



REDDING ROAD RACE
2016 FINISHER'S MAGAZINE



RRR16 – The year of Boston Billy



Followed closely by the Queen of Redding, 4 time half champ Liz Campbell



TABLE OF CONTENTS

- A. Letter from Ann Taylor, New Pond Executive Director
- B. Letter from John McCleary, Race Director
- C. How women took over the world of Running
- D. Half Marathon
 - 1. Half Marathon Map
 - 2. Tom Tom Information From Liz Campbell (1st Overall)
 - 3. Results
- E. Seven Miler
 - 1. Seven Miler Map
 - 2. Results
 - 3. Note from Susi Manheimer, 2 Time Female Half Marathon Champion
- F. Mighty Cow
 - 1. Map
 - 2. Overall Results – 5k/Half Combined
- G. Newsletter Recaps
 - 1. Ward Carpenter Blog (from 2014 but worth repeating)
 - 2. Stories from RRR16
- H. Lead Sponsor – Gone for a Run
- I. Half Marathon Presenting Sponsor – Amica Insurance
- J. 7 Miler Presenting Sponsor – ACBI Insurance
- K. Mile Marker Sponsors
- L. May 1, 2016 In Pictures

A. Letter from Ann Taylor

New Pond Farm just hosted its fifth annual *Run for the Cows sponsored by Goneforarun*. 1,000 runners, ages 2-72, dedicated themselves to the Seven-Mile Run, the Half Marathon, and the Mighty Cow Challenge, and over 100 youngsters joined us for the Piglet Prance around the pastures.

Inspiring stories abounded - some people ran in memory of loved ones, while others ran to celebrate a triumph over a health challenge, and everyone was focused on doing their personal best.

This year we were especially honored to have legendary “Marathon Man” Bill Rodgers with us, sharing inspirational stories and tips with our runners.

This was a fantastic event from start to finish and we would like to thank everyone who helped to make it a success. Police departments from Redding and Danbury, West Redding’s terrific EMTs, along with Masako Vigneault and cardiologist Dr. Harvey Kramer kept our runners safe; scores of dedicated race committee volunteers worked tirelessly, including Boy and Girl Scouts, and members of the National Charity League, baker-extraordinaire Sharon Coates donated two tables filled with delicious cookies and muffins; and neighbors ventured outside to cheer and ring cow bells as runners passed by.

Special thanks to our more than fifty local sponsors, especially to our top sponsor *Goneforarun*. We encourage readers to visit www.reddingroadrace.com for a complete listing.

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

All proceeds will support the programs of the Education Center. We are so grateful for their overwhelming support.

We are already looking forward to next year!

With warm regards,

Ann Taylor, Executive Director

B. Letter from John McCleary

Well, are luck finally ran out with regards to weather, but, for the most part, the rain was light. Congratulations to our winners; Liz (4 time defending champ now) and Rohit in the half, Mary and Joseph in the 7 miler and Lisa and Blake in the Mighty Cow Combined. 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 150 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 35 hours is all the reward one could ask for.
- Bill and Charlie Rodgers; in a word wow!! About 5 ½ years ago, Terri and I were walking near astronomy Hill at New Pond farm and I said that this would be a great venue to hold a race. Terri didn't say no and 5 years later we have 1,200 runners and Bill Rodgers. Dream and when you do dream big!! I got to know Bill and Charlie Rodgers on race weekend and I may not be able to be the runners they are, but, I certainly can strive to be the incredible person each of them is.
- And mostly, my wife Terri and sons John and Kevin who put up with me and help tremendously with race prep.

For this year's race, I'm very proud that we started all 5 races on time for the 5th year in a row!! 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 less than a day)
- Pricing will stay the same for the 5th straight year!
- 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 RRR16 shirts in races this summer and your hoodies.
- Remember to sign up for my two other races if around town:
-

Redding Rock'n Roots 9K

Saturday, July 2nd 8:00am

43 Lonetown Rd, Redding Ct 06896

Race Brochure: <http://thegreatturkeyescape.com/upload/RRNR9K.pdf>

Registration: <https://www.raceit.com/Register/?event=37603>

The Great Turkey Escape 5K

Thursday, November 24th 8:00am

37 Lonetown Rd, Redding Ct 06896

Registration: <https://www.raceit.com/Register/?event=37798>

C. How Women Took Over the World of Running

Across most long and short race distances, women now outnumber men; a rise fueled by social and charity groups

By Rachel Bachman

Women and girls, not long ago an afterthought in distance running, now own it. They made up 57% of the 17 million U.S. race finishers in 2015, according to industry-backed tracker Running USA. That includes everything from 3.1-mile trots before Thanksgiving dinner to 26.2-mile marathons.

Mary Wittenberg, former director of the New York City Marathon, says races for women have become less common as they have become 57% of all U.S. race finishers.

Many women run to win prize money or medals. Millions more have taken to treadmills, sidewalks and running trails to achieve personal bests, socialize and improve overall health.

Mary Wittenberg, CEO of Virgin Sport, is a longtime runner and the former CEO of New York Road Runners, which operates the New York City Marathon. She notes that there are fewer women-only events than there used to be because at most races, women are the majority.

“It’s amazing growth,” she says. Running appeals to women because “if you put the work in, you can do it. Completing the distance has become as big a goal as your time. That makes it far more accessible.”

Women were still a small minority of overall race finishers in 1984, when American Joan Benoit Samuelson won the first women’s Olympic marathon, 88 years after the first men’s Olympic marathon. A trickle of female amateurs followed her into running.

A decade later, Oprah Winfrey finished the 1994 Marine Corps Marathon in the Washington, D.C., area in just under 4½ hours, wearing bib No. 40 to reflect her age. Thousands of people cheered her on along the course and at least three reporters ran the race with her to cover her feat. One of them was Amby Burfoot of Runner's World magazine.

About a year after that, Mr. Burfoot, who also won the 1968 Boston Marathon, took a surprising phone call. He says it was someone from Race for the Cure, a relatively new series of road races for women to raise money for breast-cancer research. Organizers said they had more than 10,000 women registered for a race in the Midwest.

"It was the funniest thing we'd heard in the world," recalls Mr. Burfoot, now an editor emeritus who recently wrote a book about female pioneers called "First Ladies of Running." "We were Runner's World, and we were completely unaware that there was this tidal wave," he says.

In the past decade, races with entertainment along the course such as the Rock 'n' Roll Marathon Series have become the highlight of 'girls' weekends as more women joined the ranks of runners. ENLARGE

Men made up 68% of U.S. road-race finishers at the time. After Ms. Winfrey's finish and with a rapidly expanding number of women's races, their participation surged. Women surpassed male finishers by 2010. Women have flocked to running more than other endurance sports. Less than 15% of USA Cycling's 62,000 members are women, a spokesman says. The group oversees all major disciplines of competitive cycling. About 47% of the 63,000 members of U.S. Masters Swimming, a nationwide training group for swimmers age 18 and above, are women, according to the organization.

Tracey Russell was a competitive swimmer in college but says running has an advantage in helping women form bonds. Although it's common for people to chat while they run, "it's hard to do that during [swimming] intervals," she says.

Ms. Russell is CEO of Conquer Endurance Group, which owns the Los Angeles Marathon. She says the surge in charitable organizations forming training groups and raising money through road races has largely been driven by women.

.

In this year's L.A. Marathon, women made up 46% of runners but 59% of entrants through charities, which give runners a discount or free race entry in exchange for fundraising certain amounts. Nationwide, women made up 44% of marathoners and 61% of half-marathoners in 2015, according to Running USA.

One surprising influence in the rise of women's running: improved gear. For decades, athletic-apparel manufacturers paid little attention to women's needs. Many women ran in one-style-fits-all running shorts and ill-fitting sports bras.

Recent years have brought an avalanche of apparel for women, from boutique designers to major manufacturers such as Under Armour and Adidas. Much of it is worn lounging on the couch. But it was women's rising interest in health and fitness that stirred companies to focus on them. Nike forecasts that sales of its women's products will roughly double by 2020.

Years ago, "you always didn't feel good going out for a run," says Toni Carey, who lives in Atlanta. "Now I can go to whatever brand that's going to make me feel good, look good and support the activity I'm doing."

Ms. Carey and a college friend, Ashley Hicks-Rocha, five years ago turned their running blog into Black Girls Run!, a nationwide organization to promote running among African-American women. (" 'Girls' is used as a term of endearment," she says.)

Female runners are helping racially diversify distance running by forming groups such as Black Girls Run! an organization for African-American women.
ENLARGE

Black Girls Run! has about 70 groups nationwide and 200,000 participants. Some run "virtual" races, where runners register for a 5K or 10K distance, complete it on the honor system and receive a medal in the mail. The option appeals to new runners intimidated by formal races, Ms. Carey says.

Women's groups like Ms. Carey's are helping further diversify running, Ms. Wittenberg says. Participation of racial minorities has climbed in recent years, according to Running USA.

"It would just be great to see the men's side see growth, too," she says.

Instead of running, some younger men especially have joined the trend toward weightlifting and high-intensity interval training. Overall participation in road races has dropped in the past two years as millennials have shown less interest in running than older adults. Average finishing times for men and women also have slowed down as race fields have gotten older and grown to include more recreational runners.

For many women, running is less a competition than a social experience.

Five years ago Pam Burrus, a 35-year-old mother of two who lives outside Atlanta, founded Moms Run This Town, a training and social group that now has about 700 chapters, most of them in the U.S. Members can join group runs or organize their own runs via the group's Facebook pages. The group also goes by the name She Runs This Town, after attracting daughters and nonmothers. "It's become our 'us' time," she says.

Running might especially benefit the mental health of women, who suffer from more depression than men do. Studies have shown that both aerobic exercise and sunlight can improve mood in people with mild to moderate depression.

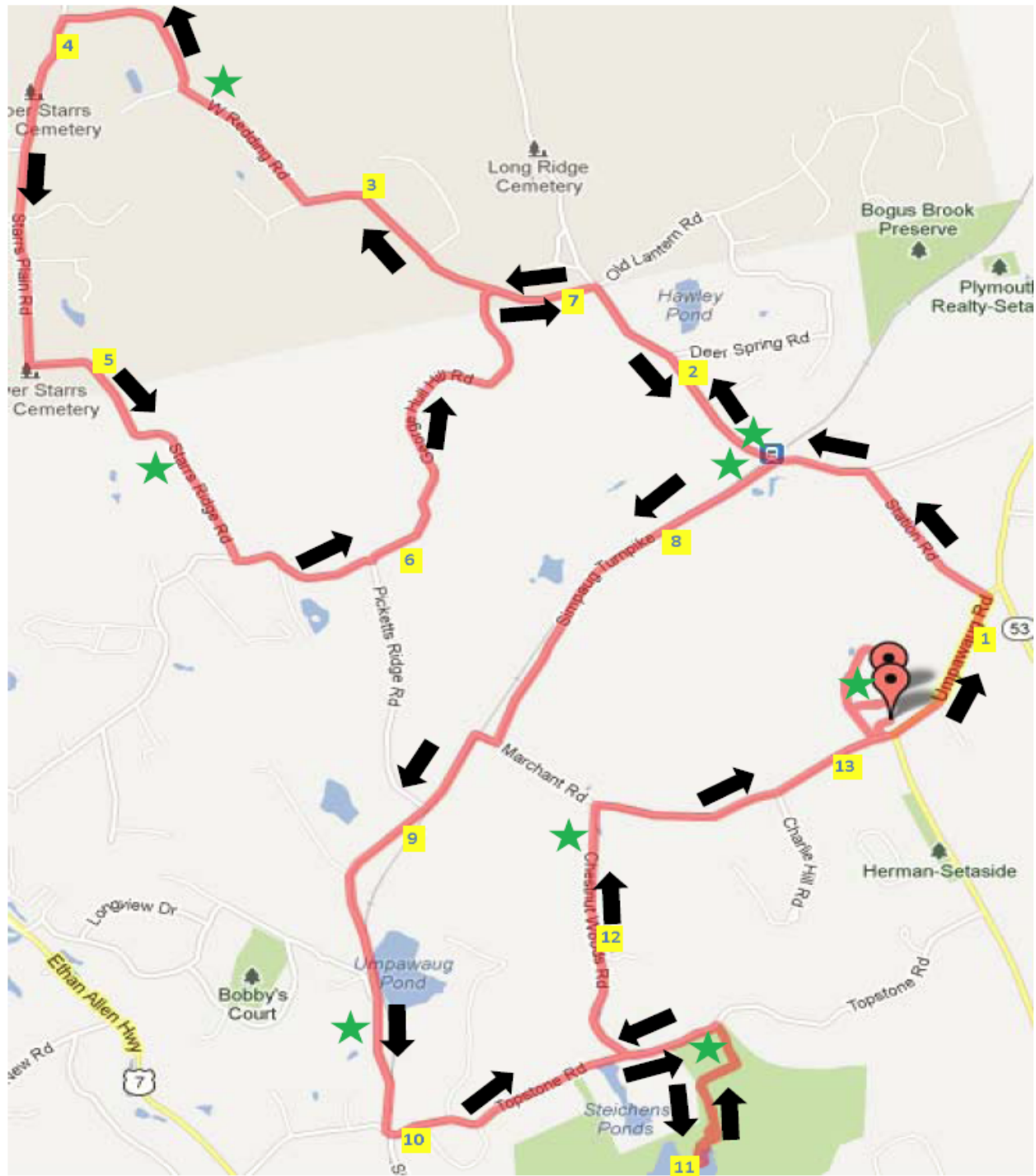
Ashley Lauretta, a 29-year-old freelance journalist in Austin, Texas, says she started running after a college counselor suggested it could help her anxiety disorder by helping her control her breathing. It did. "I like how uncomplicated it is compared to other sports," she wrote in an email. "You just need the right pair of shoes and you can get out and go."

RRR16 was comprised of 67% women.

D. HALF MARATHON

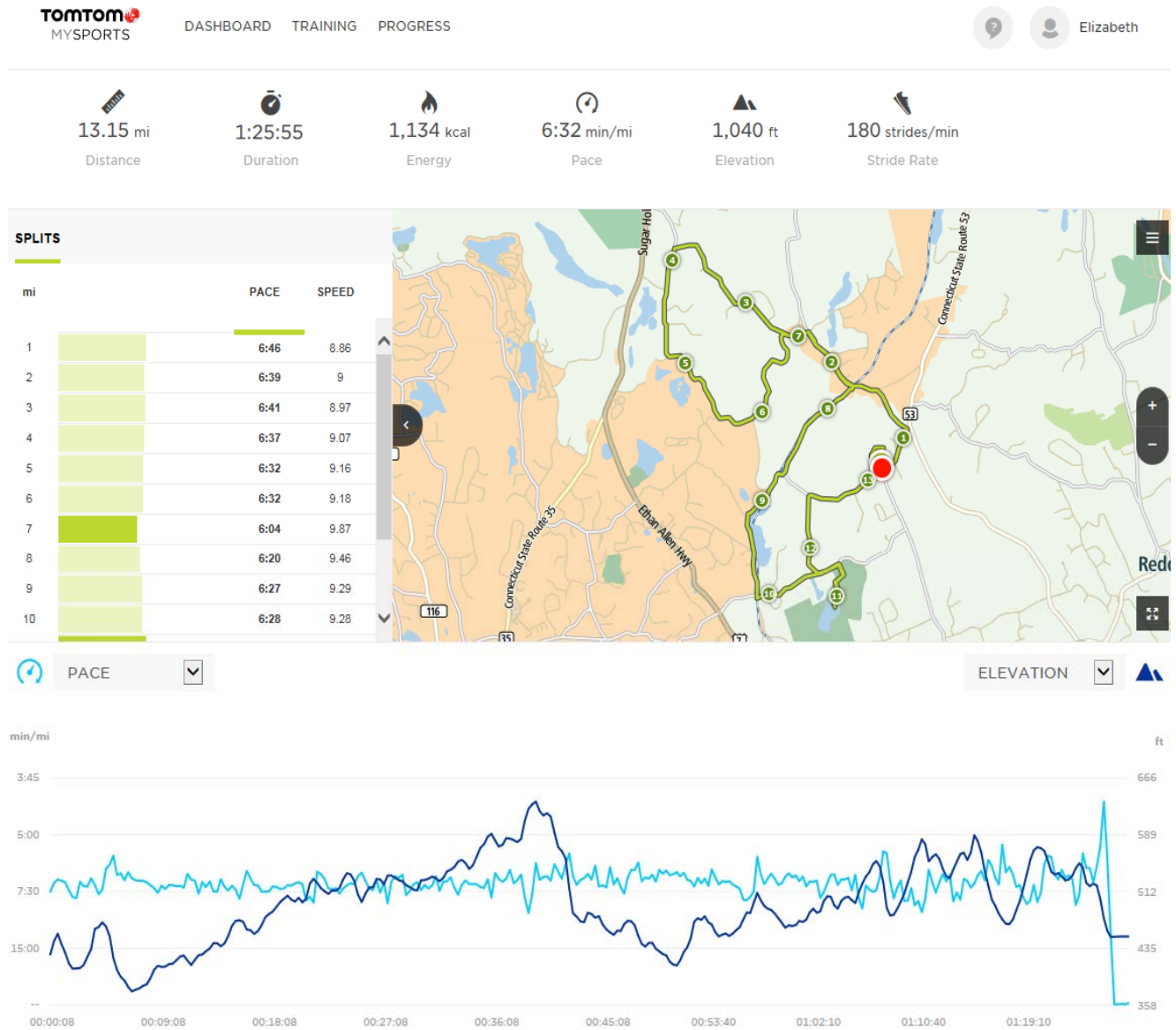
1. HALF MARATHON MAP

REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

2. Tom Tom Data from Liz Campbell





Liz – Half Champion



Rohit – Half Champion

3. Half Results

REDDING ROAD RACES HALF MARATHON

Redding, CT Sunday, May 1, 2016

1	1/3	OVRLM	281 Rohit Naimpally	28 M	Cambridge	MA 1:24:45 6:29
2	2/3	OVRLM	632 Tyler Silverman	30 M	Redding	CT 1:25:49 6:34
3	3/3	OVRLM	9 Blake Benke	39 M	Westport	CT 1:25:50 6:34
4	1/3	OVRLF	255 Elizabeth Campbell	25 F	Stamford	CT 1:25:54 6:34
5	1/7	M2529	262 Andrew Hillis	28 M	Cambridge	MA 1:26:16 6:36
6	1/23	M3539	705 Jeremy Howard	35 M	Shelton	GA 1:26:57 6:39
7	2/23	M3539	208 Matt Bedoukian	36 M	Redding	CT 1:27:40 6:42
8	1/36	M4044	602 Larry Ikard	41 M	New Canaan	CT 1:28:52 6:48
9	3/23	M3539	650 Tim Downs	35 M	Easton	CT 1:29:50 6:52
10	2/7	M2529	675 Jeffrey Wagner	25 M	Fairfield	CT 1:30:06 6:53
11	3/7	M2529	232 Adam Bomberger	27 M	Bethel	CT 1:30:17 6:54
12	1/30	M5054	509 Marek Sernicki	53 M	Ridgefield	CT 1:31:40 7:00
13	2/30	M5054	405 Nick Lang	53 M	Ridgefield	CT 1:31:40 7:00
14	4/23	M3539	350 Brennan Gerster	39 M	Rowayton	CT 1:32:59 7:06
15	1/47	M4549	501 Don Brown	47 M	Stamford	CT 1:33:10 7:07
16	2/3	OVRLF	351 Molly Gerster	39 F	Rowayton	CT 1:33:43 7:10
17	5/23	M3539	616 Sean Mehner	38 M	Redding	CT 1:34:24 7:13
18	2/36	M4044	42 David Smith	44 M	New Milford	CT 1:35:11 7:16
19	2/47	M4549	49 Chris Deming	49 M	Danbury	CT 1:35:19 7:17
20	3/47	M4549	225 Barry Blumenfield	49 M	Redding	CT 1:35:25 7:18
21	3/30	M5054	554 Randy Watkins	52 M	New Milford	CT 1:35:45 7:19
22	3/3	OVRLF	495 Laena Romond	33 F	Somers	NY 1:36:46 7:24
23	3/36	M4044	859 Stephen Kennedy	40 M	Darien	CT 1:36:50 7:24
24	6/23	M3539	210 Morten Kristiansen	36 M	Norwalk	CT 1:37:05 7:25

25	4/30	M5054	595 Neil Farrow	52 M	Ridgefield	CT 1:37:19	7:26
26	7/23	M3539	379 Jason Holmes	38 M	Brewster	NY 1:37:29	7:27
27	5/30	M5054	196 Michael Baneat	50 M	Shelton	CT 1:37:39	7:28
28	4/36	M4044	938 Isaak Aronson	40 M	Branford	CT 1:37:55	7:29
29	1/59	F3539	598 Jeanne Halloran	37 F	Redding	CT 1:38:02	7:29
30	1/33	F3034	651 Ellie Downs	32 F	Easton	CT 1:38:55	7:34
31	6/30	M5054	416 Steve Leslie	51 M	Brookfield	CT 1:39:00	7:34
32	1/25	F2529	623 Katie Horan	28 F	Redding	CT 1:39:13	7:35
33	7/30	M5054	89 David Cappello	53 M	Avon	CT 1:39:16	7:35
34	5/36	M4044	701 Jason Ebbeling	43 M	Colchester	CT 1:39:17	7:35
35	8/30	M5054	347 Steven Crossot	50 M	Brooklyn	NY 1:39:21	7:36
36	8/23	M3539	8 Luke Albrecht	37 M	Newtown	CT 1:39:33	7:36
37	2/59	F3539	53 Lisa Allen	39 F	Shelton	CT 1:39:42	7:37
38	1/11	M3034	460 Mark Oeding	31 M	New Haven	CT 1:39:45	7:37
39	4/47	M4549	144 Tom Hoban	47 M	Ridgefield	CT 1:39:54	7:38
40	9/23	M3539	315 John Divenere	37 M	Tolland	CT 1:40:20	7:40
41	9/30	M5054	349 Felipe Zarama	50 M	Shelton	CT 1:40:34	7:41
42	5/47	M4549	487 Dan Readyoff	46 M	New Milford	CT 1:41:24	7:45
43	6/47	M4549	24 Jp Milot	48 M	Ridgefield	CT 1:41:24	7:45
44	3/59	F3539	568 Estelle Diebold	36 F	Gambais	1:41:52	7:47
45	1/6	M6064	77 David McNamara	60 M	New Haven	CT 1:42:24	7:49
46	6/36	M4044	699 Rick Spiker	41 M	Redding	CT 1:42:57	7:52
47	1/61	F4044	299 Elizabeth Derosé	41 F	New Haven	CT 1:43:03	7:52
48	1/13	M5559	431 Kevin MacDonald	59 M	Norwich	CT 1:43:04	7:53
49	7/36	M4044	567 Charles Diebold	42 M	Gambais	1:43:07	7:53
50	8/36	M4044	44 Anthony Chiaverini	44 M	Fairfield	CT 1:43:25	7:54
51	2/11	M3034	54 Stephen Apy	33 M	Darien	CT 1:44:04	7:57
52	4/7	M2529	41 Alex Thomas	26 M	New Haven	CT 1:44:09	7:57
53	9/36	M4044	425 Jay Lipman	44 M	New Canaan	CT 1:44:33	7:59
54	10/36	M4044	462 Brian Ordway	44 M	Shelton	CT 1:44:36	8:00

55	4/59	F3539	516 Nicole Semanchik	36 F	Milford	CT 1:44:58	8:01
56	11/36	M4044	105 Matthew Demaio	44 M	Old Saybrook	CT 1:45:03	8:02
57	2/61	F4044	558 Carrie Hall	43 F	Trumbull	CT 1:45:21	8:03
58	2/13	M5559	335 David Hansen	58 M	Danbury	CT 1:45:38	8:04
59	5/7	M2529	464 Allen Pangilinan	28 M	South Windsor	CT 1:45:39	8:04
60	1/37	F4549	520 Katherine Smith	47 F	Ridgefield	CT 1:45:55	8:06
61	10/23	M3539	291 McLain Granger	38 M	New Fairfield	CT 1:45:56	8:06
62	1/4	F0120	130 Erin McGuire	19 F	Avon	CT 1:46:00	8:06
63	5/59	F3539	578 Beth Ginand	37 F	Stratford	CT 1:46:03	8:06
64	2/33	F3034	304 Stephanie Bramlett	31 F	Norwalk	CT 1:46:35	8:09
65	1/22	F5559	590 Diana Derivan	58 F	Norwalk	CT 1:46:41	8:09
66	3/61	F4044	103 Kelly Reese	43 F	Simsbury	CT 1:46:41	8:09
67	10/30	M5054	637 Wayne Zimmerman	52 M	Weston	CT 1:46:49	8:10
68	3/33	F3034	919 Kate Fitzpatrick	32 F	Fairfield	CT 1:46:59	8:10
69	11/23	M3539	145 Adam Blank	38 M	Norwalk	CT 1:47:12	8:11
70	3/13	M5559	28 Rick Carter	57 M	Hudson	WI 1:47:30	8:13
71	6/59	F3539	687 Brooke Hasenauer	36 F	Weston	CT 1:47:34	8:13
72	1/31	F5054	389 Cathy Pearce	53 F	Avon	CT 1:47:36	8:13
73	11/30	M5054	146 Jeffrey Molson	54 M	Avon	CT 1:47:43	8:14
74	4/33	F3034	524 Elizabeth Gmelin	34 F	Ridgefield	CT 1:48:21	8:17
75	12/30	M5054	50 Bill McBrayer	50 M	Redding	CT 1:48:24	8:17
76	2/25	F2529	122 Ryan Morgan	25 F	Wethersfield	CT 1:48:27	8:17
77	4/61	F4044	184 Amelia Audette	42 F	Trumbull	CT 1:48:33	8:18
78	12/23	M3539	307 Josh Williams	36 M	New Milford	CT 1:48:34	8:18
79	3/25	F2529	19 Meredith Houck	26 F	Princeton	NJ 1:49:12	8:21
80	7/47	M4549	317 Todd Doyle	46 M	Bethel	CT 1:49:41	8:23
81	13/23	M3539	543 David Tullis	38 M	Ridgefield	CT 1:49:50	8:24
82	8/47	M4549	531 Scott Snyder	45 M	Irvington	NY 1:49:53	8:24
83	12/36	M4044	451 Charles Morales-Thoma	43 M	Redding	CT 1:49:59	8:24
84	9/47	M4549	326 Philip Burke	45 M	Chestnut Hill	MA 1:49:59	8:24

85	13/36	M4044	285 Paul Cusumano	44 M	Trumbull	CT 1:50:02	8:24
86	7/59	F3539	455 Katherine Munno	38 F	Stamford	CT 1:50:13	8:25
87	14/23	M3539	411 Brendan Nolan	36 M	Darien	CT 1:50:24	8:26
88	1/4	M6599	126 Ross Levy	65 M	Chappaqua	NY 1:50:28	8:26
89	14/36	M4044	190 David Brown	40 M	Medford	MA 1:50:31	8:27
90	8/59	F3539	478 Jan Triani	38 F	Ridgefield	CT 1:50:36	8:27
91	13/30	M5054	187 Steve Mortinger	51 M	Ridgefield	CT 1:50:37	8:27
92	9/59	F3539	16 Lisa McDaniel	37 F	Stamford	CT 1:50:46	8:28
93	10/59	F3539	180 Ines Allen	38 F	Fairfield	CT 1:50:59	8:29
94	5/33	F3034	37 Anna Henschel	32 F	Westport	CT 1:51:01	8:29
95	15/36	M4044	239 Jim Bremner	40 M	Redding	CT 1:51:03	8:29
96	6/33	F3034	667 Naomi Orocu	30 F	Norwalk	CT 1:51:05	8:29
97	10/47	M4549	10 Jeffrey Schwartz	49 M	Redding	CT 1:51:06	8:29
98	5/61	F4044	569 Heather Roles	44 F	Danbury	CT 1:51:08	8:29
99	2/37	F4549	395 Sheilah Krasnickas	49 F	Newtown	CT 1:51:18	8:30
100	11/59	F3539	359 Rebecca Anderson-Furl	39 F	Bridgeport	CT 1:51:18	8:30
101	3/37	F4549	278 Lori Crenshaw	46 F	Stratford	CT 1:51:24	8:31
102	6/61	F4044	263 Meghan Carcich	44 F	Ridgefield	CT 1:51:32	8:31
103	16/36	M4044	666 Greg Klimaytis	40 M	Rego Park	CT 1:51:49	8:33
104	2/4	M6599	354 Bruce Goulart	66 M	Newtown	CT 1:52:01	8:34
105	14/30	M5054	51 Edward Marquez	51 M	Ridgefield	CT 1:52:01	8:34
106	7/61	F4044	214 Shannon Leduc	41 F	Norwalk	CT 1:52:20	8:35
107	11/47	M4549	438 Stephen McDonnell	47 M	Fairfield	CT 1:52:22	8:35
108	15/30	M5054	535 Lai Sun	52 M	Newtown	CT 1:52:27	8:35
109	4/37	F4549	261 Cynthia Degirolamo	49 F	Sandy Hook	CT 1:52:29	8:36
110	12/59	F3539	378 Adrienne Holmes	38 F	Brewster	NY 1:52:39	8:36
111	4/25	F2529	697 Ruth Lazenby	27 F	New Haven	CT 1:52:46	8:37
112	8/61	F4044	609 Dawn Malone	41 F	Bethel	CT 1:52:49	8:37
113	3/11	M3034	564 Chris Wyton	34 M	Fairfax	VA 1:52:52	8:37
114	12/47	M4549	397 Glen Kutler	48 M	Ridgefield	CT 1:52:59	8:38

115	9/61	F4044	429 Nancy Lovas	44 F	Norwalk	CT 1:53:09	8:39
116	16/30	M5054	466 Bill Begg	52 M	Newtown	CT 1:53:10	8:39
117	4/13	M5559	586 Kent Blocher	58 M	New York	NY 1:53:30	8:40
118	4/11	M3034	260 Paul Fotovat	31 M	New York	NY 1:53:33	8:41
119	5/13	M5559	127 Len Pearce	55 M	Avon	CT 1:53:36	8:41
120	2/31	F5054	600 Diane Hayes	50 F	Weston	CT 1:53:47	8:42
121	13/47	M4549	444 Eugene Roche	48 M	Redding	CT 1:53:53	8:42
122	5/25	F2529	158 Emma Raviv	27 F	New York	NY 1:53:55	8:42
123	10/61	F4044	84 Kristen Porter	44 F	Ridgefield	CT 1:53:59	8:43
124	2/22	F5559	188 Aili Dibonaventura	55 F	Southport	CT 1:54:15	8:44
125	7/33	F3034	142 Aimee Bunyea	30 F	Mahopac	NY 1:54:21	8:44
126	8/33	F3034	692 Katie Zoller	32 F	Wilton	CT 1:54:22	8:44
127	17/30	M5054	320 Walter Andersons	50 M	Brooklyn	NY 1:54:36	8:45
128	9/33	F3034	327 Amanda Kaslowitz	32 F	Norwalk	CT 1:54:38	8:45
129	14/47	M4549	529 Rich Maue	45 M	Ridgefield	CT 1:54:41	8:46
130	17/36	M4044	35 Brian Rafferty	43 M	Wilton	CT 1:54:41	8:46
131	11/61	F4044	236 Emily Boucher	44 F	Darien	CT 1:54:42	8:46
132	18/36	M4044	273 John Coppola	43 M	Middletown	CT 1:54:47	8:46
133	13/59	F3539	211 Page Berger	37 F	Darien	CT 1:54:53	8:47
134	12/61	F4044	473 Shannon Kievman	42 F	Manchester	CT 1:54:58	8:47
135	5/37	F4549	86 Lisa Brody	46 F	New Haven	CT 1:55:01	8:47
136	5/11	M3034	436 Graeme Marshall	33 M	Sandy Hook	CT 1:55:01	8:47
137	15/47	M4549	346 Ed Fung	47 M	Wilton	CT 1:55:14	8:48
138	14/59	F3539	541 Michelle McNulty	36 F	Darien	CT 1:55:25	8:49
139	1/10	F6064	608 Sally Kniffin	60 F	Redding	CT 1:55:26	8:49
140	15/59	F3539	249 Christina Butler	38 F	Wappingers Fal	NY 1:55:31	8:50
141	15/23	M3539	246 Jonathan Burke	37 M	Trumbull	CT 1:55:32	8:50
142	6/13	M5559	696 Larry Deming	58 M	Bethel	CT 1:55:37	8:50
143	7/13	M5559	318 Costas Drakatoss	57 M	Roxbury	CT 1:55:38	8:50
144	2/6	M6064	707 Neil Mandel	62 M	Shelton	CT 1:55:45	8:51

145	3/31	F5054	418 Jenifer Parker	54 F	Darien	CT 1:55:48 8:51
146	4/31	F5054	518 Lisa Pleban	51 F	Gansevoort	NY 1:55:58 8:52
147	2/4	F0120	91 Caroline Cappello	17 F	Avon	CT 1:56:03 8:52
148	16/59	F3539	406 Aubrey Schulz	38 F	Granby	CT 1:56:05 8:52
149	10/33	F3034	314 Ginger Kelly	34 F	Torrington	CT 1:56:08 8:52
150	13/61	F4044	494 Karen Woodward	40 F	Durham	CT 1:56:10 8:53
151	6/7	M2529	513 Samuel Cohen	28 M	New Haven	CT 1:56:11 8:53
152	6/37	F4549	163 Lynn Schuster	47 F	Fairfield	CT 1:56:15 8:53
153	16/47	M4549	802 Scott McClure	47 M	Southbury	CT 1:56:27 8:54
154	8/13	M5559	101 Marc Audet	57 M	Hamden	CT 1:56:28 8:54
155	17/47	M4549	129 Matt Parnell	46 M	Fairfield	CT 1:56:30 8:54
156	7/37	F4549	467 Kathleen Parker	47 F	Fairfield	CT 1:56:31 8:54
157	6/11	M3034	548 Gregory Vetter	31 M	Trumbull	CT 1:56:39 8:55
158	17/59	F3539	599 Crystal Hancock	38 F	Sherman	CT 1:56:43 8:55
159	18/59	F3539	31 Rebecca Sterling	39 F	Greenwich	CT 1:56:48 8:55
160	19/59	F3539	542 Miriam Tullis	36 F	Ridgefield	CT 1:57:05 8:57
161	5/31	F5054	562 Cathleen Wyse	51 F	Litchfield	CT 1:57:05 8:57
162	6/25	F2529	186 Emily Ury	25 F	New Haven	CT 1:57:09 8:57
163	14/61	F4044	393 Cathy Kost	43 F	Sandy Hook	CT 1:57:12 8:57
164	20/59	F3539	151 Yuly Susaya	36 F	Hartford	CT 1:57:13 8:57
165	21/59	F3539	382 Erin Horbach	38 F	Trumbull	CT 1:57:15 8:57
166	19/36	M4044	20 William Donnelly	40 M	Ridgefield	CT 1:57:25 8:58
167	3/6	M6064	480 Russ Pribanic	62 M	Roxbury	CT 1:57:28 8:58
168	18/30	M5054	155 Armando Vargas	50 M	Simsbury	CT 1:57:33 8:59
169	11/33	F3034	30 Elizabeth Dreier	30 F	Simsbury	CT 1:57:34 8:59
170	22/59	F3539	312 Erin Donnelly	37 F	Ridgefield	CT 1:57:34 8:59
171	1/2	M0120	663 Alejandro Vargas	12 M	Simsbury	CT 1:57:35 8:59
172	18/47	M4549	566 Tom Young	47 M	Fairfield	CT 1:57:38 8:59
173	3/4	F0120	649 Courtney Connors	18 F	Ridgefield	CT 1:57:39 8:59
174	20/36	M4044	682 Timo Latvakoski	43 M	South Glastonb	CT 1:57:40 8:59

175	19/47	M4549	573 Timothy Dillane	47 M	Verona	NJ	1:57:44	9:00
176	19/30	M5054	563 Mickey Wyse	54 M	Litchfield	CT	1:57:45	9:00
177	21/36	M4044	329 Jon Fagan	44 M	Darien	CT	1:57:48	9:00
178	12/33	F3034	363 Andrea Helenthal	31 F	Bridgeport	CT	1:57:51	9:00
179	3/22	F5559	430 Cindy Lyons	59 F	Wilton	CT	1:57:58	9:01
180	9/13	M5559	499 Tom Scoville	55 M	Torrington	CT	1:57:59	9:01
181	3/4	M6599	522 Brian McCormick	65 M	Litchfield	CT	1:58:01	9:01
182	10/13	M5559	56 Daniel Blair	56 M	Simsbury	CT	1:58:07	9:01
183	8/37	F4549	171 Caryn Vita	45 F	Norwalk	CT	1:58:09	9:02
184	22/36	M4044	303 John Dickerson	42 M	Wilton	CT	1:58:15	9:02
185	15/61	F4044	613 Lisa Mazinski	41 F	Danbury	CT	1:58:21	9:03
186	4/22	F5559	204 Jeanne Bartkus	57 F	Bridgewater	CT	1:58:22	9:03
187	2/2	M0120	690 Buster Whaley	14 M	Redding	CT	1:58:29	9:03
188	23/36	M4044	670 Mark Kecko	40 M	Oxford	CT	1:58:30	9:03
189	11/13	M5559	493 Greg Ritzinger	59 M	Newtown	CT	1:58:40	9:04
190	20/47	M4549	703 Chuck Taylor	47 M	Charlotte	NC	1:58:45	9:04
191	13/33	F3034	458 Shawna Nickerson	33 F	Bethel	CT	1:58:49	9:05
192	21/47	M4549	159 Jim Campasano	45 M	Simsbury	CT	1:58:52	9:05
193	1/2	M2024	309 Bryan Urban	23 M	West Hartford	CT	1:58:56	9:05
194	7/25	F2529	235 Christine Bonina	26 F	Monroe	CT	1:59:01	9:06
195	8/25	F2529	240 Lauren Matthews	27 F	Newtown	CT	1:59:10	9:06
196	16/61	F4044	441 Suzanne McMenamy	44 F	Wilton	CT	1:59:17	9:07
197	16/23	M3539	336 Rob Fonseca	35 M	Newtown	CT	1:59:20	9:07
198	22/47	M4549	601 Tom Harte	45 M	Cheshire	CT	1:59:22	9:07
199	23/59	F3539	102 Laura Toce	38 F	West Simsbury	CT	1:59:24	9:07
200	9/37	F4549	18 Krista Benson	45 F	Newtown	CT	1:59:25	9:07
201	23/47	M4549	625 Malay Chokshi	48 M	South Windsor	CT	1:59:33	9:08
202	24/59	F3539	277 Anne Ciccio	39 F	Wethersfield	CT	1:59:36	9:08
203	1/4	F2024	334 Lilah Fones	22 F	Easton	CT	1:59:40	9:09
204	9/25	F2529	348 Megan Garguilo	28 F	Roxbury	CT	1:59:42	9:09

205	24/47	M4549	486 Michael Pozika	46 M	New Haven	CT 1:59:47	9:09
206	10/25	F2529	475 Emily Pinto Taylor	26 F	New Haven	CT 1:59:53	9:10
207	17/23	M3539	279 Soumyajeet Chattaraj	38 M	Manchester	CT 2:00:04	9:10
208	25/47	M4549	704 Adam Osmond	49 M	Farmington	CT 2:00:17	9:11
209	10/37	F4549	305 Ferris Buddy	47 F	Cos Cob	CT 2:00:26	9:12 X
210	2/4	F2024	506 Meera Oak	24 F	New Haven	CT 2:00:26	9:12
211	24/36	M4044	537 Richard Sweeney	44 M	Ridgefield	CT 2:00:29	9:12
212	17/61	F4044	247 Jodie Larosa	42 F	Colchester	CT 2:00:33	9:13 X
213	20/30	M5054	219 Dean Birdsall	53 M	Bantam	CT 2:00:48	9:14
214	18/61	F4044	106 Tammy Grella	42 F	Litchfield	CT 2:00:49	9:14
215	19/61	F4044	656 Kerri Ahern	40 F	New Fairfield	CT 2:01:00	9:15
216	20/61	F4044	40 Lilia Wills	40 F	Monroe	CT 2:01:01	9:15 X
217	25/59	F3539	381 Lori Hongach	38 F	Ridgefield	CT 2:01:12	9:16
218	14/33	F3034	227 Jacqueline Dimeglio	32 F	Bridgeport	CT 2:01:13	9:16
219	21/61	F4044	401 Shelby Land	40 F	Bethel	CT 2:01:18	9:16
220	22/61	F4044	489 Jennifer Reilly	43 F	New Fairfield	CT 2:01:19	9:16
221	18/23	M3539	358 Alex Harris	36 M	Stamford	CT 2:01:20	9:16
222	21/30	M5054	412 Arthur Bodek	53 M	New Rochelle	NY 2:01:24	9:16
223	7/11	M3034	565 Jesse York	32 M	Fairfield	CT 2:01:25	9:17
224	19/23	M3539	258 John Caruso	35 M	Glastonbury	CT 2:01:41	9:18
225	26/47	M4549	202 Joe Amuso	46 M	Stafford Sprin	CT 2:01:59	9:19
226	2/2	M2024	194 Nick Bamatter	24 M	New Canaan	CT 2:02:33	9:22
227	25/36	M4044	333 Bob Sherry	43 M	New Milford	CT 2:02:40	9:22
228	23/61	F4044	131 Tiffanie Sgritta	42 F	Stamford	CT 2:02:59	9:24
229	27/47	M4549	120 Will Hauser	48 M	Southbury	CT 2:03:00	9:24
230	24/61	F4044	387 Darlene Kaschel	44 F	Fairfield	CT 2:03:20	9:25
231	6/31	F5054	490 Kathleen Rifkin	52 F	Middletown	NY 2:03:25	9:26
232	11/37	F4549	271 Lori Connor Czajkowsk	45 F	Nauagtuck	CT 2:03:26	9:26
233	26/36	M4044	182 Peter Barry	40 M	Danbury	CT 2:03:49	9:28
234	25/61	F4044	88 Miriam Cope	43 F	Southington	CT 2:03:58	9:28

235	5/22	F5559	539 Ronnie Behringer	58 F	Norwalk	CT 2:04:04	9:29
236	26/61	F4044	270 Kelly Connor	43 F	Trumbull	CT 2:04:06	9:29
237	22/30	M5054	7 Michael Ciardullo	54 M	Redding	CT 2:04:07	9:29
238	4/4	F0120	200 Nina Foster	15 F	Ossining	NY 2:04:08	9:29
239	27/36	M4044	301 Cameron Sterling	41 M	Greenwich	CT 2:04:10	9:29
240	12/37	F4549	147 Megan Thompson	48 F	Mansfield Depo	CT 2:04:26	9:30
241	6/22	F5559	245 Lisa Shinall	57 F	Redding Ridge	CT 2:04:28	9:31
242	7/22	F5559	157 Dana Martin	59 F	Westport	CT 2:04:30	9:31
243	13/37	F4549	87 Christine Campasano	47 F	Simsbury	CT 2:04:55	9:33
244	27/61	F4044	85 Keri O'Neill	44 F	Fairfield	CT 2:04:55	9:33
245	11/25	F2529	427 Carolyn Gingras	26 F	Sandy Hook	CT 2:04:58	9:33
246	12/25	F2529	645 Jessica Vaghi	26 F	Bethel	CT 2:04:58	9:33
247	28/61	F4044	294 Liz Davis	42 F	Tariffville	DE 2:05:12	9:34
248	8/22	F5559	110 Colleen Cugine	55 F	Ridgefield	CT 2:05:23	9:35
249	26/59	F3539	275 Amy Cram	38 F	Old Greenwich	CT 2:05:31	9:35
250	27/59	F3539	216 Taruna Reddy	38 F	Old Greenwich	CT 2:05:33	9:35
251	14/37	F4549	5 Tina Roesse	46 F	Redding	CT 2:05:35	9:36
252	28/59	F3539	172 Kristi Slater	37 F	Redding	CT 2:05:38	9:36
253	23/30	M5054	113 Oliver North	54 M	Redding	CT 2:06:01	9:38
254	29/59	F3539	448 Sophie Mond	36 F	Redding	CT 2:06:10	9:38
255	7/31	F5054	345 Gwen Stark	50 F	Eht	NJ 2:06:22	9:39
256	28/47	M4549	644 Daniel Navarrese	46 M	Weston	CT 2:06:29	9:40
257	15/33	F3034	57 Christine Rizk	32 F	Farmington	CT 2:06:34	9:40
258	8/31	F5054	61 Jackie Scoville	54 F	Torrington	CT 2:06:43	9:41
259	29/61	F4044	14 Allison St. Germain	40 F	Bethel	CT 2:06:43	9:41
260	30/59	F3539	698 Katey Baruth	39 F	Redding	CT 2:07:17	9:43
261	31/59	F3539	468 Angela Parmalee	37 F	Norwalk	CT 2:07:27	9:44
262	28/36	M4044	259 Roman Cebulski	40 M	Newtown	CT 2:07:30	9:44
263	2/10	F6064	597 Sharon Gawe	63 F	Bridgewater	CT 2:07:32	9:45
264	9/31	F5054	591 Susan Dewitt	50 F	Bethel	CT 2:07:44	9:46

265	29/47	M4549	368 Marty Kozlak	48 M	Torrington	CT 2:07:57	9:47
266	24/30	M5054	25 Dan Berg	51 M	Wilton	CT 2:07:59	9:47
267	30/61	F4044	507 Lydia Segui	41 F	Shelton	CT 2:08:11	9:48
268	31/61	F4044	635 Nicole Bunaskavich	42 F	Shelton	CT 2:08:12	9:48
269	32/61	F4044	66 Patrizia Klein	40 F	Amawalk	NY 2:08:13	9:48
270	8/11	M3034	12 Johnny Lo	32 M	Redding	CT 2:08:18	9:48
271	16/33	F3034	533 Christie Stannard	30 F	Stamford	CT 2:08:25	9:49
272	13/25	F2529	198 Katie Grigg	27 F	Colchester	CT 2:08:33	9:49
273	30/47	M4549	655 Adam Fleisher	45 M	Glaastonbury	CT 2:08:45	9:50
274	25/30	M5054	222 Owen Jordan	54 M	Wappingers Fal	NY 2:08:49	9:50
275	17/33	F3034	83 Jennifer Maksymiw	33 F	Plainville	CT 2:08:59	9:51
276	33/61	F4044	481 Renee Rafferty	43 F	Wilton	CT 2:09:00	9:51
277	31/47	M4549	545 Cristian Pojano	46 M	Wilton	CT 2:09:01	9:51
278	4/4	M6599	530 Craig Morrison	71 M	Bethel	CT 2:09:06	9:52
279	10/31	F5054	648 Kristina McQuilkin	53 F	Ridgefield	CT 2:09:07	9:52
280	15/37	F4549	706 Kathryn Stoker	48 F	Norwalk	CT 2:09:16	9:53
281	34/61	F4044	574 Rayda Krell	43 F	Ridgefield	CT 2:09:31	9:54
282	32/47	M4549	167 Chris McCann	45 M	Wilton	CT 2:09:33	9:54
283	18/33	F3034	496 Melanie Ruggieri	33 F	Southport	CT 2:09:39	9:54
284	33/47	M4549	440 Stephen McLaughlin	48 M	Stamford	CT 2:09:46	9:55
285	34/47	M4549	316 Matt Couch	48 M	Burlington	CT 2:09:50	9:55
286	35/61	F4044	634 Amy Taylor	42 F	Redding	CT 2:10:08	9:56
287	32/59	F3539	421 Joan Lewandowski	37 F	Stamford	CT 2:10:12	9:57
288	36/61	F4044	339 Amy Corr	40 F	Fairfield	CT 2:10:12	9:57
289	33/59	F3539	469 Mary Beth Parmalee	35 F	Monroe	CT 2:10:17	9:57
290	34/59	F3539	170 Jen Scanlan	36 F	Stamford	CT 2:10:22	9:58
291	1/4	F6599	306 Elaine Dill	67 F	Monson	MA 2:10:31	9:58
292	19/33	F3034	179 Emily Albarillo	34 F	Brooklyn	NY 2:10:31	9:58
293	2/4	F6599	65 Linda Wolfgruber	65 F	Wilton	CT 2:10:43	9:59 X
294	11/31	F5054	570 Jeanette Trujillo	54 F	Norwalk	CT 2:11:03	10:01

295	14/25	F2529	183 Laura Angers	26 F	Stamford	CT 2:11:13 10:01
296	16/37	F4549	162 Claire Gladstone	48 F	Ridgefield	CT 2:11:17 10:02
297	3/4	F2024	124 Diana Phethean	24 F	Somerville	MA 2:11:20 10:02
298	20/23	M3539	383 Nardy Chung	39 M	Stamford	CT 2:11:29 10:03
299	3/10	F6064	435 Eileen Margherio	60 F	New Canaan	CT 2:11:33 10:03
300	37/61	F4044	175 Emily Locher	40 F	Weston	CT 2:11:47 10:04
301	4/10	F6064	109 Andrea Williamson	61 F	Norwalk	CT 2:12:02 10:05
302	20/33	F3034	630 Jessica Katuska	33 F	Monroe	CT 2:12:05 10:05
303	12/31	F5054	15 Thea Boyle	50 F	Redding	CT 2:12:05 10:05
304	17/37	F4549	153 Kimberly Tully	48 F	Wilton	CT 2:12:12 10:06
305	29/36	M4044	76 Tim Branch	44 M	Avon	CT 2:12:20 10:07
306	30/36	M4044	289 David Danzak	42 M	Stratford	CT 2:12:26 10:07
307	21/33	F3034	432 Caitlin Maguire	30 F	Norwalk	CT 2:12:32 10:07
309	22/33	F3034	149 Casey Snedecor	33 F	Jersey City	NJ 2:12:38 10:08
310	35/59	F3539	621 Elizabeth Syzdek	36 F	Cheshire	CT 2:12:40 10:08
311	26/30	M5054	410 Emmett Lee	52 M	Monroe	CT 2:12:43 10:08
312	36/59	F3539	108 Jamie Grennan	38 F	Norwalk	CT 2:12:46 10:09
313	37/59	F3539	96 Dana Haddox-Wright	38 F	Wilton	CT 2:12:50 10:09
314	21/23	M3539	627 Jason Hehman	35 M	Katonah	NY 2:12:52 10:09
315	18/37	F4549	636 Amanda Edwards	47 F	Apex	NC 2:13:09 10:10
316	38/61	F4044	453 Caroline Moretti	42 F	Shelton	CT 2:13:13 10:11
317	38/59	F3539	331 Nicky Federici	36 F	Beacon	NY 2:13:21 10:11
318	13/31	F5054	491 Lori Riley	51 F	Storrs	CT 2:13:27 10:12
319	31/36	M4044	71 Greg Marrinan	44 M	Stamford	CT 2:13:28 10:12
320	14/31	F5054	589 Susan David	50 F	Ridgefield	CT 2:13:28 10:12
321	39/59	F3539	385 Kanako Itano-Malstrom	36 F	Fairfield	CT 2:13:30 10:12 X
322	19/37	F4549	168 Jung Soo Kim	46 F	Wilton	CT 2:13:34 10:12
323	12/13	M5559	224 Tony Rivadeneyra	57 M	Danbury	CT 2:13:40 10:13
324	40/59	F3539	1089 Hilary Devries	37 F	Danbury	CT 2:13:42 10:13
325	41/59	F3539	39 Glynne Bassi	37 F	St. Louis Park	MN 2:13:49 10:13 X

326	5/10	F6064	13 Luanne Roy	61 F	Seymour	CT 2:13:52 10:14
327	39/61	F4044	588 Jennifer Caron	44 F	Ridgefield	CT 2:13:53 10:14
328	42/59	F3539	384 Meghan Hurley	35 F	Norwalk	CT 2:14:00 10:14
329	43/59	F3539	111 Jessica Paine	35 F	Brookfield	CT 2:14:09 10:15
330	15/25	F2529	396 Jessica Rahrig	26 F	Shelton	CT 2:14:13 10:15
331	40/61	F4044	394 Hillary Koyner	42 F	Weston	CT 2:14:25 10:16 X
332	15/31	F5054	693 Barbara Lampugnale	50 F	Westport	CT 2:14:33 10:17
333	20/37	F4549	694 Bonnie Menard	45 F	Winchendon	MA 2:14:33 10:17
334	21/37	F4549	702 Jo Blackmore	46 F	Amenia	NY 2:14:47 10:18
335	23/33	F3034	90 Amanda Korner	34 F	Ridgefield	CT 2:14:52 10:18
336	41/61	F4044	689 Heather Whaley	44 F	Redding	CT 2:14:52 10:18
337	4/6	M6064	459 Robert Nouza	64 M	Wilton	CT 2:15:13 10:20
338	42/61	F4044	510 Sara Sherlock	43 F	Stamford	CT 2:15:17 10:20 X
339	16/31	F5054	75 Susan Pagan	54 F	Brookfield	CT 2:15:22 10:20
340	24/33	F3034	659 Melissa Fabuien	34 F	Vernon	CT 2:15:24 10:21
341	43/61	F4044	618 Melissa Lawrence	40 F	Fairfield	CT 2:15:35 10:21
342	25/33	F3034	422 Sara Sikes	33 F	Norwalk	CT 2:15:39 10:22
343	9/11	M3034	310 John Dobreski	31 M	Danbury	CT 2:15:52 10:23
344	22/37	F4549	559 Rita Wilker	45 F	Norwalk	CT 2:16:05 10:24 X
345	27/30	M5054	139 Mark McGuire	52 M	Avon	CT 2:16:26 10:25
346	35/47	M4549	94 Greg Kalt	46 M	Stamford	CT 2:16:57 10:28
347	32/36	M4044	288 David Tsang	44 M	Fairfield	CT 2:17:07 10:28
348	44/59	F3539	290 Tracy Darmofal	38 F	Redding	CT 2:17:10 10:29
349	36/47	M4549	165 Russ Porter	45 M	Ridgefield	CT 2:17:17 10:29
350	45/59	F3539	140 Jessika Creedon	39 F	Sleepy Hollow	NY 2:17:18 10:29
351	46/59	F3539	221 Janine Russo	38 F	Redding	CT 2:17:22 10:30
352	33/36	M4044	242 David Pennino	42 M	Norwalk	CT 2:17:50 10:32
353	16/25	F2529	695 Jenny Ajl	28 F	New Haven	CT 2:18:14 10:34
354	44/61	F4044	353 Michelle Goldstein	42 F	Ridgefield	CT 2:18:58 10:37 X
355	47/59	F3539	582 Dottie Areson	35 F	Danbury	CT 2:19:01 10:37

356	23/37	F4549	47 Sarah Conklin-Zimmerm	47 F	Wilton	CT 2:19:02 10:37 X
357	24/37	F4549	11 Carolyn Reed	48 F	Sandy Hook	CT 2:19:11 10:38
358	37/47	M4549	26 John Reed	47 M	Sandy Hook	CT 2:19:21 10:39
359	17/31	F5054	135 Lisa Bruno	51 F	Brooklyn	NY 2:19:36 10:40
360	38/47	M4549	128 Peter King	45 M	Cheshire	CT 2:19:44 10:40
361	48/59	F3539	639 Andrea Valentine	39 F	Brooklyn	NY 2:19:57 10:41 X
362	9/22	F5559	344 Stacey Fulton	58 F	Storrs	CT 2:20:00 10:42
363	39/47	M4549	680 Mark Schwartz	47 M	Brooklyn	NY 2:20:03 10:42
364	6/10	F6064	74 Terry Donahue	60 F	Avon	CT 2:20:28 10:44
365	10/22	F5559	691 Louise Melanson	55 F	Bloomfield	CT 2:20:31 10:44
366	4/4	F2024	148 Sarah Rowe	24 F	Greenwich	CT 2:20:35 10:44
367	18/31	F5054	413 Jill Lee	52 F	Monroe	CT 2:20:44 10:45
368	11/22	F5559	552 Tracy Voornas	59 F	Redding	CT 2:20:45 10:45
369	40/47	M4549	237 Stewart Pomeroy	48 M	Wilton	CT 2:21:00 10:46
370	41/47	M4549	377 John Sindel	48 M	Redding	CT 2:21:01 10:46
371	26/33	F3034	99 Rachel MacDonald	31 F	Norwalk	CT 2:21:08 10:47
372	28/30	M5054	488 Dan Miles	50 M	Weston	CT 2:21:10 10:47
373	25/37	F4549	298 Ann Marie Miles	49 F	Weston	CT 2:21:11 10:47
374	17/25	F2529	484 Stacy Rastocky	28 F	Norwalk	CT 2:21:42 10:49
375	45/61	F4044	677 Eryn Ivey	41 F	Newtown	CT 2:22:21 10:52
376	22/23	M3539	654 Stephen Berger	37 M	Darien	CT 2:23:02 10:56
377	42/47	M4549	81 Robert Sickinger	47 M	Redding	CT 2:23:11 10:56
378	12/22	F5559	324 Mary Principe	57 F	Westfield	MA 2:23:35 10:58
379	27/33	F3034	267 Brittany Collins	31 F	Danbury	CT 2:24:04 11:00
380	18/25	F2529	424 Carolyn Paradis	26 F	Easton	PA 2:24:05 11:00
381	10/11	M3034	119 Rob Castellano	30 M	Danbury	CT 2:24:06 11:00
382	26/37	F4549	686 Linda Dwy	47 F	Prospect	CT 2:24:13 11:01
383	13/22	F5559	67 Stephanie Joy	55 F	Brookfield	CT 2:24:30 11:02 X
384	7/7	M2529	538 Josh Taylor	28 M	New Haven	CT 2:24:56 11:04
385	19/31	F5054	479 Lisa Pretak	53 F	New Hartford	CT 2:24:58 11:04

386	27/37	F4549	29 Laura Nerone	45 F	Newtown	CT 2:25:04 11:05
387	49/59	F3539	280 Lea Crown	38 F	Meriden	CT 2:25:31 11:07
388	28/37	F4549	585 Amy Betz	45 F	Bethel	CT 2:26:03 11:09 X
389	43/47	M4549	213 Daniel O'Connell	45 M	Monroe	CT 2:26:13 11:10
390	19/25	F2529	664 Natalia Deleary	29 F	Stamford	CT 2:26:19 11:11
391	11/11	M3034	154 Rhett Umphress	30 M	Avon	CT 2:26:24 11:11
392	29/37	F4549	477 Anna Poplawska	49 F	Norwalk	CT 2:26:31 11:12 X
393	44/47	M4549	544 Jason Snyder	46 M	Reading	MA 2:26:38 11:12 X
394	46/61	F4044	497 Patty Ryan	41 F	Trumbull	CT 2:26:49 11:13
395	20/31	F5054	265 Deirdre Clyne	51 F	Ridgefield	CT 2:26:50 11:13
396	13/13	M5559	592 Rick Dewitt	58 M	Bethel	CT 2:26:56 11:13
397	20/25	F2529	662 Leilannie Quintana	29 F	Meriden	CT 2:27:11 11:15
398	3/4	F6599	191 Alice Avery	65 F	Bethel	CT 2:27:14 11:15
399	21/25	F2529	112 Catherine O'Connell	26 F	Easton	CT 2:27:20 11:15 x
400	50/59	F3539	580 Angelika Zierl	38 F	Aidlingen	2:27:24 11:16
401	22/25	F2529	325 Lisa Dondiego	27 F	Ridgefield	CT 2:27:38 11:17
402	51/59	F3539	390 Martine King	36 F	Astoria	NY 2:27:45 11:17
403	52/59	F3539	341 Rachel Fox	37 F	Rego Park	NY 2:27:50 11:18 X
404	30/37	F4549	199 Jennifer Reilly	46 F	Sandy Hook	CT 2:27:54 11:18
405	21/31	F5054	653 Helen Stringham	50 F	Sandisfield	MA 2:27:58 11:18
406	34/36	M4044	527 Erich Wenis	43 M	Woodbury	CT 2:28:20 11:20
407	23/25	F2529	908 Emily Mysogland	27 F	Shelton	CT 2:28:22 11:20 X
408	31/37	F4549	22 Kelly Pabilonia	46 F	Tolland	CT 2:28:49 11:22 X
409	22/31	F5054	519 Karen Flanagan	52 F	Danbury	CT 2:28:50 11:22 X
410	32/37	F4549	571 Dawne Kornhaas	49 F	Newtown	CT 2:29:11 11:24
411	53/59	F3539	207 Elizabeth Delaney	36 F	New Milford	CT 2:29:27 11:25
412	45/47	M4549	790 David Walker	48 M	Salt Point	NY 2:29:35 11:26
413	14/22	F5559	282 Anda Cumings	59 F	Redding	CT 2:30:15 11:29
414	7/10	F6064	461 Christina Ogren	60 F	Fairfield	CT 2:30:16 11:29
415	15/22	F5559	678 Lauri Wilson	55 F	Moodus	CT 2:30:37 11:30 X

416	23/31	F5054	185 Kim Marshall	53 F	Ridgefield	CT 2:30:37 11:30 x
417	47/61	F4044	611 Jill Adrian	43 F	Live Oak	FL 2:30:48 11:31 X
418	8/10	F6064	217 Marilyn Biedrycki	60 F	Milford	CT 2:32:56 11:41
419	24/31	F5054	72 Debra Majeske	51 F	Litchfield	CT 2:33:04 11:42 X
420	33/37	F4549	48 Laurie Fronhofer	48 F	Salem	NY 2:33:44 11:45 X
421	25/31	F5054	322 Lauren Contorno	51 F	Bethel	CT 2:33:48 11:45
422	5/6	M6064	500 George Yurchishin	63 M	Danbury	CT 2:34:19 11:47
423	16/22	F5559	391 Andrea Kingsley	55 F	Easton	CT 2:34:25 11:48 X
424	23/23	M3539	605 Lee Velez	36 M	Norwalk	CT 2:35:04 11:51
425	48/61	F4044	79 Karen Pray	41 F	Ridgefield	CT 2:35:28 11:53 X
426	49/61	F4044	330 Lori Falcone	42 F	Stamford	CT 2:35:35 11:53 X
427	34/37	F4549	471 Melissa Pepin	47 F	Middletown	CT 2:35:59 11:55 X
428	35/36	M4044	357 Joe Zannino	43 M	Trumbull	CT 2:36:05 11:55 X
429	26/31	F5054	230 Cathy Laydon	50 F	East Haven	CT 2:37:27 12:02
430	28/33	F3034	311 Megan Hauck	34 F	Stamford	CT 2:37:57 12:04 X
431	35/37	F4549	43 Carrie Friend	47 F	Monroe	CT 2:39:39 12:12 X
432	50/61	F4044	107 Celeste Fong	40 F	Middletown	CT 2:40:13 12:14
433	54/59	F3539	369 Melissa McWeeny	35 F	Bloomfield	CT 2:40:14 12:14
434	6/6	M6064	370 Vincent Sanchioni	60 M	Norwalk	CT 2:41:15 12:19 X
435	51/61	F4044	437 Michele O'Neill	41 F	Colchester	CT 2:41:52 12:22 X
436	55/59	F3539	308 Kelly Dinoia	39 F	Lynbrook	NY 2:42:17 12:24 X
437	24/25	F2529	685 Julie Simpson	26 F	West Hartford	CT 2:42:30 12:25 X
438	25/25	F2529	684 Sara Froehlich	28 F	Wilton	CT 2:42:31 12:25 X
439	27/31	F5054	472 Wendy Phaff	52 F	Briarwood	NY 2:42:32 12:25 X
440	52/61	F4044	73 Vivian Lee-Shiue	42 F	Wilton	CT 2:42:56 12:27 X
441	53/61	F4044	98 Rebecca Darst	40 F	Wilton	CT 2:43:19 12:28
442	46/47	M4549	641 Dan Butzbaugh	47 M	Wilton	CT 2:43:41 12:30 X
443	56/59	F3539	117 Jessica Willis	35 F	Vernon	CT 2:44:55 12:36
444	36/36	M4044	646 Cris Dam	40 M	Norwalk	CT 2:45:23 12:38 X
445	4/4	F6599	276 Donna Cramond	66 F	Monroe	CT 2:45:43 12:39

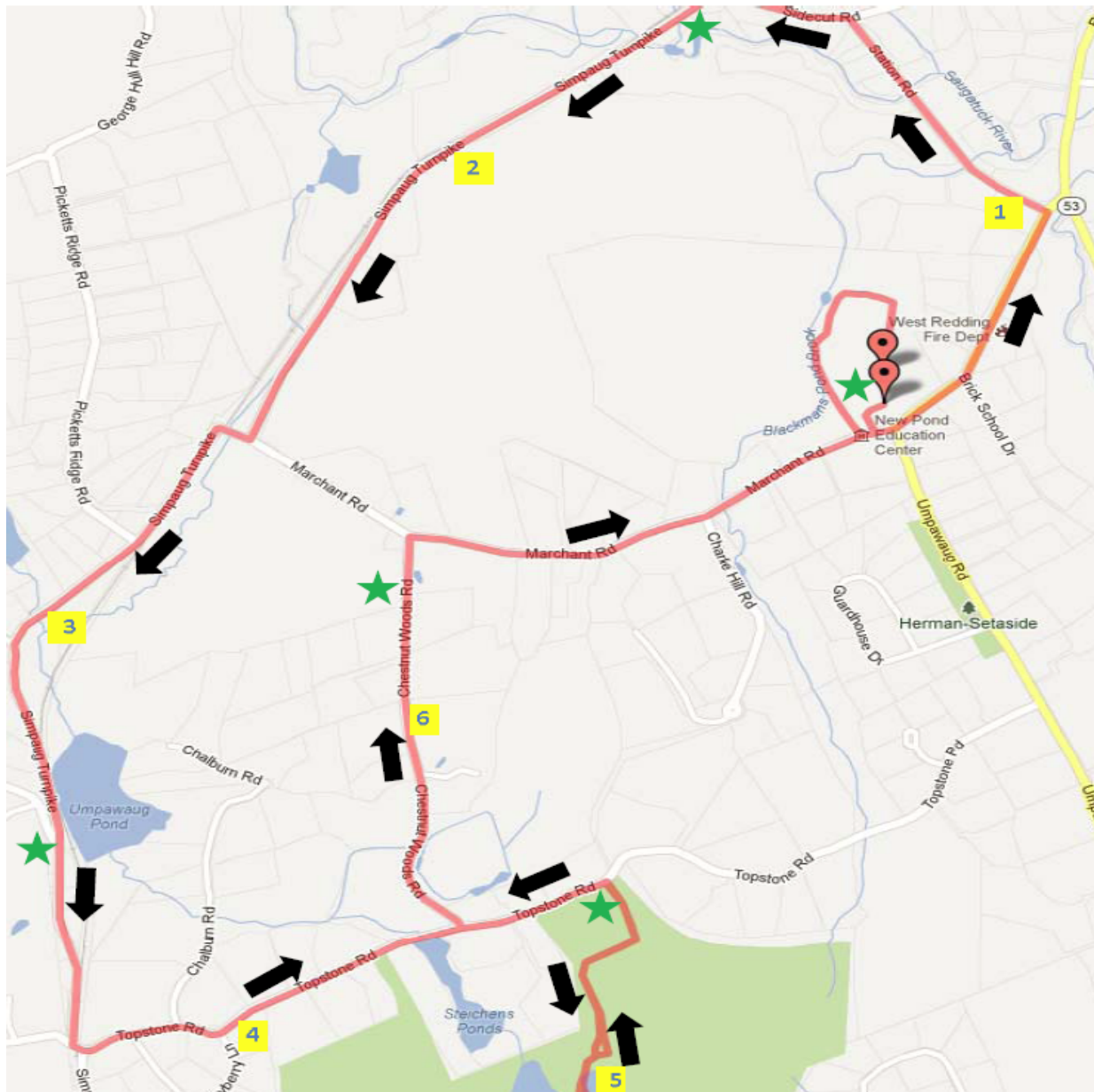
446	54/61	F4044	508 Rebecca Chirevas	41 F	Bronxville	NY 2:46:57 12:45 X
447	55/61	F4044	414 Ruth Kenneth	42 F	West Haven	CT 2:48:15 12:51 X
448	56/61	F4044	456 Julia Gibson	44 F	Lewiston	MA 2:48:40 12:53
449	29/33	F3034	133 Kaitlin Maguire	31 F	Framingham	MA 2:49:49 12:58
450	57/59	F3539	560 Jessie Wills	35 F	New Britain	CT 2:51:17 13:05 X
451	58/59	F3539	23 Ruth Jones	38 F	Arlington	VT 2:51:38 13:07 X
452	9/10	F6064	626 Carolyn Negrycz	60 F	Bronx	NY 2:52:48 13:12 X
453	29/30	M5054	622 Greg Meyer	50 M	Redding	CT 2:54:36 13:20 X
454	36/37	F4549	617 Sue Meyer	48 F	Redding	CT 2:54:36 13:20 X
455	57/61	F4044	181 Lydia Alpigini	44 F	Torrington	CT 2:55:20 13:24 X
456	58/61	F4044	193 Kim Baldwin	40 F	Bennington	VT 2:56:21 13:28 X
457	17/22	F5559	443 Debbie Meszaros	59 F	Oxford	CT 2:56:31 13:29 X
458	47/47	M4549	45 Christopher Cole	45 M	Watertown	CT 2:57:20 13:33 X
459	59/61	F4044	226 Suzen Stewart	40 F	Sandy Hook	CT 2:57:25 13:33 X
460	59/59	F3539	80 Michele Stryeski	39 F	Avon	CT 2:57:47 13:35 X
461	30/33	F3034	561 Joanna Wozniak	31 F	Sherman	CT 2:59:23 13:42 X
462	60/61	F4044	256 Kim Scharoff	40 F	Long Beach	NY 3:00:14 13:46 X
463	31/33	F3034	652 Lorilee Jeppesen	34 F	Willington	CT 3:03:21 14:00 X
464	18/22	F5559	115 Linda Maness	56 F	Pawlet	VT 3:05:35 14:10 X
465	61/61	F4044	402 Joanne Sterk	44 F	New Milford	CT 3:07:10 14:18 X
466	10/10	F6064	254 Jane Carlozzi	60 F	Farmington	CT 3:10:41 14:34 X
467	28/31	F5054	337 Rosie Foster	54 F	Ossining	NY 3:11:20 14:37 X
468	19/22	F5559	631 Barbara Leiser	59 F	Manchester Cen	VT 3:17:59 15:07 X
469	37/37	F4549	504 Lynda Hasper	49 F	Lititz	PA 3:23:18 15:32
470	29/31	F5054	503 Deborah Schneider	52 F	Harrisburg	PA 3:23:20 15:32
471	30/31	F5054	27 Carole Urban	51 F	Milford	CT 3:23:20 15:32
472	20/22	F5559	612 Darcy McCourt	55 F	Poughkeepsie	NY 3:25:08 15:40 X
473	32/33	F3034	555 Crystal Zamfino	33 F	Stratford	CT 3:25:13 15:40
474	30/30	M5054	46 Mark Kratter	52 M	Norwalk	CT 3:26:22 15:46
475	31/31	F5054	328 Sue Meadows	54 F	Meriden	CT 3:38:07 16:39 X

476	33/33	F3034	674 Katie Koning	31 F	Ridgefield	CT 3:38:27 16:41
477	21/22	F5559	408 Barbara Brown	59 F	Elmwood Park	NJ 4:23:03 20:05 X
478	22/22	F5559	629 Nora Haefele	59 F	Pottstown	PA 4:41:18 21:29 X

E. 7 Miler

1. Map

REDDING ROAD RACE SEVEN MILE COURSE



★ AID STATIONS/PORT-O-LETS



Mary – 7 Mile Champ



Joseph – 7 Mile Champ

2. Results

REDDING ROAD RACES 7 MILE

Redding, CT Sunday, May 1, 2016

1	1/3	OVRLM	1055	Joseph Kearns	38 M	Tarrytown	NY	47:27	6:47
2	2/3	OVRLM	1086	James Patts	37 M	Redding	CT	49:10	7:02
3	3/3	OVRLM	1001	Sean McHale	14 M	Redding	CT	51:11	7:19
4	1/10	M3034	710	Ryan Lynn	33 M	Norwalk	CT	51:26	7:21
5	1/3	OVRLF	992	Mary Disimone	36 F	Fairfield	CT	51:31	7:22
6	1/12	M3539	1015	Marc Ferace	36 M	New London	CT	51:51	7:25
7	1/4	M1524	895	Luke Peterson	17 M	Fairfield	CT	51:51	7:25
8	2/3	OVRLF	757	Susi Manheimer	36 F	Ridgefield	CT	52:31	7:31
9	3/3	OVRLF	779	Sara Cates	35 F	New Haven	CT	52:43	7:32
10	1/43	F3539	733	Meghan Troy	39 F	Ridgefield	CT	52:58	7:34
11	1/13	M4549	821	Bradley Marcus	45 M	Ridgefield	CT	53:01	7:35
12	2/12	M3539	756	Jason Atkins	38 M	Bethel	CT	53:19	7:37
13	3/12	M3539	798	Matt Davis	38 M	Vernon	CT	53:57	7:43
14	2/43	F3539	825	Megan Holbert	39 F	Ridgefield	CT	54:07	7:44
15	1/2	M0114	892	Dalton Peters	11 M	Tolland	CT	54:18	7:46
16	1/9	M4044	1045	Brett Greene	42 M	Tolland	CT	54:52	7:51
17	4/12	M3539	950	Matt Marcella	35 M	Naugatuck	CT	55:04	7:52
18	1/13	M5054	784	Steven Coppock	51 M	Redding	CT	55:40	7:58
19	2/13	M5054	956	Brad Bottger	54 M	Redding	CT	56:00	8:00
20	1/3	M6599	1	Bill Rodgers	68 M	Boxborough	MA	56:35	8:05
21	1/4	F1524	754	Samantha Armour	16 F	New Milford	CT	56:58	8:09
22	1/40	F4044	911	Heidi Marcus	41 F	Ridgefield	CT	57:26	8:13
23	2/40	F4044	968	Christine Colsey	40 F	Ridgefield	CT	57:41	8:15
24	1/21	F5054	719	Nancy Rowe	52 F	Ridgefield	CT	58:02	8:18
25	3/43	F3539	874	Lauren Messina	39 F	Ridgefield	CT	58:06	8:18

26	2/13	M4549	730 Steve Slovinski	46 M	Ridgefield	CT	58:11	8:19
27	3/13	M5054	1041 Eric Goldstein	50 M	Redding	CT	58:36	8:23
28	1/48	F4549	1040 Lisa Goldstein	46 F	Redding	CT	58:37	8:23
29	1/8	M6064	1000 Dana Taylor	60 M	Redding	CT	58:52	8:25
30	2/4	F1524	978 Lily Schaeffer	16 F	New Canaan	CT	58:53	8:25
31	2/48	F4549	876 Kimberley Meyer	46 F	Simsbury	CT	59:10	8:28
32	1/22	F2529	1008 Jaime Ryskowski	27 F	New London	CT	59:12	8:28
33	5/12	M3539	768 Anthony Buonicore	37 M	Derby	CT	59:25	8:30
34	2/2	M0114	729 Aidan Slovinski	12 M	Ridgefield	CT	59:50	8:33
35	2/10	M3034	932 Gaetano Vitiello	31 M	Yonkers	NY	1:00:22	8:38
36	3/48	F4549	896 Dawn Prisco	48 F	Ridgefield	CT	1:00:36	8:40
37	4/43	F3539	735 Rebecca Wayland	39 F	Wilton	CT	1:00:45	8:41
38	4/13	M5054	272 Scott Cooney	52 M	Danbury	CT	1:00:50	8:42
39	4/48	F4549	925 Heather Sung	46 F	Redding	CT	1:00:53	8:42
40	2/9	M4044	875 Anthony Messina	41 M	Ridgefield	CT	1:00:57	8:43
41	1/8	M5559	788 Ben Campbell	56 M	Colonia	NJ	1:01:01	8:43
42	2/21	F5054	807 Kathy McGroddy-Goetz	52 F	Ridgefield	CT	1:01:13	8:45
43	3/10	M3034	880 Chris Moore	30 M	Norwalk	CT	1:01:15	8:45
44	2/8	M5559	973 Michael Costello	57 M	Fairfield	CT	1:01:25	8:47
45	3/9	M4044	986 Sean Devine	42 M	Tolland	CT	1:01:31	8:48
46	6/12	M3539	774 Scott Capozza	39 M	Oxford	CT	1:01:43	8:49
47	2/22	F2529	785 Eileen Condon	29 F	Stratford	CT	1:01:48	8:50
48	4/9	M4044	824 Brock Peters	40 M	Tolland	CT	1:01:52	8:51
49	3/22	F2529	810 Katie Kelly	29 F	Middletown	CT	1:02:09	8:53
50	5/43	F3539	849 Christine Kelly	37 F	Ridgefield	CT	1:02:10	8:53
51	5/48	F4549	643 Karen Seelert	46 F	Wilton	CT	1:02:13	8:54
52	1/13	F5559	951 Cindy Fazzio	57 F	Kuna	ID	1:02:16	8:54
53	3/40	F4044	215 Clare Zecher	42 F	Greenwich	CT	1:02:29	8:56

54	1/3	F0114	998 Fiona Mohl	12 F	Hopewell Junct NY	1:02:31	8:56
55	4/40	F4044	832 Kristy Liesegang	40 F	Ridgefield	CT 1:02:32	8:56
56	4/22	F2529	910 Dorota Sernicki	27 F	Stamford	CT 1:02:35	8:57
57	5/40	F4044	92 Cynthia Willmen	40 F	New Milford	CT 1:02:40	8:58
58	1/4	M2529	708 Chris Roser	25 M	Norwalk	CT 1:02:44	8:58
59	1/17	F3034	783 Lindsay Fenton	32 F	Manchester	CT 1:02:50	8:59
60	2/8	M6064	886 Robert Paladini	61 M	Holmes	NY 1:02:50	8:59
61	7/12	M3539	879 Mark Mischenko	39 M	Ridgefield	CT 1:02:50	8:59
62	6/40	F4044	1010 Meredith Powers	41 F	Stratford	CT 1:02:55	9:00
63	3/13	M4549	1068 Bill McCarthy	48 M	Sandy Hook	CT 1:02:57	9:00
64	5/13	M5054	888 Davidson McCulloh	50 M	Stamford	CT 1:02:57	9:00
65	6/48	F4549	404 Kathy Lang	48 F	Ridgefield	CT 1:03:05	9:01
66	5/22	F2529	782 Alicia Condon	27 F	Stratford	CT 1:03:18	9:03
67	6/43	F3539	954 Meredith Binder	39 F	Bethel	CT 1:03:34	9:05
68	2/4	M2529	931 Joshua Vaghi	26 M	Bethel	CT 1:03:34	9:05
69	4/10	M3034	813 Steven Gmelin	34 M	Ridgefield	CT 1:03:44	9:07
70	2/13	F5559	924 Katherine Stallfort	56 F	Wilton	CT 1:03:48	9:07
71	7/48	F4549	857 Stacy Levy	48 F	Wilton	CT 1:03:48	9:07
72	8/12	M3539	753 Jeffrey Swiatowicz	39 M	Ridgefield	CT 1:04:03	9:09
73	6/13	M5054	959 Kevin Briody	53 M	Ridgefield	CT 1:04:16	9:11
74	8/48	F4549	1050 Kristen Hoban	49 F	Ridgefield	CT 1:04:17	9:11
75	3/8	M5559	1049 Paul Hirsch	56 M	Redding	CT 1:04:21	9:12
76	7/40	F4044	940 Michelle Zuscin	40 F	Oxford	CT 1:04:37	9:14
77	6/22	F2529	673 Laura Shaw	27 F	New York	NY 1:04:37	9:14
78	9/12	M3539	770 Connor Finegan	38 M	Westfield	NJ 1:04:56	9:17
79	7/22	F2529	717 Irene Boyle	25 F	Fairfield	CT 1:04:59	9:17
80	3/13	F5559	743 Carol Bounds	57 F	Boise	ID 1:05:08	9:19
81	4/8	M5559	1019 Rich Ferguson	56 M	New Canaan	CT 1:05:09	9:19

82	8/40	F4044	1087 Dr.Jessicalynn Perepl	41 F	West Springfie MA	1:05:16	9:20
83	7/13	M5054	795 Jerry De La Rosa	53 M	Waterbury	CT 1:05:16	9:20
84	3/21	F5054	936 Kim Petruska	50 F	Brookfield	CT 1:05:18	9:20
85	9/48	F4549	860 Stacy Hynes	48 F	Ridgefield	CT 1:05:25	9:21
86	2/3	M6599	715 John C Szantyr	66 M	Stratford	CT 1:05:25	9:21
87	5/9	M4044	1100 Sean Fesh	43 M	Bethel	CT 1:05:28	9:22
88	4/13	M4549	1029 Mike Mello	49 M	Bethel	CT 1:05:31	9:22
89	3/8	M6064	862 Michael Londrigan	61 M	Ridgefield	CT 1:05:38	9:23
90	9/40	F4044	1056 Leigh Ann Kissner	44 F	West Hartford	CT 1:05:48	9:24
91	10/40	F4044	1074 Ellen Meyst	44 F	Danbury	CT 1:05:49	9:24
92	11/40	F4044	1084 Jayne Olsen	40 F	Ridgefield	CT 1:05:57	9:26
93	7/43	F3539	866 Patty Major	37 F	Wilton	CT 1:06:12	9:28
94	5/8	M5559	963 P Butler	58 M	Southbury	CT 1:06:13	9:28
95	8/43	F3539	900 Monica Lederman	39 F	Redding	CT 1:06:13	9:28
96	2/17	F3034	714 Erin Reilly	33 F	Brooklyn	NY 1:06:14	9:28
97	10/48	F4549	829 Robin Damato	45 F	Milford	CT 1:06:27	9:30
98	11/48	F4549	817 Laura Schechter	49 F	Danbury	CT 1:06:32	9:31
99	5/13	M4549	1099 Michael Salmore	49 M	Ridgefield	CT 1:06:33	9:31
100	12/48	F4549	769 Margaret Salmore	47 F	Ridgefield	CT 1:06:34	9:31
101	4/13	F5559	796 Mimi De La Rosa	55 F	Waterbury	CT 1:06:41	9:32
102	4/21	F5054	780 Sally Ann Ciarlo	51 F	Middlebury	CT 1:06:49	9:33
103	6/13	M4549	1006 Laurence Briody	48 M	Ridgefield	CT 1:06:50	9:33
104	8/22	F2529	846 Megan Jones	27 F	Danbury	CT 1:06:50	9:33
105	13/48	F4549	771 Kathy Pesce	46 F	Ridgefield	CT 1:06:57	9:34
106	9/43	F3539	1021 Meg Fesh	38 F	Bethel	CT 1:07:09	9:36
107	12/40	F4044	1094 Anna Pizzo	44 F	Redding	CT 1:07:11	9:36
108	5/21	F5054	1091 Lucy Peto	52 F	Wilton	CT 1:07:12	9:36
109	3/4	M2529	672 Richard Shaw	26 M	New York	NY 1:07:12	9:36

110	6/9	M4044	1043 Stuart Green	44 M	Naugatuck	CT 1:07:30	9:39
111	13/40	F4044	748 Claire Moffatt	41 F	Ridgefield	CT 1:07:30	9:39
112	9/22	F2529	863 Jennifer Lynn	25 F	Danbury	CT 1:07:49	9:42
113	10/22	F2529	894 Lindsay Peterson	25 F	Fairfield	CT 1:07:57	9:43
114	10/43	F3539	1011 Angela Caes	36 F	Redding	CT 1:07:59	9:43
115	4/8	M6064	893 Ed Peterson	61 M	Fairfield	CT 1:08:02	9:44
116	11/43	F3539	1023 Kaley Fiinegan	37 F	Mamaroneck	NY 1:08:04	9:44
117	5/13	F5559	948 Barbara Baker	55 F	Danbury	CT 1:08:08	9:44
118	14/48	F4549	419 Stacey Martwinski-Nar	45 F	Oakville	CT 1:08:09	9:45
119	15/48	F4549	987 Leah Dillman	49 F	Ridgefield	CT 1:08:09	9:45
120	14/40	F4044	220 Hilary Martwinski-Nar	44 F	Oakville	CT 1:08:09	9:45
121	6/13	F5559	834 Joyce Dynia	57 F	Ridgefield	CT 1:08:20	9:46
122	16/48	F4549	356 Lisa Haden	48 F	Ridgefield	CT 1:08:21	9:46
123	7/13	F5559	944 Joyce Bordash	55 F	Ridgefield	CT 1:08:22	9:46
124	17/48	F4549	835 Jacqueline Lang	49 F	Ridgefield	CT 1:08:22	9:46
125	1/2	F6064	975 Janet Levy	62 F	Chappaqua	NY 1:08:22	9:46
126	12/43	F3539	286 Jenn Cutler	35 F	Redding	CT 1:08:25	9:47
127	8/13	F5559	939 Laura Battisti	56 F	Danbury	CT 1:08:34	9:48
128	2/4	M1524	935 Ryan Walsh	24 M	Danbury	CT 1:08:39	9:49
129	18/48	F4549	1076 Kathleen Miller	46 F	Bethel	CT 1:08:40	9:49
130	19/48	F4549	803 Paula Delgrego	46 F	West Hartford	CT 1:08:41	9:49
131	7/13	M4549	1083 Joseph McHale	45 M	Redding	CT 1:08:46	9:50
132	6/21	F5054	960 Lynne Briody	52 F	Ridgefield	CT 1:08:53	9:51
133	20/48	F4549	913 Joann Soltis	47 F	Newtown	CT 1:09:05	9:53
134	9/13	F5559	744 Mary Beth Sharkey	57 F	Redding	CT 1:09:19	9:55
135	8/13	M4549	1030 Kirt Frederickson	45 M	Redding	CT 1:09:31	9:56
136	10/13	F5559	926 Diane Tamboia	55 F	Redding	CT 1:09:55	10:00
137	7/9	M4044	901 Robert Kalamaras	41 M	Easton	CT 1:10:02	10:01

138	13/43	F3539	844 Suzanne Jeschke	38 F	Wilton	CT 1:10:06 10:01
139	14/43	F3539	726 Liz Skidmore	38 F	Wilton	CT 1:10:14 10:02
140	3/4	M1524	946 Matthew Shannon	17 M	Redding	CT 1:10:23 10:04
141	2/2	F6064	55 Sabine Schultz	60 F	Danbury	CT 1:10:26 10:04
142	11/22	F2529	804 Ryan Virginia Donahue	27 F	Stamford	CT 1:10:28 10:04
143	10/12	M3539	1009 Nicholas Lindsay-Jone	36 M	Ridgefield	CT 1:10:30 10:05
144	21/48	F4549	1052 Tricia Jansen	45 F	Easton	CT 1:10:38 10:06
145	22/48	F4549	764 Jill Bornstein	48 F	Ridgefield	CT 1:10:39 10:06
146	23/48	F4549	897 Katherine Panageas	46 F	Ridgefield	CT 1:10:39 10:06
147	7/21	F5054	736 Lisa Whelan	53 F	Ridgefield	CT 1:10:45 10:07
148	15/43	F3539	1038 Diana Gascon	36 F	Tolland	CT 1:10:53 10:08
149	15/40	F4044	720 Kimberly Santosky	44 F	Redding	CT 1:11:04 10:10
150	11/13	F5559	997 Karin Fallon	59 F	Ridgefield	CT 1:11:16 10:11
151	8/13	M5054	749 David Mulcahy	51 M	East Taunton	MA 1:11:21 10:12
152	9/13	M4549	868 David Rovere	45 M	Wilton	CT 1:11:23 10:12
153	16/43	F3539	740 Shauna Yeager	37 F	Redding	CT 1:11:31 10:13
154	2/3	F0114	820 Stephanie D'Orso	13 F	Ridgefield	CT 1:11:32 10:14
155	8/21	F5054	890 Diane Perillo	52 F	Danbury	CT 1:11:34 10:14
156	9/21	F5054	865 Marge Maida	53 F	Ridgefield	CT 1:11:40 10:15
157	16/40	F4044	1013 Stephanie Shaughnessy	44 F	New Fairfield	NY 1:11:57 10:17
158	17/43	F3539	869 Rachel Marino	36 F	Ridgefield	CT 1:12:01 10:18
159	18/43	F3539	778 Brittany Cates	36 F	New Haven	CT 1:12:03 10:18
160	19/43	F3539	777 Christine Macken	35 F	Wilton	CT 1:12:05 10:18
161	8/9	M4044	885 Michael Olivieri	42 M	Colchester	CT 1:12:31 10:22
162	20/43	F3539	812 Stacy McGratty	35 F	Ridgefield	CT 1:12:40 10:23
163	3/17	F3034	808 Kelly Bologna	31 F	Coventry	CT 1:12:42 10:24
164	17/40	F4044	1033 Justine Block	43 F	Ridgefield	CT 1:12:48 10:24
165	18/40	F4044	884 Stacey Olivieri	42 F	Colchester	CT 1:12:52 10:25

166	24/48	F4549	797 Michelle Deane	48 F	Ridgefield	CT 1:12:58 10:26
167	19/40	F4044	983 Robin Danzak	41 F	Stratford	CT 1:13:06 10:27
168	25/48	F4549	990 Stephanie Bell	45 F	Ridgefield	CT 1:13:07 10:27
169	4/17	F3034	1004 Lindsay George	34 F	Vernon	CT 1:13:12 10:28
170	26/48	F4549	867 Jane Mannal	47 F	Bedford	NY 1:13:21 10:29
171	20/40	F4044	955 Kari Bley	41 F	Westport	CT 1:13:28 10:30
172	21/40	F4044	858 Allison Lisbon	42 F	Weston	CT 1:13:28 10:30
173	22/40	F4044	233 Michelle Wisniewski	44 F	Ridgefield	CT 1:13:42 10:32
174	23/40	F4044	1002 Dianna Manger	44 F	Redding	CT 1:13:44 10:32
175	5/17	F3034	842 Nadine Hamm	31 F	Manchester	CT 1:13:45 10:33
176	5/10	M3034	739 Owen Whitehurst	32 M	Monroe	CT 1:13:50 10:33
177	21/43	F3539	197 Andrea Barry	39 F	Danbury	CT 1:13:50 10:33
178	22/43	F3539	811 Cindy Mercede	39 F	New Canaan	CT 1:13:52 10:34
179	23/43	F3539	388 Maryann Kelly	36 F	Pleasantville	NY 1:13:56 10:34
180	24/40	F4044	781 Jessica Collins	40 F	Ridgefield	CT 1:14:03 10:35
181	6/8	M5559	1028 Lorenzo Denino	57 M	Longboat Key	FL 1:14:11 10:36
182	27/48	F4549	1022 Wendy Youngblood	46 F	Brookfield	CT 1:14:13 10:37
183	10/21	F5054	750 Elizabeth Sager	54 F	Redding	CT 1:14:23 10:38
184	10/13	M4549	891 Gary Perillo	46 M	Shelton	CT 1:14:25 10:38
185	9/13	M5054	922 David Stack	53 M	Stamford	CT 1:14:34 10:39
186	28/48	F4549	809 Laura Donnelly	46 F	Ridgefield	CT 1:14:36 10:40
187	12/22	F2529	1034 Colleen Gaffney	29 F	Stratford	CT 1:14:38 10:40
188	10/13	M5054	999 James Francis	52 M	Westport	CT 1:14:38 10:40
189	25/40	F4044	851 Allison Kelm	41 F	Bethel	CT 1:14:39 10:40
190	13/22	F2529	446 Corrie Miller	29 F	Redding	CT 1:14:39 10:40
191	3/4	F1524	709 Rachael Conti	22 F	Norwalk	CT 1:14:44 10:41
192	5/8	M6064	342 Jack Fulton	61 M	Storrs	CT 1:14:51 10:42
193	3/3	F0114	854 Jamison Munno	11 F	Stamford	CT 1:14:52 10:42

194	26/40	F4044	980 Christina Cumberton	42 F	Brookfield	CT 1:14:53 10:42
195	11/21	F5054	1051 Janine Lehr	51 F	Southington	CT 1:14:59 10:43
196	27/40	F4044	1078 Tara Mohl	43 F	Hopewell Junct NY	1:15:02 10:44
197	28/40	F4044	976 Shannon Cruickshank	41 F	Wilton	CT 1:15:08 10:44
198	24/43	F3539	78 Amy Cooper	37 F	Southington	CT 1:15:09 10:45
199	29/48	F4549	815 Eliza Doolittle	47 F	Wilton	CT 1:15:13 10:45
200	29/40	F4044	873 Alicia McNeill	42 F	Ridgefield	CT 1:15:13 10:45
201	11/13	M4549	903 Mark Castiglione	45 M	Nyack	NY 1:15:17 10:46
202	6/17	F3034	1092 Emalee Pierce	33 F	Sandwich	MA 1:15:17 10:46
203	14/22	F2529	141 Daniella Diaz	27 F	Orange	CT 1:15:29 10:47
204	12/21	F5054	974 Elizabeth Cox	53 F	Redding	CT 1:15:31 10:48
205	30/48	F4549	1069 Shannon Lovley	47 F	Stafford Sprin	CT 1:15:31 10:48
206	31/48	F4549	962 Jeanne Brunet	45 F	Brookfield	CT 1:15:35 10:48
207	25/43	F3539	961 Sandhya Sridhar	39 F	Newtown	CT 1:15:48 10:50
208	26/43	F3539	1066 Courtney Maxfield	35 F	Wilton	CT 1:15:55 10:51
209	27/43	F3539	871 Jeannette McCambley	36 F	Sandy Hook	CT 1:15:55 10:51
210	30/40	F4044	114 Angela Killay	41 F	Orange	MA 1:16:01 10:52
211	28/43	F3539	1072 Cristine Divenere	37 F	Tolland	CT 1:16:02 10:52
212	13/21	F5054	1018 Shelley Opalski	51 F	Middletown	CT 1:16:04 10:52
213	14/21	F5054	1005 Beth Lyon	53 F	Groton	CT 1:16:06 10:53
214	29/43	F3539	916 Karlen Shupp	39 F	Oxford	CT 1:16:08 10:53
215	9/9	M4044	918 Pete Shupp	42 M	Oxford	CT 1:16:09 10:53
216	32/48	F4549	816 Sharon D'Orso	45 F	Ridgefield	CT 1:16:12 10:54
217	15/22	F2529	452 Nicole Mordin	28 F	Peekskill	NY 1:16:14 10:54
218	30/43	F3539	1059 Kara Kubala	37 F	Monroe	CT 1:16:14 10:54
219	11/13	M5054	852 Tom Kelm	53 M	Bethel	CT 1:16:40 10:58
220	7/17	F3034	882 Liz Norton	34 F	Monmouth	ME 1:16:41 10:58
221	8/17	F3034	759 Ck Berkowitz	32 F	Monmouth	ME 1:16:42 10:58

222	31/43	F3539	1088 Janelle Peters	39 F	Tolland	CT 1:16:56 11:00
223	33/48	F4549	1085 Gina Palmieri	45 F	Burlington	CT 1:16:59 11:00
224	34/48	F4549	929 Andi Duplessie	49 F	Athol	MA 1:16:59 11:00
225	9/17	F3034	723 Nicole Schreier	34 F	Hebron	CT 1:17:00 11:00
226	35/48	F4549	762 Michelle Marrinan	45 F	Stamford	CT 1:17:01 11:00
227	32/43	F3539	912 Sarah Myles	35 F	Stafford	CT 1:17:01 11:01
228	12/13	F5559	1035 Pat Gaglione	55 F	Ridgefield	CT 1:17:15 11:03
229	16/22	F2529	775 Ann Rodwell-Lawton	25 F	Bethel	CT 1:17:16 11:03
230	12/13	M5054	189 Thomas Auray	52 M	Easton	CT 1:17:32 11:05
231	36/48	F4549	989 Julie Greene	47 F	Tolland	CT 1:17:40 11:06
232	37/48	F4549	1095 Nina Pomeroy	47 F	Wilton	CT 1:17:49 11:07
233	17/22	F2529	1032 Mary Frostick	25 F	Fairfield	CT 1:17:56 11:08
234	31/40	F4044	870 Danielle Maryott	40 F	Easton	CT 1:18:00 11:09
235	32/40	F4044	718 Courtney Pulie	40 F	Easton	CT 1:18:00 11:09
236	33/43	F3539	853 Sarah Sullivan	39 F	Bristol	CT 1:18:04 11:10
237	13/13	M5054	838 Edward Freeland	54 M	Trumbull	CT 1:18:07 11:10
238	38/48	F4549	887 Helene Paladini	49 F	Holmes	NY 1:18:08 11:10
239	33/40	F4044	205 Gina Ebbeling	40 F	Colchester	CT 1:18:10 11:10
240	10/17	F3034	738 Anita Whitehurst	32 F	Monroe	CT 1:18:27 11:13
241	12/13	M4549	177 Ray Acunto	47 M	Southbury	CT 1:18:36 11:14
242	6/8	M6064	841 Jason Howard	62 M	Redding	CT 1:18:44 11:15
243	15/21	F5054	814 Daphna Arm Rizzo	51 F	Redding	CT 1:18:51 11:16
244	7/8	M5559	1080 Andrew Mound	56 M	Redding	CT 1:19:05 11:18
245	34/40	F4044	1039 Deanna Gaudreau	41 F	Sherman	CT 1:19:09 11:19
246	35/40	F4044	898 Tashua Malino	40 F	Ansonia	CT 1:19:51 11:25
247	36/40	F4044	1048 Amy Hauptman	40 F	Easton	CT 1:19:56 11:26
248	13/13	M4549	767 Karsten Olsen	49 M	Ansonia	CT 1:20:13 11:28
249	11/17	F3034	1037 Melissa Gambardella	34 F	Milford	CT 1:20:25 11:30

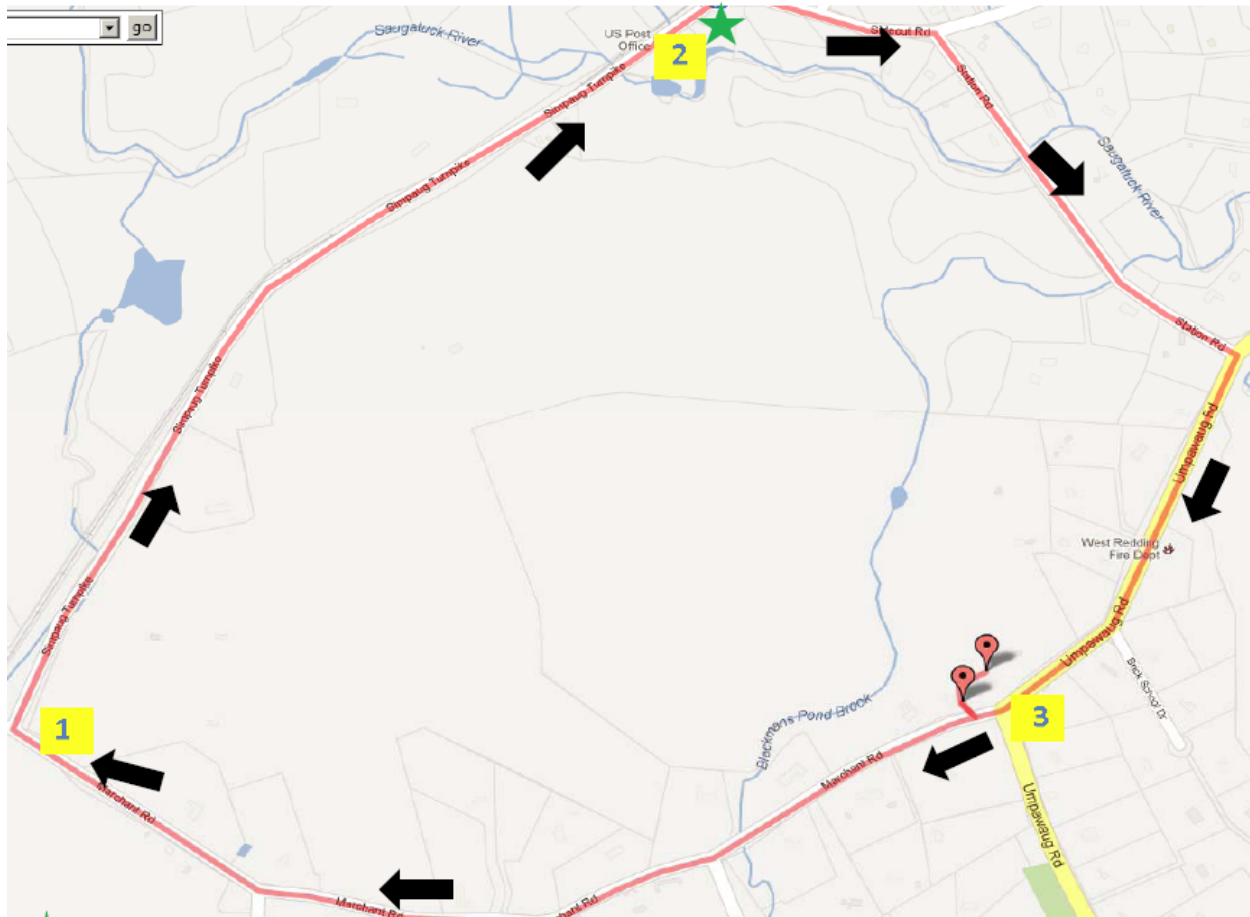
250	34/43	F3539	1025 Daria Fisher	35 F	Ridgefield	CT 1:20:28 11:30
251	12/17	F3034	1079 Leah Morgan	34 F	Hebron	CT 1:20:32 11:31
252	35/43	F3539	981 Eileen Curran	37 F	Danbury	CT 1:20:32 11:31
253	16/21	F5054	909 Barbara Mueller-Marqu	51 F	Ridgefield	CT 1:20:35 11:31
254	7/8	M6064	1064 Jay Maguire	62 M	Norwalk	CT 1:20:58 11:34
255	13/17	F3034	823 Kristine Drozd	34 F	Redding	CT 1:21:00 11:35
256	39/48	F4549	620 Kristen Deak	45 F	Redding	CT 1:21:34 11:40
257	36/43	F3539	864 Katherine Krasney	36 F	New Haven	CT 1:21:35 11:40
258	4/4	M2529	724 Jon Sevilla	25 M	Norwalk	CT 1:21:36 11:40
259	37/40	F4044	914 April Phillips	44 F	Groton	CT 1:21:52 11:42
260	14/17	F3034	902 Melanie Rodriguez	31 F	Cromwell	CT 1:24:08 12:02
261	6/10	M3034	906 Phillip Sarnowski	32 M	Stamford	CT 1:24:28 12:04
262	15/17	F3034	905 Lisa-Nicole Sarnowski	32 F	Stamford	CT 1:24:28 12:04
263	40/48	F4549	848 Betsy Higgins	47 F	Redding	CT 1:24:31 12:05
264	7/10	M3034	36 Joshua Valinsky	32 M	Suffield	CT 1:24:38 12:06
265	11/12	M3539	1067 Ryan Kehoe	35 M	Waterbury	CT 1:25:08 12:10
266	41/48	F4549	877 Anne Milot	48 F	Ridgefield	CT 1:25:14 12:11
267	37/43	F3539	985 Shatanna Derosie	39 F	Manchester	CT 1:25:17 12:11
268	18/22	F2529	619 Kristen Essex	26 F	Danbury	CT 1:25:29 12:13
269	19/22	F2529	665 Carolyn Shea	26 F	Trumbull	CT 1:26:36 12:23
270	17/21	F5054	904 Kelly Rome	50 F	Granby	CT 1:26:41 12:23
271	8/8	M6064	594 Ken Essex	63 M	Redding	CT 1:27:58 12:34
272	8/10	M3034	268 Ken Conley	31 M	Cold Spring	NY 1:28:08 12:36
273	16/17	F3034	137 Ashley Ficaro	30 F	Southington	CT 1:28:18 12:37
274	18/21	F5054	847 Robin Kearns	52 F	Avon	CT 1:28:50 12:42
275	9/10	M3034	1007 Travis Lowman	32 M	Granby	CT 1:29:04 12:44
276	38/43	F3539	302 Donna Tesar	36 F	New Fairfield	CT 1:29:09 12:45
277	4/4	M1524	830 Michael Dunn	24 M	Norwalk	CT 1:29:14 12:45

278	20/22	F2529	765 Megan Brannen	25 F	Norwalk	CT 1:29:18 12:46
279	42/48	F4549	800 Teresa Costello	47 F	Ridgefield	CT 1:29:57 12:51
280	38/40	F4044	596 Faith Ficarra	42 F	New Fairfield	CT 1:30:03 12:52
281	19/21	F5054	1060 Mary Ellen Kunz	50 F	Stamford	CT 1:30:12 12:54
282	21/22	F2529	751 Julia Rosenblum	28 F	New York	NY 1:30:22 12:55
283	10/10	M3034	752 Grant Borgelt	30 M	New York	NY 1:30:32 12:56
284	39/40	F4044	372 Hillary Lewis	44 F	Sandy Hook	CT 1:30:48 12:59
285	39/43	F3539	991 Leslie Dinunzio	39 F	East Hampton	CT 1:31:03 13:01
286	20/21	F5054	1062 Kate Levesque	50 F	Stafford Sprin	CT 1:31:54 13:08
287	40/43	F3539	996 Amber Edwards	35 F	Tolland	CT 1:31:57 13:09
288	43/48	F4549	727 Patti Skok	48 F	Danbury	CT 1:31:58 13:09
289	17/17	F3034	969 Kim Lowman	32 F	Granby	CT 1:32:51 13:16
290	44/48	F4549	822 Christine O'Meara	45 F	East Hartland	CT 1:35:22 13:38
291	41/43	F3539	716 Rebecca Osborne	36 F	Sandy Hook	CT 1:35:28 13:39
292	40/40	F4044	840 Olga Herrera	42 F	Danbury	CT 1:35:30 13:39
293	8/8	M5559	296 Day De Rosa	59 M	Redding	CT 1:36:22 13:46
294	22/22	F2529	415 Lauren Frac	27 F	Torrington	CT 1:37:17 13:54
295	21/21	F5054	889 Julia Pemberton	50 F	Redding	CT 1:41:50 14:33
296	45/48	F4549	845 Debra Jones	47 F	Redding	CT 1:41:55 14:34
297	46/48	F4549	1026 Kathleen Flaherty	48 F	Newington	CT 1:45:20 15:03
298	13/13	F5559	755 Deborah Blanchard	55 F	Fairfield	CT 1:45:38 15:06
299	42/43	F3539	789 Erin Rose	38 F	Agawam	MA 1:48:27 15:30
300	4/4	F1524	941 Galuh Kirana Pusthika	23 F	West Hartford	CT 1:50:40 15:49
301	3/3	M6599	725 David Silverman	66 M	Redding	CT 1:51:35 15:57
302	43/43	F3539	1003 Jennifer Feinberg	39 F	North Haven	CT 1:55:03 16:27
303	12/12	M3539	1014 Mike Feinberg	39 M	North Haven	CT 1:55:03 16:27
304	47/48	F4549	856 Ceren Laydon	48 F	Hamden	CT 1:56:06 16:36
3058/48		F4549	917 Denise Carter	46 F	Hudson	WI 2:01:06 17:18

F. MIGHTY COW RACE

1. MAP

REDDING ROAD RACE MIGHTY COW COURSE



AID STATIONS/PORT-O-LETS

2. MIGHTY COW COMBINE RESULTS

Mighty Cow / Half Combined

1	9 Blake Benke	39 Westport	CT 1:25:50 21:14 1:47:03
2	42 David Smith	44 New Milford	CT 1:35:11 21:14 1:56:24
3	8 Luke Albrecht	37 Newtown	CT 1:39:33 21:01 2:00:34
4	347 Steven Crossot	50 Brooklyn	NY 1:39:21 23:24 2:02:44
5	89 David Cappello	53 Avon	CT 1:39:16 24:27 2:03:43
6	53 Lisa Allen	39 Shelton	CT 1:39:42 24:30 2:04:11
7	304 Stephanie Bramlett	31 Norwalk	CT 1:46:35 22:45 2:09:20
8	699 Rick Spiker	41 Redding	CT 1:42:57 26:38 2:09:35
9	54 Stephen Apy	33 Darien	CT 1:44:04 26:08 2:10:12
10	146 Jeffrey Molson	54 Avon	CT 1:47:43 24:27 2:12:10
11	130 Erin McGuire	19 Avon	CT 1:46:00 27:17 2:13:16
12	307 Josh Williams	36 New Milford	CT 1:48:34 25:03 2:13:37
13	666 Greg Klimaytis	40 Rego Park	CT 1:51:49 24:00 2:15:49
14	320 Walter Andersons	50 Brooklyn	NY 1:54:36 23:34 2:18:09
15	438 Stephen McDonnell	47 Fairfield	CT 1:52:22 26:54 2:19:16
16	158 Emma Raviv	27 New York	NY 1:53:55 26:21 2:20:16
17	86 Lisa Brody	46 New Haven	CT 1:55:01 26:11 2:21:11
18	473 Shannon Kievman	42 Manchester	CT 1:54:58 27:00 2:21:58
19	91 Caroline Cappello	17 Avon	CT 1:56:03 27:17 2:23:20
20	84 Kristen Porter	44 Ridgefield	CT 1:53:59 30:00 2:23:59
21	30 Elizabeth Dreier	30 Simsbury	CT 1:57:34 26:39 2:24:13
22	151 Yuly Susaya	36 Hartford	CT 1:57:13 27:28 2:24:41

23	56 Daniel Blair	56 Simsbury	CT 1:58:07	27:44	2:25:50
24	155 Armando Vargas	50 Simsbury	CT 1:57:33	28:54	2:26:27
25	277 Anne Ciccio	39 Wethersfield	CT 1:59:36	27:37	2:27:12
26	106 Tammy Grella	42 Litchfield	CT 2:00:49	27:56	2:28:45
27	333 Bob Sherry	43 New Milford	CT 2:02:40	26:08	2:28:48
28	159 Jim Campasano	45 Simsbury	CT 1:58:52	30:31	2:29:23
29	120 Will Hauser	48 Southbury	CT 2:03:00	29:07	2:32:06
30	227 Jacqueline Dimeglio	32 Bridgeport	CT 2:01:13	31:38	2:32:51
31	172 Kristi Slater	37 Redding	CT 2:05:38	28:45	2:34:22
32	87 Christine Campasano	47 Simsbury	CT 2:04:55	30:21	2:35:16
33	698 Katey Baruth	39 Redding	CT 2:07:17	28:21	2:35:38
34	345 Gwen Stark	50 Eht	NJ 2:06:22	31:32	2:37:53
35	706 Kathryn Stoker	48 Norwalk	CT 2:09:16	29:18	2:38:33
36	153 Kimberly Tully	48 Wilton	CT 2:12:12	26:46	2:38:58
37	167 Chris McCann	45 Wilton	CT 2:09:33	29:35	2:39:07
38	316 Matt Couch	48 Burlington	CT 2:09:50	29:47	2:39:36
39	162 Claire Gladstone	48 Ridgefield	CT 2:11:17	29:20	2:40:37
40	83 Jennifer Maksymiw	33 Plainville	CT 2:08:59	31:38	2:40:37
41	383 Nardy Chung	39 Stamford	CT 2:11:29	29:50	2:41:19
42	175 Emily Locher	40 Weston	CT 2:11:47	29:48	2:41:35
43	149 Casey Snedecor	33 Jersey City	NJ 2:12:38	29:05	2:41:42
44	237 Stewart Pomeroy	48 Wilton	CT 2:21:00	20:48	2:41:48
45	636 Amanda Edwards	47 Apex	NC 2:13:09	29:20	2:42:29
46	108 Jamie Grennan	38 Norwalk	CT 2:12:46	29:50	2:42:35
47	139 Mark McGuire	52 Avon	CT 2:16:26	28:31	2:44:57

48	165 Russ Porter	45 Ridgefield	CT 2:17:17	30:54 2:48:11
49	128 Peter King	45 Cheshire	CT 2:19:44	29:21 2:49:05
50	148 Sarah Rowe	24 Greenwich	CT 2:20:35	31:27 2:52:02
51	154 Rhett Umphress	30 Avon	CT 2:26:24	30:00 2:56:24
52	29 Laura Nerone	45 Newtown	CT 2:25:04	31:56 2:57:00
53	527 Erich Wenis	43 Woodbury	CT 2:28:20	29:56 2:58:16
54	322 Lauren Contorno	51 Bethel	CT 2:33:48	31:25 3:05:12
55	605 Lee Velez	36 Norwalk	CT 2:35:04	33:13 3:08:16
56	230 Cathy Laydon	50 East Haven	CT 2:37:27	31:33 3:08:59
57	98 Rebecca Darst	40 Wilton	CT 2:43:19	35:13 3:18:31
58	456 Julia Gibson	44 Lewiston	MA 2:48:40	33:55 3:22:34
59	117 Jessica Willis	35 Vernon	CT 2:44:55	38:30 3:23:24
60	133 Kaitlin Maguire	31 Framingham	MA 2:49:49	33:55 3:23:43
61	27 Carole Urban	51 Milford	CT 3:23:20	35:31 3:58:50
62	46 Mark Kratter	52 Norwalk	CT 3:26:22	35:36 4:01:58
63	555 Crystal Zamfino	33 Stratford	CT 3:25:13	37:18 4:02:30
64	503 Deborah Schneider	52 Harrisburg	PA 3:23:20	41:59 4:05:18
65	504 Lynda Hasper	49 Lititz	PA 3:23:18	42:07 4:05:25

G. Runner Stories

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.

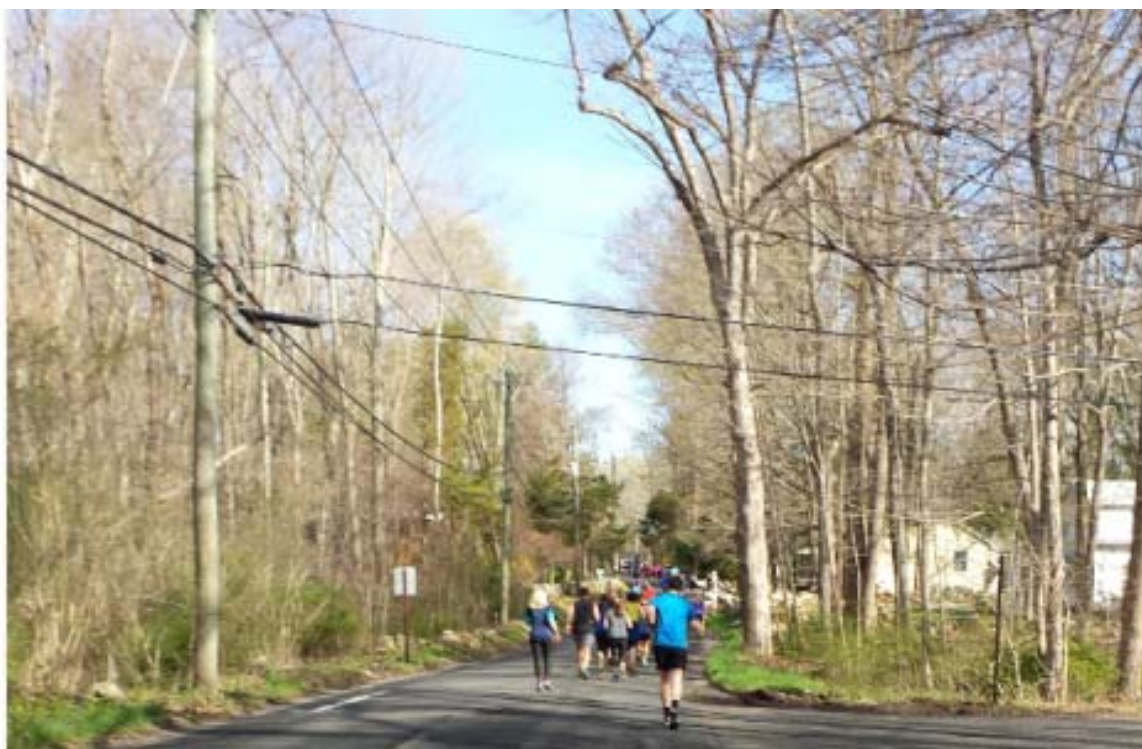


True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.



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!



NL #1 OUR RUNNER SPOTLIGHT – ADAM F.



Most people would not know by watching me run that I am a disabled athlete. Where ever I go people always ask me “who is your athlete?” When I tell them I am the athlete (and that Achilles Guides have shirts that say guide) people do not believe me. The standard follow up question is, “if you don’t mind, what is wrong with you?” When I tell them my story the normal reaction is one of shock and disbelief.

To make a very long story short, at age 13 I was experiencing knee issues. By the time I was 44 I had 8 knee operations including both knees being replaced at the same time (bilateral patella-femoral replacement) and years later having each knee revised. I was never able to run prior to all of these operations. Somehow running makes my legs stronger. I am taking advantage of being able to run while I can.

In June 2014 I took part in my first sanctioned event, the FireCracker 5K. My son and I walked at least 2.8 miles. At this event I became an athlete with Achilles International CT Chapter. Through Achilles I joined the Glastonbury River Runners. And through the Glastonbury River Runners I became a member of Run 169 Towns Society.

In July 2014 I ran in my first 5K. That is all it took and I was addicted. Since then I have taken part in 50 other events. I have run in different events ranging from 5K to a full marathon. My favorite races are half marathons. In 2015 I ran in 14 half marathons (including Redding). In November 2015 I ran my first marathon in New York. I am proud to say I was part of team Achilles International.

How am I able to do this? I use a modified Galloway method. I run and walk using a 5:1 interval (run for 5 minutes and walk for 1 minute). This built in rest has made it possible to take part in so many events.

This year my goals are to run in at least 24 half marathons, while raising money for Achilles International CT Chapter and showing others what a disabled athlete can achieve. So when you see me in my yellow Achilles International CT Chapter shirt encourage me to keep moving and high-five me. I might be walking but that does not mean I am giving up. I never know how my knees will respond to the weather and the terrain.

You can follow me on twitter at @ctachillesrunn1

You can see my story at:

<https://www.youcaring.com/achilles-international-ct-chapter-482021#goto-fundraiser-details>

You can find out more about Achilles International CT Chapter at <http://www.achillesct.org/>

NL #2 RUNNER STORY – DIANE AND BLAKE B.

My husband, Blake, and I are running the race this year. I am doing the 7 miler and he is doing the madcow. Blake is an accomplished ultra runner (top ten at Badwater Ultra 135, at top 13 at Spartathlon) who was featured last year in Outside magazine's August edition as one of their "fitness real athletes," (i.e. – he has a desk job, commutes to NYC and we have two young boys). He excels at the longer distances, but we love the trails and have heard great things about your event. Excited to be a part of it and be there on May 1st!

Case Study: Endurance Runner Blake Benke, 37

Bona Fides

In 2009, Benke, who lives in Connecticut and works in financial services on Wall Street, finished tenth place at the notorious Badwater Ultramarathon, a 135-mile race through California's Death Valley. Last September, he completed the 153-mile Spartathlon in Greece in 28 hours and 29 minutes, earning him 13th place—the top American finish.

How He Does It

Benke has a 90-minute commute and two small children. Finding the time to train takes discipline, which he developed at the U.S. Naval Academy and later as a Marine in the Iraq war. It also demands creativity. "I think part of the fun is making it all fit," Benke says. He uses the seams in his schedule to train. He works from 8 a.m. to 6 p.m., "with no breaks," but will often run eight miles from his lower Manhattan office to Harlem to catch a commuter train home. Usually, he does his longer runs on weekends. "Then, as soon as I get home, I'm taking my kids to birthday parties, giving them baths, and doing everything I can to pull my weight," says Benke, who is currently training for November's JFK 50 Mile race. "It helps that I really only need about six hours of sleep."

Follow His Lead

"If something is important to you, you'll find time to do it," says David Allen, author of *Making It All Work: Winning at the Game of Work and the*

Business of Life. “And often it will benefit the other things in your life.” Pack your day, as Benke does, and you can’t afford to waste a single moment, which helps you focus. “If you’re with your kids all the time but looking at your phone constantly, that’s no different than not being there at all,” says Allen. It’s all about balance. “If one part of your life starts to suffer, it’s important to reevaluate and figure out what needs to **change.**”

The Ultramarathoner Blake Benke's Ultra Finish

Last Friday, I wrote about Blake Benke, a 37-year-old ultramarathoner from Westport, Conn., who trains by running 31-mile loops of the entire island of Manhattan. On Sept. 27, Benke competed in his longest race ever: the 153-mile (153 miles!) Spartathlon in Greece, which traces the epic journey of Pheidippides from Athens to Sparta. A father of two who works full time on Wall Street, Benke had a remarkable performance, crossing the line in 28 hours, 29 minutes, 34 seconds, good for 13th place as the top U.S. finisher. I spoke to him again Thursday, and he was back home, getting ready for work on Monday, and hopefully taking it easy and not making us all feel bad about blowing off the gym.

OK, so how you feeling for a man who ran 153 miles in basically one day?

Good. For the most part, I feel pretty recovered. My legs...they're relatively good. The only real issue is a little fatigue from jet lag, which usually takes a couple of days.

You've done a lot of endurance events in the U.S. How was Spartathlon different?

The international feel was a really amazing feeling, being one of a few Americans. And then this one's considered kind of like the Mount Everest of road ultramarathons. My strength is the road ultramarathons, not so much high-altitude, trail 100-milers, just because I don't train up there. But roads can be very unforgiving, too. It takes usually someone that can take the pounding.

But the landscape of this one was amazing. You start in the city, but then you're going along the coastline. You're going through olive groves, goat farms—you really got to see the country. Even my crew, they were amazed at what they saw along the way and the people they met. It was amazing how many people had spent time in New York.



Ultramarathoner Blake Benke

NL# 3 RUNNER STORY – REBECCA

I have never been a runner. I have been (a sprinter, gymnast, soccer player but distance no way), living my life at a very fast pace, always on the move, and never really learning how to relax (I am a doctor with two kids, two dogs, two cats, soccer coach...you get the idea). I started running when I was having difficulty sleeping. I literally started at .2 miles before stopping and I still struggle with that first mile because I don't have time to warm up appropriately. I ran a whole spring and summer with the goal of my first race, the Falmouth road race. I was religious about it and found that I kept running after because without it, I missed it. I liked running in a summer rain, on days my stress was high, but the cold killed me.

My daughter turned 10 and I coach her soccer team. The girls were pretty deconditioned so I spent all summer helping my daughter build distance to a 5K. She is like a machine- sets a steady pace and does not veer from it, not that either one of us is fast. So come soccer season, I opened it up and twice a week and sometimes on the weekends the girls would call and come over and run now with Isabel and me. Everyone cheered everyone on, you could stop when you wanted, no pressure, but we encouraged each other. My daughter, her best friend and myself have now run several 5K's together as a tradition and I have coerced my cousin into running the Rugged Maniac obstacle race with me every year.

Last year, I hit my stride and even ran all winter, but then I had a bad ankle sprain and a heel fracture on 9/26 at the Rugged Maniac for 2015. I have been unable to run or exercise on my left foot since. It has been hard being so immobile so my daughter set a goal of her first 10K and then she scoured the internet. She started aiming for March, but got nervous I would not be better in time. Then she found your race, on my birthday. So come early morning, Sunday, May 1st- my now 13 year old daughter who out paces me, out grew me, and probably outweighs me- will be cheering me on and running beside me for what I hope is another wonderful mother-daughter experience and a re-entry into running.

Rebecca



NL#3 RUNNER STORY – FARMER DAVE

Hi, I'm Dave Hambleton, I've won the Redding Road Race 7-mile race for the past 2 years running. This race holds a special place in my heart for a number of reasons.

One, I'm a farmer. I grow organic vegetables for a CSA in Dutchess County called Sisters Hill Farm. <https://www.sistershillfarm.org/> In my life I've grown and shared over a million pounds of healthy and delicious vegetables with my customers and needy folks in my community. So, naturally I'm excited about competing in a race with a tagline "A Run for the Cows!"

But it's more than that, I also believe strongly in the power that a connection to nature, and a connection to a farm, can play in one's life. New Pond Farm's programs are something that I can get behind, they open this whole new world of wonder to a community of children who need to disconnect from their devices and see that natural world for what it really is—awe inspiring!

In a former career I was an environmental educator at Mohonk Preserve, sharing my love of nature with school kids. Now I share my love of farming with adult apprentices who want to learn how to farm in cooperation with the natural world—while simultaneously providing, great food, community, and a good income for themselves. It's the very basis of sustainability.

A second reason I love this race is the vibe; both the scenery and the community! John does such an excellent job putting it together. The planning, the food, the goodies, and the course are all top notch. Not to mention, the weather is always fantastic! How does he do that?

Finally, as an athlete, its great fun to compete... I don't normally win races, but somehow I've been blessed with the right alignment of the stars the past couple of years to bring home the goods. I'm not naive enough to think it will go on much longer, but I'll keep having fun regardless of my place. I've always thought of running races as a test against myself anyways—simply to see what my body is capable of on a given day. The competitors are a bonus to provide a bit more incentive to push myself.

Back when I was young, I'd race every race as if my life depended on it. Always dreaming of athletic glory, I actually quit my job in my early 20's to make a bid at Olympic level rowing. That dream sank a year later, when as a young newly-wed

having no time for my wife or life, I realized that winning and glory were just not that important to me anymore...

Now-a-days my goal is simply to be fit and healthy. As such I don't follow a training plan. Thankfully my job insures that I'm active most days. I actually run very little, maybe at most 15 miles a week, yet I cross train extensively. When the weather is nice I'll usually mountain bike or trail run on very twisty woodland trails near my home. Now, in the winter, I stay in shape by lifting free weights, and using rowing and skiing ergometers, in a workout room in my basement. I've got a couple of pre-teen sons who join me most days, which adds to the fun!

One of the reasons I think I'm still relatively fast, is because I love to train fast. I know long slow distance is a very popular and effective training method, but if you never practice running fast, your body will never respond when you ask it to do so in a race situation. I also don't mind pain; at least not much. I'm willing to endure a bit of it, if it's going to bring me to a better place, or enable me to have a feeling of accomplishment.

This past summer I had a pretty traumatic mountain biking accident. I broke my collar bone and tore all the ligaments in my shoulder. It required a very intensive surgery and I now have a metal plate and Kevlar ligaments in my shoulder along lots of nerve damage. But now that the pain is easing and the motion and strength is returning, I'm grateful in a way for that experience. On the road to recovery, each day, each week, each month, each PT session--things slowly got better. How often in life does this occur? It was great to experience a period of steady improvement. Also, as an athletic risk taker, perhaps I'll bring the experience of that moment with me into future situation, and the memory will keep me cautious and safe?

Who knows, stranger things have been known to happen! Enjoy the race this year, I'll see you out there!

Farmer Dave



NL#4 RUNNER STORY – JASON & SCOTT

From Jason

About Camp Rising Sun

Camp Rising Sun (<http://www.camprisingsun.com/>) is a summer camp program for children who have faced a diagnosis of cancer. Every year, for a week in August, 120-ish campers aged 5-17 join up with 80-ish staff members in an effort to cram as much fun into one week as humanly possible. We have traditional summer camp fare -- campfires, horseback riding, kayaking, etc. -- along with some less traditional activities, like a dozen inflatable bouncy castles or perhaps a fireworks show (with live music, of course!).

Our staff is completely volunteer, up to and including a pediatric oncologist and full nursing staff who spend the week at camp to make sure campers can receive their medication and treatments in between activities. Additionally, over a third of our cabin staff are former campers themselves who enjoy passing on their love of Camp Rising Sun to the next generation of campers. We all take a week away from our jobs, families, and lives to try to give our campers an unforgettable week -- sometimes I think the staff are having more fun than the kids!

About Me

I've been volunteering with Camp Rising Sun for over 10 years, but have been running for only a year and a half or so. For the last several years, Camp Rising Sun has been one of the official charities at the Hartford Marathon. In the fall of 2014, I ran out of excuses and signed up to run the 5K as part of Team Camp Rising Sun. I trained a bit and did significantly better than I was expecting (one of our campers did beat, me, though) -- I figured I might as well keep running and see how fast I can get. After a smattering of 5Ks last year, I'm targeting the half marathon at Hartford in the fall -- with Team Camp Rising Sun, of course!

Thanks again for the opportunity, looking forward to the race!

- Jason

From Scott

Jason, good call on highlighting Camp Rising Sun for the Redding Road Race. As you pointed out, one of the many amazing things about Camp is that

about 1/3 of the counselors are former campers...in fact, the last several years that I've been there, some of my co-counselors were my former campers!

John, one of the things that Jason left out is that, for several years, it was HE that was in charge of all the programming at Camp. He planned the activities, coordinated with outside vendors to come in, and essentially made sure the entire week ran smoothly. We as the counselors would seamlessly move our campers from one activity to the next, all because of the many hours that Jason and his team put in before we even got to Camp.

I am a cancer survivor but was never a camper (I was diagnosed when I was 22 with Stage II testicular cancer; ironically, it was running that got me through my treatments, and when I qualified for the Boston Marathon less than a year after finishing chemo, it was proof to me that I had actually beaten cancer). Yes, this will be my second year running Redding and my son's 3rd year running the Piglet Prance, the highlight of the spring for him (Jason, you gotta sign Maggie and Henry up -- they'd love it!). So Jason and I will both be out there on the 7 mile course this year, proudly wearing our Team Camp Rising Sun shirts. Because until there's a cure, there's Camp...

Thanks John for organizing this awesome race!

Scott



Jason with three campers



Scott with a camper and another counselor

NL#4 RUNNER STORY – DANA

My name is Dana Haddox-Wright and I live in Wilton. Up until about a week ago, I had not run more than a mile in over 18 years. A friend of mine, who's children go to the same preschool as my youngest, asked me to join her in training for the Redding Road Race. She thought it would be fun since we were both novices.

Another reason my friend asked me to join her is because the race starts and ends at New Pond Farm. The location is very special to me, as it is where my oldest daughter (Ella) was able to participate in her first class field trip. She even rode a school bus for the very first time. Ella seldom gets to do things that “typical” children do, because she is inhibited by a rare and catastrophic form of epilepsy called Dravet Syndrome. Since she was 10 months old, Ella has suffered from countless seizures that are typically triggered by heat and/or over stimulation. Many of her seizures have lasted between 20 and 30 minutes, but she has also endured at least 6 that lasted over an hour (requiring intubation).

To give some perspective, an Emergency Room doctor once told me that a seizure lasting between 5 to 10 minutes can have the same effect on the body as running a marathon, in terms of wear and tear. Also, children with Dravet Syndrome have a higher probability of passing away from seizures lasting more than 10 minutes.

This brings me back to why running this half marathon is so meaningful. Not only will I get to meet some amazing people, I will get to train with a phenomenal woman and together we will experience just a portion of what Ella goes through each time she has a seizure. My goals are to finish the race, and also to help raise awareness for Dravet Syndrome.

I am sharing a link to our fundraiser page. My friend, Vivian Lee-Shiue and I asked Ella to name our team. Ella decided to name us (with the help of her sister, Clara), “Ella’s Stinky Socks.” Click on the link to read more about the Dravet Syndrome Foundation. The primary purpose is to spread awareness. Any donations are appreciated.

<http://www.kintera.org/faf/home/default.asp?ievent=1154748&supId=0&extSiteType=1>

Dana

NL#5 RUNNER STORY – KATHY

Why do I run? Well, the t-shirt that I have worn for the first three half-marathons I have run explains it all. The front says: “You think running a half-marathon is hard?” The back says: “Try living with a mental illness. #WhyIRun @ConnConnection Follow me on Twitter!”

However, since I run so slowly, I’m usually in the back of the pack, so I’m not quite sure how many people EVER have the opportunity to read the shirt. When I ran the half-marathon in Disney this past January, more than a few people said “way to go” as they passed me. I would like to think it’s because they had time to read the shirt – or maybe they were just like most everyone else in this awesome community of runners who encourage each other and cheer them on.

I plan on running the 7-mile race in Redding – I wish I were faster, because I would LOOOOOVE to get a Mighty Cow Hat, but I accept reality. I get equal credit for the town in my goal to run a race in all 169 Towns in Connecticut – yes, I am a member of Run 169 Towns Society – no matter the length of the race. So, seven miles it is.

I run for my mental health. [I have another t-shirt with that saying on it.] Running has provided me the space to empty out my mind and focus on ... nothing. It has introduced me to the most amazing group of friends who are incredibly supportive of each other and always find a way to have fun. Until I joined the Run 169 Towns Society, I would never have considered myself a runner. Yeah, I went to races, started them and finished them in an upright position, but I never thought of what I did as “running” – mostly because I’m so darn slow. But my friends have convinced me that speed truly doesn’t matter, and I believe that I’m the one getting the most value for my race entry fees because I’m out on the course longer. I can’t even fathom being done with a 5K race in less than twenty minutes. (To be honest, I’m working on consistently breaking 40.)

The other reason I run is because I love to raise money, and running provides me the opportunity to do that. Whether it’s making sure that I turn on my @CharityMiles app every time I go for a walk or a run, or setting up my own crowd-sourcing websites to raise money for the nonprofit organization I serve as Executive Director, knowing that someone is benefiting from my time on the treadmill or out on the roads is a win-win.

Currently, my fundraising is focused on Connecticut Legal Rights Project, since – let’s face it – maintaining funding is a huge part of my job. CLRP is a nonprofit legal services agency that represents low income adults in Connecticut who have, or are perceived to have, a psychiatric disability. We deal with matters related to treatment, recovery, and civil rights. CLRP give voice to our clients’ choices in administrative, judicial, and legislative venues to enforce their legal rights and assure that their personal choices are respected and individual self-determination is protected. CLRP develops and supports initiatives to promote full community integration which maximizes opportunities for independence and self-sufficiency.

Since I am a person living with a diagnosis of bipolar disorder, this work is very meaningful to me. As you can imagine, it’s also a wee bit stressful. Being able to put on my sneakers and run is one thing that has made it possible to do this work –

it's been a key to maintaining my own recovery, and given me the strength to support others in theirs.

[If you would like to support CLRP's work, you can go to our website www.clrp.org and click on the "Donate Now" button. If you live on your smartphone as much as I live on mine, text CLRP to 50155 and you will receive a reply that asks for the amount of your gift and bring you to a secure website.]



NL#5 RUNNER STORY – BARBARA

YOU CAN STILL WIN AND COME IN LAST

Two years ago, I ran this race. My story was in the first newsletter. I run despite my issues with having 3 spinal cord surgeries for tumors, scoliosis and degenerative disc disease. Then I was just a regular runner, a back of the packer. My neurosurgeon tells me I will just get slower and slower until I will no longer be able to run. I use to run a 12 min mile and now I run 14-and up. Now I am an Achilles Runner. Best decision ever to join Achilles International. Achilles gives me the confidence to get out there and the support of having a guide by my side. I run with the NYC Chapter and am very thankful that the CT Chapter will be providing me with a guide for this race.

I may be slow and getting slower, but I was always able to say "I've never been last" until September 26, 2015. On this day, coming in last, I experienced what it must feel like coming in first place and winning the race. It was a moment that I will never forget. This race, last place, one of the greatest moments of my 6 year running history. I wrote about my experience on Facebook. My story was shared many times and I was reached out to for permission to include it in an online news article. This is the story. I hope you enjoy reading it. This is the link:

<http://gsruns.org/index.cfm/gsr-picks/oktoberfest-10k-results/>

I won't be the only Achilles Athlete at the race this year. Look for us in our bright yellow shirts. Stop and say hi. One of the best things that running has brought into my life are the people that have I have met. Runners are special.

Happy Running!

Barbara

NL#6 RUNNER STORY – AMY & BILL

WHY I RUN...

AMY BILL

As long as I can remember I always wanted to be a runner. I just never got around to it. Until that is, my little brother, Brian (who happened to be a Navy SEAL), started competing in marathons and triathlons. Going to watch him inspired me, knowing all he has endured in SEAL training and accomplished with the Navy, he continued to want to challenge himself. As a spectator at his races, I saw people struggle to the finish line, but when they crossed it, it was their overwhelming sense of joy and reward that I yearned to feel. I loved the excitement of the race and craved for an activity that allowed me to push myself, test my limits, that ultimately provide an unwavering feeling of accomplishment.

So, thanks to my brother's inspiration, I started to run a couple of miles at a time, building up my endurance slowly. After each run, I felt happy. I couldn't stop running. So I set a goal and signed up for the Paris marathon in spring, 2008. Living in London at the time, my brother would come to visit with my husband and me and join us on our training runs. Running always seemed so easy to him, but he made it fun as we bonded on our runs, making each mile I added to my distance more enjoyable. I completed the Paris Marathon and loved every moment of it!

Not long after the Paris marathon I became pregnant and slowly stopped running. After I gave birth to my first daughter, I tried to get back into running but it was hard after childbirth. Then as soon as I started getting into my groove again, I was pregnant again! But then, life threw me a curveball when I was 7 months pregnant with my second daughter, Emma. On August 6th, 2011, I found out the devastating and tragic news that my little brother, Brian, an American Hero & member of SEAL Team 6, was killed in action in Afghanistan. A US Chinook helicopter was shot down, he and 30 other heroes were aboard (including 16 other SEALs). Each climbed aboard that chopper to put them selves in harm's way and protect our freedoms. This was, and still is, the single largest loss of life to the US military in the War on Terror. August 6th is a day that has changed my family forever. We will never forget.

After my brother was killed my family came together, rallying around Brian and his fallen teammates by carrying on just one of his many joys; running. Each

and every one of us was inspired by Brian and participated in many races to honor him. Overcome by sadness, running to honor him became my savior.

After my 2nd was born and I was able to start to run again I did. No matter the conditions, I ran. Sometimes, I'd run late at night after my husband returned from work, in the dark with my headlamp on or in the pouring rain. Nothing stopped me. I'd spend runs talking with Brian- thankfully no one else was around wondering who the crazy lady was. Sometimes I would stop to cry and then continue on. It was a way of connecting with my brother after all the memories we shared training together and inspiring each other. Running gave me hope and helped me get through some really dark times. I found comfort in running. It allowed me to grieve. It gave me time by myself to remember my brother and to reflect upon the good times we shared. My brother never gave up on anything he did; he kept on fighting to accomplish what he set out to do, no matter how many times it would take him. He instilled this commitment in me to never quit, and whenever that thought crossed my mind, all I do is think of him. He was an inspiration to us all and accomplished so much in his life. He is the reason I was able to get through some of my toughest races and runs, thinking about what he sacrificed for me and how he never complained one bit, kept me going. In their toughest times, his teammates said Brian would always say "Good Times" and kept on going. And so that is what I did!

Not long after his death, in an effort to keep the memories live on, I signed up for a race in Virginia Beach with my family and several of my brother's fallen teammate's wives, now known as gold star families. I will never forget that feeling. Running along the beach past restaurants I had been to with my brother, it brought back memories we shared together and it was exactly what I needed. A few months later my family participated in another race where they honored my brother by presenting my family with an Honor and Remember Flag. I ran the whole race carrying that flag, and felt an incredible sense of pride. This is how I wanted to honor and remember my little brother. The high one gets from running really allowed me remember him in positive way. I didn't want to be sad, I wanted to be happy when I thought of him- so from this moment on I vowed to my self that I would run for him always and share this feeling with my children.

Not coincidentally, it was on a run that I came up with the idea of starting a non-profit in his memory. I recall feeling this overwhelming need to do something, to contribute positively to the SEAL community. Soon after, my

husband and I launched what's now called The Little Warriors A Brian Bill Project in the spring of 2012. Our mission is to send children of fallen SEALs on outdoor adventures. It's our way of picking up where my brother left off, and helping others to be inspired by him, his teammates and the values they trained by.

www.navyseallittlewarriors.org

Fast-forward and I've had a 3rd daughter. I want my kids to feel inspired by their uncle. I know they'll be runners, or mountain climbers, or an astronaut (like Brian had dreamt about). And as long as my body will allow it, I will run. It's not about the time or the distance for me. I run to think, to breathe, to grieve, to remember my brother, and to feel alive. That's what he would want me to do!

Chief Special Warfare Operator (SEAL) Brian R Bill

Brian was born on August 23, 1979 in Stamford, CT. He graduated from Trinity Catholic High School and then attended Norwich University. He graduated in May 2001 with a degree in Electrical Engineering and immediately enlisted in the United States Navy to pursue his dream of becoming a Navy SEAL.

In December 2001, he entered BUD/S (Basic Underwater Demolition/SEAL) training, one of the most grueling and demanding training programs in the world. Upon graduation from BUDS, Brian continued on to Advanced SEAL Qualification Training where he excelled.

Brian was assigned to his first permanent duty station, a SEAL Team in Virginia Beach, VA, from June 2003 to July 2007. As a US Navy SEAL, Brian completed numerous deployments around the world in support of the Global War on Terrorism. In July 2007, he began a rigorous selection and training course with Naval Special Warfare Development Group (NSWDG) also known as SEAL Team 6. Nine months after successfully completing this rigorous process, Brian was assigned to one of the Development Group teams – one of our nation's most elite fighting forces.

Chief Special Warfare Operator (SEAL) Brian Bill was a highly decorated combat veteran with numerous awards, including the Bronze Star Medal with Valor (4), including one for extraordinary heroism, Purple Heart Medal, Defense Meritorious Service Medal, Joint Service Commendation Medal with Valor, Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement

Medal, Combat Action Ribbon (2), Presidential Unit Citation (2), Navy Unit Commendation, Afghanistan Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, and numerous other personal and unit decorations.

On 6 August 2011, a Chinook helicopter, call sign Extortion 17, was shot down by enemy fire in Afghanistan taking the lives of 38 people on board. Brian was one of 17 SEALs aboard that helicopter. He was 31 years old. Brian rests in Arlington National Cemetery alongside many of his teammates who also perished in action on that day.





NL#6 RUNNER STORY – KATHY

I'm a Walker

By Kathy

About a decade ago, my friend Deb asked me to join her in the Marine Corps Marathon. Not a runner or an athlete of any sort, my first thought was, "What a ridiculous idea!" As I read a book Deb recommended titled Marathoning for Mortals, I gave it more thought. I slowly began to think maybe I could finish a marathon. With high hopes I trained to walk/run the race but halfway through the challenging 20 week training plan, life and work got in the way and it all fell apart. Although I stopped training, I realized I was healthier and fitter than I had been in a long time. Someday I would finish a race...

That thought stayed in the back of my mind. Five years ago I began my online search for a walker-friendly race. The Redding Road Race jumped out at me. In its inaugural year, the half marathon was described as walker-friendly with hills not too challenging. Before I could talk myself out of it, I quickly signed up online. John wrote back, surprising me with a good omen: I was the first person to register!

My training to walk the half marathon was slow and steady. Race day arrived and during the first few miles I found myself walking at about the same pace as a woman named Beth. We walked together and talked, smiling as we passed one mile marker after another. We did it! Thankful to cross the finish line, we put on our finishers' medals and hugged each other.

The RRR is one friendly race! And challenging too. So far, I finished every year. I do it to keep myself active over the cold, wintery months. Last year was rough with training, weather, and health problems but Beth and I finished together. My cousin Debbie also walked the race years two, three, and four along with six coworkers she encouraged to enter in 2014. Beth and two of her sons are entered in the 7 Miler and Debbie and I will walk the half marathon this year. I can't wait to get my five year legacy hoodie.

I hope other RRR entrants will encourage family and friend non-runners to join them next year. Although they may not think so, most everyone can accomplish this healthy goal. And I'd love to see more walkers

NL#7 RUNNER STORY – CEREN

I've read several runners story's and have to admit I am quite intimidated by the experience and accomplishments of everyone. I wanted to add my two cents about my meager running history and hope it gives some a little encouragement and maybe a chuckle.

My name is Ceren, I am a 48 year old woman who has smoked for 30+ years. I own and operate a small cleaning company and always thought I was physically active until the following conversation basically happened with my sister Cathy (who is a Redding Road Race Legacy Runner).

“Mommy said you quit smoking?”

“Trying to, my last cigarette was Halloween night”

“ What are you doing Thanksgiving morning? “

“ Nothing, I was thinking of going to cheer you on in Redding”

“ No, you're running it”

That my friends is the beginning of my story and the challenges.

You see, I have a painful and life challenging disease called Crohns, so along with the regular challenges of running I get to deal with a few extras that “healthy” people don't even think about. First Challenge – how to run with an intestinal disease.

I now had only three weeks between my last cigarette and my debut 5K so once my walk/run route was mapped out in my head so I could pass as many public restrooms as possible “just in case”. I mustered enough courage to stray out of my comfort zone while trying convince myself to stop worrying about “what ifs.” I grabbed my phone, loaded with music and the Couch to 5K app, strapped it to my arm and off I went.

Let me just say that while I am ever so pleased that we've had such a warm winter for motivation, my route takes me by the fire station. This was by my sick humorous design. See, I figured if I was going to die from trying to be healthy, what a better place to do it? It's also the last restroom for a few blocks and who am going to lie to, it was warm weather and they wear short sleeves, I needed all the motivation I could get!

Of course it never failed that either I would run out of energy or the darn beep and the digital voice would tell me to “begin walking” right in front of the station. By the third day of my suffering my “motivation” offered me oxygen. I figured at this point, I had better pay attention to why I looked like such a hot mess. On the fourth day by the station, this nicotine deficient middle aged woman was going to show THEM who needed oxygen. I took a nice deep breath in, stood up tall, paced with the music and stared straight ahead. I made it past the motivational arms, even pushing myself around the corner, where I realized I had been running almost doubled over from the intestinal pain by the time I got to the fire house. Next Challenge - to work with the pain.

“Carbing up” ? I am lactose and gluten intolerant (as are many with Crohns) so dietary needs and tolerances are different every day. I have to be careful of what I eat. I also can't eat or drink anything the day of a run because let's face it, there may be a water stop at mile two, but the restroom is at mile three or in this race mile seven. Challenge – how to maintain energy.

“If you're going to run, you're going to run right” Cathy informed me “You need proper foot wear” and off to the running store we went where we met Tim. Tim explained that he will measure my feet (which turn out to be two way different sizes) get some history about injuries, surgeries and any physical problems and watch me walk. “Shoes off and roll up your pant legs” “Walk up and down the aisle” “run up and down the aisle” “squat” “stand and pivot” I could only imagine boot camp being less rigorous but, I have a good gait, straight feet and a nice stance, (explain that to the “arms”). As Tim walked me to the “wall of fame” and pointed out some shoes that would be good for me I explained I would prefer something simple and less flashy. Then with every pair of running shoes I try on comes more running and walking thru the store. After about an hour in the store, I think Cathy started to regret bringing me but she proved endurance isn't just for running! We walked out with a pair of bright pink and gray platform looking but running on air feeling sneakers! So, as I embrace my new flare for footwear I know there is no turning back now.

Breathing is something everyone just does. I mean most people don't even think about it. I do often because I use breathing techniques to get me thru the crippling Crohns pain, but what I was experiencing was strange. Usually around halfway into my walk/run my lungs stop working (or maybe they over work) I don't really know, yet my body kept moving so I kept moving. I decided a doctor

might know, I mean, I like my “arms” but only from afar. After a battery of tests: have no emphysema, my lungs are clear and my heart is sound. I have concluded that after all the years of smoking my lungs were in shock at fresh air.

Timing is another challenge, I am like most everyone else, I need to find the time to go out and train, but there is medication timing. I already have the restroom and food issues to deal with, I also don't want to take the medications that make me nauseous before a run, then there are some medications that need to be taken with food, all of this means I need to weigh out how I feel vs. being far from the finish line during a run, and my favorite, never nick a muscle in the thigh when injecting another medicine before running!

Once I figured out the logistics of running, I enjoy it, just don't ask me when I am tired and out there because I will deny it but, I have entered (and finished) a few other 5Ks. I found that for me as with others out there, it isn't the speed or length of the road race, it's the great feeling of accomplishment, of knowing there are others out there who have issues too, and yes, running is mostly an individual sport but one where I feel like a part of a team. There is nothing better to me than the feeling that I crossed the finish line on my own two feet under my own steam with a family of perfect strangers cheering me on!

So when you see my sister Cathy (Bib no. 230) as she crosses the finish line from the mighty cow please give her an extra cheer, because without her I wouldn't be crossing the finish line (probably way after her) from my seven miles.



I am on the left, Cathy is on the right!



NL#7 RUNNER STORY – DAWNE

2009 was the year it all started. My journey to be better than I had ever been before. Sure, I exercised prior to that year but this was the year I pushed myself. Why? Because a lot happened and I had to deal with it.

My husband lost his job that year. I was in the doctor's office with one child who had strep when my cell phone rang and Matt broke the news. He was clearing out his desk and coming home. My gut sank because I did not know what was going to happen. I had been a stay at home mom for 13 years at that point. You can imagine the questions and concerns going on in my head as I had to pretend to my son at the moment everything was going to be ok.

My husband went on to be self-employed and start his own business as a graphic and web designer. At the time our children were 12, 9 and 5. As much as I was scared inside of how we were going to survive, I had to be sure to let my kids know things were going to be ok.

Fast forward to fall of that year. Another life changing event. We had to give up our dog. He became aggressive and was a threat. It was the hardest decision I ever had to make and even harder on my family. I felt like I gave up my child, but it was the right thing to do.

So I had a lot going on as I said. Matt was dealing with anxiety, work was getting off to a start but slow. Bills were piling up and I was working with creditors to help us out.

I decided to take a walk down to the farm near our house to clear my head. It was a warm September morning. I had never ventured outside our yard prior to that. There are a lot of hills in the area to conquer. I walked the first few days but one day I thought to myself, " I am going to run." I had never run before because I was afraid I would be too slow. I was afraid I would never be able to do it. I decided to challenge myself because what the heck I faced quite a bit of challenges that year and this was no different.

I started with running from one mailbox to the next. Then I would walk the rest of the way. The next day I increased to the next mailbox and each day I added a mailbox or a landmark to the point I could run the whole route. I had never done that before. Ever. The feeling I had after a run was immense! I felt like all stress left my body and my head was clear. It made me feel like I could face and conquer any challenge that came in my life. I was proud of myself for challenging myself to do something I was afraid of. Seven years later I am up to 8 miles and working toward my first half marathon this spring.

What does this have to do with all of you? I am telling you all that you have to start somewhere. It takes discipline, motivation and accountability. You want to get healthy and fit but are then afraid to start or don't know where or how? Start slow and go from there. I have the tools and ability to show you how. During all that time I also became a certified personal trainer and group instructor. I am also a Beachbody coach where I help coach you on your journey to be healthy. Let's do this!

NL#8 RUNNER STORY – LOUISE

So here's my story.... Not too inspirational and not too well written, but it's my story.

For almost 16 years I was a SAHM (Stay at home mom) raising my four children. My life was all about them. I knew the day would come when there would be time for me. They were only going to be young once. When the youngest started middle school I returned to work full time at the University of Hartford. After two years of adjusting to working full time I began some changes not only for my physical improvement but also to challenge myself intellectually.

A co-worker encouraged me and in January 2001 I took my first college class. I had never taken any college classes. One class led to the next, which led to the next. In May 2005 I completed an Associate's Degree (in running, a half marathon). I then continued taking classes one at a time until I eventually completed my bachelor's degree in 2013 (the full marathon). Summa cum laude I might add! Obtaining my degree opened doors for better opportunities for me at the University. As Assistant Secretary of the University I now sit in on Board meetings and Executive Committee meetings of the University. Fun stuff!

In those 12 ½ years while taking classes so much happened in my life. Four children began and completed their bachelor's degrees, two received their master's degrees, two children got married, three grandchildren were born (we currently have six), my father in law passed away, my father moved in with us, my father went to a nursing home, my father passed away, and my husband Robert was diagnosed with colon cancer. Life was passing by in the fast lane while I was chugging along in the slow lane.

Around the time I started taking classes, I decided to improve my physical fitness too. I was 41. My husband had always been an avid cyclist, so I thought I would try that. My first ride out was on September 4, 2001. We rode six miles. I remember the date since it was exactly one week before 9/11. That first fall I put about 400 miles on my bike and I was hooked. Subsequent years I clocked over 1500 miles on my bike each year, including two centuries, one of which was a charity ride from Boston to Hyannisport.

I continued cycling and at age 48 I bike rode the coast of Maine. Three hundred miles in five days. My favorite story occurred in Portland. I was stopped trying to figure out how to cross a river without having to go on the highway.

Another cyclist stopped to assist. When I told him what I was doing, I think he was impressed as he asked “Wow, that’s cool.... Cause how OLD are you?” I took that as a compliment. I’ve also completed New Hampshire, ½ of Massachusetts and 2/3 of Connecticut. Mostly all on Rte 1.

In the fall of 2011 I decided I needed a new challenge. My daughter Julie was the runner in our family, having completed numerous marathons and even more half marathons. So I started running at age 51. My first run on the treadmill was .25. That’s right, a quarter of a mile. I did that three times the first week and then increased it to .3 for a week. Then .4 for a week. When I got to one mile, the weekly increases were .2, until I got to three miles. I completed my first 5K at the O’Hartford race in 2012. I went to the race with my husband’s encouragement but not his presence. He had just been released from the hospital from his colon cancer surgery and encouraged me to go. My daughter Julie did the race with me, coaching me along the way. At the end of the race she stated “I’ll meet you at the car....I’m going to go running now”. OUCH, I guess I was too slow for her.

I continued running, completing a few more races including the Manchester Road Race. In spring of 2013 I increased my running and checked out a training schedule for a half marathon. I was now 52 year’s old. Just looking at the schedule one week at a time wasn’t too intimidating and so I continued my training. The 10 weeks brought me to the first weekend in June when the Ironhorse Half Marathon is held in Simsbury. That was the perfect race for me. So close to my house that I even did some training on the course. My first half marathon was going to happen. I completed it on June 2, 2013 under extreme heat conditions. The RDs had us walking at the end since they had run out of ambulances. I had listened to my body and felt great. But I did say ONE and DONE. I did one more 5K in July 2013 and then running tapered off for me. I returned to mostly cycling.

In 2014 we bought a pool so that we could enjoy some time with the grandchildren. Every afternoon I enjoyed floating around and would do a few laps around the perimeter before calling it a day. When we closed the pool at the end of the summer, I moved to an indoor pool and would do the doggy paddle for a few laps then walk a few laps. After purchasing goggles, I actually started swimming like a real person, doing a pretty decent freestyle stroke. Around March 2015, I swam a full mile. I was happy to share that with my daughter’s cross country

coach, Kathy Manizza, who is also a tri-athlete. She encouraged me to do an indoor TRI. Which I did in April 2015.

It was time for another challenge. I felt good enough to do a sprint triathlon. Since I hadn't run a 5K race in almost two years at this point, I found a local race and did my "training triathlon". I bike rode to the gym, swam a half mile, bike rode to the race, ran the 5K, then bike rode home. At this 5K in West Hartford, I met Richard, a member of the Run 169 Towns Society. He talked about the group and I listened. I went to their website and even registered as a member. Summer of 2015 was spent training for my sprint triathlon.

I completed my first triathlon, a Women's Sprint Tri, in August 2015 at age 55. It was a great feeling. I didn't consider myself a runner, but the running portion of the tri was my best event. If you don't know, when you do a tri, they write your age on the back of your calf. I'm not sure why, but they do. That was my motivator. The run was a trail run which I had NEVER done before. My confidence rose so much as I kept passing ladies who were younger than me. I actually got quite the attitude as I passed these women. My running time placed me in the middle of the runners!

After that was over I was now in the best shape I had even been. I had lost 17 pounds and felt great. Now what could I do to keep the momentum going? Ah... that Run 169 group, maybe I'll do that. So on September 7, 2015 I began the journey of running a race in every town in CT. I would be so much further ahead on the trek if I had done some official 5Ks while training for the tri last summer. Oh well, the towns aren't going anywhere. As of this writing I have 51 towns complete and Redding will be town # 60. Once in a while I'm lucky and get to place in my age group. I have also started to run races when I visit other states. Four down, 46 to go! I'm a RUNNER!!! I'm keeping track of my races with a pictures and notes.

So now I'm going to be running my second half marathon at the Redding Road Race. The friends I have met through the Run 169 Towns Society are just awesome. They are the reason I'm registered for this race. Stacey Fulton and Lori Riley, thanks for the push. Contrary to all the whining I have done, this has brought me to the next level and I thank you. My neighborhood runs have gone from four miles to six miles to eight, to ten. Last week's training run was 14.5 miles with eight of those miles with Kelly Pabilonia, who will be one of the pacers at the Redding Road Race.

My daughter has given me my next challenge..... a marathon. YIKES. I think I can, I think I can, I think I can. So here's to 26.2 at age 56 next fall.



NL#8 RUNNER STORY – JESSICA

From the Back of the Pack

I never expect anyone else to share my dreams or even understand why I run. I do it for myself. For 26 years, I rode and showed horses competitively. I was even the Connecticut and New England Champion of my division one year. Then one day because of health concerns of my doctor, I had to give it all up. After all the horses were gone, I tried a lot of different sports like triathlons, ski racing, and even golfing. However, I kept getting drawn back to running. I find running to be very fulfilling, and it has nothing to do with how I finish in the race. I am usually at the back half of the race kind of runner. It's cliché to say but it's not about the destination but about the journey. I love the training process and keep going to races for the challenge and the adventure. I choose races like Redding Road Race because they aren't easy or flat. It seems the harder the race or the worse the conditions the better I run.

The community of runners is like no other. Most times even though we are racing against each other, runners will support you, make sure you are ok, and even give you anything they are carrying to help you finish your race. The friends I have made, the people I have met, and the places I have been are irreplaceable. I never let time dictate anything I do, because ultimately all we can do is give it our best!

My message is anyone can run, we were all beginners once. Never give up and always chase your dreams. If I can do it, then you can do it too! I look forward to taking on the Mighty Cow Challenge at Redding Road Race this year!

NL#9 RUNNER STORY – CAROLE

I look forward to the day the words Mighty Cow will be associated with me. Yes that does sound very unflattering, and even less so if you are an English female, but I have never done this before, in fact I have never heard of any other races doing this. What am I talking about? A Mighty Cow means you get to run a 5k and then line up to run a Half. Fun, with extra pain.

And yet I'm pretty psyched to run Redding. I have done marathons, 10ks, one 15k, 20ks, but there are not a lot of 16.2ks out there. However, there is one in Redding. I never ran Redding before, and that is important since I am in the 169 club (run all towns in CT) and I know some of the members will be there. But also when I was 18, (I am 51 now but don't act it) I worked in Redding in the summer, so it will be great to come back.

I am honored to run this race. Trust me, it is not because of my speed or logging a PR (highly improbable), but for a couple reasons. Back on 10/9/10 I ran my very first Half in Hartford. I was so excited, so thrilled that I could run so far, yes there was much pain and I could barely move for several hours, but it was a great achievement. The next day was 10/10/10, it was probably warm, so I put on my race shirt and a leather jacket and took my 1987 Honda 450 Rebel out for one last ride of the season. At least I am pretty sure that is what happened, since I don't remember anything of the day... or for about a month after. I had a bike accident, the cops reported me as a fatality. Broken wrist and jaw, a titanium facial repair, and severe brain damage were my injuries. I was not supposed to recover from this unusually dire state. The doctor who was brought in to evaluate me mentioned to me six years later that he will never forget my remarkable recovery.

How did I make the awesome come back? Along with plenty of other recovery methods, I truly believe running helped me to be me again. I had such severe brain damage, they were not sure how much I would be able to function. I recovered enough to walk and talk and make sense. Then the next hurdle was my vision. I was legally blind. When I started to run, I could see where I put my feet, but I could not see much more, not anything on my right side, and as a bonus I had double vision. A pretty screwed up situation for a runner. During my first post-accident race, I wore an eye patch to compensate for the double vision. I used the sound of runners nearby to keep me from running into someone, because that would be a bad run. It was one week after my broken jaw was unwired (FYI it is

very hard to run with a wired jaw) that I ran a 5k. No PR. But I believe running helped “fix” my vision and me.

There were times when I was out on my run and I would take off the eye patch for a few seconds to try to focus. The more I did it, the better it got, and I “fixed” the double vision. Next up was vision loss. I lost half of my vision, so I did vision therapy twice daily. I believe the cardio exercise of running, combined with the vision therapy, helped restore my vision back up to a 90% vision field range.

So basically my story is that no matter what your test is or what the issues are, if you get out and run and exercise, it can help you to make the changes in your life you desire. I will not win Redding, I will not PR in Redding, but I will be one really cool Mighty Cow runner.

ARTICLES WRITTEN ABOUT CAROLE:

Running is important, running is therapeutic, running is life!

Patient Spotlight- Carole Urban



Here are some surprising statistics: approximately 1.7 million Americans experience some type of traumatic brain injury each year. In addition to this number, 795,000 people suffer a stroke each year, with approximately 8 million stroke survivors currently living in the United States. Of this massive group in the midst of recovery, approximately 30% may have suffered a visual disorder as a result of their stroke or brain injury.

Traditionally, the view has been that your brain is hardwired during early childhood so it isn't possible to significantly recover the function in an adult's injured brain. However, more recent findings show that in fact your brain has remarkable plasticity that is retained throughout an adult's lifetime, so specific therapies for both motor and visual impairments have since been developed leading to significant recovery.

NovaVision's Vision Restoration Therapy is supported by 15 years of research with clinical studies published in more than 20 leading journals. Although the scientific studies and statistics supporting VRT are impressive, the people stories behind them are even more moving. We'd like to introduce you to Carole Urban – here is her story directly from her:

“On October 10th, 2010 I was Involved in a motorcycle accident; the police reported me as a fatality, but I fooled them.

Unfortunately I suffered from vision loss attributed to homonymous hemianopsia. After being seen at a prestigious local hospital by the Clinical Professor of Ophthalmology & Visual Science and Neurology, he told me I would never improve and should become accustomed to my vision loss.

My Family researched therapy options and we insisted on trying NovaVision. The therapy was easy to start. I meticulously followed the instructions. Vision is so important; I believe I had to give it my all to get as much of it back as I possibly could. I continued the therapy for several months and only stopped once my therapy advisor and I believed I had achieved the maximum vision improvement, which in my case was 92%. I am actually surprised this is not the generally accepted treatment like other physical rehabilitation are. Before NovaVision everything was difficult such as, reading, cooking, walking stairs, all the simple like things. Now I have a new job, I ran my first marathon and finally published a book.

Life is a challenge, but I do believe I accomplished all these wonderful achievements because I found NovaVision and did the daily exercises and monthly tests I needed to do. The wonderful encouraging support I received made the hard work easier.”

Since her amazing recovery, Carole has been a huge advocate not only for TBI recovery but specifically the ability to recover your vision through VRT. You can listen to Carole’s amazing story first hand in an interview she did on the Lucy Ann Lance Show or you can download Carole Urban’s testimonial here to share with your loved ones

Near-Death Accident Doesn't Deter Carole Urban

The Milford musician is performing again after a 2010 motorcycle accident.



Under a sign that read “Home Grown Tomatoes,” home-grown musician Carole Urban performed Wednesday at the Woodmont Farmer’s Market held at Robert Treat Farm in Milford.

This was one of her first live, solo performances since a devastating motorcycle accident in October of 2010 nearly took her life -- and might have destroyed the musical career of someone less determined than Urban.

“I was told I took my motorcycle out for a ride and drove on River Road in Stratford ... a car made an illegal U-turn and I could not stop. Brakes locked up the tires, I flew over the handle bars at about 40 mph, and landed on my head. The cops [on the scene] reported me as a fatality. Docs told my family I was not likely to live. I was in a coma, titanium face, wired jaw, broken wrist, brain damage, optic nerve damage and some Latin words were used for the other stuff wrong,” Urban said.

She went on to explain, “I literally had to learn to play the guitar again. Certain songs and certain chords seemed impossible. I still will act like I am moving in rhythm, but it's to hide that I have to move the guitar to play certain chords.”

The Show Must Go On

In spite of these obstacles, Urban has made it back as a performer. Her fans, whom she calls “the Urbanettes,” showed up on Wednesday to hear her play. They showed up in spite of the rain, which ranged from a drizzle to downpour – but remained constant -- during her three-hour performance.

While the weather kept both market and music fans away this time, Urban’s performance at the Farmer’s Market last month drew a sizable crowd.

“Last time, it was packed, but it was a beautiful day,” said Urban’s mother and fan, Joan Urban.

“Children were dancing,” added longtime fan Tony Griego.

“They [Woodmont Farmer’s Market] contacted me before I was actually ready to play yet, so I said to book me, and they did. It kinda put the fire in me to get going,” Urban said, expressing gratitude to Robert Treat Farm and the Woodmont Farmer’s Market for getting her motivated in her recovery.

Guitar in Hand Since 7

Urban, who grew up in the Black Rock section of Bridgeport, CT, and now lives in Milford, began playing guitar at age 7. Her first solo gig was at Trumbull Mall when she was 13, and since then she has played in bands and solo nearly non-stop. She's been playing gigs every weekend either solo, or with her band, The Urban Legends.

At the Farmer's Market on Wednesday, Urban played solo, but really, she was like a one-woman band, filling out the sounds of her voice and trademark pink paisley guitar with effects pedals, a drum machine, and other background sound machines. She played covers of mostly old school rock and pop tunes with a deftness and level of professionalism and talent that made it hard to believe she'd endured brain damage and other injuries so recently.

About her music and her influences, Urban said she "enjoys playing classic rock, blues, jazz, 70's disco, or top 40.

As for her influences, she said, "Pretty much everything."

In addition to playing cover songs, Urban is an accomplished songwriter, with two CDs to her credit: "Scraps," recorded in 2000, and "Heaven the Hard Way," released in 2008. These can be purchased at Urban's gigs or at <http://www.cdbaby.com/>.

Motorcycle fatalities recall other serious accidents on Route 110

Carole Urban thinks it must have been a really nice day -- that Sunday afternoon last October -- when she took her 1986 Honda 450 Rebel motorcycle out for a quick ride.

She planned to go from her Cowles Street home in Milford over to Route 110, which she usually followed from Stratford into Shelton and then over to Route 34 in Derby.

But Urban can only speculate that the day was nice because she doesn't remember any of it -- or most of the rest of the month for that matter.

A driver attempting to make an illegal U-turn a few cars in front of her stopped short in an area just before the intersection of Route 110, also known as Main Street, and Main Street Putney in Stratford.

There was no way Urban, traveling about 40 miles an hour, was able to stop, she said. Witnesses said her bike skidded, and then she lost control and flew over the top of the handlebars, landing head-first on the roadway.

"The police interviewed people and they say that's what happened," said Urban, 46. "I have no memory of it."

Urban, who wasn't wearing a helmet, sustained brain trauma -- which put her into a coma for a week and caused memory loss -- and severe facial injuries that required reconstructive surgery. She also shattered her left wrist and fractured her jaw, which needed to be wired shut.

Urban was so badly injured, she said, that her family was told to go immediately to Bridgeport Hospital, where she was taken, because they didn't think she was going to live. "That was the worst thing," she said. "My mother had a hard time dealing with that -- that I might not make it."

For Urban, recovery from her accident took patience and hard work.

After a week in the hospital, she was released and sent home. An avid runner, she began training again for 5K races.

Sunday, she plans to run a 10K race in Westport. "I went from not being able to even move to running again," she said. "Running has been my way back."

She is also performing as a musician again but her wrist still gives her some trouble.

Sitting in her kitchen last week, Urban contemplated how lucky she has been and said she realizes her accident happened for a reason.

"I'm just still trying to figure that one out," she said.

As for getting back on the Honda motorcycle she's ridden since 1987, Urban said those days are over.

"I won't chance that ever happening to me again," she said.

NL#9 RUNNER STORY – LIZ

One of the more rewarding things about hosting a race is seeing family members, sometimes whole families, running together. Here's a few words from Liz:

I don't know if this could really qualify as a human interest story, but I'll throw it out there.....

My dad and I have been running together since I was 11 and now I'm 42 and he's almost 70.

Our first race around Lake Morey in VT was caught by the newspaper photographer (which is kinda cool and I still have a copy). We've run marathons, half marathons and all kinds of random mileage everywhere from Canada to Cape Cod. Our running has kept us close throughout my college years, first job, marriage and kids, and it's always been that topic we could easily talk about.

My dad would like to run at least one more marathon and I'm sure I'll be talked into it one way or another with him.

Like I said, not sure if this would qualify, but it'd be the story of a father daughter who have put in a lot of miles together...We're now working on the grandkids.

1. RUNNERS STORY – CAROLYN

I have ordered an extra shirt for Jake, my friend who can't run. We support him through a group called "I run for Michael", and it's basically runners and mostly kids who can't run. Jake lives in Indiana, he has cerebral palsy so he's challenged physically, but he's a swimmer and also somehow plays volley ball. He participates in Special Olympics events as well. My friend Joe and I try to get him bling (extra shirts, medals, etc.) when we can. If it's at all possible that there is an extra medal, I would send it to him - but no matter what, he'll appreciate whatever we send him, as I appreciate the opportunity this race has given me.

I'm about to go check out the course and the # of participants, and figure out if I'm going to be last or what :-). Hills don't scare me, I can run just as slowly on hills as I can on a flat course, in fact, having lived in Orange County NY for many

years, I am OK with them. Not so great on rocky trails, but after all, you need those of us at the back of the pack as well as the fast runners. It's all good.

Thanks again & I am looking forward to the race and hopefully get to meet you there (I know a race director is pretty busy on race day, though).

H. LEAD SPONSOR



I. HALF MARATHON PRESENTING SPONSOR



Preparation. Commitment. Endurance.
Discover Amica.

AmicaConnecticut.com
866-51-Amica (26422)



Amica Mutual Insurance Company. Lincoln, Rhode Island.

J. 7 MILER PRESENTING SPONSOR

Congratulations to all who participated in the Redding Road Race



Voted
~Best of Fairfield Award Winner~
By US Local Business Association

*Superior insurance products and services for
successful businesses and high-net-worth individuals.*



Peter J. Page
Vice President Commercial Lines



Daniel F. Keane
President



Thomas J. Landrigan
Vice President Personal Lines

*An Insurance Firm that provides
Service, Expertise and Market.*

We carefully select our employees to provide you with the best **Service**
and **Expertise**, as well as our national and regional insurance carriers.
Our **Markets** include **AIG, Chubb & Son, Fireman's Fund** and more,
for their financial strength and stability.

www.ACBI-Ins.com

Contact us today!
Associated Community Brokers, Inc.

ACBI 2150 Post Road Fairfield, CT 06824
203-259-7580 Office 203-254-4510 Facsimile

K. MILE MARKER SPONSORS



GINNY BEASLEY

Realtor

Redding/Ridgefield Office

Mobile: 203-482-4938

gbeasley@wpsir.com

Alice's Flower Shop & A Country Touch Gifts



***Beautiful Flowers & Wonderful Gifts
for Every Occasion!***

M-F 9am - 5pm

Sat 9am - 2pm • Closed Sunday

& A Country Touch Gifts

www.alicesflowershop.com

30 Grassy Plain Street, Bethel, CT 06801

(203) 792-2217

Visit us on Rte. 53, across from Dunkin' Donuts and receive a free gift just for stopping in.

The UPS Store® 

**At Bull's Head
Shopping Center
Stamford, CT**

**Owned and Operated by
The Dorenbosch Family**

**Proudly Supports
New Pond Farm
and the
Run for the Cows**



Georgetown Veterinary Hospital

Mitchell

Since 1945.



ANIMAL Eye Clinic

Charles M. Stuhr DVM, DACVO
Board Certified Ophthalmologist

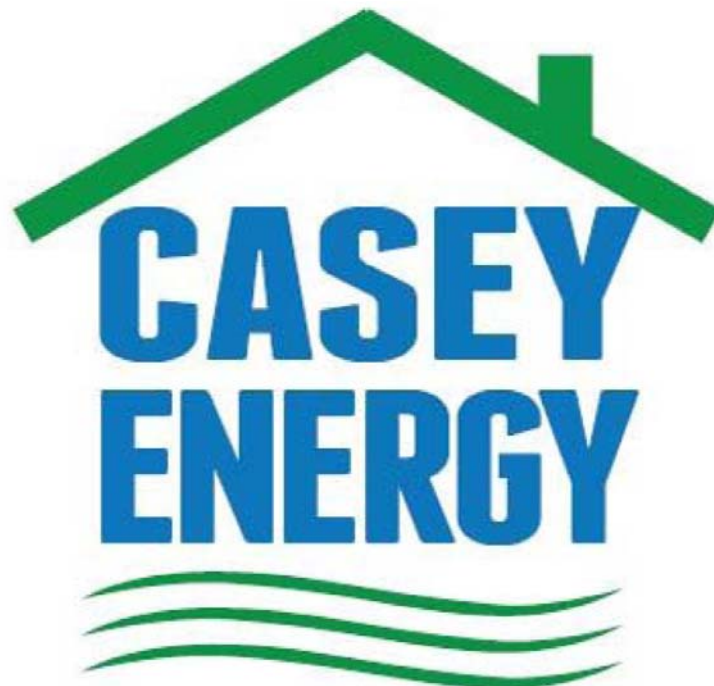
Phone: 203-762-9399
www.aecwilton.com

783 Danbury Road
Wilton CT 06897



ANIMAL EYE CLINIC WILTON

The best eye care for cherished pets





*Wishing
You All
the Best!*

*We are proud to support the
Redding Road Race*



Fairfield County Bank
Member FDIC

www.fairfieldcountybank.com 877.431.7431

FAHAN BROTHERS

CONSTRUCTION

Georgetown Package Store

**The Wine • Beer • Spirits Superstore
located right in your neighborhood!**



Conveniently located in the heart of
beautiful Georgetown Village
34 Main St, Redding, CT 06896
203-544-8534

website www.georgetownwinesct.com
email georgetownps@gmail.com

Open Monday-Saturday – 9am to 8pm

*Extensive selection of Fine Wines,
Craft and Import Beers, Premium Spirits
Friendly, knowledgeable staff here to assist you –
come see wine expert Dan for your perfect pairing*



FREE LOCAL DELIVERY

Beer Tastings Fridays 4-7pm • Wine Tastings Saturdays 2-7pm

C'mon down and see what's new!

Steve & Alison DeNicola – Owners

Ahern, Cigno, Galban, and Kim MDs
~ Family Practice in Ridgefield



Your Yard, Garden & Pet Place

www.myagway.com

AGWAY OF NORTH BRANFORD

11 Whitewood Lane Rt. 80

203-483-7800

AGWAY OF NORTH HAVEN

66 State Street

203-239-1687

AGWAY OF MIDDLEFIELD

147 Meriden Road - Route 66

860-347-7229



AGWAY OF MANCHESTER

33 Adams Street

860-643-5123

AGWAY OF BETHEL

74 South Street

203-743-3232

AGWAY OF SOUTHLINGTON

1198 Queen St. Route 10

860-410-1726





macman insurance

a s s o c i a t e s

The Family business that will get your family and/or companies insured!

(203) 384-9000

www.macmaninsurance.com

Claudia
Amy Jo
Melissa
Matthew
Annie Lyn
Nicholas

Tony's Kneaded Touch

Tony Trujillo, LMT, NCTMB

203.219.6888 • www.tonyskneadedtouch.com





SUSI LAURA
MASSAGE THERAPY

massage ~ facials ~ waxing

Ridgefield, CT ~ Georgetown, CT

SusiLauraMassage.com

The McCleary Family

Congratulations Runners!
Thank you for Supporting New Pond Farm!



*B*eautiful **REDDING NURSERY** is familiar to all, nestled in a curve of Route 107 between Redding Center and the junction of Route 53.

Redding Nursery was established by James and Sheila McNamara in 1968. In recent years they have been joined by eldest son Sean, his wife Krista and their sons...and so the family tradition continues.

Redding Nursery's business has expanded for more than 40 years to include all of Fairfield County, and many popular services have been added. Yet, the family and small town values so important to the McNamara's have ensured that the business retains its neighborly, friendly feel and concern for customer needs. In 2002, Redding Nursery was named one of the Best Small Family Businesses by the University of Connecticut.

DeerPro™ Family of Products

Redding Nursery is the developer of "DeerPro," nationally acclaimed year-round deer repellents for the home yard and landscape protection.

Services:
Dormant
Oil Spray
Tick Spray
Foliar Sprays
Fertilizing
Deer
Repellent

A sampling of
what you'll
see this
Spring at
Redding
Nursery:
Annuals
Perennials
Vegetables
Herbs
Roses
Hanging
Baskets
Pachysandra
Shrubs
Small Trees

73 Hill Road • Route 107 • Redding, CT 06875 • 203- 938-3297

The Schroeder Family

**Country Companions
Veterinary Services, LLC**

www.countrycompanionsvet.com

116 Old Amity Rd
Bethany, CT 06524

203-393-7387(PETS)

203-393-7389 fax

Kimberly McClure Brinton, DVM

Tracy L Johnson, DVM

Elisa M Ermilio, DVM



Care for most creatures great and small

Redding Sanitation, Inc.

John Sundlof, Owner/Operator

203.938.3391

P.O. Box 694;

Redding, CT. 06896







Sustainable Tree & Land Care Solutions

Athletic Field Management
Deer Repellents & Control
Landscape Design & Masonry

Lawn & Shrub Care
Integrated Tick Management
Tree Care

203-520-5797

BCKlandscapes@aol.com

BCKlandscapes.com



Arborist Lic. # S-5691

Easton, CT



Mary Beth Sharkey, CFP®, CLU®
Financial Advisor
marybeth.b.sharkey@ampf.com
[ameripriseadvisors.com/
marybeth.b.sharkey](http://ameripriseadvisors.com/marybeth.b.sharkey)



LITTLE PUB

Established '09



**REDDING VETERINARY
HOSPITAL LLC**

The Allen & Heske Family



Call-ins welcomed
(203) 587-1050

Leo, Jr. & Leo III
Owners



Call-ins
Catering
Delivery

19 Main St.,
Redding, CT 06896

ANN TAYLOR



FOSTER



Abbey Tent & Party Rentals



William
Pitt

Sotheby's
INTERNATIONAL REALTY



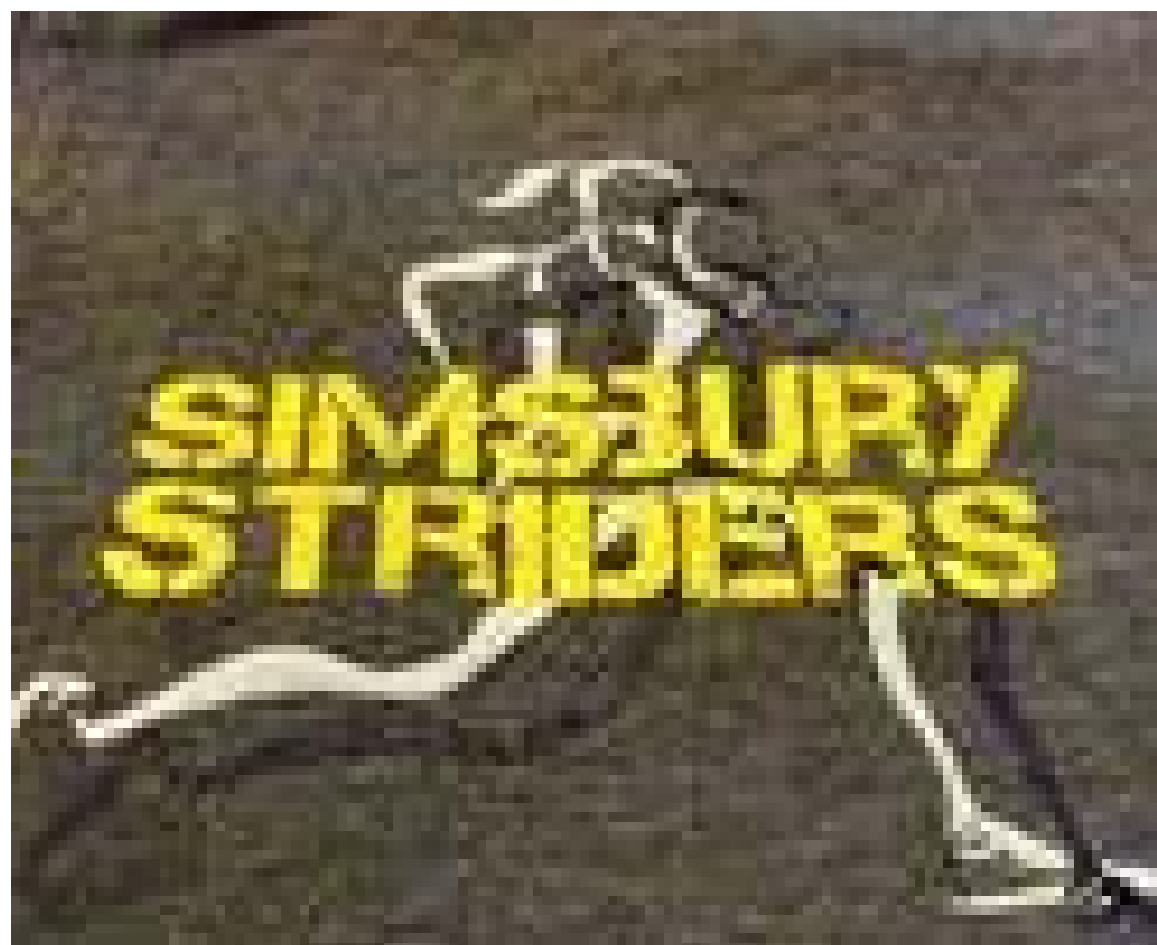
Suzanne McMenamy
Sales Agent
Licensed in CT and NY
o 203-762-0103 x 362
C 917-822-9989
smcmenamey@wpsir.com

triminoTM

protein infused water



Olive & Milan, Hillary & Stacey



Redding Wines and Spirits

WINTERS BRS. WASTE SYSTEMS

BERTOZZI
ELECTRIC

GINA

RITTSCHOFF

MASSAGE THERAPIST

DANBURY NEUROLOGICAL



THE SPORTS MEDICINE CENTER AT



DANBURY
ORTHOPEDICS

Exceptional Care. Real Results.

a member of ORTHOCONNECTICUT





WESTERN CONNECTICUT
IMAGING

DANBURY HOSPITAL • NEW MILFORD HOSPITAL

L. The Day in Pictures

























2016



















Cheers,

John