



## **REDDING ROAD RACE NEWSLETTER**

**17 Volume 1**

**1/11/17**

Thanks again for selling the race out in record setting time. The 7 Miler sold out in 2 hours and the half in 7 hours, which is by far the quickest sellout ever! Some key registration stats:

**Average runner age:** 43.6

**Female/Male breakdown:** 61.7% female

**States represented:** 23: CO, CT, DE, DE, FL, IL, MA, MD, ME, MI, MN, NC, NH, NJ, NY, OH, PA, RI, SC, TN, TX, VA VT

**CT Towns represented:** 100 (out of 169 towns in CT)

**% of 2016 new runners** (runners who've never experienced the Redding hills): 27% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm

**Extra donations,** above registration fees: \$2,617, thank you so much!



## 1. SPECIAL GUEST AT THE RACE

We are pleased to announce that **Bill Rodgers** will be at the race once again this year. “Boston Billy,” former American record holder in the marathon, won the Boston Marathon and New York City Marathon a combined eight times and was inducted into the USA Track and Field Hall of Fame in 2000. Mr. Rodgers will be at the expo (May 6th) and race (May 7th) to greet runners and plans to partake in the 7 mile race. Secretly, I plan on running my first ever RRR race, running step for step with Bill (for the love of God, Billy, don’t get faster!!). Bills girlfriend Karen and brother Charlie are also scheduled to run the 7 miler.







Bill and Charlie's Great Grandfather, Daniel Malloy, was Mark Twain's Gardener. This is a picture of their mother, Kathryn, holding a dog-headed cane given to Daniel from Mr. Twain. Mark Twain's last residence was in Redding.

## [2. DOCUMENTARY](#)

The documentary is finished and available to view. Adam did a really good job with this and it will give you a good feel for the race.

<https://vimeo.com/196319204>

### **3. WHAT IS NEW POND FARM EDUCATION CENTER**

[\(http://www.newpondfarm.org/\)](http://www.newpondfarm.org/)

Exactly what is this not-for-profit that you are running for on May 4<sup>th</sup>? I will let their website tell the story in detail, but, it truly is a wonderful, multifaceted organization. It has over 5,000 school kid visits each year; astronomy classes, summer camps, Shakespeare plays, and caroling in the barn with the cows to name just a few of its activities. Oh yeah, they also have the best chocolate milk in the world!! Your registration fees and the monies we raise from our loyal sponsors help fund all these wonderful programs. I recommend checking out their website and if you are local, membership is very reasonable.

**New Pond Farm** is celebrating its 29<sup>th</sup> year as an environmental education center with a small working farm! Our mission is to *connect people with the land that enriches and sustains us all.*

Our beautiful 102-acre property is located in West Redding, CT. It was once the home of our founder, actress Carmen Mathews, and it is an outstanding outdoor classroom. We have a variety of habitats for our environmental programs including woodlands, wetlands, and pastures.

- Our Native American programs are enhanced by an authentically-recreated encampment.
- Our astronomy buildings are home to monthly astronomy programs as well as being the field station for Joel Barlow High School.
- Our vegetable and herb gardens are featured in our programs.
- Our farm programs take place in our barns, which house milking cows, sheep, chickens and roosters.
- Our barn-like Learning Center with its classroom and spacious meeting areas has been the site of art shows, adult lectures, barn dances, and more.

In 2007 New Pond Farm was designated a Connecticut Dairy Farm of Distinction, people visiting our Dairy Annex may purchase freshly pasteurized milk and yogurt.

In the summer we host a small and personal residential camp. During three ten-day sessions, we bring together children from the inner cities of Connecticut with children from the surrounding area. Together these youngsters, aged 8-12, from diverse socioeconomic backgrounds form friendships, develop an understanding and appreciation of one another as

individuals, and have a marvelous time discovering the many wonders of the farm.

We look forward to seeing you in our programs and we would welcome your support of this wonderful environmental center. Please contact us if you have any questions!



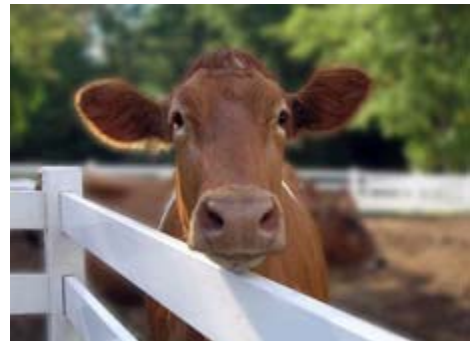
*Connecting people with the land  
that enriches and sustains us all.*

This mission statement is accomplished in a variety of ways.

Each year, using our outstanding outdoor classrooms, we bring students of all ages outside and offer hands-on environmental programs that focus on our habitats with their diverse flora and fauna. When people appreciate and understand the world around them, they become better stewards of their environment.

Our Shared Harvest and gardening programs directly connect participants with the land, its cycles and its bounty. Garden program participants learn how to establish, tend and harvest vegetable and herb gardens in their own backyard. Shared Harvest members are invited to work in our gardens and then share in the bounty throughout the growing season.

Our educational farm programs provide an important introduction to the key role farms play in our lives. Depending on their level, students meet and often work with our cows, sheep and chickens- learning their importance on the farm. Products from our farm animals such as milk and yogurt may be purchased in our Dairy Annex provide a direct connection of where certain types of food come from.



Our Native American programs, which take place on our woodland trails and our authentically recreated encampment, focus on the lifeways of the Eastern Woodland Indians that once inhabited these lands. Students learn how these native people survived using their knowledge of their environment and skills they developed and passed down through the generations.

Our Astronomy programs give participants a personal view of the Universe. As a wonderful complement to programs focusing on environmental awareness and

appreciation of life here on Earth, astronomy program participants observe the wonders of the cosmos first hand through optical telescopes. Participants also get to hear about the latest developments in the science of astronomy which provide clues to the mysteries of our own origins and those of our home planet.

4. **WRITERS WANTED-** I've received a couple of runner interest stories and promises for many more – so keep them coming in!! I thought it might also be cool to chronological one (or more) newbies stories. Meaning, if your first 7 miler or half marathon is on May 7th with us and would like to write a journal from now through race day to share with us all, please contact me.
5. **WAITING LIST -** I keep a small amount of registrations for New Pond Farm members and Reddingites who “forgot” to register by the sell-out date. If I don't use these, I give them to waiting list runners, so tell friends/family members to email me to get on the waiting list if they'd like. It's getting big although I just let in a handful from it recently.
6. **DEFERRALS** – Aren't allowed, but we're accommodating regarding bib transfers. Taken from the website:

**I registered but can't run the race, are deferrals allowed?**

Unfortunately deferrals aren't allowed because all the runner gifts are purchased ahead of time. We do allow for the transfer of the bib, up to a week prior to race day, if you know of someone who wants to run in your place (or go to our facebook site and discuss there). Most races charge a transfer fee, we will not, but the new runner will have to fill out a registration form.

**7. MIGHTY COW CHALLENGE – WHAT IS IT?**

The Mighty Cow Challenge is a 5k race (at 7:20am) followed by a short rest then the Half Marathon at 8:00am. The 5k race can be used as a warm up or you can race it, depending on your mood. I'm thinking, for the extra Mighty Cow gifts, that each participant this year will receive a cow tail, cow ears and a special Mighty Cow Coolmax t-shirt. If you are interested in “supersizing” your race,

contact me and I can get you signed up for an additional \$5, if currently registered for the half, \$20 if currently registered for the 7 Miler.

#### 8. [HOTELS/B&B](http://www.reddingroadrace.com/general-info/lodging.htm) (<http://www.reddingroadrace.com/general-info/lodging.htm>)

La Quinta Inn & Suites in Danbury (5 miles away or so from New Pond Farm) is our host hotel and is offering a late checkout, a complimentary breakfast and a special race rate of \$89. It's rated the #1 hotel in Danbury by Trip Advisor. I've also listed some other nearby hotels in the link above. I would recommend making the reservation by calling them and saying you're with the Redding Road Race Group, to make sure you get the \$89 rate. This is the info I received from them:

La Quinta Inn & Suites in Danbury, CT (approx. 5 miles away from New Pond Farm) has been chosen as our **HOST HOTEL** for this event. They are **top ranked on Trip Advisor** and are offering a discounted rate of **\$89.00** plus tax per night when you mention "Redding Road Race." They will also be extending this special rate a day prior and after the event. Enjoy their **FREE Continental Brightside** Breakfast each morning and grab a bite at **Outback Steakhouse** located in the hotel. For those staying for the race, they are offering a **FREE PASTA meal** to help you carb up the day before the event! This includes: salad, pasta, rolls, and unlimited water. (1 meal ticket per room) For reservations, call 203-798-1200 and ask for the "Redding Road Race rate." Be sure to request a late checkout if necessary!

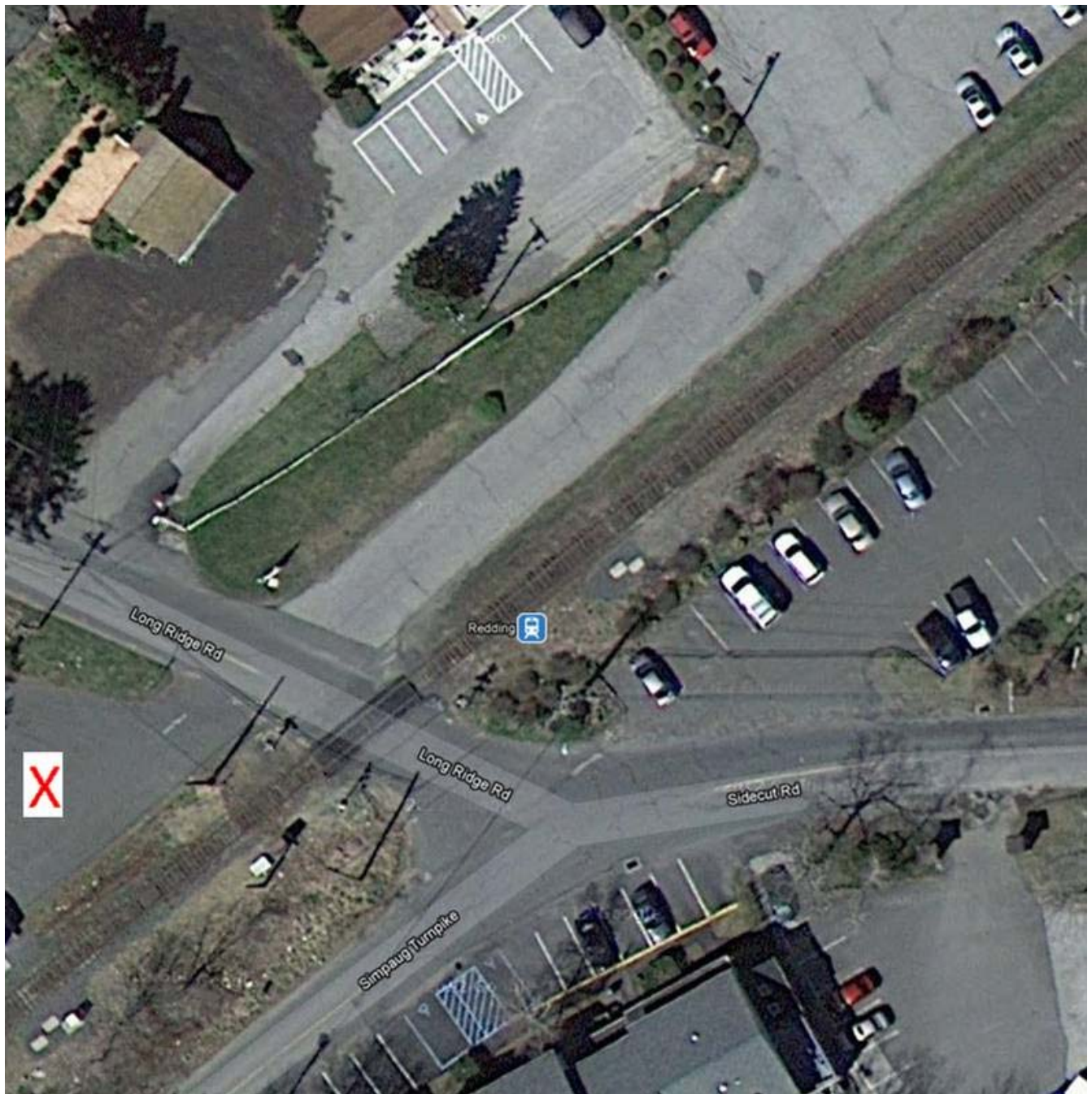
#### 9. [REDDING RUNNING CLUB](#)

For local runners who want to occasionally (or more than occasionally) run with other people, the Redding Running Club was formed after the 2012 race and has grown very quickly. We run twice every weekend (typically starting by Metro North – see the **X**) and it has gotten a bunch of us in the best shape of our lives (can't sleep in on weekends when runners are waiting for you!!). Our typical runs are around 6 or 7 miles but we go longer when in marathon training mode. The routes can also be shortened for those who don't want to run the full distance. The club is free and very low key –show up whenever you want. We travel together for



races, etc.... Email me if you want to be put on the distribution list. As we get closer to the race, we'll have a 7 mile preview run and a half marathon preview run for runners who would like to preview the course.

**Typical RRC (Redding Running Club) Meeting Location (near mile 2 of the races)**





Our Club Shirts

## 10. 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!!!



## **11. RACE SPOTLIGHT – SWEETHEART RUN**

I'll start it off with one of my favorite runs - The Bob & Peg Andrulis Memorial "Sweetheart" 5 mile run.

**<http://thecommunitycenter.org/event.php?id=4474>**

This 5 mile run in charming Litchfield, CT is worth the hour+ drive from Redding CT. The course is relatively flat, given Litchfield standards, the after race food spread is spectacular and the “homey” feel to the race is not something that is easy to find.

PLEASE NOTE: LCC will be closed for the holiday Monday Jan. 16, 2017



## 15th Annual Bob & Peg Andrulis Memorial "Sweetheart Run/Walk"

*Saturday, Feb 11, 2017*  
11:00 am - 3:00 pm

Location:

Cost: See Description



5 MILE RUN ~ 3 MILE WALK

\*FAST TRACK COMPUTERIZED TIMING SYSTEM \*

\*\*NEW USATF CERTIFIED 5 MILE COURSE #CT13035JHP\*\*

START & FINISH LITCHFIELD COMMUNITY CENTER

COURSE IS OF VARIED TERRAIN

PRE-REGISTRATION:

\*\$25.00 \*\$10 CHILDREN (10 & UNDER) \*80 & OLDER FREE!

\*\$30 AFTER 2/09/17 and Day of Race

PROCEEDS TO BENEFIT LITCHFIELD COMMUNITY CENTER

T-shirts, "goodie bags", great refreshments and age division prizes

WALKERS OF ALL AGES WELCOME TO JOIN IN THE FUN!

\*\*TO PRE-REGISTER PLEASE GO TO FAST TRACK TIMING:

## **12. SPONSOR FOCUS – GONEFORARUN.COM – OUR LEAD SPONSOR**



**<http://www.goneforarun.com/Default.asp>**

ChalkTalkSPORTS.com/ GoneForaRun

It all began in a garage in Redding, CT with a few t-shirt designs and a lot of determination to get her fledging company ChalkTalkSPORTS.com off the ground. Fast forward a few years and now Julie Lynn along with her husband Tom and sons Ryan & Chris employ over 30 people in South Norwalk where they design, manufacture and market the apparel and gift products for their 3 e-commerce websites, ChalkTalkSPORTS.com, GoneForaRun.com and LuLaLax.com.

ChalkTalkSPORTS.com features apparel and gifts for over 20 team sports. Whether it's one of ChalkTalk's Lacrosse tees, a personalized hockey puck or custom soccer room sign, it is a unique gift that celebrates the sport the entire family embraces.

GoneForaRun.com offers a large assortment of unique apparel and gifts for runners. For Julie, being an avid runner herself, inspiration for new running gift



products comes fairly easy. The running gifts designed by GoneForaRun have been featured in Runners World, Self Magazine, Family Circle & Competitor Magazine to name a few.

Both, ChalkTalkSPORTS.com and GoneForaRun.com's commitment to sports extends by sharing the gift of playing a sport through their 'Let's Play Sports' and 'Run With Us' community outreach programs. These programs donate to organizations that foster the development of sport programs for the less fortunate.

### **13. SPONSORS/VOLUNTEERS WANTED**

If anybody has a business that would like to be a Mile Marker Sponsor, contact me. Our sponsors are awesome and help us raise a lot of money for the farm. Families can also be Mile Marker Sponsors. Information is located here:

**<http://www.reddingroadrace.com/sponsorship-opportunities.htm>**

Likewise, we're always looking for volunteers. Please email me if you or any friends or family would like to volunteer.

**OWN AN AID STATION –** Do you want a way to run the RRR for life, for free? I'm looking for 2 or so more runners who want to "own an Aid Station." This entails rounding up 4 or more volunteers to take over an Aid Station. I already have 2 runners who have claimed tables, Sue and Sean, and am looking for two more. I will rebate back your entry fee for this year and you run free every subsequent year that you continue getting volunteers for your aid station. Email me if interested.

### **ROSTER**

Here is our current rosters in alphabetical order. Please email me if anything needs changing. If it indicates a bib # for you, you got your requested bib #. If you have no bib # either; you didn't request one, somebody else grabbed yours first, or you requested a number out of the range. Available bib #'s are shown after the roster, if you'd like to choose one. Numbers in Red are unavailable. Note: You don't need to choose one. If the # doesn't matter to you, it will be assigned to you randomly.

First	Last	Race	Sex	Name On Bib	Bib #	Early Start?	Shirt Size
Evan	Abrams	7 Miler	M	Evan			UL
Lauren	Abrams	7 Miler	F	Lauren			UM
irina	acsinte	Half	F	irina			WL
Laurie	adams	7 Miler	F	Laurie Adams			US
sarah	adams	Half	F	sarah		YES	WL
Jill	Adrian	Half	F	Jill Rae	611	YES	WL
Dominique	Agnes	Half	M	Domia	42	YES	UL
Brendan	Ahern	Half	M	Brendan			UL
Katie	Ahern	Half	F	Kate			US
Kerri	Ahern	Mighty	F	Kerri			WM
Christopher	Ahlberg	Mighty	M	Chris	52		UL
Patrick	Alarcon	Half	M	Paddy		YES	U2XL
Emily	Albarillo	Half	F	Embily			WS
Luke	Albrecht	Mighty	M	LUKE	213		UL
Ines	Allen	Half	F	Ines			WM
Treb	Allen	Half	M	Treb			UM
Ellen	Alpert	7 Miler	F	Ellen			UM
Vanessa	Alward	7 Miler	F	Vanessa			WM
Jennifer	Amend	Mighty	F	Jen			WM
Jeanne	Ammermuller	7 Miler	F	Honey Do Acres			WL
Laura	Amodeo	7 Miler	F	Laura			UM
Joe	Amuso	Half	M	Joe	222		UL
Meredith	Anand	Half	F	Meredith			WS
Rebecca	Anderson-Furlong	Half	F	Sprout	257		UL
Walter	Andersons	Mighty	F	WALTER			UM
Stephen	Apy	Mighty	M	Twin dad			UM
Dottie	Areson	Half	F	Dottie Bear			WM
Christine	Argueta	7 Miler	F	Christine			WS
Daphna	Arm	7 Miler	F	Daphna	814		WM
Isaak	Aronson	Half	M	Isaak			UL
Jason	Atkins	7 Miler	M	Jason			UM
Amelia	Audette	Half	F	Amelia			WS
Alice	Avery	Half	F	ALICE	66		US
Robert	Azud	Half	M	Bob			UL
Daniel	Bachert	Half	M	Daniel			UL
Barbara	Baker	7 Miler	F	Barb			WS
Carolyn	Baker	7 Miler	F	Carolyn			WXL
John	Baker	7 Miler	M	John			UL
Sophia	Baker	Piglet	F	Sophia	1116		YS
Carlos	Baldoz	Mighty	M	Carlos	118		UM
Keith	Baldwin	Half	M	Keith	94		UL
Rachael	Balinski	7 Miler	F	Rachael	909		US
Caitlin	Balint	7 Miler	F	Caitlin			WS
Reagan	Balint	Piglet	F	Reagan			YS
John	Ball	7 Miler	M	John "Hacker" Ball			U2XL
Roe	Ball	7 Miler	F	Roe Ball			WL

Alexander	Baneat	Piglet	M	Alex		YM
Michael	Baneat	Half	M	Michael	307	UM
Susan	Bard	Half	F	Susan		WM
James	Barickman	Half	M	Jamie		UL
Shea	Barickman	Half	F	Shea		WS
Nancy	Barlow	Half	F	Nancy	526	WM
Brigid	Barnes	7 Miler	F	Brigid		WM
Joy	Barrese	7 Miler	F	Joy	813	WL
Nancy	Barthold	7 Miler	F	Nancy		WXL
Laura	Battisti	7 Miler	F	Laura	888	WL
Julia	Bauer	7 Miler	F	Jules		US
Robert	Bazata	Half	M	Bob		UL
Ryan	Beaudry	7 Miler	M	Ryan		UM
Kate	Beck	7 Miler	F	Kate		WM
Stefan	Beck	7 Miler	M	Stefan		UXL
Seana	Bedard	Half	F	Seana	23	WL
Blake	Bedoukian	Piglet	M	Blake	1111	YS
Cole	Bedoukian	Piglet	M	Cole	1112	YS
Matt	Bedoukian	Half	M	Matt	6	UM
Bill	Begg	Half	M	Vinny kid		UL
Erin	Begg	Half	F	Lizzy		WM
Leah	Begg	Half	F	Lee Lee		WM
Michelle	Behr	Half	F	MB		WS
Ronnie	Behringer	Half	F	Ronnie		WM
Stephanie	Bell	7 Miler	F	Stephanie		WS
Allison	Bellemare	Half	F	Allison		WM
Jeffrey	Bellemare	Half	M	Jeff		UXL
Eileen	Bellmay	Mighty	F	Eileen		UM
Karen	Bellmay	Mighty	F	Karen		WS
Steven	Benardete	Half	M	Steve		UM
Blake	Benke	Half	M	Blake		UM
Diane	Benke	7 Miler	F	Diane		WS
Cory	Benson	7 Miler	F	Cory		WS
Krista	Benson	Half	F	Krista		WS
Kristin	Benson	Half	F	Kristin	YES	WS
STEPHANIE	BENTON	7 Miler	F	Clara's Daughter	1022	WL
Page	Berger	Half	F	Page		WM
Stephen	Berger	Half	M	Stephen		UL
Kimberly	Berry	7 Miler	F	Kim		WXL
Tara	Berwick	7 Miler	F	Tara		UL
Adam	Betz	Half	M	Adam	YES	UXL
Amy	Betz	Half	F	Amy	333	YES
Callie	Betz	Half	F	Callie	YES	UXL
Marilyn	Biedrycki	Mighty	F	Marilyn		WM
Katy	Binder	Half	F	Katy		WM
Mike	Bingle	Half	M	Mike		U2XL
Ann	Bishop	Half	F	DeNovo		WS
Lauryn	Blakesley	Half	F	Lauryn		US

Deborah	Blanchard	7 Miler	F	Debbie\$		UM
Adam	Blank	Half	M	AJ		UL
Kari	Bley	7 Miler	F	Kari		YM
Justine	Block	7 Miler	F	Justine	1003	WM
Max	Block	7 Miler	M	Max		UM
Teren	Block	Half	F	T		WS
Barry	Blumenfield	Half	M	Barry	50	UM
Jodi	Blumenfield	Half	F	Jodi	MAYBE	WM
Arthur	Bodek	Mighty	M	Arthur		UXL
Adam	Bomberger	Half	M	Adam		UL
Brian	Bomberger	Half	M	Brian	82 YES	UL
Grant	Borgelt	Half	M	Grant		UL
Jill	Bornstein	Half	F	Jill		WM
Amber	Borofsky	7 Miler	F	Amber	805	WS
Jeffrey	Borofsky	7 Miler	M	Jeff		UM
Sydney	Borofsky	7 Miler	F	Squidney		YL
Brad	Bottger	7 Miler	M	Brad		UM
Emily	Boucher	Half	F	Emily		US
Eric	Boucher	Half	F	Eric		UM
Irene	Boyle	7 Miler	F	Irene		WS
Thea	Boyle	Half	F	Thea	15	UM
Brenna	Breeding	Half	F	Brenna	519	US
Evan	Breeding	Half	M	Evan		UL
Jim	Bremner	7 Miler	M	Jim		UL
Keelin	Bremner	7 Miler	F	Keelin		YL
Maeve	Bremner	7 Miler	F	Maeve		WM
Kirby	Brendsel	7 Miler	M	Kirby		UM
Jennifer	Brightman	Half	F	Jennifer	321	WM
Rebecca	Brindley	7 Miler	F	Rebecca		UM
Sam	Brindley	7 Miler	M	Sam		UM
Kimberly	Brinton	7 Miler	F	Dr Kim		WM
Kevin	Briody	7 Miler	M	Op Top	1004	UL
Laurence	Briody	7 Miler	M	La Kid	1006	UL
Lynne	Briody	7 Miler	F	Lynnie		WM
Lisa	Brody	Mighty	F	Lisa		WM
Michael	Brokaw	Mighty	M	Mike		UL
TAMMY	Brower	7 Miler	F	Tammy		WM
Barbara	Brown	Half	F	Barbara	YES	UXL
David	Brown	Half	M	DBrown	190	UM
Jeanne	Brunet	7 Miler	F	Jeanne		WM
Anthony	Buonicore	7 Miler	M	LewCow		UL
Brooke	Burdeshaw	Piglet	F	Brookie		YS
Dylan	Burdeshaw	Piglet	M	Dylan		YS
Jeffery	Burdeshaw	Mighty	M	Jeff		UL
Joanna	Burgess	Half	F	Joanna		UM
Jennifer	Burke	7 Miler	F	Jenny		WS
Jonathan	Burke	Half	M	JB	90	UM
Kelly	Burns Gallagher	Half	F	Kelly	228	WL



Christina	Butler	7 Miler	F	Christina	1014	WS
Paul	Butler	7 Miler	M	Paul		UL
Paul	Buttress	7 Miler	M	Not last		UXL
Dan	Butzbaugh	Half	M	Dan	YES	UXL
Angela	Caes	7 Miler	F	Angela	987	WS
Justin	Cahill	7 Miler	M	Justin		UL
Stephanie	Cahill	7 Miler	F	Stephanie		WM
Michael	Caldwell	7 Miler	M	Mike		UM
Mollie	Calzone	Half	F	Molzone	129	WM
Wendy	Calzone	Half	F	Mama Orca	285	WM
Christine	Campasano	Half	F	Christine		US
jim	campasano	Half	M	Jim		UL
Ben	Campbell	7 Miler	M	Liz's Dad		UL
Elizabeth	Campbell	Half	F	Liz	105	WM
Theresa	Campbell	7 Miler	F	T	1025	WM
Daniel	Capodicci	Half	M	Dan		UL
Don	Capone	Half	F	don		UM
Andrew	Capozza	Piglet	M	Andrew	1110	YS
Grace	Capozza	Piglet	F	Gracie	1102	YS
Ryan	Capozza	Piglet	M	Ryan	1103	YS
Scott	Capozza	7 Miler	M	Scott		US
CC	Cappello	Mighty	F	CC		WS
Dave	Cappello	Mighty	M	Dave		UL
Sarah	Caputo	Half	F	Sarah		WS
Teri	Carilli	Mighty	F	Teri		WL
Paul	Carpenter	7 Miler	M	Paul C	899	UXL
Ward	Carpenter	Half	M	Ward		UL
Tyler	Carr	Half	M	Tyler	529	UL
Cristina	Carvalho	7 Miler	F	Cristina		WM
Mark	Castiglione	7 Miler	M	MJC	903	UXL
Henry	Cavillones	7 Miler	M	BIG POPPA		U2XL
Reka	Cebulski	7 Miler	F	Reka	963	WL
roman	Cebulski	Half	M	Roman		UL
Jennifer	Chabus	Half	F	Chabus	YES	WXL
Eli	Chamberlain	Half	M	Eli		US
Salena	Chatman	Half	F	Salena		WM
Anthony	Chiaverini	Half	M	Anthony		UM
Rebecca	Chirevas	Half	F	Rebecca	508 YES	WM
Susan	Christoffersen	7 Miler	F	Susan		WM
Nardy	Chung	Mighty	M	NARDY	203	UM
Michael	Ciardullo	Half	M	Mike	7	UXL
Sally Ann	Ciarlo	7 Miler	F	Sally Ann		WM
Anelise	Cimino	Mighty	F	Anelise		WS
Thomas	Claire	Half	M	TOM	17	UXL
Sarah	Clark	7 Miler	F	Sarah		WL
Stacy	Clark	Half	F	Stacy		WM
Tim	Clark	7 Miler	M	Timmy		UL
deirdre	clyne	Half	F	Deirdre		UM

Chrissy	Colsey	7 Miler	F	Chrissy		UM
Charlie	Condosta	7 Miler	M	Charlie		UXL
Sarah	Conklin Zimmerman	Half	F	Sarah	48	WM
Sean	Connelly	Half	M	CRUSH		UXL
Lauren	Contorno	Mighty	F	Legal Midget	609	WM
Greg	Conyers	Half	M	Zup		UM
Christine	Cook	Half	F	Christine	104	WL
Kimberly	Cooke	Half	F	Cookie	YES	UM
Scott	Cooney	Half	M	Scott		UL
Miriam	Cope	Half	F	MIRIAM	88	WM
Steven	Coppock	7 Miler	M	Steve	919	UL
john	coppola	Half	M	John		UM
James	Corbiere	Half	M	Corbs	200	UXL
Tori	Cornish	7 Miler	F	Tori		WL
Amy	Corr	Half	F	Amy	419	WM
Nelson	Costa Jr	Half	M	Coyote		UL
Susi	Costello	7 Miler	F	Sue		WM
Kristen	Coupland	Half	F	Kristen		WM
Carolyn	Couture	7 Miler	F	Carolyn		WM
Genevieve	Coyle	Half	F	Genevieve	22 YES	WM
Donna	CRAMOND	Half	F	Kids Race Lady		UXL
Jessica	Creaco	Mighty	F	Jessica		WS
Lori	Crenshaw	Half	F	Lori		WS
Shane	Crenshaw	7 Miler	M	Shane		UM
Thomas	Cronin	Mighty	M	Tom		UL
Christina	Cumberton	7 Miler	F	Christina		WM
Anda	Cummings	Half	F	Anda	620	US
Eileen	Curran	7 Miler	F	Eileen		WXL
Paul	Cusumano	Half	M	Paul		UL
isaac	cymrot	Half	M	Isaac		UXL
Jackie	Cyphers	Half	F	Jax	27	UM
Lori	Czajkowski	Half	F	Lori		US
Cassandra	Dahms	Half	F	Cassi		UL
melissa	daiello	Half	F	Melly		WS
Brittany	Dalling	Half	F	Brittany	239	WS
Chris	Dam	Half	M	Cris	227 YES	UXL
Susan	Dam	Half	F	Susan		WS
Robin	Damato	7 Miler	F	Robin	829	UL
William	Damm	7 Miler	M	Bill	1029	UL
Rachel	D'Antonio	7 Miler	F	Rachel		UM
Tracy	Darmofal	Mighty	F	Tracy		UM
Rebecca	Darst	Mighty	F	World Peace		UM
Anupreeta	Das	7 Miler	F	Preeta		US
William	Davenport	Half	M	BILL	63	UL
Susan	David	Half	F	Mrs. T		WM
Gary	De Brito	7 Miler	M	Gary		UM
Jerry	De La Rosa	7 Miler	M	Jerry	962	UXL
Mimi	De La Rosa	7 Miler	F	Mimi	960	WM

Day	De Rosa	Half	M	Day	262	UL
Cynthia	Degiolamo	7 Miler	F	Cindy		WM
Rick	Deitch	Half	M	The Earl of Mango		UL
Shannon	DeLeon	Half	F	Shan		WS
Kristen	Delgado	Half	F	Kristen		UM
Karen	Delia	Half	F	Karen	YES	WL
Mark	DeLieto	Half	M	Mark		UXL
Matthew	DeMaio	Half	M	Hollywood		UL
Dawn	DeMauro	Half	F	Dawn		US
Chris	Deming	Half	M	Chris	666	UXL
Lorenzo	DeNino	7 Miler	M	Lorenzo		UL
Behrad	Derakhshan	Mighty	M	Behrad		US
Diana	Derivan	Half	F	Diana	101	WS
Elizabeth	DeRose	Half	F	Elizabeth		WS
Kristen	DeYoung	7 Miler	F	Pangilinan	1030	US
Marcela	Di Blasi	Half	F	Marcela		WM
Danielle	DiBella	7 Miler	F	Danielle		WM
Marissa	DiBella	Half	F	Marissa		WM
Aili	DiBonaventura	Half	F	Smiley		WS
Melissa	DiLauro	7 Miler	F	melissa		WL
Elaine	Dill	Half	F	CIS		WS
Timothy	Dillane	Mighty	M	Tim	480	UL
leah	dillman	7 Miler	F	Irun4Emily		WM
Jessie	Dillon	7 Miler	F	Jessie		UM
Jackie	DiMeglio	Mighty	F	Jax	327	WS
Mary	DiSimone	7 Miler	F	Mary		WS
Mary Ellen	Dombrowski	7 Miler	F	Mary Ellen		WS
Thomas	Donato	Half	M	Tom	108	UM
Laura	Donnelly	7 Miler	F	Laura		US
Eliza	Doolittle	7 Miler	F	Eliza	864	WM
Sharon	D'Orso	Half	F	Sharon		WM
Stephanie	D'Orso	Half	F	Steffie		WS
Kelley	Douglass	7 Miler	F	showing up is half		WM
Stephanie	Douglass	Half	F	Stephanie	122	WS
Summer	Downey	Half	F	Summer		WS
Todd	Doyle	Half	M	4MESR		UM
Nancy	Driscoll	Half	F	Nancy	470	WM
Cathy ann	Drury	7 Miler	F	Cathy		WM
Nathan	Dudley	Mighty	M	Nate		UM
Kate	Duggan	Piglet	F	Kate		US
Maeve	Duggan	Piglet	F	Maeve		US
Allen	Durden	Half	M	Duff		U2XL
Michael	DuVally	Half	M	Duv	53	UM
Daniel	Dykas	Half	M	Dan		UM
catherine	east	Half	F	Murph	YES	WL
Gina	Ebbeling	7 Miler	M	Gina	816	WM
Allison	Ebrahimi Gold	Half	F	Allison		WS
Amanda	Edwards	Half	F	Amanda	363	WM

Karl	Eilers	Half	M	KingKarl	69	YES	UL
Ken	Essex	Half	M	Ken		YES	UXL
Kristen	Essex	Half	F	Kristen		YES	WM
Melissa	Fabuien	Half	F	Melissa	610		WL
Jeannine	Fagan	Half	F	Jeannine			WM
Jon	Fagan	Half	M	Jon	637		UXL
Shannon	Faircloth	7 Miler	F	Shannon			US
Lori	Falcone	Half	F	Lori	341	YES	US
Karin	Fallon	7 Miler	F	Karin			US
Nicky	Federici	7 Miler	F	Nicky			WS
Renee	Feldman	7 Miler	F	Renee			WM
rich	ferguson	7 Miler	M	RWF	927		UL
Julia	Ferreira	7 Miler	F	Julie			WM
Faith	Ficarra	7 Miler	F	Faith			WM
Kaley	Finegan	7 Miler	F	Kaley			UM
Daria	Fisher	7 Miler	F	Daria			WL
Arthur	Fitts	Half	M	Art	313	YES	UL
Julia	Flanagan	Half	F	Julia			WM
Chloe	Flatt	Piglet	F	Chloe			YL
Kelly	Flatt	Half	F	Kelly			WM
Lilly	Flatt	Piglet	F	Lilly			YM
Olivia	Flatt	Piglet	F	Olivia			YL
Sophia	Flatt	Piglet	F	Sophia			YL
Adam	Fleisher	Half	M	CT Runner			UM
Miles	Fleisher12	Half	M	Miles			UM
Catherine	Flood	Half	F	Catherine		YES	WM
Lilah	Fones	Mighty	F	Lilah			WM
Marcey	Forgione	7 Miler	F	Marcey			WL
Julie Anne	Fossi	Mighty	F	Julie	218		WS
Noah	Foster	Half	M	Noah	30		UL
Rachel	Fox	Half	F	Rachel	245	YES	WM
Michelle	Foye	7 Miler	F	Foye			WS
Natasha	Friedman	Mighty	F	Natasha			US
Carrie	Friend	Half	F	CARRIE		YES	WXL
Manaia	Friend	Half	F	Manaia	60	YES	WM
Karla	Frisenda	Half	F	Karla	630		WL
Ed	Fung	Half	M	Ed			UM
Stephanie	Gagliardi	Half	F	Steph	510		WM
Ken	Gaglione	7 Miler	M	Ken	912		UM
Patricia	Gaglione	7 Miler	F	Pat			WM
Nina	Gagnon	Half	F	Nina	314	MAYBE	WM
anne	gannon	7 Miler	F	Gannon			US
Megan	Garcia	Half	F	MEGAN			WM
Deanna	Gaudreau	Half	F	Deanna			WM
Sharon	Gawe	Half	F	Sharon	412		WM
Callum	Gemelli	Piglet	M	Callum			YM
Nick	Gemelli	Half	M	Nick		YES	UXL
Patrick	Gerbracht	7 Miler	M	Patrick	856		UM



Michael	Gerwien	Mighty	M	Michael	400	UL
Julia	Gibson	Half	F	Julia	520	UM
Karen	Gillespie	7 Miler	F	Karen	2	WS
Joseph	Gimigliano	7 Miler	M	Gimigs		UL
Beth	Ginand	Half	F	Beth	530	WS
Paula	Ginter	Half	F	Paula		WL
Angelo	Giordano	Half	M	Angelo	369	UM
Christina	Girard	Mighty	F	Christina		WS
Claire	Gladstone	Mighty	F	Claire Bear		WM
Sarah	Goguen	7 Miler	F	Sarah	828	UM
Robert	Goldfarb	Half	M	Buttah		UM
Irve	Goldman	Half	F	Irve		UM
Michelle	Goldstein	Half	F	Michelle	YES	UM
Margaret	Gomez	7 Miler	F	Maggie		WM
Elizabeth	Goodwin	Half	F	Lizzie		WM
Lyndsey	Gore	Half	F	Lyndsey	YES	WS
Ciara	Gorglione	Half	F	CIARA		WM
Bruce	Goulart	Mighty	M	Bruce		UM
Maria	Grabowski	Half	F	Maria	YES	UM
McLain	Granger	Half	M	Mac		UL
Carrie	Gray	Mighty	F	Carrie		WM
Jacob	Gray	Mighty	M	Jacob		UL
Stuart	Green	7 Miler	M	STUMAN		UXL
Jamie	Grennan	Half	F	Jamie		WM
Sam	Grenus	Half	F	Sam	28	US
Kirsten	Grind	7 Miler	F	Kirsten	998	WS
Gregory	Gross	7 Miler	M	Greg		UXL
Polly	Grzegorzcyk	Half	F	Polly	YES	US
Edna	Guevarra	Half	F	Edna		WS
Ali	Haffner	Half	F	Ali		WM
Jennifer	Haley	Half	F	Jenna		WM
carrie	hall	Half	F	Carrie		WM
Jeanne	Halloran	Half	F	Jeanne		WS
David	Hambleton	7 Miler	M	Farmer Dave		UL
John	Hambleton	7 Miler	M	John		UM
Crystal	Hancock	Half	F	Crash		WS
Jason	Hanna	7 Miler	M	Jason		UL
Jessica	Hanna	7 Miler	F	Jessie		WM
David	Hansen	Half	M	Dave	335	UL
Belinda	Hanson	Half	F	Taco #2		WL
Donna	Hanson	7 Miler	F	Donna	844	US
William	Harnett	Half	M	Will		UM
Alexander	Harris	Half	M	Alex		UM
Joanne	Hasko	Half	F	Jo		UM
Megan	Hauck	Half	F	Megs		US
Will	Hauser	Mighty	M	Wilma		UL
Katherine	Havard	7 Miler	F	KHavs	818	US
Thomas	Havard	7 Miler	M	Thomas		UL

MARY BETH	HAWKINS	Half	F	MARY BETH			WM
Kimberly	Hawks	7 Miler	F	Kim			UL
Beth	Haydiu	7 Miler	F	Beth			WM
Diane	Hayes	Half	F	Diane			WM
Tom	Hayes	Half	M	TOM			UL
Hildie	Heck	Mighty	F	Hildie			WS
anna	henschel	Half	F	ANNA	83		WS
geoffrey	henschel	Half	M	GEOFF			UL
olga	herrera	7 Miler	F	olga			WL
Rick	Heyman	Half	M	Rick	18		UL
Betsy	Higgins	7 Miler	F	Betsy			US
Morgan	Hill	Half	M	Morgan			UL
Kim	Hillyer	Half	F	Kim			WXL
Paul	Hirsch	7 Miler	M	Paul	875		UM
Jessica	Hitchcock	Mighty	F	Jess			WS
Mathias	Hitchcock	Mighty	M	Mathias			UL
Finn	Hoath	Piglet	M	Super Hero Finn			YS
Jan	Hoath	Mighty	F	Jan	111		WS
Tilly	Hoath	Piglet	F	Super Hero Tilly			YM
Kristen	Hoban	Half	F	Kristen	511		WM
Peter	Hofmann	Mighty	M	Peter			UM
Megan	Holbert	Half	F	Meg	513		WM
Alicia Joy	Hollopeter	7 Miler	F	AJ	1010		WL
Andrew	Hollopeter	7 Miler	M	Andrew			UM
Clementine	Hollopeter	7 Miler	F	Clementine			WS
William	Hollopeter	7 Miler	M	Bill	921		UM
Adrienne	Holmes	7 Miler	F	AJ			WS
Jason	Holmes	7 Miler	M	Jason			UL
Lori	Hongach	Half	F	lori			UM
Ellen	Hoo	Half	F	Ellie	229	YES	WXL
Ronald	Hooker	7 Miler	M	Ron			UM
Zachary	Hoover	Half	M	Hoover	113	YES	UL
Erin	Horbach	Half	F	Erin	323		WM
Toni	Hoverkamp	Half	F	Toni			WS
Jason	Howard	Half	M	Bumpa			UL
Mandy	Howell McDonnell	Half	F	Mandy			WS
Kris	Hunt	Half	F	Kris 8	8		WM
Bill	Hunter	Half	M	Willdog	4		UL
Meghan	Hurley	Half	F	Meghan			WL
Larry	Ikard	Half	M	Crazy Larry			UM
KANAKO	ITANO-MALSTROM	Half	F	KANAKO	226		US
Karen	Iveson	Half	F	Karen			WM
Eryn	Ivey	Half	F	Eryn			WM
Lauren	Jacobi	7 Miler	F	Citizen Mango			WS
Michael	Jakubowski	7 Miler	M	Mike J			UXL
Chris	James	Half	M	Chris		YES	UL
Sarah	James	Half	F	Sarah	224	YES	WM
Ailene	Janeczek	Half	F	Leeners	337		WL

Maureen	Jansen	7 Miler	F	Reenee		WL
Tricia	Jansen	7 Miler	F	Trish		WS
Dawn	Jenci	Half	F	Toots		WL
Lorilee	Jeppesen	7 Miler	F	Lori		WL
Tricia	Jezierny	7 Miler	F	Tricia		UM
Carla	Johnson	7 Miler	F	Carla		WM
Lindsey	Johnston	7 Miler	F	Lindsey	923	WL
Debra	Jones	7 Miler	F	Deb		UXL
Rosemary	Jones	Half	F	RoJO		WM
Anca	Jordan	Half	F	Anca		WL
Anca V	Jordan	Piglet	F	Ancuta		YM
Mary	Jordan	Piglet	F	Mary		YM
Owen	Jordan	Half	M	Owen		UL
Russel	Joseph	Half	M	Russel	YES	UM
maggie	joyce	7 Miler	M	Maggie	850	UL
Jennifer	Joynt	7 Miler	F	Joynt	929	WM
Frank	Jozefick	Half	M	Frank		UXL
Nicole	Kalamaras	7 Miler	F	NikiD		WM
Robert	Kalamaras	7 Miler	M	BKbroyler		UM
Greg	Kalt	Half	M	Greg		UM
Maureen	Kane	Mighty	F	Maureen		UM
Sarah	Kane	Half	F	Sarah		WS
Jason	Karbel	Half	M	Jason	YES	UXL
Robert	Karim	7 Miler	M	Rob	857	UXL
Darlene	Kaschel	Half	F	Darlene		WS
Joanna	Kaskiewicz	7 Miler	F	Asia		WL
Jessica	Katuska	Half	F	Jess		WS
Joseph	Kearns	7 Miler	M	Joe	842	US
Robin	Kearns	Half	F	Robin		WXL
Mark	Kecko	Half	M	Mark		UXL
Vanessa	Keefe	Half	F	Vanessa	628 YES	UM
Ryan	Kehoe	7 Miler	M	Kehoe	1067	U2XL
Patricia	Keim	Half	F	PK	152	WM
Christine	Kelly	7 Miler	F	Christine Kelly		US
Allison	Kelm	7 Miler	F	Allison	1017	WM
Brian	Kennedy	7 Miler	M	Brian		UL
Charlie	Kennedy	Piglet	M	Charlie	1150	YL
Jimmy	Kennedy	Piglet	M	Jimmy	1126	YL
Stephen	Kennedy	Mighty	M	Stephen		UM
Rachel	Keyes	Half	F	Rachel	93	US
Sajid	Khan	Half	M	Saj	115 YES	UM
Jason	Kim	Half	M	Jason	16	UL
Jung Soo	Kim	Mighty	F	JungSoo		WS
Pamela	Kim	Half	F	Pamela	417	WM
Peter	King	Half	M	Peter		UL
Kristopher	Kinscherf	Half	M	Kris		UL
Steven	Kirsch	Half	M	Hey Runner!		UL
Leigh Ann	Kissner	7 Miler	F	LA		WM

Greg	Klimaytis	Half	M	Shut Up Legs		UL
sally	kniffin	Half	F	sally		WM
Kimberly	Knispel	7 Miler	F	Kim	812	WS
eric	koenig	Half	M	Ekoenig	242	UL
krystal	koenig	Half	F	Kkoenig		WS
Chris	Kopec	7 Miler	M	Chris	849	UM
Virginia	Kopperl	Half	F	Ginny	YES	US
Amanda	Korner	Half	F	AMANDA	99	UL
Dawne	Kornhaas	Half	F	Dawne	550 YES	WS
Cathy	Kost	Half	F	Cathy		WS
hillary	koyner	Mighty	F	hillary		WM
SHEILAH	KRASNICKAS	Half	F	Sheilah		WM
Ashley	Krauss	7 Miler	F	Ashley	1024	WM
Lisa	Krauss	Half	F	Lisa	40 YES	WXL
Sarah	Kreuzer	Half	F	Sarah	102	US
Kara	Kubala	7 Miler	F	Kara		WM
Tammy	Kubus	Half	F	TinkerTammy	YES	WXL
Mary Ellen	Kunz	7 Miler	F	Mary Ellen		WM
David	Kurd	Half	M	David		US
Bridget	Kurtz	Half	F	Bridget	123	WS
Jaimie	Kurtz	Half	F	Jaimie	232	WS
Glen	Kutler	Half	M	GLEN		UM
Daniel	Lamb	Half	M	Lamb		UL
Maggie	Landis	7 Miler	F	Maggie	1001	UXL
Kathy	Lang	Half	F	Kathy		WM
Nicholas	Lang	Half	M	Nick		UL
Emilie	Langeloh	Half	F	Emilie		US
Jodie	LaRosa	Half	F	Jodie		WS
Christine	Lascano	7 Miler	F	Christine		US
Kayla	Lashway	7 Miler	F	KK		WM
Damian	Latimore	Half	M	Damian		UL
Cathy	Laydon	Half	F	CATHY	230	UL
Ceren	Laydon	7 Miler	F	Ceren		U2XL
Monica	Lederman	7 Miler	F	Monica	900	WS
Shannon	LeDuc	Half	F	Shannon	214	WM
Amanda	Lee	Half	F	Amanda		WM
Megan	Lee	7 Miler	F	Meg	972	WL
Jessica	Lent	Mighty	F	Jess	202	WL
Jennine	Lesica	Half	F	Jennine		WM
Steve	Leslie	Half	M	Steve	342	UM
Peter	Lesser	Half	M	Peter		UM
David	Levin	Half	M	David		UM
Alli	Levine	Half	F	Alli	168	WM
Alana	Levy	Half	F	Alana	515	WM
Janet	Levy	7 Miler	F	Janet	800	WM
Ross	Levy	Half	M	Ross	126	UL
Joan	Lewandowski	7 Miler	F	Joanie		UM
Hillary	Lewis	7 Miler	F	Hillary		WM

Kevin	Lewis	Half	M	Kevin		UL
Nate	Lewis	7 Miler	M	Nate		YL
Jeanette	Li	7 Miler	F	Jeanette Li		UM
Noah	Lieberman	Piglet	M	Noah	1199	YL
Tobias	Lieberman	Piglet	M	Tobey	1168	YM
William	Liebler	Half	M	Bill	196	UXL
Kristy	Liesegang	7 Miler	F	Kristy		WS
Nicholas	Lindsay-Jones	7 Miler	M	dadbod		UL
Richard	Lindsay-Jones	7 Miler	M	Richard		UL
Yathendra						
Nath	Lingam	Half	M	Yathi	121	UM
Albert	Lione	Half	M	AL		UL
Jay	Lipman	Half	M	Jay		UL
Allison	Lisbon	7 Miler	F	Nims		WS
Johnny	Lo	Half	M	JLO	12	UM
Winnie	Lok	Mighty	F	Winnie		US
Andrew	Lombardozzi	7 Miler	M	ANDREW		UM
Cristina	Lombardozzi	7 Miler	F	Cristina		WS
Mary ellen	Loncto	Half	F	Mary Ellen	699 YES	WS
Michael	Londrigan	7 Miler	M	Michael		UM
Patti	Look	Mighty	F	Patti	45	WS
Rich	Lopes	7 Miler	M	Rich		UM
Rhonda	Lord	Half	F	Rhonda		UM
Nancy	Lovas	Half	F	Milla	420	WM
Shannon	Lovley	Mighty	F	LOVLEY		WL
Kristin	Lowman	Mighty	F	Kristin		WM
Rick	Lowry	Half	M	Rick		UM
Janet	Loynes	7 Miler	F	Janet	961	UM
Dean	Lucente	Half	M	Dino	236	UL
Beth	Lyon	Half	F	Beth	78	WM
Debbie	MacCarry	Half	F	Debbie		WL
Alberto	Macias	Half	M	Beto	312 YES	UM
Christine	Macken	7 Miler	F	Chrissy	1077	WM
Bruce	MacLeod	Half	M	Bruce		UXL
Mary	Macnab	7 Miler	F	Mary		WL
Jay	Maguire	7 Miler	M	JAY		UL
Kaitlin	Maguire	Mighty	F	K2		US
Marge	Maida	7 Miler	F	Marge		WM
Debbie	Majeske	Half	M	Deb	72 YES	WM
Jennifer	Maksymiw	Mighty	F	JenMax		WS
Gary	Malbin	7 Miler	M	GARY		UL
tashua	malino	7 Miler	F	Tash		WXL
Danny	Mallozzi	Half	M	Danny		UL
Kevin	Mallozzi	Half	M	Malloz	21	UM
Lauren	Mallozzi	Half	F	Lauren		WM
Lindsay	Mallozzi	Half	F	Beans	277	WS
Matthew	Mallozzi	Half	M	Moo		UM
Melody	Mallozzi	Mighty	F	Mellow Yellow	19	WS
Dawn	Malone	Half	F	Dawn		UM

Dustin	Malstrom	Half	M	Dustin			UM
Lucas	Malton	Piglet	M	Lucas			YS
ava	mannal	Piglet	F	ava	1115		YS
jane	mannal	7 Miler	F	jane			WM
theo	mannal	Piglet	M	theo	1114		YM
Amy	Mannion	Half	F	Amy	131		WS
Bradley	Marcus	Mighty	M	Brad			UL
Heidi	Marcus	7 Miler	F	Heidi			WM
Rachel	Marino	7 Miler	F	Rachel			WS
Edward	Marquez	7 Miler	M	Ed			UL
Jennifer	Marr	Half	F	Jen			WM
Greg	Marrinan	Half	M	Greg			UL
Michelle	Marrinan	7 Miler	F	Michelle	824		WL
Jill	Martin	7 Miler	F	JPM II			US
Lyda Jo	Martinelli	Half	F	Lyda			WM
Hilary	Martwinski-Nardozzi	Half	F	Hilary	220	YES	UL
Stacey	Martwinski-Nardozzi	Half	F	Olive Bean		YES	UXL
Holly	Masi	Half	F	Holly			WL
Barbara	Matulaitis	Mighty	F	Badass			WM
Erin	May	Half	F	Erin			WL
Mike	May	Half	M	MAYDOG			UL
Sean	Mayer	Half	M	SEAN			UXL
Sue	Mayer	Half	F	SUE			WS
Lisa	Mazinski	Half	F	Blondie			WM
Bill	McBrayer	Half	M	Bill McB	51		UM
Glenn	McCabe	Half	M	Glenn			UL
Deirdre	Mccaffrey	Half	F	Deirdre			WXL
Jeannette	Mccambley	7 Miler	F	Jeannette			WL
Chris	McCann	Mighty	M	Chris			US
Emilie	McCann	7 Miler	F	Emilie			WS
John	McCleary	7 Miler	M	John	3		UL
Terri	McCleary	Half	F	Terri	80		WXL
Scott	McClure	Half	M	Scott			UM
Brian	McCormick	Half	M	Brian			WM
Darcy	McCourt	Half	F	Darcy	612	YES	WXL
Laura	McDonnell	7 Miler	F	Laura			WM
Stephen	McDonnell	Half	M	Steve	68		UL
Maureen	McGrath	Half	F	Maureen			WL
Stacy	McGratty	7 Miler	F	Stacy			WM
Kathy	McGroddy-Goetz	7 Miler	F	Kathy	807		WS
Erin	McGuire	Mighty	F	Erin			WS
Mark	McGuire	Half	M	Mark			UXL
Joseph	McHale	7 Miler	M	Joe	933		UL
Sean	McHale	7 Miler	M	Sean	932		UM
Keri	McKay	Half	F	Keri	311		WS
Rich	McKay	Half	M	Rich			UL
Susan	Mckee	7 Miler	F	Susie			WS



Jenny	McLain	Half	F	Jenny			UM
Marisin	McLain	Piglet	F	Marisin	1109		YM
Theresa	McLaughlin	Half	F	Theresa	601	MAYBE	WL
Suzanne	McMenamey	Half	F	Suzie			US
Alicia	McNeill	7 Miler	F	Alicia			WL
Martin	McNulty	Half	M	MJ	300		UL
Michelle	McNulty	Half	F	Michelle	84		WM
Kristina	McQuilkin	7 Miler	F	Tina			WS
Irene	McStay	7 Miler	F	Irene	811		WL
Sue	Meadows	Half	F	Ivy Meadows	77	YES	WXL
Meghan	Meditz	7 Miler	F	Shmeg			UM
Melissa	Meek	Half	F	GO MEEK			WM
Maureen	Mehner	7 Miler	F	Mo-Mo			UM
Sean	Mehner	Half	M	Sean	187		UL
cindy	mercede	7 Miler	F	CINDY	808		WS
Kelly	Meredith	Half	F	Kelly			WM
Nicole	Merlo-White	Mighty	F	Nicole	616		WS
Ken	Merrick	Half	M	Ken			UM
Debbie	Meszaros	Half	F	Debbie		YES	WM
Brody	Metz	Piglet	M	BRODY			YS
Grayden	Metz	Piglet	M	GRADY			YS
Kathryn	Metz	Half	F	KCM			WM
Aaron	Meyer	7 Miler	M	Aaron			UXL
Casey	Meyer	Piglet	M	Casey			YM
Doc	Meyer	Half	M	Doc			UL
Greg	Meyer	Half	M	The Bagelman		YES	UL
Jaimie	Meyer	7 Miler	F	Jaimie			WL
Jonah	Meyer	Piglet	M	Jonah			YS
Sue	Meyer	Half	F	Sue		YES	WL
Ellen	Meyst	7 Miler	F	Ellen	971		WS
Matthew	Mihalcik	7 Miler	M	Matt	893		UM
Erica	Mila	Half	F	Erica			UM
Corrie	Miller	Half	F	Corrie	234		WS
Matt	Miller	Half	M	MATT			UM
Pat	Miller	7 Miler	F	Pat			WM
Paul	Miller	7 Miler	M	Paul			UM
Robert	Miller	Half	M	Rob			UXL
Tom	Miller	Half	M	Tom			UL
Tom	Millerd	7 Miler	M	Tom			UXL
Anne	Milot	7 Miler	F	Anne			WM
JP	Milot	Half	M	JP			UL
Raymond	Milot	Half	M	Milot			UL
John	Minervino	Mighty	M	John			UM
Erika	Mirwald	Half	F	Ricki			WS
Mark	Mischenko	Half	F	Mark			U2XL
Dorothy	Mitchell	Half	F	Dor		YES	WM
Fiona	Mohl	7 Miler	F	Fiona	809		WS
Tara	Mohl	7 Miler	F	Tara	911		WL

Jeffrey	Molson	Mighty	M	Jeff			UL
Mark	Montanaro	Half	M	Mark			UL
Charles	Morales-Thomason	Half	M	Mo-T	679		UM
Josie	Morales-Thomason	7 Miler	F	Mo-T			WS
Leah	Morgan	7 Miler	F	Leah			WM
Craig	Morrison	Half	M	Craig			UM
John	Mowry	Half	M	John			UL
Christopher	Mulcahy	7 Miler	M	Chris			UL
David	Mulcahy	7 Miler	M	David			UL
Kevin	Mulcahy	7 Miler	M	Kevin			U2XL
Lauren	Mulvihill	Half	F	Lauren			WM
Katherine	Munno	Half	F	Kate			WL
John	Muro	Half	M	Jon			UM
Kathy	Muro	Half	F	Kathy			WM
Michael	Murphy	7 Miler	M	Big Dog			UL
costel	mutescu	Half	M	Costel			UL
Ric	Nadel	Half	M	Ric			UL
Heidi	Namiot	Half	F	Heidi	651	YES	WXL
Henry	Namiot	Half	M	Henry	650	YES	UM
Tim	Napolitano	Half	M	Tim	411		UL
Kimberly	Nardo	Half	F	Luna			WS
marie	nastasi	Half	F	Marie			WM
Beth	Natt	Half	F	Beth			WS
daniel	navaresse	Half	M	Daniel	120		UL
Christine	Needham	Half	F	Christine			WS
Laura	Nerone	Mighty	F	Laura	96		WL
Robert	Neumann	7 Miler	M	Rob			UL
Rob	Neville	7 Miler	M	Rob			UXL
Nicole	Newell	Half	F	Nicole			WM
Tuyen	Nguyen	Half	F	MILK	700		WS
Victoria	Nguyen	Half	F	Vicky	678		WL
Shawna	Nickerson	Half	F	Shawna			WS
Greg	Nilan	Half	M	Phantom			UL
James	Nogueira	Half	M	JN	643		US
Brendan	Nolan	Half	M	NOLAN			UL
Suzanne	NOLAN	7 Miler	F	Suz			WL
Oliver	North	Half	M	Ollie			UL
Meera	Oak	Half	F	Meera	401		WS
Kenneth	O'Brien	Half	M	Ken			UL
Patrick	O'Brien	7 Miler	M	Patrick			UL
Brien	O'Callaghan	Half	M	Brien	33		UL
Shannon	O'Callaghan	Half	M	Shannon	100		UL
Michael	O'Connor	Half	M	Mike	415		UXL
Margaret	ODonnell	Half	F	Margaret			WS
Wendi	O'Donnell	Half	F	Wendi	56		WM
Amy	O'Leary	7 Miler	F	Amy			WS
Michael	Olivieri	7 Miler	M	Mike			UXL
Stacey	Olivieri	7 Miler	F	Stacey			WS

Douglas	Olney	Half	M	Doug			UL
Erik	Olsen	7 Miler	M	Erik			UXL
karsten	olsen	7 Miler	M	karsten			U2XL
Stacey	Olsen	7 Miler	F	RedRunner			UL
Beth	O'Neil	Half	F	Beth	YES		UL
Keri	O'Neill	Mighty	F	Keri			WS
Ted	O'Neill	7 Miler	M	Ted			UL
Brian	Ordway	Half	M	BOrds			UL
Naomi	Orocu	Half	F	Omi			WL
KEVIN	OROURKE	Half	F	Kevin	522		UXL
Rebecca	Osborne	7 Miler	F	Oz	1007		WXL
Heather	Ostman	7 Miler	F	Heather	815		WM
Kathy	Otzel	Half	F	Kathy	517	YES	WM
Bruna	Paca	Half	F	Bruni	107	YES	WL
Susan	Pagan	Half	F	Susan	75		US
Lillianna	Pagano	Piglet	F	Lillianna	1123		YS
Robert	Paladini	7 Miler	M	Bob			UM
Gina	Palmieri	7 Miler	F	Gina			US
katherine	panageas	Half	F	kathy			WS
Allen	Pangilinan	Half	F	Allen			US
kathleen	parker	Half	F	kathleen			WM
Megan	Parker	Half	F	Megan	YES		WL
Matt	Parnell	Half	M	Matt	388		UM
Neil	Parshall	Half	M	Neil			UL
Kristin	Partenza	7 Miler	F	Kristin			WS
Bruno	Pasqualucci	7 Miler	M	Bruno			UL
Mary	Patterson	Half	F	QMaryP	MAYBE		WXL
James	Patts	7 Miler	M	Jay			UL
Karl	Pelikan	Half	M	KPEL			UXL
Julia	Pemberton	7 Miler	F	Julia			WM
Diane	Perillo	7 Miler	F	DianeP			UM
Gary	Perillo	7 Miler	M	Gary			UXL
Kathleen	Pesce	7 Miler	F	Kathy			WS
Aubrey	Peters	Piglet	F	Leffy	1200		YM
Brock	Peters	7 Miler	M	Brock			UL
Brynn	Peters	Piglet	F	Brynn	1125		YL
Dalton	Peters	7 Miler	M	Dalton			US
Edward	Peterson	7 Miler	M	Ed			UL
Lindsay	Peterson	7 Miler	F	Lindsay			WL
Lucy	Peto	7 Miler	F	LUCY			WS
Kim	Petruska	7 Miler	F	Kim	823		WS
Robert	Pezzulo	7 Miler	M	Robbie	840		U2XL
wendy	phaff	Half	F	Wendy	YES		WL
al	phillips	Half	M	al			UM
april	phillips	Half	M	april	403	YES	WXL
michael	pianin	7 Miler	M	Michael			UXL
christy	piepmeier	Mighty	F	Christy			US
Andrea	Pieri	Half	F	Pieri	669		UM

Lauren	Pinchbeck	7 Miler	F	Lauren			US
Geraldine	Pires	Mighty	F	G-baby	619		WS
Jolene	Piscetello	Mighty	F	Jolene			WM
Scott	Pisciotti	Half	M	Scott	148		UL
Anna	Pizzo	Half	F	Anna	44		WS
Jennifer	Platow	Half	F	Jenny	25		WL
Lisa	Pleban	Half	F	Plebes	518		WM
Cristian	Pojano	Half	M	Cristian	545		UL
Bonnie	Pope	Half	F	Bonnie			WS
Jennifer	Pope	Half	F	Jennifer			WM
Karen	Pray	Half	F	Karen		YES	WL
Anthony	Preisano	Half	M	Anthony	116	YES	UL
Carrie	Preisano	7 Miler	F	CC			WM
Russell	Pribanic	7 Miler	M	Russ			UL
Rachel	Priester	Half	F	Rachel	119	YES	WL
Mary	Principe	Half	F	Mary	324		WS
Cecilia	Probst	Half	F	Cecilia	9		US
Galuh Kirana	Pusthika	7 Miler	F	Rana			WL
Jean	Quattrocchi	7 Miler	F	Jeannie			US
Tammy	Raiano	7 Miler	F	Tammy			WL
Adam	Raimondi	7 Miler	M	Adam	881		UM
Lauren	Raimondi	7 Miler	F	Lauren			WS
Ellie	Rainey	7 Miler	F	Ellie			YM
Sarah	Rajan	Half	F	Sarah			UM
Stacy	Rastocky	Mighty	F	RASTOCKY			WM
Sean	Rayball	7 Miler	M	Sean			UXL
CK	Raynes Wilder	7 Miler	F	Rowan's Other Mom			UM
Liz	Raynes Wilder	7 Miler	F	Rowan's Mom			US
Nik	Razali	7 Miler	M	Nik			US
Dan	Readyoff	Half	M	Dan			UL
Carolyn	Reed	7 Miler	F	Carolyn			WM
Jess	Reed	Half	F	Jess	169	YES	UM
John	Reed	Half	M	John	26		UXL
Kelly	Reese	Half	F	Kelly	103		WS
Jennifer	Reilly	7 Miler	F	Jenn			WM
Sharon	Reiner	Half	F	SHARON			WS
Mary kay	Rendock	Half	F	MK			WXL
Julie	Revesz	7 Miler	F	Julie	839		US
Megan	Rexroat	7 Miler	F	Megan			UM
tom	Reynolds	7 Miler	M	Tom	866		UM
Stephanie	Rich	Mighty	F	Stephanie			UM
Barry	Richards	Half	M	Baz			UM
Chloe	Richland	7 Miler	F	Chloe			WM
Thomas	Richter	7 Miler	M	TOM			U2XL
Suzanne	Rinaldi	7 Miler	F	Suzanne	1069		US
Jennifer	Ripa Edson	Half	F	Jen	207	YES	WL
Clay	RISHER	Half	M	Clay			UL
Greg	Ritzinger	Half	M	Greg			UL

Jessica	Robbins	7 Miler	F	Jess		UL
Christa	Robinson	Half	F	Christa		WS
Eugene	Roche	Half	M	Eug	444	UM
Jody	Rockwood	Half	F	Jody	YES	UL
Makayla	Rockwood	Piglet	F	Makayla		YL
Bill	Rodgers	7 Miler	M	Bill Rodgers	1	UM
Charlie	Rodgers	7 Miler	M	Charlie Rodgers	70	UM
Michael	Rodgers	Half	M	SMILE		UM
Ann	Rodwell-Lawton	7 Miler	F	Annie		UL
Tina	Roese	Half	F	Teenie	5	WS
Chris	Rome	Half	M	Chris		UL
Laena	Romond	Half	F	Laena		WS
Suzie	Rooney	7 Miler	F	Suzie	1012	UL
Jesse	Rosenbaum	Half	M	Jesse	YES	UL
Marty	Rosenbaum	Half	M	Marty		UM
Sharon	Rosenblatt	Half	F	SharBear!		WS
Julia	Rosenblum	Half	F	Julia		WM
Joanne	Ross	Half	F	Joanne		WS
Margie	Ross	7 Miler	F	Margie	1059	WS
David	Rovere	7 Miler	M	David	868	UXL
Allan	Rowe	Half	M	Allan		UL
Weslee	Rowe	Half	F	Weslee		WM
LuAnne	Roy	Half	F	LuAnne	217	WS
jocelyn	rubino	7 Miler	F	Jocie	1013	WM
Lawrence	Ruell	Half	M	LJ		UM
Melanie	Ruggieri	Half	F	Mel		WM
Andreas	Ruiz-Diaz	7 Miler	M	Drey		UL
Michael	Rupp	7 Miler	M	Rupp		UXL
David	Russell	Mighty	M	Dave		UXL
Janine	Russo	Mighty	F	Janine	221	UM
Claudia	Sadowski	Half	F	Claudia		WM
Elizabeth	Sager	7 Miler	F	Palm		WM
margaret	salmore	7 Miler	F	Margie		WS
Michael	Salmore	7 Miler	M	Mike		UL
Vinay	Sampson	Mighty	M	Vinay		US
Tara	Sanft	Half	F	Tara	YES	UM
RICHARD	SANSOUCY	Half	M	Rick		UM
Jessica	Santangelo	7 Miler	F	Jess		WM
Kimberly	Santosky	7 Miler	F	Kimberly		WM
Richard	Santosky	7 Miler	M	Richard		UXL
Kim	Sass	Half	F	Sass		UL
Susan	Satlin	Half	F	Susan		WS
Jennifer	Scanlan	Mighty	F	Bella & Jason's Mom	627	WM
Elli	Scarfi	Half	F	Elli Marie	173	WM
Frank	Scarfi	Half	M	Fancy		UM
Kristina	Scaviola	7 Miler	F	Kristina	801	US
Michael	Scaviola	7 Miler	M	Mike		UM
Kessa	Schaeffer	7 Miler	F	Kessa	887	US

Lily	Schaeffer	7 Miler	F	Lily		US
Bruce	Schechner	Half	M	Schechy	617	UXL
Marla	Schechner	Half	F	Marla		WM
Erin	Schechter	Piglet	F	Munchkin	1117	UM
Laura	Schechter	7 Miler	F	Laura	817	UL
Mark	Schilling	7 Miler	M	Mark		UL
Sarah	Schilling	7 Miler	F	Sarah	850	UM
Christine	Schmittgall	Half	F	Chrissy	YES	WL
Brandon	Schneider	Half	M	Brandon		UL
Jennifer	Schneider	Half	F	Jenn	87	WM
Logan	Schneider	Piglet	M	Logan	1101	YS
LOUISE	schneider	7 Miler	F	Louise		US
kristin	scholz	7 Miler	F	Krissy		WS
nicole	schreier	7 Miler	F	Nicole		US
Lili	Schroppe	7 Miler	F	Lili		WL
Joanna	Schubkegel	Half	F	Joanna		WM
Lynn	Schuster	Half	F	Lynn	389	WS
Jeffrey	Schwartz	Half	M	Schwartz	10	UL
Sara	Scully	Half	F	Sara		UM
Karen	Seelert	7 Miler	F	Karen		UM
Nicole	Semanchik	Half	F	Dillon	516	WS
Andrew	Serby	7 Miler	M	Andrew		UXL
Marek	Sernicki	Half	M	Mark		US
Therese	Servas	7 Miler	F	Therese	826	UM
Jon	Sevilla	7 Miler	M	Jon		UM
Tiffanie	Sgritta	Half	F	Tiffanie		WM
Janica	Shafer	7 Miler	F	Janica	802	WM
Lisa	Shamaly	Half	F	Lisa		UL
Matthew	Shamaly	Piglet	M	Matt		UL
Michael	Shamaly	Piglet	M	mIKE		YL
Matthew	Shannon	7 Miler	M	Matt		UM
Andrew	Shantz	Half	M	SHANTZY	365	UL
Richard	Shaw	7 Miler	M	Papa Bear		UL
Mimi	Shea	7 Miler	F	Mimi		WM
Jill	Sherbo	Half	F	Jill		WS
Sara	Sherlock	Mighty	F	Sara	528	UM
Angela	Shillinglaw	Half	M	Angie		US
Lisa	Shinall	Half	F	Lisa	413	UM
Peter	Shiue	Half	M	Peter		UM
Carrie	Shope	Half	F	Carrie		US
Jaden	Shupp	7 Miler	M	Jaden		US
Ken	Shupp	7 Miler	M	Ken		UXL
Pete	Shupp	7 Miler	M	Pete		UL
Rob	Sickinger	Half	M	Rob	81	UXL
Judi	Silliere	Half	F	Judi	YES	WL
david	silverman	7 Miler	M	david		UXL
Tyler	Silverman	Half	M	Tyler		UM
Josephine	Simko	Half	F	Josephine		WM



Joanne	Simpson	7 Miler	F	JoJo	880		WM
John	Sindel	Half	M	Rush			UXL
Jerre	Skeats	7 Miler	F	Skeater			UL
karin	slough	7 Miler	F	Karin	1100		UM
Aidan	Slovinski	7 Miler	M	A-Man	1048		US
Jennifer	Slovinski	7 Miler	F	Jen			WM
Keegan	Slovinski	Piglet	M	keegs			YM
Steve	Slovinski	7 Miler	M	Steven with a V for Victory	1047		UL
Tara	Slovinski	Piglet	F	T-Bird			YM
David	Smith	Mighty	M	Dave			UM
katherine	smith	Mighty	F	Kathy			WM
Katrina	Smith	Half	F	K. Smith			UL
Kerry	Smith	Half	M	Kerry			UL
Karrin	Smoley	Half	F	Karrin			WS
Scott	Snyder	Half	M	Scott			UL
Larisa	Sorce	Half	F	Larisa		YES	WL
Jennifer	Soter	7 Miler	F	Soter			US
Lisa	Spencer	Half	F	Lisa		YES	UL
Sandhya	Sridhar	7 Miler	F	Sandhya			WM
Allison	St. Germain	Half	F	Allison	14		WL
Claire	Stack	7 Miler	F	Claire			WS
David	Stack	7 Miler	M	David			UL
Tom	Starodaj	Mighty	M	Tomek	599		UM
John	Steele	7 Miler	M	JOHN			UXL
Joanne	Sterk	Half	F	Joanne	402	YES	WM
Aren	Sterling	Piglet	M	Bread & Love	1133		YS
Cameron	Sterling	Half	M	Bread & Love			US
Bill	Stewart	Half	M	GOAT			UXL
Kate	Stewart	Half	F	Kate #kickinpeaches			WM
Mark	Stewart	Half	M	Mark #kickinpeaches	127		UXL
Shannon	Stewart	Mighty	F	Shannon #kickinpeaches	125		WS
Suzen	Stewart	Half	F	#kickingpeaches			UXL
Tiffany	Stewart	7 Miler	F	Tiffany	835		UM
Kathryn	Stoker	Mighty	F	Krazy K8	67		WL
Michele	Stryeski	Half	F	Michele		YES	WL
Wendy	Sullivan	7 Miler	F	Wendy			WM
LAI	SUN	Half	M	LAI			UM
Will	Sutton	Half	M	Will	555		UL
Vic	Swaller	7 Miler	M	Vic			UL
Andy	Swett	Half	M	Swetty	31		UL
Jeffrey	SWIATOWICZ	7 Miler	M	Jeff			UXL
Michelle	Taddie	7 Miler	F	Michelle			WS
Heather	Talbott	Half	F	Talbott			WM
Chris	Tamboia	7 Miler	M	Rex			UL
Diane	Tamboia	7 Miler	F	Diane			UM
Charlie	Tauber	7 Miler	M	Charlie	845		UL
Cristina	Taylor	Mighty	F	Tina	24		WM
Dana	Taylor	7 Miler	M	Dana	1000		UL

Gosia	Tedawes	7 Miler	F	Gosia		WM
Amanda	Telford	Half	F	Amanda		WS
Barbara	Templeton	7 Miler	F	Barbara Templeton		WS
Jennifer	Terra	Half	F	Jen	158	WS
DonnaMarie	Tesar	7 Miler	F	Donna		WL
Vanessa	Teter	7 Miler	F	Teter	1026	UM
Christian	Thomas	7 Miler	F	Christian	990	UXL
Michael	Thompson	Half	M	Michael		UL
Katie	Thomson	Half	F	KATIE		WL
Jeremy	Titus	7 Miler	M	JBT		UXL
hillary	tonken	Half	F	Hilltop		UM
john	torry	7 Miler	M	John	1027	UL
sofia	torry	Piglet	F	Potato		YM
Brian	Tramontozzi	Half	M	Tram		UL
Kathleen	Tramontozzi	7 Miler	F	Kathleen		WM
Gean	Tremaine	Half	M	GEAN		UL
Rachel	Tressy	7 Miler	F	Rachel		WL
Meghan	Troy	7 Miler	F	Meg		WM
Jeanette	Trujillo	Half	F	Jeanette		WL
David	Tullis	Half	M	Dave		UL
Miriam	Tullis	Half	F	Miriam		WL
Linda	Tullo	7 Miler	F	Linda		WM
Kelly	Turberfield	7 Miler	F	Kelly	946	WM
Katerine	Unfried	7 Miler	F	Katie		WM
Sujatha	Unny	Mighty	F	Sujatha	43	WM
William	Urban	Half	M	Bill	58	UXL
Alexis	Urbanz	Piglet	F	Lexi		WS
Nathan	Urbanz	Piglet	M	Nathan		YM
Nipa	Urbanz	7 Miler	F	Nipa		WS
Tim	Urbanz	7 Miler	M	Tim		UM
Andrew	Vaccaro	Half	M	Andrew		US
Deborah	Valin	7 Miler	F	Debby		WS
Josh	Valinsky	7 Miler	M	Josh		UM
Robert	Valinsky	Half	M	RobbieV		UXL
Marykate	Van Sant	Half	F	333		WM
Lee	Velez	Mighty	M	Lee		UL
Gregory	Vetter	Mighty	M	G-Man		UXL
Lori	Vickers	Half	F	Lori		WS
Caryn	Vita	Mighty	F	Caryn	117	WS
Joseph	VonEhr	Half	M	Joe		UXL
Milly	Wade-West	Half	F	Milly		UM
Tim	Walczak	Half	M	Nap Time		UL
Harold	Walker	Half	M	Harry		UM
Carrick	Walsh	7 Miler	M	Carrick		UM
Jane	Walsh	Half	F	Jane		WL
candace	walter	Half	F	Candace	YES	WXL
Kathleen	Ward	Half	F	Kathleen	YES	UL
Michaelynn	Ware	Half	F	Michi	39	WM

Randy	Watkins	Half	M	Randy			UL
Rebecca	Wayland	7 Miler	F	Rebecca			WM
Alexandra	Weingard	Piglet	F	Alexandra			YS
Jacob	Weingard	Piglet	M	Jacob			YM
Jennifer	Weiss	Half	F	Jenny			UM
John	Wells	Half	M	John			UM
Michael	Welz	Half	M	Mike			UL
Erich	Wenis	Half	M	MrMoonbeam	527		UXL
Martina	Werner	Half	F	Martina			WXL
Alexandria	Wertheimer	Half	F	Ali Cat			WL
Robert	Wertheimer	Half	M	Robo			UM
Buster	Whaley	Half	M	Buster	244		UM
Frank	Whaley	Half	M	Frank			UM
Heather	Whaley	Half	F	Heather	212		WS
Jeffrey	Wheeler	Half	M	Steel Wheels			UL
Lisa	Whelan	Half	F	Lisa	11	YES	WM
Kathryn	White	Half	F	Kate			US
james	wilcox	Half	M	Scott Wilcox			UXL
Rita	Wilker	Half	F	Rita		YES	WM
Alice	Wilkinson	7 Miler	F	Allie			WM
Andrea	Williams	7 Miler	F	Andrea			WL
Joshua	Williams	Half	M	Josh			UM
Jessie	Wills	Half	F	Jessie		YES	WL
Lilia	Wills	Half	F	Lil	41		US
Christine	Wilson	Half	F	Chris			UL
Melissa	Wilson	Half	F	Melissa			WL
Susan	Wilson	Half	F	Sue	691	YES	WXL
David	Winslow	7 Miler	M	Dave			UL
Mathew	Wisniewski	Mighty	M	Mat Wisniewski	687		UM
Sheila	Wokson	Half	F	Taco #4			WS
Janette	Wolf	7 Miler	F	Janette			UM
Peter	Wolf	Piglet	M	Peter			YL
Pisey	Wolfe	Half	F	Wolfe	13		WS
Rebecca	Woodman	Piglet	F	Rebecca	1198		YS
Melissa	Wooten	7 Miler	F	Melissa			WL
Joanna	Wozniak-Brown	Half	F	Jojo		YES	WL
Shauna	Yeager	Half	F	Shauna		YES	WL
Mikhail	Yeremeev	Half	M	Mikhail	20		UL
Jesse	York	Half	M	Jesse			UL
Pela	York	Piglet	F	Pela			YS
Sara	York	Half	F	Sara			WM
Stephen	Yost	Half	M	Steve			UL
Cathy	Young	Half	F	Cathy		YES	UM
Deborah	Young	Half	F	Mrs Doyle	325	YES	WXL
Wendy	Youngblood	7 Miler	F	Wendy			WM
george	yurchishin	Half	M	George	500		WM
Crystal	Zamfino	Mighty	F	Crystal			WS
Felipe	Zarama	Half	M	Felipe	303		UM

Clare	Zecher	Half	F	Coach Clare	WM
Julie	Zee	Half	F	Jules	WL
Angelika	Zierl	Half	F	Angie	WS
Wayne	Zimmerman	Half	M	WAYNE	427 UM
Jennifer	Zuluaga	Half	F	Jennifer	WM
Michelle	Zuscin	7 Miler	F	Michelle Z	US
Amy	Zvovushe	Mighty	F	TheRealMArathonMom	WM
Jason	Zweig	7 Miler	M	Jason	US

## BIBS AVAILABLE

### PIGLET PRANCE BIBS AVAILABLE

1101	1102	1103	1104	1105	1106	1107	1108	1109	1110
1111	1112	1113	1114	1115	1116	1117	1118	1119	1120
1121	1122	1123	1124	1125	1126	1127	1128	1129	1130
1131	1132	1133	1134	1135	1136	1137	1138	1139	1140
1141	1142	1143	1144	1145	1146	1147	1148	1149	1150
1151	1152	1153	1154	1155	1156	1157	1158	1159	1160
1161	1162	1163	1164	1165	1166	1167	1168	1169	1170
1171	1172	1173	1174	1175	1176	1177	1178	1179	1180
1181	1182	1183	1184	1185	1186	1187	1188	1189	1190
1191	1192	1193	1194	1195	1196	1197	1198	1199	1200

### 7 MILER BIBS AVAILABLE

750	751	752	753	754	755	756	757	758	759
760	761	762	763	764	765	766	767	768	769
770	771	772	773	774	775	776	777	778	779
780	781	782	783	784	785	786	787	788	789
790	791	792	793	794	795	796	797	798	799
800	801	802	803	804	805	806	807	808	809
810	811	812	813	814	815	816	817	818	819
820	821	822	823	824	825	826	827	828	829
830	831	832	833	834	835	836	837	838	839
840	841	842	843	844	845	846	847	848	849
850	851	852	853	854	855	856	857	858	859

860	861	862	863	864	865	866	867	868	869
870	871	872	873	874	875	876	877	878	879
880	881	882	883	884	885	886	887	888	889
890	891	892	893	894	895	896	897	898	899
900	901	902	903	904	905	906	907	908	909
910	911	912	913	914	915	916	917	918	919
920	921	922	923	924	925	926	927	928	929
930	931	932	933	934	935	936	937	938	939
940	941	942	943	944	945	946	947	948	949
950	951	952	953	954	955	956	957	958	959
960	961	962	963	964	965	966	967	968	969
970	971	972	973	974	975	976	977	978	979
980	981	982	983	984	985	986	987	988	989
990	991	992	993	994	995	996	997	998	999
1000	1001	1002	1003	1004	1005	1006	1007	1008	1009
1010	1011	1012	1013	1014	1015	1016	1017	1018	1019
1020	1021	1022	1023	1024	1025	1026	1027	1028	1029
1030	1031	1032	1033	1034	1035	1036	1037	1038	1039
1040	1041	1042	1043	1044	1045	1046	1047	1048	1049
1050	1051	1052	1053	1054	1055	1056	1057	1058	1059
1060	1061	1062	1063	1064	1065	1066	1067	1068	1069
1070	1071	1072	1073	1074	1075	1076	1077	1078	1079
1080	1081	1082	1083	1084	1085	1086	1087	1088	1089
1090	1091	1092	1093	1094	1095	1096	1097	1098	1099
1100									

### HALF/MIGHTY BIBS AVAILABLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196	197	198	199	200
201	202	203	204	205	206	207	208	209	210
211	212	213	214	215	216	217	218	219	220
221	222	223	224	225	226	227	228	229	230
231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250
251	252	253	254	255	256	257	258	259	260
261	262	263	264	265	266	267	268	269	270
271	272	273	274	275	276	277	278	279	280
281	282	283	284	285	286	287	288	289	290
291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310
311	312	313	314	315	316	317	318	319	320
321	322	323	324	325	326	327	328	329	330
331	332	333	334	335	336	337	338	339	340
341	342	343	344	345	346	347	348	349	350
351	352	353	354	355	356	357	358	359	360
361	362	363	364	365	366	367	368	369	370
371	372	373	374	375	376	377	378	379	380
381	382	383	384	385	386	387	388	389	390



391	392	393	394	395	396	397	398	399	400
401	402	403	404	405	406	407	408	409	410
411	412	413	414	415	416	417	418	419	420
421	422	423	424	425	426	427	428	429	430
431	432	433	434	435	436	437	438	439	440
441	442	443	444	445	446	447	448	449	450
451	452	453	454	455	456	457	458	459	460
461	462	463	464	465	466	467	468	469	470
471	472	473	474	475	476	477	478	479	480
481	482	483	484	485	486	487	488	489	490
491	492	493	494	495	496	497	498	499	500
501	502	503	504	505	506	507	508	509	510
511	512	513	514	515	516	517	518	519	520
521	522	523	524	525	526	527	528	529	530
531	532	533	534	535	536	537	538	539	540
541	542	543	544	545	546	547	548	549	550
551	552	553	554	555	556	557	558	559	560
561	562	563	564	565	566	567	568	569	570
571	572	573	574	575	576	577	578	579	580
581	582	583	584	585	586	587	588	589	590
591	592	593	594	595	596	597	598	599	600
601	602	603	604	605	606	607	608	609	610
611	612	613	614	615	616	617	618	619	620
621	622	623	624	625	626	627	628	629	630
631	632	633	634	635	636	637	638	639	640
641	642	643	644	645	646	647	648	649	650
651	652	653	654	655	656	657	658	659	660
661	662	663	664	665	666	667	668	669	670
671	672	673	674	675	676	677	678	679	680
681	682	683	684	685	686	687	688	689	690
691	692	693	694	695	696	697	698	699	700

HAPPY TRAINING AND PLEASE SEND ME YOUR RUNNER STORIES  
AND FAVORITE RACES FOR INCLUSION IN FUTURE NEWSLETTERS

Cheers,

John

