



REDDING ROAD RACE
2017 FINISHER'S MAGAZINE



Boston Billy is back, with my volunteer and wife extraordinaire Terri



A. Letter from Ann Taylor

New Pond Farm just hosted its fifth annual *Run for the Cows sponsored by Goneforarun*. 1,200 runners, ages 2-75, 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 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 Terri and John McCleary, NPF members whose vision and passion guided us all. Their 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, we got very lucky with the weather, as Sunday's conditions were ideal for running fast times (only if the course was conducive to fast times – lol!!).

Congratulations to all of you in the preparation and training that was needed 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.
- The over 1,200 runners who signed up. I truly appreciate the hundreds of nice emails you sent me – whenever I need a “pick-me-up” I read some of them!! When preparing for this gets a bit stressful, the fact that you sold the race out in a couple of hours is all the reward one could ask for. I'm thinking it sells out in minutes next year (so prepare for 1/1 at noon!!)
- 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 over the last 2 years, along with doing the documentary, 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. When your hero is an even better person than he is an athlete, well, that says all that needs to be said!!
- 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 6th year in a row!! We also had no port-o-let lines, we had more hot chocolate and it lasted to the very end.

What to expect for 2017:

- Same size field
- We'll order the pizza from 2 different places to insure timely delivery
- More of the band (Thank you Baddogs), less award announcing.
- Announcers will once again announce runners as they finish. I think we can do this along with having the band play at the same time.
- Hopefully, another celebrity runner??
- 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 RRR17 shirts in races this summer.
- Remember to sign up for my two other races if around town before they sell out/

The Great Turkey Escape 5K

Thursday, November 23rd 8:00am

37 Lonetown Rd, Redding Ct 06896

Website: <http://thegreatturkeyescape.com/>

Registration: **Opening in June (sold out last year)**

Redding Rock'n Roots 9K

Saturday, July 1st 8:00am

43 Lonetown Rd, Redding Ct 06896

Website: <http://reddingrocknroots.com/>

Registration: <https://www.raceit.com/Register/?event=39986>

WHERE: Redding Historical Society, Redding, CT

WHY: The third of my Redding races and maybe the most fun (especially for me since I get to run in it). We run through both sides of Putnam Park, where some of George Washington's troops were stationed in 1778-1779 during the American Revolutionary War. So, you're literally running through history in Putnam Park as you run down Company Street where 116 soldier huts were once located. We put the race together in a month last year and it had as many runners as any other area 4th of July race. It's also the only race I know that gives runners a choice of a singlet or short sleeve shirt. Admission to the all-day Rock'n Roots Festival (including fireworks) is included with registration (\$15 value). Oh, did I mention the re-enactors along the course!!

REGISTRATION: <https://www.raceit.com/Register/?event=39986>





It's Redding Sestercentennial this year!!



Huge 4" medal this year, my favorite ever.



Start and finish of the 9K race



Re-enactors at the start



Rainbow over the Historical Society house the day before the race





Re-enactors in the park directing the runners

1. PUTMAN PARK

One trip out-of-towners might want to make on race weekend is to Putnam Park, the “Valley Forge of Connecticut.”

PUTNAM MEMORIAL STATE PARK



‘Connecticut’s Valley Forge’

State of Connecticut
Department of Energy and Environmental
Protection
Bureau of Outdoor Recreation
State Parks Division
Hartford, Connecticut 06106

BE A FAN OF PUTNAM PARK

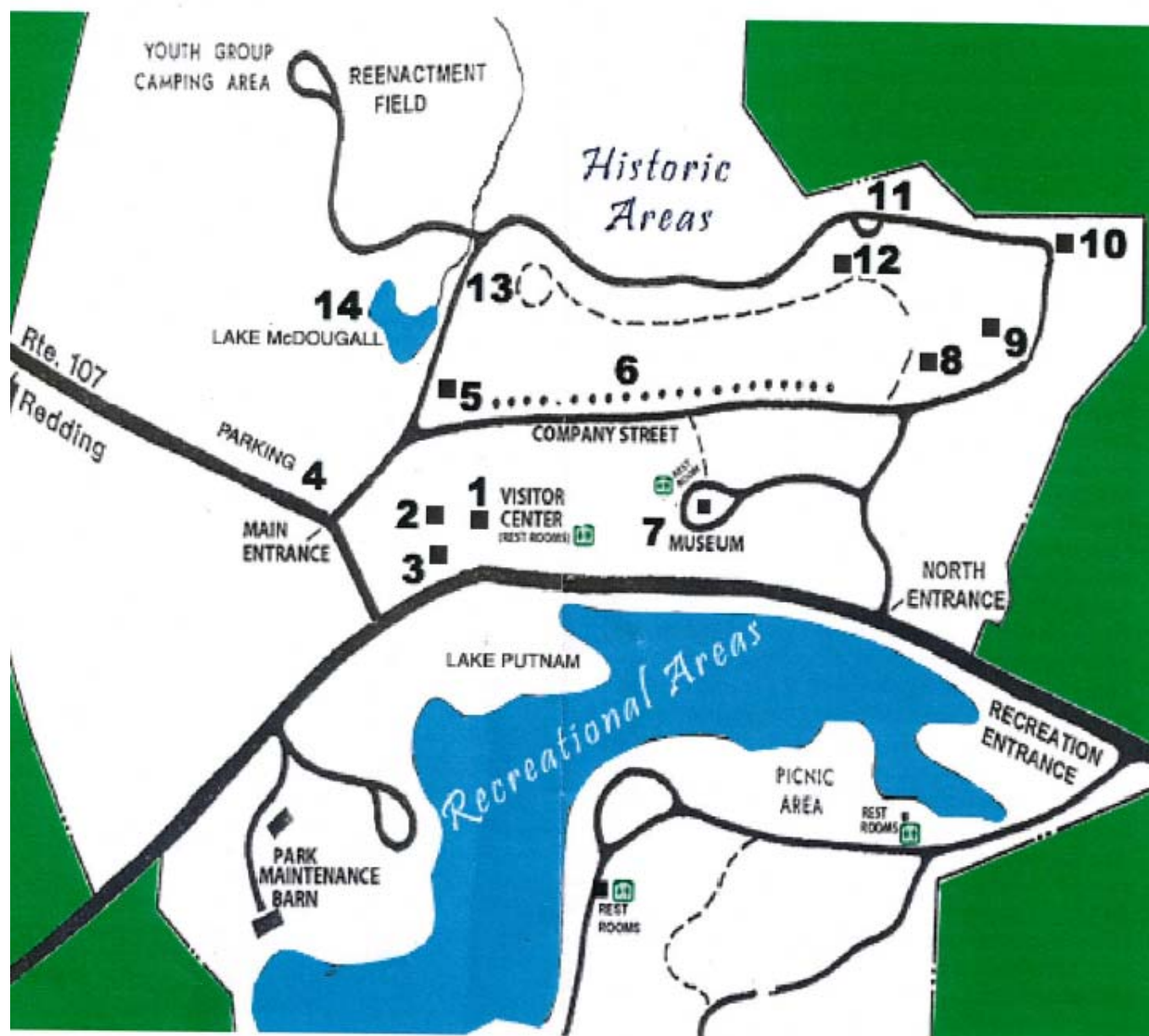
OUR MISSION; To help promote and preserve the historical, educational, and recreational values of Putnam Memorial State Park.

WHO ARE FANS MEMBERS, WHAT

DOES FANS DO? The FANS of Putnam Park is comprised of members of the community whose appreciation for the Park keeps them active in its stewardship, as well as organizing events for the community to enjoy. Many other “Friends” appreciate the goals of FANS and support it with a yearly membership contribution. Here are some of the FANS activities that are currently supported by membership contributions: **Re-enactments including the 235th Anniversary Celebration - Living History School Days in May - The December Winter Walk - Summer Colonial Craftsmen Demonstrations - Support Park Historical Interpretation/ Preservation - Visitor Center Interpretive Displays - Purchase Historical Items - Needed Park Supplies - and more.**

HOW YOU CAN GET INVOLVED: Members are always welcome to get involved. Come to our monthly FANS meetings held at 7:00 PM on the first Monday of each month in the Visitor's Center, except August and December. Or if you have a question, email us at:

Friendsofputnampark@yahoo.com



Putnam Memorial State Park is open year round from sunrise to dusk.
 The Visitor's Center and the Museum are open from Memorial Day (May) to Veteran's Day (November) from 10:00 AM to 5:00 PM, Monday through Sunday. Our Interpretive Guides will greet you and answer any questions you may have. We are located at:
The Visitor's Center at 499 Black Rock Turnpike, Redding, CT at the junction of Routes 58 and 107 and the Museum at 501 Black Rock Turnpike, Redding, CT along Route 58,

HOW CAN YOU CONTRIBUTE TO BECOME A FRIEND OF PUTNAM PARK?

Check the Yearly Membership Level You Wish to Participate at:

- ☐ Scout \$10 (for students)
☐ Individual \$20
☐ Family \$35
☐ Patriot \$50
☐ Loyalist \$75
☐ Captain \$100
☐ Colonel \$250
☐ General \$1000 (Life Membership)
☐ Contribution \$ _____
Check enclosed for \$ _____

Payable to: FANS of Putnam Park

Name: _____

Address: _____

City, State, Zip _____

Telephone: _____

E-Mail: _____

We will not distribute your e-mail address for any purpose other than newsletters when available.

Employer charitable gift match programs will effectively double your support of Putnam Park. Gifts are fully deductible for tax purposes under Section 501(c)3 of the Federal Tax Code.

Mail to: Friends & Neighbors of Putnam Park
PO Box 736
Redding, CT 06896-0736

Visit www.putnampark.org for more information on the Park and the FANS Group.

A Self Guided Tour

1. **Visitor's Center***-This building was built in 1893 as the pavilion. It was used as a shelter during inclement weather, for dances, picnics and town events. The upstairs was used as the original park museum. The building was dismantled board by board in 2005, and reconstructed into a 4-season climate controlled visitor's center where visitors can get a park orientation prior to entering the historic encampment.
2. **"Camp Guardhouse"**-A log hut which was reconstructed about 1890 on the remains of a hut from 1778. The actual purpose of the original structure is in question, although local lore said it was the Guard House. The construction and size of the hut gives the visitor an approximation of one of the 116 enlisted men's. Each hut contained twelve soldiers.
3. **"Putnam's Escape At Horseneck"-Bronze Statue**-is on the front lawn of the Visitor's Center. It was sculpted by renowned local artist Anna Hyatt Huntington at age 94 at her estate just a few miles from the park. The sculpture depicts General Israel Putnam's legendary ride down the stone steps in Greenwich, then called "Horseneck", where he narrowly escaped from the British Dragoons.
4. **Main Entrance Area**-Civil War cannons and blockhouses flank the road. Blockhouses were used in frontier areas during the French and Indian War where Israel Putnam achieved fame for his courageous exploits. There are several other Civil War cannons inside the park. These weapons were surplus arms from the Civil War which ended only a few years prior to the park's commissioning. The gateway view focuses on the Monument.
5. **Memorial Monument**-Constructed in 1888, one year after the commissioning of the memorial park, this monument honors the men of the three different camps in Redding during that winter of 1778-79. The monument was the very first structure erected at the park. The visitor can read the names of the different brigade generals who commanded the camps under Major General Israel Putnam's command.
6. **Collapsed Chimney Remains (Firebacks)**-The enlisted men's encampment consisted of 116 log huts set in a double row for almost a quarter mile down the company street. The only above ground remains of those huts today are the piles of collapsed stone chimneys. Each stone pile, or fireback, marks the location of a 1778 hut. The men camped in this location belonged to Brig. Gen. Enoch Poor's New Hampshire Brigade and the 2nd Canadian Regiment under Col..

Moses Hazen. The fire places and chimneys were made of local fieldstone. The huts had dimensions of 16 X 12 feet. Each hut held the 12 soldiers who built their own hut. The troops lived in tents until their huts were completed in late December. On going archaeological field work has told us much about the huts and their occupants.

7. **Museum**-This building contains exhibits and historical materials including artifacts unearthed at the campsite during archaeological excavations. The museum was built in 1921 by long time Redding Town Historian Margaret Wixted's father. This building replaced the original museum housed on the second floor of the old 1893 Pavilion. Park Guides are present to tell visitors about the park and answer questions. Hours are posted at the park gates or at the Visitor's Center.
8. **Officer's Quarters**-The chimney remains mark the site of a company officer's hut. The hut was an 1890 replica built on the original site. The hut was destroyed by fire years ago. The company-level officer's huts were located behind the enlisted hut line. There are several other firebacks of junior officer hut remains in the woods behind the enlisted hut line.
9. **Philips Cave**-Local legend says a shallow cave in this rock outcrop was used by one Mr. Philips. Philips was a soldier who returned after the war to live in this cave. He led the life of a hermit, including liberating an occasional chicken or produce from local farmers. He was evicted by the community. Another version said he was "permanently removed".
10. **Officer's Quarters/Magazine**-This structure was reconstructed on the original foundations that are cut into the hillside. Long thought to be an officer's barracks, recent information is now leading archaeologists to believe it was actually the camp magazine which held the kegs of gunpowder. The location far away from troop quarters and being semi-enclosed in the earthen bank support this theory. More research will be done on this site.
11. **Barlow Circle**-A resident of Redding, Joel Barlow graduated from Yale in 1778. An accomplished poet and writer, Barlow was thought to have visited the Redding army camps during the winter of 78/79 encampments. He was a chaplain for three years in the Continental Army. He was one of the writers group called the Connecticut (or Hartford) Wits. He was sent to Algiers to secure U.S. prisoners and negotiate treaties with Tripoli.

He became a French citizen and was involved in Napoleon's retreat from Russia. He died in Poland in 1812.

12. **Bake Oven and Structures on the Camps Upper Level**-The identity and location of buildings on the upper level is not certain at this time. We know that the Bake Oven was located in the ravine. It needed the water in the stream flowing next to it. Other buildings were known to exist on this upper level: The Soap Boiler, the Commissary, the Quartermaster, Carpenters, Tailors, Quarter Guards, and Sutlers, in addition to the Field, Staff and Commissioned Officers.
13. **Cemetery/Command Officer's Quarters**-Another bit of hand-me-down lore at the time the park was created in the 1880's was that the two mounds of stones, inside the square formed by the granite posts, were thought to be the camp cemetery. Accordingly, a memorial monument was erected to mark the site in 1888. Archaeology work from 1998-2004 seasons has proven the site actually to be a double-ended (two chimneys) Field Officers quarters. Further research has pointed to the distinct probability that the hut belonged to Lt. Col. Henry Dearborn who was the ranking officer living at the camp (Some senior officers were quartered at area homes).
14. **Lake McDougall**-The stone dam which creates this pond was installed at the time of the park's creation. But the stream was very much in existence during the 1778-79 army encampment. It is one of two main streams, one at each end of the camp, which provided water for the troops. Gen. Alexander McDougall's name is listed on the memorial monument as one of the commanders at the Reading** camps. Actually, McDougall had been the commander of Putnam's Division prior to going into winter quarters. Gen. Washington placed the division under Israel Putnam and kept Gen. McDougall in command of the Hudson Highlands which included the all important fortress West Point.

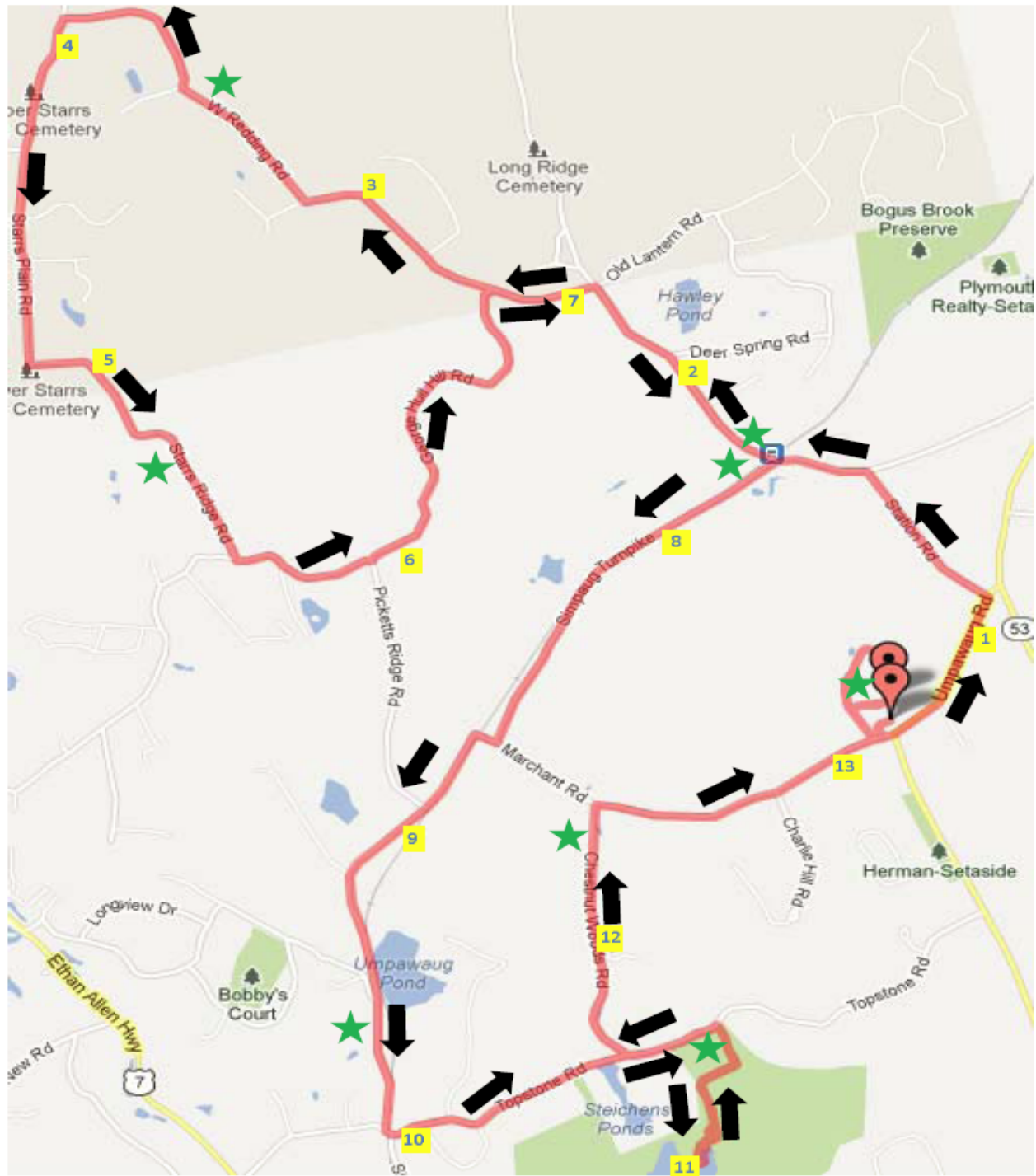
* After the reopening of the Park in 1997, the FANS hired a restoration consultant to study the saving of the 1893 Pavilion. The results you see today with the 4 Season Visitor's Center.

**In 1844 with urging of the State of Connecticut, the Town of Reading held a Referendum to determine and settle the correct way they wanted the town spelled: Reading or Redding.

C. HALF MARATHON

1. HALF MARATHON MAP

REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

2. Note from Rohit (Men's Champion)

This year marked the fourth straight year that I have run the Run for the Cows Half and it remains my favorite road race (bar none!) John, Terri, and everyone involved put so much love and thought into the race that I feel truly lucky to be able to run it. The picturesque setting, delicious chocolate milk and post-race treats, and industrial quantities of race swag don't hurt either!

This is a classic New England race in many ways. For one, the weather can be variable, with perfect conditions this year, rain last year, and a hot, sunny day the year before. The course is an honest one. You may not set a personal best here, but tackling the hills successfully brings a different joy entirely. My strategy over the years has been to dial in on some of the bigger hills in the early third, get into a comfortable rhythm in the flat/downhill portions in the middle, and dig deep to power over the rollers in the latter third of the course. And don't forget to enjoy the scenery amidst all that! Rather than view the hills as obstacles, I find that they break up the monotony and present opportunities to try out different race strategies.

Even without perennial front-runner Liz Campbell this year (get well soon Liz!), there were enough strong runners to keep the race honest. Ken Merrick and Tyler Silverman were breathing down my neck for most of the race and I was lucky to be able to hold on, assisted in no small part by cheers from other runners including the legendary Bill Rodgers and John McCleary himself. I received my biggest boost from my friend Marcela, who ran this year's race 26 weeks pregnant. Needless to say, I had NO excuse for fading on the hills while Marcela powered over them with a smile!

For the second year running, I proudly wore a Janji[runjanji.com] singlet. Founded by two former track athletes, Janji makes fun running apparel while also contributing to the greater good; part of all Janji sales go towards water-related causes around the world. Having befriended the founders, I can testify to their commitment to making a difference and supporting evidence-backed water causes. As if that wasn't enough, the apparel is comfortable and stylish; I find myself living in their clothes at this point!

I hope to be back next year and to run a good race. Above all, I look forward to enjoying the best organized, most fun race out there no matter what the result!

3. Garmin Data from Larry Ikard



6th Annual Redding Road Race Half Marathon 2017

Event Type: Uncategorized Course: -- Gear: 1

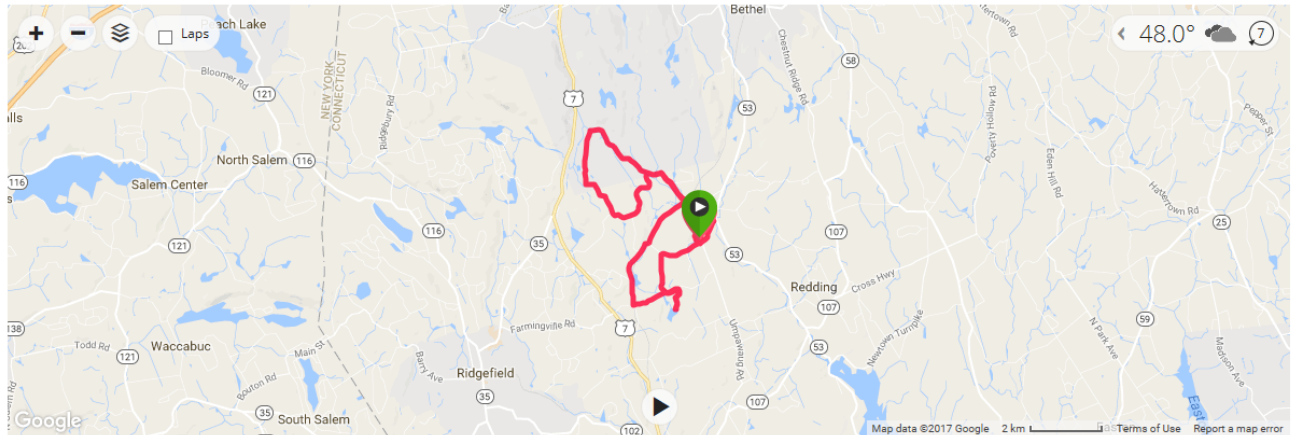
13.09 mi
Distance

6:41 min/mi
Avg Pace

1,513 C
Calories

1:27:32
Time

665 ft
Elev Gain



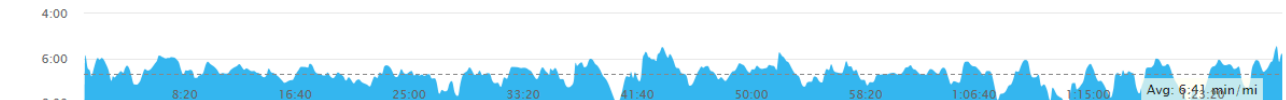
Over Time ▾

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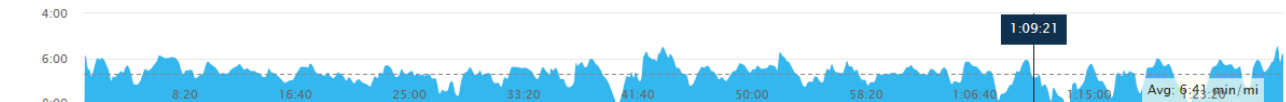
Elevation



Pace



Pace



Stats Splits

Distance

13.09 mi

Distance

Calories

1,513 C

Calories

Timing

Pace Speed

1:27:32

Time

1:27:32

Moving Time

1:27:32

Elapsed Time

6:41 min/mi

Avg Pace

6:41 min/mi

Avg Moving Pace

5:27 min/mi

Best Pace

Elevation

665 ft

Elev Gain

647 ft

Elev Loss

370 ft

Min Elev

618 ft

Max Elev

4. Half Results

REDDING ROAD RACES HALF MARATHON

Redding, CT Sunday, May 7, 2016

Place	Bib	Name	Sex	City	St	Age	DIV	DIVPL	VTOT	Chip Time	Pace
1	758	Rohit Naimpally	M	Cambridge	MA	29	OVRLM1	3		1:24:07	6:26
2	64	Ken Merrick	M	New Fairfield	CT	48	OVRLM2	3		1:24:57	6:30
3	97	Tyler Silverman	M	Redding	CT	31	OVRLM3	3		1:25:56	6:34
4	147	Marek Sernicki	M	Ridgefield	CT	54	M5054	1	34	1:27:31	6:41
5	154	Larry Ikard	M	New Canaan	CT	42	M4044	1	33	1:27:31	6:41
6	534	Eli Chamberlain	M	Rye	NY	41	M4044	2	33	1:29:38	6:51
7	666	Chris Deming	M	Danbury	CT	50	M5054	2	34	1:30:18	6:54
8	612	Stephanie Benko	F	New Canaan	CT	22	OVRLF	1	3	1:30:20	6:54
9	6	Matt Bedoukian	M	Redding	CT	37	M3539	1	27	1:32:39	7:05
10	643	James Nogueira	M	Redding	CT	14	M0120	1	6	1:33:20	7:08
11	287	Bonnie Pope	F	Ridgefield	CT	40	OVRLF	2	3	1:33:31	7:09
12	663	John Minervino	M	Higganum	CT	53	M5054	3	34	1:33:38	7:09
13	112	Jeanne Halloran	F	Redding	CT	38	OVRLF	3	3	1:34:28	7:13
14	685	Stephen Kennedy	M	Darien	CT	41	M4044	3	33	1:34:58	7:15
15	187	Sean Mehner	M	Redding	CT	39	M3539	2	27	1:35:34	7:18
16	342	Steve Leslie	M	Brookfield	CT	52	M5054	4	34	1:35:39	7:19
17	31	Andy Swett	M	Dedham	MA	32	M3034	1	15	1:36:37	7:23
18	294	Greg Conyers	M	New Haven	CT	27	M2529	1	7	1:36:44	7:23
19	307	Michael Baneat	M	Shelton	CT	51	M5054	5	34	1:36:58	7:25
20	269	Lee Kalivas	M	Wilton	CT	22	M2024	1	1	1:37:05	7:25
21	246	Rick Deitch	M	Cambridge	MA	46	M4549	1	50	1:37:09	7:25

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
22	588	Filippo Imperiali	M	Weston	CT	52	M5054	6	34	1:37:13	7:26		
23	502	Kimberly Nardo	F	White Plains	NY	34	F3034	1	31	1:37:35	7:27		
24	697	Caparosa James	M	Brookfield	CT	37	M3539	3	27	1:38:10	7:30		
25	677	Dave Cappello	M	Avon	CT	54	M5054	7	34	1:38:13	7:30		
26	425	Kristin Johnson	F	Wilton	CT	46	F4549	1	52	1:38:26	7:31		
27	347	Adam Bomberger	M	Bethel	CT	28	M2529	2	7	1:38:26	7:31		
28	315	David Levin	M	Danbury	CT	46	M4549	2	50	1:38:41	7:32		
29	143	Teren Block	F	Ridgefield	CT	51	F5054	1	25	1:39:13	7:35		
30	244	Buster Whaley	M	Redding	CT	15	M0120	2	6	1:39:24	7:36		
31	555	Will Sutton	M	Redding	CT	15	M0120	3	6	1:39:25	7:36		
32	442	Rosemary Jones	F	Babylon	NY	55	F5559	1	12	1:39:28	7:36		
33	264	Brenda McRae	F	Sandy Hook	CT	33	F3034	2	31	1:39:47	7:38		
34	652	Mathias Hitchcock	M	Hingham	MA	44	M4044	4	33	1:39:56	7:38		
35	387	Jenny McLain	F	Cornwall Bridge	CT	43	F4044	1	53	1:40:03	7:39		
36	587	David Poppel	M	Burlington	CT	52	M5054	8	34	1:40:04	7:39		
37	551	Grant Borgelt	M	New York	NY	31	M3034	2	15	1:40:14	7:40		
38	549	Julia Rosenblum	F	New York	NY	29	F2529	1	17	1:40:15	7:40		
39	463	Nelson Costa Jr	M	Danbury	CT	40	M4044	5	33	1:40:35	7:41		
40	660	Anthony Chiaverini	M	Fairfield	CT	45	M4549	3	50	1:40:38	7:41		
41	565	Alexander Harris	M	Stamford	CT	37	M3539	4	27	1:40:46	7:42		
42	204	Peter Lesser	M	New York	NY	53	M5054	9	34	1:41:16	7:44		
43	504	Daniel Dykas	M	Durham	CT	41	M4044	6	33	1:41:48	7:47		
44	62	Randy Watkins	M	New Milford	CT	53	M5054	10	34	1:41:52	7:47		
45	516	Nicole Semanchik	F	Milford	CT	37	F3539	1	75	1:41:59	7:48		
46	657	Bradley Marcus	M	Ridgefield	CT	46	M4549	4	50	1:42:09	7:48		
47	667	Behrad Derakhshan	M	Westport	CT	37	M3539	5	27	1:42:10	7:48		
48	645	Stephen Apy	M	Darien	CT	34	M3034	3	15	1:42:19	7:49		

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
49	273	Weslee Rowe	F	Ridgefield	CT	38	F3539	2	75	1:42:43	7:51		
50	381	Juan Patricio Biadayoli	M	Stamford Ct	CT	62	M6064	1	13	1:42:43	7:51		
51	179	Dan Readyoff	M	New Milford	CT	48	M4549	5	50	1:42:49	7:51		
52	225	Rick Lowry	M	Southbury	CT	55	M5559	1	23	1:43:00	7:52		
53	400	Thomas Fatone	M	Orange	CT	48	M4549	6	50	1:43:46	7:56		
54	274	Jennifer Pope	F	Hamden	CT	36	F3539	3	75	1:44:21	7:58		
55	76	Jonathan Downs	M	Millbrook	NY	37	M3539	6	27	1:44:24	7:59		
56	455	Joshua Williams	M	New Milford	CT	37	M3539	7	27	1:44:44	8:00		
57	146	Greg Klimaytis	M	Rego Park	NY	41	M4044	7	33	1:44:46	8:00		
58	237	Treb Allen	M	Hanover	NH	33	M3034	4	15	1:44:48	8:00		
59	295	Carrie Hall	F	Trumbull	CT	44	F4044	2	53	1:44:52	8:01		
60	320	Geoffrey Henschel	M	Westport	CT	35	M3539	8	27	1:44:56	8:01		
61	83	Anna Henschel	F	Westport	CT	33	F3034	3	31	1:44:57	8:01		
62	592	Brian Krauss	M	Millbrook	NY	36	M3539	9	27	1:45:02	8:02		
63	618	Scott Martin	M	Weston	CT	44	M4044	8	33	1:45:18	8:03		
64	213	Luke Albrecht	M	Newtown	CT	38	M3539	10	27	1:45:19	8:03		
65	369	Angelo Giordano	M	Wilton	CT	51	M5054	11	34	1:45:21	8:03		
66	103	Kelly Reese	F	Simsbury	CT	44	F4044	3	53	1:45:34	8:04		
67	513	Megan Holbert	F	Ridgefield	CT	40	F4044	4	53	1:45:50	8:05		
68	599	Tom Starodaj	M	New Britain	CT	29	M2529	3	7	1:46:03	8:06		
69	216	Zoe Nagasing	F	Pawling	NY	23	F2024	1	10	1:46:08	8:07		
70	573	Christine Chapman	F	Lake Hopatcong	NJ	38	F3539	4	75	1:46:09	8:07		
71	532	David Kurd	M	Greenwich	CT	40	M4044	9	33	1:46:15	8:07		
72	681	Cc Cappello	F	Avon	CT	18	F0120	1	2	1:46:15	8:07		
73	335	David Hansen	M	Danbury	CT	59	M5559	2	23	1:46:24	8:08		
74	195	Jay Lipman	M	New Canaan	CT	45	M4549	7	50	1:46:24	8:08		
75	427	Wayne Zimmerman	M	Weston	CT	53	M5054	12	34	1:46:28	8:08		

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
76	272	Shawna Nickerson	F	Bethel	CT	34	F3034	4	31			1:46:30	8:08
77	304	Allan Rowe	M	Ridgefield	CT	40	M4044	10	33			1:46:42	8:09
78	340	Russel Joseph	M	Stamford	CT	37	M3539	11	27			1:46:47	8:10
79	530	Beth Ginand	F	Stratford	CT	38	F3539	5	75			1:46:56	8:10
80	396	John Coppola	M	Hamden	CT	44	M4044	11	33			1:46:57	8:10
81	432	Glen Kutler	M	Ridgefield	CT	49	M4549	8	50			1:47:00	8:10
82	499	Brendan Nolan	M	Darien	CT	37	M3539	12	27			1:47:06	8:11
83	655	Peter Hofmann	M	North Salem	NY	58	M5559	3	23			1:47:08	8:11
84	585	Nicholas Vitti	M	Bethel	CT	37	M3539	13	27			1:47:11	8:11
85	190	David Brown	M	Medford	MA	41	M4044	12	33			1:47:24	8:12
86	366	David Tullis	M	Ridgefield	CT	39	M3539	14	27			1:47:33	8:13
87	680	Erin McGuire	F	Avon	CT	20	F2024	2	10			1:47:50	8:14
88	336	Jeffrey Bellemare	M	Thomaston	CT	36	M3539	15	27			1:48:01	8:15
89	345	Joanne Ross	F	Redding	CT	45	F4549	2	52			1:48:02	8:15
90	436	Luciana Shortal	F	Ridgefield	CT	38	F3539	6	75			1:48:04	8:15
91	328	Allen Pangilinan	M	South Windsor	CT	30	M3034	5	15			1:48:11	8:16
92	34	Dawn Malone	F	Bethel	CT	42	F4044	5	53			1:48:13	8:16
93	249	Matthew Demaio	M	Old Saybrook	CT	45	M4549	9	50			1:48:21	8:17
94	589	John Peck	M	Brielle	NJ	45	M4549	10	50			1:48:41	8:18
95	514	Al Phillips	M	Groton	CT	56	M5559	4	23			1:48:59	8:20
96	631	Gregory Vetter	M	Trumbull	CT	32	M3034	6	15			1:49:06	8:20
97	593	Cathy Pearce	F	Avon	CT	54	F5054	2	25			1:49:07	8:20
98	454	Scott Snyder	M	Irvington	NY	46	M4549	11	50			1:49:12	8:21
99	200	Paul Fotovat	M	New York	NY	32	M3034	7	15			1:49:24	8:22
100	285	Wendy Calzone	F	Redding	CT	60	F6064	1	11			1:49:29	8:22
101	223	Rich McKay	M	South Salem	NY	45	M4549	12	50			1:49:32	8:22
102	574	Monte Wagner	M	New Milford	CT	52	M5054	13	34			1:49:35	8:22

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
103	37	Diane Hayes	F	Weston	CT	51	F5054	3	25			1:49:43	8:23
104	79	Naomi Orocu	F	Norwalk	CT	32	F3034	5	31			1:49:57	8:24
105	282	Amelia Audette	F	Trumbull	CT	43	F4044	6	53			1:50:02	8:24
106	108	Thomas Donato	M	Hamden	CT	44	M4044	13	33			1:50:07	8:25
107	271	Ram Sarma	M	Stamford	CT	42	M4044	14	33			1:50:14	8:25
108	140	Jp Milot	M	Ridgefield	CT	49	M4549	13	50			1:50:15	8:25
109	544	Isaak Aronson	M	Branford	CT	41	M4044	15	33			1:50:21	8:26
110	124	Scott Cooney	M	Danbury	CT	53	M5054	14	34			1:50:33	8:27
111	523	Paul Cusumano	M	Trumbull	CT	45	M4549	14	50			1:51:05	8:29
112	261	Cameron Sterling	M	Greenwich	CT	42	M4044	16	33			1:51:09	8:30
113	352	Elizabeth Derosé	F	New Haven	CT	42	F4044	7	53			1:51:10	8:30
114	674	Bruce Goulart	M	Newtown	CT	67	M6599	1	5			1:51:31	8:31
115	426	Robert Wertheimer	M	Levittown	NY	47	M4549	15	50			1:51:45	8:32
116	1039	Neil Mandel	M	Shelton	CT	63	M6064	2	13			1:51:53	8:33
117	558	Michelle Behr	F	Sandy Hook	CT	37	F3539	7	75			1:51:57	8:33
118	196	William Liebler	M	Southington	CT	43	M4044	17	33			1:51:57	8:33
119	521	McLain Granger	M	New Fairfield	CT	39	M3539	16	27			1:52:06	8:34
120	486	Raymond Milot	M	New Milford	CT	48	M4549	16	50			1:52:09	8:34
121	632	Will Hauser	M	Southbury	CT	49	M4549	17	50			1:52:12	8:34
122	472	Katherine Munno	F	Stamford	CT	39	F3539	8	75			1:52:24	8:35
123	397	Bruce MacLeod	M	Northfield	CT	59	M5559	5	23			1:52:38	8:36
124	283	Ines Allen	F	Fairfield	CT	39	F3539	9	75			1:52:42	8:37
125	322	Jenifer Parker	F	Darien	CT	55	F5559	2	12			1:53:19	8:39
126	654	Salena Chatman	F	Middletown	CT	39	F3539	10	75			1:53:45	8:41
127	68	Stephen McDonnell	M	Fairfield	CT	48	M4549	18	50			1:53:50	8:42
128	126	Ross Levy	M	Chappaqua	NY	66	M6599	2	5			1:54:06	8:43
129	483	William Harnett	M	Norwalk	CT	40	M4044	18	33			1:54:19	8:44

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
130	389	Lynn Schuster	F	Fairfield	CT	48	F4549	3	52	1:54:34	8:45		
131	388	Matt Parnell	M	Fairfield	CT	47	M4549	19	50	1:54:34	8:45		
132	311	Keri McKay	F	Fairfield	CT	45	F4549	4	52	1:54:37	8:45		
133	338	Kathleen Parker	F	Fairfield	CT	48	F4549	5	52	1:54:38	8:45		
134	375	Tome Harte	M	Cheshire	CT	46	M4549	20	51	1:54:45	8:46		
134	10	Jeffrey Schwartz	M	Redding	CT	50	M5054	15	34	1:54:48	8:46		
135	159	Ed Fung	M	Wilton	CT	48	M4549	20	50	1:55:06	8:48		
136	619	Geraldine Pires	F	Fairfield	CT	32	F3034	6	31	1:55:11	8:48		
137	149	Robert Bazata	M	New Canaan	CT	49	M4549	21	50	1:55:28	8:49		
138	51	Bill McBrayer	M	Redding	CT	51	M5054	16	34	1:55:31	8:50		
139	391	Sarah Kane	F	Plainville	CT	23	F2024	3	10	1:55:40	8:50		
140	461	Shea Barickman	F	Boston	MA	22	F2024	4	10	1:55:42	8:50		
141	692	Katherine Smith	F	Ridgefield	CT	48	F4549	6	52	1:55:43	8:50		
142	625	Lori Vickers	F	Danbury	CT	40	F4044	8	53	1:55:50	8:51		
143	546	Lai Sun	M	Newtown	CT	53	M5054	17	34	1:55:51	8:51		
144	98	Mark Montanaro	M	Weston	CT	40	M4044	19	33	1:55:54	8:51		
145	390	Tim Walczak	M	Simsbury	CT	33	M3034	8	15	1:55:58	8:52		
146	233	Kelly Flatt	F	Wilton	CT	43	F4044	9	53	1:56:00	8:52		
147	122	Stephanie Douglass	F	Agawam	MA	47	F4549	7	52	1:56:06	8:52		
148	30	Noah Foster	M	New York	NY	32	M3034	9	15	1:56:22	8:53		
149	50	Barry Blumenfield	M	Redding	CT	50	M5054	18	34	1:56:37	8:55		
150	188	Jim Campasano	M	Simsbury	CT	46	M4549	22	50	1:56:40	8:55		
151	505	Jill Bornstein	F	Boston	MA	49	F4549	8	52	1:56:42	8:55		
152	131	Amy Mannion	F	Bethel	CT	41	F4044	10	53	1:56:48	8:55		
153	695	Walter Andersons	F	Brooklyn	NY	51	F5054	4	25	1:56:50	8:56		
154	178	Morgan Hill	M	Bridgewater	CT	40	M4044	20	33	1:56:54	8:56		
155	542	Joseph Vonehr	M	Southport	CT	64	M6064	3	13	1:56:54	8:56		

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VTOT	Chip Time	Pace
156	327	Jackie Dimeglio	F	Easton	CT	33	F3034	7	31	1:56:54	8:56	
157	578	Kristina Mackevica	F	Danbury	CT	26	F2529	2	17	1:56:55	8:56	
158	518	Lisa Pleban	F	Gansevoort	NY	52	F5054	5	25	1:56:59	8:56	
159	309	Melanie Ruggieri	F	Southport	CT	34	F3034	8	31	1:57:07	8:57	
160	255	Jesse York	M	Fairfield	CT	33	M3034	10	15	1:57:21	8:58	
161	170	Daniel Lamb	M	New Milford	CT	55	M5559	6	23	1:57:22	8:58	
162	641	Lisa Brody	F	New Haven	CT	47	F4549	9	52	1:57:25	8:58	
163	18	Rick Heyman	M	Redding	CT	52	M5054	19	34	1:57:29	8:59	
164	407	Aili Dibonaventura	F	Southport	CT	56	F5559	3	12	1:57:33	8:59	
165	687	Mathew Wisniewski	M	Marlborough	MA	30	M3034	11	15	1:57:40	8:59	
166	21	Kevin Mallozzi	M	Brighton	MA	25	M2529	4	7	1:57:41	8:59	
167	624	Danny Gallegos	M	White Plains	NY	33	M3034	12	15	1:57:46	9:00	
168	883	Paul Misur	M	Shelton	CT	57	M5559	7	23	1:57:49	9:00	
169	5	Tina Roese	F	Redding	CT	47	F4549	10	52	1:57:51	9:00	
170	382	Brendan Ahern	M	Westport	CT	42	M4044	21	33	1:57:54	9:00	
171	203	Nardy Chung	M	Stamford	CT	40	M4044	22	33	1:58:01	9:01	
172	290	Michael Welz	M	West Hartford	CT	47	M4549	23	50	1:58:06	9:01	
173	355	Cathy Kost	F	Sandy Hook	CT	44	F4044	11	53	1:58:11	9:02	
174	240	Todd Doyle	M	Bethel	CT	47	M4549	24	50	1:58:11	9:02	
175	258	Shannon Deleon	F	Norwalk	CT	36	F3539	11	75	1:58:14	9:02	
176	19	Melody Mallozzi	F	Brighton	MA	25	F2529	3	17	1:58:20	9:02	
177	367	Greg Nilan	M	Monroe	CT	54	M5054	20	34	1:58:23	9:03	
178	493	Glenn McCabe	M	Brookfield	CT	51	M5054	21	34	1:58:26	9:03	
179	139	Mark Mischenko	M	Ridgefield	CT	40	M4044	23	33	1:58:29	9:03	
180	323	Erin Horbach	F	Trumbull	CT	39	F3539	12	75	1:58:32	9:03	
181	444	Eugene Roche	M	Redding	CT	49	M4549	25	50	1:58:34	9:04	
182	675	Kristin Lowman	F	East Granby	CT	38	F3539	13	75	1:58:34	9:04	

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
183	135	Mike May	M	Reading	MA	47	M4549	26	50			1:58:36	9:04
184	292	Jodie Larosa	F	Colchester	CT	43	F4044	12	53			1:58:40	9:04
185	235	Angela Shillinglaw	F	Virginia Beach	VA	33	F3034	9	31			1:58:40	9:04
186	613	Ferris Buddy	F	Cos Cob	CT	48	F4549	11	52			1:58:42	9:04
187	635	Lilah Fones	F	Easton	CT	23	F2024	5	10			1:58:46	9:04
188	404	Dan Manley	M	Oxford	CT	50	M5054	22	34			1:58:49	9:05
189	4	Bill Hunter	M	Fairfield	CT	55	M5559	8	23			1:59:00	9:06
190	440	Kathryn Metz	F	Ossining	NY	37	F3539	14	75			1:59:08	9:06
191	488	Jeannine Fagan	F	Bethel	CT	47	F4549	12	52			1:59:09	9:06
192	395	Gean Tremaine	M	Southport	CT	43	M4044	24	33			1:59:10	9:06
193	362	Lauryn Blakesley	F	Wrentham	MA	36	F3539	15	75			1:59:19	9:07
194	597	Adam Osmond	M	Farmington	CT	49	M4549	27	50			1:59:22	9:07
195	148	Scott Pisciotti	M	Somers	NY	50	M5054	23	34			1:59:26	9:07
196	405	Frank Jozefick	M	Milford	CT	51	M5054	24	34			1:59:26	9:08
197	478	Adam Blank	M	Norwalk	CT	39	M3539	17	27			1:59:27	9:08
198	535	Emily Boucher	F	Darien	CT	45	F4549	13	52			1:59:47	9:09
199	637	Jon Fagan	M	Darien	CT	45	M4549	28	50			1:59:54	9:10
200	373	Clare Zecher	F	Greenwich	CT	43	F4044	13	53			1:59:57	9:10
201	557	Christine Needham	F	Hamden	CT	30	F3034	10	31			2:00:01	9:10
202	129	Mollie Calzone	F	Brooklyn	NY	26	F2529	4	17			2:00:23	9:12
203	392	Erika Mirwald	F	Easton	CT	46	F4549	14	52			2:00:28	9:12
204	293	Claudia Sadowski	F	Tuckahoe	NY	38	F3539	16	75			2:00:42	9:13
205	547	Brian McIlrath	M	Danbury	CT	65	M6599	3	5			2:00:43	9:13
206	489	Kristen Keil	F	Newtown	CT	37	F3539	17	75			2:00:46	9:14
207	303	Jason Neer	M	Stamford	CT	38	M3539	18	27			2:01:00	9:15
208	176	Amanda Telford	F	Bridgewater	CT	38	F3539	18	75			2:01:07	9:15
209	430	Susan Dam	F	Westport	CT	39	F3539	19	75			2:01:08	9:15

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
210	639	Thomas Cronin	M	Danbury	CT	45	M4549	29	50			2:01:44	9:18
211	343	Lyda Jo Martinelli	F	Stamford	CT	38	F3539	20	75			2:01:49	9:18
212	679	Charles Morales-Thomason	M	Redding	CT	44	M4044	25	33			2:01:51	9:19
213	214	Shannon Leduc	F	Norwalk	CT	42	F4044	14	53			2:02:06	9:20
214	475	Kristopher Kinscherf	M	Ramsey	NJ	56	M5559	9	23			2:02:25	9:21
215	519	Brenna Breeding	F	Chicopee	MA	29	F2529	5	17			2:02:28	9:21
216	231	Evan Breeding	M	Chicopee	MA	35	M3539	19	27			2:02:29	9:21
217	581	Heather Roles	F	Danbury	CT	45	F4549	15	52			2:02:29	9:21
218	629	Chris McCann	M	Wilton	CT	46	M4549	30	50			2:02:52	9:23
219	56	Wendi O'Donnell	F	Sherman	CT	56	F5559	4	12			2:03:15	9:25
220	374	Miriam Tullis	F	Ridgefield	CT	37	F3539	21	75			2:03:32	9:26
221	206	Sheilah Krasnickas	F	Newtown	CT	50	F5054	6	25			2:03:33	9:26
222	2	Cassandra Dahms	F	Redding	CT	24	F2024	6	10			2:03:37	9:27
223	276	Darlene Kaschel	F	Fairfield	CT	45	F4549	16	52			2:03:47	9:27
224	88	Miriam Cope	F	Southington	CT	44	F4044	15	53			2:03:51	9:28
225	435	Karl Pelikan	M	Stamford	CT	57	M5559	10	23			2:03:58	9:28
226	239	Brittany Dalling	F	Stratford	CT	26	F2529	6	17			2:04:01	9:28
227	94	Keith Baldwin	M	Arlington	VA	39	M3539	20	27			2:04:02	9:29
228	459	Edna Guevarra	F	Danbury	CT	36	F3539	22	75			2:04:10	9:29
229	413	Lisa Shinall	F	Redding Ridge	CT	58	F5559	5	12			2:04:15	9:30
230	166	Peter Shiue	M	Wilton	CT	47	M4549	31	50			2:04:17	9:30
231	71	Sally Kniffin	F	Redding	CT	61	F6064	2	11			2:04:46	9:32
232	668	Jennifer Amend	F	Bethel	CT	44	F4044	16	53			2:04:47	9:32
233	511	Kristen Hoban	F	Ridgefield	CT	50	F5054	7	25			2:05:08	9:34
234	266	Kathy Lang	F	Ridgefield	CT	49	F4549	17	52			2:05:09	9:34
235	356	Owen Jordan	M	Hopewell Junction	NY	55	M5559	11	23			2:05:11	9:34
236	447	Sharon Reiner	F	Marlborough	CT	60	F6064	3	11			2:05:15	9:34

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
237	434	Jessica Greif	F	Brooklyn	NY	38	F3539	23	75			2:05:19	9:34
238	615	Hajnalka Coon	F	Stanfordville	NY	40	F4044	17	53			2:05:25	9:35
239	480	Ben Vetter	M	Norwalk	CT	26	M2529	5	7			2:05:42	9:36
240	118	Carlos Baldoz	M	Stamford	CT	55	M5559	12	23			2:05:42	9:36
241	614	Michael Coon	M	Stanfordville	NY	47	M4549	32	50			2:06:05	9:38
242	473	Mark Delieto	M	Shelton	CT	62	M6064	4	13			2:06:13	9:39
243	433	Greg Ritzinger	M	Newtown	CT	60	M6064	5	13			2:06:20	9:39
244	13	Pisey Wolfe	F	New Milford	CT	42	F4044	18	53			2:06:21	9:39
245	329	Page Berger	F	Darien	CT	38	F3539	24	75			2:06:25	9:39
246	394	Marie Nastasi	F	Wayne	NJ	50	F5054	8	25			2:06:26	9:40
247	61	James Barickman	M	Redding	CT	60	M6064	6	13			2:06:39	9:41
248	469	Sean Connelly	M	Ridgefield	CT	46	M4549	33	50			2:06:55	9:42
249	7	Michael Ciardullo	M	Redding	CT	55	M5559	13	23			2:07:00	9:42
250	82	Brian Bomberger	M	Bethel	CT	64	M6064	7	13			2:07:02	9:42
251	497	Lauren Mulvihill	F	Ridgefield	CT	31	F3034	11	31			2:07:10	9:43
252	525	Christa Robinson	F	Greenwich	CT	36	F3539	25	75			2:07:16	9:43
253	453	Brandon Schneider	M	Danbury	CT	35	M3539	21	27			2:07:41	9:45
254	87	Jennifer Schneider	F	Danbury	CT	36	F3539	26	75			2:07:41	9:45
255	55	Harold Walker	M	Norwalk	CT	55	M5559	14	23			2:07:58	9:47
256	138	Karen Iveson	F	Redding	CT	45	F4549	18	52			2:08:00	9:47
257	672	Carolyn Gingras	F	Sandy Hook	CT	27	F2529	7	17			2:08:03	9:47
258	111	Jan Hoath	F	Redding	CT	39	F3539	27	75			2:08:09	9:47
259	658	Jamie Grennan	F	Norwalk	CT	39	F3539	28	75			2:08:12	9:48
260	222	Joe Amuso	M	Stafford Springs	CT	47	M4549	34	50			2:08:14	9:48
261	568	Marlene Dematas	F	Bronxville	NY	39	F3539	29	75			2:08:48	9:50
262	410	Karrin Smoley	F	Stamford	CT	39	F3539	30	75			2:08:49	9:50
263	696	Keri O'Neill	F	Fairfield	CT	45	F4549	19	52			2:08:50	9:51

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
264	41	Lilia Wills	F	Monroe	CT	41	F4044	19	53			2:08:52	9:51
265	210	Neil Parshall	M	East Hartford	CT	28	M2529	6	7			2:08:58	9:51
266	192	Tiffanie Sgritta	F	Stamford	CT	43	F4044	20	53			2:09:09	9:52
267	101	Diana Derivan	F	Norwalk	CT	59	F5559	6	12			2:09:24	9:53
268	254	Stacy Clark	F	Milford	CT	39	F3539	31	75			2:09:32	9:54
269	14	Allison St. Germain	F	Bethel	CT	41	F4044	21	53			2:09:33	9:54
270	498	Mary Beth Hawkins	F	Killingworth	CT	49	F4549	20	52			2:09:34	9:54
271	401	Meera Oak	F	New Haven	CT	26	F2529	8	17			2:09:34	9:54
272	158	Jennifer Terra	F	Easton	CT	36	F3539	32	75			2:09:42	9:55
273	622	Mike Berthiaume	M	West Springfield	MA	38	M3539	22	27			2:09:53	9:55
274	621	Dr.Jessica Lynn Pereplyotchik	F	West Springfield	MA	42	F4044	22	53			2:09:53	9:55
275	125	Shannon Stewart	F	Waterbury	CT	34	F3034	12	31			2:09:59	9:56
276	130	Oliver North	M	Redding	CT	55	M5559	15	23			2:10:02	9:56
277	358	Irina Acsinte	F	Westport	CT	35	F3539	33	75			2:10:11	9:57
278	349	Costel Mutescu	M	Westport	CT	43	M4044	26	33			2:10:13	9:57
279	250	Sean Mayer	M	Lafayette	NJ	48	M4549	35	50			2:10:39	9:59
280	1033	Andrea Williamson	F	Norwalk	CT	62	F6064	4	11			2:10:39	9:59
281	93	Rachel Keyes	F	Stamford	CT	23	F2024	7	10			2:10:49	10:00
282	661	Kate Stewart	F	Simsbury	CT	42	F4044	23	53			2:10:52	10:00
283	326	Ric Nadel	M	Westport	CT	49	M4549	36	50			2:10:56	10:00
284	701	Lindsay Prentiss	F	Erie	CO	37	F3539	34	75			2:10:56	10:00
285	110	Daniel Capodicci	M	Southury	CT	57	M5559	16	23			2:11:39	10:03
286	215	Emily Albarillo	F	Brooklyn	NY	35	F3539	35	75			2:11:40	10:04
287	177	Teri Carilli	F	Lexington	MA	54	F5054	9	25			2:11:45	10:04
288	484	Amanda Lee	F	Redding	CT	45	F4549	21	52			2:11:49	10:04
289	173	Elli Scarfi	F	Danbury	CT	52	F5054	10	25			2:11:50	10:04
290	686	Vinay Sampson	M	Monroe	CT	51	M5054	25	34			2:11:50	10:04

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
291	136	Frank Scarfi	M	Danbury	CT	52	M5054	26	34			2:11:50	10:04
292	526	Nancy Barlow	F	Ridgefield	CT	44	F4044	24	53			2:11:53	10:04
293	609	Lauren Contorno	F	Bethel	CT	50	F5054	11	25			2:11:56	10:05
294	153	Robert Azud	M	Danbury	CT	38	M3539	23	27			2:12:10	10:06
295	151	Jessica Katuska	F	Monroe	CT	34	F3034	13	31			2:12:14	10:06
296	310	Lawrence Ruell	M	Long Island City	NY	47	M4549	37	50			2:12:32	10:07
297	67	Kathryn Stoker	F	Norwalk	CT	49	F4549	22	52			2:12:33	10:08
298	386	Jeanette Trujillo	F	Norwalk	CT	55	F5559	7	12			2:12:45	10:08
299	228	Caitlin Rossi	F	Torrington	CT	33	F3034	14	31			2:12:49	10:09
300	212	Heather Whaley	F	Redding	CT	45	F4549	23	52			2:12:50	10:09
301	163	Tom Hayes	M	Bethel	CT	67	M6599	4	5			2:13:03	10:10
302	553	Allison Ebrahimi Gold	F	Washington	DC	33	F3034	15	31			2:13:04	10:10
303	301	Kim Sass	F	Windsor	CT	42	F4044	25	53			2:13:21	10:11
304	610	Melissa Fabuien	F	Vernon	CT	35	F3539	36	75			2:13:22	10:11
305	17	Thomas Claire	M	Newtown	CT	63	M6064	8	13			2:13:38	10:13
306	243	Rachel MacDonald	F	Norwalk	CT	32	F3034	16	31			2:14:10	10:15
307	120	Jay Rainier	M	Griswold	CT	45	M4549	38	50			2:14:32	10:17
308	339	Stephen Berger	M	Darien	CT	38	M3539	24	27			2:14:52	10:18
309	482	Jane Walsh	F	New Milford	CT	44	F4044	26	53			2:14:53	10:18
310	247	Christine Campasano	F	Simsbury	CT	48	F4549	24	52			2:15:14	10:20
311	600	Kelly Pabilonia	F	Tolland	CT	47	F4549	25	52			2:15:29	10:21
312	378	Margaret Odonnell	F	Wilton	CT	45	F4549	26	52			2:15:32	10:21
313	189	Peter King	M	Cheshire	CT	46	M4549	39	50			2:15:39	10:22
314	357	Jeffrey Wheeler	M	Fairfield	CT	42	M4044	27	33			2:15:49	10:22
315	182	Josephine Simko	F	Bethel	CT	53	F5054	12	25			2:16:15	10:24
316	662	Jennifer Maksymiw	F	Plainville	CT	34	F3034	17	31			2:16:18	10:25
317	415	Michael O'Connor	M	New Milford	CT	51	M5054	27	34			2:16:19	10:25

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VTOT	Chip Time	Pace
318	699	Mary Ellen Loncto	F	Ridgefield	CT	75	F6599	1	4		2:16:23	10:25
319	99	Amanda Korner	F	Ridgefield	CT	35	F3539	37	75		2:16:24	10:25
320	416	Katrina Smith	F	West Harrison	NY	35	F3539	38	75		2:16:26	10:25
321	106	Clay Risher	M	Redding	CT	50	M5054	28	34		2:16:28	10:25
322	23	Seana Bedard	F	Redding	CT	36	F3539	39	75		2:16:31	10:26
323	74	Robert Miller	M	Redding	CT	33	M3034	13	15		2:16:36	10:26
324	316	Sue Mayer	F	Lafayette	NJ	48	F4549	27	52		2:16:38	10:26
325	341	Lori Falcone	F	Stamford	CT	43	F4044	27	53		2:16:50	10:27
326	164	Greg Kalt	M	Stamford	CT	47	M4549	40	50		2:16:56	10:28
327	205	Albert Lione	M	Shelton	CT	43	M4044	28	33		2:16:56	10:28
328	26	John Reed	M	Sandy Hook	CT	48	M4549	41	50		2:16:58	10:28
329	460	Eryn Ivey	F	Newtown	CT	42	F4044	28	53		2:17:02	10:28
330	510	Stephanie Gagliardi	F	East Hartford	CT	29	F2529	9	17		2:17:06	10:28
331	458	Mark McGuire	M	Avon	CT	53	M5054	29	34		2:17:30	10:30
332	281	Kristen Coupland	F	Johns Island	SC	33	F3034	18	31		2:17:34	10:31
333	160	Julia Flanagan	F	New York	NY	43	F4044	29	53		2:17:37	10:31
334	84	Bruce Hoppel	M	Norwalk	CT	58	M5559	17	23		2:17:39	10:31
335	12	Johnny Lo	M	Redding	CT	33	M3034	14	15		2:17:45	10:31
336	419	Amy Corr	F	Fairfield	CT	41	F4044	30	53		2:17:53	10:32
337	314	Nina Gagnon	F	Monroe	CT	31	F3034	19	31		2:18:04	10:33
338	24	Cristina Taylor	F	Redding	CT	46	F4549	28	52		2:18:13	10:33
339	27	Jackie Cyphers	F	Danbury	CT	32	F3034	20	31		2:18:32	10:35
340	28	Sam Grenus	F	Naugatuck	CT	29	F2529	10	17		2:18:32	10:35
341	52	Christopher Ahlberg	M	Fairfield	CT	55	M5559	18	23		2:19:20	10:39
342	418	Ann Bishop	F	Bloomfield	NJ	44	F4044	31	53		2:19:37	10:40
343	165	Frank Whaley	M	Redding	CT	53	M5054	30	34		2:20:03	10:42
344	476	Emily Lynn Franklin	F	Norwalk	CT	29	F2529	11	17		2:20:12	10:43

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
345	449	Catherine Flood	F	Yonkers	NY	47	F4549	29	52			2:20:20	10:43
346	134	Susan David	F	Ridgefield	CT	51	F5054	13	25			2:20:37	10:45
347	265	Marcela Di Blasi	F	Hanover	NH	31	F3034	21	31			2:20:41	10:45
348	230	Cathy Laydon	F	East Haven	CT	51	F5054	14	25			2:21:09	10:47
349	605	Colin Wright	M	Brooklyn	NY	47	M4549	42	50			2:21:11	10:47
350	286	Meghan Hurley	F	Norwalk	CT	36	F3539	40	75			2:21:12	10:47
351	495	Don Capone	M	Norwalk	CT	68	M6599	5	5			2:21:29	10:48
352	221	Janine Russo	F	Redding	CT	39	F3539	41	75			2:21:29	10:48
353	234	Melisa Pelikan	F	Stamford	CT	52	F5054	15	25			2:21:33	10:49
354	586	Jill Sherbo	F	Bridgeport	CT	38	F3539	42	75			2:21:39	10:49
355	217	Luanne Roy	F	Seymour	CT	62	F6064	5	11			2:21:41	10:49
356	96	Laura Nerone	F	Newtown	CT	46	F4549	30	52			2:21:46	10:50
357	104	Christine Cook	F	Rockville Centre	NY	47	F4549	31	52			2:21:47	10:50
358	647	Natasha Friedman	F	West Hartford	CT	34	F3034	22	31			2:21:58	10:51
359	664	Rebecca Darst	F	Wilton	CT	41	F4044	32	53			2:22:24	10:53
360	646	Arthur Bodek	M	New Rochelle	NY	54	M5054	31	34			2:23:16	10:57
361	150	Ali Haffner	F	Redding	CT	45	F4549	32	52			2:23:29	10:58
362	8	Kris Hunt	F	Fort Mill	SC	53	F5054	16	25			2:23:30	10:58
363	506	Stephen Yost	M	Redding	CT	56	M5559	19	23			2:23:34	10:58
364	620	Anda Cumings	F	Redding	CT	60	F6064	6	11			2:23:48	10:59
365	209	Melissa Meek	F	Cheshire	CT	42	F4044	33	53			2:23:50	10:59
366	503	Katy Binder	F	Patterson	NY	43	F4044	34	53			2:23:53	10:59
367	211	Ward Carpenter	M	Ridgefield	CT	64	M6064	9	13			2:23:58	11:00
368	462	Kimberly Cooke	F	Seaford	NY	39	F3539	43	75			2:23:59	11:00
369	566	Betsy Priest	F	San Rafael	CA	53	F5054	17	25			2:24:14	11:01
370	58	William Urban	M	Redding	CT	57	M5559	20	23			2:24:18	11:01
371	317	Sara Scully	F	Westport	CT	40	F4044	35	53			2:24:28	11:02

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
372	441	Tara Sanft	F	Easton	CT	40	F4044	36	53			2:24:32	11:02
373	601	Theresa McLaughlin	F	Yonkers	NY	46	F4549	33	52			2:24:44	11:03
374	648	Jessica Creaco	F	Southbury	CT	34	F3034	23	31			2:24:50	11:04
375	527	Erich Wenis	M	Woodbury	CT	44	M4044	29	33			2:24:52	11:04
376	490	Nick Gemelli	M	Wilton	CT	44	M4044	30	33			2:25:01	11:05
377	284	Dawn Demauro	F	Enfield	CT	38	F3539	44	75			2:25:06	11:05
378	291	Maria Grabowski	F	East Granby	CT	37	F3539	45	75			2:25:06	11:05
379	54	Kim Hillyer	F	Sandy Hook	CT	36	F3539	46	75			2:25:08	11:05
380	43	Sujatha Unny	F	Wilton	CT	43	F4044	37	53			2:25:18	11:06
381	640	Hillary Koyner	F	Weston	CT	43	F4044	38	53			2:25:26	11:07
382	331	Jennifer Weiss	F	Long Island City	NY	44	F4044	39	53			2:25:42	11:08
383	371	Danny Mallozzi	M	Redding	CT	59	M5559	21	23			2:26:09	11:10
384	411	Tim Napolitano	M	Orange	CT	42	M4044	31	33			2:26:14	11:10
385	446	Erica Mila	F	Stamford	CT	36	F3539	47	75			2:26:39	11:12
386	633	Tracy Darmofal	F	Redding	CT	39	F3539	48	75			2:26:40	11:12
387	75	Susan Pagan	F	Brookfield	CT	55	F5559	8	12			2:26:44	11:13
388	537	Kathy Muro	F	Westport	CT	53	F5054	18	25			2:27:27	11:16
389	219	Lisa Shamaly	F	Oxford	CT	49	F4549	34	52			2:27:34	11:16
390	16	Jason Kim	M	Bethel	CT	36	M3539	25	27			2:27:59	11:18
391	417	Pamela Kim	F	Bethel	CT	37	F3539	49	75			2:28:00	11:18
392	538	John Muro	M	Westport	CT	62	M6064	10	13			2:28:05	11:19
393	671	Karen Bellmay	F	Terryville	CT	39	F3539	50	75			2:28:09	11:19
394	606	Mark Schwartz	M	Brooklyn	NY	48	M4549	43	50			2:28:12	11:19
395	528	Sara Sherlock	F	Stamford	CT	44	F4044	40	53			2:28:27	11:20
396	481	Dawn Jenci	F	Milford	CT	37	F3539	51	75			2:28:27	11:20
397	121	Yathendra Nath Lingam	M	Stamford	CT	35	M3539	26	27			2:28:28	11:20
398	66	Alice Avery	F	Bethel	CT	66	F6599	2	4			2:28:33	11:21

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
399	452	Sharon Rosenblatt	F	Cheshire	CT	28	F2529	12	17			2:28:44	11:22
400	576	Kelly Yontef	F	Hamden	CT	37	F3539	52	75			2:28:55	11:22
401	591	Jo Blackmore	F	Amenia	NY	47	F4549	35	52			2:29:12	11:24
402	263	Belinda Hanson	F	Minneapolis	MN	39	F3539	53	75			2:30:10	11:28
403	298	Sheila Wokson	F	Minneapolis	MN	39	F3539	54	75			2:30:11	11:28
404	536	Bill Stewart	M	Sandy Hook	CT	40	M4044	32	33			2:30:21	11:29
405	299	Catherine East	F	Norwalk	CT	40	F4044	41	53			2:30:26	11:29
406	198	Rita Wilker	F	Norwalk	CT	46	F4549	36	52			2:30:28	11:30
407	127	Mark Stewart	M	Simsbury	CT	43	M4044	33	33			2:30:28	11:30
408	669	Andrea Pieri	F	Redding	CT	39	F3539	55	75			2:30:40	11:31
409	260	Joanna Schubkegel	F	Wilton	CT	37	F3539	56	75			2:30:41	11:31
410	133	Megan Garcia	F	Wilton	CT	38	F3539	57	75			2:30:41	11:31
411	296	Melissa Wilson	F	Westport	CT	39	F3539	58	75			2:30:47	11:31
412	11	Lisa Whelan	F	Ridgefield	CT	54	F5054	19	25			2:31:15	11:33
413	36	Shauna Yeager	F	Redding	CT	38	F3539	59	75			2:31:15	11:33
414	183	Angelika Zierl	F	Aidlingen		39	F3539	60	75			2:31:23	11:34
415	141	Jodi Blumenfield	F	Redding	CT	53	F5054	20	25			2:31:34	11:35
416	81	Rob Sickinger	M	Redding	CT	48	M4549	44	50			2:32:00	11:37
417	428	Jennifer Haley	F	Winsted	CT	45	F4549	37	52			2:32:20	11:38
418	268	Miles Fleisher12	M	Glastonbury	CT	14	M0120	4	6			2:32:30	11:39
419	194	Adam Fleisher	M	Glastonbury	CT	46	M4549	45	50			2:32:32	11:39
420	364	Susan Satlin	F	West Hartford	CT	52	F5054	21	25			2:32:40	11:40
421	757	Jungsoo Kim	F	Wilton	CT	47	F4549	38	52			2:33:05	11:42
422	616	Nicole Merlo-White	F	Norwalk	CT	41	F4044	42	53			2:33:27	11:43
423	218	Julie Anne Fossi	F	New Milford	CT	48	F4549	39	52			2:33:36	11:44
424	22	Genevieve Coyle	F	Fairfield	CT	26	F2529	13	17			2:33:52	11:45
425	464	Brian Tramontozzi	M	Harrison	NY	45	M4549	46	50			2:33:58	11:46

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
426	659	Kaitlin Maguire	F	Framingham	MA	32	F3034	24	31			2:34:00	11:46
427	520	Julia Gibson	F	Lewiston	ME	45	F4549	40	52			2:34:00	11:46
428	627	Jennifer Scanlan	F	Stamford	CT	37	F3539	61	75			2:34:04	11:46
429	224	Sarah James	F	Ridgefield	CT	49	F4549	41	52			2:34:31	11:48
430	334	Sarah Rajan	F	Norwalk	CT	39	F3539	62	75			2:36:08	11:56
431	236	Dean Lucente	M	Stamford	CT	49	M4549	47	50			2:36:14	11:56
432	348	Allison Bellemare	F	Thomaston	CT	38	F3539	63	75			2:36:22	11:57
433	656	Jolene Piscetello	F	South Windsor	CT	39	F3539	64	75			2:36:50	11:59
434	653	Barbara Matulaitis	F	Manchester	CT	59	F5559	9	12			2:36:51	11:59
435	560	Chris James	M	Ridgefield	CT	45	M4549	48	50			2:37:11	12:00
436	25	Jennifer Platow	F	New York	NY	35	F3539	65	75			2:37:26	12:01
437	132	Carrie Friend	F	Monroe	CT	48	F4549	42	52			2:37:37	12:02
438	60	Manaia Friend	F	Monroe	CT	16	F0120	2	2			2:37:39	12:03
439	324	Mary Principe	F	Westfield	MA	58	F5559	10	12			2:37:42	12:03
440	500	George Yurchishin	M	Danbury	CT	64	M6064	11	13			2:37:42	12:03
441	174	Jennifer Zuluaga	F	Redding	CT	36	F3539	66	75			2:38:04	12:04
442	78	Beth Lyon	F	Groton	CT	54	F5054	22	25			2:38:21	12:06
443	548	James Wilcox	M	Ridgefield	CT	51	M5054	32	34			2:38:39	12:07
444	665	Eileen Bellmay	F	Thomaston	CO	47	F4549	43	52			2:39:13	12:10
445	59	Douglas Olney	M	Brooklyn	NY	57	M5559	22	23			2:39:18	12:10
446	634	Stacy Rastocky	F	Norwalk	CT	29	F2529	14	17			2:39:27	12:11
447	172	Larisa Sorce	F	Redding	CT	37	F3539	67	75			2:40:07	12:14
448	541	Kevin Lewis	M	Pound Ridge	NY	45	M4549	49	50			2:40:28	12:15
449	690	Jacob Gray	M	Tolland	CT	15	M0120	5	6			2:40:46	12:17
450	445	Dawn Gunderson	F	Norwalk	CT	41	F4044	43	53			2:41:02	12:18
451	69	Karl Eilers	M	Danbury	CT	64	M6064	12	13			2:41:16	12:19
452	38	Sue Meyer	F	Redding	CT	49	F4549	44	52			2:41:41	12:21

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
453	47	Greg Meyer	M	Redding	CT	51	M50	54	33	34		2:41:44	12:21
454	577	Barbara Mueller-Marquez	F	Ridgefield	CT	52	F50	54	23	25		2:42:43	12:26
455	563	Marykate Van Sant	F	Westport	CT	24	F20	24	8	10		2:42:59	12:27
456	678	Victoria Nguyen	F	Wingdale	NY	46	F45	49	45	52		2:43:54	12:31
457	594	Len Pearce	M	Avon	CT	56	M55	59	23	23		2:44:15	12:33
458	642	Winnie Lok	F	Brooklyn	NY	38	F35	39	68	75		2:44:24	12:33
459	72	Debbie Majeske	M	Litchfield	CT	52	M50	54	34	34		2:44:40	12:35
460	385	Christine Wilson	F	Guilford	CT	63	F60	64	7	11		2:45:25	12:38
461	346	Jessie Wills	F	New Britain	CT	36	F35	39	69	75		2:46:40	12:44
462	689	Carrie Gray	F	Tolland	CT	44	F40	44	44	53		2:46:44	12:44
463	443	Donna Cramond	F	Monroe	CT	67	F65	99	3	4		2:47:19	12:47
464	279	Debbie MacCarry	F	Danbury	CT	61	F60	64	8	11		2:47:25	12:47
465	501	Kelly Meredith	F	Tolland	CT	51	F50	54	24	25		2:47:29	12:48
466	683	Shannon Lovley	F	Stafford Springs	CT	48	F45	49	46	52		2:47:30	12:48
467	403	April Phillips	F	Groton	CT	45	F45	49	47	52		2:47:47	12:49
468	32	Karen Delia	F	Wethersfield	CT	56	F55	59	11	12		2:48:18	12:51
469	161	Melissa Daiello	F	South Windsor	CT	38	F35	39	70	75		2:50:04	12:59
470	162	Isaac Cymrot	M	South Windsor	CT	37	M35	39	27	27		2:50:04	12:59
471	702	Amanda Glendinning	F	West Redding	CT	33	F30	34	25	31		2:50:33	13:02
472	280	Kristen Essex	F	Danbury	CT	27	F25	29	15	17		2:50:44	13:02
473	467	Robin Kearns	F	Avon	CT	53	F50	54	25	25		2:51:14	13:05
474	698	Amy Zvovushe	F	Monroe	CT	36	F35	39	71	75		2:51:56	13:08
475	29	Nicole Newell	F	Rockland	MA	29	F25	29	16	17		2:52:14	13:09
476	278	Lisa Spencer	F	Granby	CT	45	F45	49	48	52		2:52:52	13:12
477	119	Rachel Priester	F	Waterford	CT	42	F40	44	45	53		2:53:15	13:14
478	202	Jessica Lent	F	Glastonbury	CT	33	F30	34	26	31		2:53:26	13:15
479	402	Joanne Sterk	F	New Milford	CT	45	F45	49	49	52		2:54:37	13:20

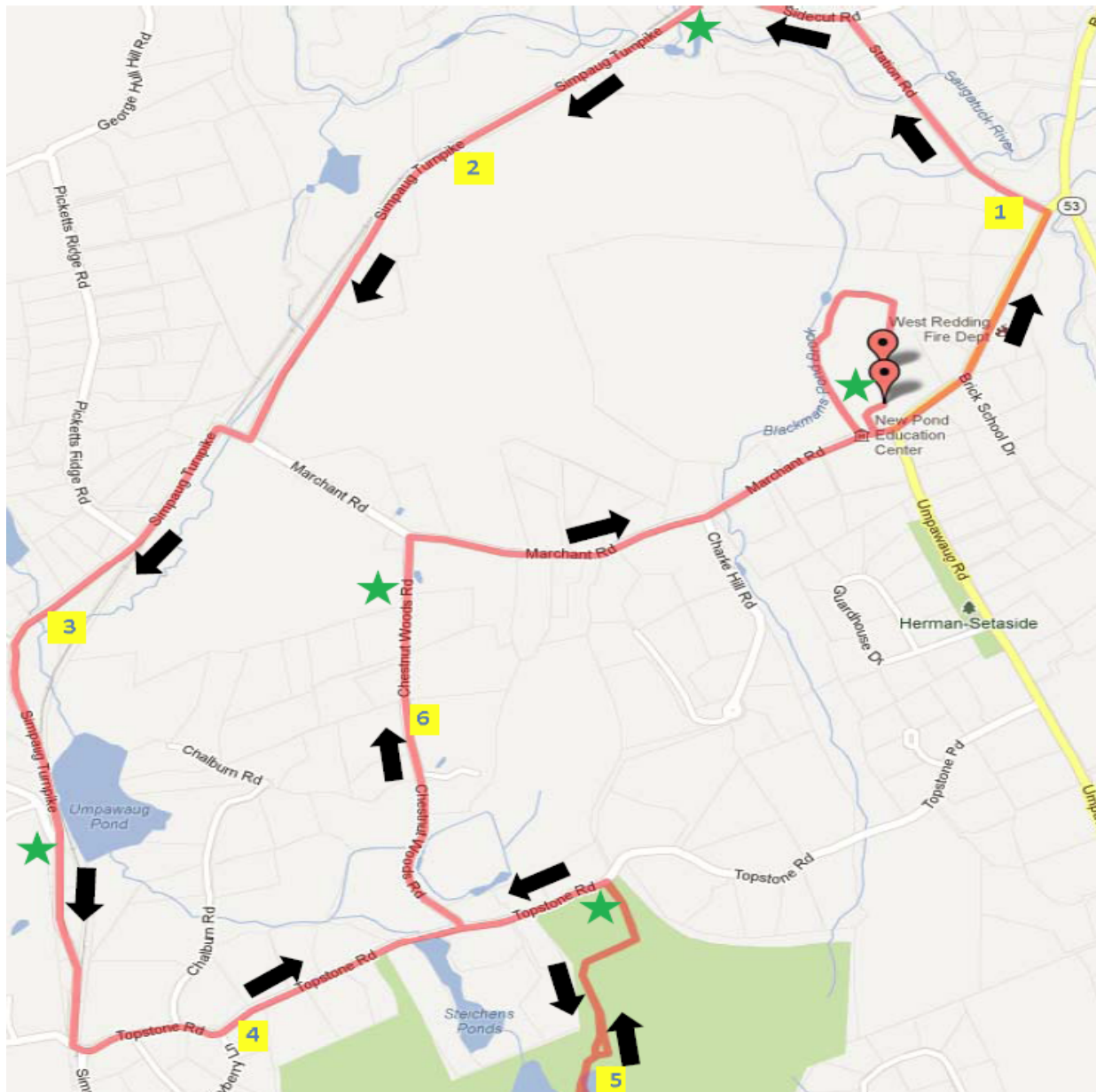
Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
480	275	Virginia Kopperl	F	Branchville	NJ	69	F6599	4	4			2:55:40	13:25
481	169	Jess Reed	F	Vernon	CT	36	F3539	72	75			2:56:17	13:28
482	383	Jody Rockwood	F	Stamford	CT	35	F3539	73	75			2:56:30	13:29
483	684	Marilyn Biedrycki	F	Milford	CT	61	F6064	9	11			2:56:35	13:29
484	207	Jennifer Ripa Edson	F	Ridgefield	CT	44	F4044	46	53			2:56:42	13:30
485	636	Crystal Zamfino	F	Stratford	CT	34	F3034	27	31			2:56:52	13:31
486	508	Rebecca Chirevas	F	Bronxville	NY	42	F4044	47	53			2:57:48	13:35
487	552	Michele Stryeski	F	Avon	CT	40	F4044	48	53			2:57:56	13:35
488	270	Adam Betz	M	Stamford	CT	34	M3034	15	15			2:58:34	13:38
489	197	Callie Betz	F	Stamford	CT	33	F3034	28	31			2:58:34	13:38
490	494	Christine Schmittgall	F	Bethel	CT	29	F2529	17	17			2:58:41	13:39
491	562	Ken Essex	M	Redding	CT	64	M6064	13	13			2:58:47	13:39
492	259	Tammy Kubus	F	Trenton	NJ	42	F4044	49	53			2:59:14	13:41
493	590	Danielle Borgo	F	North Babylon	NY	47	F4549	50	52			2:59:15	13:41
494	700	Tuyen Nguyen	F	Redding	CT	32	F3034	29	31			3:01:51	13:53
495	650	Henry Namiot	M	Ridgefield	CT	15	M0120	6	6			3:03:09	13:59
496	651	Heidi Namiot	F	Ridgefield	CT	45	F4549	51	52			3:03:10	13:59
497	492	Jenny Hwang	F	Whitestone	NY	42	F4044	50	53			3:03:57	14:03
498	704	Patricia McNaughton	F	Brooklyn	NY	45	F4549	52	52			3:03:58	14:03
499	113	Zachary Hoover	M	Bethel	CT	29	M2529	7	7			3:04:01	14:03
500	706	Irene Schultz	F	Meredith	NH	23	F2024	9	10			3:08:59	14:26
501	703	Braelynne Morrow	F	Meredith	NH	23	F2024	10	10			3:09:00	14:26
502	623	John Pierre	M	Glendale	NY	46	M4549	50	50			3:09:01	14:26
503	137	Mary Patterson	F	West Haven	CT	34	F3034	30	31			3:13:11	14:45
504	193	Joanna Wozniak-Brown	F	Sherman	CT	32	F3034	31	31			3:14:54	14:53
505	705	Lisa Orbegoso	F	Forest Hills	NY	38	F3539	74	75			3:16:42	15:01
506	184	Martina Werner	F	Ravensburg		38	F3539	75	75			3:22:40	15:29

Place	Bib	Name	Sex	City	St	Age	DIV	DIV	PL	VT	TOT	Chip Time	Pace
507	238	Candace Walter	F	Meriden	CT	42	F4044	51	53			3:30:49	16:06
508	359	Dorothy Mitchell	F	Oxford	CT	57	F5559	12	12			3:38:12	16:40
509	351	Debbie Meszaros	F	Oxford	CT	60	F6064	10	11			3:38:12	16:40
510	40	Lisa Krauss	F	Skokie	IL	40	F4044	52	53			3:42:27	16:59
511	408	Barbara Brown	F	Elmwood Park	NJ	60	F6064	11	11			4:20:55	19:56
512	579	Colleen Alexander	F	Madison	CT	41	F4044	53	53			4:20:56	19:56

D. 7 Miler

1. Map

REDDING ROAD RACE SEVEN MILE COURSE



★ AID STATIONS/PORT-O-LETS

2. Note from Sapan (Men's Champion)

This was my first year running the Run for the Cows Road Race and I had a fantastic time. The party was going from the moment I arrived with an army of volunteers helping runners get situated, fed, and caffeinated! The course was both challenging and beautiful with the rolling hills of Redding giving way to bucolic New England country. All the organizers and vendors went above and beyond to make participants feel welcomed and the spectators provided all the encouragement to keep charging ahead. If you're looking to support a great cause, meet some great people, and have some of the finest chocolate milk I've ever tasted, you can't beat the Run for the Cows!



3. RESULTS

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
1	1087	Sapan Bhatt	M	New Haven	CT	28	OVRLM1	3		45:11	6:28
2	897	Sam Brindley	M	Wilton	CT	38	OVRLM2	3		46:10	6:36
3	842	Joseph Kearns	M	Sleepy Hollow	NY	39	OVRLM3	3		46:43	6:41
4	792	Tim Urbanz	M	Ridgefield	CT	47	M4549 1	20		47:48	6:50
5	1025	Theresa Campbell	F	Stamford	CT	28	OVRLF 1	3		49:03	7:01
6	762	James Patts	M	Redding	CT	38	M3539 1	9		49:28	7:04
7	20	Mikhail Yermeev	M	Redding	CT	46	M4549 2	20		49:50	7:08
8	806	Susi Manheimer	F	Ridgefield	CT	37	OVRLF 1	3		50:37	7:14
9	867	Mary Disimone	F	Fairfield	CT	37	OVRLF 3	3		51:00	7:18
10	717	Christopher Tinnesz	M	Norwalk	CT	49	M4549 3	20		51:55	7:25
11	1048	Aidan Slovinski	M	Ridgefield	CT	13	M0114 1	6		52:32	7:31
12	825	Michael Olivieri	M	Colchester	CT	44	M4044 1	22		52:33	7:31
13	1075	Jamie Branyan	M	Trumbull	CT	40	M4044 2	22		53:08	7:36
14	974	Lauren Pinchbeck	F	Wilton	CT	46	F4549 1	44		53:11	7:36
15	831	Kristin Scholz	F	Wilton	CT	37	F3539 1	37		53:40	7:40
16	1036	Dalton Peters	M	Tolland	CT	12	M0114 2	6		53:43	7:41
17	972	Jan Triani	F	Ridgefield	CT	38	F3539 2	37		53:49	7:42
18	715	Ryan Lynn	M	Norwalk	CT	34	M3034 1	8		53:56	7:43
19	750	Richard Mitchell	M	Ridgefield	CT	38	M3539 2	9		53:58	7:43
20	1066	Ronald Hooker	M	Monroe	CT	58	M5559 1	13		54:12	7:45
21	876	Cory Benson	F	Newtown	CT	60	F6064 1	11		54:14	7:45
22	919	Jason Atkins	M	Bethel	CT	40	M4044 3	22		54:19	7:46
23	438	Tom Miller	M	Farmington	CT	40	M4044 4	22		54:22	7:46
24	895	Lauren Jacobi	F	Cambridge	MA	41	F4044 1	32		54:22	7:46
25	1093	Michelle Taddie	F	Bethany	CT	27	F2529 1	12		54:27	7:47

Place	Bib	Name	Gender	City	State	Age	DIV	PL	DIVTOT	Chip Time	Pace
26	851	Suzanne Jeschke	F	Wilton	CT	38	F3539	3	37	54:51	7:51
27	607	Jeffrey Olsen	M	Waterbury	CT	42	M4044	5	22	55:01	7:52
28	774	Brigid Barnes	F	Ridgefield	CT	37	F3539	4	37	55:11	7:53
29	860	Heidi Marcus	F	Ridgefield	CT	42	F4044	2	32	55:26	7:56
30	1098	Edward Freeland	M	Trumbull	CT	55	M5559	2	13	55:51	7:59
31	1024	Ashley Krauss	F	Wilton	CT	35	F3539	5	37	56:35	8:05
32	561	Michael Rodgers	M	Ridgefield	CT	58	M5559	3	13	56:37	8:06
33	220	Donald Stankus	M	Waterbury	CT	32	M3034	2	8	57:00	8:09
34	1032	Brock Peters	M	Tolland	CT	41	M4044	6	22	57:06	8:10
35	1	Bill Rodgers	M	Boxborough	MA	69	M6599	1	7	57:10	8:10
36	763	Brad Bottger	M	Redding	CT	55	M5559	4	13	57:13	8:11
37	783	Cynthia Degirolamo	F	Sandy Hook	CT	50	F5054	1	27	57:23	8:12
38	372	Frank Caico	M	Newtown	CT	45	M4549	4	20	57:29	8:13
39	761	John Steele	M	New Haven	CT	59	M5559	5	13	57:48	8:16
40	809	Fiona Mohl	F	Hopewell Junction	NY	13	F0114	1	5	58:13	8:19
41	232	Jaimie Kurtz	F	Trumbull	CT	25	F2529	2	12	58:15	8:20
42	1014	Christina Butler	F	Wappingers Falls	NY	39	F3539	6	37	58:24	8:21
43	910	Michael Murphy	M	Millbrook	NY	68	M6599	2	7	58:27	8:21
44	807	Sandi Fox	F	Danbury	CT	48	F4549	2	44	58:46	8:24
45	741	Jason Holmes	M	Brewster	NY	39	M3539	3	9	59:05	8:27
46	740	Adrienne Holmes	F	Brewster	NY	39	F3539	7	37	59:05	8:27
47	3	John McCleary	M	Redding	CT	48	M4549	5	20	59:09	8:27
48	775	Ben Campbell	M	Colonia	NJ	57	M5559	6	13	59:24	8:30
49	755	Deborah Valin	F	Woodbridge	CT	49	F4549	3	44	59:27	8:30
50	881	Adam Raimondi	M	Milford	CT	35	M3539	4	9	59:33	8:31
51	849	Chris Kopec	M	Redding	CT	44	M4044	7	22	59:44	8:32

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
52	861	Kristy Liesegang	F	Ridgefield	CT	41	F4044	3	32	59:45	8:33
53	1000	Dana Taylor	M	Redding	CT	61	M6064	1	10	59:46	8:33
54	1047	Steve Slovinski	M	Ridgefield	CT	47	M4549	6	20	59:58	8:34
55	529	Tyler Carr	M	Ridgefield	CT	53	M5054	1	14	1:00:02	8:35
56	988	Jeremy Titus	M	Durham	CT	47	M4549	7	20	1:00:43	8:41
57	1030	Kristen Deyoung	F	Stamford	CT	29	F2529	3	12	1:00:45	8:41
58	874	Gary De Brito	M	Danbury	CT	27	M2529	1	8	1:01:16	8:46
59	350	Mandy Howell Mcdonnell	F	Fairfield	CT	45	F4549	4	44	1:01:22	8:46
60	735	Louise Schneider	F	Danbury	CT	53	F5054	2	27	1:01:30	8:48
61	991	Max Block	M	Westport	CT	46	M4549	8	20	1:01:52	8:51
62	710	Steven Kaplan	M	Norwalk	CT	33	M3034	3	8	1:01:58	8:52
63	719	Kevin Pasquarella	M	Norwalk	CT	25	M2529	2	8	1:02:00	8:52
64	1052	Stuart Green	M	Naugatuck	CT	45	M4549	9	20	1:02:09	8:53
65	909	Rachael Balinski	F	Redding	CT	23	F1524	1	8	1:02:11	8:53
66	1029	William Damm	M	Fairfield	CT	61	M6064	2	10	1:02:17	8:54
67	713	Julie Lynn	F	Norwalk	CT	61	F6064	2	11	1:02:38	8:57
68	739	Julia Bauer	F	Danbury	CT	16	F1524	2	8	1:02:45	8:58
69	186	Krista Benson	F	Newtown	CT	46	F4549	5	44	1:03:11	9:02
70	942	Russell Pribanic	M	Roxbury	CT	63	M6064	3	10	1:03:22	9:04
71	760	Lucy Peto	F	Wilton	CT	53	F5054	3	27	1:03:33	9:05
72	968	Scott Capozza	M	Oxford	CT	40	M4044	8	22	1:03:41	9:06
73	756	Robert Paladini	M	Holmes	NY	62	M6064	4	10	1:03:43	9:07
74	882	Andrew Lombardozzi	M	Ridgefield	CT	50	M5054	2	14	1:03:44	9:07
75	768	Keelin Bremner	F	Redding	CT	11	F0114	2	5	1:03:52	9:08
76	770	Jim Bremner	M	Redding	CT	41	M4044	9	22	1:03:53	9:08
77	819	Kirby Brendsel	M	Weston	CT	44	M4044	10	22	1:04:09	9:10

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
78	256	Cheryl Hallock	F	Bethel	CT	49	F4549	6	44	1:04:46	9:16
79	812	Kimberly Knispel	F	Ridgefield	CT	44	F4044	4	32	1:04:55	9:17
80	993	Irene Boyle	F	Fairfield	CT	26	F2529	4	12	1:04:57	9:17
81	423	Irve Goldman	F	Redding	CT	58	F5559	1	18	1:05:06	9:18
82	1004	Kevin Briody	M	Ridgefield	CT	54	M5054	3	14	1:05:18	9:20
83	875	Paul Hirsch	M	Redding	CT	57	M5559	7	13	1:05:23	9:21
84	766	Jerre Skeats	F	Darien	CT	50	F5054	4	27	1:05:25	9:21
85	694	Kerri Ahern	F	New Fairfield	CT	41	F4044	5	32	1:05:30	9:22
86	738	Michael Scaviola	M	Dracut	MA	34	M3034	4	8	1:05:35	9:23
87	918	Chloe Richland	F	Stamford	CT	33	F3034	1	18	1:05:35	9:23
88	801	Kristina Scaviola	F	Dracut	MA	32	F3034	2	18	1:05:36	9:23
89	716	Taylor Lynn	F	Norwalk	CT	33	F3034	3	18	1:05:40	9:23
90	839	Julie Revesz	F	Norwalk	CT	39	F3539	8	37	1:05:46	9:24
91	1079	Mimi Shea	F	Redding	CT	66	F6599	1	2	1:05:54	9:25
92	844	Donna Hanson	F	Poughquag	NY	53	F5054	5	27	1:05:55	9:25
93	902	Jean Quattrocchi	F	Albany	NY	60	F6064	3	11	1:05:58	9:26
94	728	Mike Mello	M	Bethel	CT	50	M5054	4	14	1:06:14	9:28
95	781	Karen Seelert	F	Wilton	CT	47	F4549	7	44	1:06:29	9:30
96	754	Kelley Douglass	F	Weston	CT	58	F5559	2	18	1:06:29	9:30
97	70	Charlie Rodgers	M	Boxborough	MA	70	M6599	3	7	1:06:31	9:31
98	167	Hillary Tonken	F	Redding	CT	56	F5559	3	18	1:06:40	9:32
99	745	Rachel Marino	F	Ridgefield	CT	37	F3539	9	37	1:06:41	9:32
100	1028	Michelle Zuscin	F	Oxford	CT	41	F4044	6	32	1:06:47	9:33
101	554	Dustin Malstrom	M	Redding	CT	40	M4044	11	22	1:06:54	9:34
102	838	Jessica Hanna	F	Niskayuna	NY	37	F3539	10	37	1:06:56	9:34
103	795	Erik Olsen	M	Redding	CT	36	M3539	5	9	1:06:57	9:34
104	959	Diane Tamboia	F	Redding	CT	56	F5559	4	18	1:07:09	9:36

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
105	724	Michelle McNulty	F	Darien	CT	37	F3539	11	37	1:07:19	9:37
106	813	Joy Barrese	F	Port Chester	NY	26	F2529	5	12	1:07:25	9:38
107	1088	Lindsay Franke	F	Bridgeport	CT	33	F3034	4	18	1:07:26	9:38
108	915	Allison Lisbon	F	Weston	CT	43	F4044	7	32	1:07:27	9:39
109	1081	Evan Abrams	M	Westport	CT	35	M3539	6	9	1:07:35	9:40
110	289	Sara York	F	Fairfield	CT	34	F3034	5	18	1:07:36	9:40
111	830	Edward Peterson	M	Fairfield	CT	62	M6064	5	10	1:07:39	9:40
112	898	Robert Neumann	M	Redding	CT	54	M5054	5	14	1:07:43	9:41
113	930	Ellie Rainey	F	New Milford	CT	12	F0114	3	5	1:07:49	9:42
114	1062	Nik Razali	M	Norwalk	CT	42	M4044	12	22	1:07:50	9:42
115	888	Laura Battisti	F	Danbury	CT	57	F5559	5	18	1:07:51	9:42
116	1071	Jennifer Reilly	F	New Fairfield	CT	44	F4044	8	32	1:07:51	9:42
117	821	Richard Shaw	M	New York	NY	27	M2529	3	8	1:08:11	9:45
118	843	Jason Zweig	M	New York	NY	57	M5559	8	13	1:08:14	9:45
119	1061	Claire Stack	F	Norfolk	MA	48	F4549	8	44	1:08:15	9:45
120	887	Kessa Schaeffer	F	New Canaan	CT	51	F5054	6	27	1:08:18	9:46
121	885	Thomas Havard	M	Fairfield	CT	54	M5054	6	14	1:08:33	9:48
122	604	Megan Osimanti	F	Bethel	CT	37	F3539	12	37	1:08:56	9:51
123	765	Gary Malbin	M	Redding	CT	62	M6064	6	10	1:08:58	9:52
124	963	Reka Cebulski	F	Newtown	CT	40	F4044	9	32	1:09:11	9:53
125	743	Carolyn Reed	F	Sandy Hook	CT	49	F4549	9	44	1:09:12	9:54
126	44	Anna Pizzo	F	Redding	CT	45	F4549	10	44	1:09:14	9:54
127	1021	Michael Rupp	M	Trumbull	CT	35	M3539	7	9	1:09:16	9:54
128	727	Allison Ross	F	Hoboken	NJ	29	F2529	6	12	1:09:17	9:54
129	863	Paul Butler	M	Southbury	CT	59	M5559	9	13	1:09:20	9:55
130	1017	Allison Kelm	F	Bethel	CT	42	F4044	10	32	1:09:41	9:58
131	962	Jerry De La Rosa	M	Waterbury	CT	54	M5054	7	14	1:09:42	9:58

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
132	822	Lindsay Peterson	F	Millbrook	NY	26	F2529	7	12	1:09:47	9:59
133	168	Alli Levine	F	Farmington	CT	32	F3034	6	18	1:09:49	9:59
134	845	Charlie Tauber	M	Houston	TX	44	M4044	13	22	1:09:54	10:00
135	771	Katherine Unfried	F	Redding	CT	20	F1524	3	8	1:09:55	10:00
136	1006	Lucy Briody	F	Ridgefield	CT	18	F1524	4	8	1:09:57	10:00
137	1099	Nathan Dudley	M	Bethel	CT	25	M2529	4	8	1:10:00	10:00
138	884	Christy Stevenson	F	Ridgefield	CT	50	F5054	7	27	1:10:02	10:01
139	983	Kristina McQuilkin	F	Ridgefield	CT	54	F5054	8	27	1:10:02	10:01
140	1072	Michelle Foye	F	Danbury	CT	45	F4549	11	44	1:10:06	10:01
141	933	Joseph McHale	M	Redding	CT	46	M4549	10	20	1:10:07	10:01
142	977	Diane Perillo	F	Danbury	CT	53	F5054	9	27	1:10:07	10:01
143	1018	Cristina Carvalho	F	Naugatuck	CT	50	F5054	10	27	1:10:17	10:03
144	767	Bruno Pasqualucci	M	Seymour	CT	56	M5559	10	13	1:10:22	10:04
145	965	Tom Millerd	M	Windham	CT	56	M5559	11	13	1:10:24	10:04
146	960	Mimi De La Rosa	F	Waterbury	CT	56	F5559	6	18	1:10:27	10:04
147	817	Laura Schechter	F	Danbury	CT	50	F5054	11	27	1:10:30	10:05
148	886	Michael Londrigan	M	Ridgefield	CT	62	M6064	7	10	1:10:51	10:08
149	49	Jennine Lesica	F	Danbury	CT	50	F5054	12	27	1:10:53	10:08
150	670	Jeffery Burdeshaw	M	Westport	CT	47	M4549	11	20	1:10:57	10:09
151	951	Matthew Shannon	M	Ridgefield	CT	18	M1524	1	1	1:11:00	10:09
152	789	Jeffrey Swiatowicz	M	Ridgefield	CT	40	M4044	14	22	1:11:01	10:09
153	1042	Joan Lewandowski	F	Stamford	CT	38	F3539	13	37	1:11:02	10:09
154	934	Carolyn Couture	F	Ridgefield	CT	53	F5054	13	27	1:11:02	10:09
155	1080	Joseph Gimigliano	M	Ridgefield	CT	42	M4044	15	22	1:11:17	10:11
156	630	Karla Frisenda	F	Hopewell Junction	NY	31	F3034	7	18	1:11:24	10:12
157	929	Jennifer Joynt	F	Ridgefield	CT	40	F4044	11	32	1:11:32	10:14

Place	Bib	Name	Gender	City	State	Age	DIV	DIVP	DIVT	TOT	Chip Time	Pace
158	1037	Michael Pianin	M	Weston	CT	58	M5559	12	13		1:11:35	10:14
159	957	Susan Christoffersen	F	Fairfield	CT	59	F5559	7	18		1:11:35	10:14
160	853	Lynne Briody	F	Ridgefield	CT	53	F5054	14	27		1:11:47	10:16
161	999	Steven Coppock	M	Redding	CT	52	M5054	8	14		1:11:47	10:16
162	832	Stacey Olivieri	F	Colchester	CT	43	F4044	12	32		1:11:48	10:16
163	816	Gina Ebbeling	M	Colchester	CT	41	M4044	16	22		1:11:57	10:17
164	941	Stacy McGratty	F	Ridgefield	CT	36	F3539	14	37		1:12:05	10:18
165	571	Elizabeth Wright	F	Bayside	NY	36	F3539	15	37		1:12:05	10:18
166	793	Nipa Urbanz	F	Ridgefield	CT	46	F4549	12	44		1:12:09	10:19
167	733	Pat Miller	F	Redding	CT	61	F6064	4	11		1:12:12	10:19
168	879	Karin Fallon	F	Ridgefield	CT	60	F6064	5	11		1:12:22	10:21
169	152	Patricia Keim	F	Redding	CT	48	F4549	13	44		1:12:22	10:21
170	926	Daria Fisher	F	Ridgefield	CT	36	F3539	16	37		1:12:24	10:21
171	869	Margaret Gomez	F	Norwalk	CT	41	F4044	13	32		1:12:34	10:22
172	964	Ck Raynes Wilder	F	Monmouth	ME	34	F3034	8	18		1:12:35	10:23
173	952	Tricia Jansen	F	Easton	CT	46	F4549	14	44		1:12:46	10:24
174	474	Marla Schechner	F	Pleasantville	NY	59	F5559	8	18		1:12:55	10:25
175	800	Janet Levy	F	Chappaqua	NY	63	F6064	6	11		1:12:56	10:26
176	805	Amber Borofsky	F	Easton	CT	12	F0114	4	5		1:12:57	10:26
177	572	Katie Grigg	F	Colchester	CT	28	F2529	8	12		1:12:59	10:26
178	92	Jason Howard	M	West Redding	CT	63	M6064	8	10		1:13:01	10:26
179	976	Kevin Mulcahy	M	Brighton	MA	54	M5054	9	14		1:13:03	10:27
180	262	Day De Rosa	M	Redding	CT	60	M6064	9	10		1:13:04	10:27
181	39	Michaelynn Ware	F	Farmington	CT	39	F3539	17	37		1:13:10	10:28
182	251	Robert Valinsky	M	Fairfield	CT	44	M4044	17	22		1:13:20	10:29
183	939	Marge Maida	F	Ridgefield	CT	54	F5054	15	27		1:13:33	10:31
184	937	Christina Cumberton	F	Brookfield	CT	43	F4044	14	32		1:13:36	10:31

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
185	709	Rebecca Kaplan	F	Norwalk	CT	31	F3034	9	18	1:13:42	10:32
186	854	Anna Wilson	F	Bristol	CT	37	F3539	18	37	1:13:46	10:33
187	938	Tashua Malino	F	Ansonia	CT	41	F4044	15	32	1:13:48	10:33
188	1038	Marcey Forgione	F	Nashua	NH	45	F4549	15	44	1:13:50	10:33
189	1031	Cathy Ann Drury	F	Redding	CT	48	F4549	16	44	1:13:50	10:33
190	852	Sydney Borofsky	F	Easton	CT	10	F0114	5	5	1:14:03	10:35
191	185	Beth Natt	F	Easton	CT	40	F4044	16	32	1:14:11	10:36
192	1055	Barbara Templeton	F	Redding	CT	60	F6064	7	11	1:14:18	10:37
193	412	Sharon Gawe	F	Bridgewater	CT	64	F6064	8	11	1:14:21	10:38
194	1078	Lauren Abrams	F	Westport	CT	33	F3034	10	18	1:14:32	10:39
195	769	Maeve Bremner	F	Redding	CT	41	F4044	17	32	1:14:34	10:40
196	128	Craig Morrison	M	Bethel	CT	72	M6599	4	7	1:15:02	10:44
197	1057	John Hambleton	M	Stanfordville	NY	13	M0114	3	6	1:15:11	10:45
198	1056	David Hambleton	M	Stanfordville	NY	43	M4044	18	22	1:15:11	10:45
199	947	Lauren Raimondi	F	Milford	CT	31	F3034	11	18	1:15:23	10:47
200	1013	Jocelyn Rubino	F	Oxford	CT	36	F3539	19	37	1:15:23	10:47
201	451	Julie Zee	F	Quechee	VT	52	F5054	16	27	1:15:37	10:49
202	744	Jeannette McCambley	F	Sandy Hook	CT	37	F3539	20	37	1:15:37	10:49
203	893	Matthew Mihalcik	M	Sandy Hook	CT	31	M3034	5	8	1:15:40	10:49
204	924	Amy O'Leary	F	Ridgefield	CT	41	F4044	18	32	1:15:40	10:49
205	871	Jason Hanna	M	Niskayuna	NY	44	M4044	19	22	1:15:58	10:52
206	1094	Susi Costello	F	Redding	CT	38	F3539	21	37	1:16:03	10:52
207	943	Roe Ball	F	New Fairfield	CT	55	F5559	9	18	1:16:14	10:54
208	890	Gina Palmieri	F	Burlington	CT	46	F4549	17	44	1:16:15	10:54
209	778	Stefan Beck	M	Cliff Side Park	NJ	50	M5054	10	14	1:16:18	10:54
210	987	Angela Caes	F	Redding	CT	37	F3539	22	37	1:16:18	10:54
211	559	Kathryn White	F	Ridgefield	CT	33	F3034	12	18	1:16:18	10:54

Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
212	828	Sarah Goguen	F	Redding	CT	38	F3539	23	37	1:16:19	10:55
213	892	Scott Loftus	M	Ridgefield	CT	29	M2529	5	8	1:16:44	10:58
214	827	Ryan Beaudry	M	Danbury	CT	31	M3034	6	8	1:16:45	10:58
215	737	Emilie McCann	F	Wilton	CT	16	F1524	5	8	1:16:58	11:00
216	736	Paul Miller	M	Redding	CT	66	M6599	5	7	1:17:06	11:01
217	114	Joanna Burgess	F	New York	NY	45	F4549	18	44	1:17:06	11:01
218	333	Amy Betz	F	Bethel	CT	46	F4549	19	44	1:17:07	11:01
219	833	Nicole Schreier	F	Hebron	CT	35	F3539	24	37	1:17:10	11:02
220	857	Robert Karim	M	Farmington	CT	39	M3539	8	9	1:17:11	11:02
221	57	Lisa Mazinski	F	Danbury	CT	42	F4044	19	32	1:17:16	11:03
222	777	Richard Santosky	M	Redding	CT	41	M4044	20	22	1:17:36	11:06
223	776	Kimberly Santosky	F	Redding	CT	45	F4549	20	44	1:17:38	11:06
224	864	Eliza Doolittle	F	Wilton	CT	48	F4549	21	44	1:17:44	11:07
225	785	Rob Neville	M	Redding	CT	45	M4549	12	20	1:17:56	11:08
226	1016	Tricia Jezierny	F	North Haven	CT	41	F4044	20	32	1:18:03	11:09
227	878	Sandhya Sridhar	F	Newtown	CT	40	F4044	21	32	1:18:14	11:11
228	175	Shannan Hardy	F	Ridgefield	CT	46	F4549	22	44	1:18:17	11:11
229	896	Nate Lewis	M	Sandy Hook	CT	10	M0114	4	6	1:18:27	11:13
230	794	Stacey Olsen	F	Redding	CT	37	F3539	25	37	1:18:47	11:16
231	818	Katherine Havard	F	Millbrook	NY	57	F5559	10	18	1:19:07	11:19
232	1060	David Stack	M	Norfolk	MA	54	M5054	11	14	1:19:25	11:21
233	815	Heather Ostman	F	Brewster	NY	46	F4549	23	44	1:19:41	11:23
234	906	Jane Mannal	F	Bedford	NY	48	F4549	24	44	1:19:42	11:24
235	1063	Laurie Adams	F	Southington	CT	58	F5559	11	18	1:19:48	11:24
236	802	Janica Shafer	F	Weston	CT	53	F5054	17	27	1:20:08	11:27
38	465	Katherine Panageas	F	Ridgefield	CT	47	F4549	25	44	1:20:31	11:31
239	1054	Joyce Bordash	F	Ridgefield	CT	56	F5559	12	18	1:20:31	11:31

Place	Bib	Name	Gender	City	State	Age	DIV	DIV	PL	DIV	TOT	Chip Time	Pace
240	973	David Mulcahy	M	Taunton	MA	53	M5054	12	14			1:20:32	11:31
241	1041	Gosia Tedawes	F	Redding	CT	45	F4549	26	44			1:20:42	11:32
242	1053	Wendy Sullivan	F	New Fairfield	CT	39	F3539	26	37			1:20:43	11:32
243	1050	Joanna Kaskiewicz	F	Middle Village	NY	41	F4044	22	32			1:20:44	11:32
244	836	Rachel Tressy	F	Weatogue	CT	47	F4549	27	44			1:20:47	11:33
245	837	Laura McDonnell	F	Avon	CT	49	F4549	28	44			1:20:47	11:33
246	749	Charlie Condosta	M	Redding	CT	14	M0114	5	6			1:21:00	11:35
247	300	Martin McNulty	M	Darien	CT	39	M3539	9	9			1:21:09	11:36
248	564	Paula Ginter	F	Hamden	CT	49	F4549	29	44			1:21:18	11:37
249	979	Andrea Williams	F	Fairfield	CT	45	F4549	30	44			1:21:19	11:37
250	752	Jennifer Slovinski	F	Ridgefield	CT	46	F4549	31	44			1:21:27	11:39
251	1064	Andrew Serby	M	Ridgefield	CT	46	M4549	13	20			1:21:31	11:39
252	808	Cindy Mercede	F	New Canaan	CT	40	F4044	23	32			1:22:11	11:45
253	811	Irene McStay	F	Hopewell Junction	NY	51	F5054	18	27			1:22:15	11:45
254	958	Melissa Dilauro	F	Milford	CT	45	F4549	32	44			1:22:15	11:45
255	911	Tara Mohl	F	Hopewell Junction	NY	44	F4044	24	32			1:22:15	11:45
256	1070	Michael Jakubowski	M	Wethersfield	CT	31	M3034	7	8			1:22:22	11:46
257	1049	Mary Ellen Dombrowski	F	Wethersfield	CT	61	F6064	9	11			1:22:26	11:47
258	1058	Beth Haydiu	F	East Hampton	CT	51	F5054	19	27			1:22:28	11:47
259	787	Maureen Mehner	F	Stamford	CT	27	F2529	9	12			1:22:41	11:49
260	1085	Jessica Robbins	F	Newtown	CT	33	F3034	13	18			1:22:43	11:49
261	1035	Donnamarie Tesar	F	New Fairfield	CT	38	F3539	27	37			1:22:44	11:50
262	1084	Laura Amodeo	F	Newtown	CT	34	F3034	14	18			1:22:47	11:50
263	1059	Margie Ross	F	South Salem	NY	68	F6599	2	2			1:23:00	11:52
264	1100	Karin Slough	F	Wilton	CT	46	F4549	33	44			1:23:09	11:53

Place	Bib	Name	Gender	City	State	Age	DIV	PL	DIV	TOT	Chip Time	Pace
265	873	Carrick Walsh	M	Brockton	MA	28	M2529	6	8		1:23:12	11:54
266	611	Jill Adrian	F	Live Oak	FL	44	F4044	25	32		1:23:39	11:57
267	730	Shannon Faircloth	F	Cobalt	CT	28	F2529	10	12		1:24:01	12:01
268	422	Susan Bard	F	Redding	CT	50	F5054	20	27		1:24:21	12:03
269	835	Tiffany Stewart	F	West Haven	CT	35	F3539	28	37		1:24:23	12:04
270	742	Leah Morgan	F	Hebron	CT	35	F3539	29	37		1:24:44	12:07
271	923	Lindsey Johnston	F	Monroe	CT	26	F2529	11	12		1:24:47	12:07
272	1090	Tammy Brower	F	Seymour	CT	41	F4044	26	32		1:24:49	12:07
273	1002	Jaden Shupp	M	Oxford	CT	12	M0114	6	6		1:25:08	12:10
274	989	Pete Shupp	M	Oxford	CT	43	M4044	22	22		1:25:10	12:10
275	1034	Susan McKee	F	Redding	CT	59	F5559	13	18		1:25:15	12:11
276	155	John Sindel	M	Redding	CT	49	M4549	14	20		1:25:25	12:13
277	901	Jon Sevilla	M	Milford	CT	26	M2529	7	8		1:25:32	12:14
278	691	Susan Wilson	F	Northford	CT	51	F5054	21	27		1:25:35	12:14
279	814	Daphna Arm	F	Redding	CT	52	F5054	22	27		1:25:39	12:15
280	908	Gary Perillo	M	Shelton	CT	47	M4549	15	20		1:25:41	12:15
281	466	Jesse Rosenbaum	M	Stamford	CT	30	M3034	8	8		1:25:41	12:15
282	823	Debbie Stankiewicz	F	Brookfield	CT	50	F5054	23	27		1:26:26	12:21
283	986	Eileen Curran	F	Danbury	CT	38	F3539	30	37		1:26:27	12:21
284	779	Kate Beck	F	Cliff Side Park	NJ	49	F4549	34	44		1:26:33	12:22
285	344	Mary Kay Rendock	F	Windsor	CT	54	F5054	24	27		1:26:36	12:23
286	868	David Rovere	M	Wilton	CT	46	M4549	16	20		1:26:56	12:26
287	181	Sarah Adams	F	Redding	CT	35	F3539	31	37		1:26:57	12:26
288	1069	Suzanne Rinaldi	F	Goshen	CT	43	F4044	27	32		1:27:00	12:26
289	1027	John Torry	M	Midland Park	NJ	46	M4549	17	20		1:27:01	12:26
290	409	Holly Masi	F	Hamden	CT	47	F4549	35	44		1:27:16	12:28
291	946	Shirley Augustyn	F	Weston	CT	43	F4044	28	32		1:27:22	12:29

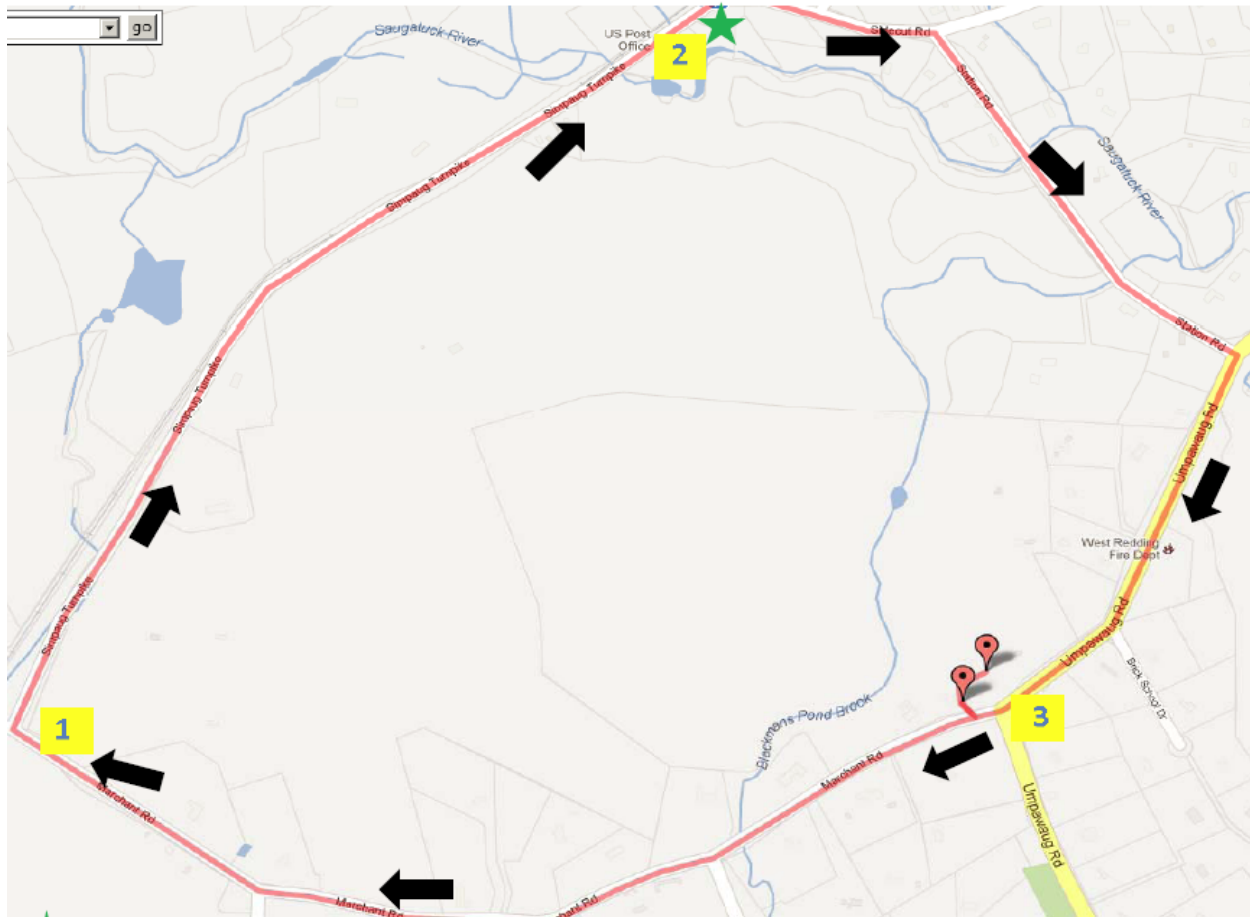
Place	Bib	Name	Gender	City	State	Age	DIV	DIVPL	DIVTOT	Chip Time	Pace
292	948	Karsten Olsen	M	Ansonia	CT	50	M5054	13	14	1:28:13	12:37
293	1089	Melissa Wooten	F	Griswold	CT	37	F3539	32	37	1:28:15	12:37
294	803	Betsy Higgins	F	Redding	CT	48	F4549	36	44	1:28:38	12:40
295	1082	Henry Cavillones	M	Redding	CT	45	M4549	18	20	1:29:04	12:44
296	721	Grace Gaynor	F	Brookfield	CT	55	F5559	14	18	1:29:10	12:45
297	1012	Suzie Rooney	F	Redding	CT	47	F4549	37	44	1:29:15	12:45
298	722	Lora Rainier	F	Griswold	CT	45	F4549	38	44	1:29:16	12:46
299	468	Marty Rosenbaum	M	Albany	NY	61	M6064	10	10	1:29:19	12:46
300	720	Susan Lloyd	F	Norwalk	CT	52	F5054	25	27	1:31:18	13:03
301	961	Janet Loynes	F	Granby	CT	54	F5054	26	27	1:31:43	13:07
302	764	Anne Milot	F	Ridgefield	CT	49	F4549	39	44	1:31:50	13:08
303	935	Olga Herrera	F	Danbury	CT	43	F4044	29	32	1:31:56	13:08
304	903	Mark Castiglione	M	New Canaan	CT	46	M4549	19	20	1:32:09	13:10
305	894	Ellen Alpert	F	Sherman	CT	64	F6064	10	11	1:32:29	13:13
306	377	Rebecca Roth	F	Stamford	CT	59	F5559	15	18	1:32:31	13:13
307	955	John Ball	M	New Fairfield	CT	51	M5054	14	14	1:32:57	13:17
308	714	Daniel Zold	M	Norwalk	CT	25	M2529	8	8	1:33:44	13:24
309	748	Carolyn Baker	F	Redding	CT	39	F3539	33	37	1:33:56	13:26
310	949	Mary Ellen Kunz	F	Stamford	CT	51	F5054	27	27	1:34:01	13:26
311	731	Megan Rexroat	F	Fairfield	CT	31	F3034	15	18	1:34:05	13:27
312	241	Lyndsey Gore	F	Washington	DC	36	F3539	34	37	1:34:15	13:28
313	693	Kim Lowman	F	Granby	CT	33	F3034	16	18	1:34:19	13:29
314	855	Lorilee Jeppesen	F	Willington	CT	36	F3539	35	37	1:35:17	13:37
315	712	Bob McDonough	M	Norwalk	CT	55	M5559	13	13	1:35:19	13:37
316	905	Faith Ficarra	F	New Fairfield	CT	43	F4044	30	32	1:35:26	13:38
317	820	Tammy Raiano	F	New Fairfield	CT	45	F4549	40	44	1:35:26	13:38
318	791	Alice Wilkinson	F	New Milford	CT	44	F4044	31	32	1:36:27	13:47

Place	Bib	Name	Gender	City	State	Age	DIV	PL	DIV	TOT	Chip Time	Pace
319	1026	Vanessa Teter	F	Meriden	CT	34	F3034	17	18		1:36:27	13:47
320	772	Janette Wolf	F	Antioch	TN	33	F3034	18	18		1:36:28	13:47
321	325	Deborah Young	F	Amityville	NY	47	F4549	41	44		1:37:19	13:55
322	711	Allie McDonough	F	Norwalk	CT	25	F2529	12	12		1:37:38	13:57
323	1043	Meghan Meditz	F	Stamford	CT	35	F3539	36	37		1:38:06	14:01
324	846	Maureen Jansen	F	Stamford	CT	48	F4549	42	44		1:38:08	14:02
325	1097	Mallory Silliere	F	Wilton	CT	23	F1524	6	8		1:40:27	14:21
326	994	Ken Shupp	M	Redding	CT	70	M6599	6	7		1:43:52	14:51
327	1073	Nancy Barthold	F	Douglaston	NY	55	F5559	16	18		1:44:50	14:59
328	891	Galuh Kirana Pusthika	F	West Hartford	CT	24	F1524	7	8		1:45:04	15:01
329	804	Debra Jones	F	Resding	CT	48	F4549	43	44		1:46:01	15:09
330	370	Dan Butzbaugh	M	Ridgefield	CT	48	M4549	20	20		1:46:08	15:10
331	485	Alexandria Wertheimer	F	Levittown	NY	15	F1524	8	8		1:47:06	15:18
332	257	Rebecca Anderson-Furlong	F	Bridgeport	CT	40	F4044	32	32		1:47:10	15:19
333	491	Judi Silliere	F	Wilton	CT	56	F5559	17	18		1:47:23	15:21
334	798	Deborah Blanchard	F	Faitfield	CT	56	F5559	18	18		1:48:31	15:31
335	570	Kristi Slater	F	Redding	CT	38	F3539	37	37		1:50:15	15:45
336	746	David Silverman	M	Redding	CT	67	M6599	7	7		1:50:19	15:46
337	1001	Maggie Landis	F	New York	NY	62	F6064	11	11		1:57:40	16:49
338	1095	Ceren Laydon	F	Hamden	CT	49	F4549	44	44		2:00:16	17:11

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

Page 1

Mighty Cow / Half Combined

Place	No.	Name	Ag	City	St	Halftim	Mghtyti	Total
=====	=====	=====	==	=====	==	=====	=====	=====
1	663	John Minervino	53	Higganum	CT	1:33:38	22:21	1:55:58
2	685	Stephen Kennedy	41	Darien	CT	1:34:58	22:13	1:57:10
3	697	Caparosa James	37	Brookfield	CT	1:38:10	21:29	1:59:39
4	677	Dave Cappello	54	Avon	CT	1:38:13	24:53	2:03:06
5	667	Behrad Derakhshan	37	Westport	CT	1:42:10	22:09	2:04:18
6	660	Anthony Chiaverini	45	Fairfield	CT	1:40:38	23:48	2:04:26
7	657	Bradley Marcus	46	Ridgefield	CT	1:42:09	23:48	2:05:56
8	213	Luke Albrecht	38	Newtown	CT	1:45:19	22:35	2:07:54
9	645	Stephen Apy	34	Darien	CT	1:42:19	25:44	2:08:02
10	681	Cc Cappello	18	Avon	CT	1:46:15	24:52	2:11:07
11	340	Russel Joseph	37	Stamford	CT	1:46:47	25:44	2:12:31
12	680	Erin McGuire	20	Avon	CT	1:47:50	24:53	2:12:42
13	655	Peter Hofmann	58	North Salem	NY	1:47:08	25:37	2:12:45
14	599	Tom Starodaj	29	New Britain	CT	1:46:03	26:47	2:12:50
15	631	Gregory Vetter	32	Trumbull	CT	1:49:06	23:48	2:12:54
16	632	Will Hauser	49	Southbury	CT	1:52:12	25:49	2:18:01
17	196	William Liebler	43	Southington	CT	1:51:57	26:41	2:18:38
18	674	Bruce Goulart	67	Newtown	CT	1:51:31	27:46	2:19:16
19	619	Geraldine Pires	32	Fairfield	CT	1:55:11	24:54	2:20:05
20	654	Salena Chatman	39	Middletown	CT	1:53:45	26:47	2:20:32
21	692	Katherine Smith	48	Ridgefield	CT	1:55:43	25:47	2:21:30
22	695	Walter Andersons	51	Brooklyn	NY	1:56:50	25:00	2:21:50
23	624	Danny Gallegos	33	White Plains	NY	1:57:46	26:43	2:24:29
24	635	Lilah Fones	23	Easton	CT	1:58:46	26:40	2:25:25
25	613	Ferris Buddy	48	Cos Cob	CT	1:58:42	26:45	2:25:27
26	19	Melody Mallozzi	25	Brighton	MA	1:58:20	27:09	2:25:28
27	641	Lisa Brody	47	New Haven	CT	1:57:25	28:10	2:25:35
28	687	Mathew Wisniewski	30	Marlborough	MA	1:57:40	28:01	2:25:41
29	203	Nardy Chung	40	Stamford	CT	1:58:01	28:50	2:26:50
30	675	Kristin Lowman	38	East Granby	CT	1:58:34	28:57	2:27:31
31	639	Thomas Cronin	45	Danbury	CT	2:01:44	26:04	2:27:47
32	327	Jackie Dimeglio	33	Easton	CT	1:56:54	31:37	2:28:31
33	118	Carlos Baldoz	55	Stamford	CT	2:05:42	26:40	2:32:22
34	668	Jennifer Amend	44	Bethel	CT	2:04:47	27:43	2:32:30
35	629	Chris McCann	46	Wilton	CT	2:02:52	30:02	2:32:53
36	111	Jan Hoath	39	Redding	CT	2:08:09	30:00	2:38:09
37	125	Shannon Stewart	34	Waterbury	CT	2:09:59	28:19	2:38:17
38	661	Kate Stewart	42	Simsbury	CT	2:10:52	28:31	2:39:22
39	672	Carolyn Gingras	27	Sandy Hook	CT	2:08:03	31:47	2:39:49
40	658	Jamie Grennan	39	Norwalk	CT	2:08:12	31:45	2:39:57
41	686	Vinay Sampson	51	Monroe	CT	2:11:50	29:32	2:41:22
42	609	Lauren Contorno	50	Bethel	CT	2:11:56	30:03	2:41:58
43	67	Kathryn Stoker	49	Norwalk	CT	2:12:33	31:12	2:43:44
44	662	Jennifer Maksymiw	34	Plainville	CT	2:16:18	31:39	2:47:56
45	24	Cristina Taylor	46	Redding	CT	2:18:13	31:46	2:49:58
46	476	Emily Lynn Franklin	29	Norwalk	CT	2:20:12	32:38	2:52:49
47	96	Laura Nerone	46	Newtown	CT	2:21:46	31:57	2:53:42
48	221	Janine Russo	39	Redding	CT	2:21:29	32:24	2:53:52
49	640	Hillary Koyner	43	Weston	CT	2:25:26	29:05	2:54:31
50	664	Rebecca Darst	41	Wilton	CT	2:22:24	32:16	2:54:40

Mighty Cow / Half Combined

Place	No.	Name	Ag	City	St	Halftim	Mghtyti	Total
=====	=====	=====	==	=====	==	=====	=====	=====
51	646	Arthur Bodek	54	New Rochelle	NY	2:23:16	31:55	2:55:10
52	527	Erich Wenis	44	Woodbury	CT	2:24:52	30:33	2:55:24
53	647	Natasha Friedman	34	West Hartford	CT	2:21:58	33:54	2:55:52
54	43	Sujatha Unny	43	Wilton	CT	2:25:18	32:15	2:57:32
55	648	Jessica Creaco	34	Southbury	CT	2:24:50	33:55	2:58:44
56	528	Sara Sherlock	44	Stamford	CT	2:28:27	30:28	2:58:54
57	127	Mark Stewart	43	Simsbury	CT	2:30:28	28:35	2:59:02
58	633	Tracy Darmofal	39	Redding	CT	2:26:40	32:24	2:59:03
59	671	Karen Bellmay	39	Terryville	CT	2:28:09	32:02	3:00:11
60	218	Julie Anne Fossi	48	New Milford	CT	2:33:36	29:36	3:03:12
61	364	Susan Satlin	52	West Hartford	CT	2:32:40	31:50	3:04:30
62	659	Kaitlin Maguire	32	Framingham	MA	2:34:00	31:04	3:05:03
63	616	Nicole Merlo-White	41	Norwalk	CT	2:33:27	32:28	3:05:55
64	653	Barbara Matulaitis	59	Manchester	CT	2:36:51	33:53	3:10:44
65	656	Jolene Piscetello	39	South Windsor	CT	2:36:50	33:56	3:10:46
66	665	Eileen Bellmay	47	Thomaston	CO	2:39:13	32:28	3:11:40
67	690	Jacob Gray	15	Tolland	CT	2:40:46	33:35	3:14:21
68	642	Winnie Lok	38	Brooklyn	NY	2:44:24	32:25	3:16:49
69	689	Carrie Gray	44	Tolland	CT	2:46:44	33:38	3:20:22
70	683	Shannon Lovley	48	Stafford Spring	CT	2:47:30	33:36	3:21:05
71	501	Kelly Meredith	51	Tolland	CT	2:47:29	33:37	3:21:06
72	698	Amy Zvovushe	36	Monroe	CT	2:51:56	32:00	3:23:56
73	636	Crystal Zamfino	34	Stratford	CT	2:56:52	31:47	3:28:38
74	684	Marilyn Biedrycki	61	Milford	CT	2:56:35	34:07	3:30:42

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.

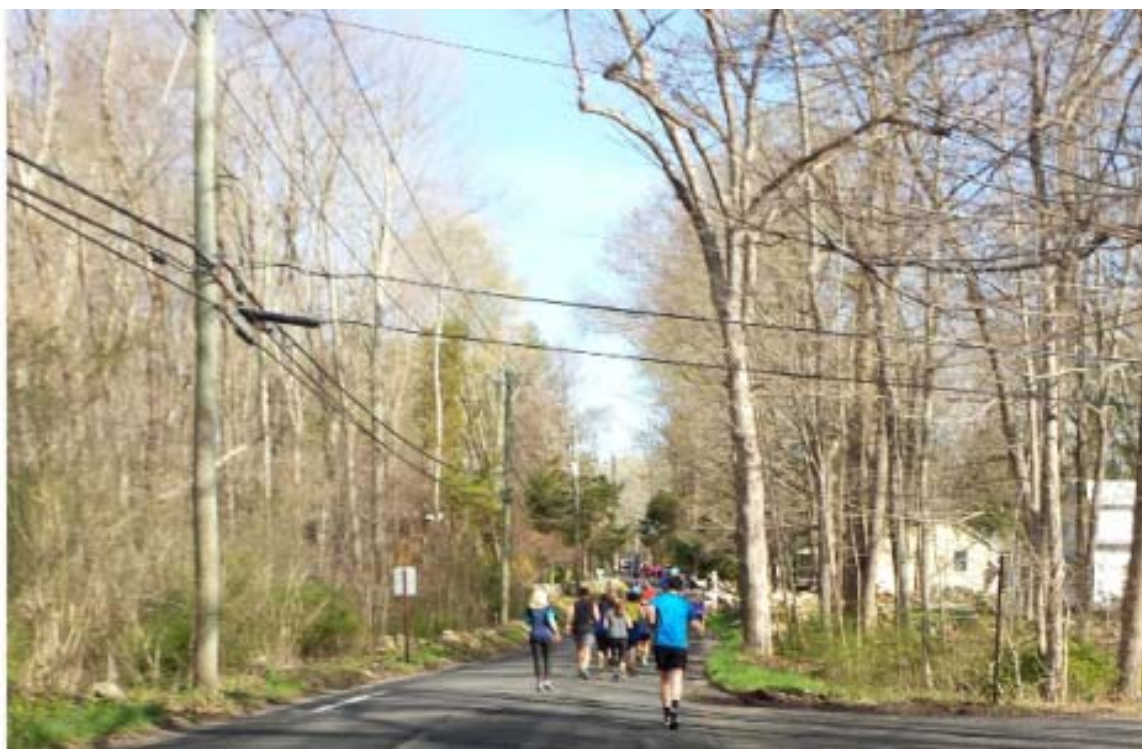


True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.



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!



NEWBIE CHRONICAL – BOB A.

Thanks again for allowing me to do the newbie chronicle. I'll certainly do a story for next year's newsletter at some point if you'd like! And again, well done! This was an unbelievable event that my family really enjoyed. My 5 year old son brought his cowbell to school this week 😊

Hi everyone! Well, we made it, right?! What an incredible event and wonderful day! I'd like to start by thanking John M. for giving me the opportunity to chronicle my training for my first half-marathon! While I was dedicated to the whole process I was honestly unsure as to whether or not I would continue with distance running after this race; perhaps I would go back to shorter races. However, the training, the learning experiences, the mental preparation, etc. gave me the drive to keep up with doing half-marathons going forward, and potentially progressing to a full marathon next year! The writing, both for the newsletter and on social media, helped maintain accountability, and I'm very grateful for that. I'm also very happy to have talked to many of you via email, Instagram, and ultimately at the race. In fact, one of the coolest moments was having Tiffanie S. snuck up behind me about 9 or 10 miles in to introduce herself, how cool! And of course, I have to thank all of those in my personal life for their coaching, advice, and support, namely my wife Liz and my sons Jared and Brandon, who all attended the event and had a great time.

I woke up at 5:30am on race day, did a quick 10 min recovery/shakeout run, did my final preparations, packed up, and we were off to Redding. All was going well with parking, check-in, etc, until I realized I had left my Camelbak with all of my hydration for the race in my kitchen! Really?! But sure enough, my saint of a wife went back and picked it up for me arriving about 10 minutes prior to the start time. The race was fun and exciting, but I have to admit the first hour almost seemed like a blur. The hills were not too bad to start, but once we hit an extremely steep hill around I believe Mile 6, which was followed by a steep downhill on a dirt road, it all becomes very vivid for me. That hill had me muttering quite a few words that I will not repeat here in the newsletter!!! 😊 While I had kept up with my goal pacing for the first half of the race I certainly slowed down dramatically for the second half, leading me to the conclusion that my goal pace was just a bit too much for me at this stage of my fitness

development. And while I trained on a lot of hills during the last few months it certainly was not enough for what awaited me during that second half of the race. In a word: RELENTLESS! That course absolutely did not give up, not one bit. I liken it to climbing the first two miles of Mount Washington in New Hampshire, which just doesn't seem to ever stop. But, I persevered and survived! I finished the race in 2:12:10, and am very pleased with that result!

Some highlights for me:

Having one runner tell me they were watching the guy with the Camelbak for setting their pace. She eventually passed me, and I'm sorry I couldn't maintain what I was doing for the previous 8 miles, but I thank you for what I deemed a compliment!

Running into my high school friend Janine R., who recommended this race to me! I was coming out of the park at Mile 12 and heading downhill while she was coming uphill. We smiled, slapped hands, and I believe I said "Ohhh, we're gonna have a talk about this race, lady!"

The sponges at Mile 12. I will be telling every race organizer I encounter in the future that until they implement this they will never live up to what Redding does!

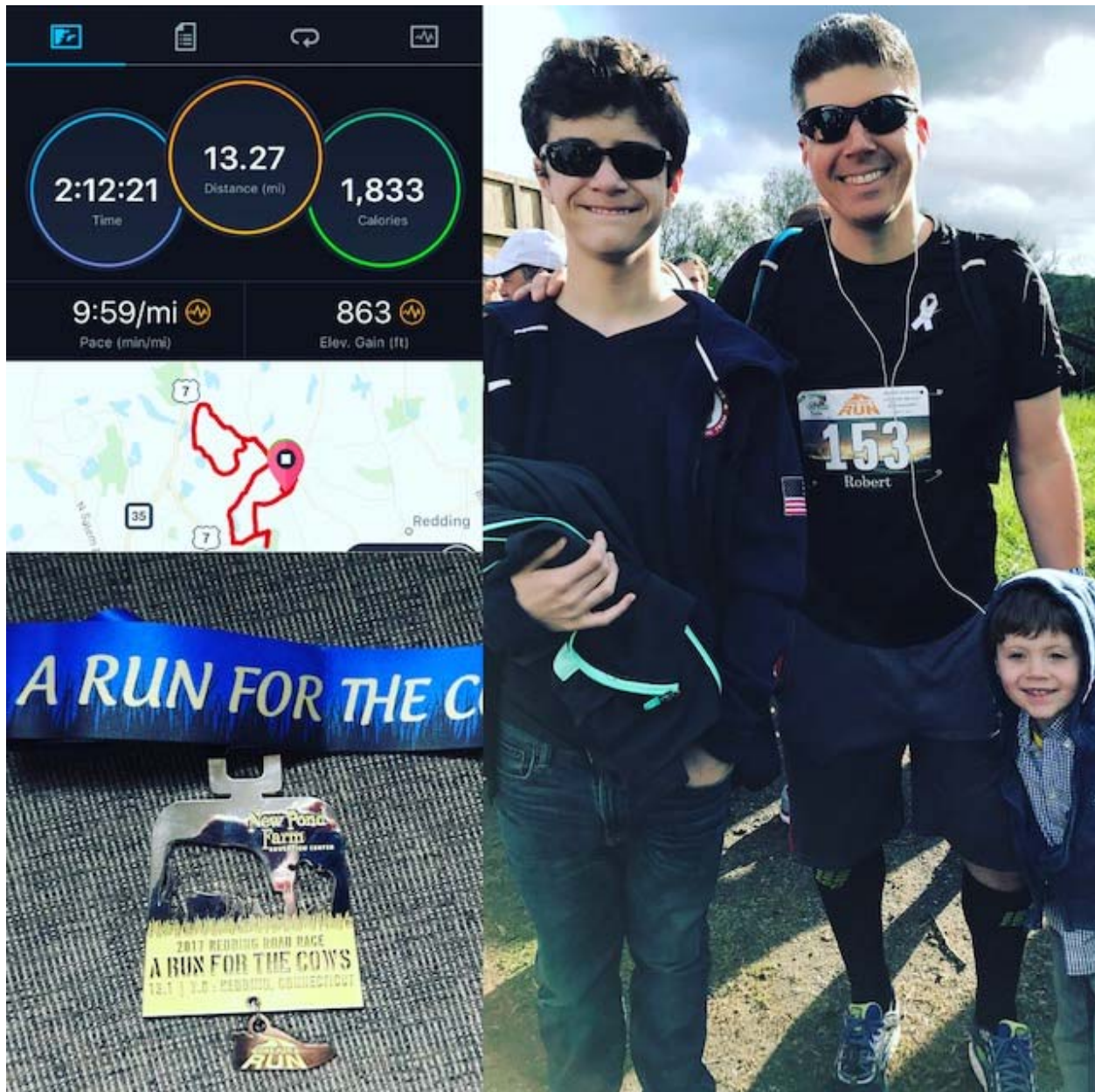
Crossing the finish line only to hear the band play Take It Easy by The Eagles. How perfect is THAT!

Those medals...WOW!

I'm writing this letter to you on Wed May 10, and I have to say that my need for recovery is more than I anticipated. I slept 7 hours Sunday night, 4 hours during the day on Monday, 8 hours Monday night! After the race I've been drinking some nice lasgenix recovery drinks, staying hydrated, icing my feet/ankles, have taken two Epsom salt baths, and have done some gentle walking each day for about 20-30 minutes. My plan was to run 3 recovery miles

today, but quite frankly I'm not ready yet. Everything is still plenty sore considering this race occurred 3 days ago, but that is still a nice reminder of what I accomplished this past Sunday!

Congratulations to all of you who ran! I will be competing in the Iron Horse Half Marathon on 6/4/17 in Simsbury, and the Gulf Beach Half Marathon on 9/16/17 in Milford, so if any of you are at those events I hope to see you. Best of luck to you all in your future training and races, and I look forward to seeing you all again next year! Cheers!





Now and then

NL #1 OUR RUNNER SPOTLIGHT – BARB M.



I have had many of my running friends tell me that I have inspired them, but to me it is how I have looked at life. It was a way that I continued on after the death of my husband.

My name is Barb and here is my story. On April 23, 2008 my husband Gary and I lost our handicapped son Adam to pneumonia and septic. He was 13 days shy of 20. We had taken care of him all of his life living in our house.

Six years later on June 19, 2014, I lost my husband Gary to Glioblastoma (Brain Cancer) after an 18 month battle. We were married 28 years.

Ten months later to the day of his death I was sitting having coffee thinking about him and was trying to figure out how was it possible I had gotten by without him. I then told myself I had to do something in his memory. That I couldn't let him be forgotten.

It had to be something amazing and beyond belief. I decided I would run a half marathon in his memory. I had my eye on the Hartford half which was 5 1/2 months away. I was not a runner at the time and was 57 years old. A few hours later I put my sneakers on and went out and ran 2 miles at an 11:30 minute mile pace just barely making it. I decided I needed a training program to follow and downloaded it on my phone. It had me completing the half in 2 1/2 hours.

October came and I had only reached 11 miles as my longest run. On October 10, 2015, with some of my husband's ashes in my pouch, (I always bring him with him on races), I ended up completing the Hartford half marathon without stopping. I ended up with a time of 2:27:28. I THOUGHT I WAS ONE AND DONE!!!!

In January of 2016 my friend who had coached me through the half asked what my goals were for 2016. Apparently I wasn't done running. She asked about running a Marathon and my answer was maybe in 2017, before I turned 60.

She said, "Why wait"? Realizing how precious life is and you NEVER know what tomorrow brings I said "Okay". I went home and thought what did I just do!!!! LOL

I knew that I had to look at running in a whole different way. I had given up on a social life, swimming in my pool, drinking and pretty much living life to do the half. What was it going to take to do a Marathon??? So I signed up for a 1/4 marathon, 5k, 10K, Half Marathon, 10 miler, and a Marathon, in that order. Afterwards added a 5K and of course the Manchester Road Race. The ALS 1/4 marathon in April I ended up taking 3rd in my age group! That's when I looked at running in a whole different way.

The following races I ended up placing in my age group. The Mahoney Sabol 5K - I took 1st place, the Mystic 10K; 2nd, Amica Iron Horse ;6th, the 10 Miler Blessing of the Fleets I wasn't sure, but all of these I ended up with PR's. Before the 2nd Half Marathon I had injured my shoulder and had not ran in 5 weeks. I ended up in the Amica Iron Horse, running in the rain, breaking my personal record by 5 minutes 12 seconds. The picture at the beginning shows what running means to me.

The Manchester Road Race this year was a challenge with roughly 15,000 runners but I pr'd. Through the guidance of a marathon training program though Fleet Feet in West Hartford , I finished my first marathon under 5.

I only try to be better than myself. Trying to break personal records and challenging myself. I have two daughters who are 23 and 25 and I am trying to show them that you can do anything you put your mind to. No matter how old you are and that life goes on.

My goal for 2017 is to run 12 half marathons, hoping to hit one in each New England state, and at least one Marathon. I would like to run the races I ran last year to see how far I have come and if I can break those PR's I got last year. I am

running the Key West Half in January and the Fort Lauderdale one in February and of course this race. That is what is on the calendar as of today. When I watched the video, it inspired me. It then said it was one of the toughest in CT. Now that's a challenge. I am signed up with 3 other girls who I trained with for the Marathon and they actually got me to do it since I had my eye on Run to Remember in Boston. I am a supervisor in the Banquet Department for a Hotel in Hartford and there are times you just can't take off from work, but running with friends is the best. I was told by one of my coaches to do the Mighty Cow, so I did and got all of them to sign up for it too. I am the one who asked for "Badass" to be my bib name, but if that can't happen you can put Beast, since that is what my running friends call me. When we ran hills in the Marathon Training you had to put yourself in "Beast Mode".

I started my year off with a 7 mile run with some hard core marathoners, 3 were my coaches for the marathon. I ran 7 miles with a 9:47 minute mile pace, with a lot of hills.

In closing I took the death of my husband and turned it into a positive. I couldn't run 2 miles and just 18 months later ran a Marathon at the age of 59! I am so looking forward to this race and will train for it. Here's to running up hills. Literally!!!



NL #2 RUNNER STORY – BARBARA B.

LET DETERMINATION BE YOUR PATHWAY

This will be my 3rd time running for the cows! In 2014 I shared my story and in 2016 I shared my experience of coming in last place and feeling like a first place winner. I have had 3 spinal cord surgeries in attempts to remove the tumors. I couldn't move my left leg after waking up from the second surgery and I now have degenerative disc disease and scoliosis. I shouldn't still be able to run but I can. My neurosurgeon tells me I will just get slower and slower until I can no longer run. What use to be a 12 min mile for me is now 15 and above depending on the type of day I am having.

I started running 7 years ago at age 53. I am now an Achilles athlete for almost 3 years. I run with guides. My tumors have taken many things away from my life, but the one thing it can't take from me is my determination. Determination Trumps Tumor every time. It will never take away from me crossing a finish line, be it on my feet, crawling on my hands or in the future on a hand cycle. Whatever it takes.... I am crossing that finish line. If you are not familiar with Achilles, please check them out... <http://www.achillesinternational.org> I hold Achilles near and dear to my heart for without them I would not be running. I am an Achilles Athlete with the NYC Chapter.

This year, I will share with you some of my thoughts. Last year I ran this race with a torn meniscus. It was a tough one. First time it took me over 4 hours to run a half. With the help of my guide, encouragement by other runners, and of course all those wonderful signs by John, I crossed the finish line. As a disabled runner, you cannot imagine what it feels like to hear shout outs from other runners along the way. It's like a shot of adrenaline coming along at the right time especially when you are struggling. Sometimes, it brings a tear to my eye. And those signs, I love them. One in particular..... one day you may not be able to do this... today is not that day. Thank you John a million times over for that sign!

With the help of my 3 guides, I ran my 3rd NYC Marathon this past November, with the promise to my orthopedic surgeon I would make time to have surgery to repair my torn meniscus. Hey runners..... you understand....it's hard to fit in surgery with our race schedules. I had to plan carefully as to be recovered in time to run for the cows. But sometimes life gets in the way. In December an emergency trip to the doctor. On January 6th I had surgery to rule out uterine

cancer and my knee surgery for January 11th was canceled and rescheduled to February. In my mind I was thinking, I was either going to be running this year's race puking from chemotherapy and/or taking 6 hours to complete the half from being undertrained. That's my determination shining through. Good news on the 9th pathology report came back benign and the orthopedic surgeon squeezed me back into the schedule because he was going to have surgery himself and would not be available until June. He told me he knew how much I wanted to return to running! Don't you just love him!

2017 is off to a great start! Not only will I be running healthy, A Race for the Cows will be my birthday race this year! I turn 60 in April... a new age group.... yayyyyyyyyy. So when you pass me, my favorite words to hear will be Go Achilles! Go Barbara! Happy Birthday Barbara! You got this!..... well..... you got the idea :).

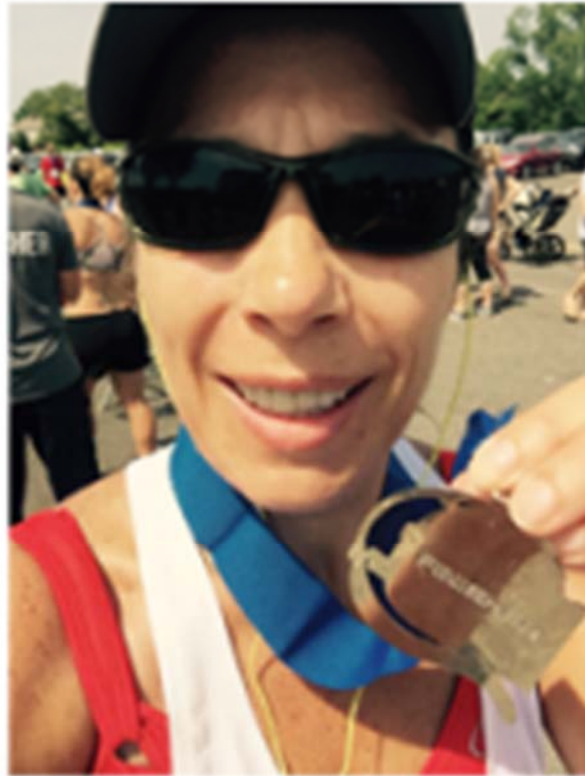
Running puts me in my happy place. It's something I can be a part of no matter how slowly I go. It's always nice to feel like you belong and that is one of the many things I love about this race. A Race for the Cows is certainly a feel good race.

So these are my thoughts for this newsletter. I hope you can take something from it. I encourage you all to do what you are able to. Don't give up. Stay positive. Let determination be your pathway.

Barbara is honored that her guide this year is going to be Colleen Alexander. Colleen was run over by a box truck and is now a motivational speaker at races. Barbara first met her after her accident at a superhero half marathon. It was her first race back, using a walker. She walked with her for a while and always wondered how she did. Fast forward to 2 years ago at Wineglass Marathon and Colleen was the guest speaker. During her speech at the dinner Colleen made Barbara stand up and spoke about how they met, how Barbara stopped running her race to walk with her. Colleen said, "there are no other people like runners..... we look out for each other. There is no other sport like running." Colleen is a Connecticut Hero and we're proud to have her running in 2017. You should google her story: <https://youtu.be/e6PzTtdrtHQ>



NL#3 RUNNER STORY – LORI F.



Lori Falcone is a Semper Fi Fund Community Athlete who will be running in the 2016 Marine Corps Marathon—her first marathon ever—on October 30. And while she never served in the military (her father served in the Army and her uncle served in the Marines), she shares something very significant with many of the service members assisted by the Semper Fi Fund every day: She’s grateful to be alive.

“I was in a car accident in 2011,” says the Yonkers, New York, native who currently lives with her husband in Connecticut, “so my greatest accomplishment is that I am here to tell my story.”

That story begins on a Monday in August 2011 when Lori met a friend for lunch. They were sitting outside a cafe enjoying the weather and conversation

when a 92-year-old driver, pulling into the empty parking space directly facing where Lori was sitting, mistook the gas pedal for the brake pedal.

The driver “hit me head-on and barreled me through the restaurant until I and two others were pinned to the counter with the car still running,” she recalls. “Sometimes people are in the right place at the right time, and the manager of the shopping center was fortunately there for me. He had to make the difficult decision to either pull me out from the car and risk paralyzing me or watch me bleed.”

“Luckily he pulled me out and saved my life,” Lori continues. “I think of him often, especially when I’m faced with a tough decision.”

Lori says she doesn’t remember the incident itself, but she does recall being in the ambulance.

“I knew from the paramedics’ faces and dialogue that it was bad. I was determined to get in touch with my husband and let him know that I loved him, and that if something happened to me, I wanted him to be happy and know it was okay for him to move on. Those first few hours are blurry at best, but one thing was clear: I was determined to fight and not give up.”

Fight she did. After two days in intensive care, a month-long stay in the hospital and many months of recovery, Lori progressed from hospital bed to wheelchair to walker to crutches to a cane—and eventually to walking on her own.

“I will always remember the day I took a first step on my own,” she says. “It was a long road, but one I was lucky to be on.” Now the road she’s on stretches 26.2 miles into the distance and she couldn’t be happier.

“One of the commitments I made was if I was able to walk again, I wanted to do a marathon. The Marine Corps Marathon is the largest marathon in the world that doesn’t offer prize money. Instead, they celebrate the honor, courage and commitment of all finishers. I am proudly raising money for the Semper Fi Fund to help our military personnel and their families.”

Lori worked her way up to marathon distance by running one 5K race, two 10K races and seven half marathons. For her first marathon she has already exceeded her goal of raising \$3,500 for the Fund (as of the date this story was published her fundraising page shows she’s at \$3,600) and says that her choice of the Fund as beneficiary was a clear one.

“I did not know much about the Fund,” she told us. “At first, I thought it was just for the Marines. The more research I did, though, I was so inspired to help raise money for our wounded, critically ill and injured service members, and their families, of every branch. I was so fortunate to have the resources I needed during my recovery, I wanted to pay it forward. Every day our service personnel sacrifice so much—it’s the least I can do.”

Looking back over the past five years, Lori says she’s learned and embraced some important life lessons.

“Live your life,” she says. “Don’t put off things, do them today. You don’t know what tomorrow will bring. Spend more time with family and friends, they are what really matters—and remember to tell them that. Don’t sweat the small stuff, because when the big, important things come, you will need your energy.”

“Believe in yourself,” she continues. “You are stronger than you know and are capable of anything you put your mind to; be your positive force. Ask for help when you need it: it’s not a sign of weakness, but a sign of strength, confidence and courage. Pay that forward and be a stabilizing hand to lift others up.”

“And last, but certainly not least: Don’t sit outdoors facing a parking spot.”

NL#4 RUNNER STORY – CLAY R.

I've decided to dedicate my run this year to our friends Todd B. and his wife Nancy. In December of 2015, Todd was diagnosed with a Glioblastoma brain tumor and his fight against it has been incredibly humbling to myself and our friends and families, but moreover how Todd and Nancy have dealt with their lives since then has been nothing short of epically heroic and incredibly composed.

Todd was 53 years old at the time and super fit. A runner, snowboarder, cyclist, traveler and overall lover of life. He's also a very accomplished nurse anesthetist at New York's Mt. Sinai Hospital and makes the best gumbo I've ever tasted. Todd and Nancy have exemplified and continue to embody true grace and composure through all of the ups and downs that Todd's battle with brain cancer has put them through. I have been telling Todd since the day he was diagnosed that if there is anyone out in this world that can beat this devastating illness, that he can do it! His undaunted attitude, his dedication to health and always looking on the bright side has been inspirational and amazing to witness. All the while, Nancy has been his rock and constant companion at his side, through all the ups and downs. I'm truly humbled by these people and I do thoroughly believe that Todd and Nancy will beat this.

Last month, my brother in law David B., who is a pilot for Falcon Dassault, invited Todd and I to CAE in NJ. CAE is where Falcon pilots go to fly the multimillion dollar flight simulators in order to improve their skills, keep their licensing updated and generally just hone their craft when they aren't actually up in the air. So Todd and I got to pilot these incredible jets via the simulators which was an experience of a lifetime affair. I was blown away personally, but watching Todd get to have this experience was something I will cherish and never forget, and I'm quite sure he won't either. I observed as Todd very skillfully took us off from JFK airport and flew us out over Montauk, L.I. and then back for a landing that David said was performed better than some of the pilots. Once we rolled to a stop, Todd got out of the pilots seat with a grin stretched ear to ear and I could tell that, at least for those few hours, he was able to transcend his situation and just...well...I guess...fly around without a care or a worry in the world! It was truly a priceless moment for everyone!

So this year on May 7th, when I run the half marathon, I am running for Todd and Nancy and for anyone else who finds that they can't run it this year. It's an honor and a privilege to run it for them!

We are grateful for your organizing these races John! They mean a lot to many of us in many different ways!

Sincerely, Clay



Todd and Nancy



Clay and Rebecca

NL#5 RUNNER STORY – OLIVE (GUIDE DOG)

Extra Extra read all about us... Olive and Milan

Um. Excuse me... Hey! I'm down here. The gal with the beautiful white animal coat with natural liver-colored spots. Yay, that's me, Olive, your toughest eight-year-old canine competitor at the Redding Road Race. This is my third year running and I will be running the half marathon this year with many of you or maybe behind many of you. In October, I was diagnosed with a partial cruciate ligament tear, which could cause me to lag behind a little. If I do lag, that's probably what it is. It has nothing to do with the grueling, hilly course of Redding! I have been working hard to rehabilitate from my injury and am hopefully that I will cross the start and the finish line on May 7th.

I find this to be one of the most pampering races I run. You couldn't enjoy a better race. The race director John always shows me extra love and I heard the cows think I am pretty cute. I love the wonderful volunteers who serve drinks and sponge me down to keep me cool and comfortable. You may have recognized me from the Redding Road Race Most Glamorous Racer. Yes, that's me. No pictures please. Well, maybe just one.

No, no, no... Not him! That's my younger brother by four years, Milan. The guy with black spots. Some of you may recognize him from the show ring, he's now retired from being a champion show dog. Milan's the only living-being I know who can eat hot dogs non-stop and still look good. He's a pretty good racer too. After Milan left the 'Easy Street' of looking pretty for a living, he began training to run half marathons. When I hurt my hind leg in October, Milan's training wasn't complete but Mom had to pull me from a race and she decided to race with Milan. He did pretty well, except he got a little hung up with the attention from volunteers at the water stations. (He loves extra attention!) And let's not forget the incident at the banana table. (His total fave!) The buffet table did not see him coming at the finish line, that's for sure.... bagels, bananas, muffins, more bananas, and a few dog cookies. (By the way, we aren't really brother and sister, I just tell him that so I can boss him around and get away with it. We do share some bloodlines, but not enough for us to share an inheritance.)

We have a tough job on and off the race course. We're kind of important. We're Service Dogs and you might be wondering just how important we are. (A very

good question.) To help answer your question, service dogs are a type of assistance dogs, specifically trained to help people who have disabilities. Some disabilities include visual/hearing impairments, mental illnesses such as Posttraumatic Stress Disorder, seizure disorders, mobility impairments and diabetes. If you are curious about my mom and why she needs two of us... My mom works two jobs and is very active. Taking care of mom can be tough on us especially when she is not feeling well and we are working extra hard. By having the two of us as service dogs that gives mom the chance to rotate us out. We can work some days and rest some days. Mom never leaves the house without one of us so we are always on the go. When not running we like to hike, kayak, swim, play frisbee, travel, eat, and snuggle.

Our two major tasks are to alert mom to her symptoms early on and to retrieve medication if she cannot get to them. When I am racing with mom and her medical condition acts up, you will see me guide her away from people and to the side of the road. By doing this I am alerting mom to pay attention to her symptoms. My brother on the other hand alerts mom in different ways, such as nudging, jumping, pawing and holding on to her with his front paws.

Milan and I share a position with our mom as a social worker at both an elementary school and in a private practice. Not only do we keep an eye on our Mom, but, we help kids. Just one look at us, and they feel comfortable in their environment! We have such a strong impact on kid's lives and we love when they share their snacks with us!!

I guess it wouldn't be fair to speak of my, I mean, our success without giving credit to where some credit is due. I'd like to introduce you to our Mom, Stacey. Stacey? Stacey?! Where did she go? Please forgive me, I can't seem to find Stacey. Milan, go find... Milan! Put it down! I said put it down. No 'fake' putting it down, now leave it! Those bananas are not for you! Help me find Mom so we can... oh! There she is. If we can walk over to the candy bar here... she's the one with Twizzlers coming out of her pockets, no wonder she loves the candy station on this course. Oh how embarrassing.

We love looking after mom and we love running with her. She often says if it wasn't for us, she would not be running. We allow mom to focus on her running while we focus on her...except the occasional times when Milan gets side tracked and focuses on the squirrels, cats, falling leaves, shiny object or maybe a cow.

We look forward to racing with everyone and enjoying the amazing weekend that The Redding Road Race encompasses. Good luck to everyone for a safe and fun race. Make sure to take full advantage of the sponge station, candy bar, and ample food supply at the finish line.

Thanks John, New Pond Farm, and all the Redding Road Race humans that make this race possible. Thank you for a safe and loving place to watch mom wince as we run up and down endless hills on this beautiful and challenging course.

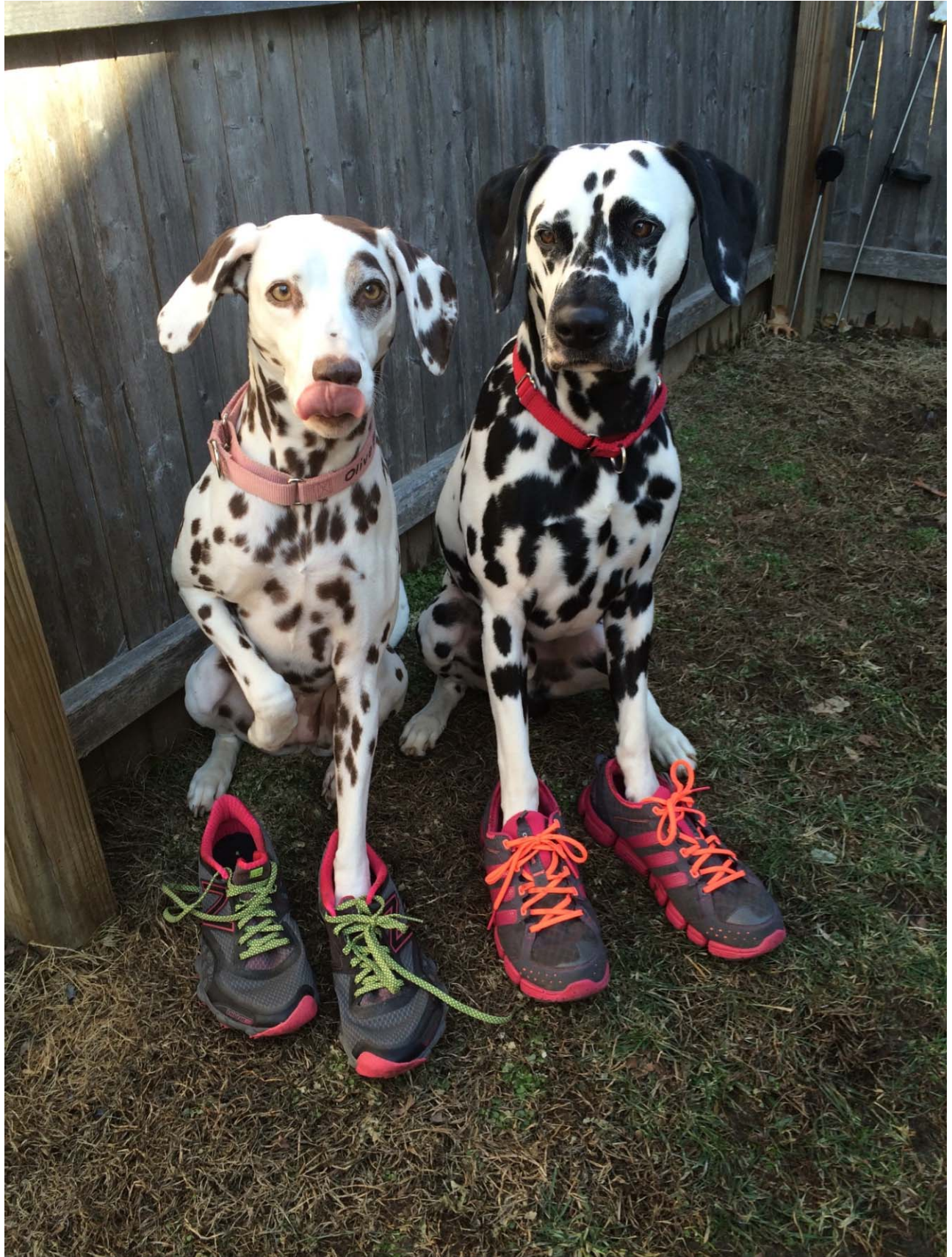
Happy Running,

Olive and Milan

If you want to read more about Hilary and Stacey's story, you can find it in the 2015 newsletter #2.

<http://www.reddingroadrace.com/assets/RRR15n2.pdf>







NL#6 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#7 RUNNER STORY

From the Redding Road Race: Terri and I have been absolutely privileged to get to know a lot of great people, a lot of great runners over the first 6 years of this race. Some of the greatest people we've met, and most of our best friends, we have met through this race. We never take this for granted. If you would have told me 6 years ago that the race would sell out in hours and Bill and Charlie Rodgers would be annual participants, I would have called you crazy.

Through this race, I have also had the privilege of learning what some amazing people have had to overcome in the pursuit of running this race. Running is so great because it means something different to everyone, but always means something. This next story was a really tough one to read, but her strength and perseverance is beyond belief. This amazing women has not asked me to leave her name out of the story, but I have chosen to do so. If you would like to email her, or talk to her, etc. I'm sure she would be more than willing.

Running the Redding ½ marathon means more to me than most runners and this is why. I started running two years ago after a life-changing event. On a warm August night I found out that my husband, and best friend of 35 years, was having an affair with a friend of mine. When I confronted him he chased me and when he caught me he beat me - not once but twice. I managed to escape and run away. I was bruised from the top of my head to the top of my legs not to mention the hurt of my aching heart. After hours at the police station I spent the night in the emergency room. I did not expect any of this but I did know that I had to move on.

After being released from the hospital I met with my lawyer and filed for divorce. I moved forward with preparing my friends and family with the news. My children were very supportive of me and still are. They have no contact with their father. My family rallied together to support me. I moved in with my brother and his wife for 6 weeks. My sister-in-law and I are teachers and school had not yet started. Every morning we woke up and walked around the lake by their house. It is approximately 2 miles. I was not going to let the bruises and pain hold me back. It actually helped my recovery and the doctors were pleased with how quickly my body healed. My niece was the first person to suggest I change my lifestyle and start running. She planted the seed that I should run the Thanksgiving

“Turkey Trot” in town. I enjoyed walking, but never felt like I could run. It was not something I could ever imagine. I was not an athlete growing up. I never participated on a team. Sports were not encouraged in my family as a child. I barely watched sports. The next thing I knew I was training for the 5K Trot. I was training by myself and had no idea what I was doing except trying to run further every time I ran.

The day of the race arrived. I was hosting Thanksgiving dinner as well as running my first “race”. My niece was running with me even though she had just found out that she was pregnant. It had snowed the night before and the roads were slushy and slippery. I was so impressed with all the people running. There were men, women and children of all ages. I could not help but be amazed at how well the younger children were doing. I kept talking to people as we ran trying to find out if they had a story to tell or if it was their first time running a race. It was exhilarating. We finished the run in approximately 35 minutes. I did it! I ran my first race. Now I am hooked.

I told my coworkers about my new love of running and we started running together. This is where the story gets even better. My co-teachers have been my rocks during my life change. These women did and still do everything they can to support me in so many ways. They helped me recover emotionally as well as physically. They encourage me each and every day. On the last day of school in 2015 I gave them both a pin with 3 ladies to represent the three of us our bond of friendship. We each wear it to school every day. Since then they encouraged me to sign up for the Run for the Cows 7 mile race, which was last May. At the time I could not imagine running 7 miles! And then I remind myself that I didn’t think I could run 3 miles, yet I have. We trained in all kinds of weather, one day we even had ice on our eyelashes it was so cold. We run where it is very hilly with one section of the run having 3 tough hills. We now refer to them as the three ladies. When we are having an especially tough time getting over them we have another name for them. We push each other every time we run. The day of the 2016 race it was rainy, and we all made it. Sue even finished her first ½ marathon.

They decided to run the Ridgefield ½ Marathon in September. I trained with them even though I knew I could not run the race as I was part of the Women’s Center of Danbury Domestic Violence Survivors walk the same day. We trained all summer. We signed up for a 9K race in Redding in July and a 10K race in Norwalk in August. We increased our distance daily. I was running 10 miles! I

missed the race in Norwalk. One of my friends had her phone with her and called me as she was crossing the finish line. I will never forget that. That is how much we support each other as we run. We are a team in an individual sport.

The Ridgefield half was an accomplishment for both of my friends. They both finished and were happy with their times. I made it to cheer them both over the finish line and even though I did not run with them I felt like it was my accomplishment, too. It was then that we decided to sign up for the New York City half marathon lottery. It was a lottery after all... what were the chances that we would all get in? We realized that we would not run unless all three of us got in, so we were taking our chances. "All for one!" I never expected that one of us would get in let alone all three of us! The day before my 54th birthday we found out that we all got in. When we saw other runners and told them that we were running the ½ they usually shared that they tried and did not get in or that they had run it and it is one of the most amazing half marathons to be a part of. We ran last weekend and we all finished. We ran the entire time and both Sue and Shauna had personal best times.

At this point I have run the Run Like a Mother race in town, the Run for the Cows in Redding and numerous other races. This fall I even came in first place for my age group in two 5K races. The New York City half is something I never imagined I would be able to do. Now I know I can! Now I am looking forward to the Redding half in May. When I run instead of feeling as if I am being chased by someone, I look toward my future and the wonderful things that lie ahead. I am reminded that good things do come to those who wait.

NL#8 RUNNER STORY – CEREN

Reaping the rewards because it's all downhill from there

When I signed up for the seven miler I offered to write a personal story. With every email I received I promised myself I would send my story. I had a great piece but I couldn't send it. I don't know why, but I couldn't hit send. So here I am about to pour my heart out because I realize that maybe there is someone else out there who may just feel the same way I am and as running is cathartic to others writing is to me.

Running is a lifestyle. A lifestyle that I haven't quite figured out how to live. Diet, exercise, time and the mental strength and determination are all something I have struggled with. I always seem to get on a roll and something gets in my way. Illnesses, work, the extreme stress of a parental illness, or the recent passing of a brother. I admit, I fell off the smoking wagon and then there were times I just flat out couldn't find the energy to get out there.

I am also my own worst nightmare, I don't run well, I am by far a natural runner and I can't even walk in straight line. I am overweight, not by choice but with Crohn's there is no way I can control my weight, for me fatter is a good sign and thin means I'm out of remission. So I always put the smile on my face and haul my 200 pounds out there in the quest to be healthy.

See, I started running last year when my sister Cathy (a Mighty Cow runner) heard I tried to quit smoking. I have had a lot of health challenges to overcome. Besides Crohn's disease I've also had a breathing issue, and dietary restrictions to work with to properly fuel my body. Big issues, but that was last year's human interest story.

As I go out to train I look at the faces of people who are running and I noticed that some look like a 30 mile run is nothing more than a walk around the block. I mumble to myself really? And keep going.

Then there are the people who look like me after two blocks dragging and dying and we smile the biggest smiles because we know how hard it is but we are proud of each other for hauling it out there and not giving up. We thumbs up each other as we pass by each other.

Do I dare mention the perky little college student who bounces by with the perfect little outfit, oh come on, we all know the one... after running by you on the

trails for the umpteenth time she looks like she walked off the magazine cover, Or the college guy who runs by with such force that the sound of his shoes makes your heart jump with leg muscles that look like something Michelangelo carved.

Then there is me, I'm the unhealthy healthy wannabe who knows I will never win a race, worries that I will be the last to come and make people who want to close up shop and go home wait for me to come in but still wants to finish, even if it is a half a minute less than the year before but knows circumstances can prevent it and I could be two hours past my time but didn't let that stop me from trying.

Outside forces are tough for me. I am always the one to say yes to everyone and puts myself second. So, I found for a while that going to the gym and trying to run were no longer enjoyable, it was a job. I didn't want to disappoint my sister and that added extra pressure on me and when I would have bad training day I would hate to go the next time for fear it would be worse. Sometimes it was but sometimes it wasn't. But I keep trying. If I make it a block or a mile. I keep trying.

When my brother passed I said to my mother "you're like a rock". She told me that everyday past the age of 12 was a blessing to have had him with us and we had 55 beautiful years. I never looked at it that way, he was just my big brother. I wasn't there for all the hard work when he was first born. I didn't come around until 5 ½ years later. I reaped the rewards of my parents hard work when I was young, and I picked it up when I got old enough, but by that time it was natural to me and I took it in stride.

So, next time the college kid runs by me with muscular legs, yes, I am going to wonder if my flabby thighs will ever pretend to have those muscles, and that perky college kid bounces by me, I'm gonna wonder where she got that cute outfit and wonder if they make it big enough for me. When the runner who makes it look like a walk in the park... oh heck, let me honest, you're not human are you? Could you please pretend to sweat and pour some water over your head to make me feel better?

What I missed in all of this "running" stress is, I forgot the fun. I forgot the reward for the hard work. I forgot that when the big hill is in front of me, and I am once again walking to the top, this year I will be singing "Put one foot in front of the other, and soon you'll be walking cross the floor. Put one foot in front of the other And soon you'll be walking out the door.....".

Because let's face it, life is short, it's the journey we are all on, it's the fun,
and once you hit that hill... it's literally all downhill from there.



Ceren is on the Left

NL#8 RUNNER STORY – ALLISON

My Facebook profile might look cute - Runner Chick - with a little chick-y. But there is a wealth of meaning behind it. Let me rewind to 2005. My husband and I were house hunting in Bethel and ended up finding a cute salt box cape in a little neighborhood right near downtown. We moved in and literally shared a driveway with the neighbors - a nice couple, Debbi and Peter, a dozen years or so older with pre-teen kids. We got to know them and turns out we had a lot in common despite our difference in ages. Food, books, games, etc. we'd just hang out with them on their porch and be neighborly. Debbi had Multiple Sclerosis though. And - at the time - I worked for the MS Society as a fundraiser - it put a face on that disease for me and how she gracefully dealt with the slow deterioration of her movement and ability to put one foot in front of the other. Slowly, Debbi couldn't quite keep up with our croquet tournaments on the lawn. She had some scary relapses over the years and eventually in 2014 they decided to move to a condo more accessible for her.

During this time my husband and I had kids, and I traded one hobby (tennis) for another (running). I found it much easier to lace up and jog down the street whenever I could squeeze in the time (sometimes pushing a jogging stroller). Deb, as my kids called her by this point, was a constant next door. We'd see her pull in the driveway, get out with her walker, and try her hardest to get her groceries in the door. My son would run over, pull like heck at the heaviest bags, and help our neighbor. We always do Christmas with the neighbors. Rather than exchange presents as a group we'd do a "funny" gift exchange. We've had everything from pink flamingos to stale pizza in the exchange. One year I was behind in my funny gift finding and luckily at the bookstore downtown I saw something that would work - magnets with chicks on them - chick magnets! Christmas comes and we sit down to do funny presents. Debbi gets mine and opens it, looks, and then sort of puts it aside. Her kids, home from college, start laughing, hahahaha chick magnets, funny, get it Mom/Debbi? Straight faced Debbi say - yes - I get it - but it's not funny. Which of course makes it funnier. She never lived that Christmas down.

After Debbi and her husband moved all the way to Brookfield (yes not far but not the same as being next door) we saw them less often - but still more than anyone else in our daily lives. They were involved in the town and schools, Peter being one of the track coaches and their architecture office right downtown. I'd see

Debbi often when I would go for runs through town and see her car so I'd stop in to the office to chat. I remember clearly on October 26, 2015 I stopped in mid-run to say Happy Birthday since that was her birthday - I knew I had a present for her at home but couldn't resist surprising her. She was so happy to see me but I could also tell something was wrong. She told me that there had been some tests since she wasn't feeling quite right and there may be some spots on her liver. They were going to do more tests but since it was her birthday (59!) she put them off and would have them later that week. That pit sort of forms in your stomach when you hear bad news and stays there. Well - into November and many tests later - Debbi was diagnosed with pancreatic cancer.

Here was a woman living with one debilitating disease for 20+ years and now she's diagnosed with cancer? And one of the worst cancers with the lowest life expectancy? This wasn't fair. Debbi fought cancer like everything else she tackled in her life - with grace. That year we had our funny Christmas present exchange again - she again got my present - this time I had more success (The Ha Ha Moustache game - it was awesome!) Friends and neighbors came over to our house and I can't believe how many people played gathered - of course to spend time with Debbi. January she seemed a bit slower and fell asleep literally next to me during the Super Bowl. February she traveled to Los Angeles to see her daughter run the LA Marathon and qualify for Boston. All this time feeling the effects of the cancer. Into March of last year she started showing what we suspected were cancer symptoms. At Easter (which we brought to her up in Brookfield at the condo) we could tell she wasn't eating well, she was tied to the pills and vitamin routine that she was keeping up, and was just tired. One weekend she had an episode that forced her into the hospital. From the hospital she went to Bethel Rehab and her family spent literally the month of April at her bedside. Cancer was winning.

I knew that I wanted and needed to do something. So late in April, knowing I'd be doing the Redding Road Race for a third time, I set a challenge to raise money in Debbi's honor for our Bethel Relay for Life. I'd kick off six weeks of running at least 25 miles a week in the best way possible - on May 1st with the half marathon. I also wanted to pay homage to the friendship I had with Debbi and with a funny play on the chick magnets, I ended up with my Runner Chick emblem. We made shirts (pink of course - one for me, one for her daughter and one for mine) and the challenge was set. The last week in April Debbi was moved to the hospice in Danbury. We knew that the end was coming. The shirts were delivered and on Saturday April 30 I went to see Debbi in hospice to show her the shirt and let her

know I was ready for my 150 miles. She wasn't really awake and was in a lot of pain but I did get a little laugh and smile from her.

The next day dawned wet and nasty - and I still had that 13.1 to run. I had wardrobe issues. The pink tank top seemed fine when thinking a May half would be warm and sunny. So I layered. I told my husband to just let me run - if anything happened to Debbi while I was out on the course just don't tell me until after. If any of you ran last year you know how wet and horrible it was! I stuck with it and PR'd in 2:07 (after some malfunctions with the chip because of the wetness... that's another story). We let Debbi know through her family and I was set to continue the six week challenge - 13.1 done for the week only 11.9 to go...

I'd like to say the day after the race was perfect. It wasn't Debbi passed away peacefully on Monday May 2, 2016. I like to think that she waited to not ruin my race. I know it was her time. And I had work to do. Each week for the next 6 I ran. I ran for her, I ran to raise funds for Relay, I ran for my family as a way to connect, but I ran for me. It was my alone time where I could process what had happened. I finished those six weeks and 150 miles. And have kept going. For my friend and neighbor who couldn't keep going any longer.

This year's Redding Road Race is a week before a Ragnar I'm doing with friends. They thought I was crazy to sign up for the half again but I just need to. So look for me in the pink shirt and give me some encouragement. This is for Debbi. I'm her Runner Chick.



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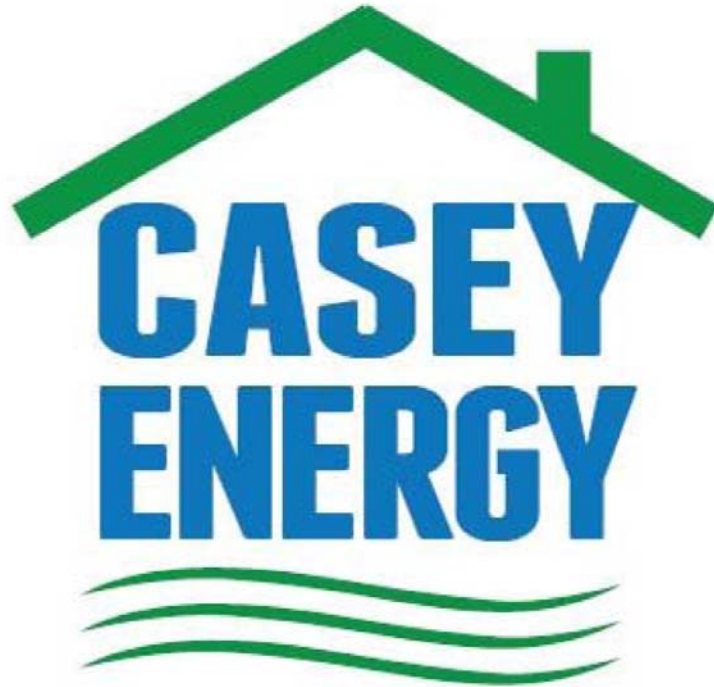
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Redding Nursery was established by James and Sheila McNamara in 1968. In recent years they have been joined by eldest son Sean, his wife Krista and their sons...and so the family tradition continues.

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

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 **Care for your pets & farm animals**

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John Sundlof, Owner/Operator

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ALL SEASON

PARTY RENTALS





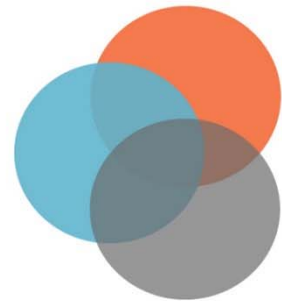
CONSIGNMENTS

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**REDDING
PHARMACY**

73 Redding Rd. Georgetown, CT

M. The Day in Pictures



THE FINISH

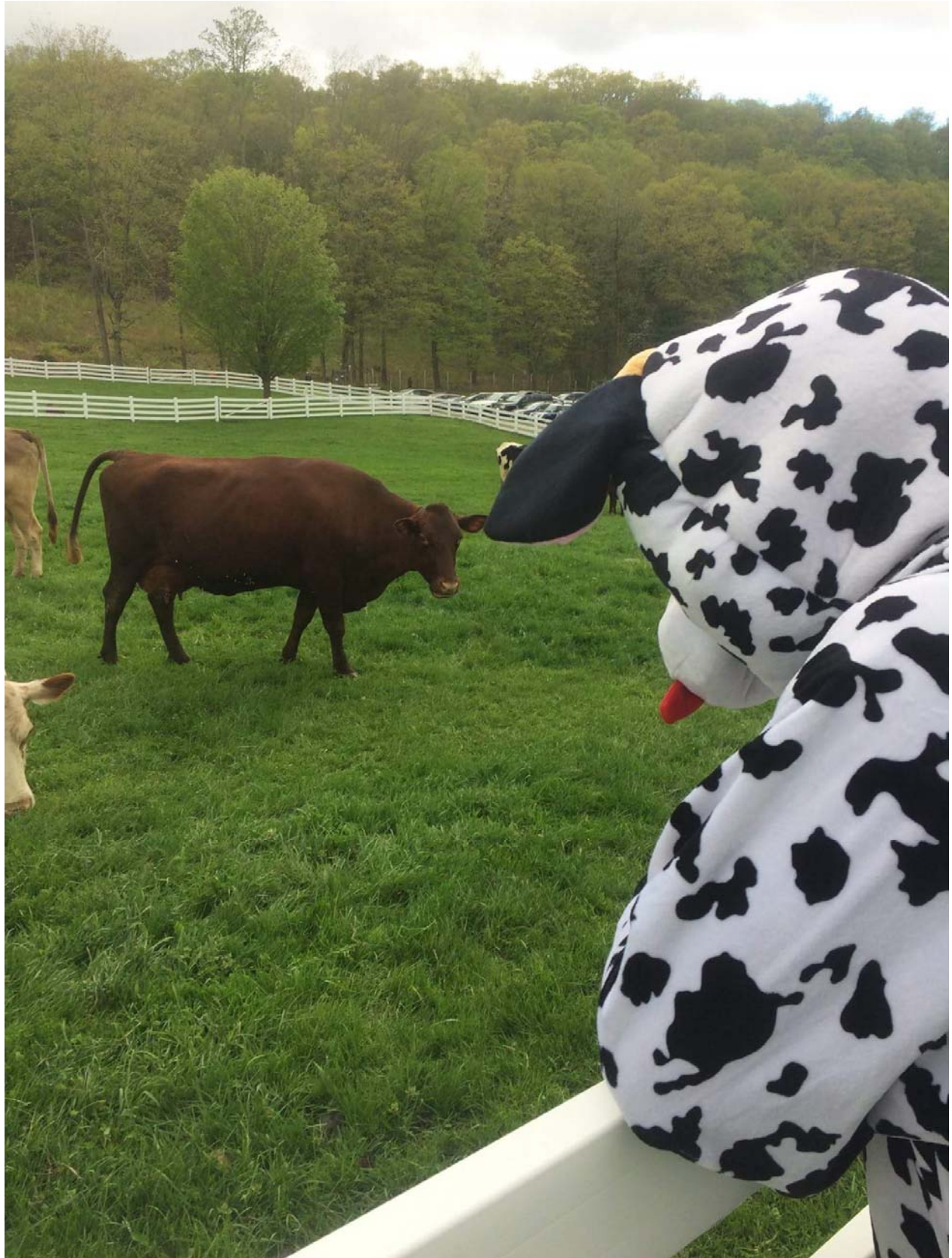


THE SCHWAG





THE CAMPBELL'S







































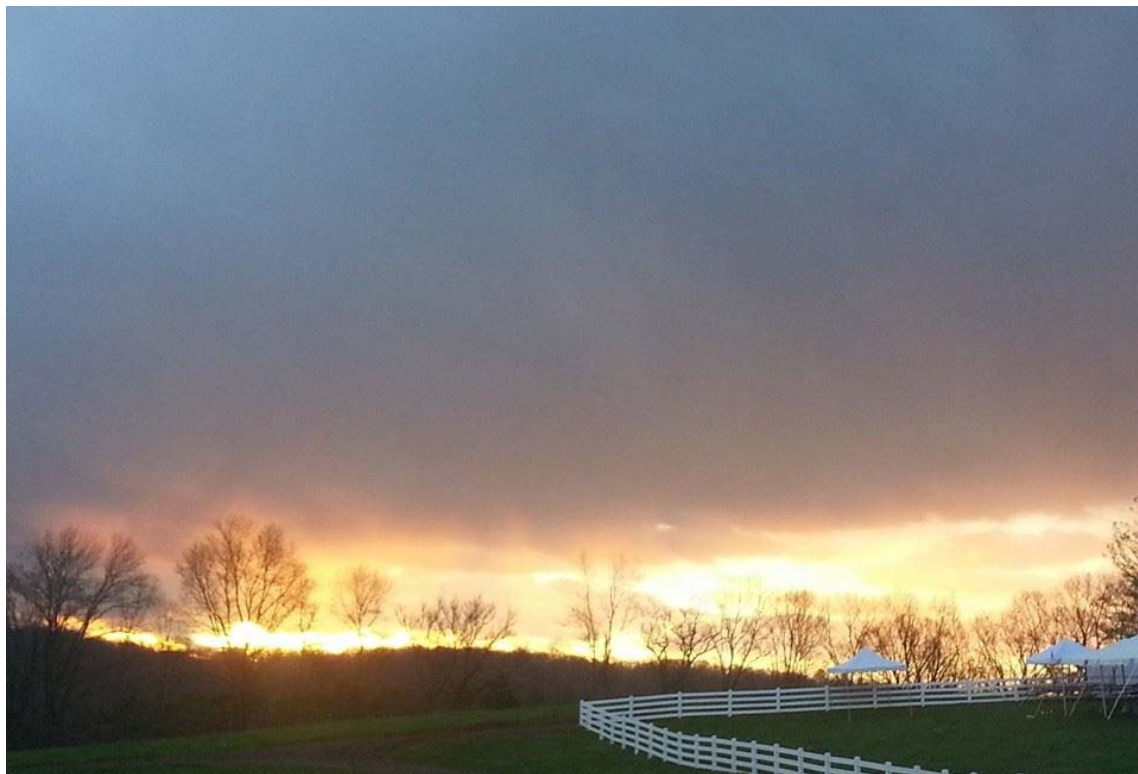


BILLY, PLEASE AT LEAST BREATH HEAVY!!



SIGNS GOING UP ON FRIDAY – GUINNESS NOT SHOWN





SHARON













ANNE & KEVIN THE COW



THERESA AND ROHIT – 2 OF OUR CHAMPIONS

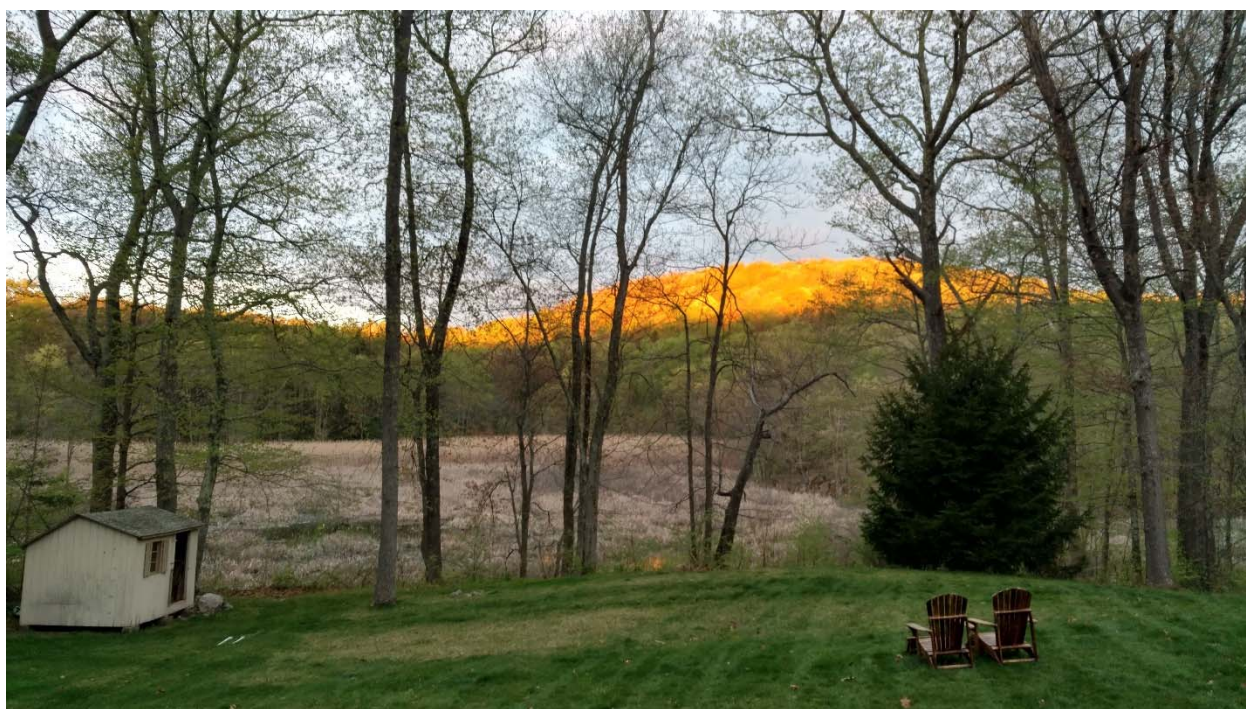








BAG STUFFING, ETC



WAKING UP AT 5AM ON SUNDAY



LISA WITH A RRR SHIRT IN RUNNER'S WORLDS MAGAZINE





Cheers,

John