



**REDDING ROAD RACE NEWSLETTER**

**17 Volume 5**

**3/8/17**

**1. WRIST WALLET GIFT – To All Runners**



## **2. ROCK'N ROOTS 9K REGISTRATION NOW OPEN**

WHEN: Saturday, July 1, 2017, 8AM

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 4<sup>th</sup> 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!!



Entrance to Putnam Park, just past mile 2



Re-enactors in the park

### **3. REDDING 250<sup>TH</sup> ANNIVERSARY SHIRTS AVAILABLE**

- PRICE: \$20.
- STYLE: Coolmax white in unisex, womens' fit and youth.
- HOW TO ORDER: Email me, and it's also a buy option on the 9k Registration.
- BENEFICIARY: ALL profits got to the Redding Easton Boys & Girls Club.



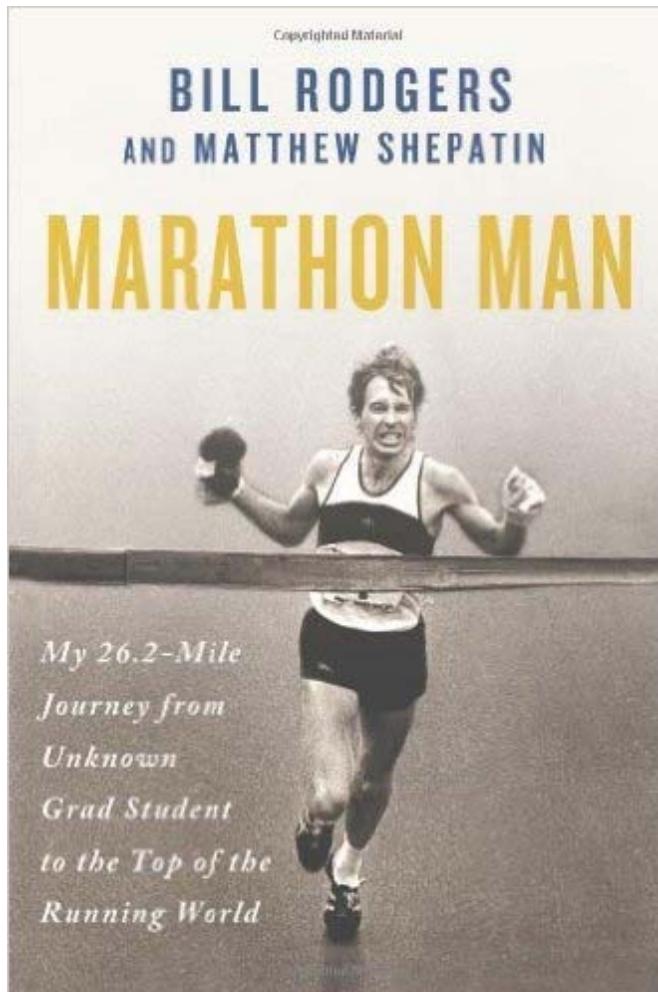
#### **4. SAVE THE DATE – RRR17 PREVIEW RUN**

**Sunday, April 9th, 8am**

Every year, a few weeks before race day, we have a preview run where we invite all runners out to run the course. You can run any distance from 3 miles to the full half and meet up with the Redding Running Club. Of course, you also get to preview what you're in store for, course wise.

#### **5. BILL RODGERS: MARATHON MAN**

Bill is offering his Signed Book for \$28 and his signed “relentless” poster for \$20. Email me if you’re interested in either/both and I’ll tell you how to pay and reserve your BR memorabilia.





## R E L E N T L E S S

"To be a consistent winner means preparing not just one day, one month, or even one year - but for a lifetime."



BILL RODGERS

Photographer: Dan Rothko. Copyright © 2003 by Running Past.

## 6. LA QUINTA, OUR HOST HOTEL

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 ranked **#1 on Trip Advisor** and are offering a discounted rate 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!

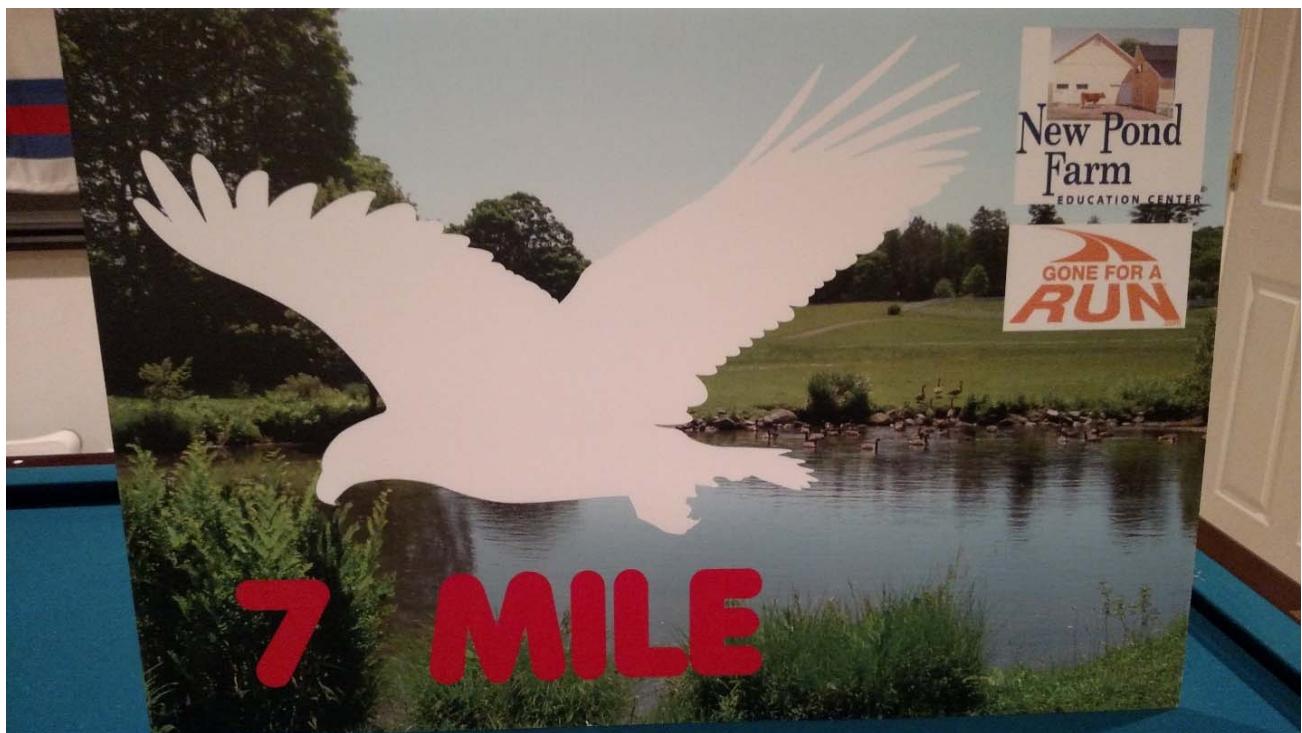
## **7. MILE MARKER SPONSORS WANTED**

If anybody has a business or a family 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. A sample mile marker is below, the sponsor logo would go on the bottom right of the sign (the mile number will be on the bird).

### **Benefits to Sponsorship:**

- Opportunity for your business to have a vendor table at baggage pickup and race day.
- Opportunity to have a coupon or other item placed in the runner's bags
- Logo displayed on the [www.reddingroadrace.com](http://www.reddingroadrace.com) website with website redirect.
- Logo displayed on a race mile marker (see sign below).
- Complimentary 1/4 page advertisement in our finishers magazine.

### **Payment of \$200**



## **8. PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS**

The race is before the start of the half and any distance, from 100 feet to  $\frac{3}{4}$  of a mile, can be run by the prancers. For \$15, it's a bargain as they get most of the cool gifts the older runners get. Registration levels are off the charts and we may have to close registration for this. So, you may want to register your piglets sooner than later.

<https://www.raceit.com/Register/?event=39244>



## **9. EARLY START – WHOM IS IT FOR?**

(Hint not for 7 milers, Mighty Cowers or fast half marathoners)

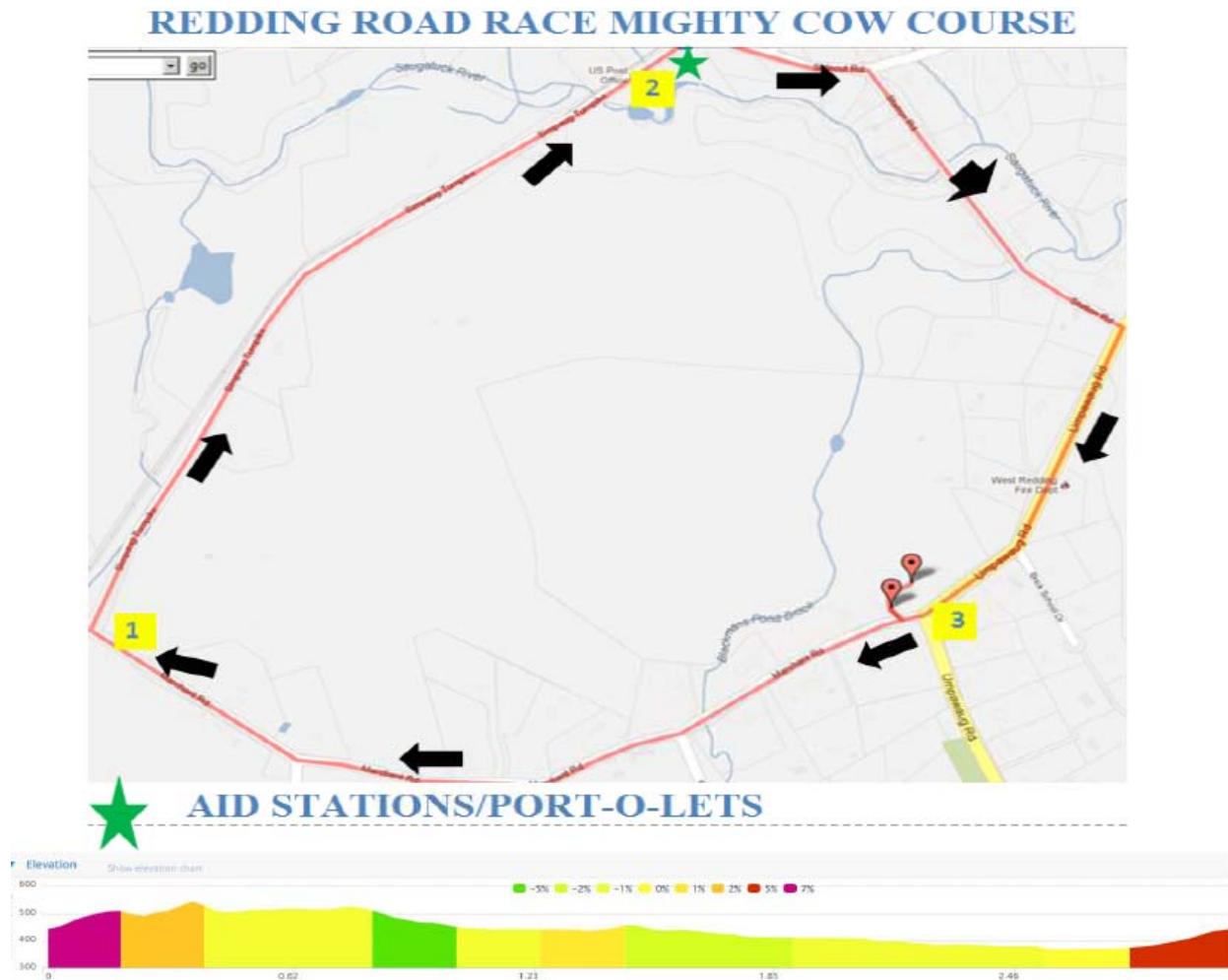
The early start (7:15am) is for half marathoners only who plan on running around an 11:30 minute/mile pace or slower (2:30 half marathon total time or more). It's a race courtesy to allow all runners to partake in as much of the after race festivities as possible. It's not available for 7 milers or Mighty Cowers (the Mighty Cow pre-race starts at 7:25am). Email me if you want to be added to or deleted from the early start



## **10. RACE PREVIEW – MIGHTY COW (3.1 MILE PART)**

In this issue, we preview the Mighty Cow 5k race. In upcoming issues we'll preview the 7 Miler then the Half.

<http://www.reddingroadrace.com/assets/2015MightyMap.pdf>



This 7:20am 5k race (pre half marathon race) for Mighty Cowers is a very interesting race because:

- (a) Do you run it hard and give yourself some time before the half marathon, or
- (b) Do you run it at a more relaxed pace and save more for the half marathon?

The race:

- It starts by the yellow barn near Marchant Street (near where you enter the farm in your vehicles).
- To avoid confusion with race signs, it's run in the opposite direction of the main races: Clockwise.
- Starting on Marchant Road, you make a right and run a mile on Marchant. The first half mile you're presented with some tough up hills but the end of Marchant gives you a very nice downhill.
- After a right turn on Simpaug Turnpike, you run slightly downhill for the next mile, before going straight on Side Cut Road followed by a quick right turn on Station Road.
- You're on the very flat Station Road for a little less than a half mile before making a right on to Umpawaug Road.
- Umpawaug Road starts out flat and ends with a very tough uphill finish. After going slight right, runner re-enter Marchant Road, make a quick right through the barn and finish at the race finish line.
- Grab something to drink and/or eat, hit a port-a-let and get ready for the half!!

**11. MEDALS THROUGH THE YEARS (I THINK WE'VE GOTTEN BETTER??)**

2012



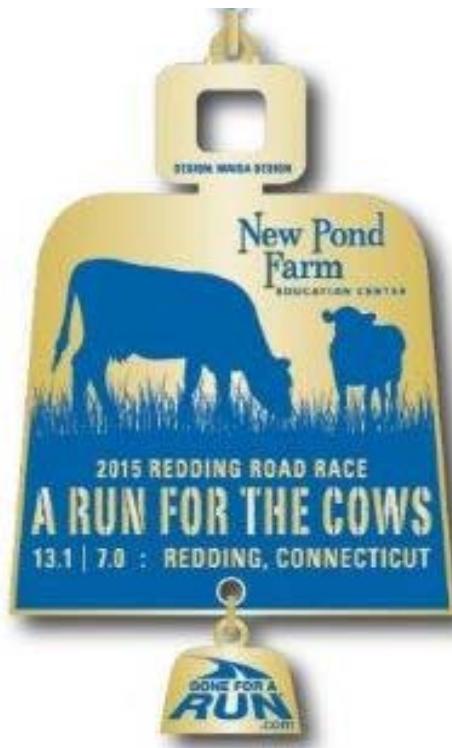
2013



2014



2015



2016



DESIGN: MAUD DESIGN



2017

# STRIKE AWARDS



## **12. NEWBIE CHRONICAL – BOB A.**

Hello everyone! So much for that warm weather, huh? Well, it is New England, and as Mark Twain famously said “If you don’t like the weather in New England just wait a minute.” Just as a reminder, you can follow my progress on Instagram, my handle is @bobazud. I’ve also been using the hashtag #reddingroadrace for all of my posts, in case you’d like to search for my content in that manner. Lastly, feel free to email me with any feedback, training tips, etc. at bobazud@yahoo.com. I’ve been lucky enough to hear from even a few more fellow RRR runners since my last story and I’m very grateful for the advice and encouragement that I’ve been given.

Outside of skipping my long run this past weekend due to poor planning during a short family trip, my training continues to go very well. This week’s total distance will be around 32 miles and with the adjustments to my pace I’m finding my runs more enjoyable to get through. In fact, my heart rate during the easier runs has dropped dramatically, averaging in the low 140s. The tempo intervals that caused this investigation into my pace have also become more realistic to achieve, even though they are still very challenging. I was very happy, but still exhausted, when I completed this workout last week. However, I can tell that those types of longer intervals are really going to get me into shape for running a half at my goal pace. I’m also happy to say that the Achilles tightness/soreness that I’ve been experiencing in my left foot has begun to subside a bit. A big piece to that puzzle has definitely been the CEP +Ortho Achilles Support Socks. One of my Instagram friends recommended them to me and they’ve truly made a difference. The great thing about them is being able to wear them post-run during recovery, which is very convenient.

My biggest news is my most recent long run. While it was still in the 11 mile range, I decided to program a new route into my Garmin just to keep it interesting, and boy was it interesting! In total, I gained 933 feet of elevation, which is a perfect training environment for the Redding Road Race from what I’ve been told. I’m going to continue to keep high elevation gains in my long runs in order to keep my body accustomed to those big hills that are awaiting me. I’m still doing quite a bit of my training indoors due to the weather and not enjoying the colder air, but I’m happy to report that I’m now a member of the Brookfield YMCA and plan on doing most of my indoor training on their elevated track which is above their

basketball court. It's a much smaller size, 25% of a regular outdoor track, but treadmill running seems to swell my feet and feels uncomfortable overall. Plus, the more "real" running I can do at this stage, the better. Another benefit is also enjoying the dry sauna after a workout, what a nice reward for putting in some hard work! Even more exciting, I'm able to attend classes at the facility, including Yoga which is something I've noticed a lot of runners tend to do at least once a week along with one or two days of strength training.

Lastly, I'll leave you with another Instagram post. I'm happy and proud to report that I ran 96 miles during the month of February! This is very exciting for me as this is certainly the most I've ever run in a four week period. Looking ahead, I'll be well over the 100 mile mark in March, which will certainly be a huge achievement, so I'm just hoping and praying to stay healthy and injury-free as this process continues on. Mid-March will be the halfway mark for my training and quite frankly I can't believe how quickly it has gone by, even during the winter months! I'm assuming this will only continue to go faster as the days get longer and warmer, leading us all outside for our final weeks of preparation.

As always, I hope you've enjoyed reading this as much as I've enjoyed writing it. Stay focused and train hard! The races and the training are tough, but they're not tougher than we are. Cheers!



### **13. RUNNER STORY – OLIVE (A 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>



At New Pond Farm, readying for the race





The entire family at the Great Turkey Escape on Thanksgiving

## 14. ROSTER – CHECK FOR ACCURACY

(For shirt size, U means Unisex, W means Womens Fit, Y means Youth)

Race	First	last_name	Sex	Bib Name	Bib #	Early Start?	Shirt
7 Mile	Evan	Abrams	M	Evan	1081	N/A	UL
7 Mile	Lauren	Abrams	F	Lauren	1078	N/A	UM
Half	irina	acsinte	F	irina	358	NO	WL
7 Mile	Laurie	adams	F	Laurie Adams	1063	N/A	US
Half	sarah	adams	F	sarah	181	YES	WL
Half	Jill	Adrian	F	Jill Rae	611	YES	WL
Half	Dominique	Agnes	M	Domia	42	YES	UL
Half	Brendan	Ahern	M	Brendan	382	NO	UL
Half	Katie	Ahern	F	Kate	361	NO	US
Mighty	Kerri	Ahern	F	Kerri	694	N/A	WM
Mighty	Christopher	Ahlberg	M	Chris	52	N/A	UL
Half	Patrick	Alarcon	M	Paddy	354	YES	U2XL
Half	Emily	Albarillo	F	Embily	215	NO	WS
Mighty	Luke	Albrecht	M	LUKE	213	N/A	UL
Half	Colleen	Alexander	F	Colleen	579	YES	WM
Half	Ines	Allen	F	Ines	283	NO	WM
Half	Treb	Allen	M	Treb	237	NO	UM
7 Mile	Ellen	Alpert	F	Ellen	894	N/A	UM
7 Mile	Vanessa	Alward	F	Vanessa	945	N/A	WM
Mighty	Jennifer	Amend	F	Jen	668	N/A	WM
7 Mile	Jeanne	Ammermuller	F	Honey Do Acres	810	N/A	WL
7 Mile	Laura	Amodeo	F	Laura	1084	N/A	UM
Half	Joe	Amuso	M	Joe	222	NO	UL
Half	Meredith	Anand	F	Meredith	144	NO	WS
Half	Rebecca	Anderson-Furlong	F	Sprout	257	NO	UL
Mighty	Walter	Andersons	F	WALTER	695	N/A	UM
Mighty	Stephen	Apy	M	Twin dad	645	N/A	UM
Half	Dottie	Areson	F	Dottie Bear	145	NO	WM
7 Mile	Christine	Argueta	F	Christine	1023	N/A	WS
7 Mile	Daphna	Arm	F	Daphna	814	N/A	WM
7 Mile	Jason	Atkins	M	Jason	919	N/A	UM
Half	Amelia	Audette	F	Amelia	282	NO	WS
Half	Alice	Avery	F	ALICE	66	NO	US
Half	Robert	Azud	M	Bob	153	NO	UL
Half	Daniel	Bachert	M	Daniel	540	NO	UL
Piglet	Avery	Baker	F	Avery	1130	N/A	YS
7 Mile	Barbara	Baker	F	Barb	928	N/A	WS
7 Mile	Carolyn	Baker	F	Carolyn	748	N/A	WXL
7 Mile	John	Baker	M	John	936	N/A	UL
Piglet	Mila	Baker	F	Mila	1129	N/A	YM
Piglet	Sophia	Baker	F	Sophia	1116	N/A	YS
Mighty	Carlos	Baldoz	M	Carlos	118	N/A	UM
Half	Keith	Baldwin	M	Keith	94	NO	UL

7 Mile	Rachael	Balinski	F	Rachael	909	N/A	US
7 Mile	Caitlin	Balint	F	Caitlin	750	N/A	WS
Piglet	Reagan	Balint	F	Reagan	1167	N/A	YS
7 Mile	John	Ball	M	John "Hacker" Ball	955	N/A	U2XL
7 Mile	Roe	Ball	F	Roe Ball	943	N/A	WL
Piglet	Alexander	Baneat	M	Alex	1181	N/A	YM
Half	Michael	Baneat	M	Michael	307	NO	UM
Half	Susan	Bard	F	Susan	422	NO	WM
Half	James	Barickman	M	Jamie	61	NO	UL
Half	Shea	Barickman	F	Shea	461	NO	WS
Half	Nancy	Barlow	F	Nancy	526	NO	WM
7 Mile	Brigid	Barnes	F	Brigid	774	N/A	WM
7 Mile	Joy	Barrese	F	Joy	813	N/A	WL
7 Mile	Nancy	Barthold	F	Nancy	1073	N/A	WXL
7 Mile	Laura	Battisti	F	Laura	888	N/A	WL
7 Mile	Julia	Bauer	F	Jules	739	N/A	US
Half	Robert	Bazata	M	Bob	149	NO	UL
7 Mile	Ryan	Beaudry	M	Ryan	827	N/A	UM
7 Mile	Kate	Beck	F	Kate	779	N/A	WM
7 Mile	Stefan	Beck	M	Stefan	778	N/A	UXL
Half	Seana	Bedard	F	Seana	23	NO	WL
Piglet	Blake	Bedoukian	M	Blake	1111	N/A	YS
Piglet	Cole	Bedoukian	M	Cole	1112	N/A	YS
Half	Matt	Bedoukian	M	Matt	6	NO	UM
Half	Bill	Begg	M	Vinny kid	384	NO	UL
Half	Erin	Begg	F	Lizzy	439	NO	WM
Half	Leah	Begg	F	Lee Lee	437	NO	WM
Half	Michelle	Behr	F	MB	558	NO	WS
Half	Ronnie	Behringer	F	Ronnie	543	NO	WM
7 Mile	Stephanie	Bell	F	Stephanie	1092	N/A	WS
Half	Allison	Bellemare	F	Allison	348	NO	WM
Half	Jeffrey	Bellemare	M	Jeff	336	NO	UXL
Mighty	Eileen	Bellmay	F	Eileen	665	N/A	WM
Mighty	Karen	Bellmay	F	Karen	671	N/A	WS
Half	Blake	Benke	M	Blake	376	NO	UM
7 Mile	Diane	Benke	F	Diane	1020	N/A	WS
Half	Stephanie	Benko	F	Benko	612	NO	US
7 Mile	Cory	Benson	F	Cory	876	N/A	WS
Half	Krista	Benson	F	Krista	186	NO	WS
Half	Kristin	Benson	F	Kristin	531	YES	WS
7 Mile	STEPHANIE	BENTON	F	Clara's Daughter	1022	N/A	WL
Half	Page	Berger	F	Page	329	NO	WM
Half	Stephen	Berger	M	Stephen	339	NO	UL
7 Mile	Kimberly	Berry	F	Kim	851	N/A	WXL
7 Mile	Tara	Berwick	F	Tara	940	N/A	UL
Half	Adam	Betz	M	Adam	270	YES	UXL
Half	Amy	Betz	F	Amy	333	YES	UM
Half	Callie	Betz	F	Callie	197	YES	UXL
Mighty	Marilyn	Biedrycki	F	Marilyn	684	N/A	WM
Piglet	Ella	Binder	F	Ella	1134	N/A	YM

Piglet	Heidi	Binder	F	Heidi	1135	N/A	YS
Half	Katy	Binder	F	Katy	503	NO	WM
Half	Mike	Bingle	M	Mike	507	NO	U2XL
Half	Ann	Bishop	F	DeNovo	418	NO	WS
Half	Jo	Blackmore	F	Tempo Jo	591	YES	WM
Half	Lauryn	Blakesley	F	Lauryn	362	NO	US
7 Mile	Deborah	Blanchard	F	Debbie\$	798	N/A	UM
Half	Adam	Blank	M	AJ	478	NO	UL
7 Mile	Kari	Bley	F	Kari	917	N/A	YM
7 Mile	Justine	Block	F	Justine	1003	N/A	WM
7 Mile	Max	Block	M	Max	991	N/A	UM
Half	Teren	Block	F	T	143	NO	WS
Half	Barry	Blumenfield	M	Barry	50	NO	UM
Half	Jodi	Blumenfield	F	Jodi	141	YES	WM
Mighty	Arthur	Bodek	M	Arthur	646	N/A	UXL
Half	Adam	Bomberger	M	Adam	347	NO	UL
Half	Brian	Bomberger	M	Brian	82	YES	UL
Half	Grant	Borgelt	M	Grant	551	NO	UL
Half	Danielle	Borgo	F	Danielle	590	YES	WXL
Half	Jill	Bornstein	F	Jill	505	NO	WM
7 Mile	Amber	Borofsky	F	Amber	805	N/A	WS
7 Mile	Jeffrey	Borofsky	M	Jeff	872	N/A	UM
7 Mile	Sydney	Borofsky	F	Squidney	852	N/A	YL
7 Mile	Brad	Bottger	M	Brad	763	N/A	UM
Half	Emily	Boucher	F	Emily	535	NO	US
Half	Eric	Boucher	F	Eric	533	NO	UM
7 Mile	Irene	Boyle	F	Irene	993	N/A	WS
Half	Thea	Boyle	F	Thea	15	NO	UM
Piglet	Lily	Brancato	F	Lily	1124	N/A	WS
Half	Brenna	Breeding	F	Brenna	519	NO	US
Half	Evan	Breeding	M	Evan	231	NO	UL
7 Mile	Jim	Bremner	M	Jim	770	N/A	UL
7 Mile	Keelin	Bremner	F	Keelin	768	N/A	YL
7 Mile	Maeve	Bremner	F	Maeve	769	N/A	WM
Half	Jennifer	Brightman	F	Jennifer	321	NO	WM
7 Mile	Rebecca	Brindley	F	Rebecca	865	N/A	UM
7 Mile	Sam	Brindley	M	Sam	897	N/A	UM
7 Mile	Kimberly	Brinton	F	Dr Kim	1087	N/A	WM
7 Mile	Kevin	Briody	M	Op Top	1004	N/A	UL
7 Mile	Laurence	Briody	M	La Kid	1006	N/A	UL
7 Mile	Lynne	Briody	F	Lynnie	853	N/A	WM
Mighty	Lisa	Brody	F	Lisa	641	N/A	UM
Mighty	Michael	Brokaw	M	Mike	688	N/A	UL
7 Mile	TAMMY	Brower	F	Tammy	1090	N/A	WM
Half	Barbara	Brown	F	Barbara	408	YES	UXL
Half	David	Brown	M	DBrown	190	NO	UM
7 Mile	Jeanne	Brunet	F	Jeanne	889	N/A	WM
Half	Gail	Bruno	F	Gail	517	YES	WL
Might	Ferris	Buddy	F	Ferris	613	NO	WS
7 Mile	Anthony	Buonicore	M	LewCow	1008	N/A	UL

Piglet	Brooke	Burdesaw	F	Brookie	1197	N/A	YS
Piglet	Dylan	Burdesaw	M	Dylan	1196	N/A	YS
Mighty	Jeffery	Burdesaw	M	Jeff	670	N/A	UL
Half	Joanna	Burgess	F	Joanna	114	NO	UM
7 Mile	Jennifer	Burke	F	Jenny	1075	N/A	WS
Half	Jonathan	Burke	M	JB	90	NO	UM
Half	Kelly	Burns Gallagher	F	Kelly	228	NO	WL
7 Mile	Christina	Butler	F	Christina	1014	N/A	WS
7 Mile	Paul	Butler	M	Paul	863	N/A	UL
7 Mile	Paul	Buttress	M	Not last	956	N/A	UXL
Half	Dan	Butzbaugh	M	Dan	370	YES	UXL
7 Mile	Angela	Caes	F	Angela	987	N/A	WS
7 Mile	Justin	Cahill	M	Justin	1005	N/A	UL
7 Mile	Stephanie	Cahill	F	Stephanie	1015	N/A	WM
Half	Frank	Caico	M	Frank	372	NO	UM
7 Mile	Michael	Caldwell	M	Mike	753	N/A	UM
Half	Mollie	Calzone	F	Molzone	129	NO	WM
Half	Wendy	Calzone	F	Mama Orca	285	NO	WM
Half	Christine	Campasano	F	Christine	247	NO	US
Half	jim	campasano	M	Jim	188	NO	UL
7 Mile	Ben	Campbell	M	Liz's Dad	775	N/A	UL
Half	Elizabeth	Campbell	F	Liz	105	NO	WM
7 Mile	Theresa	Campbell	F	T	1025	N/A	WM
Half	Daniel	Capodicci	M	Dan	110	NO	UL
Half	Don	Capone	F	don	495	NO	UM
Piglet	Andrew	Capozza	M	Andrew	1110	N/A	YS
Piglet	Grace	Capozza	F	Gracie	1102	N/A	YS
Piglet	Ryan	Capozza	M	Ryan	1103	N/A	YS
7 Mile	Scott	Capozza	M	Scott	968	N/A	US
Mighty	CC	Cappello	F	CC	681	N/A	WS
Mighty	Dave	Cappello	M	Dave	677	N/A	UL
Half	Sarah	Caputo	F	Sarah	319	NO	WS
Mighty	Teri	Carilli	F	Teri	177	N/A	WL
Half	Ward	Carpenter	M	Ward	211	NO	UL
Half	Tyler	Carr	M	Tyler	529	NO	UL
7 Mile	Cristina	Carvalho	F	Cristina	1018	N/A	WM
7 Mile	Mark	Castiglione	M	MJC	903	N/A	UXL
7 Mile	Henry	Cavillones	M	BIG POPPA	1082	N/A	U2XL
7 Mile	Reka	Cebulski	F	Reka	963	N/A	WL
Half	roman	Cebulski	M	Roman	375	NO	UL
Half	Jennifer	Chabus	F	Chabus	424	YES	WXL
Half	Eli	Chamberlain	M	Eli	534	NO	US
Half	Christine	Chapman	F	Chrissy	573	NO	WM
Mighty	Salena	Chatman	F	Salena	654	N/A	WM
Mighty	Anthony	Chiaverini	M	Anthony	660	N/A	UM
Half	Rebecca	Chirevas	F	Rebecca	508	YES	WM
7 Mile	Susan	Christoffersen	F	Susan	957	N/A	WM
Mighty	Nardy	Chung	M	NARDY	203	N/A	UM
Half	Michael	Ciardullo	M	Mike	7	NO	UXL
7 Mile	Sally Ann	Ciarlo	F	Sally Ann	966	N/A	WM

Mighty	Anelise	Cimino	F	Anelise	91	N/A	WS
Half	Thomas	Claire	M	TOM	17	NO	UXL
7 Mile	Sarah	Clark	F	Sarah	985	N/A	WL
Half	Stacy	Clark	F	Stacy	254	NO	WM
7 Mile	Tim	Clark	M	Timmy	978	N/A	UL
Half	deirdre	clyne	F	Deirdre	288	NO	UM
7 Mile	Chrissy	Colsey	F	Chrissy	997	N/A	UM
7 Mile	Charlie	Condosta	M	Charlie	749	N/A	UXL
		Conklin					
Half	Sarah	Zimmerman	F	Sarah	48	NO	WM
Half	Sean	Connelly	M	CRUSH	469	NO	UXL
Mighty	Lauren	Contorno	F	Legal Midget	609	N/A	WS
Half	Greg	Conyers	M	Zup	294	NO	UM
Half	Christine	Cook	F	Christine	104	NO	WL
Half	Kimberly	Cooke	F	Cookie	462	YES	UM
Half	Scott	Cooney	M	Scott	124	NO	UL
Half	Miriam	Cope	F	MIRIAM	88	NO	WM
7 Mile	Steven	Coppock	M	Steve	999	N/A	UL
Half	john	coppola	M	John	396	NO	UM
Half	James	Corbiere	M	Corbs	200	NO	UXL
7 Mile	Tori	Cornish	F	Tori	734	N/A	WL
Half	Amy	Corr	F	Amy	419	NO	WM
Half	Nelson	Costa Jr	M	Coyote	463	NO	UL
Piglet	Alessandra	Costello	F	Alessandra	1108	N/A	YS
7 Mile	Susi	Costello	F	Sue	1094	N/A	WM
Half	Kristen	Coupland	F	Kristen	281	NO	WM
7 Mile	Carolyn	Couture	F	Carolyn	934	N/A	WM
Half	Genevieve	Coyle	F	Genevieve	22	YES	WM
Half	Donna	CRAMOND	F	Kids Race Lady	443	NO	UXL
Mighty	Jessica	Creaco	F	Jessica	648	N/A	WS
Half	Lori	Crenshaw	F	Lori	302	NO	WS
Mighty	Thomas	Cronin	M	Tom	639	N/A	UL
7 Mile	Christina	Cumberton	F	Christina	937	N/A	WM
Half	Anda	Cumings	F	Anda	620	NO	US
7 Mile	Eileen	Curran	F	Eileen	986	N/A	WXL
Half	Paul	Cusumano	M	Paul	523	NO	UL
Half	isaac	cymrot	M	Isaac	162	NO	UXL
Half	Jackie	Cyphers	F	Jax	27	NO	UM
Half	Lori	Czajkowski	F	Lori	248	NO	US
Half	Cassandra	Dahms	F	Cassi	297	NO	UL
Half	melissa	daiello	F	Melly	161	NO	WS
Half	Brittany	Dalling	F	Brittany	239	NO	WS
Half	Chris	Dam	M	Cris	227	YES	UXL
Piglet	Emma	Dam	F	Emma	1119	N/A	YM
Piglet	Maya	Dam	F	Maya	1120	N/A	YS
Half	Susan	Dam	F	Susan	430	NO	WS
7 Mile	Robin	Damato	F	Robin	829	N/A	UL
7 Mile	William	Damm	M	Bill	1029	N/A	UL
7 Mile	Rachel	D'Antonio	F	Rachel	996	N/A	UM
Mighty	Tracy	Darmofal	F	Tracy	633	N/A	UM
Mighty	Rebecca	Darst	F	World Peace	664	N/A	UM

7 Mile	Anupreeta	Das	F	Preeta	913	N/A	US
Half	William	Davenport	M	BILL	63	NO	UL
Half	Susan	David	F	Mrs. T	134	NO	WM
7 Mile	Gary	De Brito	M	Gary	874	N/A	UM
7 Mile	Jerry	De La Rosa	M	Jerry	962	N/A	UXL
7 Mile	Mimi	De La Rosa	F	Mimi	960	N/A	WM
Half	Day	De Rosa	M	Day	262	NO	UL
7 Mile	Cynthia	Degirolamo	F	Cindy	783	N/A	WM
Half	Rick	Deitch	M	The Earl of Mango	246	NO	UL
Half	Shannon	DeLeon	F	Shan	258	NO	WS
Half	Kristen	Delgado	F	Kristen	431	NO	UM
Half	Karen	Delia	F	Karen	32	YES	WL
Half	Mark	DeLieto	M	Mark	473	NO	UXL
Half	Matthew	DeMaio	M	Hollywood	249	NO	UL
Half	Marlene	Dematas	F	Marlene	568	YES	WS
Half	Dawn	DeMauro	F	Dawn	284	NO	US
Half	Chris	Deming	M	Chris	666	NO	UXL
7 Mile	Lorenzo	DeNino	M	Lorenzo	758	N/A	UL
Mighty	Behrad	Derakhshan	M	Behrad	667	N/A	US
Half	Diana	Derivan	F	Diana	101	NO	WS
Half	Elizabeth	DeRose	F	Elizabeth	352	NO	WS
7 Mile	Kristen	DeYoung	F	Pangilinan	1030	N/A	US
Half	Marcela	Di Blasi	F	Marcela	265	NO	WM
7 Mile	Danielle	DiBella	F	Danielle	751	N/A	WM
Half	Marissa	DiBella	F	Marissa	95	NO	WM
Half	Aili	DiBonaventura	F	Smiley	407	NO	WS
7 Mile	Melissa	DiLauro	F	melissa	958	N/A	WL
Half	Elaine	Dill	F	CIS	489	NO	WS
7 Mile	leah	dillman	F	Irun4Emily	884	N/A	WM
7 Mile	Jessie	Dillon	F	Jessie	841	N/A	UM
Mighty	Jackie	DiMeglio	F	Jax	327	N/A	WS
7 Mile	Mary	DiSimone	F	Mary	867	N/A	WS
Piglet	Elizabeth	Dobreski	F	Beth	1107	N/A	YS
7 Mile	Mary Ellen	Dombrowski	F	Mary Ellen	1049	N/A	WS
Half	Thomas	Donato	M	Tom	108	NO	UM
7 Mile	Laura	Donnelly	F	Laura	1054	N/A	US
7 Mile	Eliza	Doolittle	F	Eliza	864	N/A	WM
Half	Sharon	D'Orso	F	Sharon	85	NO	WM
Half	Stephanie	D'Orso	F	Steffie	86	NO	WS
7 Mile	Kelley	Douglass	F	showing up is half	754	N/A	WM
Half	Stephanie	Douglass	F	Stephanie	122	NO	WS
Half	Summer	Downey	F	Summer	332	NO	WS
Half	Jonathan	Downs	M	Jonathan	76	NO	UL
Half	Todd	Doyle	M	4MESR	240	NO	UM
Half	Nancy	Driscoll	F	Nancy	470	NO	WM
7 Mile	Cathy ann	Drury	F	Cathy	1031	N/A	WM
7 Mile	Nathan	Dudley	M	Nate	1099	N/A	UM
Piglet	Kate	Duggan	F	Kate	1174	N/A	US
Piglet	Maeve	Duggan	F	Maeve	1173	N/A	US
Half	Allen	Durden	M	Duff	175	NO	U2XL

Half	Michael	DuVally	M	Duv	53	NO	UM
Half	Daniel	Dykas	M	Dan	504	NO	UM
Half	catherine	east	F	Murph	299	YES	WL
7 Mile	Gina	Ebbeling	M	Gina	816	N/A	WM
Half	Allison	Ebrahimi Gold	F	Allison	553	NO	WS
Half	Amanda	Edwards	F	Amanda	363	NO	WM
Half	Karl	Eilers	M	KingKarl	69	YES	UL
Half	Ken	Essex	M	Ken	562	YES	UXL
Half	Kristen	Essex	F	House Stark(er)"	280	YES	WM
Half	Melissa	Fabuien	F	Melissa	610	NO	WL
Half	Jeannine	Fagan	F	Jeannine	488	NO	WM
Half	Jon	Fagan	M	Jon	637	NO	UXL
7 Mile	Shannon	Faircloth	F	Shannon	730	N/A	US
Half	Lori	Falcone	F	Lori	341	YES	US
7 Mile	Karin	Fallon	F	Karin	879	N/A	US
Half	Jen	Febles	F	Jen	618	NO	US
7 Mile	Nicky	Federici	F	Nicky	1044	N/A	WS
7 Mile	Renee	Feldman	F	Renee	1068	N/A	WM
7 Mile	rich	ferguson	M	RWF	927	N/A	UL
7 Mile	Julia	Ferreira	F	Julie	1091	N/A	WM
7 Mile	Faith	Ficarra	F	Faith	905	N/A	WM
7 Mile	Kaley	Finegan	F	Kaley	1011	N/A	UM
7 Mile	Daria	Fisher	F	Daria	926	N/A	WL
Half	Arthur	Fitts	M	Art	313	YES	UL
Half	Julia	Flanagan	F	Julia	160	NO	WM
Piglet	Chloe	Flatt	F	Chloe	1185	N/A	YL
Piglet	Lilly	Flatt	F	Lilly	1188	N/A	YM
Piglet	Olivia	Flatt	F	Olivia	1183	N/A	YL
Piglet	Sophia	Flatt	F	Sophia	1187	N/A	YL
Half	Adam	Fleisher	M	CT Runner	194	NO	UM
Half	Miles	Fleisher12	M	Miles	268	NO	UM
Half	Catherine	Flood	F	Catherine	449	YES	WM
Mighty	Lilah	Fones	F	Lilah	635	N/A	WM
7 Mile	Marcey	Forgione	F	Marcey	1038	N/A	WL
Mighty	Julie Anne	Fossi	F	Julie	218	N/A	WS
Half	Noah	Foster	M	Noah	30	NO	UL
Half	Rachel	Fox	F	Rachel	245	YES	WM
7 Mile	Michelle	Foye	F	Foye	1072	N/A	WS
7 Mile	Lindsay	Franke	F	Lindsay	1088	N/A	WS
7 Mile	Edward	Freeland	M	Del Toreno	1098	N/A	UM
Mighty	Natasha	Friedman	F	Natasha	647	N/A	US
Half	Carrie	Friend	F	CARRIE	132	YES	WXL
Half	Manaia	Friend	F	Manaia	60	YES	WM
Half	Karla	Frisenda	F	Karla	630	NO	WL
7 Mile	Mary	Frostick	F	Mary	726	N/A	US
Half	Ed	Fung	M	Ed	159	NO	UM
Half	Stephanie	Gagliardi	F	Steph	510	NO	WM
7 Mile	Ken	Gaglione	M	Ken	912	N/A	UM
7 Mile	Patricia	Gaglione	F	Pat	747	N/A	WM
Half	Nina	Gagnon	F	Nina	314	YES	WM

Mighty	Danny	Gallegos	M	Danny G	624	N/A	UM
7 Mile	Carol	Gomez-Citron	F	Georgetown Vet Hospital	725	N/A	WM
7 Mile	anne	gannon	F	Gannon	847	N/A	US
Piglet	Caitlyn	Garcia	F	Caitlyn	1106	N/A	WS
Piglet	Kevin	Garcia	F	Kevin	1104	N/A	YM
Piglet	Matthew	Garcia	M	Matt	1105	N/A	YL
Half	Megan	Garcia	F	MEGAN	133	NO	WM
Half	Deanna	Gaudreau	F	Deanna	35	NO	WM
Half	Sharon	Gawe	F	Sharon	412	NO	WM
Piglet	Callum	Gemelli	M	Callum	1193	N/A	YM
Half	Nick	Gemelli	M	Nick	490	YES	UXL
7 Mile	Patrick	Gerbracht	M	Patrick	856	N/A	UM
Mighty	Michael	Gerwien	M	Michael	400	N/A	UL
Half	Julia	Gibson	F	Julia	520	NO	UM
7 Mile	Karen	Gillespie	F	Karen	2	N/A	WS
7 Mile	Joseph	Gimigliano	M	Gimigs	1080	N/A	UL
Half	Beth	Ginand	F	Beth	530	NO	WS
Mighty	Carolyn	Gingras	F	Carolyn	672	N/A	WS
Half	Paula	Ginter	F	Paula	564	NO	WL
Half	Angelo	Giordano	M	Angelo	369	NO	UM
Mighty	Christina	Girard	F	Christina	644	N/A	WS
Mighty	Claire	Gladstone	F	Claire Bear	638	N/A	WM
7 Mile	Sarah	Goguen	F	Sarah	828	N/A	UM
Half	Robert	Goldfarb	M	Buttah	509	NO	UM
Half	Michelle	Goldstein	F	Michelle	393	YES	UM
7 Mile	Margaret	Gomez	F	Maggie	869	N/A	WL
Half	Elizabeth	Goodwin	F	Lizzie	450	NO	WM
Half	Lyndsey	Gore	F	Lyndsey	241	YES	WS
Half	Ciara	Gorglione	F	CIARA	421	NO	WM
Mighty	Bruce	Goulart	M	Bruce	674	N/A	UM
Half	Maria	Grabowski	F	Maria	291	YES	UM
Half	McLain	Granger	M	Mac	521	NO	UL
Mighty	Carrie	Gray	F	Carrie	689	N/A	WM
Mighty	Jacob	Gray	M	Jacob	690	N/A	UL
7 Mile	Stuart	Green	M	STUMAN	1052	N/A	UXL
Mighty	Jamie	Grennan	F	Jamie	658	N/A	WM
Half	Sam	Grenus	F	Sam	28	NO	US
Half	Katie	Grigg	F	Katie Rose	572	NO	US
7 Mile	Kirsten	Grind	F	Kirsten	998	N/A	WS
7 Mile	Gregory	Gross	M	Greg	1086	N/A	UXL
Half	Polly	Grzegorczyk	F	Polly	556	YES	US
Half	Edna	Guevarra	F	Edna	459	NO	WS
Half	Ali	Haffner	F	Ali	150	NO	WM
Half	Jennifer	Haley	F	Jenna	428	NO	WM
Half	carrie	hall	F	Carrie	295	NO	WM
Half	Jeanne	Halloran	F	Jeanne	112	NO	WS
7 Mile	David	Hambleton	M	Farmer Dave	1056	N/A	UL
7 Mile	John	Hambleton	M	John	1057	N/A	UM
Half	Crystal	Hancock	F	Crash	180	NO	WS
7 Mile	Jason	Hanna	M	Jason	871	N/A	UL

7 Mile	Jessica	Hanna	F	Jessie	838	N/A	WM
Piglet	Lillian	Hanna	F	Lilly	1143	N/A	YS
Piglet	Madeline	Hanna	F	Maddie	1142	N/A	YM
Half	David	Hansen	M	Dave	335	NO	UL
Half	Belinda	Hanson	F	Taco #2	263	NO	WL
7 Mile	Donna	Hanson	F	Donna	844	N/A	US
Half	William	Harnett	M	Will	483	NO	UM
Half	Alexander	Harris	M	Alex	565	NO	UM
Half	Joanne	Hasko	F	Jo	445	NO	UM
Half	Megan	Hauck	F	Megs	253	NO	US
Mighty	Will	Hauser	M	Wilma	632	N/A	UL
7 Mile	Katherine	Havard	F	KHavs	818	N/A	US
7 Mile	Thomas	Havard	M	Thomas	885	N/A	UL
Half	MARY BETH	HAWKINS	F	MARY BETH	498	NO	WM
7 Mile	Kimberly	Hawks	F	Kim	797	N/A	UL
7 Mile	Beth	Haydiu	F	Beth	1058	N/A	WM
Half	Diane	Hayes	F	Diane	37	NO	WM
Half	Tom	Hayes	M	TOM	163	NO	UL
Mighty	Hildie	Heck	F	Hildie	693	N/A	WS
Half	anna	henschel	F	ANNA	83	NO	WS
Half	geoffrey	henschel	M	GEOFF	320	NO	UL
7 Mile	olga	herrera	F	olga	935	N/A	WL
7 Mile	Betsy	Higgins	F	Betsy	803	N/A	US
Half	Morgan	Hill	M	Morgan	178	NO	UL
Half	Kim	Hillyer	F	Kim	54	NO	WXL
7 Mile	Paul	Hirsch	M	Paul	875	N/A	UM
Mighty	Jessica	Hitchcock	F	Jess	649	N/A	WS
Mighty	Mathias	Hitchcock	M	Mathias	652	N/A	UL
Piglet	Finn	Hoath	M	Super Hero Finn	1171	N/A	YS
Mighty	Jan	Hoath	F	Jan	111	N/A	WS
Piglet	Tilly	Hoath	F	Super Hero Tilly	1172	N/A	YM
Half	Kristen	Hoban	F	Kristen	511	NO	WM
Mighty	Peter	Hofmann	M	Peter	655	N/A	UM
Half	Megan	Holbert	F	Meg	513	NO	WM
7 Mile	Alicia Joy	Hollopeter	F	AJ	1010	N/A	WL
7 Mile	Andrew	Hollopeter	M	Andrew	1009	N/A	UM
7 Mile	Clementine	Hollopeter	F	Clementine	862	N/A	WS
7 Mile	William	Hollopeter	M	Bill	921	N/A	UM
7 Mile	Adrienne	Holmes	F	AJ	740	N/A	WS
7 Mile	Jason	Holmes	M	Jason	741	N/A	UL
Half	Brian	Hommel	M	Brian	602	NO	UXL
Half	Lori	Hongach	F	Iori	109	NO	UM
Half	Ellen	Hoo	F	Ellie	229	YES	WXL
7 Mile	Ronald	Hooker	M	Ron	1066	N/A	UM
Half	Zachary	Hoover	M	Hoover	113	YES	UL
Half	Bruce	Hoppel	M	Bruce	84	NO	UL
Half	Erin	Horbach	F	Erin	323	NO	WM
Half	Toni	Hoverkamp	F	Toni	381	NO	WS
Half	Jason	Howard	M	Bumpa	92	NO	UL
Half	Mandy	Howell McDonnell	F	Mandy	350	NO	WS

Half	Kris	Hunt	F	KRIS	8	NO	WM
Half	Bill	Hunter	M	Willdog	4	NO	UL
Half	Meghan	Hurley	F	Meghan	286	NO	WL
Half	Larry	Ikard	M	Crazy Larry	154	NO	UM
Half	Filippo	Imperiali	M	Filippo	588	NO	UL
Half	Kanako	Itano-Malstrom	F	KANAKO	226	NO	US
Half	Karen	Iveson	F	Karen	138	NO	WM
Half	Eryn	Ivey	F	Eryn	460	NO	WM
7 Mile	Lauren	Jacobi	F	Citizen Mango	895	N/A	WS
7 Mile	Michael	Jakubowski	M	Mike J	1070	N/A	UXL
Half	Chris	James	M	Chris	560	YES	UL
Half	Sarah	James	F	Sarah	224	YES	WM
Half	Ailene	Janeczek	F	Leeners	337	NO	WL
7 Mile	Maureen	Jansen	F	Reenee	846	N/A	WL
7 Mile	Tricia	Jansen	F	Trish	952	N/A	WS
7 Mile	Gigi	Jasensky	F	Gop	877	N/A	WM
Half	Dawn	Jenci	F	Toots	481	NO	WL
7 Mile	Lorilee	Jeppesen	F	Lori	855	N/A	WL
7 Mile	Tricia	Jezierny	F	Tricia	1016	N/A	UM
Half	Kristin	Johnson	F	Kristin	425	NO	WS
7 Mile	Lindsey	Johnston	F	Lindsey	923	N/A	WL
7 Mile	Debra	Jones	F	Deb	804	N/A	UXL
Half	Rosemary	Jones	F	RoJO	442	NO	WM
Half	Anca	Jordan	F	Anca	171	NO	WL
Piglet	Anca V	Jordan	F	Ancuta	1194	N/A	YM
Piglet	Mary	Jordan	F	Mary	1195	N/A	YM
Half	Owen	Jordan	M	Owen	356	NO	UL
Mighty	Russel	Joseph	M	Russel	340	N/A	UM
Piglet	Kylie	Joyce	F	Kylie	1148	N/A	WS
7 Mile	maggie	joyce	M	Maggie	950	N/A	UL
Piglet	Michael	Joyce	M	Michael	1149	N/A	YS
7 Mile	Jennifer	Joynt	F	Joynt	929	N/A	WM
Half	Frank	Jozefick	M	Frank	405	NO	UXL
7 Mile	Nicole	Kalamaras	F	NikiD	1033	N/A	WM
7 Mile	Robert	Kalamaras	M	BKbroyler	1039	N/A	UM
Half	Lee	Kalivas	M	Lee	269	NO	UM
Half	Greg	Kalt	M	Greg	164	NO	UM
Mighty	Maureen	Kane	F	Maureen	626	N/A	WM
Half	Sarah	Kane	F	Sarah	391	NO	WS
Half	Jason	Karbel	M	Jason	199	YES	UXL
7 Mile	Robert	Karim	M	Rob	857	N/A	UXL
Half	Darlene	Kaschel	F	Darlene	276	NO	WS
7 Mile	Joanna	Kaskiewicz	F	Asia	1050	N/A	WL
Half	Jessica	Katuska	F	Jess	151	NO	WS
7 Mile	Joseph	Kearns	M	Joe	842	N/A	US
Half	Robin	Kearns	F	Robin	467	NO	WXL
Half	Mark	Kecko	M	Mark	404	NO	UXL
Half	Vanessa	Keefe	F	Vanessa	628	YES	UM
7 Mile	Ryan	Kehoe	M	Kehoe	1067	N/A	U2XL
Half	Patricia	Keim	F	PK	152	NO	WM

7 Mile	Christine	Kelly	F	Christine Kelly	1076	N/A	US
7 Mile	Allison	Kelm	F	Allison	1017	N/A	WM
7 Mile	Brian	Kennedy	M	Brian	995	N/A	UL
Piglet	Charlie	Kennedy	M	Charlie	1150	N/A	YL
Piglet	Jimmy	Kennedy	M	Jimmy	1126	N/A	YL
Mighty	Stephen	Kennedy	M	Stephen	685	N/A	UM
Half	Rachel	Keyes	F	Rachel	93	NO	US
Half	Sajid	Khan	M	Saj	115	YES	UM
Half	Jason	Kim	M	Jason	16	NO	UL
Mighty	Jung Soo	Kim	F	JungSoo	682	N/A	WS
Half	Pamela	Kim	F	Pamela	417	NO	WM
Half	Peter	King	M	Peter	189	NO	UL
Half	Kristopher	Kinscherf	M	Kris	475	NO	UL
Half	Steven	Kirsch	M	Hey Runner!	201	NO	UL
7 Mile	Leigh Ann	Kissner	F	LA	1046	N/A	WM
Half	Greg	Klimaytis	M	Shut Up Legs	146	NO	UL
Half	sally	kniffin	F	sally	71	NO	WM
7 Mile	Kimberly	Knispel	F	Kim	812	N/A	WS
Half	eric	koenig	M	Ekoenig	242	NO	UL
Half	Rick	Konon	M	Rickk	584	NO	UM
7 Mile	Chris	Kopec	M	Chris	849	N/A	UM
Half	Virginia	Kopperl	F	Ginny	275	YES	US
Half	Amanda	Korner	F	AMANDA	99	NO	UL
Half	Dawne	Kornhaas	F	Dawne	550	YES	WS
Half	Cathy	Kost	F	Cathy	355	NO	WS
Mighty	hillary	koyner	F	hillary	640	N/A	WM
Half	SHEILAH	KRASNICKAS	F	Sheilah	206	NO	WM
7 Mile	Ashley	Krauss	F	Ashley	1024	N/A	WM
Half	Brian	Krauss	M	KRAUSS	592	NO	UM
Half	Lisa	Krauss	F	Lisa	40	YES	WXL
Half	Sarah	Kreuzer	F	Sarah	102	NO	US
7 Mile	Kara	Kubala	F	Kara	859	N/A	WM
Half	Tammy	Kubus	F	TinkerTammy	259	YES	WXL
7 Mile	Mary Ellen	Kunz	F	Mary Ellen	949	N/A	WM
Half	David	Kurd	M	David	532	NO	US
Half	Bridget	Kurtz	F	Bridget	123	NO	WS
Half	Jaimie	Kurtz	F	Jaimie	232	NO	WS
Half	Glen	Kutler	M	GLEN	432	NO	UM
Half	Daniel	Lamb	M	Lamb	170	NO	UL
7 Mile	Maggie	Landis	F	Maggie	1001	N/A	UXL
Half	Kathy	Lang	F	Kathy	266	NO	WM
Half	Nicholas	Lang	M	Nick	308	NO	UL
Half	Emilie	Langeloh	F	Emilie	471	NO	US
Half	Jodie	LaRosa	F	Jodie	292	NO	WS
7 Mile	Christine	Lascano	F	Christine	1040	N/A	US
7 Mile	Kayla	Lashway	F	KK	854	N/A	WM
Half	Damian	Latimore	M	Damian	318	NO	UL
Half	Cathy	Laydon	F	CATHY	230	NO	UL
7 Mile	Ceren	Laydon	F	Ceren	1095	N/A	U2XL
7 Mile	Monica	Lederman	F	Monica	900	N/A	WS

Half	Shannon	LeDuc	F	Shannon	214	NO	WM
Half	Amanda	Lee	F	Amanda	484	NO	WM
7 Mile	Megan	Lee	F	Meg	972	N/A	WL
Mighty	Jessica	Lent	F	Jess	202	N/A	WL
Half	Jennine	Lesica	F	Jennine	49	NO	WM
Half	Steve	Leslie	M	Steve	342	NO	UM
Half	Peter	Lesser	M	Peter	204	NO	UM
Half	David	Levin	M	David	315	NO	UM
Half	Alli	Levine	F	Alli	168	NO	WM
Half	Alana	Levy	F	Alana	515	NO	WM
7 Mile	Janet	Levy	F	Janet	800	N/A	WM
Half	Ross	Levy	M	Ross	126	NO	UL
7 Mile	Joan	Lewandowski	F	Joanie	1042	N/A	UM
7 Mile	Hillary	Lewis	F	Hillary	916	N/A	WM
Half	Kevin	Lewis	M	Kevin	541	NO	UL
7 Mile	Nate	Lewis	M	Nate	896	N/A	YL
7 Mile	Jeanette	Li	F	Jeanette Li	922	N/A	UM
Piglet	Tobias	Lieberman	M	Tobey	1168	N/A	YM
Mighty	William	Liebler	M	Bill	196	N/A	UXL
7 Mile	Kristy	Liesegang	F	Kristy	861	N/A	WS
7 Mile	Nicholas	Lindsay-Jones	M	dadbod	858	N/A	UL
7 Mile	Richard	Lindsay-Jones	M	Richard	904	N/A	UL
Yathendra							
	Nath	Lingam	M	Yathi	121	NO	UM
	Albert	Lione	M	AL	205	NO	UL
	Jay	Lipman	M	Jay	195	NO	UL
	Allison	Lisbon	F	Nims	915	N/A	WS
	Hunter	Lo	M	HUNTER	1140	N/A	YM
	Johnny	Lo	M	JLO	12	NO	UM
	Lena	Lo	F	LENA	1141	N/A	WM
	Noah	Lo	M	NOAH	1139	N/A	YM
	Winnie	Lok	F	Winnie	642	N/A	WM
7 Mile	Andrew	Lombardozzi	M	ANDREW	882	N/A	UM
7 Mile	Cristina	Lombardozzi	F	Cristina	848	N/A	WS
Half	Mary ellen	Loncto	F	Mary Ellen	699	YES	WS
7 Mile	Michael	Londrigan	M	Michael	886	N/A	UM
Mighty	Patti	Look	F	Patti	45	N/A	WS
7 Mile	Rich	Lopes	M	Rich	892	N/A	UM
Half	Rhonda	Lord	F	Rhonda	305	NO	UM
Half	Nancy	Lovas	F	Milla	420	NO	WM
Mighty	Shannon	Lovley	F	LOVLEY	683	N/A	WL
Mighty	Kristin	Lowman	F	Kristin	675	N/A	WM
Half	Rick	Lowry	M	Rick	225	NO	UM
7 Mile	Janet	Loynes	F	Janet	961	N/A	UM
Half	Dean	Lucente	M	Dino	236	NO	UL
Half	Beth	Lyon	F	Beth	78	NO	WM
Piglet	Allison	Lyons	F	Allison	1132	N/A	YS
Piglet	Meredith	Lyons	F	Meredith	1131	N/A	YS
Half	Debbie	MacCarry	F	Debbie	279	NO	WL
Half	Alberto	Macias	M	Beto	312	YES	UM
7 Mile	Christine	Macken	F	Chrissy	1077	N/A	WM

Half	Kristina	Mackevica	F	Kristina	578	NO	UM
Half	Bruce	MacLeod	M	Bruce	397	NO	UXL
7 Mile	Mary	Macnab	F	Mary	981	N/A	WL
7 Mile	Jay	Maguire	M	JAY	784	N/A	UL
Mighty	Kaitlin	Maguire	F	K2	659	N/A	US
7 Mile	Marge	Maida	F	Marge	939	N/A	WM
Half	Debbie	Majeske	M	Deb	72	YES	WM
Mighty	Jennifer	Maksymiw	F	JenMax	662	N/A	WS
7 Mile	Gary	Malbin	M	GARY	765	N/A	UL
7 Mile	tashua	malino	F	Tash	938	N/A	WXL
Half	Danny	Mallozzi	M	Danny	371	NO	UL
Half	Kevin	Mallozzi	M	Malloz	21	NO	UM
Half	Lauren	Mallozzi	F	Lauren	539	NO	WM
Half	Lindsay	Mallozzi	F	Beans	277	NO	WS
Mighty	Melody	Mallozzi	F	Mellow Yellow	19	N/A	WS
Half	Dawn	Malone	F	Dawn	34	NO	WM
Half	Dustin	Malstrom	M	Dustin	554	NO	UM
Piglet	Lucas	Malton	M	Lucas	1190	N/A	YS
7 Mile	Susi	Manheimer	F	Susi	806	N/A	WS
Piglet	ava	mannual	F	ava	1115	N/A	YS
7 Mile	jane	mannual	F	jane	906	N/A	WM
Piglet	theo	mannual	M	theo	1114	N/A	YM
Half	Amy	Mannion	F	Amy	131	NO	WS
Half	Gayathri	Manoharan	F	G3	569	YES	WL
Mighty	Bradley	Marcus	M	Brad	657	N/A	UL
7 Mile	Heidi	Marcus	F	Heidi	860	N/A	WM
7 Mile	Rachel	Marino	F	Rachel	745	N/A	WS
7 Mile	Edward	Marquez	M	Ed	796	N/A	UL
Half	Jennifer	Marr	F	Jen	477	NO	WM
Half	Greg	Marrinan	M	Greg	406	NO	UL
7 Mile	Michelle	Marrinan	F	Michelle	824	N/A	WL
Half	Lyda Jo	Martinelli	F	Lyda	343	NO	WM
Half	Hilary	Martwinski-Nardozzi	F	Hilary	220	YES	UL
Half	Stacey	Martwinski-Nardozzi	F	Olive Bean	607	YES	UXL
Half	Holly	Masi	F	Holly	409	NO	WL
Mighty	Barbara	Matulaitis	F	Badass	653	N/A	WM
Half	Erin	May	F	Erin	377	NO	WL
Half	Mike	May	M	MAYDOG	135	NO	UL
Half	Sean	Mayer	M	SEAN	250	NO	UXL
Half	Sue	Mayer	F	SUE	316	NO	WS
Half	Lisa	Mazinski	F	Blondie	57	NO	WM
Half	Bill	McBrayer	M	Bill McB	51	NO	UM
Half	Glenn	McCabe	M	Glenn	493	NO	UL
Half	Deirdre	Mccaffrey	F	Deirdre	379	NO	WXL
7 Mile	Jeannette	Mccambley	F	Jeannette	744	N/A	WL
Mighty	Chris	McCann	M	Chris	629	N/A	US
7 Mile	Emilie	McCann	F	Emilie	737	N/A	WS
7 Mile	John	McCleary	M	John	3	N/A	UL
Half	Terri	McCleary	F	Terri	80	NO	WXL

Half	Scott	McClure	M	Scott	524	NO	UM
Half	Brian	McCormick	M	Brian	448	NO	WM
Half	Darcy	McCourt	F	Darcy	398	YES	WXL
7 Mile	Laura	McDonnell	F	Laura	837	N/A	WM
Half	Stephen	McDonnell	M	Steve	68	NO	UL
Half	Maureen	McGrath	F	Maureen	252	NO	WL
7 Mile	Stacy	McGratty	F	Stacy	941	N/A	WM
7 Mile	Kathy	McGroddy-Goetz	F	Kathy	807	N/A	WS
Mighty	Erin	McGuire	F	Erin	680	N/A	WS
Half	Mark	McGuire	M	Mark	458	NO	UXL
7 Mile	Joseph	McHale	M	Joe	933	N/A	UL
Half	Keri	McKay	F	Keri	311	NO	WS
Half	Rich	McKay	M	Rich	223	NO	UL
7 Mile	Susan	McKee	F	Susie	1034	N/A	WS
Half	Jenny	McLain	F	Jenny	387	NO	UM
Piglet	Marisin	McLain	F	Marisin	1109	N/A	YM
Half	Theresa	McLaughlin	F	Theresa	601	NO	WL
Half	Suzanne	McNameey	F	Suzie	457	NO	US
7 Mile	Alicia	McNeill	F	Alicia	786	N/A	WL
Half	Martin	McNulty	M	MJ	300	NO	UL
7 Mile	Michelle	McNulty	F	Michelle	724	N/A	WM
7 Mile	Kristina	McQuilkin	F	Tina	983	N/A	WS
7 Mile	Irene	McStay	F	Irene	811	N/A	WL
Half	Sue	Meadows	F	Ivy Meadows	77	YES	WXL
7 Mile	Meghan	Meditz	F	Shmeg	1043	N/A	UM
Half	Melissa	Meek	F	GO MEEK	209	NO	WM
7 Mile	Maureen	Mehner	F	Mo-Mo	787	N/A	UM
Half	Sean	Mehner	M	Sean	187	NO	UL
7 Mile	Mike	Mello	M	Mike	728	N/A	UL
7 Mile	cindy	mercede	F	CINDY	808	N/A	WS
Mighty	Kelly	Meredith	F	Kelly	501	N/A	WM
Mighty	Nicole	Merlo-White	F	Nicole	616	N/A	WS
Half	Ken	Merrick	M	Ken	64	NO	UM
Half	Debbie	Meszaros	F	Debbie	351	YES	WM
Piglet	Brody	Metz	M	BRODY	1192	N/A	YS
Piglet	Grayden	Metz	M	GRADY	1191	N/A	YS
Half	Kathryn	Metz	F	KCM	440	NO	WM
7 Mile	Aaron	Meyer	M	Aaron	790	N/A	UXL
Piglet	Casey	Meyer	M	Casey	1175	N/A	YM
Half	Doc	Meyer	M	Doc	46	NO	UL
Half	Greg	Meyer	M	The Bagelman	47	YES	UL
7 Mile	Jaimie	Meyer	F	Jaimie	788	N/A	WL
Piglet	Jonah	Meyer	M	Jonah	1176	N/A	YS
Half	Sue	Meyer	F	Sue	38	YES	WL
7 Mile	Ellen	Meyst	F	Ellen	971	N/A	WS
7 Mile	Matthew	Mihalcik	M	Matt	893	N/A	UM
Half	Erica	Mila	F	Erica	446	NO	UM
Half	Matt	Miller	M	MATT	512	NO	UM
7 Mile	Pat	Miller	F	Pat	733	N/A	WM
7 Mile	Paul	Miller	M	Paul	736	N/A	UM

Half	Robert	Miller	M	Rob	74	NO	UXL
Half	Tom	Miller	M	Tom	438	NO	UL
7 Mile	Tom	Millerd	M	Tom	965	N/A	UXL
7 Mile	Anne	Milot	F	Anne	764	N/A	WM
Half	JP	Milot	M	JP	140	NO	UL
Half	Raymond	Milot	M	Milot	486	NO	UL
Mighty	John	Minervino	M	John	663	N/A	UM
Half	Erika	Mirwald	F	Ricki	392	NO	WS
Half	Mark	Mischenko	F	Mark	139	NO	U2XL
7 Mile	Fiona	Mohl	F	Fiona	809	N/A	WS
7 Mile	Tara	Mohl	F	Tara	911	N/A	WL
Mighty	Jeffrey	Molson	M	Jeff	673	N/A	UL
Half	Mark	Montanaro	M	Mark	98	NO	UL
		Morales-					
Half	Charles	Thomason	M	Mo-T	679	NO	UM
		Morales-					
7 Mile	Josie	Thomason	F	Mo-T	759	N/A	WS
7 Mile	Leah	Morgan	F	Leah	742	N/A	WM
Half	Craig	Morrison	M	Craig	128	NO	UM
Half	John	Mowry	M	John	414	NO	UL
Half	Barbara	Mueller-Marquez	F	Barb	577	YES	WM
7 Mile	Christopher	Mulcahy	M	Chris	984	N/A	UL
7 Mile	David	Mulcahy	M	David	973	N/A	UL
7 Mile	Kevin	Mulcahy	M	Kevin	976	N/A	U2XL
Half	Lauren	Mulvihill	F	Lauren	497	NO	WM
Half	Katherine	Munno	F	Kate	472	NO	WL
Half	John	Muro	M	Jon	538	NO	UM
Half	Kathy	Muro	F	Kathy	537	NO	WM
7 Mile	Michael	Murphy	M	Big Dog	910	N/A	UL
Half	costel	mutescu	M	Costel	349	NO	UL
Half	Ric	Nadel	M	Ric	326	NO	UL
Half	Zoe	Nagasing	F	Zoe	216	NO	UM
Half	Heidi	Namiot	F	Heidi	651	YES	WXL
Half	Henry	Namiot	M	Henry	650	YES	UM
Half	Tim	Napolitano	M	Tim	411	NO	UL
Half	Kimberly	Nardo	F	Luna	502	NO	WS
Half	marie	nastasi	F	Marie	394	NO	WM
Half	Beth	Natt	F	Beth	185	NO	WS
Half	daniel	navaresse	M	Daniel	120	NO	UL
Half	Khim	Neang	F	Khim	596	NO	US
Half	Christine	Needham	F	Christine	557	NO	WS
Mighty	Laura	Nerone	F	Laura	96	N/A	WL
7 Mile	Robert	Neumann	M	Rob	898	N/A	UL
7 Mile	Rob	Neville	M	Rob	785	N/A	UXL
Half	Nicole	Newell	F	Nicole	29	NO	WM
Half	Tuyen	Nguyen	F	MILK	700	NO	WS
Half	Victoria	Nguyen	F	Vicky	678	NO	WL
Half	Shawna	Nickerson	F	Shawna	272	NO	WS
Half	Greg	Nilan	M	Phantom	367	NO	UL
Half	James	Nogueira	M	JN	643	NO	US
Half	Brendan	Nolan	M	NOLAN	499	NO	UL

7 Mile	Suzanne	NOLAN	F	Suz	925	N/A	WL
Half	Oliver	North	M	Ollie	130	NO	UL
Half	Meera	Oak	F	Meera	401	NO	WS
Half	Kenneth	O'Brien	M	Ken	603	NO	UL
7 Mile	Patrick	O'Brien	M	Patrick	1045	N/A	UL
Half	Brien	O'Callaghan	M	Brien	33	NO	UL
Half	Michael	O'Connor	M	Mike	415	NO	UXL
Half	Margaret	ODonnell	F	Margaret	378	NO	WS
Half	Wendi	O'Donnell	F	Wendi	56	NO	WM
7 Mile	Amy	O'Leary	F	Amy	924	N/A	WS
7 Mile	Michael	Olivieri	M	Mike	825	N/A	UXL
7 Mile	Stacey	Olivieri	F	Stacey	832	N/A	WS
Half	Douglas	Olney	M	Doug	59	NO	UL
7 Mile	Erik	Olsen	M	Erik	795	N/A	UXL
7 Mile	karsten	olsen	M	karsten	948	N/A	U2XL
7 Mile	Stacey	Olsen	F	RedRunner	794	N/A	UL
Half	Beth	ONeil	F	Beth	256	YES	UL
Piglet	George	O'Neill	M	George	1137	N/A	YL
Piglet	Grace	O'Neill	F	Grace	1138	N/A	WM
Piglet	Grady	O'Neill	M	Grady	1136	N/A	YM
Mighty	Keri	O'Neill	F	Keri	696	N/A	WS
7 Mile	Ted	O'Neill	M	Ted	907	N/A	UL
Half	Brian	Ordway	M	BOrds	306	NO	UL
Half	Naomi	Orocu	F	Omi	79	NO	WL
Half	KEVIN	OROURKE	F	Kevin	522	NO	UXL
7 Mile	Rebecca	Osborne	F	Oz	1007	N/A	WXL
Half	Megan	Osimanti	F	Megan	604	NO	UM
Half	Adam	Osmond	M	Mr. Run 169	597	NO	UL
7 Mile	Heather	Ostman	F	Heather	815	N/A	WM
Piglet	Bethany	Ostrander	F	Bethany	1147	N/A	YS
Piglet	Courtney	Ostrander	F	Courtney	1145	N/A	WS
Piglet	Olivia	Ostrander	F	Olivia	1146	N/A	WS
Half	Kelly	Pabilonia	F	Kelly	600	NO	WL
Half	Bruna	Paca	F	Bruni	107	YES	WL
Half	Susan	Pagan	F	Susan	75	NO	US
Piglet	Juliet	Pagano	F	Juliet	1113	N/A	YS
Piglet	Lillianna	Pagano	F	Lillianna	1123	N/A	YS
7 Mile	Robert	Paladini	M	Bob	756	N/A	UM
7 Mile	Gina	Palmieri	F	Gina	890	N/A	US
Half	katherine	panageas	F	kathy	465	NO	WS
Half	Allen	Pangilinan	F	Allen	328	NO	US
Half	Jenifer	Parker	F	Jenifer	322	NO	WS
Half	kathleen	parker	F	kathleen	338	NO	WM
Half	Megan	Parker	F	Megan	65	YES	WL
Half	Ian	Parmiter	M	Ian	580	NO	UL
Half	Matt	Parnell	M	Matt	388	NO	UM
Half	Neil	Parshall	M	Neil	210	NO	UL
7 Mile	Kristin	Partenza	F	Kristin	954	N/A	WS
7 Mile	Bruno	Pasqualucci	M	Bruno	767	N/A	UL
Half	Mary	Patterson	F	QMaryP	137	YES	WXL

7 Mile	James	Patts	M	Jay	762	N/A	UL
Half	Cathy	Pearce	F	Cathy	593	NO	WS
Half	Len	Pearce	M	Len	594	NO	UXL
Half	John	Peck	M	John	589	NO	UL
Half	Karl	Pelikan	M	KPEL	435	NO	UXL
Half	Melisa	Pelikan	F	Melisa	234	NO	WM
7 Mile	Julia	Pemberton	F	Julia	980	N/A	WM
7 Mile	Diane	Perillo	F	DianeP	977	N/A	UM
7 Mile	Kathleen	Pesce	F	Kathy	757	N/A	WS
Piglet	Aubrey	Peters	F	Leffy	1200	N/A	YM
7 Mile	Brock	Peters	M	Brock	1032	N/A	UL
Piglet	Brynn	Peters	F	Brynn	1125	N/A	YL
7 Mile	Dalton	Peters	M	Dalton	1036	N/A	US
7 Mile	Edward	Peterson	M	Ed	830	N/A	UL
7 Mile	Lindsay	Peterson	F	Lindsay	822	N/A	WL
7 Mile	Lucy	Peto	F	LUCY	760	N/A	WS
7 Mile	Kim	Petruska	F	Kim	823	N/A	WS
7 Mile	Robert	Pezzulo	M	Robbie	840	N/A	U2XL
Half	wendy	phaff	F	Wendy	399	YES	WL
Half	al	phillips	M	al	514	NO	UM
Half	april	phillips	M	april	403	YES	WXL
7 Mile	michael	pianin	M	Michael	1037	N/A	UXL
Mighty	christy	piepmeyer	F	Christy	330	N/A	WS
Half	Andrea	Pieri	F	Pieri	669	NO	UM
7 Mile	Lauren	Pinchbeck	F	Lauren	974	N/A	US
Half	Emily	Pinto Taylor	F	Emily	608	NO	WM
Mighty	Geraldine	Pires	F	G-baby	619	N/A	WS
Mighty	Jolene	Piscetello	F	Jolene	656	N/A	WM
Half	Scott	Pisciotti	M	Scott	148	NO	UL
Half	Anna	Pizzo	F	Anna	44	NO	WS
Half	Jennifer	Platow	F	Jenny	25	NO	WL
Half	Lisa	Pleban	F	Plebes	518	NO	WM
Half	Cristian	Pojano	M	Cristian	545	NO	UL
Half	Bonnie	Pope	F	Bonnie	287	NO	WS
Half	Jennifer	Pope	F	Jennifer	274	NO	WM
Half	David	Poppel	M	Dave	587	NO	UM
Half	Anthony	Preisano	M	Anthony	116	YES	UL
7 Mile	Carrie	Preisano	F	CC	870	N/A	WM
7 Mile	Russell	Pribanic	M	Russ	942	N/A	UL
Half	Betsy	Priest	F	Betsy	566	NO	WM
Half	Rachel	Priester	F	Rachel	119	YES	WL
Half	Mary	Principe	F	Mary	324	NO	WS
Half	Cecilia	Probst	F	Cecilia	9	NO	US
7 Mile	Galuh Kirana	Pusthika	F	Rana	891	N/A	WL
7 Mile	Jean	Quattrocchi	F	Jeannie	902	N/A	US
7 Mile	Tammy	Raiano	F	Tammy	820	N/A	WL
7 Mile	Adam	Raimondi	M	Adam	881	N/A	UM
7 Mile	Lauren	Raimondi	F	Lauren	947	N/A	WS
7 Mile	Ellie	Rainey	F	Ellie	930	N/A	YM
Half	Sarah	Rajan	F	Sarah	334	NO	UM

Mighty	Stacy	Rastocky	F	RASTOCKY	634	N/A	WM
Half	Vijay	Rathna Kumar	M	Vijay	595	NO	UM
7 Mile	Sean	Rayball	M	Sean	920	N/A	UXL
7 Mile	CK	Raynes Wilder	F	Rowan's Other Mom	964	N/A	UM
7 Mile	Liz	Raynes Wilder	F	Rowan's Mom	969	N/A	US
7 Mile	Nik	Razali	M	Nik	1062	N/A	US
7 Mile	Carolyn	Reed	F	Carolyn	743	N/A	WM
Half	Jess	Reed	F	Road Warrior	169	YES	UM
Half	John	Reed	M	John	26	NO	UXL
Half	Kelly	Reese	F	Kelly	103	NO	WS
7 Mile	Jennifer	Reilly	F	Jenn	1071	N/A	WM
Half	Sharon	Reiner	F	SHARON	447	NO	WS
Half	Mary kay	Rendock	F	MK	344	NO	WXL
7 Mile	Julie	Revesz	F	Julie	839	N/A	US
7 Mile	Megan	Rexroat	F	Megan	731	N/A	UM
7 Mile	tom	Reynolds	M	Tom	866	N/A	UM
Mighty	Stephanie	Rich	F	Stephanie	476	N/A	WM
Half	Barry	Richards	M	Baz	479	NO	UM
7 Mile	Chloe	Richland	F	Chloe	918	N/A	WM
7 Mile	Thomas	Richter	M	TOM	732	N/A	U2XL
7 Mile	Suzanne	Rinaldi	F	Suzanne	1069	N/A	US
Half	Jennifer	Ripa Edson	F	Jen	207	YES	WL
Half	Clay	RISHER	M	Clay	106	NO	UL
Half	Greg	Ritzinger	M	Greg	433	NO	UL
7 Mile	Jessica	Robbins	F	Jess	1085	N/A	UL
Half	Jeanelle	Roberts- Bickel	F	Jeanelle	487	NO	WS
Half	Christa	Robinson	F	Christa	525	NO	WS
Half	Eugene	Roche	M	Eug	444	NO	UM
Half	Jody	Rockwood	F	Jody	383	YES	UL
Piglet	Makayla	Rockwood	F	Makayla	1189	N/A	YL
7 Mile	Bill	Rodgers	M	Bill Rodgers	1	N/A	UM
7 Mile	Charlie	Rodgers	M	Charlie Rodgers	70	N/A	UM
Half	MIchael	Rodgers	M	SMILE	561	NO	UM
7 Mile	Ann	Rodwell-Lawton	F	Annie	1065	N/A	UL
Half	Tina	Roese	F	Teenie	5	NO	WS
Half	Heather	Roles	F	dreadlockmama	581	NO	WS
Half	Chris	Rome	M	Chris	264	NO	UL
Half	Laena	Romond	F	Laena	73	NO	WS
7 Mile	Suzie	Rooney	F	Suzie	1012	N/A	UL
Half	Jesse	Rosenbaum	M	Jesse	466	YES	UL
Half	Marty	Rosenbaum	M	Marty	468	NO	UM
Half	Sharon	Rosenblatt	F	SharBear!	452	NO	WS
Half	Julia	Rosenblum	F	Julia	549	NO	WM
7 Mile	Allison	Ross	F	Rossironi	727	N/A	WS
Half	Joanne	Ross	F	Joanne	345	NO	WS
7 Mile	Margie	Ross	F	Margie	1059	N/A	WS
7 Mile	David	Rovere	M	David	868	N/A	UXL
Half	Allan	Rowe	M	Allan	304	NO	UL
Half	Weslee	Rowe	F	Weslee	273	NO	WM
Half	LuAnne	Roy	F	LuAnne	217	NO	WS

7 Mile	jocelyn	rubino	F	Jocie	1013	N/A	WM
Half	Lawrence	Ruell	M	LJ	310	NO	UM
Half	Melanie	Ruggieri	F	Mel	309	NO	WM
7 Mile	Andreas	Ruiz-Diaz	M	Drey	953	N/A	UL
Mighty	David	Russell	M	Dave	676	N/A	UXL
Mighty	Janine	Russo	F	Janine	221	N/A	WL
Half	Claudia	Sadowski	F	Claudia	293	NO	WM
7 Mile	Elizabeth	Sager	F	Palm	799	N/A	WM
7 Mile	margaret	salmore	F	Margie	975	N/A	WS
7 Mile	Michael	Salmore	M	Mike	992	N/A	UL
Mighty	Vinay	Sampson	M	Vinay	686	N/A	US
Half	Tara	Santf	F	Tara	441	YES	UM
Half	RICHARD	SANSOUCY	M	Rick	429	NO	UM
7 Mile	Jessica	Santangelo	F	Jess	914	N/A	WM
7 Mile	Kimberly	Santosky	F	Kimberly	776	N/A	WM
7 Mile	Richard	Santosky	M	Richard	777	N/A	UXL
Half	Ram	Sarma	M	RAM	271	NO	UM
Half	Kim	Sass	F	Sass	301	NO	UL
Half	Susan	Satlin	F	Susan	364	NO	WS
Mighty	Jennifer	Scanlan	F	Bella & Jason's Mom	627	N/A	WM
Half	Elli	Scarfi	F	Elli Marie	173	NO	WM
Half	Frank	Scarfi	M	Fancy	136	NO	UM
7 Mile	Kristina	Scaviola	F	Kristina	801	N/A	US
7 Mile	Michael	Scaviola	M	Mike	738	N/A	UM
7 Mile	Kessa	Schaeffer	F	Kessa	887	N/A	US
7 Mile	Lily	Schaeffer	F	Lily	982	N/A	US
Half	Kim	Scharoff	F	Kim	582	YES	WXL
Half	Bruce	Schechner	M	Schechy	617	NO	UXL
Half	Marla	Schechner	F	Marla	474	NO	WM
Piglet	Erin	Schechter	F	Munchkin	1117	N/A	UM
7 Mile	Laura	Schechter	F	Laura	817	N/A	UL
7 Mile	Mark	Schilling	M	Mark	1051	N/A	UL
7 Mile	Sarah	Schilling	F	Sarah	850	N/A	UM
Half	Christine	Schmittgall	F	Chrissy	494	YES	WL
Half	Brandon	Schneider	M	Brandon	453	NO	UL
Half	Jennifer	Schneider	F	Jenn	87	NO	WM
Piglet	Logan	Schneider	M	Logan	1101	N/A	YS
7 Mile	LOUISE	schnieder	F	Louise	735	N/A	US
7 Mile	kristin	scholz	F	Krissy	831	N/A	WS
7 Mile	nicole	schreier	F	Nicole	833	N/A	US
7 Mile	Lili	Schroppe	F	Lili	782	N/A	WL
Half	Joanna	Schubkegel	F	Joanna	260	NO	WM
Half	Lynn	Schuster	F	Lynn	389	NO	WS
Half	Jeffrey	Schwartz	M	Schwartz	10	NO	UL
Half	Mark	Schwartz	M	Mark	606	NO	UXL
Half	Sara	Scully	F	Sara	317	NO	UM
7 Mile	Karen	Seelert	F	Karen	781	N/A	UM
Half	Lydia	Segui	F	Lydia	575	NO	WS
Half	Nicole	Semanichik	F	Dillon	516	NO	WS
7 Mile	Andrew	Serby	M	Andrew	1064	N/A	UXL

Half	Marek	Sernicki	M	Mark	147	NO	US
7 Mile	Therese	Servas	F	Therese	826	N/A	UM
7 Mile	Jon	Sevilla	M	Jon	901	N/A	UM
7 Mile	Janica	Shafer	F	Janica	802	N/A	WM
Half	Lisa	Shamaly	F	Lisa	219	NO	UL
Piglet	Matthew	Shamaly	M	Matt	1179	N/A	UL
Piglet	Michael	Shamaly	M	mIKE	1182	N/A	YL
7 Mile	Matthew	Shannon	M	Matt	951	N/A	UM
Half	Andrew	Shantz	M	SHANTZY	365	NO	UL
7 Mile	Richard	Shaw	M	Papa Bear	821	N/A	UL
7 Mile	Mimi	Shea	F	Mimi	1079	N/A	WM
Half	Jill	Sherbo	F	Jill	586	NO	WS
Mighty	Sara	Sherlock	F	Sara	528	N/A	UM
Half	Angela	Shillinglaw	M	Angie	235	NO	US
Half	Lisa	Shinall	F	Lisa	413	NO	UM
Half	Peter	Shiue	M	Peter	166	NO	UM
Half	Carrie	Shope	F	Carrie	456	NO	US
Half	Luciana	Shortal	F	Luch	436	NO	WM
7 Mile	Jaden	Shupp	M	Jaden	1002	N/A	US
7 Mile	Ken	Shupp	M	Ken	994	N/A	UXL
7 Mile	Pete	Shupp	M	Pete	989	N/A	UL
Half	Rob	Sickinger	M	Rob	81	NO	UXL
Half	Judi	Silliere	F	Judi	491	YES	WL
7 Mile	Mallory	Silliere	F	Mallory	1097	N/A	WS
7 Mile	david	silverman	M	david	746	N/A	UXL
Half	Tyler	Silverman	M	Tyler	97	NO	UM
Half	David	Silvia	M	Skyman	191	YES	UM
7 Mile	Nash	Simcoe	M	Nash	1096	N/A	UL
Half	Josephine	Simko	F	Josephine	182	NO	WM
7 Mile	Joanne	Simpson	F	JoJo	880	N/A	WM
Half	John	Sindel	M	Rush	155	NO	UXL
7 Mile	Jerre	Skeats	F	Skeater	766	N/A	UL
Half	Kristi	Slater	F	Kristi	570	NO	UL
7 Mile	karin	slough	F	Karin	1100	N/A	UM
7 Mile	Aidan	Slovinski	M	A-Man	1048	N/A	US
7 Mile	Jennifer	Slovinski	F	Jen	752	N/A	WM
Piglet	Keegan	Slovinski	M	keegs	1170	N/A	YM
				Steven with a V for			
7 Mile	Steve	Slovinski	M	Victory	1047	N/A	UL
Piglet	Tara	Slovinski	F	T-Bird	1169	N/A	YM
Mighty	David	Smith	M	Dave	697	N/A	UM
Mighty	katherine	smith	F	Kathy	692	N/A	WM
Half	Katrina	Smith	F	K. Smith	416	NO	UL
Half	Kerry	Smith	M	Kerry	208	NO	UL
Half	Karrin	Smoley	F	Karrin	410	NO	WS
Half	Scott	Snyder	M	Scott	454	NO	UL
Half	Larisa	Sorce	F	Larisa	172	YES	WL
7 Mile	Jennifer	Soter	F	Soter	729	N/A	US
Half	Lisa	Spencer	F	Lisa	278	YES	UL
7 Mile	Sandhya	Sridhar	F	Sandhya	878	N/A	WM
Half	Allison	St. Germain	F	Allison	14	NO	WL

Piglet	Ian	St. Germain	M	Ian	1127	N/A	YM
Half	Leslie	St.Amant	F	Lit	598	NO	WS
7 Mile	Claire	Stack	F	Claire	1061	N/A	WS
7 Mile	David	Stack	M	David	1060	N/A	UL
Mighty	Tom	Starodaj	M	Tomek	599	N/A	UM
7 Mile	John	Steele	M	JOHN	761	N/A	UXL
Half	Joanne	Sterk	F	Joanne	402	YES	WM
Piglet	Aren	Sterling	M	Bread & Love	1133	N/A	YS
Half	Cameron	Sterling	M	Bread & Love	261	NO	US
Half	Bill	Stewart	M	GOAT	536	NO	UXL
Mighty	Kate	Stewart	F	Kate #kickinpeaches	661	N/A	WM
Mighty	Mark	Stewart	M	Mark #kickinpeaches	127	N/A	UXL
Mighty	Shannon	Stewart	F	Shannon #kickinpeaches	125	N/A	WM
Half	Suzen	Stewart	F	#kickingpeaches	156	NO	UXL
7 Mile	Tiffany	Stewart	F	Tiffany	835	N/A	UM
Mighty	Kathryn	Stoker	F	Krazy K8	67	N/A	WL
Piglet	Helen	Strinham	F	Helen	1144	N/A	WS
Half	Michele	Stryeski	F	Michele	552	YES	WL
7 Mile	Wendy	Sullivan	F	Wendy	1053	N/A	WM
Half	LAI	SUN	M	LAI	546	NO	UM
Half	Will	Sutton	M	Will	555	NO	UL
7 Mile	Vic	Swaller	M	Vic	883	N/A	UL
Half	Andy	Swett	M	Swetty	31	NO	UL
7 Mile	Jeffrey	SWIATOWICZ	M	Jeff	789	N/A	UXL
7 Mile	Michelle	Taddie	F	Michelle	1093	N/A	WS
Half	Heather	Talbott	F	Talbott	380	NO	WM
7 Mile	Chris	Tamboia	M	Rex	970	N/A	UL
7 Mile	Diane	Tamboia	F	Diane	959	N/A	UM
7 Mile	Charlie	Tauber	M	Charlie	845	N/A	UL
Mighty	Cristina	Taylor	F	Tina	24	N/A	WM
7 Mile	Dana	Taylor	M	Dana	1000	N/A	UL
7 Mile	Gosia	Tedawes	F	Gosia	1041	N/A	WM
Half	Amanda	Telford	F	Amanda	176	NO	WS
7 Mile	Barbara	Templeton	F	Barbara Templeton	1055	N/A	WS
Half	Jennifer	Terra	F	Jen	158	NO	WS
7 Mile	DonnaMarie	Tesar	F	Donna	1035	N/A	WL
7 Mile	Vanessa	Teter	F	Teter	1026	N/A	UM
7 Mile	Christian	Thomas	F	Christian	990	N/A	UXL
Half	Michael	Thompson	M	Michael	496	NO	UL
Half	Katie	Thomson	F	KATIE	142	NO	WL
Half	Katharine	Timbers	F	KATE	567	NO	YM
7 Mile	Jeremy	Titus	M	JBT	988	N/A	UXL
Half	hillary	tonken	F	Hilltop	167	NO	UM
7 Mile	john	torry	M	John	1027	N/A	UL
Piglet	sofia	torry	F	Potato	1184	N/A	YM
Half	Brian	Tramontozzi	M	Tram	464	NO	UL
7 Mile	Kathleen	Tramontozzi	F	Kathleen	1074	N/A	WM
Half	Gean	Tremaine	M	GEAN	395	NO	UL
7 Mile	Rachel	Tressy	F	Rachel	836	N/A	WL
Half	Jeanette	Trujillo	F	Jeanette	386	NO	WL

Half	David	Tullis	M	Dave	366	NO	UL
Half	Miriam	Tullis	F	Miriam	374	NO	WL
7 Mile	Linda	Tullo	F	Linda	834	N/A	WM
7 Mile	Kelly	Turberfield	F	Kelly	946	N/A	WM
7 Mile	Katerine	Unfried	F	Katie	771	N/A	WM
Mighty	Sujatha	Unny	F	Sujatha	43	N/A	WM
Half	William	Urban	M	Bill	58	NO	UXL
Piglet	Alexis	Urbanz	F	Lexi	1177	N/A	WS
Piglet	Nathan	Urbanz	M	Nathan	1178	N/A	YM
7 Mile	Nipa	Urbanz	F	Nipa	793	N/A	WS
7 Mile	Tim	Urbanz	M	Tim	792	N/A	UM
Half	Andrew	Vaccaro	M	Andrew	243	NO	US
7 Mile	Deborah	Valin	F	Debby	755	N/A	WS
7 Mile	Josh	Valinsky	M	Josh	1083	N/A	UM
Half	Robert	Valinsky	M	RobbieV	251	NO	UXL
Half	Marykate	Van Sant	F	333	563	NO	WM
Half	Carmen	Velazquez	F	Carmen	157	YES	WM
Mighty	Gregory	Vetter	M	G-Man	631	N/A	UXL
Piglet	Caden	Vickers	M	Caden	1121	N/A	YL
Piglet	Conor	Vickers	M	Conor	1122	N/A	YM
Half	Lori	Vickers	F	Lori	625	NO	WS
Mighty	Caryn	Vita	F	Caryn	117	N/A	WS
Half	Nicholas	Vitti	M	Nick	585	NO	UL
Half	Joseph	VonEhr	M	Joe	542	NO	UXL
Half	Milly	Wade-West	F	Milly	353	NO	UM
Half	Monte	Wagner	M	Monte	574	NO	UL
Half	Tim	Walczak	M	Nap Time	390	NO	UL
Half	david	walker	M	DocDog	583	NO	US
Half	Harold	Walker	M	Harry	55	NO	UM
7 Mile	Carrick	Walsh	M	Carrick	873	N/A	UM
Half	Jane	Walsh	F	Jane	482	NO	WL
Half	candace	walter	F	Candace	238	YES	WXL
Half	Kathleen	Ward	F	Kathleen	267	YES	UL
Half	Michaelynn	Ware	F	Michi	39	NO	WM
Half	Randy	Watkins	M	Randy	62	NO	UL
7 Mile	Rebecca	Wayland	F	Rebecca	780	N/A	WM
Piglet	Alexandra	Weingard	F	Alexandra	1166	N/A	YS
Piglet	Jacob	Weingard	M	Jacob	1165	N/A	YM
Half	Jennifer	Weiss	F	Jenny	331	NO	UM
Half	John	Wells	M	John	89	NO	UM
Half	Michael	Welz	M	Mike	290	NO	UL
Mighty	Erich	Wenis	M	MrMoonbeam	527	N/A	UXL
Half	Martina	Werner	F	Martina	184	NO	WXL
Half	Alexandria	Wertheimer	F	Ali Cat	485	NO	WL
Piglet	Ali	Wertheimer	F	Ali	1118	N/A	YL
Half	Robert	Wertheimer	M	Robo	426	NO	UM
Half	Buster	Whaley	M	Buster	244	NO	UM
Half	Heather	Whaley	F	Heather	212	NO	WS
Half	Jeffrey	Wheeler	M	Steel Wheels	357	NO	UL
Half	Lisa	Whelan	F	Lisa	11	YES	WM

Half	Kathryn	White	F	Kate	559	NO	US
Half	james	wilcox	M	Scott Wilcox	548	NO	UXL
Half	Rita	Wilker	F	Rita	198	YES	WM
7 Mile	Alice	Wilkinson	F	Allie	791	N/A	WM
7 Mile	Andrea	Williams	F	Andrea	979	N/A	WL
Half	Joshua	Williams	M	Josh	455	NO	UM
Half	Jessie	Wills	F	Jessie	346	YES	WL
Half	Lilia	Wills	F	Lil	41	NO	US
Half	Christine	Wilson	F	Chris	385	NO	UL
Half	Melissa	Wilson	F	Melissa	296	NO	WL
Half	Susan	Wilson	F	Sue	691	YES	WXL
7 Mile	David	Winslow	M	Dave	773	N/A	UL
Mighty	Mathew	Wisniewski	M	Mat Wisniewski	687	N/A	UM
Half	Sheila	Wokson	F	Taco #4	298	NO	WS
7 Mile	Janette	Wolf	F	Janette	772	N/A	UM
Piglet	Peter	Wolf	M	Peter	1186	N/A	YL
Half	Pisey	Wolfe	F	Wolfe	13	NO	WS
Piglet	Rebecca	Woodman	F	Rebecca	1198	N/A	YS
7 Mile	Melissa	Wooten	F	Melissa	1089	N/A	WL
Half	Joanna	Wozniak-Brown	F	Jojo	193	YES	WL
Half	Colin	Wright	M	Minotaur Slayer	605	NO	UM
Piglet	Colin	Wright	F	Artemis	1151	NO	YS
YS	Elizabeth	Wright	F	Liz	571	NO	WS
Half	Shauna	Yeager	F	Shauna	36	YES	WL
Half	Mikhail	Yeremeev	M	Mikhail	20	NO	UL
Half	kelly	yontef	F	Kelly Y	576	NO	WS
Half	Jesse	York	M	Jesse	255	NO	UL
Piglet	Pela	York	F	Pela	1180	N/A	YS
Half	Sara	York	F	Sara	289	NO	WM
Half	Stephen	Yost	M	Steve	506	NO	UL
Half	Cathy	Young	F	Cathy	492	YES	UM
Half	Deborah	Young	F	Mrs Doyle	325	YES	WXL
7 Mile	Wendy	Youngblood	F	Wendy	1019	N/A	WM
Half	george	yurchishin	M	George	500	NO	WM
Mighty	Crystal	Zamfino	F	Crystal	636	N/A	WS
Half	Felipe	Zarama	M	Felipe	303	NO	UM
Half	Clare	Zecher	F	Coach Clare	373	NO	WM
Half	Julie	Zee	F	Jules	451	NO	WL
Half	Angelika	Zierl	F	Angie	183	NO	WS
Half	Wayne	Zimmerman	M	WAYNE	427	NO	UM
Half	Jennifer	Zuluaga	F	Jennifer	174	NO	WM
Half	Katiri	Zuluaga	F	KATIRI	434	NO	WM
7 Mile	Michelle	Zuscin	F	Michelle Z	1028	N/A	US
Mighty	Amy	Zvovushe	F	TheRealMArathonMom	698	N/A	WM
7 Mile	Jason	Zweig	M	Jason	843	N/A	US



Cows sharing the fields with some cars



View of the festivities from across the pond



Entrance to Topstone Park at mile 10.5ish (half) and 4.5ish (7 miler)



You run through the park in an out and back, but no, contrary to how you feel, you don't run up here to the top!! It is a nice hike though.



To all the women finishers.....

**Cheers,**

**John**