossining	NY	1:15:28	1:16:15
198	8/13	1032	Thomas Kelm	52	M	Bethel	CT	1:15:20	1:16:17
199	21/32	860	Lily Acheychk	34	F	Wallingford	CT	1:15:47	1:16:19
200	10/29	954	Diane Perillo	51	F	Danbury	CT	1:15:37	1:16:21

REDDING ROAD RACES 7 MILE
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
201	10/15	796	Christina Hupfer	29	F	Winsted	CT	1:16:06	1:16:25
202	11/29	880	Anne Quesnell	52	F	Ridgefield	CT	1:16:04	1:16:44
203	11/14	39	Joseph Schafer	39	M	New York	NY	1:16:04	1:17:05
204	9/13	831	David Stack	52	M	Stamford	CT	1:16:05	1:17:07
205	26/51	990	Colleen Meloro	49	F	Chester	NJ	1:16:55	1:17:10
206	28/42	2	Deanna Wolff	42	F	Redding	CT	1:17:16	1:17:21
207	29/42	858	Justine Block	42	F	Ridgefield	CT	1:16:46	1:17:26
208	10/13	951	Dave Brown	52	M	Ridgefield	CT	1:16:34	1:17:27
209	12/29	736	Elizabeth Cox	52	F	Redding	CT	1:16:31	1:17:32
210	7/10	1056	Lance Hertzbach	40	M	Norwalk	CT	1:16:57	1:17:36
211	30/45	911	Cindy Mercede	38	F	New Canaan	CT	1:17:14	1:17:43
212	12/15	776	Jim Pratt	45	M	Ridgefield	CT	1:17:20	1:17:51
213	11/15	814	Jennifer Sullivan	27	F	Danbury	CT	1:16:56	1:17:51
214	30/42	885	Sharon D'Orso	44	F	Ridgefield	CT	1:17:15	1:17:54
215	13/29	924	Christina Gelb	50	F	Milford	CT	1:17:52	1:17:56
216	14/29	744	Jodi Blumenfeld	51	F	Redding	CT	1:17:44	1:17:58
217	27/51	199	Brenda Scully	45	F	Bristol	CT	1:17:45	1:17:59
218	28/51	449	Betsy Fitzpatrick	48	F	Ridgefield	CT	1:17:49	1:18:06
219	29/51	763	Rachel Tressy	45	F	Weatogue	CT	1:17:29	1:18:15
220	30/51	766	Laura McDonnell	47	F	Avon	CT	1:17:29	1:18:15
221	8/10	903	Mark Castiglione	44	M	New Canaan	CT	1:17:51	1:18:19
222	9/10	868	David Rovere	44	M	Wilton	CT	1:17:26	1:18:23
223	10/10	1082	John Torry	44	M	Midland Park	NJ	1:17:27	1:18:24
224	31/51	46	Cathy Ann Drury	46	F	Redding	CT	1:18:12	1:18:37
225	1/2	813	Janit Romayko	69	F	East Hartford	CT	1:18:33	1:18:43
226	6/15	756	Doreen Ferrante	58	F	Waterbury	CT	1:17:58	1:18:47
227	22/32	454	Elizabeth Szondy	32	F	Bridgeport	CT	1:18:40	1:18:55
228	32/51	762	Nina Pomeroy	46	F	Wilton	CT	1:18:29	1:18:56
229	5/8	901	Steve Mele	60	M	North Haven	CT	1:18:44	1:18:58
230	23/32	86	Emalee Pierce	32	F	Sandwich	MA	1:18:04	1:19:03
231	15/29	810	Kathy Weiss	50	F	Ridgefield	CT	1:18:39	1:19:14
232	31/42	973	Jennifer Slovinski	44	F	Ridgefield	CT	1:18:30	1:19:17
233	32/42	969	Annette Bonwetsch	43	F	Ridgefield	CT	1:18:32	1:19:18
234	12/14	853	David Smiley	39	M	Sandy Hook	CT	1:18:47	1:19:25
235	13/15	1020	Kevin Whittaker	45	M	Lisbon	CT	1:18:55	1:19:33
236	31/45	721	Sandhya Sridhar	38	F	Newtown	CT	1:19:25	1:19:37
237	24/32	1004	Lindsay George	33	F	Vernon Rockville	CT	1:19:05	1:19:43
238	33/42	1049	Tricia Jansen	44	F	Easton	CT	1:19:17	1:19:52
239	32/45	906	Nicole Kalamaras	37	F	Easton	CT	1:19:17	1:19:52
240	25/32	755	Dottie Areson	34	F	Danbury	CT	1:18:47	1:19:53
241	33/51	122	Julia Pemberton	49	F	Redding	CT	1:19:20	1:20:22
242	12/15	827	Megan Parker	29	F	Stamford	CT	1:19:42	1:20:25
243	34/51	731	Anne Milot	47	F	Ridgefield	CT	1:19:58	1:20:31
244	16/29	876	Mary Henwood-Klotz	51	F	Ridgefield	CT	1:20:07	1:20:41
245	33/45	1041	Susi Costello	36	F	West Redding	CT	1:20:34	1:20:42
246	17/29	1089	Janine Lehr	50	F	Southington	CT	1:20:35	1:20:56
247	34/42	791	Aline Haffner	43	F	Redding	CT	1:20:05	1:20:59
248	14/15	833	Michael Przewlocki	46	M	Bethel	CT	1:20:51	1:21:04
249	26/32	985	Jeannie Goodman	33	F	Milford	CT	1:20:56	1:21:04
250	11/13	986	Christopher Garcia	51	M	Stamford	CT	1:20:56	1:21:09

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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
251	10/11	737	Andrew Mound	55	M	Redding	CT	1:20:09	1:21:09
252	18/29	897	Deborah Glassford	54	F	Fair Lawn	NJ	1:21:17	1:21:33
253	7/15	894	Mary Pronovost	56	F	Easton	CT	1:20:30	1:21:35
254	34/45	977	Christine Franklin	37	F	Redding	CT	1:21:03	1:21:45
255	6/6	1064	Kevin Connaughton	32	M	Norwalk	CT	1:21:21	1:21:59
256	35/42	852	Melissa Dilauro	43	F	Milford	CT	1:21:57	1:22:02
257	27/32	1067	Ellen Frittro	34	F	Norwalk	CT	1:21:27	1:22:04
258	36/42	979	Marie Sheridan	44	F	Arlington	MA	1:21:15	1:22:10
259	37/42	809	Christine Argueta	41	F	Ridgefield	CT	1:21:47	1:22:27
260	13/15	1098	Kristen Essex	25	F	Redding	CT	1:22:07	1:22:33
261	6/8	866	Jay Maguire	61	M	Norwalk	CT	1:22:00	1:22:36
262	6/10	1075	Lindsey Johnston	24	F	Monroe	CT	1:22:23	1:22:44
263	19/29	830	Robin Kearns	51	F	Avon	CT	1:22:19	1:22:52
264	28/32	945	Meghan Crystal	33	F	South Salem	NY	1:22:05	1:22:55
265	20/29	893	Carolyn Capshaw	54	F	Easton	CT	1:22:11	1:23:16
266	35/51	888	Betsy Higgins	46	F	Redding	CT	1:22:16	1:23:17
267	35/45	915	Dawn Jenci	35	F	Milford	CT	1:23:17	1:23:28
268	7/8	79	Paul Carpenter	63	M	Easton	CT	1:22:49	1:23:36
269	36/51	725	Angela Petitti	46	F	Shelton	CT	1:22:50	1:23:43
270	4/4	1097	Matthew Brinkley	25	M	Brooklyn	NY	1:23:18	1:23:44
271	21/29	136	Barbara Mueller-Marqu	50	F	Ridgefield	CT	1:23:00	1:23:44
272	14/15	941	Alysha Ashby	29	F	Newtown	CT	1:23:25	1:23:58
273	37/51	940	Brenda Ashby	48	F	Newtown	CT	1:23:26	1:23:58
274	29/32	372	Lyndsey Gore	34	F	Washington	DC	1:23:50	1:24:06
275	38/42	1003	Julianne Conlon	41	F	Shelton	CT	1:24:05	1:24:16
276	38/51	668	Victoria Dinkel	45	F	Ridgefield	CT	1:24:05	1:24:21
277	39/51	525	Julie Aresco	48	F	Middletown	CT	1:24:50	1:25:04
278	22/29	1086	Beth Lyon	52	F	Groton	CT	1:24:16	1:25:10
279	36/45	1026	Suzen Stewart	39	F	Sandy Hook	CT	1:24:54	1:25:31
280	13/14	1019	Isaac Cymrot	35	M	South Windsor	CT	1:24:33	1:25:31
281	12/13	322	Bill Begg	51	M	Newtown	CT	1:25:22	1:25:34
282	7/10	856	Asha Krista	20	F	Ridgefield	CT	1:25:34	1:25:51
283	40/51	832	Lynda McGoey	47	F	Ridgefield	CT	1:25:24	1:25:52
284	15/15	765	Julia Rosenblum	27	F	New York	NY	1:24:47	1:25:53
285	41/51	962	Carolyn Canavan	47	F	Ridgefield	CT	1:25:02	1:25:55
286	8/15	590	Rebecca Roth	57	F	Stamford	CT	1:25:21	1:26:03
287	8/10	1057	Lindsay Burke	24	F	Norwalk	CT	1:25:04	1:26:03
288	23/29	1059	Joanne Burke	52	F	Norwalk	CT	1:25:08	1:26:07
289	13/13	1058	Brian Burke	51	M	Norwalk	CT	1:25:07	1:26:07
290	37/45	248	Jessica Tolk	39	F	Weston	CT	1:26:00	1:26:23
291	24/29	984	Karen D'Elia	54	F	Wethersfield	CT	1:25:43	1:26:36
292	9/15	879	Jane Carlozzi	59	F	Farmington	CT	1:26:26	1:26:50
293	14/14	200	Craig White	36	M	Ridgefield	CT	1:26:06	1:26:51
294	39/42	820	Hillary Lewis	43	F	Sandy Hook	CT	1:26:33	1:27:14
295	10/15	837	Carol Gamez-Citron	55	F	Redding	CT	1:27:03	1:27:15
296	9/10	939	Jennifer Ricaurte	23	F	Seymour	CT	1:27:04	1:27:59
297	2/5	1066	Steve O'Hara	72	M	Danbury	CT	1:27:36	1:28:19
298	10/10	929	Silvana Vitiello	24	F	Yonkers	NY	1:27:43	1:28:37
299	38/45	955	Lisa Castle	35	F	Annandale	NJ	1:28:40	1:28:49
300	25/29	698	Jennifer Broadbin	50	F	Easton	CT	1:27:49	1:28:52

REDDING ROAD RACES 7 MILE
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Place	Div/Tot	No.	Name	Age	Sex	City	St	Nettime	Time
301	30/32	835	Julie Castle	33	F	Norwalk	CT	1:28:44	1:28:53
302	39/45	726	Kathleen Raymond	39	F	Fairfield	CT	1:28:13	1:28:59
303	42/51	850	Nicole Nascimento	46	F	Stamford	CT	1:28:49	1:29:41
304	43/51	1010	Mary Ellen Kunz	49	F	Stamford	CT	1:29:30	1:29:57
305	40/45	757	Mandy Mills	39	F	Seekonk	MA	1:29:51	1:30:14
306	44/51	914	Kathy Edmond	49	F	Lisbon	CT	1:29:39	1:30:17
307	8/8	974	Ken Essex	62	M	Redding	CT	1:31:06	1:31:36
308	40/42	816	April Phillips	43	F	Groton	CT	1:31:37	1:32:32
309	11/15	957	Tish Terry	57	F	Redding	CT	1:31:58	1:32:49
310	41/45	1092	Malka Ismach	35	F	Great Neck	NY	1:33:17	1:33:31
311	45/51	838	Eileen O'Sullivan	46	F	Milford	CT	1:33:38	1:33:49
312	41/42	1043	Trisha Doyle	43	F	Danbury	CT	1:32:53	1:33:58
313	46/51	909	Lisa Steele	49	F	Bristol	CT	1:35:08	1:35:30
314	12/15	887	Ann Hauck	59	F	Fairfield	CT	1:35:19	1:35:53
315	47/51	989	Gioia Macey	49	F	Newtown	CT	1:36:02	1:36:17
316	31/32	238	Kim Lowman	31	F	Granby	CT	1:35:42	1:36:19
317	3/5	786	Michael Wonderlich	65	M	Evanston	IL	1:37:30	1:38:11
318	42/45	923	Tiffany Newton	38	F	Enfield	CT	1:38:19	1:39:13
319	48/51	741	Debra Jones	46	F	Redding	CT	1:38:37	1:39:38
320	3/3	760	Maryanne Barra	60	F	Middlebury	CT	1:39:38	1:40:26
321	11/11	855	Dan Ferrante	59	M	Waterbury	CT	1:39:37	1:40:27
322	32/32	1094	Elizabeth Henderson	31	F	New Britain	CT	1:42:41	1:43:19
323	49/51	805	Maureen Peet	47	F	New Milford	CT	1:43:49	1:44:08
324	43/45	864	Katherine Krasney	35	F	New Haven	CT	1:44:04	1:45:10
325	26/29	802	Patricia Ward	53	F	Norfolk	VA		1:45:52
326	27/29	799	Dianne Moylan	53	F	Norfolk	VA	1:44:41	1:45:53
327	13/15	798	Susan Moylan	58	F	Norfolk	VA	1:44:45	1:45:56
328	4/4	857	Eduardo Cruz	22	M	Stratford	CT	1:45:06	1:46:02
329	28/29	801	Velvet Desroches	53	F	Norfolk	VA	1:44:51	1:46:03
330	50/51	1002	Michelle Ellis	49	F	Churchville	NY	1:45:24	1:46:13
331	15/15	1096	Ron Woodley	46	M	Mt. Sterling	NY	1:46:23	1:47:30
332	5/5	789	Henry Namiot	13	M	Ridgefield	CT	1:47:13	1:47:53
333	42/42	946	Heidi Namiot	43	F	Ridgefield	CT	1:47:14	1:47:53
334	4/5	767	Ralph Barra	67	M	Middlebury	CT	1:47:46	1:48:36
335	29/29	848	Sue Mollica	52	F	Township Of Wash	NJ	1:47:53	1:48:41
336	14/15	965	Barbara Maisonnier	56	F	Bethel	CT	1:53:20	1:53:51
337	15/15	742	Mary Beth Sharkey	57	F	Redding	CT	1:53:21	1:53:52
338	44/45	1007	Rebecca Osborne	35	F	New York	NY	1:54:46	1:55:02
339	5/5	728	David Silverman	65	M	Redding	CT	1:55:49	1:56:46
340	51/51	892	Stephanie Eiseman	45	F	Bronx	NY	1:58:04	1:59:06
341	2/2	958	Patty Denicola	67	F	Dorset	VT	1:59:37	2:00:07
342	45/45	1022	Christine Reisel	37	F	Bethlehem	CT	2:07:53	2:08:59

3. NOTE FROM SUSI, 7 MILE 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.

Bio: 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.



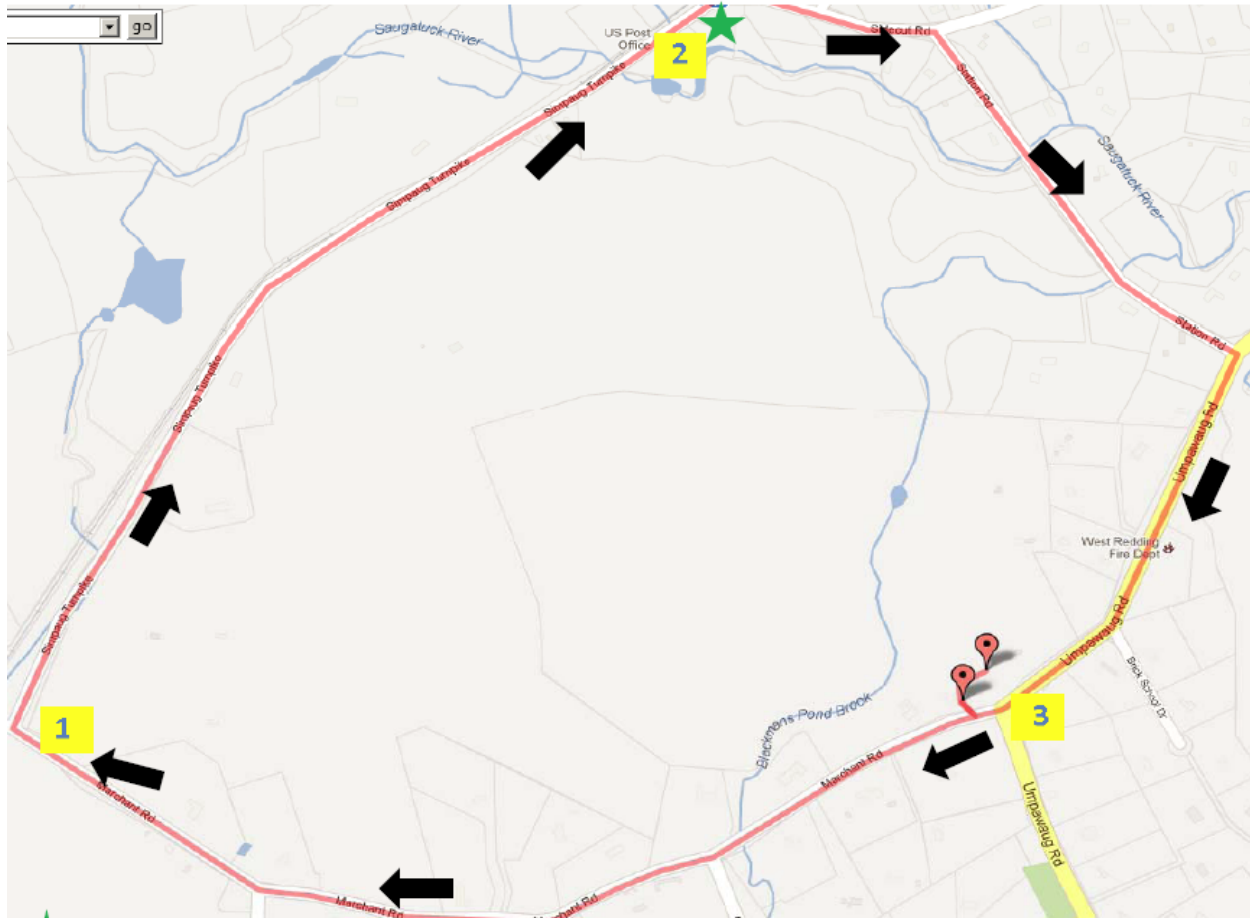


DAVID – 7 MILE CHAMPION

D. MIGHTY COW RACE

1. MAP

REDDING ROAD RACE MIGHTY COW COURSE



AID STATIONS/PORT-O-LETS

2. MIGHTY COW COMBINE RESULTS

#	First	Last	Half Time	5 K Time	Mighty Time
326	John	Minervino	1:33:36	21:52	1:55:28
606	Jeffrey	Molson	1:39:43	23:01	2:02:44
662	Michael	Healy	1:39:54	22:59	2:03:53
178	Stewart	Pomeroy	1:46:35	21:34	2:08:09
47	Steve	Riley	1:46:32	21:53	2:08:25
390	David	Cappello	1:41:43	27:10	2:08:53
32	David	Fisher	1:47:26	21:56	2:09:22
282	Erin	McGuire	1:48:43	24:11	2:12:54
507	Joyce	Allen	1:52:02	23:38	2:15:40
426	Jerry	Ruggieri	1:55:00	22:06	2:17:06
192	Michael	Lo Presti	1:52:05	25:10	2:17:15
330	Tammy	Grella	1:53:06	24:48	2:17:54
354	Natalie	Edwards	1:55:49	22:55	2:18:44
229	Christopher	Ahlberg	1:54:17	24:53	2:19:10
160	Lisa	Brody	1:53:30	25:52	2:19:22
50	Edward	Marquez	1:51:05	28:52	2:19:57
123	Stephen	Apy	1:53:35	27:16	2:20:51
474	Shannon	Kievman	1:55:48	27:30	2:23:18
578	Shannon	Lewis	2:05:42	24:10	2:29:52
323	Kristin	Lowman	2:05:15	27:31	2:32:46
470	Jennifer	Kanaitis	2:05:23	27:33	2:32:56
187	Nicole	Leja	2:03:17	30:19	2:33:36
316	Esther	Aronson	2:06:37	27:10	2:33:47
168	Nicole	Dreier	2:07:40	27:15	2:34:55
241	Elizabeth	Dreier	2:07:40	27:15	2:34:55
517	Jung Soo	Kim	2:07:32	29:21	2:37:53
644	Caryn	Stellmach	2:08:08	30:17	2:38:25
161	Christopher	McCarthy	2:07:42	31:55	2:39:37
469	Chris	Chatman	2:12:27	27:30	2:39:57
185	Jamie	Grennan	2:08:17	31:45	2:40:02
218	Julie Anne	Fossi	2:11:10	29:03	2:40:13
530	Russ	Porter	2:13:44	28:51	2:42:35
476	Manuela	Esposito	2:15:15	27:32	2:42:47
204	Kathryn	Wilkinson	2:13:27	30:21	2:43:48
373	kelly	rigby	2:13:27	30:25	2:43:52
531	Kimberly	West	2:15:17	30:17	2:45:34
532	Lisa	Greenwood	2:15:17	30:17	2:45:34

527	Erich	Wenis	2:20:28	27:36	2:48:04
362	Shira	Flowers	2:23:58	29:46	2:53:44
311	Rebecca	Merz	2:24:58	30:41	2:55:38
9	Victoria	Hodge	2:34:57	30:18	3:05:15
333	Amy	Zvovushe-Ramos	2:36:54	29:36	3:06:30
556	Crystal	Zamfino	2:48:34	30:34	3:19:08
537	Sarah	Poole	2:55:09	31:40	3:26:49
355	Garth	Anderson	2:55:20	34:10	3:29:30

E. NEWSLETTER RECAPS

1. HILARY, STACY & OLIVE FROM NEWSLETTER #2 HUMAN INTEREST STORY:

The race more than exceeded our expectations. The course was tough, but beautiful. All the volunteers were amazing and helpful and our fellow runners that cheered us on while on the course ...well, thank you. You all inspired us!!

A special thank you to John, the fabulous race director for all the support leading up to the race and the day of the race. You played a major role in allowing my panic to remain at a minimum so we could celebrate Hilary's 6 months post stroke by running this half marathon!

We will be back next year! Moo moo moo!

Stacey, Hilary, and Olive!!!

PS- Olive really did fall asleep with her race medal :)





2. JANIT FROM NEWSLETTER #1 HUMAN INTEREST STORY:

Mark your calendar for January 1 2016 at noon!! Why? Because this is the date, day and time when you will be able to sign up for the 5th annual “Run for the Cows” in W. Redding, Connecticut. Seriously, do it!!

I was one of the fortunate runners to do so on January 1 as the races sold out in four hours. There is a half marathon (13.1miles), a 7 miler, and a kids’ race of less than a mile. All of these runners converge on the huge and scenic New Pond Farm

in the bucolic town of West Redding, Connecticut. West Redding is located @ 70miles north of NYC, 20miles southeast of Danbury, CT and 70 miles west of Hartford, CT.

This set and organization of races accommodated runners from 22 states this year. Word has gotten out in the running community and this is not a race to be missed. It does not matter which distance you choose or prefer, it is the way the Race Director, John McCleary organizes and orchestrates the whole operation. Everything little detail is superb from the parking in a huge open field with neat rows of cars with spaces for you to exit to friendly volunteers who will direct you. I have been to so many races where it appears that the volunteers do not have a “clue” about what they are suppose to do or better still, they are staring at their SmartPhones with their heads down. But nonetheless, John instructs his volunteers in the aspects of customer service and their friendliness makes you feel welcome when you drive into the open fields.

Secondly, the registration tables were organized and efficient. There were different tables for each of the 3 races with perky and efficient ladies who honestly were efficient. They could have worked for L.L. Bean as their caring attitudes shown through. AND the race numbers were personalized with each of the runner’s first name on the bottom. If you were early enough in the race registration process, you could even choose your own number. I chose my sister’s birthday and this would be meaningful for her and for me even though the race was held in May. I will be sending my sister my race # in her birthday card for August 13th. My race # was 813 (8/13).

The races had different starting times and the slower half marathoners were able to start at 7:20am so they could finish with most of the other half marathoners and join in on the celebration. The half marathoners started at 8am and the 7mile runners at 8:35am. I did not see the kids’ race but I think it was after the 7 mile race went off.

This was carefully conceived by John, the race director so to accommodate all of the runners in their quest for either a PR or for an individual acceptable time. Each race had its own start with a countdown of 10 minutes, and so on. I was able to watch the start of the half marathon from a stone wall that surrounded the perimeter of the first 2 miles of the course. It was a glorious sight to see so many runners in single file running over rolling hills with smiles on their faces greeted by the crowd of onlookers. The 7 mile race started as planned at 8:35am. John

came down into the pack of runners and gave us an accurate course description of the seven miles, mile by mile, five minutes before the race started. All of runners were very appreciative of this personal touch. Usually race directors are frantic just before a race starts, but NOT John. He was very calm knowing full well that he had done his homework as his efficiency shown though.

All along the course, the volunteers were encouraging. Every mile was marked with signs on in huge numbers that you could not miss. Several of the more difficult miles had signs like, “Remember You Paid for This Race”, “Remember, You’re Doing This for a Free Banana”, “Only One More Mile to Go” and “MOOve Over.” You had to laugh at the artist’s thoughtful and comical signage and I smiled at the cow faces with regularity. Two weeks later I still remember them.

The finish line was quite unique in that we ran through barn doors to the digital clock and finish pads. It was memorable in the sense that the crowds were still there and cheering for every runner. The medals were magnificent in the shape of a cowbell. The volunteers who handed out the water bottles and the medals did not rush anyone and there was plenty of room for runners to greet their families and to walk around and/or sit. Many times runners stack up at the finish and pile up on each other in the chutes. Not here!! There was plenty of space and room to move through the chutes.

The refreshments were also thoughtful with cold chocolate milk being one of the offerings. After all we were on a farm and the cows were watching us. We were on their turf. There was also water, juice, coffee, carbonated water, and soda of many varieties. Plenty of fruit, breads, homemade cookies, donuts, bagels and assortments of peanut butter, cream cheese, butter and jellies served the individual runner’s delights. No one went home hungry.

There was an expo of sorts with several area businesses with free samples and giveaways nearby. This was a good way to stretch your legs after the race and to mingle with the vendors. The vendors were all pleasant, not pushy and loved talking about their products and offerings. You could tell that John, the race director had conversed with them individually before the race and all of them seemed pleased at the turnout and the runners’ interest in their displays.

Of note were the efficient results and the award ceremony. It seemed to occur right when it was announced that it would happen!! How many times have you been to a race and it is announced that the awards ceremony would be in 10

minutes? 10 minutes go by, 20 minutes slide and some runners begin the leave. Not here!! The awards happened when announced. Each winner (top three and then age groups with top three male and female) was announced and greeted by the owner of the New Pond Farm. Each winner was warmly greeted and thanked for coming to the race. And the cutest touches were the awards. Each 1st age group winner was given a set of glasses and a pitcher with the New Pond Farm logo on the glassware, along with a plaque with an attachment of a coat hook. I put mine in the garage so I can hang up my winter coats that I wear for shoveling snow. Very thoughtful and useful prizes. At this point, I also comment on the “swag” given to every runner as in John’s book, every runner counts. We all received a blue technical shirt with the New Pond Farm logo on it. You got the size you requested which shows that volunteers had to match up the sizes with the individual names. A sizeable feat for this large crowd too. Additionally we received a great refrigerator magnet, an insulated picnic bag with a coffee mug and water bottle inside, a cowbell of course and a few other pens, etc. All memorable and useful and appreciated by someone who had thought this through. I think much of that credit goes to the Race Director and his committee.

The results were posted by the time I arrived back home at 1pm. And there were follow up emails thanking the participants. I felt genuinely appreciated to be at such an efficient race. Beforehand, I had several emails with questions for John. He answered them within 5 minutes and in a personal manner. He kept runners up to date months ahead of the race with his newsletters and articles about educational opportunities at the New Pond Farm. After all, this was a “Race for the Cows” and the farm serves as a learning opportunity for all. It is a gorgeous facility to be admired if you have the chance. It is family friendly where you can visit with the cows and other farm animals. There is a section of a pond with ducks, swans and chickens to little (and big) kids’ delights. Go for the race and save time for a tour of the New Pond Farm. The beauty of the setting, the farm and its offerings will amaze you. The efficiency and thoughtfulness of John McCleary will spoil you so that you will want to do this race again and again!! Races like “Run for the Cows” are memorable and spectacular. It does not get much better than this!! On a scale of 1 to 10, this one gets a 14!!!!

3. WARD CARPENTER RACE BLOG (2014):

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.

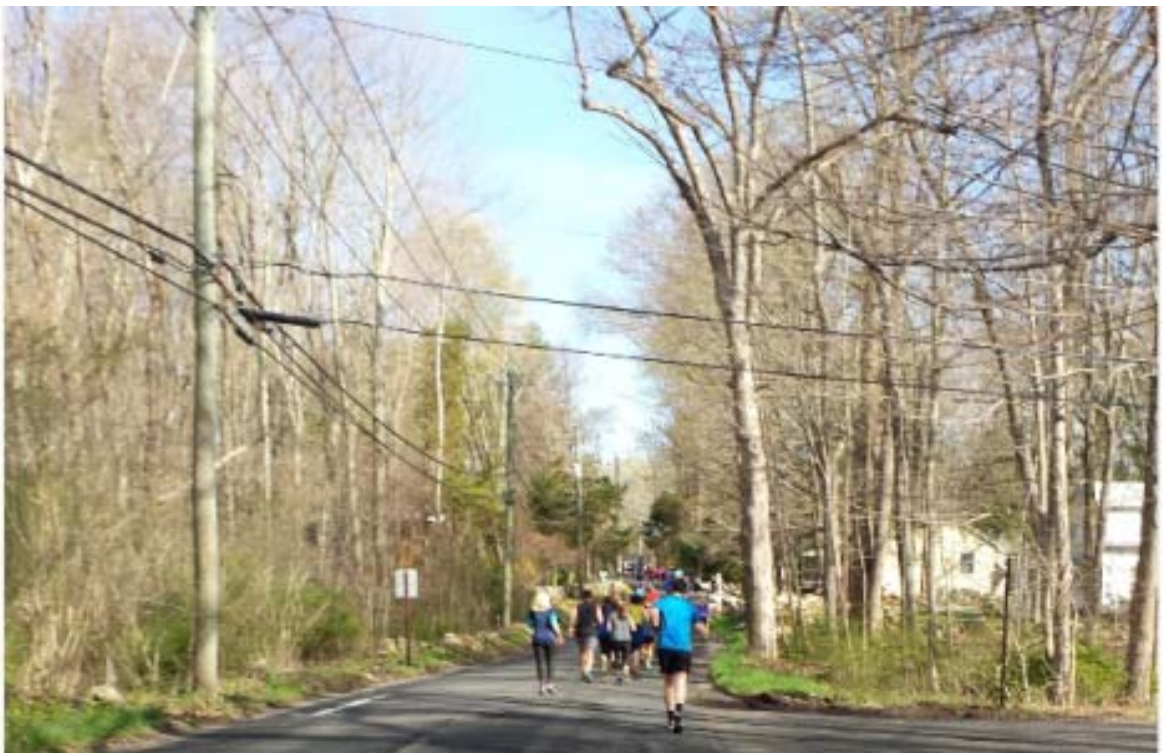


True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.



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!

F. FAVORITE UPCOMING RACES



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Register +	3 MILE RACE & 3 Mile Health Walk	June 20	Norwalk High School
Register +	5 MILE RACE	July 11	Cranbury Elementary School
Register +	7 MILE RACE	July 25	Brien McMahon High School
Register +	9 MILE RACE (Ian Eaccarino Memorial) & 5K Health Walk	August 8	Calf Pasture Beach
Register +	11 MILE RACE	August 22	Silvermine Elementary School
Register +	Half Marathon (Sam Elpern Memorial)**	September 12	Fox Run Elementary School
Register +	SERIES REGISTRATION (3, 5, 7, 9, 11)		Note: Does not include Half Marathon

Entry Fees - TShirts and Registration

* \$10.00 each race pre-reg/\$12.00 post or \$45 pre-registration for first 5 races (** Seperate registration fee for half-marathon)

Pre-Registration for all 5 races accepted by mail through June 19 or accepted on June 20 prior to the 3 mile race

* T Shirts for first 100 who pre-register for all 5 races

Half-Marthon - Seperate registration: \$20 by 9/11 - \$22 Race day

NOTE - NO DOGS AT CALF PASTURE BEACH

USATF RULES - NO HEADPHONES

8:00 AM START TIME FOR ALL RACES

Awards given at each race and at end of series. Age categories for men and women:

Under 14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+; Wheelchair

Trophies will be awarded to series winners and to those who complete in or help at all 6 events

Water stops and restrooms at all races. The 7, 9, 11 & 13.1 mile races are double-loop courses

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Father's Day Family 5K
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**Sunday, June 21st, 2015
8:00 a.m. Fun Run /
8:30 a.m. 5K Run/Walk**

**Ridgefield High School
Cross Country Course**

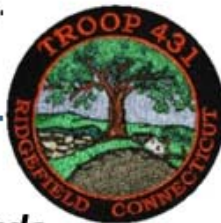
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2 JetBlue Tickets

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*Register by June 7th
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**\$25 - 5K Pre-Registration
\$30 - 5K Race Day Reg.
\$10 - Kids Fun Run**



**\$50 Family Cap!
\$100 total for Teams
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around a few ideas?**

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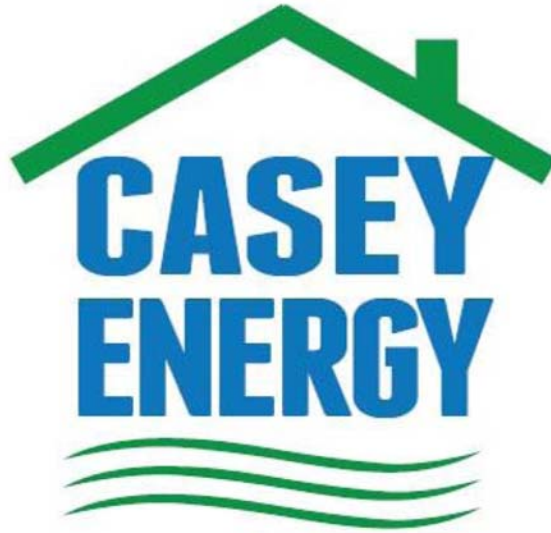
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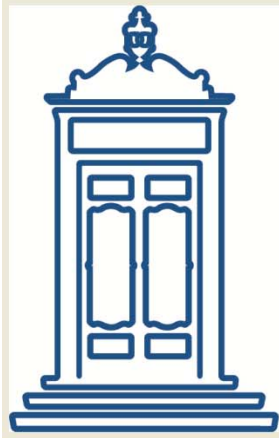
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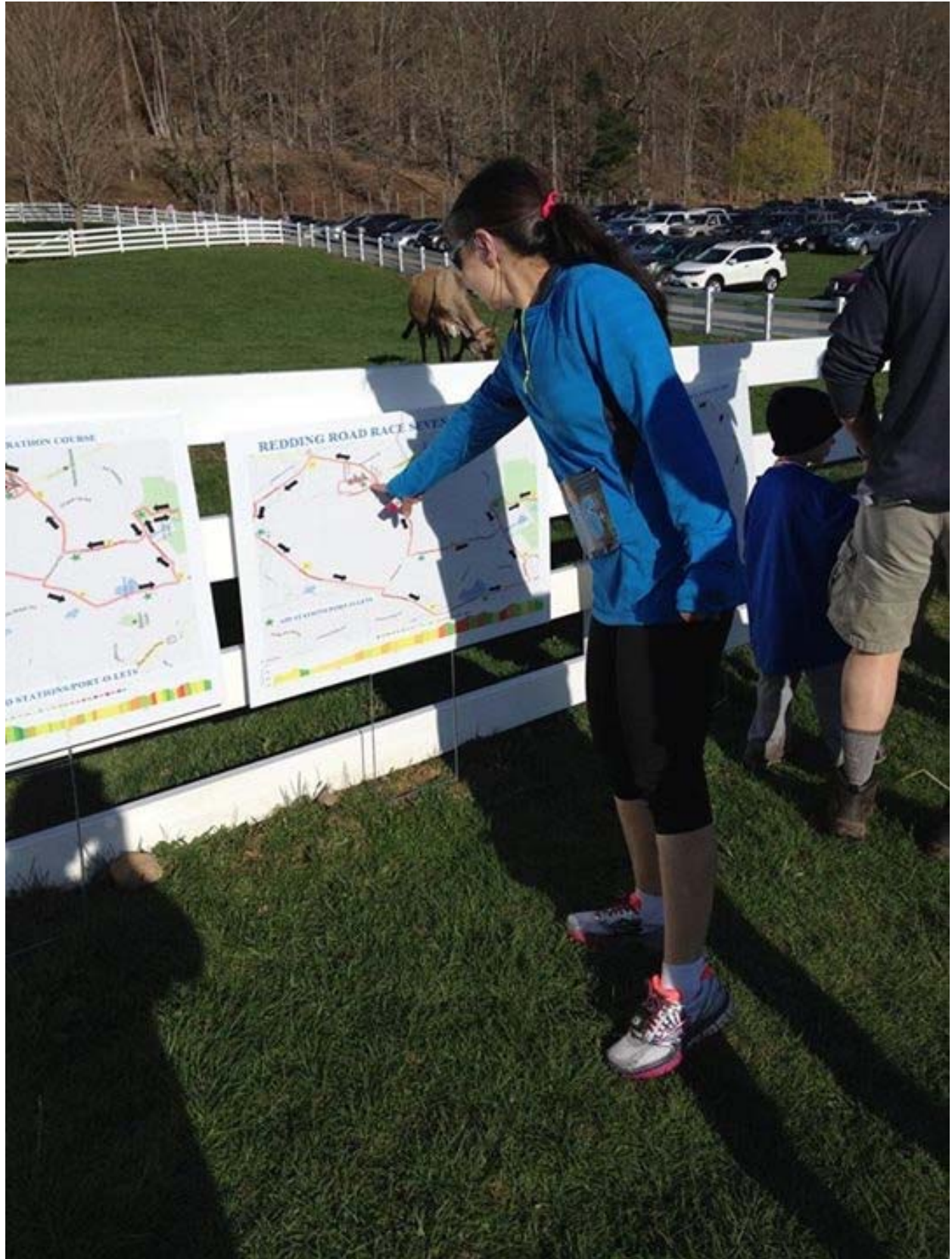




































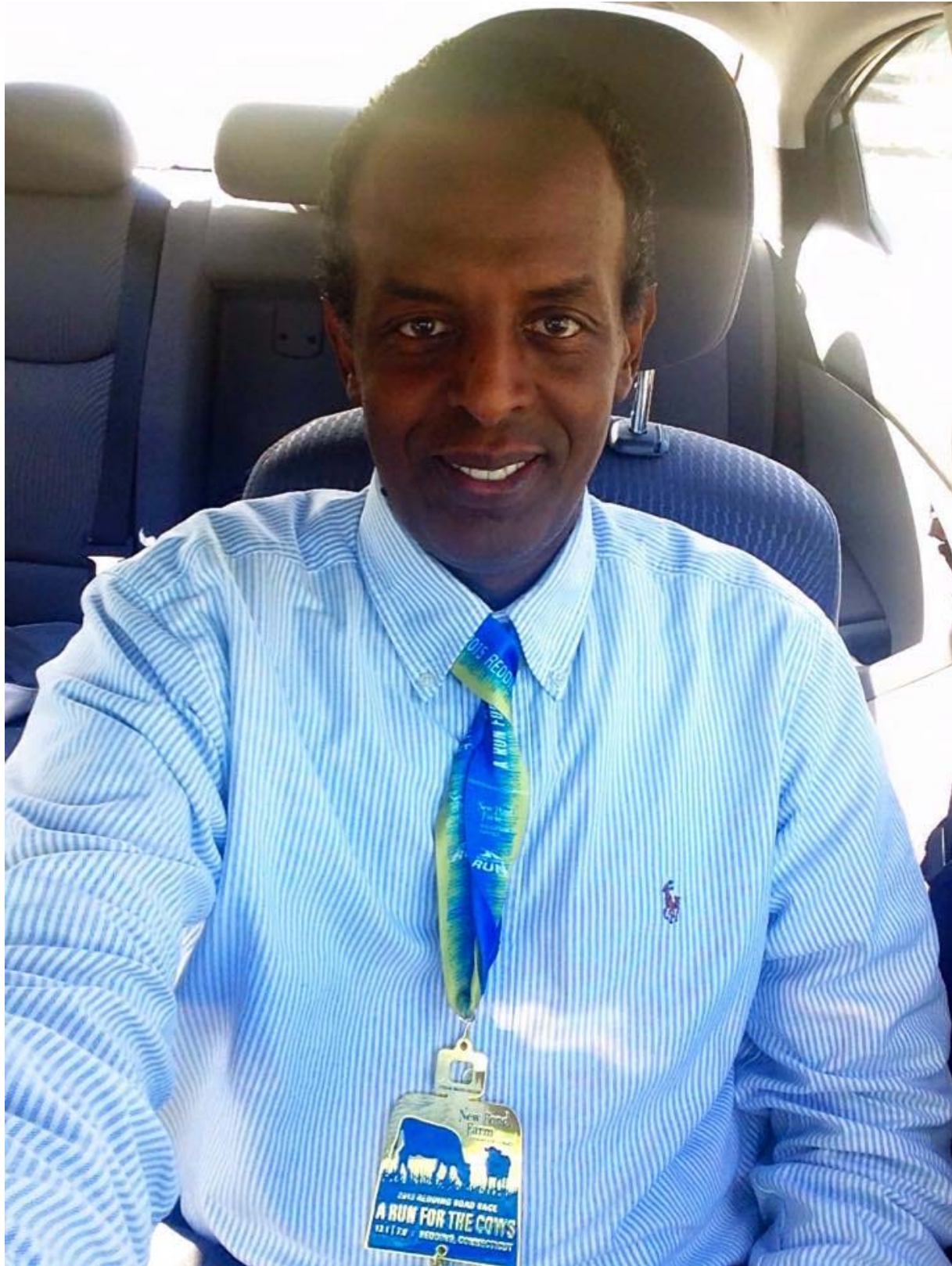












Adam's new idea for a tie!!



Cheers,

Terri & John