



REDDING ROAD RACE
2018 FINISHER'S MAGAZINE



Joan with Gone4arun's Tom Lynn



1. Letter from Ann Taylor

Dear Editor:

New Pond Farm just hosted its seventh annual Run for the Cows with 1,200 runners, dedicating themselves to the Seven-Mile Run, the Half Marathon, and the Mighty Cow Challenge, as well as 125 energetic Piglet Prancers. We were especially honored to have the legendary Olympic gold medalist Joan Benoit Samuelson with us.

Inspiring stories abounded. Some people ran in memory of loved ones, others ran to celebrate a triumph over a health challenge, many ran for the pure joy of it and to celebrate New Pond Farm, but everyone was focused on doing their personal best.

This was a fantastic event from start to finish, and we would like to thank the enthusiastic team that helped to make it a success. Policemen from Redding and Danbury, West Redding's EMTs, Masako Vigneault, and Dr. Harvey Kramer kept our runners safe; the scores of dedicated volunteers included members of NPFEC, the Redding Running Club, Boy Scouts, Girl Scouts, JRMS and Barlow students, and members of the Redding and Ridgefield National Charity Leagues.

The runners' hard work was rewarded upon crossing the finish line with flowers from Alice's Flower Shop as well as tables of delicious offerings from Sharon Coates, Sesame Seed, Trader Joe's, Uncle Leo's, Redding Roasters, Lombardi's Trattoria, and the ultimate favorite, chocolate milk from New Pond Farm's own dairy.

Special thanks go to our more than 50 generous sponsors, especially to our Lead Sponsor, Goneforarun. We encourage readers to visit our website for the full listing. But most of all, we extend our heartfelt thanks to the incomparable Terri and John McCleary, NPF members whose vision and passion guided us all. Their months of hard work, attention to detail, and unending thoughtfulness were truly a gift beyond measure.

Ann Taylor, Executive Director

New Pond Farm



2. Letter from John McCleary



Congratulations to our winners to all of you in the preparation and training that was needed to complete such a challenging race. There are so many people I need to thank, so, we'll start with a big thank you to:

- All the volunteers. Our volunteers are simply the most giving people I've ever met and the race could not exist without them. Our race requires over 150 volunteers and they all arrive early (even before the runners) and always have a big smile on their faces. Race day (and before) goes smoothly because of their care and competence.
- The 50+ sponsors. As I always say, it's easier for a business to say no to a sponsorship request than to say yes (or simply not respond), so please keep that in mind with your future purchases. Our sponsors are all listed at the back of the magazine.
- The over 1,350 runners who signed up. I truly appreciate the hundreds of nice emails you sent me – whenever I need a “pick-me-up” I read some of them!! When preparing for this gets a bit stressful, the fact that you sold

the race out in a couple of hours is all the reward one could ask for. I'm thinking it sells out in minutes next year (so prepare for 1/1 at noon!!)

- Joan Benoit Samuelson; how did this happen to a little race in Redding? About 7 ½ years ago, Terri and I were walking near astronomy Hill at New Pond farm and I said that this would be a great venue to hold a race. Terri didn't say no and 7 years in we've had over 8,000 runners, including Bill Rodgers, Joan Benoit Samuelson, Mike Richter and Kata Goucher next year. Always dream and when you do, do dream big!! I got to know Joan, Bill and Charlie Rodgers over the last 3 and when your heroes turn out to be even better people than athletes, well, that says all that needs to be said!!
- And mostly, my wife Terri and sons John and Kevin who put up with me and help tremendously with race prep.

For this year's race, I'm very proud that we started all 5 races on time for the 7th year in a row!! We also had no port-o-let lines, we had more chocolate milk and it lasted to the very end.

What to expect for 2018:

- Same size field
- Kara, Adam and Goucher along with the return of Boston Billy/
- Thanks again for making our race one of the most popular in the area – if you keep selling it out, we'll keep organizing it! I hope to see a lot of you wearing your RRR18 shirts in races this summer.
- Remember to sign up for my two other races if around town before they sell out (see next page)

The Great Turkey Escape 5K

Thursday, November 22nd 8:00am

37 Lonetown Rd, Redding Ct 06896

Website:

<https://runsignup.com/Race/CT/Redding/TheGreatTurkeyEscape>

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

Redding Rock'n Roots 9K

Saturday, June 30th 8:00am

43 Lonetown Rd, Redding Ct 06896

Website:

<https://runsignup.com/Race/CT/Redding/ReddingRockNRoots9kand1MileFunRun>

Registration: Open now and sells out if it reaches 750 runners

WHERE: Redding Historical Society, Redding, CT

WHY: The third of my Redding races and maybe the most fun (especially for me since I get to run in it). We run through both sides of Putnam Park, where some of George Washington's troops were stationed in 1778-1779 during the American Revolutionary War. So, you're literally running through history in Putnam Park as you run down Company Street where 116 soldier huts were once located. We put the race together in a month last year and it had as many runners as any other area 4th of July race. It's also the only race I know that gives runners a choice of a singlet or short sleeve shirt. Admission to the all-day Rock'n Roots Festival (including fireworks) is included with registration (\$20 value). Oh, did I mention the re-enactors along the course!!



Huge 4" patriotic medal this year



Start and finish of the 9K race



Re-enactors at the start



Rainbow over the Historical Society house the day before the race





Re-enactors in the park directing the runners

3. REDDING PILOT NEWSPAPER ARTICLE

Olympic champion races in Redding

MAY 9, 2018 BY SANDRA DIAMOND FOX



Joan Benoit Samuelson, an Olympic running champion, raced in the Run for the Cows road race in Redding on Sunday, May 6. Race director and founder John McCleary, left, introduced her to the racers.

Joan Benoit Samuelson, an Olympic running champion, raced in the Run for the Cows road race in Redding on Sunday, May 6. Race director and founder John McCleary, left, introduced her to the racers.

Olympic champion Joan Benoit Samuelson traveled to Redding from her home in Maine Sunday, May 6, to run in the seventh annual Run for the Cows road race.

She ran a half marathon with a time of 1 hour, 34 minutes and 46 seconds, coming in 21st overall.

Samuelson, 60, was in the Redding area all weekend, staying with friends. At the race, she spoke with many of the runners and spectators, and also gave out age group awards.

She also helped lead the Piglet Prance, one of the three children's races that took place at the farm.

The adult races — a half marathon and a seven-miler — began and ended at New Pond Farm Education Center.

Race winners

Half marathon: Piotr Kostyk, 1:22.45; Kendall Lyons, 1:27.47

7-miler: David Hambleton, 44:59; Florence Chretien, 49:12

The races had the largest turnout to date, with 1,350 runners combined, according to Redding resident John McCleary, race director and founder.

More than 125 volunteers helped at the race. Planning for it started in November. All proceeds went to New Pond Farm.

Runners ran along a scenic country road and passed a horse farm, a waterfall, a railroad bridge, wetlands, streams, lakes, and a historic schoolhouse built in 1789.

Joan Benoit Samuelson

Samuelson won the Boston Marathon in 1979, setting an American and course record. She won Boston again in 1983, breaking the world record. In 1984, she won the gold medal in the first women's marathon at the Los Angeles Olympics. In 1985, she won the Chicago Marathon with an American record time of 2:21.21.

"There are a lot of driving forces behind women's running, but nobody more important than Joan," McCleary said. "When Joan won the first women's marathon, only 5% of the participants in the average marathon were women. Now, 56% of marathon finishers are women."

Sixty-five percent of McCleary's races are made up of women, he said.

Aside from the Redding road races, which sell out in less than an hour, McCleary also directs the Redding Rock'n Roots 9K and one-mile Fun Run on June 30 and the Great Turkey Escape on Thanksgiving.

All of McCleary's races are 100% not-for-profit — proceeds go toward a variety of organizations in Redding, including the Redding Historical Society, the Redding Elementary School PTA and Fans of Putnam Park.

"We raise over \$70,000 a year, all for Redding charities," McCleary said.

Bethel resident Jeannine Fagan, who ran the half marathon, said it's a "beautiful course."

Her favorite parts are "along the river and "the part that goes through Topstone Park."

Fagan added it was her fifth time participating in the race.

Heidi Marcus of Ridgefield said she thought the course was tough because of the hills.

"There is nothing like knowing you have 15 hills ahead of you," she said, adding she enjoyed the "funny" signs.

"I was always disappointed when I went up what I thought was a hill but it didn't count as one of the 15," Marcus chuckled. "It felt like 20 climbs."

"Its timing on the race calendar makes it the perfect race to test yourself on a challenging course early in the season," said Brookfield resident Glen McCabe, who has run the Redding cow race three times.

McCabe also got the chance to speak with Samuelson, who told him she had knee surgery last fall and "is working her way back, hoping to run the Chicago Marathon."

Ridgefield resident Kathy McGroddy-Goetz, a spectator, said she was thrilled to meet her running idol.

"I told her I was a D3 college runner when she was in the Olympics and that I had continued to be inspired by her," McGroddy-Goetz said. "She told me she had stayed overnight in Ridgefield the night before the race and thought it was a nice town."

Shelton resident Janet Voelpert called Samuelson a "legend."

“She was sweet to be here — very humble for her being the legend that she is,” Voelpert said.

Running champion Bill Rodgers was the special guest at the Redding road races over the past few years, McCleary said.

“Bill is the best American male runner of all time,” McCleary said. “So this time I wanted to have the best female American runner of all time here.”

Running legend Joan Benoit Samuelson shares advice and goals



May 9, 2018 by Sandra Diamond Fox

Olympic runner Joan Benoit Samuelson, who raced in Redding’s Run for the Cows half marathon Sunday, said she greatly enjoyed her experience.

“There was really something for everybody there,” said Samuelson, who turns 61 next week. She stayed with close friends in Ridgefield over the weekend.

“I was really impressed by the whole event,” she said, adding that the hilly course was “challenging” and “intimidating.”

She said she liked the excitement the race drew in the running community.

“Runners were really passionate about the event,” she said.

Samuelson's next race is the Freihofer's Run for Women 5K in Albany, N.Y., the first weekend in June. It's the 40th anniversary of the race.

"I hope to run it in around 20 minutes," she said.

After that race, she hopes to run the Chicago Marathon Nov. 30, but she has a knee issue and is being cautious. "I had a scope in late November and had some meniscus work," she said.

There is locking in her knee in mid-stride.

"It was the same problem I had before my Olympic training in 1984, only in the other knee, 33 years later," she remarked. "I didn't recover as quickly from that as I had hoped."

Running advice

Samuelson recommends younger runners develop as much speed as they can running shorter distances before marathons.

For older runners, she said, try to "incorporate cross training into your training program," which she said is very important to running success.

Samuelson cycles, swims, and does a lot of strengthening and stretching.

"I went Nordic skiing this winter in Freeborn, Maine, where I live, and at Sugarloaf [also in Maine]," she said.

In general, she said, she "runs the way I feel."

Samuelson said she is "very excited" by all the top American female marathoners who have recently come into the spotlight.

"I'm inspired by our younger athletes — Shalane, Amy, Jordan, Desi, and Molly," she said. "They keep me young and going in the sport."

A full life

Samuelson said her career has been "so good to me in so many ways."

When she isn't running, she said, she enjoys gardening, hiking, and environmental and health advocacy.

As far as regrets, she said she is “notorious for not looking at race courses before the race.”

“I had a chance to break 2:20 in my fastest marathon in Chicago, in 1985,” she said.

“[Olympic bronze medalists] Rosa [Mota] and Ingrid [Kristiansen] were both with me, and all of a sudden, there was the finish line,” she recalled.

Samuelson got a 2:21.21, setting an 18-year American record.

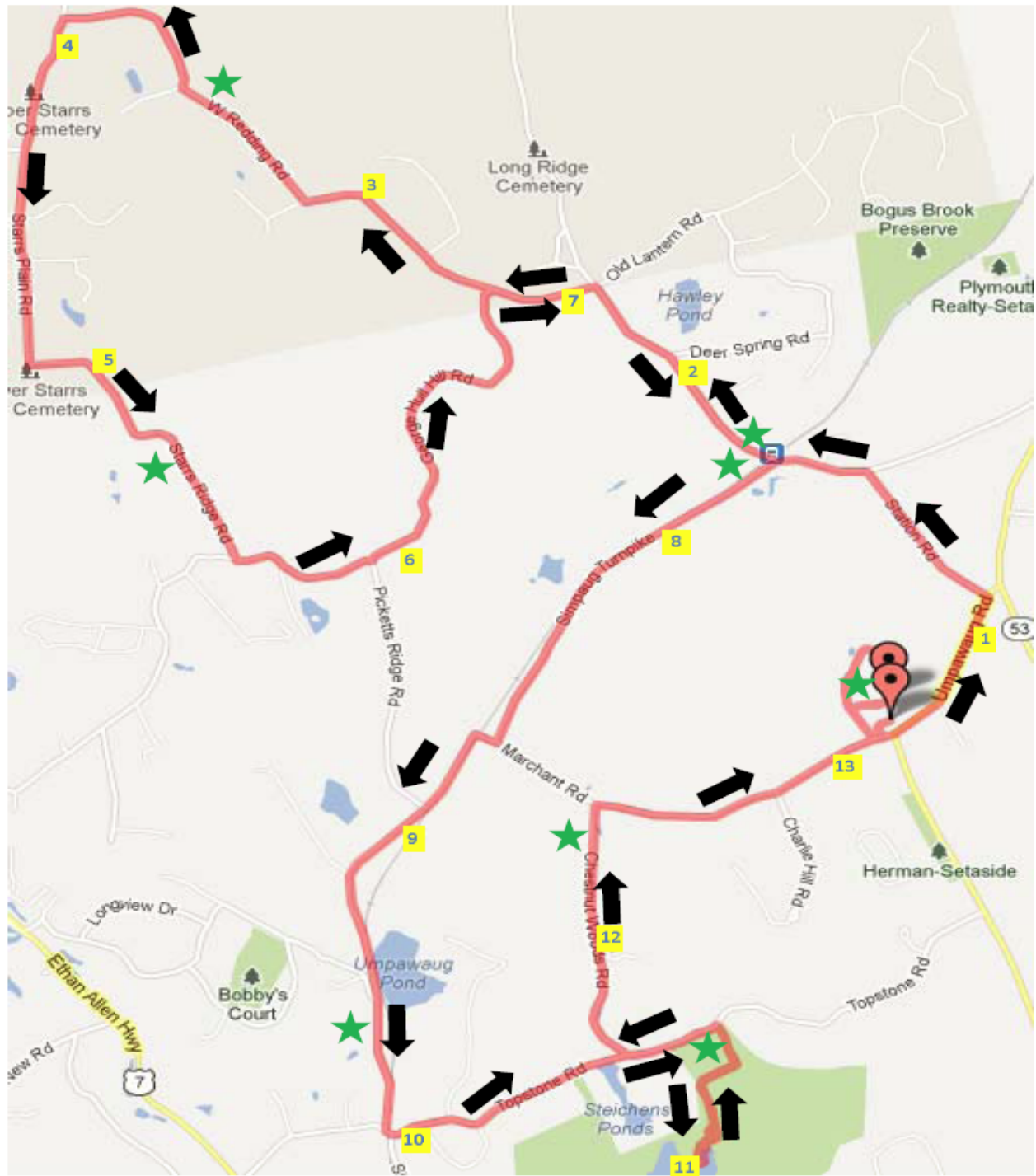
If Samuelson gets to run Chicago, she hopes to break three hours. “My daughter Abby, who is 30, is running this with me,” she said. “We are both trying to go under three.”

“If we can both do this, that would tie a ribbon around my career,” she said. “It will come full circle.”

4. HALF MARATHON

A. HALF MARATHON MAP

REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

B. Half Results

REDDING ROAD RACES HALF MARATHON

Redding, CT Sunday, May 6, 2018

Timing by: StartLine Race Services, LLC

Place	Div/Tot	No.	Name	Age	Sex	City	St	Net time	Time
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/3	4	Piotr Kostyk	28	M	Bethel	CT	1:22:45	1:22:45
2	2/3	304	Alden Quimby	27	M	New York	NY	1:25:51	1:25:52
3	3/3	161	Marek Sernicki	55	M	Ridgefield	CT	1:26:35	1:26:37
4	1/3	182	Kendall Lyons	27	F	Wilton	CT	1:27:47	1:27:47
5	1/16	154	Tyler Silverman	32	M	Jamaica Plain	MA	1:27:48	1:27:50
6	1/10	685	Matthew Brewer	27	M	Wappingers Falls	NY	1:28:12	1:28:15
7	1/43	2	Ken Merrick	49	M	New Fairfield	CT	1:29:03	1:29:05
8	2/16	591	Michael Healy	34	M	Weston	CT	1:29:21	1:29:24
9	3/16	181	Matt Monroe	34	M	Wilton	CT	1:29:50	1:29:51
10	1/17	6	Matt Bedoukian	38	M	Redding	CT	1:30:11	1:30:13
11	2/43	48	Tim Urbanz	48	M	Ridgefield	CT	1:32:02	1:32:03
12	2/17	13	Brian Krauss	37	M	Millbrook	NY	1:32:26	1:32:30
13	2/3	149	Jeanne Halloran	39	F	Redding	CT	1:33:11	1:33:12
14	1/28	386	Jason Holmes	40	M	Brewster	NY	1:33:34	1:33:35
15	3/17	23	James Caparosa	37	M	Brookfield	CT	1:34:30	1:34:32
16	3/3	493	Bonnie Pope	41	F	Ridgefield	CT	1:34:32	1:34:37
17	1/66	92	Linda Spooner	43	F	Sturbridge	MA	1:34:43	1:34:44
18	4/16	31	Andy Swett	33	M	Dedham	MA	1:34:43	1:34:45
19	1/16	1984	Joan Benoit Samuelson	60	F	Cape Elizabeth	ME	1:34:46	1:34:54
20	1/34	645	John Minervino	54	M	Higganum	CT	1:35:04	1:35:06
21	4/17	277	Dominic Maciocia	39	M	Ridgefield	CT	1:35:39	1:35:47

22	1/17	109 Sharon Cunninghis	57 F	Ridgefield	CT 2:20:34 1:36:36
23	5/17	150 James Patts	39 M	Redding	CT 1:37:07 1:37:16
24	3/43	436 Don Brown	49 M	Stamford	CT 1:37:30 1:37:38
25	2/28	683 Sean Mehner	40 M	Redding	CT 1:38:21 1:38:25
26	2/66	581 Jennifer York	44 F	Amherst	MA 2:13:11 1:39:11
27	3/28	38 Josh Spooner	42 M	Sturbridge	MA 1:39:18 1:39:20
28	4/43	406 Anthony Chiaverini	46 M	Fairfield	CT 1:39:33 1:39:37
29	4/28	610 Greg Klimaytis	42 M	Rego Park	NY 1:39:42 1:39:50
30	5/16	520 Lufeng Zou	33 M	Wallingford	CT 1:40:08 1:40:16
31	1/24	377 William Clark	56 M	Thomaston	CT 1:40:22 1:40:35
32	2/34	307 Michael Baneat	52 M	Shelton	CT 1:40:40 1:40:41
33	1/24	318 Nicole Logue	32 F	Woodbury	CT 1:40:54 1:40:57
34	5/43	133 Dan Readyoff	49 M	New Milford	CT 1:40:48 1:41:03
35	1/21	488 Ariel Schwartz	28 F	Cambridge	MA 1:40:49 1:41:53
36	2/24	308 Rick Grossbard	56 M	Ridgefield	CT 2:25:52 1:41:54
37	1/11	570 Nikki Elsaesser	24 F	Shelton	CT 1:42:12 1:42:22
38	6/17	697 Luke Albrecht	39 M	Newtown	CT 1:42:59 1:43:00
39	3/34	342 Steve Leslie	53 M	Brookfield	CT 1:43:00 1:43:04
40	3/24	151 David Cappello	55 M	Avon	CT 1:42:52 1:43:06
41	1/69	300 Jennifer Collias	47 F	Wilton	CT 1:42:51 1:43:08
42	1/44	704 Elizabeth Gmelin	36 F	Ridgefield	CT 1:43:10 1:43:16
43	6/16	684 Micah Heineck	31 M	Redding	CT 1:43:39 1:43:56
44	7/17	634 Marc Ferace	38 M	Mystic	CT 1:43:48 1:43:56
45	4/34	604 Randy Watkins	54 M	New Milford	CT 1:44:00 1:44:07
46	5/28	636 Michael Kelly	43 M	Brooklyn	NY 1:42:50 1:44:11
47	4/24	293 Mark Drummond	58 M	Fairfield	CT 1:44:24 1:44:27
48	5/34	444 Felipe Zarama	52 M	Shelton	CT 1:44:06 1:44:32
49	8/17	625 Russel Joseph	38 M	Stamford	CT 1:44:59 1:45:08

50	1/28	3 Teren Block	52 F	Ridgefield	CT 1:45:08 1:45:12
51	2/16	170 Wendy Calzone	61 F	Redding	CT 1:45:27 1:45:36
52	6/34	711 Jp Milot	50 M	Ridgefield	CT 1:45:33 1:45:38
53	2/10	558 William Roberts	28 M	New Haven	CT 1:46:01 1:46:11
54	6/28	460 Michael Minardi	44 M	Ridgefield	CT 1:47:00 1:47:08
55	2/44	505 Shawna Nickerson	35 F	Bethel	CT 1:47:14 1:47:27
56	2/21	298 Katie Deangelis	27 F	New York	NY 1:47:31 1:47:43
57	5/24	415 Peter Hofmann	59 M	North Salem	NY 1:47:23 1:48:02
58	3/66	498 Elizabeth Derose	43 F	New Haven	CT 1:47:38 1:48:06
59	6/43	639 Jeremy Titus	48 M	Durham	CT 1:47:58 1:48:06
60	2/28	393 Ann Williams	54 F	Old Greenwich	CT 1:48:03 1:48:15
61	7/16	702 Colin Clerkin	33 M	Stamford	CT 1:46:57 1:48:16
62	6/24	390 Glenn Rich	58 M	Trumbull	CT 1:47:44 1:48:23
63	2/69	707 Jodi Sorrells	47 F	Darien	CT 1:48:26 1:48:44
64	8/16	172 Eric Nette	31 M	Ridgefield	CT 1:47:49 1:48:50
65	3/28	259 Sheilah Krasnickas	51 F	Newtown	CT 1:48:31 1:48:51
66	7/28	255 Cameron Sterling	43 M	Greenwich	CT 1:48:50 1:49:09
67	1/10	100 David McNamara	62 M	New Haven	CT 1:49:08 1:49:12
68	3/69	309 Linda Malarkey	48 F	New Milford	CT 1:49:12 1:49:22
69	7/34	135 Steven Crossot	52 M	Brooklyn	NY 1:48:19 1:49:40
70	3/21	206 Courtney Haedke	26 F	Monroe	CT 1:49:13 1:49:40
71	3/44	423 Margaret Platt	38 F	Ridgefield	CT 1:49:29 1:49:41
72	4/66	1193 Heidi Marcus	43 F	Ridgefield	CT 1:49:37 1:49:47
73	4/69	379 Carrie Hall	45 F	Trumbull	CT 1:49:44 1:49:48
74	5/66	477 Megan Holbert	41 F	Ridgefield	CT 1:49:40 1:49:50
75	5/69	175 Keri McKay	46 F	Fairfield	CT 1:49:44 1:50:12
76	9/17	262 Geoffrey Henschel	36 M	Westport	CT 1:50:28 1:50:38
77	2/24	83 Anna Henschel	34 F	Westport	CT 1:50:28 1:50:38

78	1/2	246 Caroline Cappello	19 F	Avon	CT 1:50:40 1:50:56
79	9/16	42 Gregory Vetter	33 M	Trumbull	CT 1:50:56 1:51:27
80	6/66	466 Ines Allen	40 F	Fairfield	CT 1:50:34 1:51:33
81	6/69	168 Sarah Wiiarty	49 F	Middletown	CT 1:51:28 1:51:41
82	7/66	167 Dawn Malone	43 F	Bethel	CT 1:51:17 1:51:46
83	8/34	378 Wayne Zimmerman	54 M	Weston	CT 1:51:51 1:51:57
84	4/28	346 Diane Hayes	52 F	Weston	CT 1:51:41 1:52:11
85	7/43	103 Todd Doyle	48 M	Bethel	CT 1:51:50 1:52:11
86	2/11	555 Kate Dammer	23 F	Plymouth	NH 1:52:12 1:52:23
87	2/10	176 Dennis White	64 M	Stratford	CT 1:51:59 1:52:42
88	7/69	123 Rocio Fields	47 F	Wilton	CT 1:52:39 1:52:56
89	3/24	358 Sofia Disanti	31 F	Astoria	NY 1:52:41 1:52:58
90	4/21	276 Kailey Bundy	27 F	New Fairfield	CT 1:50:57 1:53:01
91	8/43	235 Jay Lipman	49 M	Norwalk	CT 1:52:44 1:53:06
92	9/34	53 Monte Wagner	53 M	New Milford	CT 1:52:53 1:53:10
93	2/17	543 Joyce Allen	56 F	Palm Harbor	FL 1:52:34 1:53:10
94	3/17	354 Jenifer Parker	56 F	Stamford	CT 1:52:51 1:53:17
95	7/24	368 Al Phillips	57 M	Groton	CT 1:53:01 1:53:31
96	5/21	129 Mollie Calzone	27 F	Brooklyn	NY 1:53:11 1:53:39
97	8/24	66 Len Pearce	57 M	Avon	CT 1:53:26 1:53:45
98	8/28	637 Nardy Chung	41 M	Stamford	CT 1:52:53 1:53:50
99	4/44	106 Adrienne Williams	39 F	New Milford	CT 1:53:25 1:53:54
100	3/10	335 David Hansen	60 M	Danbury	CT 1:53:45 1:53:58
101	9/43	629 Paul Baldini	46 M	Redding	CT 1:53:26 1:54:00
102	10/34	52 Bill McBrayer	52 M	Redding	CT 1:53:49 1:54:01
103	5/28	680 Donna Lesch	51 F	Southbury	CT 1:53:30 1:54:04
104	10/43	455 John Coppola	45 M	Hamden	CT 1:53:11 1:54:12
105	8/66	33 Rebecca Sterling	41 F	Greenwich	CT 1:54:02 1:54:21

106	11/43	622 Joseph Kolok	45 M	Mount Royal	NJ	1:53:59	1:54:33
107	5/44	404 Lisa Liesener	37 F	Middletown	CT	1:54:03	1:54:39
108	3/10	540 David Gofman	26 M	Fairfield	CT	1:54:20	1:54:43
109	8/69	596 Jackie Bisignano	49 F	Patterson	NY	1:54:13	1:54:48
110	11/34	45 Kerry Smith	54 M	New Canaan	CT	1:54:25	1:54:52
111	6/44	125 Thea Bloomfield	38 F	Norwalk	CT	1:54:34	1:54:53
112	9/28	44 John Dickerson	44 M	Wilton	CT	1:54:23	1:54:55
113	3/11	395 Rachael Balinski	24 F	Redding	CT	1:54:30	1:55:14
114	9/24	16 Daniel Blair	58 M	Simsbury	CT	1:54:59	1:55:17
115	9/69	389 Lynn Schuster	49 F	Fairfield	CT	1:54:55	1:55:18
116	12/43	388 Matt Parnell	48 M	Fairfield	CT	1:54:54	1:55:18
117	4/10	394 Scott Harrison	64 M	Darien	CT	1:55:26	1:55:37
118	13/43	323 Matthew Demaio	46 M	Old Saybrook	CT	1:54:58	1:55:38
119	9/66	385 Adrienne Holmes	40 F	Brewster	NY	1:55:35	1:55:50
120	12/34	178 Robert Bazata	50 M	New Canaan	CT	1:55:13	1:55:54
121	13/34	60 Andrew Barton	53 M	Bristol	CT	1:55:50	1:55:58
122	10/66	602 Drjessica Lynn Perepl	43 F	West Springfield	MA	1:55:31	1:56:02
123	14/43	159 Jim Campasano	47 M	Simsbury	CT	1:55:37	1:56:07
124	10/69	90 Miriam Cope	45 F	Southington	CT	1:55:52	1:56:14
125	14/34	124 Glenn McCabe	52 M	Brookfield	CT	1:56:12	1:56:23
126	10/28	199 Morgan Hill	41 M	Bridgewater	CT	1:55:27	1:56:24
127	15/43	690 Keith Douglas	48 M	Stamford	CT	1:55:26	1:56:30
128	11/69	432 Kristen Porter	46 F	Ridgefield	CT	1:55:37	1:56:37
129	12/69	649 Lisa Brody	48 F	New Haven	CT	1:56:32	1:56:45
130	16/43	670 Doug Weibel	46 M	Bainbridge Islan	WA	1:55:56	1:56:48
131	10/16	271 Drew Kingman	32 M	Brooklyn	NY	1:56:03	1:56:51
132	10/17	689 Peter McKinny	36 M	Bridgeport	CT	1:55:47	1:57:07
133	4/17	296 Cathy Pearce	55 F	Avon	CT	1:56:54	1:57:07

134	10/24	195 Bill Hunter	56 M	Fairfield	CT 1:56:42 1:57:10
135	15/34	186 Eugene Roche	50 M	Redding	CT 1:56:52 1:57:12
136	17/43	289 Mike May	48 M	Reading	MA 1:56:54 1:57:12
137	11/66	648 Jamie Grennan	40 F	Norwalk	CT 1:56:53 1:57:12
138	13/69	285 Marsha Turek	45 F	Bethel	CT 1:57:03 1:57:13
139	14/69	624 Christine Asaro	49 F	Trumbull	CT 1:57:04 1:57:14
140	11/24	201 John Simko	57 M	Bethel	CT 1:57:02 1:57:16
141	4/11	557 Marisa Kennel	23 F	Devon	PA 1:57:21 1:57:32
142	11/28	136 Mark Mischenko	41 M	Ridgefield	CT 1:56:59 1:57:32
143	5/17	162 Elizabeth Cox	55 F	Redding	CT 1:57:40 1:57:40
144	16/34	18 Rick Heyman	53 M	Redding	CT 1:57:28 1:57:45
145	6/28	430 Stacey Smith	51 F	Stamford	CT 1:57:40 1:57:55
146	6/21	295 Emily Pinto Taylor	28 F	New Haven	CT 1:57:27 1:58:00
147	1/4	597 Zach Nordstrom	20 M	Patterson	NY 1:57:39 1:58:13
148	15/69	674 Kathy Smith	49 F	Ridgefield	CT 1:57:56 1:58:17
149	12/24	556 Robert Monro	56 M	Wilton	CT 1:57:58 1:58:22
150	6/17	598 Katherine Stallfort	58 F	Wilton	CT 1:57:30 1:58:22
151	4/24	667 Naomi Orocu	33 F	Norwalk	CT 1:57:39 1:58:30
152	5/24	506 Alison Grice	34 F	South Salem	NY 1:57:55 1:58:40
153	12/66	32 Patty Ryan	43 F	Stamford	CT 1:57:46 1:58:50
154	7/44	369 Grace Steinley	38 F	Sharon	MA 1:58:12 1:58:50
155	7/28	193 Kathy Lang	50 F	Ridgefield	CT 1:58:51 1:59:13
156	16/69	28 Christa Carone	49 F	Ridgefield	CT 1:58:51 1:59:13
157	12/28	490 Adam Blank	40 M	Norwalk	CT 1:58:45 1:59:17
158	3/16	575 Kathy Bennett	60 F	Cos Cob	CT 1:58:35 1:59:18
159	5/10	82 Kent Blocher	60 M	Redding	CT 1:58:56 1:59:30
160	13/66	227 Judi Zalaznick	43 F	Bethel	CT 1:59:03 1:59:32
161	6/24	599 Geraldine Pires	33 F	Fairfield	CT 1:59:09 1:59:33

162	11/17	78 Elliott Wood	39 M	Wilton	CT 1:59:40 1:59:48
163	18/43	248 Ed Fung	49 M	Wilton	CT 1:59:42 1:59:49
164	8/28	603 Cynthia Degirolamo	51 F	Sandy Hook	CT 1:59:45 1:59:50
165	19/43	565 Kevin Burns	47 M	Clinton Corners	NY 1:59:36 1:59:54
166	14/66	673 Roseanne Debellis	40 F	New Fairfield	CT 1:59:10 2:00:02
167	7/21	437 Alicia Bonin	27 F	Somers	CT 1:59:42 2:00:11
168	17/69	310 Cathy Kost	45 F	Sandy Hook	CT 2:00:01 2:00:25
169	1/9	126 Ross Levy	67 M	Chappaqua	NY 2:00:22 2:00:27
170	20/43	237 Miguel Castro	48 M	Meriden	CT 2:00:30 2:00:33
171	17/34	441 Scott Lange	50 M	Danbury	CT 1:59:32 2:00:36
172	18/69	431 Christine Gemelli	46 F	Norwalk	CT 2:00:24 2:00:37
173	13/24	89 Carlos Baldoz	56 M	Stamford	CT 2:00:07 2:00:37
174	11/16	275 Paul Fotovat	33 M	New York	NY 1:59:51 2:00:41
175	4/10	332 Kurt Fields	29 M	New York	NY 1:59:52 2:00:41
176	18/34	10 Jeffrey Schwartz	51 M	Redding	CT 2:00:08 2:00:42
177	19/69	264 Krista Benson	47 F	Newtown	CT 2:00:29 2:00:52
178	19/34	459 Frank Jozefick	52 M	Milford	CT 2:00:14 2:00:58
179	21/43	586 Charles Morales-Thoma	45 M	Redding	CT 2:00:15 2:01:15
180	8/44	470 Jessica Hanna	38 F	Schenectady	NY 2:00:43 2:01:15
181	22/43	546 Roy You	45 M	New Canaan	CT 2:01:16 2:01:20
182	7/24	221 Mykel Bridget Czaja	34 F	Niantic	CT 2:01:01 2:01:49
183	13/28	345 Douglas Gault	43 M	Cambridge	MA 2:01:20 2:02:01
184	4/16	180 Cindy Lyons	61 F	Wilton	CT 2:01:36 2:02:02
185	8/21	122 Jessica Vaghi	28 F	Bethel	CT 2:01:18 2:02:21
186	15/66	256 Valerie Walsh	44 F	New Milford	CT 2:02:10 2:02:43
187	5/16	155 Sally Kniffin	62 F	Redding	CT 2:02:22 2:02:43
188	23/43	530 Wesley Hodges	48 M	Norwalk	CT 2:02:13 2:02:46
189	14/28	642 Troy Holder	40 M	Stamford	CT 2:02:01 2:02:58

190	20/69	536 Claire Lyon	45 F	Wilton	CT 2:02:49 2:03:14
191	24/43	706 Jonathan Segal	46 M	Hartsdale	NY 2:03:11 2:03:25
192	16/66	587 Irene Weinstein	40 F	Fairfield	CT 2:02:58 2:03:26
193	15/28	252 Mark Alesio	44 M	Bethel	CT 2:03:09 2:03:30
194	25/43	210 Keith Coburn	49 M	Waterford	CT 2:03:21 2:03:34
195	9/44	561 Brenna Dinkelacker	37 F	Wilton	CT 2:02:26 2:03:37
196	21/69	231 Leah Begg	48 F	Newtown	CT 2:02:52 2:03:47
197	5/11	522 Erin Begg	23 F	Newtown	CT 2:03:47 2:03:47
198	20/34	429 Walter Andersons	52 M	Brooklyn	NY 2:03:06 2:03:49
199	21/34	578 Peter Tep	53 M	Bristol	CT 2:03:36 2:04:07
200	17/66	577 Anat Solomon	42 F	Wilton	CT 2:04:01 2:04:25
201	26/43	30 Joe Amuso	48 M	Stafford Springs	CT 2:03:47 2:04:30
202	14/24	303 Jeff Eglash	57 M	Weston	CT 2:03:56 2:04:35
203	9/21	148 Kara Williams	28 F	Yardley	PA 2:03:50 2:04:37
204	15/24	509 Daniel Lamb	56 M	New Milford	CT 2:04:04 2:04:39
205	22/69	475 Jeannine Fagan	48 F	Bethel	CT 2:04:26 2:04:56
206	22/34	110 Vinay Sampson	52 M	Monroe	CT 2:05:10 2:05:14
207	10/21	424 Yumiko Taguchi	28 F	New Haven	CT 2:04:34 2:05:21
208	10/44	485 Toni Hoverkamp	39 F	Centereach	NY 2:04:53 2:05:22
209	23/69	688 Jennifer Amend	45 F	Bethel	CT 2:05:20 2:05:29
210	16/28	108 Keith Binder	44 M	Patterson	NY 2:04:42 2:05:36
211	17/28	433 Brian Collins	44 M	Carmel	NY 2:05:08 2:05:44
212	18/66	672 Michelle Demarco	42 F	New Fairfield	CT 2:04:55 2:05:47
213	1/4	454 Janet Voelpert	70 F	Shelton	CT 2:04:59 2:05:50
214	18/28	595 Jeffrey Olsen	43 M	Waterbury	CT 2:05:06 2:05:55
215	8/24	330 Kate Stickles	30 F	Newtown	CT 2:05:09 2:06:03
216	27/43	701 Adam Segal	49 M	Ardsley	NY 2:06:11 2:06:25
217	28/43	605 Chris McCann	47 M	Wilton	CT 2:05:33 2:06:27

218	11/44	198 Amanda Telford	39 F	Bridgewater	CT 2:05:38 2:06:34
219	9/28	93 Louise Schneider	54 F	Danbury	CT 2:06:04 2:06:39
220	2/2	17 Julia Bauer	17 F	Danbury	CT 2:06:04 2:06:39
221	19/66	191 Meredith Binder	41 F	Bethelbethel	CT 2:06:32 2:06:58
222	12/44	398 Kristen Keil	38 F	Newtown	CT 2:06:07 2:07:00
223	2/9	399 Brian McIlrath	66 M	Danbury	CT 2:06:08 2:07:01
224	13/44	350 Anna Reguero	35 F	Brooklyn	NY 2:06:29 2:07:06
225	29/43	686 Michael Pozika	48 M	New Haven	CT 2:06:44 2:07:12
226	24/69	179 Julia Flanagan	45 F	New Canaan	CT 2:06:34 2:07:14
227	7/17	676 Mary Karen Davidson	57 F	Ridgefield	CT 2:06:20 2:07:17
228	25/69	316 Karen Iveson	46 F	Redding	CT 2:06:35 2:07:31
229	2/4	659 Joseph Solemene	24 M	Norwalk	CT 2:07:25 2:07:46
230	16/24	229 Christopher Ahlberg	56 M	Fairfield	CT 2:07:19 2:08:06
231	20/66	14 Allison St. Germain	42 F	Bethel	CT 2:07:42 2:08:09
232	10/28	288 Jennine Lesica	51 F	Danbury	CT 2:07:49 2:08:31
233	11/21	97 Laura Katuska	27 F	Jamaica Plain	MA 2:07:52 2:08:34
234	21/66	533 Kelly Martino	42 F	Southington	CT 2:08:30 2:08:46
235	19/28	534 Todd Cutler	44 M	Southington	CT 2:08:28 2:08:46
236	17/24	7 Michael Ciardullo	56 M	Redding	CT 2:07:50 2:08:56
237	18/24	621 Francis Gallagher	58 M	Bethel	CT 2:08:43 2:09:08
238	26/69	739 Stephanie Shaughnessy	46 F	New Fairfield	CT 2:08:48 2:09:14
239	27/69	41 Tina Roesse	48 F	Redding	CT 2:09:16 2:09:31
240	22/66	632 Laura Toce	40 F	West Simsbury	CT 2:09:01 2:09:38
241	23/34	662 Ron Locandro	52 M	Simsbury	CT 2:09:00 2:09:38
242	9/24	453 Christine Needham	31 F	Hamden	CT 2:08:39 2:09:39
243	14/44	630 Jessica Katuska	35 F	Monroe	CT 2:09:11 2:09:47
244	15/44	428 Luisa Azevedo	39 F	Bridgeport	CT 2:09:43 2:10:01
245	16/44	418 Jessica Gibson	36 F	Newtown	CT 2:09:56 2:10:04

246	23/66	214 Frances Baldwin	44 F	Ridgefield	CT 2:09:39 2:10:15
247	6/10	85 James Barickman	61 M	Redding	CT 2:09:30 2:10:22
248	28/69	612 Kimberly Knispel	45 F	Ridgefield	CT 2:10:24 2:10:26
249	24/34	576 Tony Cistulli	53 M	New Hartford	CT 2:10:10 2:10:29
250	29/69	213 Aleasha Coburn	49 F	Waterford	CT 2:10:08 2:10:32
251	6/11	609 Jennifer Hernandez	24 F	Bethel	CT 2:10:17 2:10:39
252	30/69	489 Paula Delgrego	48 F	West Hartford	CT 2:10:22 2:10:46
253	20/28	710 Rob Maffeo	41 M	Key West	FL 2:09:57 2:10:47
254	17/44	24 Cristina Taylor	35 F	Redding	CT 2:10:40 2:10:51
255	31/69	439 Gretchen Crist Lee	46 F	Greenwich	CT 2:10:13 2:10:59
256	32/69	77 Jennifer Reilly	45 F	New Fairfield	CT 2:09:57 2:11:00
257	10/24	542 Maura Duignan	32 F	White Plains	NY 2:10:46 2:11:01
258	19/24	163 Andrew Mound	58 M	Redding	CT 2:11:10 2:11:10
259	11/24	499 Carrie Saxonmeyer	34 F	Fairfield	CT 2:10:50 2:11:12
260	12/24	519 Brittany Figueroa	32 F	Stratford	CT 2:10:41 2:11:26
261	18/44	574 Nicole Lopes	36 F	Milford	CT 2:10:42 2:11:27
262	30/43	26 John Reed	49 M	Sandy Hook	CT 2:11:11 2:11:28
263	31/43	268 Michael Motley	49 M	Simsbury	CT 2:11:16 2:11:54
264	19/44	593 Laurel McGee	39 F	Simsbury	CT 2:11:18 2:11:55
265	33/69	668 Cassandra Day	49 F	Middletown	CT 2:11:35 2:11:55
266	24/66	669 Crystal Hancock	40 F	Sherman	CT 2:11:53 2:12:09
267	8/17	501 Frances Ashbolt	57 F	Newtown	CT 2:11:18 2:12:12
268	20/24	502 Mark Ashbolt	57 M	Newtown	CT 2:11:20 2:12:14
269	7/11	360 Emily Vincze	22 F	Vernon Rockvill	CT 2:11:17 2:12:21
270	25/66	682 Melissa Lawrence	42 F	Fairfield	CT 2:11:43 2:12:22
271	26/66	496 Lea Crown	40 F	Meriden	CT 2:11:46 2:12:42
272	27/66	517 Katya Ilina	42 F	Monroe	CT 2:12:05 2:12:44
273	28/66	280 Lilia Wills	42 F	Monroe	CT 2:12:06 2:12:45

274	21/24	361 Frank Parkin	55 M	Monroe	CT 2:12:07 2:12:51
275	34/69	68 Wendy Robertson	49 F	Shelton	CT 2:12:00 2:12:52
276	35/69	327 Tracy Parkin	49 F	Monroe	CT 2:12:18 2:13:01
277	20/44	414 Kimberly Raney	36 F	Greenwich	CT 2:12:20 2:13:02
278	12/21	245 Jennifer Shinall	28 F	Redding Ridge	CT 2:12:30 2:13:07
279	36/69	504 Christine Campasano	49 F	Simsbury	CT 2:12:37 2:13:10
280	13/24	671 Julie Weiss	34 F	Greenwich	CT 2:13:03 2:13:22
281	13/21	370 Allegra Heath-Stout	28 F	Somerville	MA 2:12:42 2:13:48
282	11/28	627 Catherine Racz	53 F	Roxbury	CT 2:12:41 2:13:54
283	6/16	372 Sabine Schultz	62 F	Danbury	CT 2:13:35 2:14:11
284	9/17	413 Lisa Shinall	59 F	Redding Ridge	CT 2:13:41 2:14:18
285	14/21	440 Erin Mitchell	26 F	New Fairfield	CT 2:13:22 2:14:22
286	29/66	584 Erin Adams	42 F	Wilton	CT 2:14:01 2:14:26
287	12/28	480 Elli Scarfi	53 F	Danbury	CT 2:13:51 2:14:51
288	25/34	481 Frank Scarfi	53 M	Danbury	CT 2:13:51 2:14:51
289	30/66	567 Namita Subramanian	44 F	Ridgefield	CT 2:14:25 2:14:54
290	13/28	99 Lauren Contorno	53 F	Bethel	CT 2:15:31 2:15:37
291	37/69	96 Laura Nerone	47 F	Newtown	CT 2:15:07 2:15:38
292	14/28	209 Sherri Condon	53 F	Middletown	CT 2:15:13 2:15:59
293	21/44	877 Emily Carr	36 F	Ridgefield	CT 2:15:51 2:16:04
294	7/10	8 Thomas Claire	64 M	Newtown	CT 2:15:38 2:16:26
295	12/16	251 Josh Pinto Taylor	30 M	New Haven	CT 2:16:10 2:16:43
296	22/44	35 Sara Sikes	35 F	Norwalk	CT 2:16:16 2:16:55
297	14/24	566 Sarah Wingenfeld	34 F	Lynbrook	NY 2:15:57 2:16:59
298	38/69	641 Joanne Ihlefeld	45 F	Newtown	CT 2:15:53 2:17:01
299	21/28	95 Keith Baldwin	40 M	Arlington	VA 2:15:54 2:17:10
300	39/69	698 Kathy Miller	48 F	Bethel	CT 2:17:14 2:17:17
301	26/34	228 Bill Begg	54 M	Newtown	CT 2:16:32 2:17:29

302	10/17	80 Terri McCleary	56 F	Redding	CT 2:16:52 2:17:34
303	8/11	554 Emily Winter	24 F	Easton	CT 1:33:40 2:17:41
304	22/28	560 Peter Kristin	43 M	Bojnice	2:17:30 2:17:44
305	15/24	65 Lauren Dibenedetto	34 F	Southbury	CT 2:16:45 2:17:54
306	31/66	322 Amy Lenoce	42 F	Durham	CT 2:17:09 2:17:55
307	32/66	474 Karen Bellmay	40 F	Terryville	CT 2:16:52 2:17:55
308	33/66	562 Jahkisha Richards	43 F	New Haven	CT 2:17:12 2:17:57
309	34/66	665 Amy Photopoulos	42 F	New Milford	CT 2:17:07 2:18:00
310	35/66	49 Julie Marty	40 F	Redding	CT 2:18:02 2:18:02
311	15/21	626 Elizabeth Goodwin	29 F	Brewster	NY 2:17:33 2:18:06
312	15/28	643 Kimberly A Tully	50 F	Wilton	CT 2:17:30 2:18:18
313	13/16	495 Peter Armon	32 M	Cheshire	CT 1:34:20 2:18:18
314	40/69	152 Patricia Keim	49 F	Redding	CT 2:17:38 2:18:28
315	23/28	351 Tim Napolitano	43 M	Orange	CT 2:18:21 2:18:30
316	32/43	588 John Macchia	49 M	Fairfield	CT 2:18:01 2:18:30
317	41/69	712 Zhimei Dong	48 F	New Canaan	CT 2:18:33 2:18:37
318	33/43	349 Andrew Shantz	46 M	Fairfield	CT 2:18:06 2:18:45
319	24/28	373 John Sorel	42 M	Monroe	CT 2:17:53 2:18:48
320	16/24	585 Madeleine Pidel	33 F	Redding	CT 2:18:25 2:18:52
321	1/3	403 Jake Wilkinson	14 M	New Milford	CT 2:17:57 2:19:07
322	16/28	478 Audrey Day	51 F	Sherman	CT 2:17:57 2:19:08
323	7/16	675 Ronnie Behringer	60 F	Norwalk	CT 2:18:31 2:19:27
324	8/16	620 Anda Cumings	61 F	Redding	CT 2:18:35 2:19:31
325	14/16	84 Donald Stankus	33 M	Waterbury	CT 2:18:52 2:19:41
326	36/66	511 Cheramie Lee	42 F	Monroe	CT 2:18:58 2:19:52
327	23/44	514 Nicki Smith	36 F	Newtown	CT 2:18:49 2:19:53
328	17/24	516 Cassi Fowler	33 F	Southbury	CT 2:18:49 2:19:53
329	34/43	343 Colin Wright	48 M	Brooklyn	NY 2:19:18 2:19:55

330	17/28	101 Josephine Simko	54 F	Bethel	CT 2:19:21 2:19:57
331	9/11	416 Katie Taylor	20 F	Earlysville	VA 2:19:14 2:20:03
332	3/4	417 Chase Dolieslager	23 M	Earlysville	VA 2:19:15 2:20:03
333	11/17	215 Leslie Henderson	56 F	Glenview	IL 2:19:04 2:20:06
334	18/28	666 Kathryn Stoker	50 F	Norwalk	CT 2:19:45 2:20:10
335	42/69	355 Michaela Diffey	48 F	Ridgefield	CT 2:19:32 2:20:20
336	2/4	76 Mary Ellen Loncto	76 F	Ridgefield	CT 2:19:26 2:20:28
337	2/3	471 Pramukh Nadig	16 M	Redding	CT 2:20:28 2:20:42
338	24/44	39 Hilary Devries	39 F	Danbury	CT 2:19:53 2:20:46
339	37/66	115 Tracy Darmofal	40 F	Redding	CT 2:19:52 2:20:51
340	35/43	524 Kevin Lewis	46 M	Pound Ridge	NY 2:20:23 2:21:13
341	16/21	526 Ling Lin	25 F	Wallingford	CT 2:21:01 2:21:17
342	19/28	652 Carole Chen	52 F	Wharton	NJ 2:20:20 2:21:21
343	43/69	419 Stacey Martwinski-Nar	47 F	Oakville	CT 2:21:18 2:21:22
344	44/69	220 Hilary Martwinski-Nar	46 F	Oakville	CT 2:21:18 2:21:22
345	17/21	552 Catherine McNamara	27 F	Nashua	NH 2:21:15 2:21:55
346	27/34	631 Paul Nasta	53 M	Northport	NY 2:21:03 2:22:02
347	20/28	572 Jackie Apgar	52 F	Ridgefield	CT 2:21:39 2:22:46
348	5/10	267 Neil Parshall	29 M	East Hartford	CT 2:22:19 2:23:00
349	25/44	34 Kimberly Nardo	35 F	White Plains	NY 1:39:24 2:23:24
350	12/17	563 William Brent	35 M	Emmaus	PA 1:39:25 2:23:30
351	45/69	547 Ying Zhang	45 F	New Canaan	CT 2:23:27 2:23:30
352	36/43	527 Erich Wenis	45 M	Woodbury	CT 2:23:02 2:23:34
353	10/11	197 Katherine Unfried	21 F	Redding	CT 2:22:51 2:23:51
354	26/44	613 Amanda White	37 F	Windsor Locks	CT 2:23:23 2:23:52
355	13/17	329 Michael Latina	38 M	Monroe	CT 2:23:36 2:23:54
356	3/9	500 George Yurchishin	65 M	Danbury	CT 2:23:29 2:24:19
357	8/10	64 Jason Howard	64 M	Redding	CT 2:24:07 2:24:32

358	6/10	63 Brian Cadarr	27 M	Torrington	CT 2:24:10 2:25:13
359	18/21	703 Laura Sandi	26 F	Columbus	OH 2:24:01 2:25:13
360	21/28	571 Rebecca Perez	53 F	Miami Lakes	FL 2:25:17 2:25:21
361	37/43	420 Russ Porter	47 M	Ridgefield	CT 2:24:34 2:25:35
362	46/69	677 Angelica Carey	49 F	South Salem	NY 2:24:59 2:25:57
363	15/16	21 Johnny Lo	34 M	Redding	CT 2:26:04 2:26:04
364	38/66	623 Megan Milano	42 F	Somers	NY 2:25:55 2:26:12
365	12/17	374 Susan Pagan	56 F	Brookfield	CT 2:25:36 2:26:15
366	25/28	761 Chris Bisignano	43 M	Patterson	NY 2:25:22 2:26:15
367	39/66	29 Hillary Koyner	44 F	Weston	CT 2:25:22 2:26:31
368	13/17	98 Karen Sitney	58 F	Weston	CT 2:26:27 2:27:05
369	47/69	331 Elizabeth Titus	47 F	Durham	CT 2:26:35 2:27:06
370	27/44	401 Nancy Hutton	39 F	Wallingford	CT 2:26:35 2:27:06
371	28/34	234 Frank Whaley	54 M	Redding	CT 2:26:34 2:27:31
372	16/16	263 Jesse Rosenbaum	31 M	Southport	CT 2:27:33 2:27:48
373	40/66	479 Gretchen Mullin	44 F	Danbury	CT 2:27:07 2:28:02
374	26/28	294 Matthew Stroup	43 M	Danbury	CT 2:27:12 2:28:18
375	28/44	223 Katie Bailin	37 F	Norwalk	CT 2:27:38 2:28:26
376	41/66	321 Rebecca Darst	42 F	Wilton	CT 2:27:28 2:28:30
377	48/69	600 Julie Anne Fossi	49 F	New Milford	CT 2:28:26 2:28:36
378	42/66	655 Eryn Ivey	43 F	Newtown	CT 2:27:28 2:28:36
379	49/69	635 Sarah Cappelli	47 F	Newtown	CT 2:27:29 2:28:37
380	27/28	347 Minsung Yoon	41 M	Middlebury	CT 2:29:03 2:29:03
381	50/69	473 Eileen Bellmay	48 F	Thomaston	CT 2:28:26 2:29:28
382	29/44	411 Melissa Fabuien	36 F	Vernon Rockville	CT 2:28:57 2:29:37
383	43/66	640 Brenda Varrasso	42 F	Brooklyn	NY 2:28:29 2:29:48
384	18/24	87 Christine Schmittgall	30 F	Bethel	CT 2:29:08 2:29:49
385		9999 Unknown Runner	0 M		1:09:34 2:29:55

386	38/43	137 Ray Acunto	49 M	Southbury	CT 2:29:55 2:29:57
387	44/66	650 Melissa Wilson	44 F	Washington Depot	CT 2:29:30 2:30:02
388	45/66	12 Amy Taylor	44 F	Redding	CT 2:29:12 2:30:09
389	30/44	190 Megan Osimanti	38 F	Bethel	CT 2:29:52 2:30:10
390	31/44	633 Katherine Krasney	38 F	New Haven	CT 2:29:29 2:30:34
391	46/66	396 Laura Saavedra	42 F	West Harrison	NY 2:30:19 2:30:35
392	47/66	147 Kerry Stephens	42 F	Gaylordsville	CT 2:30:34 2:31:06
393	51/69	450 Susan Malandra	48 F	Mahwah	NJ 2:31:15 2:31:31
394	52/69	427 Alice Wilkinson	45 F	New Milford	CT 2:30:25 2:31:36
395	53/69	462 Leeann Gilbert	49 F	New Milford	CT 2:30:26 2:31:37
396	14/17	521 Jason Wood	36 M	South Weymouth	MA 2:31:26 2:32:12
397	22/24	25 Adam Rothman	58 M	Greenwich	CT 2:32:09 2:32:15
398	48/66	611 Sujatha Unny	44 F	Wilton	CT 2:32:13 2:32:17
399	22/28	531 Katherine Wetmur	50 F	Fairfield	CT 2:32:28 2:32:29
400	29/34	233 Hamid Asgari	53 M	Greenwich	CT 1:48:18 2:32:39
401	39/43	451 Mark Schwartz	49 M	Brooklyn	NY 2:32:21 2:32:58
402	4/9	687 Don Capone	69 M	Norwalk	CT 2:32:24 2:33:09
403	23/28	705 Kathy Muro	54 F	Westport	CT 2:33:09 2:33:12
404	54/69	141 Rita Wilker	47 F	Norwalk	CT 2:33:09 2:33:13
405	11/11	365 Jennie Bunce	24 F	Redding	CT 2:32:16 2:33:23
406	49/66	583 Stephanie Parker	44 F	Easton	CT 2:33:20 2:33:28
407	9/16	217 Deborah Carlson	60 F	Brooklyn	NY 2:32:44 2:33:28
408	50/66	492 Christine Simon	43 F	Stratford	CT 2:32:49 2:33:33
409	15/17	143 Chuck McNamee	39 M	Stamford	CT 2:33:36 2:33:42
410	51/66	40 Dana McNamee	40 F	Stamford	CT 2:33:37 2:33:44
411	55/69	651 Kristina Hislop	46 F	Newtown	CT 2:32:50 2:33:58
412	40/43	371 Scott Snyder	47 M	Irvington	NY 1:50:28 2:34:28
413	52/66	333 Angelika Zierl	40 F	Aidlingen	BW 2:34:20 2:34:34

414	56/69	114 April Phillips	46 F	Groton	CT 2:35:25 2:35:30
415	57/69	699 Sarah Conklin Zimmerm	49 F	Wilton	CT 2:35:16 2:35:36
416	7/10	204 Paul Doolan	29 M	Shelton	CT 1:51:16 2:35:38
417	58/69	305 Linda Dwy	49 F	Prospect	CT 2:35:02 2:35:49
418	24/28	22 Susan Bard	51 F	Redding	CT 2:35:44 2:35:57
419	3/4	67 Alice Avery	67 F	Bethel	CT 2:35:59 2:36:01
420	32/44	426 Olivia Kousky	37 F	Westport	CT 2:35:23 2:36:21
421	16/17	362 Justin Kousky	37 M	Westport	CT 2:35:28 2:36:26
422	59/69	528 Sara Sherlock	45 F	Stamford	CT 2:35:48 2:36:57
423	30/34	525 Greg Meyer	52 M	Redding	CT 2:37:03 2:37:03
424	33/44	258 Katrina Smith	36 F	West Harrison	NY 2:36:53 2:37:09
425	25/28	290 Abby Tuttle	54 F	Rye	NY 2:36:55 2:37:10
426	28/28	1158 Brian Millburne	42 M	Ridgefield	CT 2:37:01 2:37:14
427	10/16	140 Luanne Roy	63 F	Seymour	CT 2:36:33 2:37:25
428	53/66	132 Andrea Pieri	40 F	Redding	CT 2:37:26 2:37:47
429	8/10	601 Ian Starker	28 M	Danbury	CT 2:38:45 2:39:03
430	54/66	73 Caitlin Dunlap	44 F	Tolland	CT 2:38:42 2:39:48
431	60/69	392 Suzette Reading	45 F	Columbia	CT 2:38:42 2:39:49
432	34/44	88 Amy Zvovushe-Ramos	35 F	Monroe	CT 2:40:03 2:40:05
433	31/34	171 Al Weggeman	54 M	Redding	CT 2:40:31 2:40:36
434	19/21	619 Kristen Starker	28 F	Danbury	CT 2:40:45 2:41:02
435	32/34	20 Ron Berry	50 M	Redding	CT 1:57:21 2:41:39
436	20/21	250 Maria Soter	25 F	Morristown	NJ 2:40:43 2:41:48
437	9/10	713 Daniel Forman	28 M	Bronx	NY 1:57:39 2:41:55
438	35/44	205 Dawn Jenci	38 F	Milford	CT 2:41:08 2:42:14
439	36/44	654 Michelle Karwejna	36 F	Brooklyn	NY 2:42:14 2:43:18
440	23/24	449 Tony Dasilva	55 M	Bristol	CT 1:58:49 2:43:19
441	61/69	43 Carrie Friend	49 F	Monroe	CT 2:43:11 2:43:20

442	26/28	72 Debra Majeske	53 F	Litchfield	CT 2:43:04 2:43:22
443	37/44	269 Kelly Yontef	38 F	Hamden	CT 2:43:43 2:43:44
444	38/44	338 Jennifer Pope	37 F	Hamden	CT 2:43:44 2:43:45
445	4/4	564 Brian Suh	23 M	Nashville	TN 2:44:11 2:44:17
446	24/24	412 Arthur Bodek	55 M	New Rochelle	NY 2:43:04 2:44:24
447	39/44	313 Kiley Gottschalk	35 F	Newtown	CT 2:01:02 2:45:07
448	5/9	69 Karl Eilers	65 M	Danbury	CT 2:45:08 2:45:13
449	62/69	58 Tammy Raiano	46 F	New Fairfield	CT 2:44:23 2:45:40
450	63/69	402 Joanne Sterk	46 F	New Milford	CT 2:49:14 2:49:22
451	64/69	549 Victoria Nguyen	47 F	Wingdale	NY 2:49:12 2:49:30
452	3/3	282 Henry Namiot	16 M	Ridgefield	CT 2:49:41 2:49:55
453	19/24	616 Kaitlin Maguire	33 F	Framingham	MA 2:48:54 2:50:09
454	65/69	615 Julia Gibson	46 F	Lewiston	ME 2:48:55 2:50:10
455	55/66	476 Amy Corr	42 F	Fairfield	CT 2:51:22 2:52:23
456	66/69	203 Leigh Ann Kissner	47 F	West Hartford	CT 2:08:05 2:52:26
457	40/44	579 Donna Tesar	38 F	New Fairfield	CT 2:51:47 2:53:12
458	9/10	57 Danny Mallozzi	60 M	Redding	CT 2:09:12 2:54:05
459	20/24	71 Lauren Mulvihill	32 F	Ridgefield	CT 2:10:47 2:55:00
460	56/66	484 Erin May	42 F	Centereach	NY 2:55:03 2:55:09
461	57/66	709 Brenda Cameron	43 F	Newtown	CT 2:55:35 2:55:43
462	33/34	548 Rob Baldwin	53 M	Ridgefield	CT 2:11:49 2:56:22
463	6/9	120 Ken Essex	65 M	Redding	CT 2:56:08 2:56:27
464	10/10	681 David Maness	63 M	Pawlet	VT 2:56:31 2:56:47
465	67/69	188 Anne Lafond	47 F	Westford	MA 2:12:15 2:56:48
466	11/16	319 Marilyn Biedrycki	62 F	Milford	CT 2:55:41 2:56:51
467	7/9	551 Kevin Ross	65 M	Fairfield	CT 2:59:32 2:59:46
468	58/66	261 Faith Ficarra	44 F	New Fairfield	CT 2:58:35 3:00:04
469	8/9	592 Stephen Grathwohl	70 M	Fairfield	CT 3:01:20 3:01:20

470	21/24	465 Priya Gumkowski	30 F	Cromwell	CT 3:01:17 3:01:30
471	68/69	302 Heidi Namiot	46 F	Ridgefield	CT 3:01:19 3:01:32
472	14/17	312 Sandra Haywood	56 F	Woodbridge	CT 3:01:24 3:01:33
473	10/10	550 David Derin	28 M	Stamford	CT 2:18:10 3:02:30
474	59/66	91 Alison Sorel	41 F	Monroe	CT 3:02:42 3:02:49
475	60/66	128 Deanna Gaudreau	43 F	Sherman	CT 2:19:18 3:03:30
476	15/17	679 Linda Maness	58 F	Pawlet	VT 3:03:57 3:04:13
477	16/17	341 Rosemary Jones	56 F	Babylon	NY 2:19:48 3:04:28
478	22/24	116 Amanda Glendinning	34 F	Redding	CT 3:05:06 3:05:10
479	27/28	663 Lisa Bruno	53 F	Brooklyn	NY 3:04:56 3:06:17
480	41/44	692 Jessica Ramos	36 F	Passaic	NJ 3:06:30 3:06:44
481	42/44	691 Jess Reed	37 F	Vernon	CT 3:06:52 3:07:02
482	61/66	326 Malinda Johnston	40 F	South Windsor	CT 3:06:55 3:07:03
483	41/43	364 Greg Kalt	48 M	Stamford	CT 2:22:35 3:07:24
484	62/66	468 Jennifer Chabus	44 F	Long Beach	NY 3:07:14 3:07:31
485	28/28	421 Shira Flowers Eckett	51 F	Simsbury	CT 2:23:40 3:08:21
486	63/66	260 Suzen Stewart	42 F	Sandy Hook	CT 2:23:17 3:08:26
487	69/69	405 Kathleen Ward	47 F	Albany	NY 3:08:56 3:09:03
488	64/66	169 Sandhya Sridhar	41 F	Newtown	CT 2:26:23 3:11:07
489	43/44	693 Lisa Orbegoso	39 F	Forest Hills	NY 3:15:19 3:15:47
490	65/66	695 Jenny Hwang	43 F	Whitestone	NY 3:15:18 3:15:48
491	34/34	1025 Mark Kratter	54 M	Norwalk	CT 3:20:17 3:21:26
492	66/66	508 Rebecca Chirevas	43 F	Bronxville	NY 3:22:28 3:22:40
493	23/24	357 Marilyn Rosario	32 F	Brooklyn	NY 3:22:28 3:22:40
494	17/17	694 Anna Rhea	39 M	Jamaica	NY 3:22:40 3:23:02
495	42/43	696 John Pierre	47 M	Glendale	NY 3:22:40 3:23:03
496	12/16	242 Carolyn Frzop	62 F	Easton	CT 2:39:06 3:23:26
497	13/16	487 Debbie Meszaros	61 F	Oxford	CT 3:24:01 3:24:10

498	17/17	107 Dorothy Mitchell	58 F	Oxford	CT 3:24:00 3:24:11
499	4/4	74 Sharon Geltner	74 F	Stratford	CT 3:25:57 3:26:20
500	9/9	646 Bruce Goulart	68 M	Newtown	CT 3:31:15 3:31:36
501	21/21	653 Megha Nadig	25 F	Greenville	NC 3:25:30 3:35:30
502	24/24	241 Kendra Dolton	34 F	Brooklyn	NY 3:43:08 3:43:21
503	44/44	130 Michelle Jacobs	39 F	Mount Vernon	NY 3:43:09 3:43:22
504	14/16	219 Laurie Quinn	63 F	Old Greenwich	CT 4:09:18 4:09:41
505	15/16	408 Barbara Brown	61 F	Elmwood Park	NJ 5:05:11 4:44:09
506	16/16	438 Debra Bruno	62 F	Stanhope	NJ 5:05:15 4:44:13
507	43/43	678 Joseph Sorbanelli	49 M	Englewood	NJ 5:05:17 4:44:15



Start of the half Marathon







Half Champion, Piotr

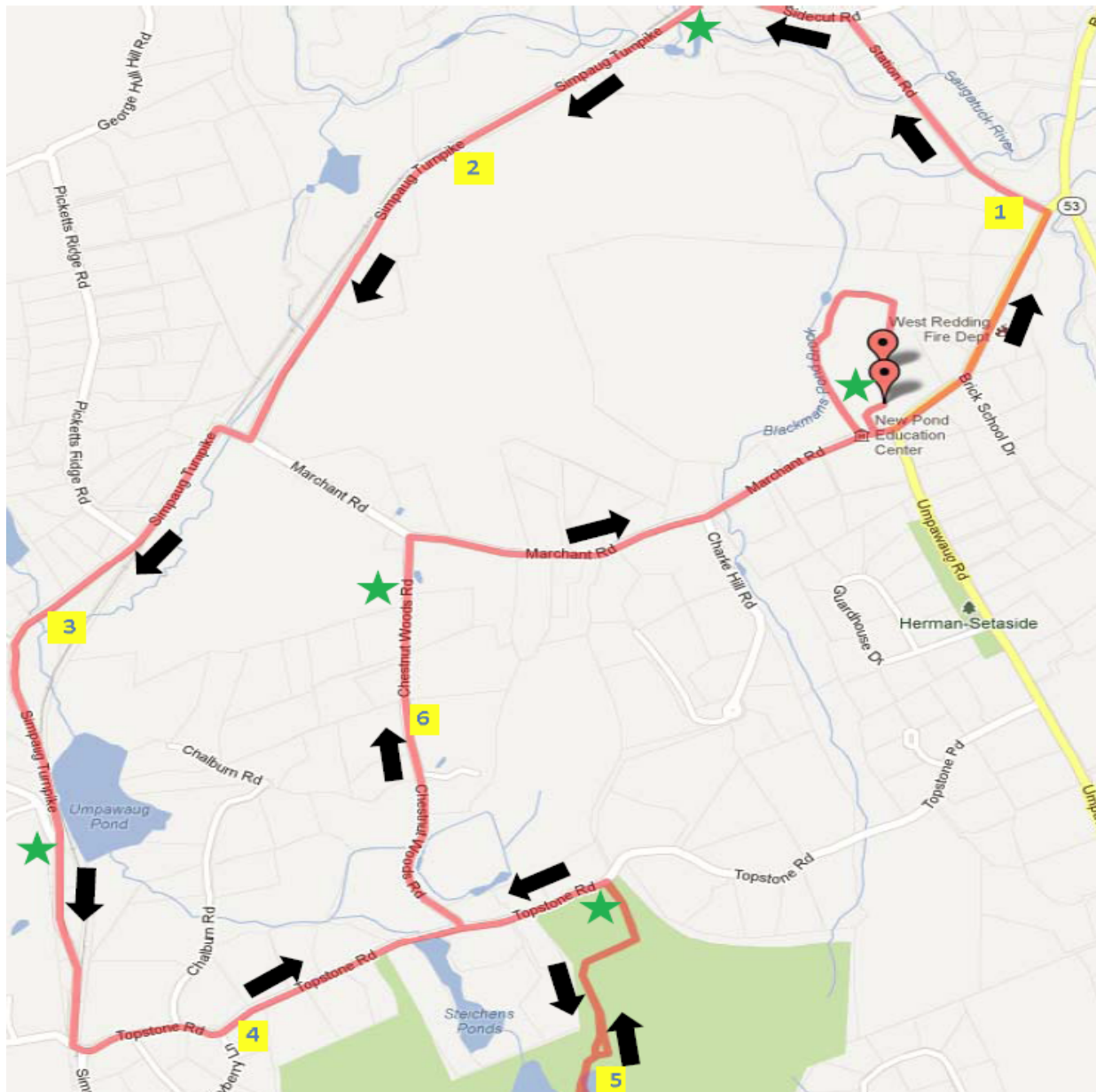


Half Champion, Kendall (on the right). Also our Great Turkey Escape 2018 Champion!! Rock'n Roots 9k next for you Kendall, for the Trifecta??

5. 7 Miler

A. Map

REDDING ROAD RACE SEVEN MILE COURSE



★ AID STATIONS/PORT-O-LETS

B. RESULTS

REDDING ROAD RACES 7 MILE

Redding, CT Sunday, May 6, 2018

Timing by: Start Line Race Services, LLC

Place	Div/Tot	No.	Name	Age	Sex	City	St	Net time	Time
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/3	1091	David Hambleton	44	M	Stanfordville	NY	44:59	45:01
2	2/3	808	Joshua Cordeira	34	M	Bethel	CT	45:39	45:41
3	1/3	801	Florence Chretien	44	F	South Salem	NY	49:12	49:14
4	3/3	1153	Rick Deitch	47	M	Cambridge	MA	50:56	51:05
5	2/3	1392	Meghan Pagliuco	40	F	Ivoryton	CT	51:06	51:14
6	1/9	949	Ryan Tolfree	34	M	Kent	CT	51:33	51:35
7	3/3	1189	Sara Cates	37	F	New Haven	CT	51:40	51:43
8	1/19	715	Jan Schole	50	M	Ridgefield	CT	52:38	52:42
9	1/53	1035	Mary Disimone	38	F	Trumbull	CT	52:40	52:42
10	1/19	928	Michelle Taddie	28	F	Bethany	CT	52:58	53:01
11	2/9	954	Peter McNeil	33	M	Barrington	NH	53:09	53:11
12	1/23	1175	Rod Steensma	49	M	Southport	CT	53:14	53:20
13	2/53	909	Kristin Scholz	38	F	Wilton	CT	53:27	53:31
14	1/15	977	Jason Atkins	41	M	Bethel	CT	53:34	53:38
15	3/53	1039	Jan Triani	39	F	Ridgefield	CT	53:56	54:04
16	1/63	940	Emily Mathews	41	F	Ridgefield	CT	54:14	54:21
17	2/15	911	Jamie Branyan	41	M	Trumbull	CT	54:17	54:23
18	1/22	870	Kristina Scaviola	33	F	Dracut	MA	54:29	54:32
19	1/10	1156	Cory Benson	61	F	Newtown	CT	54:58	55:08
20	2/22	1391	Kaylee Grant	31	F	Ridgefield	CT	55:30	55:49

21	1/53	825 Jennifer Manware	49 F	Plantsville	CT	56:00	56:10
22	1/7	951 Fiona Mohl	14 F	Hopewell Junction NY		56:08	56:15
23	2/7	1071 Ellie Rainey	13 F	New Milford	CT	56:27	56:40
24	1/22	1160 Bob Bowen	36 M	Sandy Hook	CT	56:08	56:44
25	1/7	901 Ryan Walsh	26 M	Redding	CT	56:47	57:00
26	2/19	897 Anne Clayman	27 F	Boston	MA	56:51	57:04
27	1/6	1017 Sarah Schechter	18 F	Danbury	CT	57:24	57:29
28	2/19	906 Steven Coppock	53 M	Redding	CT	57:26	57:30
29	1/16	859 John Steele	60 M	Branford	CT	57:27	57:32
30	2/63	1031 Katie Martin	40 F	Middlebury	CT	58:34	58:40
31	3/9	1146 David Zupan	34 M	Sandy Hook	CT	58:17	58:52
32	2/23	772 Chris Kopec	45 M	Redding	CT	58:10	58:53
33	1/6	1370 Michael Murphy	69 M	Millbrook	NY	59:29	59:53
34	2/53	858 Lisa Goldstein	48 F	Redding	CT	59:41	59:58
35	3/23	973 Steve Slovinski	48 M	Ridgefield	CT	59:57	59:59
36	3/19	1389 Michelle O'Connor	28 F	Brookfield	CT	59:56	1:00:01
37	3/7	952 Delaney Mohl	12 F	Hopewell Junction NY		59:50	1:00:05
38	4/23	1077 Dan Briody	46 M	Ridgefield	CT	1:00:15	1:00:27
39	3/63	1022 Christina Butler	40 F	Wappingers Falls NY		1:00:20	1:00:31
40	4/7	895 Keelin Bremner	12 F	Redding	CT	1:00:22	1:00:34
41	3/15	896 James Bremner	42 M	Redding	CT	1:00:23	1:00:34
42	5/23	1120 Mark Castiglione	47 M	New Canaan	CT	1:00:15	1:00:42
43	4/63	860 Kristy Liesegang	42 F	Ridgefield	CT	1:00:58	1:01:01
44	6/23	844 John McCleary	49 M	Redding	CT	1:01:06	1:01:12
45	2/22	1365 Nicholas Vitti	38 M	Bethel	CT	1:00:28	1:01:22
46	2/6	1165 Olivia Sennett	22 F	Redding	CT	1:01:18	1:01:30
47	4/53	1101 Jennifer Schneider	37 F	Danbury	CT	1:01:57	1:02:02
48	3/22	1143 Brandon Schneider	36 M	Danbury	CT	1:01:57	1:02:02

49	3/53	959 Sandy Ermo	47 F	Hopewell Junction NY	1:02:00	1:02:05
50	5/63	1132 Amelia Audette	44 F	Trumbull CT	1:01:53	1:02:09
51	6/63	1368 Nora Llach	42 F	Easton CT	1:02:05	1:02:13
52	1/45	518 Lisa Pleban	53 F	Gansevoort NY	1:02:03	1:02:17
53	1/24	806 Suzanne Remington-Fox	56 F	Cheshire CT	1:01:54	1:02:19
54	2/7	1150 Andy Smietana	27 M	Bethel CT	1:01:37	1:02:26
55	5/53	980 Jessica Zoz	39 F	Redding CT	1:02:07	1:02:59
56	3/19	51 Barry Blumenfield	51 M	Redding CT	1:01:58	1:03:04
57	2/16	660 Neil Mandel	64 M		CT 1:02:46	1:03:10
58	4/22	1188 Anthony Buonicore	39 M	Easton CT	1:03:06	1:03:11
59	2/24	889 Anne Carruthers	56 F	Poughkeepsie NY	1:02:38	1:03:16
60	3/22	1138 Nicole Dreier	34 F	Middletown CT	1:03:03	1:03:25
61	4/15	1032 Charles Rumford	42 M	West Haven CT	1:03:18	1:03:29
62	4/53	759 Karen Seelert	48 F	Wilton CT	1:03:30	1:03:37
63	5/22	1115 Russell Mayo	36 M	Broad Brook CT	1:03:40	1:03:42
64	5/53	944 Alison Pratt	48 F	Ridgefield CT	1:03:15	1:04:23
65	6/53	1371 Casey McNamara	36 F	Broad Brook CT	1:03:31	1:04:26
66	4/19	900 Jennifer Lynn	27 F	Redding CT	1:04:12	1:04:26
67	7/23	771 Joseph McHale	47 M	Redding CT	1:03:41	1:04:28
68	4/9	1038 David Day	34 M	Cherry Hill NJ	1:03:59	1:04:31
69	3/7	1014 Gary Debrito	28 M	Danbury CT	1:03:43	1:04:31
70	6/53	993 Kimberley Meyer	48 F	Simsbury CT	1:03:59	1:04:32
71	1/13	1200 Paul Hirsch	58 M	Redding CT	1:04:16	1:04:42
72	2/10	407 Andrea Williamson	63 F		CT 1:04:22	1:04:47
73	6/22	1181 James Bailin	39 M	Norwalk CT	1:03:11	1:04:50
74	5/9	982 Steven Kaplan	34 M	Norwalk CT	1:04:57	1:05:07
75	7/22	1045 Evan Abrams	36 M	Westport CT	1:03:59	1:05:21
76	4/22	1043 Lauren Abrams	34 F	Westport CT	1:03:59	1:05:21

77	7/63	397 Shelby Land	41 F	Darien	CT 1:04:46 1:05:22
78	8/63	1386 Trepheue Andrea	44 F	Milford	CT 1:05:20 1:05:26
79	5/15	1133 Scott Capozza	41 M	Oxford	CT 1:05:11 1:05:27
80	9/63	1147 Diane Martin	44 F	New Milford	CT 1:05:20 1:05:29
81	10/63	187 Clare Zecher	44 F	Greenwich	CT 1:04:53 1:05:32
82	7/53	767 Rachel Marino	38 F	Ridgefield	CT 1:05:35 1:05:43
83	4/7	898 Patrick Walsh	29 M	Boston	MA 1:05:39 1:05:53
84	4/19	1083 Michael Angerthal	50 M	Westport	CT 1:04:48 1:05:53
85	8/22	324 Stephen Apy	35 M	Darien	CT 1:04:42 1:05:56
86	2/45	800 Lisa Haden	50 F	Ridgefield	CT 1:04:59 1:06:03
87	5/22	961 Nancy Kelley	34 F	Redding	CT 1:04:41 1:06:03
88	6/22	1177 Jai Dobreski	32 F	Bethel	CT 1:05:58 1:06:09
89	8/53	1381 Jessica Edwards	39 F	New Canaan	CT 1:05:57 1:06:09
90	9/22	1125 Brent Edwards	39 M	New Canaan	CT 1:05:56 1:06:09
91	11/63	903 Cindy Mercede	41 F	New Canaan	CT 1:05:48 1:06:14
92	3/45	976 Kristen Hoban	51 F	Ridgefield	CT 1:05:13 1:06:16
93	4/45	956 Jacque Lang	51 F	Ridgefield	CT 1:05:51 1:06:17
94	5/45	381 Tehri Gasparrini	54 F	Ridgefield	CT 1:05:14 1:06:22
95	8/23	400 John Muller	45 M	Darien	CT 1:05:57 1:06:23
96	9/23	902 Christopher Aversano	45 M	Wilton	CT 1:05:23 1:06:23
97	7/53	1105 Diane Benke	45 F	Westport	CT 1:06:07 1:06:25
98	9/53	1145 Jennifer Zupan	38 F	Sandy Hook	CT 1:05:51 1:06:27
99	3/16	568 William Damm	62 M	New Canaan	CT 1:05:33 1:06:27
100	5/19	847 Mike Mello	51 M	Bethel	CT 1:06:15 1:06:33
101	6/45	866 Deborah Valin	50 F	Woodbridge	CT 1:06:25 1:06:34
102	7/45	837 Lucy Peto	54 F	Wilton	CT 1:06:32 1:06:43
103	12/63	824 Sara Krauss	41 F	Millbrook	NY 1:05:47 1:06:50
104	8/53	921 Heather Sung	48 F	Redding	CT 1:06:26 1:06:53

105	9/53	348 Jennifer Englert	49 F	Ridgefield	CT 1:06:00 1:07:04
106	10/53	1372 Elaine Sullivan	45 F	South Windsor	CT 1:06:50 1:07:07
107	11/53	174 Tricia Jansen	47 F	Easton	CT 1:06:53 1:07:08
108	13/63	1397 Victoria Wish	43 F	Bethel	CT 1:06:14 1:07:11
109	6/9	882 Jonathan Alson	34 M	Harrison	NY 1:06:50 1:07:16
110	4/16	920 Robert Paladini	63 M	Holmes	NY 1:06:52 1:07:16
111	2/13	737 Scott Ventrella	58 M	Ridgefield	CT 1:06:14 1:07:17
112	10/22	968 Joe Sondheimer	38 M	Ridgefield	CT 1:06:47 1:07:18
113	3/24	1070 Tina McQuilkin	55 F	Ridgefield	CT 1:07:05 1:07:22
114	6/19	1398 Peter Marshall	53 M	Andover	CT 1:07:05 1:07:26
115	7/19	750 Peter Hill	51 M	Redding	CT 1:06:18 1:07:31
116	10/23	1086 Stuart Green	46 M	Naugatuck	CT 1:07:00 1:07:32
117	8/45	831 Carolyn Couture	54 F	Ridgefield	CT 1:06:30 1:07:37
118	11/22	1061 Thomas Friis	38 M	Ridgefield	CT 1:07:10 1:07:38
119	10/53	922 Kelly Paredes	37 F	Bethel	CT 1:07:03 1:07:41
120	11/53	853 Amanda Linsley	35 F	Naugatuck	CT 1:07:29 1:07:41
121	3/13	914 Douglas Gunsolley	56 M	Trumbull	CT 1:07:29 1:07:47
122	12/22	1184 Nicholas Lindsay-Jone	38 M	Ridgefield	CT 1:07:34 1:07:51
123	14/63	749 Holly Hill	44 F	Redding	CT 1:06:40 1:07:52
124	13/22	1118 Matthew Hollis	35 M	Redding	CT 1:07:23 1:07:53
125	7/9	741 Michael Labonte	33 M	Gaylordsville	CT 1:07:35 1:07:54
126	5/19	1376 Monika Moreira	29 F	Newtown	CT 1:07:55 1:08:00
127	6/19	142 Laura Shaw	29 F	New York	NY 1:06:58 1:08:03
128	8/19	946 Andrew Lombardozzi	51 M	Ridgefield	CT 1:07:11 1:08:06
129	4/13	113 Oliver North	56 M	Redding	CT 1:07:01 1:08:17
130	12/53	913 Christine Bartus	45 F	West Hartford	CT 1:07:51 1:08:20
131	7/19	843 Lindsay Peterson	27 F	Millbrook	NY 1:07:58 1:08:22
132	5/16	845 Ed Peterson	63 M	Fairfield	CT 1:07:58 1:08:23

133	3/6	792 Lily Schaeffer	18 F	New Canaan	CT 1:08:18 1:08:32
134	4/24	461 Teri Carilli	55 F	Lexington	MA 1:07:56 1:08:34
135	15/63	721 Amanda Dugan	42 F	Wilton	CT 1:07:22 1:08:37
136	12/53	1064 Lisa Wabiszczewicz	39 F	Southbury	CT 1:08:01 1:08:39
137	9/45	887 Kessa Schaeffer	52 F	New Canaan	CT 1:08:26 1:08:40
138	5/13	731 Doug Wiegert	59 M	Bristol	CT 1:07:41 1:08:46
139	9/19	851 Michael Salmore	51 M	Ridgefield	CT 1:08:26 1:08:49
140	13/53	849 Margaret Salmore	49 F	Ridgefield	CT 1:08:26 1:08:50
141	16/63	1404 Emily Keating	40 F	Ridgefield	CT 1:08:26 1:08:50
142	6/13	1106 Kevin Briody	55 M	Ridgefield	CT 1:08:41 1:08:53
143	6/16	733 David Anderson	61 M	Redding	CT 1:08:50 1:09:01
144	7/22	1148 Allison Ebrahimi Gold	34 F	Peacham	VT 1:08:32 1:09:07
145	14/53	932 Anna Pizzo	46 F	Redding	CT 1:07:47 1:09:10
146	2/6	730 John C Szantyr	68 M	Stratford	CT 1:08:36 1:09:10
147	10/19	1358 Edward Marquez	53 M	Ridgefield	CT 1:08:52 1:09:11
148	10/45	535 Melisa Pelikan	53 F	Redding	CT 1:09:07 1:09:22
149	11/19	988 Bill McCarthy	50 M	Sandy Hook	CT 1:08:14 1:09:24
150	17/63	1185 Michelle Zuscin	42 F	Oxford	CT 1:08:58 1:09:30
151	14/22	1055 Frank Paparazzo	36 M	Woodbury	CT 1:08:33 1:09:32
152	13/53	272 Kristen Massaro	36 F	Woodside	NY 1:08:20 1:09:33
153	11/45	1104 Lynne Briody	54 F	Ridgefield	CT 1:09:24 1:09:36
154	7/13	1152 Jerry De La Rosa	55 M	Waterbury	CT 1:08:14 1:09:43
155	14/53	1149 Liz Leaderman	38 F	Norwalk	CT 1:08:39 1:09:43
156	5/7	144 Rich Shaw	28 M	New York	NY 1:08:31 1:09:44
157	8/22	891 Caitlin Maguire	31 F	Trumbull	CT 1:09:31 1:09:47
158	18/63	1380 Becky Hurta	41 F	Ridgefield	CT 1:09:41 1:09:49
159	12/45	803 Stacy Levy	50 F	Wilton	CT 1:09:14 1:09:52
160	15/53	751 Dulce Reyes Lemus	38 F	Toronto	ON 1:08:33 1:09:54

161	6/15	19 Patrick McCleary	44 M	Toronto	ON	1:08:33 1:09:55
162	15/53	1167 Suzanne Turner	48 F	New Canaan	CT	1:09:15 1:09:55
163	16/53	1395 Michelle Foye	46 F	Danbury	CT	1:08:46 1:09:57
164	13/45	963 Diane Perillo	54 F	Danbury	CT	1:08:46 1:09:57
165	19/63	1029 Jennifer Joynt	41 F	Ridgefield	CT	1:08:55 1:10:00
166	16/53	797 Erin Patts	39 F	Redding	CT	1:08:43 1:10:02
167	14/45	1009 Lisa Mahon	50 F	Bethlehem	CT	1:08:52 1:10:04
168	15/22	1384 T.J. Whyte	37 M	Fairfield	CT	1:08:36 1:10:04
169	17/53	1170 Terry Onofreo	46 F	Trumbull	CT	1:08:36 1:10:05
170	7/16	881 Gary Malbin	63 M	Redding	CT	1:09:22 1:10:07
171	1/5	1044 Mimi Shea	67 F	Redding	CT	1:08:47 1:10:09
172	8/16	899 Paul Butler	60 M	Southbury	CT	1:09:45 1:10:11
173	20/63	1176 Alison Hudyma	41 F	Monroe	CT	1:08:46 1:10:14
174	17/53	1162 Lindsay Borocz	39 F	Redding	CT	1:09:32 1:10:16
175	18/53	925 Christine Macken	37 F	Wilton	CT	1:09:54 1:10:21
176	15/45	15 Thea Boyle	52 F	Redding	CT	1:10:06 1:10:25
177	9/22	1024 Nikki O'Hara	34 F	Sandy Hook	CT	1:09:38 1:10:30
178	9/16	208 Russ Pribanic	64 M	Danbury	CT	1:10:16 1:10:41
179	19/53	344 Cheryl Gault	39 F	Cambridge	MA	1:09:53 1:10:44
180	21/63	918 Teal Williams	44 F	Redding	CT	1:10:38 1:10:45
181	16/45	919 Carol Greene	50 F	Ridgefield	CT	1:09:40 1:10:47
182	5/24	1151 Mimi De La Rosa	57 F	Waterbury	CT	1:09:28 1:10:56
183	11/23	943 David Donnelly	48 M	Darien	CT	1:10:08 1:11:02
184	16/22	1354 Erik Olsen	37 M	Southbury	CT	1:10:51 1:11:05
185	17/45	1157 Kelly Damron	51 F	Ridgefield	CT	1:10:04 1:11:06
186	22/63	864 Chrissy Bucci	43 F	Bedford	NY	1:10:05 1:11:07
187	23/63	1194 Stephanie Vernik	40 F	Ridgefield	CT	1:10:05 1:11:07
188	20/53	937 Keri La Ra	39 F	Stamford	CT	1:09:55 1:11:13

189	24/63	720 Katie Barnhart	40 F	New York	NY 1:10:04 1:11:18
190	10/16	884 Paul Kramer	64 M	Redding	CT 1:10:36 1:11:18
191	10/22	742 Christina Arconti	34 F	Stamford	CT 1:10:15 1:11:24
192	25/63	975 Amy Mannion	42 F	Bethel	CT 1:10:29 1:11:25
193	26/63	1364 Whitney Vitti	40 F	Bethel	CT 1:10:29 1:11:26
194	18/53	829 Robin Damato	47 F	West Haven	CT 1:11:25 1:11:31
195	11/16	953 Mark Sundermann	64 M	Falmouth	ME 1:11:14 1:11:33
196	21/53	569 Meg Whitbeck	35 F	Ridgefield	CT 1:11:28 1:11:37
197	17/22	1099 Jeff Bishop	37 M	Southbury	CT 1:10:51 1:11:44
198	27/63	1355 Meg Fesh	40 F	Bethel	CT 1:11:11 1:11:46
199	18/45	766 Carolyn Reed	50 F	Sandy Hook	CT 1:11:24 1:11:46
200	11/22	890 Allison Ross	30 F	Hoboken	NJ 1:11:03 1:11:47
201	3/10	725 Julie Lynn	62 F	Norwalk	CT 1:10:30 1:11:49
202	28/63	979 Karina Parr	42 F	Weston	CT 1:11:36 1:11:59
203	3/6	770 Joe Kolok	74 M	Brewster	NY 1:11:51 1:12:01
204	8/19	1374 Eilis Meagher	26 F	Stamford	CT 1:10:56 1:12:07
205	12/22	834 Kayte Mills	32 F	Danbury	CT 1:11:50 1:12:17
206	9/19	1403 Andrea Cortez	29 F	Poughkeepsie	NY 1:11:12 1:12:24
207	22/53	1351 Stacy McGratty	37 F	Ridgefield	CT 1:12:17 1:12:26
208	18/22	1199 Kevin Brown	37 M	Ridgefield	CT 1:12:10 1:12:31
209	29/63	894 Maeve Bremner	42 F	Redding	CT 1:11:55 1:12:45
210	12/23	1058 Jason Snyder	48 M	Reading	MA 1:11:57 1:12:51
211	13/22	1037 Megan Day	34 F	Cherry Hill	NJ 1:12:20 1:12:52
212	23/53	1399 Seana Bedard	37 F	Redding	CT 1:11:38 1:12:56
213	30/63	936 Allison Lisbon	44 F	Weston	CT 1:12:32 1:13:06
214	4/10	1198 Karin Fallon	61 F	Ridgefield	CT 1:12:53 1:13:15
215	24/53	1088 Elissa Williams	38 F	Redding	CT 1:12:30 1:13:22
216	19/45	1093 Susan David	52 F	Ridgefield	CT 1:12:48 1:13:26

217	25/53	1369 Stephanie Ortegon	36 F	Redding	CT 1:12:57 1:13:29
218	6/24	788 Theresa Lyons	57 F	Danbury	CT 1:13:00 1:13:30
219	19/53	826 Gina Terkildsen	47 F	Monroe	CT 1:13:15 1:13:32
220	20/53	726 Cindy Jackson	46 F	Norwalk	CT 1:12:43 1:13:36
221	20/45	320 Cheryl Caridad	51 F	New Milford	CT 1:13:17 1:13:38
222	21/53	933 Lynne Yaverski	47 F	Fairfield	CT 1:13:21 1:13:38
223	26/53	828 Sarah Goguen	39 F	Redding	CT 1:12:22 1:13:41
224	5/10	861 Sarah Vaughan	62 F	Branford	CT 1:13:05 1:13:43
225	22/53	815 Heather Ostman	47 F	Brewster	NY 1:12:48 1:13:49
226	31/63	764 Katy Binder	44 F	Patterson	NY 1:12:48 1:13:49
227	4/6	838 Emilie McCann	17 F	Wilton	CT 1:12:16 1:13:49
228	10/19	628 Christina Girard	29 F	Broad Brook	CT 1:13:43 1:13:50
229	21/45	929 Kimberly McClure Brin	50 F	Bethany	CT 1:13:45 1:13:55
230	22/45	1117 Laura Schechter	51 F	Danbury	CT 1:13:51 1:14:01
231	23/45	748 Jean O'Connor	51 F	Ridgefield	CT 1:13:36 1:14:04
232	32/63	1074 Sharon Mangelinkx	43 F	Bristol	CT 1:13:07 1:14:09
233	27/53	1190 Brittany Cates	38 F	New Haven	CT 1:13:17 1:14:12
234	7/15	1401 David Clune	44 M	Wilton	CT 1:13:18 1:14:17
235	33/63	1402 Robin Clune	44 F	Wilton	CT 1:13:19 1:14:17
236	24/45	832 Kim Petruska	52 F	Brookfield	CT 1:13:46 1:14:29
237	34/63	121 Lisa Mazinski	43 F	Danbury	CT 1:13:05 1:14:31
238	12/19	1164 Scott Sennett	54 M	Redding	CT 1:14:19 1:14:31
239	7/24	1073 Roe Ball	56 F	New Fairfield	CT 1:14:24 1:14:31
240	13/19	1049 Mark Mangelinkx	52 M	Bristol	CT 1:13:39 1:14:38
241	14/22	735 Molly Kreitz	34 F	Redding	CT 1:13:23 1:14:41
242	28/53	278 Melissa Iacovacci	39 F	Norwalk	CT 1:13:46 1:14:44
243	15/22	827 Emily Turner	32 F	Brooklyn	NY 1:13:44 1:14:45
244	6/10	862 Mandy Ianiri	62 F	Easton	CT 1:13:45 1:14:46

245	13/23	1079 Robert Valinsky	45 M	Fairfield	CT 1:14:40 1:14:46
246	23/53	1109 Wendy Youngblood	48 F	Brookfield	CT 1:13:59 1:14:53
247	19/22	995 Christopher Stefanski	35 M	Sparta	NJ 1:14:19 1:15:02
248	29/53	994 Alice Daken	38 F	Sparta	NJ 1:14:20 1:15:03
249	1/5	805 Jaden Shupp	13 M	Oxford	CT 1:13:37 1:15:06
250	8/15	804 Pete Shupp	44 M	Oxford	CT 1:13:37 1:15:06
251	8/9	1154 Ryan Beaudry	32 M	Danbury	CT 1:14:21 1:15:09
252	24/53	852 Kelley O'Day	48 F	Redding	CT 1:14:51 1:15:21
253	8/13	863 Jamie Templeton	59 M	Redding	CT 1:14:31 1:15:35
254	8/24	855 Anne Moe-Mcdavid	55 F	Mt.Vernon	NY 1:14:43 1:15:40
255	35/63	754 Amy O'Leary	42 F	Ridgefield	CT 1:14:42 1:15:41
256	25/53	1002 Dianna Manger	46 F	Redding	CT 1:15:13 1:15:47
257	14/19	714 Clay Risher	51 M	Fairfield	CT 1:14:27 1:15:47
258	30/53	382 Kimberly Hillyer	37 F	Sandy Hook	CT 1:14:55 1:15:50
259	31/53	758 Tori Cornish	39 F	Bethel	CT 1:14:18 1:15:53
260	9/9	1155 Scott Loftus	30 M	Ridgefield	CT 1:15:06 1:15:55
261	32/53	778 Jeannette McCambley	38 F	Sandy Hook	CT 1:14:37 1:16:04
262	9/24	1040 Eva Khandji	56 F	Mount Kisco	NY 1:15:16 1:16:10
263	26/53	1048 Robin Munster	48 F	Haddam	CT 1:15:42 1:16:33
264	7/10	1108 Barbara Templeton	61 F	Redding	CT 1:15:38 1:16:43
265	36/63	833 Claire Moffatt	43 F	Ridgefield	CT 1:15:50 1:16:59
266	11/19	816 Jaime Ferace	29 F	Mystic	CT 1:16:27 1:17:00
267	12/16	1030 Greg Ritzinger	61 M	Newtown	CT 1:16:33 1:17:05
268	33/53	1191 Jennifer Strang	39 F	Trumbull	CT 1:15:39 1:17:08
269	27/53	942 Kathleen Pesce	48 F	Ridgefield	CT 1:16:46 1:17:08
270	14/23	1187 Tim Branch	46 M	Avon	CT 1:16:47 1:17:20
271	9/15	1090 Bill Stewart	41 M	Sandy Hook	CT 1:17:04 1:17:33
272	28/53	1072 Kari Rainey	45 F	New Milford	CT 1:16:53 1:17:36

273	34/53	138 Martine King	38 F	Redding	CT 1:17:16 1:17:52
274	25/45	991 Paula Ginter	50 F	Hamden	CT 1:17:17 1:17:53
275	37/63	1052 Kimberly Cooke	40 F	Seaford	NY 1:17:10 1:18:01
276	1/2	1056 Joseph Andruzzi	15 M	Bethpage	NY 1:17:14 1:18:05
277	10/24	1356 Marge Maida	55 F	Ridgefield	CT 1:16:47 1:18:07
278	9/13	1357 Owen Jordan	56 M	Hopewell Junction	NY 1:16:46 1:18:07
279	12/19	173 Bonnie Ascher	29 F	Ridgefield	CT 1:17:58 1:18:14
280	26/45	818 Kimberly Kiczuk	50 F	East Hampton	CT 1:17:35 1:18:15
281	11/24	11 Lisa Whelan	55 F	Ridgefield	CT 1:16:58 1:18:24
282	38/63	755 Tricia Jezierny	42 F	North Haven	CT 1:18:15 1:18:30
283	15/19	885 David Mulcahy	53 M	East Taunton	MA 1:17:31 1:18:38
284	35/53	990 Amanda Korner	36 F	Ridgefield	CT 1:17:56 1:18:58
285	39/63	789 Julie Ferry	44 F	Wolcott	CT 1:18:45 1:18:59
286	15/23	743 Rob Neville	46 M	Redding	CT 1:18:08 1:19:00
287	6/7	1363 Alex Diaz	29 M	Seymour	CT 1:18:37 1:19:08
288	27/45	1060 Lisa Bruno	53 F	Sherman	CT 1:18:41 1:19:22
289	29/53	998 Gina Palmeiri	47 F	Burlington	CT 1:18:42 1:19:29
290	12/24	719 Beth Lyon	55 F	Groton	CT 1:18:45 1:19:32
291	2/5	139 Sharon Gawe	65 F	Bridgewater	CT 1:19:25 1:19:40
292	30/53	1377 Laura Zadrick	47 F	Bristol	CT 1:18:44 1:19:43
293	16/23	768 Andrew Cox	48 M	Wilton	CT 1:18:16 1:19:51
294	36/53	1021 Jennifer Zuluaga	37 F	Redding	CT 1:19:03 1:19:55
295	37/53	912 Larisa Sorce	38 F	Redding	CT 1:19:04 1:19:55
296	31/53	212 Heather Whaley	46 F	Redding	CT 1:18:53 1:20:03
297	28/45	802 Janica Shafer	54 F	Weston	CT 1:18:55 1:20:04
298	32/53	873 Joanna Burgess	46 F	New York	NY 1:19:33 1:20:13
299	33/53	875 Amy Betz	47 F	Bethel	CT 1:19:34 1:20:13
300	34/53	950 Tara Mohl	45 F	Hopewell Junction	NY 1:19:54 1:20:16

301	29/45	811 Irene McStay	52 F	Hopewell Junction NY	1:19:54 1:20:16
302	16/22	1026 Ashley Heller	34 F	Ridgefield CT	1:19:31 1:20:28
303	38/53	1078 Jillian Elliott	37 F	Ridgefield CT	1:19:32 1:20:28
304	40/63	763 Allison Kelm	43 F	Bethel CT	1:20:07 1:20:33
305	10/13	1182 Thomas Kelm	55 M	Bethel CT	1:20:05 1:20:33
306	17/23	868 David Rovere	47 M	Wilton CT	1:19:08 1:20:41
307	18/23	1027 John Torry	47 M	Midland Park NJ	1:20:02 1:20:43
308	13/24	111 Jeanette Trujillo	56 F	Norwalk CT	1:20:20 1:20:48
309	3/5	796 Marjorie Ross	69 F	South Salem NY	1:20:09 1:20:54
310	35/53	871 Joanne Ross	46 F	Redding CT	1:20:10 1:20:55
311	36/53	784 Rachel Tressy	48 F	Weatogue CT	1:19:46 1:21:17
312	11/13	59 Bill Urban	58 M	Redding CT	1:20:58 1:21:18
313	10/15	1172 Jonathan Hopkins	41 M	Redding CT	1:20:15 1:21:24
314	5/7	776 Anca V. Jordan	6 F	New Canaan CT	1:20:40 1:21:38
315	41/63	756 Shirley Augustyn	44 F	Weston CT	1:20:39 1:21:46
316	13/16	1113 Jay Maguire	64 M	Norwalk CT	1:21:29 1:21:47
317	39/53	775 Anca Jordan	38 F	New Canaan CT	1:20:56 1:21:54
318	16/19	238 John Sindel	50 M	Redding CT	1:21:42 1:21:54
319	6/7	777 Mary A. Jordan	6 F	New Canaan CT	1:20:57 1:21:55
320	30/45	1359 Barbara Mueller-Marqu	53 F	Ridgefield CT	1:21:51 1:22:11
321	42/63	809 Karlen Shupp	41 F	Oxford CT	1:20:42 1:22:11
322	40/53	1197 Nicole Schreier	36 F	Hebron CT	1:21:33 1:22:21
323	11/15	1107 Robert Karim	40 M	Farmington CT	1:21:34 1:22:21
324	43/63	1192 Tashua Malino	42 F	Ansonia CT	1:22:19 1:22:52
325	37/53	1069 Laura Donnelly	48 F	Ridgefield CT	1:21:56 1:23:03
326	14/24	969 Joyce Bordash	57 F	Ridgefield CT	1:21:58 1:23:05
327	38/53	958 Rebecca Mollica	45 F	Carmel NY	1:22:00 1:23:17
328	41/53	987 Maggie Hamill	36 F	Ridgefield CT	1:22:02 1:23:17

329	20/22	986 Sean Hamill	37 M	Ridgefield	CT 1:22:01 1:23:18
330	44/63	1050 Ama Auwarter	41 F	Danbury	CT 1:22:34 1:23:20
331	45/63	793 Melisa Moreau	43 F	Redding	CT 1:22:34 1:23:24
332	39/53	1068 Eliza Doolittle	49 F	Wilton	CT 1:22:37 1:23:24
333	19/23	1396 Gary Perillo	48 M	Shelton	CT 1:22:12 1:23:25
334	31/45	850 Laura S McDonnell	50 F	Avon	CT 1:21:59 1:23:30
335	46/63	780 Janine Russo	40 F	Redding	CT 1:22:49 1:23:35
336	12/13	888 Kevin Mulcahy	55 M	Brighton	MA 1:22:30 1:23:35
337	32/45	112 Sue Meyer	50 F	Redding	CT 1:22:23 1:23:49
338	2/5	1141 Nate Lewis	11 M	Sandy Hook	CT 1:23:37 1:24:08
339	33/45	722 Carole Urban	53 F	Milford	CT 1:23:38 1:24:09
340	42/53	434 Christina Wilkins	37 F	East Windsor	CT 1:24:00 1:24:11
341	47/63	1089 Jessica Collins	42 F	Ridgefield	CT 1:23:32 1:24:40
342	40/53	785 Karin Slough	47 F	Wilton	CT 1:24:07 1:24:40
343	34/45	54 Jodi Blumenfield	54 F	Redding	CT 1:23:36 1:24:42
344	17/22	1180 Stephanie Gagliardi	30 F	East Hartford	CT 1:24:45 1:24:52
345	13/19	823 Hannah Barber	29 F	Ridgefield	CT 1:24:42 1:25:00
346	48/63	1390 Wendy Sullivan	40 F	New Fairfield	CT 1:24:16 1:25:18
347	41/53	839 Gosia Tedawes	46 F	Redding	CT 1:24:16 1:25:18
348	35/45	765 Kelly Turberfield	50 F	Ridgefield	CT 1:25:04 1:25:21
349	15/24	857 Patricia Gaglione	57 F	Ridgefield	CT 1:25:06 1:25:23
350	16/24	254 Andrea Kingsley	57 F	Easton	CT 1:23:58 1:25:29
351	49/63	1084 Michelle Liguori	40 F	New Milford	CT 1:24:13 1:25:31
352	50/63	1011 Shannon Hughes	40 F	New Milford	CT 1:24:13 1:25:32
353	5/6	1042 Annamarie Khandji	17 F	Mount Kisco	NY 1:24:38 1:25:32
354	2/2	1041 George Khandji	21 M	Mount Kisco	NY 1:24:40 1:25:33
355	43/53	1121 Ck Raynes Wilder	35 F	Monmouthmonmouth	ME 1:24:21 1:25:51
356	42/53	810 Kelly Gels	49 F	Ridgefield	CT 1:24:33 1:26:00

357	43/53	1059 Jill Adrian	45 F	Live Oak	FL 1:25:34 1:26:04
358	51/63	1169 Jean Hoffman	42 F	Norwalk	CT 1:24:46 1:26:17
359	52/63	1373 Heather Lufkin	41 F	Farmington	CT 1:25:14 1:26:23
360	44/53	1382 Karen Madaus	48 F	Danbury	CT 1:25:14 1:26:23
361	4/6	791 John Gibbons	76 M	Old Greenwich	CT 1:26:42 1:26:56
362	17/24	883 Liane Bernard	58 F	Redding	CT 1:26:17 1:26:59
363	14/19	1362 Audrey Diaz	29 F	Seymour	CT 1:26:32 1:27:02
364	15/19	1387 Lindsey Johnston	27 F	Monroe	CT 1:26:13 1:27:03
365	18/24	447 Lisa Pretak	55 F	New Hartford	CT 1:26:50 1:27:06
366	20/23	938 Thomas La Ra	46 M	Stamford	CT 1:25:57 1:27:15
367	17/19	927 Thomas Cowen	52 M	Ridgefield	CT 1:25:59 1:27:19
368	19/24	1007 Michele O'Grady	56 F	Wilton	CT 1:25:58 1:27:29
369	53/63	1087 Dawn Hanik	41 F	Long Beach	NY 1:27:01 1:27:35
370	54/63	1131 Jackee Hyla	41 F	Ridgefield	CT 1:26:38 1:27:38
371	44/53	1173 Daria Fisher	37 F	Ridgefield	CT 1:26:38 1:27:38
372	45/53	948 Jennifer Lane	45 F	Redding	CT 1:26:56 1:27:41
373	3/5	1016 Trent Snyder	13 M	Irvington	NY 1:27:22 1:27:55
374	8/10	760 Janet Levy	64 F	Chappaqua	NY 1:27:49 1:28:04
375	46/53	985 Kendra Collins	47 F	Carmel	NY 1:27:08 1:28:04
376	55/63	774 Erin McMurdo	44 F	Newtown	CT 1:26:42 1:28:09
377	45/53	934 Rebecca Balsley	39 F	Stamford	CT 1:27:00 1:28:18
378	13/13	907 Paul O'Grady	55 M	Wilton	CT 1:26:57 1:28:29
379	18/22	1385 Stephanie Tom	30 F	Norwalk	CT 1:28:57 1:29:06
380	16/19	1142 Leann Duggan	27 F	Norwalk	CT 1:29:00 1:29:09
381	56/63	5 Dawn Gunderson	42 F	Norwalk	CT 1:28:47 1:29:11
382	36/45	445 Helen Stringham	52 F	Sandisfield	MA 1:28:55 1:29:12
383	57/63	443 Charity Garde	43 F	Torrington	CT 1:28:57 1:29:12
384	21/22	962 Ben Kelley	38 M	Redding	CT 1:28:08 1:29:30

385	46/53	1013 Tiffany Stewart	36 F	West Haven	CT 1:29:19 1:29:49
386	47/53	740 Sarah Ernest	46 F	Danbury	CT 1:28:47 1:29:49
387	21/23	1004 Clark Finley	47 M	West Hartford	CT 1:28:36 1:30:04
388	14/16	425 Day De Rosa	61 M	Redding	CT 1:29:46 1:30:07
389	37/45	1375 Debra Giannelli	50 F	Thomaston	CT 1:29:27 1:30:26
390	19/22	1110 Stephanie Caputi	34 F	Carmel	NY 1:30:05 1:31:05
391	20/22	1046 Christina Ledwith	31 F	New Rochelle	NY 1:30:05 1:31:05
392	58/63	787 Jennifer Diagonale	42 F	Wilton	CT 1:30:26 1:31:27
393	48/53	1001 Heather Mroz	49 F	Wilton	CT 1:30:26 1:31:28
394	22/23	1124 Chris Mulcahy	49 M	Hazel Park	MI 1:30:26 1:31:32
395	38/45	1171 Mary Ellen Kunz	52 F	Stamford	CT 1:30:31 1:31:46
396	21/22	1057 Magda Jankowska	34 F	Danbury	CT 1:31:39 1:31:47
397	5/6	830 Craig Goodrow	66 M	Southbury	CT 1:31:32 1:31:51
398	49/53	795 Patricia McNaughton	46 F	Brooklyn	NY 1:31:28 1:32:09
399	12/15	757 James McEnroe	41 M	Breezy Point	NY 1:31:28 1:32:09
400	18/19	375 Tim Wallace	50 M	Marion	MA 1:31:43 1:32:25
401	22/22	732 Becky Wiegert	30 F	Bristol	CT 1:31:37 1:32:51
402	15/16	1161 Marty Rosenbaum	62 M	Albany	NY 1:33:32 1:33:45
403	4/5	917 Scott McStay	12 M	Hopewell Junction	NY 1:33:26 1:33:49
404	59/63	1366 Tammy Brower	42 F	Seymour	CT 1:34:22 1:34:52
405	20/24	1 Carol Gamez-Citron	58 F	South Salem	NY 1:34:39 1:35:13
406	39/45	910 Tina Delafield	53 F	Brookfield	CT 1:35:05 1:35:50
407	47/53	1065 Eileen Curran	39 F	Danbury	CT 1:35:05 1:35:50
408	40/45	1067 Debbie Stankiewicz	51 F	Brookfield	CT 1:35:06 1:35:51
409	48/53	1166 Lyndsey Gore	37 F	Washington	DC 1:34:37 1:35:51
410	60/63	1140 Lauren Jacobi	42 F	Cambridge	MA 1:34:37 1:35:51
411	21/24	1020 Karla Lowry	55 F	Stamford	CT 1:35:43 1:36:11
412	22/24	1018 Wilma Jones	56 F	Niantic I	CT 1:35:59 1:37:13

413	9/10	1139 Cynthia Backhaus	63 F	Windsor	CT 1:35:59 1:37:13
414	6/6	1095 Denis Loncto	77 M	Ridgefield	CT 1:36:41 1:37:23
415	4/5	747 Kathy Barry	69 F	Ridgefield	CT 1:36:41 1:37:24
416	13/15	935 William Dempsey	41 M	Stamford	CT 1:36:39 1:37:56
417	10/10	1130 Michele Mazabras	63 F	Danbury	CT 1:38:05 1:38:13
418	41/45	1053 Sharon Goodwin	50 F	Levittown	NY 1:37:42 1:38:32
419	7/7	728 Martha Huitron Huitro	13 F	Ridgefield	CT 1:38:06 1:39:17
420	61/63	983 Martha Huitron	44 F	Ridgefield	CT 1:38:07 1:39:17
421	49/53	799 Martina Werner	39 F	Ravensburg	BW 1:39:27 1:40:12
422	50/53	1080 Holly Masi	48 F	Hamden	CT 1:41:09 1:41:46
423	42/45	869 Anne Milot	50 F	Ridgefield	CT 1:43:25 1:43:46
424	51/53	1054 Christine Kretzmer-An	47 F	Bethpage	NY 1:44:36 1:45:26
425	5/5	1098 Sebastian Huitron	11 M		1:44:25 1:45:38
426	14/15	1097 Armando Huitron	43 M		1:44:28 1:45:42
427	52/53	1393 Debra Jones	49 F	Redding	CT 1:46:21 1:47:09
428	23/24	1103 Nancy Barthold	56 F	Douglaston	NY 1:46:21 1:47:14
429	50/53	874 Sara Bianco	36 F	Darien	CT 1:46:30 1:47:18
430	19/19	1075 John Ball	52 M	New Fairfield	CT 1:47:01 1:47:36
431	43/45	867 Patti Skok	50 F	Danbury	CT 1:47:12 1:47:40
432	6/6	1116 Ali Wertheimer	16 F	Levittown	NY 1:49:45 1:50:21
433	23/23	1119 Robert Wertheimer	48 M	Levittown	NY 1:49:45 1:50:21
434	51/53	1076 Lyna Sia	38 F	New Fairfield	CT 1:51:30 1:51:38
435	15/15	734 Michael Bleb	40 M	Chicago	IL 1:50:15 1:51:40
436	62/63	996 Khalida Liaquat	40 F	Hopkinton	MA 1:51:25 1:52:11
437	52/53	1168 Jessica Moore	39 F	Naugatuck	CT 1:50:38 1:52:12
438	53/53	1051 Deborah Young	48 F	Amityville	NY 1:52:28 1:53:17
439	17/19	1405 Jessica Zeleny	27 F	Norwalk	CT 1:52:13 1:53:37
440	24/24	1408 Katherine Dowd	57 F	Norwalk	CT 1:52:23 1:53:47

441	22/22	724 Nurtai Lamiev	37 M	Norwalk	CT 1:52:24 1:53:50
442	18/19	723 Shakila Lamieva	27 F	Norwalk	CT 1:52:26 1:53:51
443	53/53	1081 Crystal Uliano	35 F	Plantsville	CT 1:54:51 1:56:06
444	63/63	1066 Anne Irvine	40 F	Avon	CT 1:54:52 1:56:06
445	44/45	1134 Sandhya Nadig	52 F	Redding	CT 2:03:07 2:03:30
446	5/5	854 Cathy Troisi	72 F	Cohoes	NY 2:08:34 2:09:41
447	7/7	1409 Phil Breines	29 M	Norwalk	CT 2:11:57 2:13:22
448	19/19	1406 Kate Noe	29 F	Norwalk	CT 2:12:00 2:13:26
449	45/45	273 Wendy Phaff	54 F	Jamaica	NY 2:32:11 2:33:34
450	16/16	794 Alan C. Kaufman	60 M	Forest Hills	NY 2:32:13 2:33:38



Start of the 7 miler



7 Miler winner. David, the one without a shirt. A 3 time 7 mile Champion

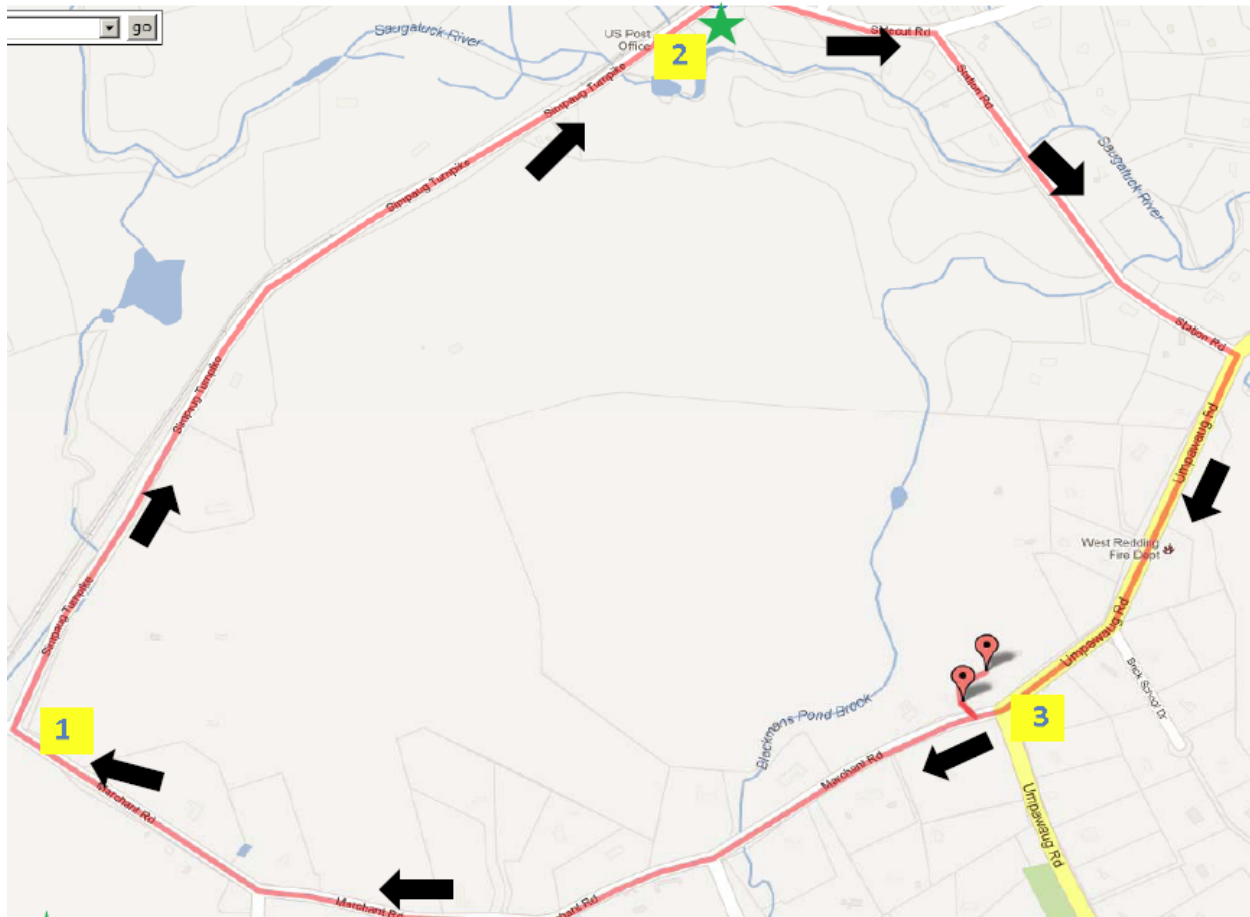


7 Miler Champion, Florence

5. MIGHTY COW RACE

A. MAP

REDDING ROAD RACE MIGHTY COW COURSE



AID STATIONS/PORT-O-LETS

B. MIGHTY COW COMBINE RESULTS

Mighty Cow / Half Combined

Place No.	Name	Ag City	St	Half time	Mghty time	Total
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1	4 Piotr Kostyk	28 Bethel	CT	1:22:45	29:15	1:52:00
2	23 James Caparosa	37 Brookfield	CT	1:34:30	20:52	1:55:21
3	92 Linda Spooner	43 Sturbridge	MA	1:34:43	23:19	1:58:01
4	645 John Minervino	54 Higganum	CT	1:35:04	23:19	1:58:23
5	38 Josh Spooner	42 Sturbridge	MA	1:39:18	21:39	2:00:56
6	610 Greg Klimaytis	42 Rego Park	NY	1:39:42	21:41	2:01:22
7	406 Anthony Chiaverini	46 Fairfield	CT	1:39:33	22:21	2:01:54
8	520 Lufeng Zou	33 Wallingford	CT	1:40:08	23:32	2:03:39
9	697 Luke Albrecht	39 Newtown	CT	1:42:59	21:58	2:04:56
10	342 Steve Leslie	53 Brookfield	CT	1:43:00	22:11	2:05:10
11	636 Michael Kelly	43 Brooklyn	NY	1:42:50	23:37	2:06:27
12	604 Randy Watkins	54 New Milford	CT	1:44:00	24:23	2:08:23
13	634 Marc Ferace	38 Mystic	CT	1:43:48	24:56	2:08:43
14	135 Steven Crossot	52 Brooklyn	NY	1:48:19	23:11	2:11:30
15	415 Peter Hofmann	59 North Salem	NY	1:47:23	24:18	2:11:41
16	42 Gregory Vetter	33 Trumbull	CT	1:50:56	22:55	2:13:51
17	151 David Cappello	55 Avon	CT	1:42:52	31:35	2:14:26
18	639 Jeremy Titus	48 Durham	CT	1:47:58	26:39	2:14:36
19	622 Joseph Kolok	45 Mount Royal	NJ	1:53:59	22:20	2:16:19
20	629 Paul Baldini	46 Redding	CT	1:53:26	25:27	2:18:53
21	637 Nardy Chung	41 Stamford	CT	1:52:53	27:18	2:20:10
22	602 Drjessica Lynn Perepl	43 West Springfiel	MA	1:55:31	26:38	2:22:08
23	596 Jackie Bisignano	49 Patterson	NY	1:54:13	29:33	2:23:46

24	648 Jamie Grennan	40 Norwalk	CT 1:56:53	27:23 2:24:15
25	649 Lisa Brody	48 New Haven	CT 1:56:32	27:54 2:24:25
26	674 Kathy Smith	49 Ridgefield	CT 1:57:56	26:38 2:24:34
27	60 Andrew Barton	53 Bristol	CT 1:55:50	29:16 2:25:06
28	670 Doug Weibel	46 Bainbridge Isla WA	1:55:56	29:25 2:25:21
29	599 Geraldine Pires	33 Fairfield	CT 1:59:09	26:33 2:25:41
30	603 Cynthia Degirolamo	51 Sandy Hook	CT 1:59:45	26:21 2:26:05
31	598 Katherine Stallfort	58 Wilton	CT 1:57:30	29:22 2:26:52
32	597 Zach Nordstrom	20 Patterson	NY 1:57:39	29:32 2:27:11
33	673 Roseanne Debellis	40 New Fairfield	CT 1:59:10	28:34 2:27:43
34	429 Walter Andersons	52 Brooklyn	NY 2:03:06	27:01 2:30:07
35	595 Jeffrey Olsen	43 Waterbury	CT 2:05:06	26:55 2:32:00
36	110 Vinay Sampson	52 Monroe	CT 2:05:10	27:46 2:32:55
37	672 Michelle Demarco	42 New Fairfield	CT 2:04:55	28:34 2:33:28
38	659 Joseph Solemene	24 Norwalk	CT 2:07:25	26:33 2:33:58
39	605 Chris McCann	47 Wilton	CT 2:05:33	30:25 2:35:57
40	229 Christopher Ahlberg	56 Fairfield	CT 2:07:19	29:21 2:36:39
41	662 Ron Locandro	52 Simsbury	CT 2:09:00	28:11 2:37:11
42	632 Laura Toce	40 West Simsbury	CT 2:09:01	28:11 2:37:12
43	609 Jennifer Hernandez	24 Bethel	CT 2:10:17	28:30 2:38:46
44	24 Cristina Taylor	35 Redding	CT 2:10:40	29:32 2:40:12
45	671 Julie Weiss	34 Greenwich	CT 2:13:03	27:28 2:40:30
46	519 Brittany Figueroa	32 Stratford	CT 2:10:41	30:17 2:40:57
47	627 Catherine Racz	53 Roxbury	CT 2:12:41	29:27 2:42:08
48	96 Laura Nerone	47 Newtown	CT 2:15:07	28:32 2:43:39
49	99 Lauren Contorno	53 Bethel	CT 2:15:31	28:32 2:44:03
50	84 Donald Stankus	33 Waterbury	CT 2:18:52	26:55 2:45:46

51	641 Joanne Ihlefeld	45 Newtown	CT 2:15:53	30:39 2:46:32
52	665 Amy Photopoulos	42 New Milford	CT 2:17:07	29:25 2:46:32
53	643 Kimberly A Tully	50 Wilton	CT 2:17:30	29:22 2:46:52
54	626 Elizabeth Goodwin	29 Brewster	NY 2:17:33	30:07 2:47:40
55	65 Lauren Dibenedetto	34 Southbury	CT 2:16:45	31:27 2:48:12
56	666 Kathryn Stoker	50 Norwalk	CT 2:19:45	32:18 2:52:02
57	652 Carole Chen	52 Wharton	NJ 2:20:20	32:14 2:52:34
58	527 Erich Wenis	45 Woodbury	CT 2:23:02	29:34 2:52:35
59	420 Russ Porter	47 Ridgefield	CT 2:24:34	30:43 2:55:16
60	29 Hillary Koyner	44 Weston	CT 2:25:22	32:42 2:58:03
61	87 Christine Schmittgall	30 Bethel	CT 2:29:08	30:04 2:59:12
62	650 Melissa Wilson	44 Washington Depo	CT 2:29:30	29:43 2:59:13
63	640 Brenda Varrasso	42 Brooklyn	NY 2:28:29	31:32 3:00:01
64	635 Sarah Cappelli	47 Newtown	CT 2:27:29	33:11 3:00:40
65	655 Eryn Ivey	43 Newtown	CT 2:27:28	33:12 3:00:40
66	321 Rebecca Darst	42 Wilton	CT 2:27:28	34:02 3:01:30
67	521 Jason Wood	36 South Weymouth	MA 2:31:26	30:55 3:02:20
68	365 Jennie Bunce	24 Redding	CT 2:32:16	30:14 3:02:30
69	611 Sujatha Unny	44 Wilton	CT 2:32:13	30:22 3:02:35
70	633 Katherine Krasney	38 New Haven	CT 2:29:29	33:15 3:02:44
71	392 Suzette Reading	45 Columbia	CT 2:38:42	25:51 3:04:32
72	651 Kristina Hislop	46 Newtown	CT 2:32:50	33:12 3:06:02
73	528 Sara Sherlock	45 Stamford	CT 2:35:48	32:48 3:08:35
74	205 Dawn Jenci	38 Milford	CT 2:41:08	32:42 3:13:50
75	654 Michelle Karwejna	36 Brooklyn	NY 2:42:14	32:37 3:14:50
76	58 Tammy Raiano	46 New Fairfield	CT 2:44:23	33:54 3:18:17
77	412 Arthur Bodek	55 New Rochelle	NY 2:43:04	36:06 3:19:10
78	616 Kaitlin Maguire	33 Framingham	MA 2:48:54	30:29 3:19:22

79	579 Donna Tesar	38 New Fairfield	CT 2:51:47	31:56	3:23:43
80	261 Faith Ficarra	44 New Fairfield	CT 2:58:35	35:46	3:34:20
81	663 Lisa Bruno	53 Brooklyn	NY 3:04:56	33:45	3:38:40
82	1025 Mark Kratter	54 Norwalk	CT 3:20:17	37:43	3:57:59
83	653 Megha Nadig	25 Greenville	NC 3:35:30	46:18	4:21:48



Some of the first Mighty Cow (5K part) finishers

6. Let Me run – our mile 12 aid station volunteers

Hard to believe, but we have started our planning for our fall season of Let Me Run in Fairfield County!

Whether you are coaching at a site right now, want to get back to coaching, thinking about starting a new site in the fall or planning to bring on new coaches at your current site - please note our upcoming Let Me Run Coach Training dates.

We have three upcoming sessions available:

May 19th, 12:00-3:30pm

June 7th, 6:00pm-9:30pm

September 13th, 6:00pm-9:30pm

All will be at Darien YMCA, Darien, CT.

As always, the trainings are free of charge and cover the curriculum and background information on Let Me Run. It is actually a fun training and I always bring snacks :)

You can register for the trainings at
www.letmerun.org/coaches/training[letmerun.org]

Please pass on to anyone else that you know that may be interested in becoming a Let Me Run coach and/or starting a Let Me Run program at their school or community center.

And as always, please reach out with any questions about Let Me Run. It's my fav topic so always happy to talk!

We are so grateful for your time and commitment to coach Let Me Run - you truly are making a huge difference in the lives of boys. Thank you!

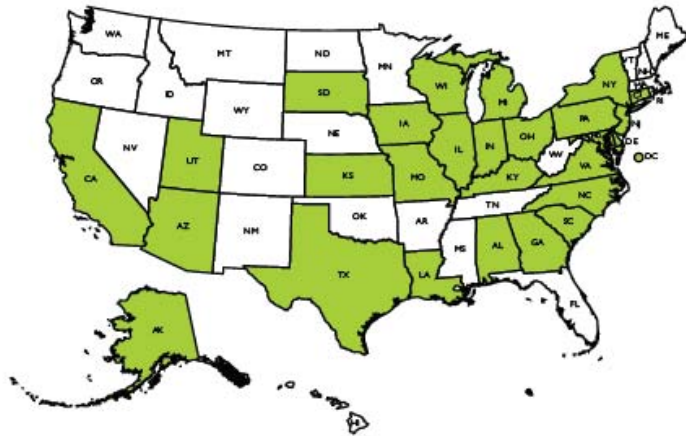
Maija

Let Me Run

Preparing Boys for the Long Run

Let Me Run is a nonprofit holistic health program for 4th through 8th grade boys. Using running as the vehicle to inspire, teach and reach boys, our comprehensive curriculum breaks down destructive male stereotypes that often stand in the way of positive futures for boys.

Twice a week for seven weeks, our trained coaches guide teams of six to fourteen boys through the program, designed to amplify confidence, self-expression, and respect for others. Each fall and spring season culminates in a 5k race that celebrates the boys' emotional, social and physical growth. We are truly changing the course for every boy we reach.



Let Me Run serves communities across 27 states.



Over 15,000
boys served



Over 3,500
volunteers



20% of funds
finance
scholarships



Located in
over 350+
schools

Let Me Run Fairfield County

- Piloted in Darien, CT in 2014
- 24 total teams
- Over 250 boys reached
- Over 60 volunteers have served



Let's break the Boy Code.

The Boy Code is a harmful mask of masculinity.

Today's society imposes a limiting set of expectations on boys called "The Boy Code," coined by Harvard Psychologist Dr. William Pollack.

Boys are expected to be and act a certain way within a narrow, destructive definition of masculinity, which limits their potential and individuality.

You've heard the negative Boy Code messages:

- Man up.
- Boys will be boys.
- Boys don't cry.
- Too much testosterone.

The Boy Code is failing our boys.



Boys are 2 times more likely than girls to be expelled.¹



Boys are 30% more likely than girls to fail out of school.²



Boys are 4 times more likely than girls to be prescribed a stimulant medication for a behavior disorder.³



Depression in males is often masked by anger.⁴



4 or more U.S. boys commit suicide every day.⁵

¹ National Center for Education Statistics

² Scholastic.com

³ U.S. National Library of Medicine

⁴ American Psychological Association

⁵ U.S. Department of Health and Human Services



Let Me Run breaks the Boy Code.

The Let Me Run program has shown a positive effect on boys who participate. A groundbreaking study of healthy masculinity in boys, conducted by the Institute to Promote Athlete Health & Wellness of the University of North Carolina at Greensboro, examined the impact of Let Me Run and found that the nonprofit program:



Improves boys' attitudes & behaviors associated with healthy masculinity



Improves boys' social competence



Increases the vigorous physical activity of boys



Reduces boys' screen time on school days

Join the Let Me Run movement at LetMeRun.org

7. Two Upcoming local races that may interest you

BOY SCOUT TROOP 431
Presents:
FATHERS DAY

**5K**

Sunday June 17, 2018
8:00 am FUN RUN
8:30 am 5K

Location: Ridgefield High School
Post Race Raffle
Includes tickets on Jet Blue Airlines
Plus Other Great Prizes!

Register at RunSignUp.com

All proceeds benefit Boy Scout Troop 431 of Ridgefield, CT
For sponsorships or general questions contact Race Director Russ Porter: fathersday5k@Troop431.net

Title Sponsor:

elements
massage®



Ridgefield Academy's

FIRST ANNUAL

ROAD RACE

In Honor of Jim Heus

RA 5k & FUNRUN

**SUNDAY
MAY 20th**

FUNRUN

on campus at 8AM

5k Road Race
at 8:30AM

AWARD CEREMONY FOLLOWING THE RACES

★ Open to the Public ★



Ridgefield Academy
223 West Mountain Rd
Ridgefield, CT 06877
RidgefieldAcademy.org

Race starts and finishes on the beautiful campus
of Ridgefield Academy.
The 5k course meanders through the rolling streets of
Ridgefield, finishing with a hill to remember!

Register Today at www.ra5krun.com



USATF



7:00
Registration Opens
Food Trucks

Only the Hungry
The Green Grunion
Source Coffee Bus

Music by DJ James

8:30
5K Starts!

"Call to Post"
Bryce Heaton on Trumpet
"National Anthem"
Simone Moales

8:00
Fun Run Starts!

Begin on Turf Field
"Call to Post"
Bryce Heaton on Trumpet
"National Anthem"
Eliza Heaton

9:30 - 10:00
Kids' Games
PS - Grade 3

Join The Fun!
Misting Tent
Noodle Games
Hula Hoops
& More!

10:00 - 11:30
Awards Ceremony

Top Finishers
Grade-Level & Age Divisions
Alumni
Top Family

Raffles - All Runners Entered

850 Degrees
Adam Broderick
The Gym
Pet Valu
Joy Ride

Live Musical
Performances
Clarinet Quartet
Singing Tributes
Polka Band

G. Runner Stories

WARD CARPENTER RACE BLOG (from 2014):

Racing for the Cows can be fun!



A question among the runners was, "Is this the OFFICIAL COW that we are racing for"?



Then again, there were other cows there..... and another cow along the course around mile 8 but that's for later...

But seriously, aLL the cows and chickens and goats and sheep and other farm animals at New Pond Farm in Redding, CT benefited from the 3rd Annual "Race for the Cows" Half Marathon and 7 miler run. I don't know how John McCleary, the Race Director, does it every year but once again, the weather was just spot on for the race. Start time temperature was 49 degrees with nice sunshine and some minor clouds along the route to keep you from getting too warm.

Talk about wonderful pre-race staging, they had tons of food and HOT COFFEE and massages (yes massages) for the runners as they waited for the start of the half marathon at 8:00 AM under the tent. Of course, a critical item for the runners, 25 port-a-lets near the tents!!



The DJ had the music cranked up and you could just feel the energy build as we got closer to the start. The early starters (those expecting over 2:30:00 finish times) left at 7:15 AM to the cheers of the other runners. The half marathon parking filled up the meadow early on (hint, get there early for good parking spots!!)



As we got close to the 8AM start time, the runners assembled at the starting point. At 7:50, Eowyn Driscoll did an amazing job singing the National Anthem. I was up on the hill doing a warm up jog and her voice just echoed across the entire farm. Very very cool.

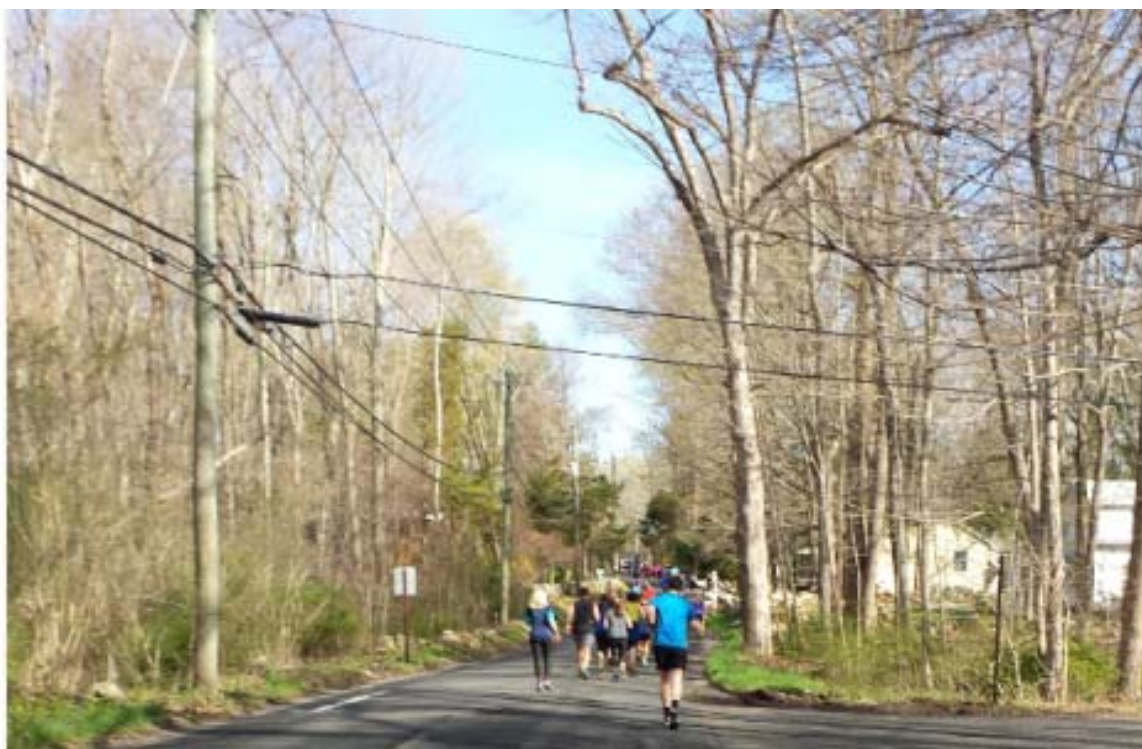


True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.



This shot was taken from above the starting point before the race started and shows you the winding path you follow.

Once you leave New Pond Farms, you turn left and head down the hill and take another left onto the back roads of Redding.



I ran this race last year but I had forgotten just how hilly the first 3 or 4 miles are. Fair warning to first time half marathon runners, this is NOT an easy course (not to scare you away, just make you aware you WILL find hills and hills and hills and.. well... hills)! The route is beautiful with many things to distract you as you run.



Wait, what? Um.. what IS this creature???

Once you reach the top of what you will think is the steepest hill you have run (outside of trail running), you are greeted by this beautiful dirt road that seems to be flat!



Finally, you get down hill and flat for about 4 or 5 miles! This is such a wonderful thing! I love the sign along the route as you begin a very serious down hill run on a dirt road that said something like 'Be thankful your race director had you going in the direction you are going' implying that the other direction uphill would kill you (and yes, it would!!).

The course actually loops back on itself and puts you on the Simpaug Turnpike for a few miles. This blessed FLAT section allows you to recover from the downhill part of the run and regroup. As I ran this section, off in the distance, I could see a cow waving to me! Yes, really!



NL #1 OUR RUNNER SPOTLIGHT –GINA T.



Gina Terkildsen never defined herself as a runner. She was always active, but it wasn't a core part of her identity. But when her life took a hard left turn, running helped her redefine who she was — and taught her how to give back.

Like many parents, running took a back seat for Terkildsen after having two kids and maintaining a busy career. With the addition of nursing an injured knee and recovering from a C-section, she found it difficult to run without pain.

In May 2012, her perspective on health shifted entirely when she was diagnosed with breast cancer.

“The nurses told me that people who are active have a 50% less chance of recurrence,” she recalls. “My kids were 6 and 8 at the time. I felt like I had a bigger reason to get healthy — and stay healthy — for my family. I wanted to be a better example and teach them that if you live a healthy lifestyle, you can overcome anything and prolong the quality of your life.”

After four surgeries, months of recovery time and clearance from her doctors, Terkildsen got the green light to begin running again in September 2013. She

promptly circled the perfect event on the calendar to kick off a new running chapter: the Pounding the Pavement for Pink 5K, a race in Seymour, Connecticut, to raise funds for breast-cancer research and awareness.

With the event just more than a year and a half after her mastectomy, Terkildsen's goal was simply to finish. But after a friend told her she was the second survivor to cross the finish line (by only 18 seconds), she found a new goal.

"I never thought I was a really competitive person until I started running," she says. "The next year, my goal was to be the first survivor, and I wanted to come in first by minutes. Thanks to the training I did with MapMyRun, I accomplished that goal."

She wasn't done there. After getting inspired by other running moms at her daughter's gymnastics meets, she decided she would aim for a half-marathon. And she didn't want to just finish — she hoped to break two hours. So this past September — four and a half years after her diagnosis — she took to the starting line of the Gulf Beach Half Marathon in Milford, Connecticut, and completed 13.1 miles in 2 hours, 1 minute and 1 second.

While she may have missed her goal by a single minute, Terkildsen says she never felt more empowered at her accomplishment. And she doesn't rule out giving it a second shot, either.

"I need to do another half marathon to try again," she says. "I want to do the Disney Princess Half Marathon [in Orlando]. I want a medal in the shape of a crown!"

She is also proud to make running a family affair, with her children joining her for runs on occasion, and even racing in local 5Ks alongside her. And they aren't just any 5Ks.

"We usually try to choose charity 5Ks because I try to teach [my kids] that it shouldn't just be something for you," she says. "When I did that first race, I wanted it to be a way to kind of give back. I felt very lucky that I didn't really have a very hard battle. Mine was a lot easier than many other people I know, so I wanted to do something to give back somehow."

With these races offering the opportunity to be active while helping those in need, Terkildsen feels it's a great way to teach her children the importance of being humble. As for advice for those who are coming back to running (or anything else, for that matter) from a cancer diagnosis, her advice is simple: Take it slowly, and give yourself credit.

"We are capable of accomplishing so much more than we give ourselves credit for," she says. "If you have a goal and you set your mind to it, you really can accomplish anything. Knowing your goal and having a good motivator or reason to do it makes all the difference."

As for what keeps her moving, she quotes Melissa Etheridge's song "I Run for Life."

"That song is my anthem," she says. "I run for life. I run to keep myself healthy and to stay alive for myself and my children."



NL #2 RUNNER STORY – THOMAS C.

We moved to Ridgefield less than 2 years ago, right before my son Justin was diagnosed, so I don't know of many of the races yet in CT and was searching for one this morning. I just stumbled upon your race and was blown away, I am sitting here with tears in my eyes as I watch the video and read the stories in the newsletters. Justin's story, my family's story, my story is such a story. Shortly after moving to Ridgefield, Justin, then 11 was diagnosed with a benign tumor in his neck which was removed at Yale. Unrelenting pain returned almost immediately and following 3 months of back and forth with doctors who said it was post-surgery pain, Justin was finally diagnosed with Osteosarcoma at Boston Children's Hospital in July of 2015. Justin fought so courageously through 4 major surgeries, chemo, radiation and 3 battles with paralysis. Justin was treated at 6 different hospitals over the next year as we fought to save his life. He passed away on August 3, 2016.

Justin loved to run and we ran many 5Ks together. Ironically, I live about a half mile from the Redding line and didn't know about this great race, as we were new and immediately fighting for our son's life. As I struggle through this snowy winter, trying to find my way with my wife and older son, for Justin, for me I need a run, I need a race. I just watched the video and read the stories of what this race has done for others. Sadly, Justin's death has wreaked havoc not only with my mind, but my body. I am now 15-20 pounds above my racing weight where a 10 year old Justin, routinely trounced me. I see that you are sold out on the Half Marathon and 7 miler and don't think I would be in shape by May 7th for those.

I am sorry to bother you with this, but if there was something I could do, is it possible to run the Mighty Cow Challenge, just something to get out there running on May 7th? I hope that something can get me going in Justin's memory and put me on the road to running your Half Marathon next year. I ran the Fairfield Half about 5 years ago, travelling up from New Jersey, which was very tough in the heat, so I am intrigued to hear this is the toughest half in the state.

Unfortunately, my wife, other son and I have had to move on without Justin. On this snowy January 4th, I am sitting at the Hospital for Special Surgery in NYC as my older son Brandon has surgery on his leg. He crashed on a double black diamond at Hunter Mountain yesterday and broke his leg. So we carry on as parents and I manage my daily pain without Justin. But I have tried to find consistent elements in my days to help me manage. These include: Meditation,

Journaling, Reading, Exercise and of course, running. Our family's journey nowadays includes remembering Justin, his beautiful smile and raising money for pediatric cancer organizations through our foundation at justinssmile.com[justinssmile.com]

Thomas ran the 3.1 part of the Mighty Cow Race last year (we made an exception) and will be running the 7 miler this year.

Justin's story was detailed in the Ridgefield Press, printed below: <http://www.theridgefieldpress.com/71474/justin-cowen-rest-in-peace/>[theridgefieldpress.com]



Justin Cowen: Rest in Peace

13-year-old fought cancer for more than a year

By Macklin K. Reid on August 12, 2016



Seventh grader Justin Cowen and his father Tom throw the ceremonial switch at Town Hall to light the trees on Main Street last winter.

A 13-year-old kid who loved baseball and soccer, skiing and ice hockey, Justin Cowen fought what his father described as “a courageous 15-month battle with osteosarcoma, a form of bone cancer.”

His fight ended Wednesday, Aug. 3.

The spirit Justin showed throughout the ordeal united many Ridgefielders in support of his struggle — teachers who shaved their heads and students who gave pennies at East Ridge Middle School; carolers who sang outside his door in December; classic car buffs who organized the Cruisin’ for Justin car show in July; more than 470 people who donated on the “Justin Strong” gofundme site to help with expenses.

“Justin will be sorely missed by his parents Thomas and Ronee and by his older brother and best friend Brandon,” Justin’s father wrote in an obituary that appeared in this week’s Press.

“He was known everywhere for his big smile, beautiful blue eyes and unfettered politeness.”

A posting by his parents on the Justin Strong gofundme site broke the news to the town.

“It breaks our hearts to have to share that our son, Justin Cowen, passed away the evening of August 3rd,” they said. “A week prior he suddenly took an unexpected turn and we rushed him to the ER. He became unresponsive two days before his 13th birthday, never getting to see the cards and gifts that awaited him.

“He fought a long and hard battle for over a year and never ever gave up but sadly this disease is merciless. They say it’s a parent’s worst nightmare but it’s much worse. His brother Brandon’s heart is aching and the loss is beyond unbearable.”

Family and close friends attended services for Justin on Monday at Congregation Shir Shalom on Peaceable Street and at the United Jewish Center Cemetery in Brookfield.

A memorial service for the “Town of Ridgefield including friends of Justin” is planned for Thursday, Aug. 11 — tonight — from 6:30 to 9 at the Lounsbury House, 316 Main Street.

The family has suggested that memorial contributions may be made to the Zach Sobiech Osteosarcoma Fund, childrenscancer.org/zach/.

The family had only just moved to town from New Jersey when Justin was diagnosed in 2015.

In December students at East Ridge Middle School, where Justin was a student, gave \$1,778 in penny wars to determine which of seven faculty volunteers would shave their heads in solidarity with the student who had undergone chemotherapy.

In the end, all seven — social studies teacher Will Boylan, counselor Toby Kawulicz, science teacher Dave Bozzuto, assistant principal Jeff Swiatowicz, school resource officer Mark Giglio, math teacher Chad Stewart and social studies teacher Mike Hougasian — were shorn. Some wearing “#justinStrong” T-shirts for the event.

“Justin has a smile that could light up any room,” Kawulicz said. “He’s such an amazing kid and has shown such strength and courage in this battle. We just wanted to give him a little boost and show our care and our support.”

Justin couldn’t make it to the hair-cutting, but he knew all about it.

“I saw the video,” Justin said. “I thought it was a really nice gesture, and hopefully it will help raise some awareness around town about cancer, and how people lose their hair from chemo.”

Justin did the honors at the ceremonial lighting of Main Street’s holiday lights. And a crowd turned up outside his door for a surprise carol sing.

David Coles of the Memory Lane Cruisers said the Cruisin’ for Justin car show drew 125 classic, antique and hot rod cars on Sunday, July 17. Justin toured the event on a golf cart loaned by Barbara Manners’ CHIRP organization, and Coles said he and other club members hoped Justin enjoyed the day as much as he seemed to. “I saw a smile on his face every time he saw a car or met a new friend,” Coles said.

“The club was honored that his parents let us make him a member of our club. Our club has decided to have a special trophy made up starting next year in Justin’s memory.”

The car club, he said, will invite the Cowen family back each year to present “The Justin Cowen Memorial Trophy” to the car, truck or bike of their choice.

This spring, Justin threw out the first pitch for the Ridgefield Little League season.

“Justin had an insatiable love of sports,” his father wrote. “...Justin played baseball, ice hockey and was an outstanding goalkeeper in soccer. He enjoyed skiing, advancing to the double diamonds at Hunter Mountain.”

He played sports, watched both pro and college sports, and enjoyed sports video games.

“His career goal from the age of five was to be a sports reporter,” his father said.

And during the RHS basketball season he went to a game with one of The Press’s reporters, contributed to the story and got his first credit as a working sports journalist.

“Justin loved Ridgefield,” Tom Cowen wrote, “and on the days when he felt well, he would visit Main Street and stop by for a Hot Dog at Chez Lenard and candy at Anila’s Variety Shoppe.”

Giving Thanks: Justin Cowen memorial tournament

By The Ridgefield Press on December 27, 2017

To the Editor:

On Saturday, Nov. 11, the SCOR second annual Justin Cowen Memorial Tournament/Fund-raiser took place at the Veterans Park fields, with players from the Rec Plus high school boys and girls teams participating. The co-ed event was organized to honor Justin Cowen, a 13-year-old Ridgefield resident and soccer player who died last summer from osteosarcoma, a rare form of bone cancer. Despite the low temperature, the event was a huge success, with more than 125 people attending and over \$1,700 collected in donations to the Justin’s Smile Childhood Cancer Research Fund and Arms Wide Open Childhood Cancer Foundation, two charities the Cowens have established to honor Justin’s legacy. An additional \$825 was collected online. Further contributions may be made at the following link: <https://www.justinssmile.com>.

This event would not have been a success without the support of the SCOR board of directors, in particular Tim Benedict, Shawn McGrath, Steve Sasse, Steven Dougan, Mark Vanni, and Kishore Rao. I also have to thank the following SCOR

friends for their countless contributions: Sarah Katz, Aimee Berger-Girvalo, Martha Issokson, Jeff Armstrong, Chuk Man, and George and Peter Shirvell.

O'Deen's Barbecue, Venice Restaurant, the Cake Box, and Swoon Bakery made very generous contributions of food and drink which were enjoyed by one and all, and our friends at Soccer and Rugby Store contributed a stunning NYCFC soccer jersey, a soccer ball and a \$50 gift card to be raffled off at the event. The Purple Frog contributed a gift basket for a silent auction. All money collected was added to the Justin's Smile donation.

One group in particular needs to be cited for its exceptional generosity of spirit: the wonderful referees, all of whom donated their game checks to charity.

Finally, my thanks to Tom and Ronee Cowen, whose courage and strength of spirit, drawn from Justin, was a constant inspiration.

Steve Harrington

NL#3 RUNNER STORY – ERIN N.

This will be my 12th or 13th Half Marathon since I ran my first Half Marathon June of 2015 in Plymouth, Massachusetts. I have run the Boston Marathon twice (2016 and 2017) for the Last Call Foundation which provides research and materials to the Boston Firefighting community. I will have some of my Last Call Foundation gear on for the Redding Road Race! I have also run the 2016 Niagara Falls International Marathon. My motivation to run has come from a couple different places. First, I love to run for charity and specifically those that benefit the firefighting community. I have devoted my life as a Fire Protection Engineer to safeguarding the public from fire since graduating with my Master of Science from Worcester Polytechnic in 2010. My brother is also a professional Fire Fighter who, along with his brothers in service, deserves the entire community's support as they work tirelessly to safeguard us every hour of every day.

Finally, all my life I have been fighting a previously unknown disease. It causes painful swelling (joint, organs, etc.), and high fevers; on one occasion, my heart stopped when I had a seizure due to a fever. For most of my life doctors looked at me like I was a crazy person and either ignored me or tossed various drugs at me until I left them alone. I was finally diagnosed at the age of 24 in Massachusetts. I finally knew what it was that had tortured me all my life - I have TNF Receptor Associated Periodic Syndrome (TRAPS). In the EU it affects 0.01 in 10,000 people (what do you know – I am one in a million!). In late 2010, I started a TNF inhibitor treatment that has pushed the disease into remission. The first time I ran following treatment (the swelling around my heart, lungs and joints having been relieved) I fell in love.

In the time since I started treatment, I have gone from bed ridden to a runner. I lost about 50 pounds running before we found I had permanent damage to my hips. During my youth a doctor had prescribed oral corticosteroids for a prolonged period of time. This caused the bones in the top of my legs to collapse. In 2013, I had my left hip resurfaced after I lost the ability to walk without assistance. Following surgery, I lost 70 additional pounds swimming and biking. I was petrified to run again after the damage to my hips. I had so many conversations with well-meaning friends and family who told me to start running again. In January of 2015 I decided I was sick of saying "I can't". Running is who I am and what I was meant to do, body be damned.

My doctors believe my treatment will keep my TRAPS suppressed, but there are no guarantees. Sometimes I get breakthrough symptoms (pleurisy, joint pain, rashes), sometimes my joints will get stiff with swelling after long runs, and there is a risk I could break my implant or my other hip but I can't stop. I am running for a tremendously great cause, I am running for the most selfless people I have ever met, and I am running until I physically cannot anymore. That is the only way I know how to live, so I'm going to keep doing it because that is who I am.

I can't run for me alone, I'd give up in a few miles. I think of all of the important people in my life, of how I want to make them feel. Of how I want to see their smiling faces at the finish line and how proud I want them to be. I want to run for the people who don't even know I am running for them, the amazing firefighters who at this very moment may be running into a burning building. I am also running for all of my fellow chronic disease sufferers (I ran the Niagara Falls Marathon with a custom designed Autoinflammatory Alliance race shirt), I run for them because they might not have that same opportunity, and I owe it to them to run if I possibly can. All of those years I was stuck in that hospital bed I believed that was the only thing I would ever know and finally I have the chance to live my dream, and to run when I could not before.



NL#4 RUNNER STORY – DEB V.

I'm Deb. I am now currently 51 years old with 3 kids that I raised on my own as a divorced mom with no help from their father. I was teaching and working 8 hours at a convenience store after school to support my children and myself. I am currently a new grandma and my runner friends call me "Glammy"

I was a runner starting my first race at the age of 8. I loved it! I was one of the top 400 meter runners in NYS way back in my day. I ran for a year at college but my major, Early Childhood Education, made it hard to train and compete so I opted to do my schooling so that I could get out in 4 years.

When I got my first teaching job right out of college, I met a wonderful woman that introduced me to her son that was a single dad to a very sweet 4 year old boy. That introduction changed the course of my life in such a drastic way. We dated and married. As soon as I had my first child, the abuse began. It was physical and verbal. Then my next child came and was born with major heart defects and spent 8 weeks at Albany Med. in the neonatal unit. He had 4 heart surgeries. Then the 3rd child came. I was "trapped" in the marriage. He came from a very influential family with a lot of money. They were well known throughout the town. I was threatened with physical harm if I tried to leave and told don't even think about taking my kids. I was told that no one would find me because the family owned over 600 acres. I was scared. I focused on raising my kids. He very effectively cut me off from friends and family. I had no one. Finally, due to his escalating behaviors, I was able to leave. It was a very long drawn out divorce that was expensive and took over 3 years in NYS court. During this period, he broke in where I was living 3 times, stole from me and got away with it.

My health was beginning to suffer. Due to working the night time job, my eating habits were horrible and I was sleep deprived. So, a year and a half ago, I decided to stop being a victim and to become a survivor. I decided to speak out about my situation because it does happen to educated women and that there is nothing to be ashamed of. I am a survivor of domestic violence. I decided to take charge of my life. In that year and a half ago, I decided to buy my own house in New Milford, CT not knowing a person. It was difficult moving somewhere that you don't know anyone. My first year I wallowed. Then I became a Girls on the Run coach and fell back in love with running. I found the Ridgefield Running Company and that they had a training program for running a half marathon. I was nervous but signed up for the program. I hadn't run in years. I have some

autoimmune issues and was 50. It was time to do for me. I ran the first day. It was actually a run walk of 4 miles. I was exhausted. Everyone was so nice and encouraging. We had homework. The team leaders from my group offered to meet during the week for training. So we ran 3 -4 times a week. There were days that I felt that I couldn't do it. In my head there was the constant recording replaying in my head of everything my ex would say to me.....you are nothing, no one will ever want you, you are fat, you are ugly, you are stupid etc... I had to constantly try to compete with the voices in my head. As I ran and got to know the women from the running group, the voices started to leave my head. I was starting to make some new friends. I was beginning to love running again. I looked forward to seeing these women. They were so encouraging and inspirational. My autoimmune issues were becoming under control and I was losing weight. I was starting to feel alive and that I really could do this!

In October 2017, I ran my first and second half marathons. I ran with my running group in the Ridgefield Half and at the Sono Half. I finished and experienced the runner's high. It's a feeling like nothing I have felt in a long time. I am hooked on running again. I have become a healthier person physically and mentally. The ugly memories from an abusive marriage are fading. I owe such a big thank you to the beautiful women that I am so fortunate to call my friends and training partners to help me heal and see my worth.

NL#5 RUNNER STORY – LUFENG Z.

We Have Run for Long-Distance, So Does Love

I first got to know Ling in December 2015. It was a long-distance love: the direct flight takes 15 hours and our time zones differ by 13 hours. At that time, both of us did run, but only sporadically. Just as our long-distance love grew, my interest in long-distance love grew as well. Time flies and in April 2017, I did my first half marathon. At the same time, Ling got her offer from a grad school in Texas – so she can come to US! It's still long-distance love – she's in TX but I'm in CT, 3-4 hours flight – but still much closer. To celebrate, I signed up for my first marathon in Dallas, to be held in December 2017. As part of the weekend series, there is a 5K run one day before the marathon. 5K was the longest distance Ling had run but she decided to join me for the 5K!

After we signed up for the 5K/marathon, we ran more regularly and became ready for longer runs. I did my first marathon-distance training run and for Ling, 5K becomes easier and easier. We flew back and forth and one day, I brought Ling to a treadmill running class and introduced her as my girlfriend to my gym friends. We had a romantic dinner that night and I proposed! And she said YES! I posted on Facebook and my friends at the gym were surprised that we got engaged right after the class, and joked that “the running class makes the magic.” !We celebrated it by running the Manchester Road Race together, which is almost 5 miles, the longest distance she had ever run!

We finished the Dallas 5K/marathon in December 2017, got our PRs in all the runs, and another romantic moment came after the run – we got married the week after! Then we decided to run a half marathon together. Among all races, Redding Road Race stands out because the race is on the same day of my birthday, so we can celebrate it with a long run, and by that time, Ling will be graduated so we'll finally be together! No more “long-distance love”, but we do have LOVE – even more, and we do have long-distance... runs! Now we'll carry our love for long-distance, and run for longer and longer!



Lufeng and Ling

NL#5 RUNNER STORY – CATHY T.

From John: One of the benefits, probably the biggest one, of race directing this race is I get to know a lot of you well. Over the last 5 years, I've gotten to know Cathy very well and even have raced a few races with her. Her story is a lot of things: terribly sad & devastating is the only way to explain it, but also so inspiring. What Cathy has been through and how she copes with it is really amazing. Thank you for sharing with us Cathy.

My Daughter passed away August, 2007. Colon cancer; but she was initially told she was too young to have colon cancer. She'd been sick for five years; finally accurately diagnosed when she was 35, died when she was 37. Left a five year old daughter and three year old son, which is why I moved to Albany area (from Seneca Falls; birthplace of women's rights--in case you are ever on Jeopardy!) to help with them.

She had a good 2006, three clean scans from December 2005-June 2006; her December 2006 scan showed she had a liver full of tumors. Six more of the same chemo treatments proved ineffective and two surgeries (one to each lobe of the liver) weren't any more successful. She told me she thought it was her mission in life to save someone else's life through her story/death, so if you know anyone who could/would benefit, pass it on. It's my mission to keep her story going and hopefully save someone's life.

She's was a model in the 2007 'Colondar 'Calendar, fundraiser for The Colon Club. You have to be diagnosed with colon cancer under the age of 50 in order to be a model for the 'colondar.' www.colonclub.com click: Colondar, 2007 Calendar, April models. She's the dark-haired one on the left in the 'be strong/be serious' pose requested by the photographer. The accompanying story is hers in her own words.

Kim's Story as told by Kim:

I'm always over-analyzing everything because I'm a lawyer, and over-analysis is what I do for a living. That said, I think my story began in 1990; I was 20 years old and I was going off to my senior year of college. I really wanted to figure out why I suddenly kept having diarrhea, so I went to my family doctor. He just told me to not drink so much fruit juice. I was completely mortified and sorry that I brought up something that was so easy to deal with – so I quit drinking orange juice in the morning.

I went off to college, thinking that I had embarrassed myself and marred my family name in our small town. I didn't talk about any of my bathroom issues for nearly 15 years because I was so horrified by the thought that I was such a hypochondriac over something that was so simple.

In 2001, I was pregnant with my daughter, Ashley. We were away on vacation and I had an unbelievable headache for about a day and half. I sat down to eat dinner and I really couldn't eat. I had to go to bed at 9:30 or 10, which was very early for me in those days. In the middle of the night, I had to run to the bathroom and the result was a toilet full of blood. I tried to tell my OB/GYN about it, but I didn't describe it as a toilet full of blood, and he didn't pursue a detailed description.

I didn't have many more problems during the pregnancy, although I do remember that at one point I had such a horrible pain in my left side that I dropped to my knees at work. I mentioned it to my doctor, and I said that it was very severe – so painful that I fell to my knees. The doctor said “Well, you're pregnant. Your ligaments are stretching.” Once again, I felt embarrassed over raising something so silly and trivial with a doctor.

When Ashley was about eighteen months old, we decided that we would try to have another child. I wasn't feeling that great – I was quite tired all the time – but we didn't want to have too much of an age gap between our children. When I got pregnant with our son, Zachary, I complained of horrible – I mean truly unbelievable – bloating throughout the pregnancy. I was told to take my prenatal vitamins at night instead of in the morning to minimize bloating. I remember toward the end of the pregnancy, I was crying at the doctor's office and saying “This is not fun anymore.” At my postpartum checkup, I said that I was very fatigued and having trouble recovering. The doctor and I left it at that.

A year later, at my annual exam, I was sobbing at my OB/GYN's office. I said, “The fatigue is just so overwhelming.” My OB/GYN said, “If you aren't feeling better in three months when the sun comes out, we'll put you on anti-depressants.” I had also recently gone to my primary care doctor, who said I was slightly anemic, but he wanted to wait a month before doing any more testing. I didn't want to wait a month, and I didn't want to go on anti-depressants without further medical investigation. I wanted to know what was going on.

After the appointment with my OB/GYN, I went home and started researching, trying to diagnose myself. From 1998 to 2000, I had clerked for a

judge on New York State's highest court. The judge's father had passed away from colon cancer and I think his grandfather also had it, so the judge was screened regularly to remove polyps. He was very open with his clerks about his colonoscopies, and his honesty may have saved my life.

I really hadn't heard much about colonoscopies before I worked for the judge, even though my grandfather had colon cancer 25 years ago, when I was 10. I vaguely remember going to see my grandfather in the hospital for something related to his stomach, but I didn't truly grasp that he had colon cancer because he never had chemotherapy. While I was researching my symptoms, I remembered the judge's colonoscopies, and that's part of what inspired me to request one for myself. I went back to my primary doctor's office to demand a colonoscopy.

I had never actually met my primary doctor. I had only seen a Physician's Assistant at the office, and I definitely scared him because I so assertively demanded a colonoscopy. I was having horrible symptoms by then, which I described in detail, including blood in my stool. Yet, on the referral to the GI doctor, the PA simply wrote "loose stools." I was annoyed and brought the referral into the GI's office that afternoon, hoping it would somehow expedite the process. The office scheduler, who had no medical training whatsoever, looked at the referral slip. I told her that "loose stools" was a euphemism for what was going on. I described my symptoms, and when I discussed the blood in my stool, it raised a red flag. She had me make a regularly-scheduled appointment for two months later, but told me she was going to speak to the doctor and the doctor might want me to do something sooner. By the time I got home, there was a message from the scheduler that said "The doctor does want to see you soon. Can you come in two weeks rather than two months?"

I saw the GI doctor on a Thursday evening. He is my age and cute, and the thought of him doing a colonoscopy on me was mortifying, but by that point I just needed help, so I didn't care. I described all my symptoms, and told him that I couldn't get out of the bathroom and had two kids climbing all over me in there. He said, "I have three kids, and I know what you mean. I am going to walk you out to the scheduler and we are going to schedule you for next week." He scheduled me for a colonoscopy the next Monday morning.

When I woke up from the colonoscopy, he said, "We found a mass and I'm assuming that it's cancer. We're calling the surgeon and we'll get you in right away." I had the colonoscopy on May 16, and I call that my day of diagnosis

because the doctor said that he was assuming it was cancer. This guy was really good, and when he told me that he thought it was cancer, I figured he knew what he was talking about and was probably right. As my doctor left my husband and me to contemplate my prognosis, he said, “This is not a death sentence.” All the same, I turned to my husband and said, “I’m sorry I ruined our life.”

I saw the surgeon that Thursday. He is very direct, and he said that we needed to address the tumor immediately, regardless of whether it was malignant. He already had the result from a CT scan done the day after my colonoscopy. The pathology report from the biopsy taken during the colonoscopy came in to the surgeon’s office as my husband and I were meeting with him. Thus, my surgeon was the first one to officially declare that I had colon cancer – a large mass in the sigmoid colon, on my left side. The surgeon had a cancellation for Monday morning the 23rd and we all wanted to do the surgery right away. This years-long saga of pain and embarrassment culminated within just one week of my colonoscopy.

The day I was discharged from the hospital, the doctors told me that I was Stage III and I would need chemo. There was never any question that I was going to take the chemo. My daughter was 3 ½, my son was 14 months, and I was married to the love of my life. I decided to fight for every minute. My chemo was called “FOLFOX,” and I also received Avastin, a biologic drug. Every other week for 24 weeks, I went to the hospital for my chemo. My day there would end up being about eight hours. Before I left, I got hooked up to a 5FU fanny pack for 46 hours. It was grotesque. I hadn’t been able to do a chest port because I knew Zachary would head butt it, so I had a port inserted in my left arm instead. I would snake the tube from the fanny pack up through the inside of my shirt. When I changed Zachary’s diaper or snuggled with Ashley, the tube would snag and it was disgusting because I would feel the needle moving in the port in my arm. It was just foul; there is no other way to describe chemo. About the only good thing I have to say about it is that I finished it, and so far it has worked.

After one of my treatments, I had severe rectal bleeding; it was a toilet full of blood. I called everyone on earth in a panic, demanding immediate attention. My surgeon was in surgery, so I went to see his partner. He asked me what it was like and whether it was more than a couple of drops. Of course it was, and I realized right then that if my OB/GYN had asked me to describe the prior bleeding episode that I had in detail, I would have gotten diagnosed nearly five years earlier.

I have mixed feelings about that; perhaps I should have described it in more detail without being asked, or perhaps a doctor should know to ask a young woman who might have difficulty being totally forthright to describe something like rectal bleeding in more detail.

After my experience, I have decided to take my cues from the judge who was willing to share personal medical information with people in order to help raise awareness. I think both patients and doctors need to be more educated about colon cancer. Women – particularly pregnant women – need to be very descriptive about complaints and very assertive about follow-up. Doctors need to realize that 50 is not the magic number – a young, apparently healthy person CAN have colorectal cancer. Cancer doesn't pay attention to demographics and statistics and neither do I. I intend to beat the odds and hopefully help some other people along the way. I would like to thank the producers and sponsors of the Colondar and my GI doctor, surgeon, oncologist, chemo nurses and my incredibly supportive family and friends for giving me that opportunity.

KATHY: To get me through my miles, I convert each (marathon) mile into two hours of chemo = 52 hours and the last two-tenths = her last two hours of chemo (per treatment). I'll have to double that for your half. FYI: her first six months of chemo = 648 hours of chemo or one full day less than the entire month of February. Mind-boggling.

Boston will be my 25th year as a charity runner for Dana-Farber Cancer Institute (ironically, my daughter's chemo treatments were prescribed by oncologists from DFCI). I wear ribbons 'in honor of' or 'in memory of' and if you send me your mother-in-law's name, I'll wear a ribbon for her.

From John: Kathy and I will be running Rock the Ridge 50 miler 2 weeks after the Redding Road Race. Cathy will be wearing bib #854 in our race, in respect for the 54 hours of chemo Kim had to receive every other week for six months.

400 AND COUNTING: Seneca Falls woman honored for marathon fundraising

By SUSAN CLARK PORTER scporter@flltimes.com 2 hrs ago



Katie MacIntyre (right) presents her friend Cathy Troisi with flowers at a Saturday event at the National Women's Hall of Fame in Seneca Falls. Troisi was honored for completing 400 marathons and raising thousands of dollars for cancer research.

Susan Clark Porter /Finger Lakes Times

SENECA FALLS — When Cathy Troisi lined up for her first Boston Marathon in 1995, little did she know she'd still be at it more than two decades later at the age of 71.

This year's marathon on April 16 will mark Troisi's 401st marathon overall and her 24th consecutive one as a member of the Dana-Farber Marathon Challenge, which raises money for cancer research. Troisi estimates she's raised \$185,000 to date.

For those accomplishments, Troisi was honored yesterday at the National Women's Hall of Fame as part of Women's History Month. In welcoming those on hand, Betty Bayer, co-president of the Hall's board of directors, noted the Hall celebrates women's history "every month and every day."



And with March being the official month to celebrate women and their accomplishments, "we can't think of a better way to kick it off than to honor Cathy Troisi," she said.

State Sen. Pam Helming, R-54 of Canandaigua, was among those in attendance and read a state proclamation recognizing Troisi's milestone and charitable work.

Troisi ran the Pre-School Community in Seneca Falls for years but closed it when her daughter, Kim, was diagnosed with colon cancer in 2005. Troisi spent much of the next two and a half years shuttling between Seneca Falls and Cohoes near Albany to help her daughter, who was a runner herself and had two young children at the time.

"Kimi," as her mother called her, died in August 2007 and Troisi moved to the Albany area to be near her grandchildren.

Many in the room Saturday were aware of this backstory to Troisi's accomplishments.

In introducing her, friend and event organizer Katie MacIntyre noted how becoming involved in the marathon community and raising money for cancer research helped saved Troisi's sanity. Helming highlighted Troisi's strength and determination and how she took her tragedy and transformed it into something to help others.

"The proclamation in no way truly captures all of the amazing things you've done," Helming said.

When Troisi went up to the podium to speak, she joked that she is more comfortable talking to pre-schoolers than adults. But she told those gathered that she was humbled by the honor.

"I've said repeatedly I'm just doing my own thing in my own way," she said. "I wasn't chasing numbers — they just added up over the years."



Troisi went on to thank those whose support she treasures – her husband, Jim; sister, Lisa; her friend Carol Skordy, who has “crewed” on several ultramarathon courses for Troisi over the years; and marathoner and author Kathrine Switzer. (It's thanks to Troisi's continued nominations that Switzer is in the National Women's Hall of Fame. She was the first woman to run the Boston Marathon as a bandit).

Troisi also gave a shoutout to the two other local members of her Dana-Farber team – Jim Kerr of Skaneateles, a physical therapist who owns Orthopedics Plus in Seneca Falls (and who along with his wife, Linda Kennedy, have helped keep Trois healthy all these years); and Dr. Jerry Oleksa of Seneca Falls, who is running his third Boston Marathon next month (see related story).

“Both of them have been very supportive of my fundraising efforts and are now going the extra mile to do their own Dana-Farber fundraising,” Troisi said.

Also at Saturday’s event was Michael Pagano of Seneca Falls, a former student of Troisi’s who survived childhood cancer. The two rekindled their connection at last year’s Right to Run 19K, and Troisi convinced Pagano to do the Boston Marathon Fund Jimmy Walk with her last fall. Pagano now has the running bug thanks to his former teacher, having completed a half marathon late last year. He’s currently training for the Buffalo Marathon this spring.

Troisi joked that she’s priming Pagano to take over for her when she takes off her sneakers for good. But she won’t do that until she has to, she said, adding that she revels in the camaraderie of her running community.

“It’s like going to a family reunion,” she said.

“I’m moving forward however I can,” Troisi continued. “I call it slogging — slow jogging — but I get to the finish line. I’ll keep on doing it as long as I can.”

By the numbers

When Troisi completes this next Boston Marathon she will have finished the course 50 times (between the Jimmy Fund Walk and Dana-Farber marathon). That will total 1,310 total Boston Marathon course miles.

NL#6 RUNNER STORY – KRISTEN N.

In 2011 I was diagnosed with Stage 4 inoperable Colon Cancer. When I finished chemo, I could barely walk up a flight a steps without stopping for a rest. Two weeks later I joined Team In Training to raise money for The Leukemia Lymphoma Society and train for the Manhattan Half. My first practice my feet fell asleep from neuropathy (a side effect of the chemo) and I had to take many walk breaks. But I did it! From there I went on to complete 14 half marathons, 9 marathons, an ultra Ragnar, 3 half Ironmans, one full Ironman, and countless other smaller races. I went from cancer patient to endurance athlete and I never looked back. 6+ years cancer free!!!





NL#6 RUNNER STORY – BARBARA B.

For final marathon, an ailing runner honors a friend



Barbara Brown's life has been one long and arduous road.

It's not unlike the 26.2 miles she will traverse in the New York City Marathon on Sunday.

The 60-year-old retired nurse lives with spinal cord tumors, degenerative disc disease and scoliosis. If her doctors and her MRI are to be believed, it should be physically impossible for her to endure long-distance running. Yet Brown is determined to complete her fifth marathon. It will be her last, because of the toll on her body.

"Nothing will stop me from crossing that finish line," she says firmly.

With the pain worsening in her hip and back, she may have to walk part of the route. It could take her nine hours.

"I just have two lines to cross — the starting line and the finish line. Whatever happens in between doesn't matter," Brown says.

Since she began running eight years ago, she has also completed 27 half-marathons, and countless shorter races. But Sunday's run will be special: As her final marathon, she is dedicating it to her friend Scott Fleming of Florham Park, who died recently of ALS.

"He was a Marine, an Ironman finisher and an ultra runner," she said.

They became friends through a running group over five years ago. "He's just one of those people who you meet that changes you." she said.

She will carry his ashes in a locket she will wear close to her heart throughout the race.

During the last 10K run they did together in 2015, he could barely walk because of his illness. But Fleming continued laughing until his last step. He died in September at age 50.

Brown recalls his positive outlook as she grapples with her own illness. There are days when it's too painful for her to move her limbs, to bend her body, and climb out of bed. She has watched her running time decline from one mile in 10 minutes flat to 16 minutes or more. Now she runs her races as part of Achilles International, which enables disabled runners to participate in events with the help of guides.

"My doctors said I will get slower and slower until I can't run anymore," she said.



When that happens, her journey will become more difficult: She loves running in part because of all the amazing people she meets, she said, adding, "There's no other sport like this, where the athletes really care about each other." She once stopped short during a race when she spied a woman using a walker because she was recovering from being hit by a truck. Brown slowed her pace to talk with the inspiring woman, who has since become a close friend.

Sometimes, she has a love-hate relationship with long-distance running, especially when aches and pains plague her battered body. But when she hits the pavement, everything else disappears. "You have no distractions. You get to think. Running makes you feel really good. Those endorphins get you going."

She runs every other day around her neighborhood in Elmwood Park, on local tracks and, occasionally, in Central Park. She has prepared herself for Sunday by running short distances and eating light, healthy meals (except for a carb-filled dinner Friday night).

Brown started running in 2009 and hired running coach Joel Pasternack of Woodland Park. She promptly informed him she planned to run a marathon, an ambitious goal for a beginner.

Pasternack tried to convince her to run 5K and 10K races instead. But she could not be deterred.

"She was very determined. She worked herself up from the bottom, day after day, week after week in all types of weather," he said.

Other runners at the track were awed by her, he said, adding, "She's going to keep doing it until she can't do it anymore."

On Sunday, he will be following her progress on the computer. He predicts she will make better time than she anticipates. "I think she will surprise herself," he said proudly.

Brown, meanwhile, will be thinking of other things. "I expect to feel Scott's presence there. He's going to help me get to the finish line." And if something goes bad, she will recall what he always did. "He'd just pick himself up and keep going."

"I just have to keep moving forward. I'm afraid that if i stop, I will really stop."

Elmwood Park woman with 'heart of a lion' runs her last NYC Marathon



Barbara Brown, 60, of Elmwood Park, will be running the New York City Marathon on Sunday. She will not be the fastest runner on the course, but she may be the most determined. Thursday, November 2, 2017 Kevin R. Wexler/NorthJersey.com

Clocking in at 10 hours 11 minutes, Barbara Brown of Elmwood Park did not exactly make great time in Sunday's New York City Marathon.

But the 60-year-old survivor of three spinal cord tumors, who also suffers from degenerative disc disease and scoliosis, emerged from the race triumphant.

"I had a mission to complete, and I did it," said the retired nurse, beaming. "I don't race for time. I always race to finish. Running is something I should not be able to do."

Indeed according to her MRI and her doctors, it should be physically impossible for Brown to endure long distance running.

She ran and walked the 26.2 mile route and crossed the finish line to honor her friend Scott Fleming, who died of ALS in September. She carried his ashes in a locket she wore around her neck throughout the race.

"I'm very proud of her for finishing the race and never giving up," said her running coach, Joel Pasternack of Woodland Park. "She has wonderful determination and the heart of a lion."

It wasn't easy. "I struggled at mile nine and felt like I was at mile 22," she said. "It was my hardest race. But I had to do it for Scott."

Along the way, she enjoyed the camaraderie and made friends with runners from New Zealand, Canada and Rhode Island. When a spectator at 81st Street screamed her name, she saw it was an old friend and ran over to hug her. When she stopped in the medical tent to stretch and rest, someone spied her weak expression and offered to drive her the rest of the race. "No way," she said. "I'm finishing this." Everyone in the tent cheered her.

Her helpers from Achilles International, which provides guides to runners with disabilities so they can participate in mainstream running events, gave her a lot of support, she said. "They kept telling me we were going to do this, and that I was going to make it."

When another woman, an amputee with one leg, fell down on the Verrazano-Narrows Bridge, Brown gasped. Then Brown's guide, Joe Sorbanelli, a strapping firefighter, picked up the struggling woman and carried her for a full mile. At mile 23, another runner said she needed support and grabbed onto Joe's arm for a few moments.

As Brown approached the finish line, she saw her family applauding. "I walked through the finish line holding a picture of Scott up. It was a long day. I started at 8:52 a.m. and when I finished it was dark, after 7 p.m."

"It was an emotional roller coaster of a day. I teared up so many times just thinking about what I was doing. It was a physical struggle. If it had't been for Scott I would have walked off the course. I could feel him there."

Scott's wife, Melissa Fleming, messaged her afterwards, thanking her for the kind gesture. Brown plans to give her a finisher's medal from the race.

Having completed her fifth and final marathon, she's having a tough time accepting that she is no longer an athlete who can run long distances. But as she rests and stretches her sore body, she knows she can't do it anymore.

One thing is certain: She will keep on participating in races whether they are half-marathons, 10K or 5K events.

"If I have to, I will switch to hand cycling," she quipped. "There's nothing wrong with my arms."



Sunrise Picture of the farm, taken by Barbara



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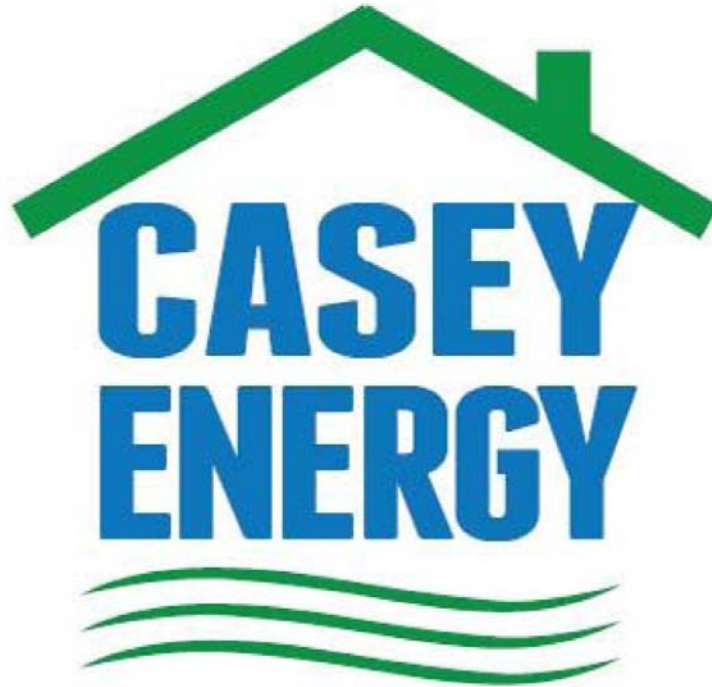
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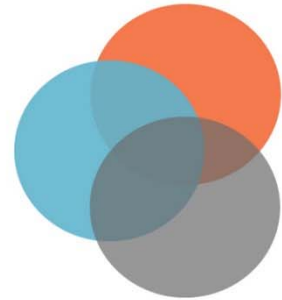
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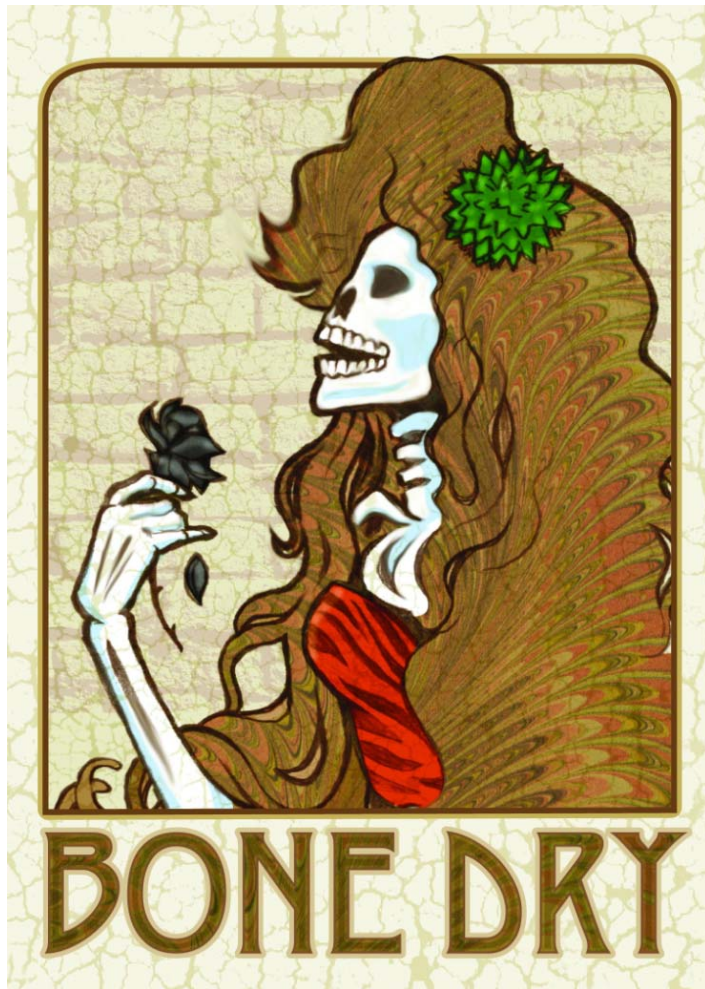
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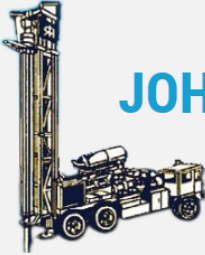
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