



REDDING ROAD RACE NEWSLETTER

19 Volume 3

3/15/19

1. GIFT REVEAL



Cow bell, isn't she, pretty in pink...?



Stuffed piglet for the Piglet Prancers



Insulated lunch bag, I'm using it for wine here



Per a runner request (Thanks Kaitlin M.), license plate holder. Maybe for cars that I see this on I will give a free race registration?? Redding friends not included!

2. RACE STATS FROM THE 1ST SEVEN YEARS

% Female: 62%

% Male: 38%

Redding Participants: 12%

Total Piglet Prancers (our race's future): 568, with more to register

Total Added Donations (above registration fees): \$24.138 (Thank you!!)

Total Countries Represented: 8: United States, Canada, Columbia, Germany, France, Great Britain, Norway and Ireland

Total States Represented: 31: CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, MA, MD, ME, MI, MN, NC, NH, NJ, NY, OH, OK, PA, RI, SC, TN, TX, VA, VT, WA, WI

Total Ct Towns represented: 165 (out of 169)

Female Half Course Record: 2015 Liz Campbell; 1:24:26; 6:27 Pace

Male Half Course Record: 2013 Ken Merrick; 1:20:17; 6:07 Pace

Female 7 Mile Course Record: 2017 Theresa Campbell; 49:03; 7:01 Pace

Male 7 Mile Course Record: 2015 David Hambleton; 44:49; 6:24 Pace

Youngest 7 Miler: 6 years old

Youngest Half Marathoner: 12 years old

Most Experienced 7 Miler: 78 years old

Most Experienced Half Marathoner: 77 years old

Average Age of Runner: 42 years old

Very Humbled Race Director: 1

3. SAVE THE DATE – RRR18 PREVIEW RUN



Designed by TownMapsUSA.com

Sunday, April 7th, 8am

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

8:00am: Runners running the whole half course start

9:00am: Runners running the 7 mile course start

Park/Meet: West Redding Metro North Train station (free on weekends)



4. ROCK'N ROOTS 9K REGISTRATION NOW OPEN

WHEN: Saturday, June 29, 2019, 8AM

WHERE: Redding Historical Society, Redding, CT

WHY: The third of my Redding races and maybe the most fun. 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. It's 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!!

WEBSITE:

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









5. PUTMAN PARK

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

PUTNAM MEMORIAL STATE PARK



‘Connecticut’s Valley Forge’

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

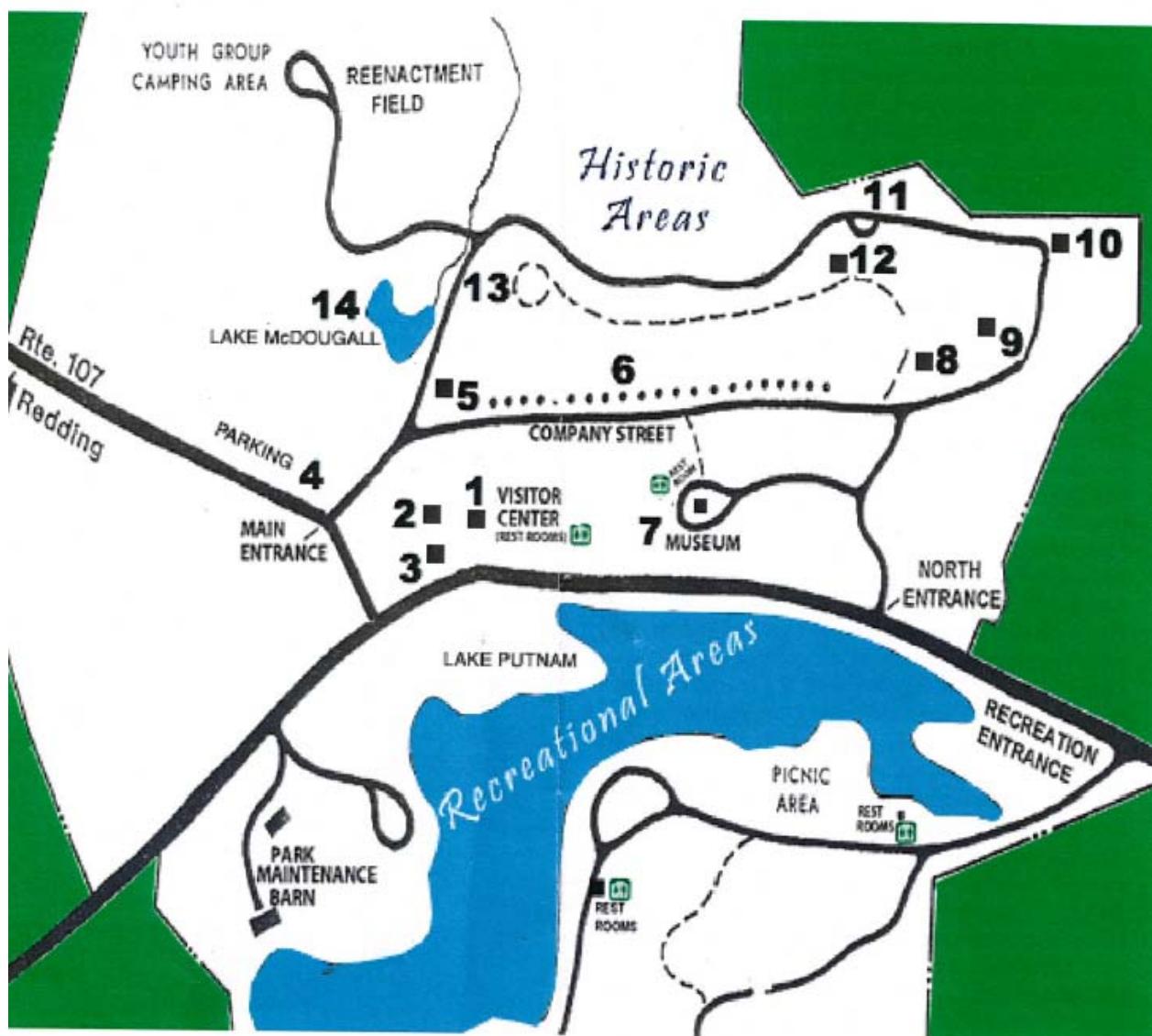
BE A FAN OF PUTNAM PARK

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

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

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

Friendsofputnampark@yahoo.com



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

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

Check the Yearly Membership Level You Wish to Participate at:

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

Check enclosed for \$_____

Payable to: FANS of Putnam Park

Name: _____

Address: _____

City, State , Zip_____

Telephone: _____

E-Mail: _____

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

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

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

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

A Self Guided Tour

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

6. LA QUINTA, OUR HOST HOTEL

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

7. EARLY START – WHO IS IT FOR

The 7:15am early start for **half marathoners** is intended for runners who anticipate finishing in 2 ½ hours or more. If you think you’ll be faster please don’t utilize the early start. It’s a way to allow for all runners to enjoy as much of the after-race party as possible. If you are running the Mighty Cow race at 7:20, you won’t be able to start early.

8. PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS

The race is before the start of the half and any distance, from 100 feet to ¾ of a mile, can be run by the Prancers. For \$20, it’s a bargain as they get most of the cool gifts the older runners get. Registration levels are off the charts and we may have to close registration for this. So, you may want to register your piglets sooner than later.

<https://runsignup.com/Race/Register/?raceId=51003&eventId=281589>



9. AGE GROUP AWARDS

We love giving our awards, so each race and gender awards are in 5 year increments, 3 deep with no double dipping (1-2-3 overall doesn't win their age group)

Age groups

Half Marathon

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

7 Miler

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

10. RUNNER STORY – ALISON A.

I am a runner today because one of my first friends on Instagram (many moons ago) was Olivebeanie. We started following each other because of a mutual love of Dalmatians. I saw Stacey running with her dogs all the time and was truly inspired by how awesome that seemed. We became friends and have been supportive thru many of life's ups and downs. Her beloved Olive had surgery, there were health scares for us and/or our spouses, there was joy- we connected as friends.

When our beloved Dal passed away and we adopted two new 1-year-old dogs, I realized I had to do more than casually walk these two dogs that were much younger than I was used to. I had never even thought I could be a runner- I was the chubby nerd who baked cookies all the time! But I saw Stacey and Hilary out running with Olive and Milan and decided to give it a go.

We began with walking a mile a day before work, then 2 miles a day, then 3 and so on. After a couple of months I realized we would have to pick up the pace because we didn't have time to increase the distance in the morning before work, so we started interval running for a certain number of "driveways" distance until we were running a 5K everyday in our neighborhood.

It progressed naturally from there and now I have finished 12 half marathons, 2 full marathons, 2 trail 25K races, and I'm training for my first ultra. Every training run is done with the dogs. When Stacey messaged me about her favorite race and how it usually sells out, I decided I need get myself registered and make a trip from Oklahoma! I'm so excited to run thru a different countryside and meet see some good friends in real life! I can't wait!



11. RUNNER STORY – KATHERINE E.

This year will be my first Run for the Cows, but my 50th overall half marathon and I'll be wearing bib #50. This puts me at the half way point for my goal of 100+ lifetime half marathons as part of the 100 Half Marathons Club. If you would've told me I'd be running my 50th half marathon when I was in my twenties, I'd have said you were crazy. I was overweight, sedentary, and anything but a runner. Now, here we are. I'm in my 30's, over 50 pounds lighter, and I pay to run 13.1 miles (or, even crazier, 26.2 miles) just for the fun of it. So if you see me on the course, say hi!



12. NEWBIE CHRONICLE – LYNDSI P.

2/14/19 | 2.12 miles | 24:54 | Avg 11:43 | Easy Run | Hilly Home

Today's run began in an "actually run when you see a car" style. Then, I decided to really try and have a steady pace (around 12:03ish) which the plan called for. It was so hard to do! I would get burst of energy, and then feel too tired. I had mapped out the exact mileage, but my timing was off. I know this will be important for me to learn if I am going to run the entire race in Redding. My pace wasn't as steady as I wanted, but it wasn't too bad for my first time trying.

2/17/19 | 2.43 miles | 31:45 | Avg 13:03 | Long Run | Hilly Home

I wanted to be strong. I'm trying so hard to find the balance between determination and taking care of myself. Today's long run had to be reduced in time/miles (goal was 3.47). I ran as much as I could, but honestly walked more than I thought I would. I'm disappointed in myself. My body just felt like it had been plowed over by a tractor trailer! I was worried if I pushed myself too much with the run and weights, I would suffer in my school work the rest of the week. I was excited to see deer and rafter of turkeys (which I learned) while running. It definitely smells like snow.

2/19/19 | 2.54 miles | 29:52 | Avg 11:44 | Fast Intervals | Hilly Home

Today, in many ways, was not going as planned. My run wasn't either. I hit up-hills and down-hills all at the wrong time. I was ready to run until I started. I ended up walking an embarrassing amount. Two "runs" in a row haven't been too pretty. I feel stronger, yet weaker. It may be because of my lack of sleep (only like 5 hours). I certainly have noticed a correlation with needing to walk and sleep. I did make myself do a big hill though. Even if I walked it...

2/21/19 | 3.54 miles | 36:12 | Avg 10:13 | Long Run | Greenway

Last minute, I decided to do my long run today. This weekend I am supposed to go away and was worried I would have to skip it due to traveling. It was really good. It dawned on me that I ran a 5k?! During the week!? For fun?! I ran the whole time. I wasn't expecting this but feel a little more confident :)

2/26/19 | 2.94 miles | 32:18 | Avg 10:59 | Fast Internals | Greenway

It felt good to run today. It was sooo windy though I thought I was going to blow away. At one point, I was going under 8 mins per mile!!? Not sure if the phone was broken. Also, hope it doesn't go to my head!

3/2/19 | 4.17 miles | 53:10 | Avg 12:43 | Long Run | Greenway

It was a tough run to get myself to. I just didn't want to move, or get up, or do anything. But, I am so glad I did. I feel so much better. Walked a bit but I don't mind. I'm glad I ran.

3/5/19 | 2.39 miles | 32:11 | Avg 13:27 | Fast Intervals | Greenway

It felt good to stretch my muscles after reading all day. I tried to focus on pace and follow the speed I was supposed to be doing. I wasn't too off, but at the end, needed to walk with my running mate after she had a fall (she is ok).

3/7/19 | 2.73 miles | 32:08 | Avg 11:45 | 12-minute test | Greenway

Kind of messed up my start, so I ran about 10 minutes longer then was recorded. Figures, on the run that will be calculating the rest of my running plan goals. I tried to keep an even pace, which is so hard to figure out. I wasn't too off though. Definitely, my best attempt yet. It was cold, and despite having forgotten my favorite running jacket at home (had to borrow a bulky sweatshirt) I really enjoyed my run. I feel the strength training exercises making me stand taller, and my legs feel stronger (or it's in my head—but whatever works). Starting to get excited...I am on week 8 of 17!

13. ROSTER

First Name	Last Name	Gender	Event	Name on Bib	Bib #	Early Start
Mark	Abrahamsen	M	7 Mile Race	Mark		
Megan	Abrahamsen	F	7 Mile Race	Megan		
Evan	Abrams	M	7 Mile Race	Evan		
Lauren	Abrams	F	7 Mile Race	Lauren		
Lily	Acheychek	F	7 Mile Race	Lily	901	
Matt	Ackerly	M	7 Mile Race	Matt		
Tara	Ackerly	F	7 Mile Race	Tara		
Ray	Acunto	M	Half Marathon	Ray		No
Sarah	Adams	F	Half Marathon	Sarah		No
Jill	Adrian	F	Mighty Cow 16.2	Jill Rae	1214	
Kerri	Ahern	F	Mighty Cow 10.1	Kerri		No
Christopher	Ahlberg	M	Mighty Cow 16.2	Chris		
dave	albanese	M	Mighty Cow 10.1	dave		No
Emily	Albarillo	F	Half Marathon	RAR		No
Luke	Albrecht	M	Mighty Cow 16.2	LUKE	1212	
Ines	Allen	F	Half Marathon	Ines		No
Janessa	Alvarez	F	Mighty Cow 10.1	Janessa	1308	No
Joseph	Amuso	M	Half Marathon	Joe		No
Rich	Ancowitz	M	7 Mile Race	Rich		
Alison	Anderson	F	Half Marathon	Call Me Al	405	Yes
David	Anderson	M	7 Mile Race	David		
Christine	Andruzzi	F	7 Mile Race	CK		
Joseph	Andruzzi	M	7 Mile Race	Joe Jr		
Warren	Angell	M	Half Marathon	Warren	56	No
Victoria	Angerthal	F	Half Marathon	Vicky	99	No
Jackie	Apgar	F	Half Marathon	JAX		No
Scott	Apgar	M	Half Marathon	SCOTTY		No
Stephen	Apy	M	Mighty Cow 16.2	Steve		
Diane	Ard	F	Half Marathon	Diane		Yes
Stephanie	Ard	F	Half Marathon	Steph	62	Yes
Brad	Argraves	M	7 Mile Race	Brad	869	
Wendy	Arias	F	Half Marathon	Fireball		Yes
Susan	Armstrong	F	7 Mile Race	Susan		
Isaak	Aronson	M	Half Marathon	Isaak		No
Christine	Asaro	F	Half Marathon	Christine 59	59	No
Vinny	Asaro	M	7 Mile Race	Vinny		
Reed	Ash	M	Half Marathon	Reed		No
Jason	Atkins	M	7 Mile Race	Jason		
Amelia	Audette	F	7 Mile Race	Amelia		
Ama	AUWarter	F	7 Mile Race	AMA		
Jill	Avalone	F	7 Mile Race	Jill		
Lisa	Avalone	F	7 Mile Race	Lisa		

Christopher	Aversano	M	7 Mile Race	Chris	815	
Alice	Avery	F	7 Mile Race	Alice		
Luisa	Azevedo	F	Half Marathon	Luisa		No
Katie	Bailin	F	7 Mile Race	Katie & Landon	816	
Avery	Baker	F	Piglet Prance	Puppy lover		
Mila	Baker	F	Piglet Prance	Paris Rockstar		
Paul	Baldini	M	Mighty Cow 16.2	paul		
Carlos	Baldoz	M	Mighty Cow 16.2	Fran Carl		
Keith	Baldwin	M	Half Marathon	Keith	96	No
Shawn	Baldwin	M	Half Marathon	Shawnee		No
Gunita	Balek	F	7 Mile Race	Gunita		
Rachael	Balinski	F	Half Marathon	Rachael		No
Reagan	Balint	F	Piglet Prance	Reagan		
John	Ball	M	7 Mile Race	John		
Kristen	Ball	F	Half Marathon	Kristen		Yes
Roe	Ball	F	7 Mile Race	Roe		
Michael	Baneat	M	Half Marathon	Michael	307	No
Hannah	Barber	F	7 Mile Race	Barber	823	
Susan	Bard	F	Half Marathon	Susan	82	No
James	Barickman	M	Half Marathon	Jamie		No
Brigid	Barnes	F	Half Marathon	Brigid		No
Kate	Baron	F	Half Marathon	KATE		No
Joy	Barrese	F	7 Mile Race	Joy	813	
laura	barrett	F	Half Marathon	Laura		No
Kathy	Barry	F	7 Mile Race	Kathy		
Peter	Barry	M	Mighty Cow 16.2	Peter		
Hans	Barth	M	Mighty Cow 16.2	Hans		
Nancy	Barthold	F	7 Mile Race	NANCY		
Laura	Battisti	F	Half Marathon	Laura	434	No
Julia	Bauer	F	7 Mile Race	Jules		
Kristen	Beardslee	F	7 Mile Race	Kristen		
George	Bearer	M	Half Marathon	George	140	No
Marie	Bearer	F	7 Mile Race	Marie		
Juliana	Beasley	F	Mighty Cow 10.1	Juju	1322	No
Ryan	Beaudry	M	7 Mile Race	Ryan B		
Seana	Bedard	F	7 Mile Race	Seana		
Matt	Bedoukian	M	Half Marathon	Matt	1	No
Leah	Begg	F	Half Marathon	Leah		No
William	Begg	M	Half Marathon	Vinny Kid	16	No
William	Begg	M	Half Marathon	Billy		No
Ronnie	Behringer	F	Half Marathon	Ronnie		No
sonja	bell	F	Mighty Cow 10.1	redsonja3		No
Stephanie	Bell	F	7 Mile Race	Stephanie		
Sara	Belles	F	Mighty Cow 16.2	Sara		
Eileen	Bellmay	F	Mighty Cow 16.2	Eileen		
Karen	Bellmay	F	Mighty Cow 16.2	Karen		
Hannah	Belpport	F	Mighty Cow 10.1	Hannah	1280	No

Alex	Benke	M	Piglet Prance	Alex		
Blake	Benke	M	Half Marathon	Blake		No
Diane	Benke	F	Half Marathon	Diane	122	No
Max	Benke	M	Piglet Prance	Max		
Alexis	Bennett	F	7 Mile Race	Alexis		
Jessica	Bennett	F	7 Mile Race	Jess		
Kathy	Bennett	F	Mighty Cow 10.1	Kathy	1275	No
Stephanie	Bennett	F	Mighty Cow 10.1	Stephanie	1299	No
Cory	Benson	F	7 Mile Race	Cory		
Krista	Benson	F	Mighty Cow 10.1	Krista		Yes
Page	Berger	F	Half Marathon	Page		No
Liane	Bernard	F	7 Mile Race	Liane		
Sarah	Bernard	F	Half Marathon	Smitty	30	Yes
Allison	Bernhardt	F	Half Marathon	Allison		No
Chris	Berntsen	M	Half Marathon	Big B		Yes
Jimmie	Berry	M	Piglet Prance	Jimmie	1415	
Kim	Berry	F	7 Mile Race	Kim	912	
Robbie	Berry	M	Piglet Prance	Robbie	1414	
Robert	Berry	M	7 Mile Race	Bob	911	
Amy	Betz	F	7 Mile Race	Amy		
Marilyn	Biedrycki	F	Mighty Cow 16.2	Marilyn		
Katy	Binder	F	Mighty Cow 16.2	Katy		
Meredith	Binder	F	7 Mile Race	Meredith		
Jeff	Bishop	M	Mighty Cow 10.1	Jeff		No
Jackie	Bisignano	F	Mighty Cow 16.2	Jackie		
Allison	Blacker	F	7 Mile Race	Allison	808	
Daniel	Blair	M	Mighty Cow 16.2	Dan		
Adam	Blank	M	Half Marathon	Adam		No
Emma	Blank	F	Piglet Prance	Robot		
Jessica	Blank	F	Mighty Cow 10.1	Jessie		No
Tracy	Blaumauer	F	Mighty Cow 16.2	Tracy		No
Kent	Blocher	M	Half Marathon	Kent		No
Max	Block	M	7 Mile Race	Max	900	
Barry	Blumenfield	M	7 Mile Race	Barry		
Jodi	Blumenfield	F	Half Marathon	Jodi		No
Arthur	Bodek	M	Mighty Cow 10.1	ARTHUR		No
Cathleen	Boland	F	7 Mile Race	Cathy		
Brian	Bomberger	M	Half Marathon	Brian		No
Jill	Bornstein	F	7 Mile Race	Jill		
Emily	Boucher	F	Half Marathon	Emily		No
eric	Boucher	M	7 Mile Race	Bouch	800	
Thea	Boyle	F	Half Marathon	Thea	87	No
Meaghan	Bradley	F	Half Marathon	Meaghan		No
Jamie	Branyan	M	7 Mile Race	#redsfan		
Limor	Bredmehl	F	7 Mile Race	Limor	1100	
James	Bremner	M	7 Mile Race	Jim		
Keelin	Bremner	F	7 Mile Race	Keelin		

Maeve	Bremner	F	7 Mile Race	Maeve		
Aislinn	Breslin	F	Half Marathon	Aislinn	528	No
Maria	Breton	F	7 Mile Race	Maria		
Aaron	Bricker	M	Half Marathon	Aaron		No
Jennifer	Brightman	F	7 Mile Race	Jen		
Rebecca	brindley	F	7 Mile Race	rebecca		
sam	brindley	M	7 Mile Race	Sam		
Annabel	Briody	F	7 Mile Race	Annabel!		
Dan	Briody	M	7 Mile Race	Dan		
Kevin	Briody	M	7 Mile Race	Top Red		
Laurence	Briody	M	7 Mile Race	La Kid	1066	
Lynne	Briody	F	7 Mile Race	Lynnie		
Lisa	Brody	F	Mighty Cow 16.2	Lisa		
Barbara	Brown	F	Half Marathon	Barbara		Yes
Kellie	Brown	F	Half Marathon	Mrs. Brown	111	No
Kevin	Brown	M	7 Mile Race	Kevin		
Michael	Brown	M	Half Marathon	Mike	421	No
Julia	Bruce	M	Half Marathon	Julia	125	No
Lisa	Bruno	F	7 Mile Race	Lisa	916	
Chrissy	Bucci	F	Mighty Cow 10.1	Chrissy SPRKLZ		
Susie	Buffam	F	7 Mile Race	Susie	885	
Jennie	Bunce	F	Half Marathon	Jennie	365	No
Kathy	Bunce Delfay	F	7 Mile Race	Bunce		
Anthony	Buonicore	M	7 Mile Race	LewMoo		
Brooke	Burdeshaw	F	Piglet Prance	Brookie		
Dylan	Burdeshaw	M	Piglet Prance	Dylan		
Jeff	Burdeshaw	M	Half Marathon	Jeff		No
Joanna	Burgess	F	7 Mile Race	Joanna		
Krzystof	Bury	M	Mighty Cow 16.2	Krzysztof		
Lidia	Bury	F	Half Marathon	Lidia		Yes
DIANE	BUTERA	F	7 Mile Race	DIANE		
Christina	Butler	F	Mighty Cow 10.1	Christina	1311	No
Brian	Cadarr	M	Half Marathon	Cadarr	63	No
Angela	Caes	F	7 Mile Race	Angela	1019	
Anya	Caes	F	Piglet Prance	Anya		
Melinda	Caffrey	F	7 Mile Race	Melinda		
abigail	cahill kagan	F	7 Mile Race	Abigail	1007	
Frank	Caico	M	Half Marathon	Frank		Yes
Christina	Calabro	F	7 Mile Race	Chris		
Mollie	Calzone	F	Half Marathon	Molzone	519	Yes
Wendy	Calzone	F	Half Marathon	Wendy		No
Christine	Campasano	F	Half Marathon	christine		No
Jim	Campasano	M	Half Marathon	Jim		No
Tom	Canfield	M	7 Mile Race	Tom		
Don	Capone	M	Half Marathon	lightfoot man		No
Andrew	Capozza	M	Piglet Prance	Andrew	1410	
Grace	Capozza	F	Piglet Prance	Grace	1411	

Ryan	Capozza	M	Piglet Prance	Ryan		1412
Scott	Capozza	M	7 Mile Race	Scott		
Sarah	Cappelli	F	Half Marathon	Sarah		Yes
Sarah	Caputo	F	Half Marathon	Sarah	420	No
Cheryl	Caridad	F	Mighty Cow 10.1	Cheryl	1276	Yes
Teri	Carilli	F	Mighty Cow 10.1	Teri		No
Erica	Carino	F	7 Mile Race	Erica		
Ashley	Carlson	F	Mighty Cow 10.1	Ashley		No
Julianna	Carney	F	7 Mile Race	JULIANNA CARNEY	1025	
Christa	Carone	F	Half Marathon	Christa	2	No
Christine	Carr	F	7 Mile Race	Christine		
Emily	Carr	F	Mighty Cow 16.2	SuperEmily		
Tyler	Carr	M	7 Mile Race	Tyler		
Anne	CARRUTHERS	F	7 Mile Race	Anne	1024	
Mark	Castiglione	M	7 Mile Race	Mark	902	
Miguel	Castro	M	Half Marathon	Miguel Castro	8	Yes
Brittany	Cates	F	7 Mile Race	Britt		
Sara	Cates	F	7 Mile Race	Sara		
Jennifer	Chabus	F	Half Marathon	Chabus	514	Yes
JINJIN	CHAI	F	Mighty Cow 10.1	Jinjin	1288	No
Andrew	Cheely	M	Half Marathon	TKDDrew	6	Yes
Ashlye	Cheely	F	Half Marathon	Ashlye	17	Yes
Carole	Chen	F	Mighty Cow 16.2	Carole		
Anthony	Chiaverini	M	Half Marathon	ACRUN	47	No
Rebecca	Chirevas	F	Half Marathon	Becca	508	Yes
Alyssa	Chrisope	F	Half Marathon	Alyssa	131	No
Megan	Chrysler	F	Mighty Cow 10.1	Megan		No
Nardy	Chung	M	Mighty Cow 16.2	Nardy		
Michael	Ciardullo	M	Half Marathon	Michael		Yes
Mark	Cicero	M	Mighty Cow 16.2	Mark		
Tony	Cistulli	M	Mighty Cow 10.1	Tony		No
Jamie	Citino	M	Mighty Cow 16.2	Jamie		
Thomas	Claire	M	Half Marathon	Tom	65	No
William	Clark	M	Half Marathon	Bill		No
David	Clune	M	7 Mile Race	DKC		
Robin	Clune	F	7 Mile Race	RDC		
Jeff	Cohen	M	7 Mile Race	Jeff		
Leanna	Coiro	F	Mighty Cow 10.1	Leanna		No
Tomme	Coleman	M	7 Mile Race	Tomme	870	
Bluet	Collins	F	Piglet Prance	Bluet		
Brian	Collins	M	Half Marathon	Killa B		No
Ilona	Collins	F	Piglet Prance	ILONA		
Kendra	Collins	F	7 Mile Race	KillZone		
Brian	Comstock	M	7 Mile Race	Stock		
Sarah	Conklin Zimmerman	F	Half Marathon	Sarah		No

Lauren	Contorno	F	Mighty Cow 16.2	Lulu		1218
Robert	Cook	M	Mighty Cow 16.2	Rob		
Summer	Cookson	F	Half Marathon	Summer	42	No
Claire	Coolbeth	F	Mighty Cow 16.2	Claire		
Morgan	Coolbeth	M	Mighty Cow 16.2	Morgan		
Scott	Cooney	M	Half Marathon	Scott		No
Miriam	Cope	F	7 Mile Race	Miriam		
Steven	Coppock	M	7 Mile Race	Steve		
Joshua	Cordeira	M	7 Mile Race	Josh		
MarieElena	Cordisco	F	Half Marathon	LullaBelle	55	No
Tori	Cornish	F	7 Mile Race	TORI		
Emily	Corse	F	7 Mile Race	Emily		
Melissa	Costantini	F	Mighty Cow 16.2	melissa		
Alessandra	Costello	F	Piglet Prance	Peanut #1		
Kevin	Costello	M	7 Mile Race	Kevin Cos		
Luca	Costello	M	7 Mile Race	Peanut #2		
Michael	Costello	M	7 Mile Race	Mike		
Susi	Costello	F	7 Mile Race	Sue		
Carolyn	Couture	F	7 Mile Race	Carolyn		
Thomas	Cowen	M	7 Mile Race	I Run for Justin		927
Andrew	Cox	M	7 Mile Race	Andy		
Elizabeth	Cox	F	7 Mile Race	Elizabeth		
Evelyn	Crandell	F	7 Mile Race	Evie		
Siobhan	Crise	F	Mighty Cow 10.1	Sheels		Yes
Gretchen	Crist Lee	F	Half Marathon	Gretchen		No
Tom	Cronin	M	Half Marathon	Tom		No
Lea	Crown	F	Half Marathon	Go Lea Go		No
Christina	Cumberton	F	7 Mile Race	Chris		805
ANDA	CUMINGS	F	Half Marathon	Anda		620
Sean	Cunningham	M	Half Marathon	Cunningham		No
Sharon	Cunninghis	F	Half Marathon	Sharon		Yes
Eileen	Curran	F	7 Mile Race	Eileen		
Alison	Currie	F	Half Marathon	Alison		No
John	Currie	M	Half Marathon	John		No
Maria	Cusano	F	7 Mile Race	Maria		
Paul	Cusumano	M	7 Mile Race	Paul		825
Jennifer	Cutler	F	7 Mile Race	Jenn		
Ryder	Cutler	M	Piglet Prance	RYDER		1419
Sawyer	Cutler	F	Piglet Prance	SOY SAUCE à ñí,		1423
Isaac	Cymrot	M	Half Marathon	Isaac		No
Jackie	Cyphers	F	Half Marathon	Jax	27	No
Carmen	Da Costa	F	Half Marathon	Carmen		Yes
Melissa	Daiello	F	Half Marathon	Melly		No
Alice	Daken-Stefanski	F	Mighty Cow 10.1	Alice		No
Lara	D'Alessandro	F	Half Marathon	Lara		No
Tricia	D'Alessandro	F	Half Marathon	Tricia		No
Michael	Dallis	M	Mighty Cow 16.2	Mike		

Emma	Dam	F	Piglet Prance	Emma		
Lucia	Dam	F	Piglet Prance	Lucia		
Susan	Dam	F	7 Mile Race	Susan		
William	Damm	M	7 Mile Race	Bill	1006	
Kelly	Damron	F	Mighty Cow 10.1	Kelly	Yes	
Patty	Daniels	F	7 Mile Race	SlowPoke	1014	
Rachel	DAntonio	F	7 Mile Race	Rachel	929	
Rebecca	Darst	F	Mighty Cow 16.2	KeepComin		
Susan	David	F	7 Mile Race	Mrs. T		
Mary Karen	Davidson	F	Mighty Cow 16.2	KAREN		
Kathryn	Davis	F	Half Marathon	Katie	No	
Audrey	Day	F	Half Marathon	Aud	No	
Bowen	Day	M	Piglet Prance	Do Bay		
Cassandra	Day	F	Half Marathon	Cassie Day	No	
David	Day	M	7 Mile Race	David		
Megan	Day	F	7 Mile Race	Meggers		
Sawyer	Day	M	Piglet Prance	Sawyer the Destroyer		
Jerry	De La Rosa	M	7 Mile Race	Jerry		
Mimi	De La Rosa	F	7 Mile Race	Mimi		
Paul	de Lucena	M	Half Marathon	El General	No	
Day	De Rosa	M	7 Mile Race	Day		
Carolyn	Deane	F	Half Marathon	Caarki	No	
Sean	Deane	M	Half Marathon	#behappy	Yes	
Thomas	Deane	M	Half Marathon	Tom	No	
Gary	DeBrito	M	7 Mile Race	Gary		
Rick	Deitch	M	7 Mile Race	Lord Mango		
TINA	Delafield	F	7 Mile Race	T		
Maggie	Deluca	F	Mighty Cow 16.2	Maggie Dee		
Matt	DeMaio	M	Mighty Cow 16.2	Hollywood		
Lorenzo	DeNino	M	7 Mile Race	Lorenzo	821	
Molly	DePaiva	F	Half Marathon	Molly	22	No
Diana	Derivan	F	Half Marathon	Diana		No
Denise	Descheneaux	F	Half Marathon	Denise		No
Kristen	DeYoung	F	7 Mile Race	KDY	1030	
Mario	Di Re	M	Half Marathon	Mario		No
Marykate	Di Re	F	Half Marathon	Marykate		No
Lauren	DiBenedetto	F	Mighty Cow 16.2	Lauren	1205	
Christina	Dibona	F	Half Marathon	Christina		No
John	Dickerson	M	Half Marathon	Johnny D	100	No
Sarah	Dickerson	F	Piglet Prance	Sarah		
Michaela	Diffey	F	Half Marathon	Michaela		No
Michael	Dillane	M	7 Mile Race	Mike		
Heather	Dinho	F	7 Mile Race	Mrs Dinho - If You Nasty	1127	
Victoria	Dinkel	F	7 Mile Race	Tori	822	
Brenna	Dinkelacker	F	Half Marathon	Brenna		No
Denise	Dinsmore	F	Half Marathon	Denise		Yes

Stephen	Dinsmore	M	Half Marathon	Steve		Yes
William	Dinunzio	M	Half Marathon	Billy	76	Yes
Mary	DiSimone	F	7 Mile Race	Mary		
Jai	Dobreski	F	7 Mile Race	Jai		
Thomas	Donato	M	Half Marathon	Tom	108	No
David	Donnelly	M	7 Mile Race	Roberto		
Eileen	Donnelly	F	7 Mile Race	Eileen	931	
Laura	Donnelly	F	7 Mile Race	Laura	849	
Amy	Donohue	F	Mighty Cow 10.1	Amy		No
Eliza	Doolittle	F	Half Marathon	ELIZA	104	Yes
Kelley	Douglass	F	7 Mile Race	Kelley		
Summer	Downey	F	Half Marathon	Summer	95	No
Erin	Downs	F	Half Marathon	Erin		No
Jon	Downs	M	Half Marathon	Jon		No
Deborah	Doyle	F	7 Mile Race	Debbie		
Todd	Doyle	M	Half Marathon	TMD	49	No
Liz	Dreier	F	Mighty Cow 16.2	Liz		
Kimberly	Driscoll	F	Half Marathon	Kim		No
Danny	Drozd	M	Piglet Prance	Danny Boy		
Kristine	Drozd	F	7 Mile Race	KK		
Oxana	Dudina	F	Mighty Cow 10.1	Oxana		No
Denise	Duggan	F	7 Mile Race	Denise		
Kate	Duggan	F	Piglet Prance	Kate		
Liam	Duggan	M	Piglet Prance	Liam		
Maeve	Duggan	F	Piglet Prance	Maeve		
Lee	Dunn	M	7 Mile Race	The King		
Allen	Durden	M	Half Marathon	Duff		Yes
Catherine	East	F	Half Marathon	Murph		Yes
Suzi	Eckert	F	Half Marathon	Suzi		No
Brent	Edwards	M	7 Mile Race	BRENT		
Jessica	Edwards	F	7 Mile Race	JESSICA		
polly	edwards	F	Half Marathon	polly		Yes
Jeff	Eglash	M	Half Marathon	Jeff		No
Karl	Eilers	M	Half Marathon	KingKarl		Yes
Sarah	Elinskas	F	Half Marathon	Pickles' Mom		Yes
Chelsea	Ellis	F	Half Marathon	ChelsRuns		No
Jennifer	English	F	7 Mile Race	Jenn	1023	
Ken	Essex	M	Half Marathon	N' BAKE!		Yes
Melissa	Fabuien	F	Half Marathon	Missy	610	No
June	Fagan	F	7 Mile Race	Sensei June		
Lee	Falk	F	7 Mile Race	Lee		
Karin	Fallon	F	7 Mile Race	Karin		
PJ	Farquharson	F	7 Mile Race	PJ		
Jennifer	Fatone	F	Mighty Cow 16.2	Jenn	1202	
Ryan	Felipe	M	Half Marathon	Ryan		Yes
Ian	Felos	M	Piglet Prance	Pugsley		
Erik	Ferguson	M	7 Mile Race	Erik	802	

Kelly	Ferris	F	7 Mile Race	Kelly		1033
Cora	Ferriter	F	Piglet Prance	Cora		
Emmet	Ferriter	M	7 Mile Race	Emmet		
Keeley	Ferriter	F	Piglet Prance	Keels		
Meagan	Ferriter	F	7 Mile Race	Meg	909	
Meg	Fesh	F	7 Mile Race	Meg		
Katy	Fetzer	F	Half Marathon	Katy	50	No
Faith	Ficarra	F	7 Mile Race	Faith		
Kurt	Fields	M	Half Marathon	KURT		No
Paula	Fields	F	Half Marathon	Paula		
Bridget	Figmic	F	Half Marathon	Bridget		No
Kaley	Finegan	F	7 Mile Race	Kaley		
Megan	Fisher	F	7 Mile Race	Megan		
Raquel	Foote	F	Half Marathon	Raquel		No
Victoria	Ford	F	Mighty Cow 10.1	Rabbit		No
Suzanne	Fortier	F	Mighty Cow 16.2	Suzie Q	1217	
Julie Anne	Fossi	F	Mighty Cow 16.2	Julie		
Noah	Foster	M	Half Marathon	Nomie		No
Victoria	Foster	F	Half Marathon	Tory		Yes
Paul	Fotovat	M	Half Marathon	PAUL		No
Cassi	Fowler	F	Half Marathon	Cassi		No
Michelle	Foye	F	7 Mile Race	Foye		
James	Francis	M	7 Mile Race	JBF	899	
Bryan	Frank	M	Mighty Cow 16.2	Bryan		
Danielle	Frank	F	Half Marathon	Danielle	319	No
Camille	Fremed	F	7 Mile Race	Camille		
Jessica	Fresconi	F	Half Marathon	Jessica		Yes
Jacob	Friedman	M	Piglet Prance	Cubby Bear		
Carrie	Friend	F	Half Marathon	CARRIE		Yes
Thomas	Friis	M	Half Marathon	Friis		No
Matthew	Frisenda	M	Half Marathon	Matt		No
Carolyn	Frzop	F	7 Mile Race	Carolyn		
Carolyn	Frzop	F	Half Marathon	Carolyn		Yes
Meghan	Gabriel	F	Half Marathon	Meg	218	
Ken	Gaglione	M	7 Mile Race	Ken	1099	
Patricia	Gaglione	F	7 Mile Race	Pat		
John P.	Gaine	M	Half Marathon	John		No
Fran	Gallagher	M	Half Marathon	Fran the man		No
Lisa	Gallagher	F	Half Marathon	Lisa		No
Eric	Gamari	M	Mighty Cow 16.2	Gmar		
Linda	Gance	F	Mighty Cow 10.1	LINDA	1330	No
Andrew	Garcia	M	Half Marathon	Andy		No
Todd	Gardner	M	7 Mile Race	TODD		
Tehri	Gasparrini	F	Half Marathon	Tehri	203	No
Deanna	Gaudreau	F	Half Marathon	Deanna		No
Alice	Gault	F	Piglet Prance	Alice		
Cheryl	Gault	F	Half Marathon	CG		No

Douglas	Gault	M	Half Marathon	DG	45	No
Harrison	Gault	M	Piglet Prance	Harry		
Sharon	Gawe	F	7 Mile Race	Sharon	814	
Grace	Gaynor	F	7 Mile Race	Grace		
Tanya	Gaynor	F	7 Mile Race	Tanya		
Barbara	Geary	F	7 Mile Race	Barb		
Sarah	Geary	F	Mighty Cow 10.1	Sarah	1309	No
Michele	Geier	F	Mighty Cow 10.1	Michele		No
Amelie	Gerbracht	F	Piglet Prance	Amelie		
Patrick	Gerbracht	M	Piglet Prance	Boomer		
Patrick	Gerbracht	M	7 Mile Race	Boomer		
DAN	GERMAIN	M	Half Marathon	Dan	240	No
Michael	Gerwien	M	Mighty Cow 16.2	Michael		
Debra	Giannelli	F	7 Mile Race	Deb		
Lorraine	Giantonio	F	Mighty Cow 16.2	Lorraine		
John	Gibbons	M	7 Mile Race	John		
Alexander	Gibson	M	Piglet Prance	Alex	1416	
Jessica	Gibson	F	Half Marathon	Jess	418	No
Julia	Gibson	F	Mighty Cow 16.2	J	1176	
Nicholas	Gibson	M	Piglet Prance	Nick	1417	
Stacey	Gifford	F	Half Marathon	Stacey	629	No
Mark	Gilliam	M	7 Mile Race	Mark		
Maureen	Gillis	F	7 Mile Race	Maureen		
Zelipha	Gitari	F	Mighty Cow 16.2	MamaKimbria		
Gena	Givens	F	Mighty Cow 16.2	RunDr.G		
Amanda	Glendinning	F	Half Marathon	Amanda	116	Yes
Alexis	Gmelin	F	Piglet Prance	Alexis		
Brianna	Gmelin	F	Piglet Prance	Brianna		
Elizabeth	Gmelin	F	Half Marathon	Elizabeth	143	No
Jameson	Gmelin	M	Piglet Prance	Jameson		
Kimberly	Gmelin	F	Piglet Prance	Kimberly		
Steven	Gmelin	M	7 Mile Race	Steven		
Paul	Golaszewski	M	7 Mile Race	Paul		
Ellen	Golden	F	Half Marathon	Ellen	422	No
Eric	Goldman	M	Mighty Cow 10.1	Papa Bear		No
Irve	Goldman	M	7 Mile Race	Irve		
Lisa	Goldstein	F	7 Mile Race	Lisa		
David	Goldwerd	M	Mighty Cow 10.1	David	1289	No
Craig	Goodrow	M	7 Mile Race	Craig		
Sharon	Goodwin	F	7 Mile Race	Sha Sha		
Amy	Goralnick	F	Half Marathon	Amy		Yes
Lyndsey	Gore	F	7 Mile Race	Lyndsey		
Lyndsey	Gore	F	Half Marathon	Lyndsey		No
Davis	Gottschalk	M	Piglet Prance	Davis	1497	
Kiley	Gottschalk	F	Half Marathon	Kiley	34	No
Sawyer	Gottschalk	F	Piglet Prance	Sawyer		
Bruce	Goulart	M	Mighty Cow 16.2	Bruce		Yes

Kathleen	Granger	F	Half Marathon	Kathleen		No
Mac	Granger	M	Half Marathon	Mac		No
Dwight	Grant	M	Mighty Cow 16.2	Dwight	1249	
Kaylee	Grant	F	Half Marathon	Kaylee		No
Scott	Grant	M	Mighty Cow 10.1	Scott		No
Stuart	Green	M	7 Mile Race	Stumanchu		
Carol	Greene	F	Half Marathon	Carol	119	Yes
Joy	Greenstein	F	Half Marathon	Joy	40	No
George	Grenier	M	Mighty Cow 16.2	Double Gee		
Jamie	Grennan	F	Mighty Cow 16.2	Jamie		
Jacob	Grice	M	Half Marathon	Jacob		No
Katie	Grigg	F	7 Mile Race	Katie Rose	827	
Rick	Grossbard	M	Half Marathon	Rick		Yes
SJ	Guillaume	F	Half Marathon	SJ		No
Priya	Gumkowski	F	Mighty Cow 10.1	Priya		No
Douglas	Gunsolley	M	Half Marathon	Doug G		No
Kerry	Hackert	F	7 Mile Race	Hack		
Oakley	Hackert	F	Piglet Prance	Oakley		
Lisa	Haden	F	7 Mile Race	Lisa		
Courtney	Haedke	F	Half Marathon	Courtney	74	Yes
Ali	Haffner	F	7 Mile Race	Ali		
Carrie	Hall	F	Half Marathon	Carrie		No
Jeanne	Halloran	F	Half Marathon	Jeanne		No
David	Hambleton	M	7 Mile Race	Farmer Dave		
Maggie	Hamill	F	Mighty Cow 10.1	Mags	1312	No
Sean	Hamill	M	Mighty Cow 10.1	CrazyLegs		No
Michael	Hammond	M	Half Marathon	Michael		No
Sarah	Hammond	F	Half Marathon	Sarah		Yes
crystal	Hancock	F	Half Marathon	Crytsal		No
David	Hansen	M	Half Marathon	Dave	335	No
Chelsea	Hanson	F	Mighty Cow 16.2	Chelsea	1236	
Donna	Hanson	F	Mighty Cow 10.1	Donna	1344	No
Anita	Hariton	F	Mighty Cow 10.1	Neets	1300	No
Will	Hauser	M	Half Marathon	Marzano		No
Katherine	Havard	F	7 Mile Race	Kathy	818	
Quinn	Havard	M	7 Mile Race	Quinn		
Thomas	Havard	M	7 Mile Race	Thomas		
Kimberly	Hawks	F	7 Mile Race	Kim		
Denise	Hayes	F	7 Mile Race	Denise		
Diane	Hayes	F	Half Marathon	Diane		No
Sean	Hayes	M	7 Mile Race	Sean	1029	
Tom	Hayes	M	Half Marathon	TOM	81	No
Tom	Hazzard	M	Half Marathon	Hazzard		No
Anne	Healy	F	7 Mile Race	Anne		
Annie	Heck	F	Half Marathon	Annie	228	No
Ralf	Hennig	M	Half Marathon	Ralf		Yes
Brayden	Henry	M	Half Marathon	BRAYDEN	78	No

Therese	Herrero	F	Half Marathon	Twubs		Yes
Rick	Heyman	M	Half Marathon	Rick		No
Cathleen	Hinsch	F	Mighty Cow 10.1	Cathleen		Yes
Paul	Hirsch	M	7 Mile Race	Paul		
Kristen	Hoban	F	7 Mile Race	Kristen		
Ainsley	Hoemann	F	7 Mile Race	Boo		
Alden	Hoemann	M	Piglet Prance	Alden		
Anders	Hoemann	M	7 Mile Race	Buddy		
Andrew	Hoemann	M	Mighty Cow 16.2	Andy		
Asher	Hoemann	M	Piglet Prance	Ashie		
Ana	Hofmann	F	7 Mile Race	Ana		
Megan	Holbert	F	Half Marathon	Kate&Jules	525	Yes
Amber	Holder	F	7 Mile Race	Amber	915	
Troy	Holder	M	Half Marathon	Troy	625	Yes
Griffin	Hollis	M	7 Mile Race	Griffin	1080	
MATTHEW	HOLLIS	M	7 Mile Race	Matt	910	
Adrienne	Holmes	F	Mighty Cow 16.2	Adrienne		No
Jason	Holmes	M	Half Marathon	Jason		No
Scott	Holmes	M	Half Marathon	Scott	57	No
Jonathan	Hopkins	M	Half Marathon	JHOP		No
Leslie	Horowitz	F	7 Mile Race	Leslie		
Lauren	Houlihan	F	7 Mile Race	Lauren	1020	
Erik	Hovdestad	M	Half Marathon	Erik		No
Jason	Howard	M	Half Marathon	Bumpa		No
Carolyn	Howell	F	Half Marathon	Carolyn		No
Mandy	Howell McDonnell	F	Half Marathon	Mandy	123	No
Cory	Hudak	M	Mighty Cow 16.2	Cory		
Sara	Hughes	F	Half Marathon	SARAH		Yes
Shannon	Hughes	F	7 Mile Race	Honeybunz		
Armando	Huitron	M	7 Mile Race	PapÃ¡j	1005	
Martha	Huitron	F	7 Mile Race	MamÃ¡j	950	
Sebastian	Huitron	M	7 Mile Race	Sebastian	890	
Martha	Huitron Huitron	F	7 Mile Race	Marthis		
Bill	Hunter	M	Half Marathon	Willdog	4	No
Sarah	Huntington	F	Mighty Cow 10.1	SARAH		No
Becky	Hurta	F	Mighty Cow 10.1	Becky		No
Donnie	Hurta	M	Piglet Prance	Donnie	1499	
Amelia	Hynes	F	Half Marathon	Amelia		No
Stacy	Hynes	F	Half Marathon	Stacy		No
Melissa	Iacovacci	F	Mighty Cow 10.1	Melissa		No
Larry	Ikard	M	Half Marathon	Crazy Larry		No
Katya	Ilina	F	Half Marathon	Katya		No
Filippo	Imperiali	M	Half Marathon	FILO		
Karen	Iveson	F	Half Marathon	Karen		No
Eryn	Ivey	F	Half Marathon	Eryn		No
Lauren	Jacobi	F	7 Mile Race	Citizen Mango		
AILENE	Janeczek	F	Half Marathon	Leeners		No

Bill	Jankowski	M	Half Marathon	Bill	No
Theresa	Jankowski	F	7 Mile Race	Theresa	
Renee	Janso	F	7 Mile Race	Renee	
Dawn	Jenci	F	Mighty Cow 16.2	Toots	1215
Dave	Jenkins	M	7 Mile Race	Dave	
Gretchen	Johnson	F	Mighty Cow 16.2	Gretchen	No
Kristin	Johnson	F	7 Mile Race	KRISTIN	1028
Lindsey	Johnston	F	7 Mile Race	Lindsey	
rosemary	Jones	F	Half Marathon	Rojo	Yes
Anca	Jordan	F	Piglet Prance	ANCA	
Anca	Jordan	F	7 Mile Race	ANCA	
Anca V.	Jordan	F	Piglet Prance	ANCA V.	
Anca V.	Jordan	F	7 Mile Race	ANCA V.	
Mary A.	Jordan	F	Piglet Prance	MARY A.	
Mary A.	Jordan	F	7 Mile Race	MARY A.	
Owen	Jordan	M	7 Mile Race	Owen	
Russel	Joseph	M	Mighty Cow 16.2	RusJos	1179
Frank	Jozefick	M	Half Marathon	Big Frank""	No
Theresa	Kaeser	F	Mighty Cow 16.2	Dr TK	
Lee	Kalivas	M	Half Marathon	Lee	No
Greg	Kalt	M	Half Marathon	Greg	Yes
Rebecca	Kaplan	F	7 Mile Race	Besito	
Steven	Kaplan	M	7 Mile Race	Esteban	
Robert	Karim	M	7 Mile Race	Rob	
Jessica	Katuska	F	Half Marathon	Jess	630 No
Laura	Katuska	F	Half Marathon	Laura	97 No
Christine	Kauczka	F	7 Mile Race	Christine	
Oliver	Kaufman	M	7 Mile Race	Oliver	866
Joseph	Kearns	M	7 Mile Race	Joe	842
Patricia	Keim	F	7 Mile Race	PK	
Daniel	Kelleher	M	7 Mile Race	Dan	
Erin	Keller	F	7 Mile Race	Erin	
Katherine	Kellerhals	F	Half Marathon	Kate	No
Abigail	Kelley	F	Piglet Prance	Abigail Ann	
Ben	Kelley	M	7 Mile Race	Ben	
Isabella	Kelley	F	Piglet Prance	Isabella Nancy	
Nancy	Kelley	F	7 Mile Race	Nancy	
Olivia	Kelley	F	Piglet Prance	Olivia Grace	
Allison	Kelm	F	7 Mile Race	Allisonk	
Thomas	Kelm	M	7 Mile Race	Tom	
Ruth	Kenneth	F	7 Mile Race	Ruth	
Paul	Kevins	M	Half Marathon	Paul	595 No
Smith	Kidkarndee	M	Mighty Cow 10.1	Smith	1283 No
Jason	Kim	M	7 Mile Race	Jason	
Pamela	Kim	F	7 Mile Race	Pam	
Bruce	Kimmel	M	Half Marathon	Bruce	No
Ashton	King	F	Piglet Prance	Ashton	

Christopher	King	M	Mighty Cow 16.2	Chris		
Martine	King	F	Half Marathon	Martine	12	No
Thomas	King	M	Piglet Prance	Thomas	1498	
Drew	Kingman	M	Half Marathon	Drewbie	271	Yes
Greg	Klimaytis	M	Half Marathon	Shut Up Legs	666	No
sally	kniffin	F	Half Marathon	sally		No
Kimberly	Knispel	F	Half Marathon	Kim		No
Trisha	Kokas	F	7 Mile Race	Trish	848	
Melanie	Kolek	F	7 Mile Race	Melanie	824	
Joe	Kolok	M	Mighty Cow 10.1	JOE		No
Joseph	Kolok	M	Mighty Cow 16.2	Kolok		
Amanda	Korner	F	Half Marathon	Amanda	9	No
Dawne	Kornhaas	F	Half Marathon	Dawne	500	Yes
Cathy	Kost	F	Half Marathon	Cathy		Yes
Katie	Kost	F	Half Marathon	Katie		Yes
Piotr	Kostyk	M	Mighty Cow 16.2	Kostyk		
Hillary	Koyner	F	Mighty Cow 16.2	Hillary	1199	
Paul	Kramer	M	7 Mile Race	Kramer		
Katherine	Krasney	F	Half Marathon	KATHY!		No
Sheilah	Krasnickas	F	Half Marathon	Sheilah		No
Mark	Kratter	M	Mighty Cow 16.2	MARK		
Sara	Krauss	F	7 Mile Race	SARA*		
Frank	Krease	M	7 Mile Race	Frank the tank		
Nicole	Krease	F	Half Marathon	Nicole two fists krease		Yes
Molly	Kreitz	F	7 Mile Race	Kreitz		
Peter	Kristin	M	Half Marathon	Peter		No
Sona	Kristinova	F	7 Mile Race	Sona		
Stephanie	Kuhn	F	Half Marathon	Stephanie		No
Kate	Kumar	F	Piglet Prance	Kate	1400	
Madhu	Kumar	M	7 Mile Race	Mad Dog	999	
Mary Ellen	Kunz	F	7 Mile Race	Mary Ellen	888	
Amy	Kutney	F	7 Mile Race	Amy		
Chad	Kutney	M	7 Mile Race	Chad		
Michael	LaBonte	M	7 Mile Race	Michael		
Michelle	Lafiosca	F	Half Marathon	Michelle	13	No
Daniel	Lamb	M	Mighty Cow 16.2	Lambo		
Jacque	Lang	F	7 Mile Race	Jacque		
Kathy	Lang	F	Half Marathon	Kathy		No
Nicholas	Lang	M	Half Marathon	Nick		No
Scott	Lange	M	Half Marathon	Scooter		No
Lisa	Lapointe Strom	F	7 Mile Race	Lisa		
William	Larkin	M	7 Mile Race	Larkin		
Michael	Latina	M	Half Marathon	Mike	211	No
maria	lauretani	F	Half Marathon	Maria	29	No
Melissa	Lawrence	F	Mighty Cow 10.1	Melissa		No
Cathy	Laydon	F	Mighty Cow 10.1	CATHY	1323	No
Elizabeth	Leaderman	F	7 Mile Race	Liz		

Brandy	LeClair	F	Half Marathon	LeClair	130	Yes
Kristen	LeCompte	F	7 Mile Race	Kristen		
Tina	Lee	F	Half Marathon	Tina	20	No
Lewis	Lerman	M	Half Marathon	Lew	356	Yes
Donna	Lesch	F	Half Marathon	Donna	257	No
Jennine	Lesica	F	Half Marathon	Jennine		No
Steve	Leslie	M	Mighty Cow 16.2	Steve		
Alana	Levy	F	Half Marathon	Alana	515	No
Janet	Levy	F	7 Mile Race	Janet	811	
Ross	Levy	M	Half Marathon	Ross	126	No
Stacy	Levy	F	Mighty Cow 10.1	Stacy		No
Kevin	Lewis	M	7 Mile Race	Kevin		
Nate	Lewis	M	7 Mile Race	Nate	924	
Khalida	Liaquat	F	7 Mile Race	kalerific		
Kristy	Liesegang	F	7 Mile Race	Kristy		
Kristen	Ligouri	F	Half Marathon	Noble		No
Michelle	Liguori	F	7 Mile Race	Firm Legs	923	
Melissa	Liik	F	7 Mile Race	Melissa		
Nicholas	Lindsay-Jones	M	7 Mile Race	Dad Bod		
Maria	Lindstrom	F	Half Marathon	Maria		Yes
Jay	Lipman	M	Half Marathon	Jay		No
KOSTANTINA	LIVESAY	F	Half Marathon	DINA		Yes
Johnny	Lo	M	Mighty Cow 16.2	JLO		
Scott	Loftus	M	7 Mile Race	Scott L		
Nicole	Logue	F	Mighty Cow 16.2	Niki		
Denis	Loncto	M	7 Mile Race	Denis		
Mary Ellen	Loncto	F	Half Marathon	Mary Ellen		No
Nicole	Lopes	F	Mighty Cow 10.1	Nic		No
Nancy	Lovas	F	7 Mile Race	Nancy		
Janell	Lovig	F	Half Marathon	Janell		No
Karla	Lowry	F	7 Mile Race	Kar		
Jonathan	Lucas	M	Mighty Cow 16.2	Jon	1203	
Heather	Lufkin	F	7 Mile Race	Heather		
Jennifer	Lynn	F	7 Mile Race	Jen		
Debbie	MacCarry	F	Half Marathon	Debbie	310	No
John	Macchia	M	Half Marathon	John		No
Christine	Macken	F	Mighty Cow 10.1	Chrissy	1277	No
Mary	MacKessy	F	7 Mile Race	Mary		
Amy	MacQueen	F	Half Marathon	Amy	73	No
Kaitlin	Maguire	F	Mighty Cow 16.2	K2		
Lisa	Mahon	F	7 Mile Race	lisa	1009	
Marge	Maida	F	7 Mile Race	Marge		
Michelle	Maillet	F	Half Marathon	Michelle		Yes
Debra	Majeske	F	Half Marathon	Debbie	72	Yes
Susan	Malandra	F	Half Marathon	Susan		Yes
Kate	Maldonado	F	Half Marathon	Kate		Yes
Tashua	Malino	F	7 Mile Race	Tash		

Danny	Mallozzi	M	Half Marathon	Danny	61	No
Dawn	Malone	F	Half Marathon	Dawn		No
Steve	Maloy	M	7 Mile Race	Steve		
Neil	Mandel	M	Half Marathon	Neil		No
Dianna	Manger	F	7 Mile Race	Dianna	1002	
justina	mann	F	7 Mile Race	Justina	1053	
Amy	Mannion	F	Mighty Cow 10.1	Go Amy!		No
Rachel	Marazzi	F	7 Mile Race	Rachel		
Scott	Marcum	M	7 Mile Race	Scott	1021	
Brad	Marcus	M	Half Marathon	Brad		No
Heidi	Marcus	F	Mighty Cow 10.1	Heidi		No
Anthony	Marino	M	7 Mile Race	Anthony		
Rachel	Marino	F	7 Mile Race	Rachel		
Edward	Marquez	M	7 Mile Race	Ed		
Chris	Martin	M	Half Marathon	Chris		No
Diane	Martin	F	7 Mile Race	Diane		
Karen	Martin	F	Mighty Cow 16.2	Karen		
Katie	Martin	F	7 Mile Race	Katie		
Hilary	Martwinski-Nardozzi	F	Half Marathon	Moo-Milan	220	Yes
Stacey	Martwinski-Nardozzi	F	Half Marathon	Moo-Olive	419	Yes
Julie	Marty	F	Half Marathon	Julie	86	Yes
Amanda	Massett	F	Half Marathon	Amanda		No
Maria lucia	Mathias	F	Half Marathon	Beast	83	No
Brian	Mattiello	M	Mighty Cow 16.2	Brian-Wideload		
Erica	Mauro	F	7 Mile Race	Erica	957	
DOUG	MAXWELL	M	Half Marathon	Doug		No
Mike	May	M	Half Marathon	Maydog	52	No
Michele	Mazabras	F	7 Mile Race	Maz		
Lisa	Mazinski	F	7 Mile Race	Lazy Blonde		
Bill	McBrayer	M	Half Marathon	Bill McB	53	No
Glenn	McCabe	M	Half Marathon	Glenn		No
Deirdre	Mccaffrey	F	Half Marathon	Deirdre		Yes
Chris	McCann	M	Mighty Cow 16.2	Chris		
Bill	McCarthy	M	7 Mile Race	Bill		
Lisa	McDaniel	F	Half Marathon	Lisa		Yes
Kathy	McDonald	F	7 Mile Race	Kathy		
Laura S	McDonnell	F	Mighty Cow 10.1	Laura		No
Stephen	McDonnell	M	Half Marathon	Steve		No
Desmond	McGoey	M	Mighty Cow 16.2	Desmond		
Lynda	McGoey	F	Mighty Cow 10.1	Lynda		Yes
Bethann	McGrath	F	7 Mile Race	Bethann		
Maureen	McGrath	F	Half Marathon	Maureen		No
Kathy	McGroddy-Goetz	F	7 Mile Race	Kathy	807	
Tiffany	McGuire	F	Mighty Cow 16.2	The Fast Gorilla	1222	
Joseph	McHale	M	7 Mile Race	Joe		

Keri	McKay	F	Half Marathon	Keri	311	No
Nicole	McKay	F	Mighty Cow 10.1	Nicole		No
Rich	McKay	M	Piglet Prance	Rich		
Rich	McKay	M	Half Marathon	Rich		Yes
Stephanie	Mckenna	F	Half Marathon	Stephanie		No
Timothea	McLaughlin	F	Mighty Cow 10.1	Timmy		No
Timothy	McLaughlin	M	Half Marathon	Timbo	23	Yes
Katie	McMorrow	F	Mighty Cow 10.1	Katie		No
David	McNamara	M	Mighty Cow 16.2	Snowdolfin	1177	
Peter	McNeil	M	7 Mile Race	Peter		
Michelle	McNulty	F	Half Marathon	Michelle		No
MJ	McNulty	M	7 Mile Race	Hot Stuff		
Irene	McStay	F	7 Mile Race	Irene		
Scott	McStay	M	7 Mile Race	Scott	917	
Sue	Meadows	F	Mighty Cow 10.1	Ivy Meadows	1333	No
Maureen	Mehner	F	Mighty Cow 10.1	Mo-mo		No
Sean	Mehner	M	Half Marathon	Sean	314	No
Kristen	Mellitt	F	7 Mile Race	Kristen	1043	
Cindy	Merdece	F	Mighty Cow 10.1	SLASH		No
Nicole	Merlo-White	F	7 Mile Race	Nicole		
Ken	Merrick	M	Mighty Cow 16.2	Ken		
Jerry	Meshell	M	7 Mile Race	Jerry		
Jenna	Mesigian	F	7 Mile Race	Jenna		
Thomas	Metz	M	Piglet Prance	Thomas		
Doc	Meyer	M	Half Marathon	Doc		Yes
greg	meyer	M	Half Marathon	Bagelman		No
Kimberley	Meyer	F	Mighty Cow 10.1	Kimberley	1301	No
sue	meyer	F	7 Mile Race	sue		
Jessica	Miccio	F	7 Mile Race	MICCIO	1026	
Benjamin	Mickulas	M	Piglet Prance	Ben		
Mark	Mierzejewski	M	Mighty Cow 16.2	Mark Mierzejewski		
Cathy	Migliaccio	F	Half Marathon	Cathy		No
Megan	Milano	F	Half Marathon	Meg	527	No
Brian	Millburne	M	Mighty Cow 16.2	Brian		
Anne	Milot	F	7 Mile Race	Anne		
JP	Milot	M	Half Marathon	JP		No
Raymond	Milot	M	Half Marathon	Raymond		No
Andrea	Mindell	F	7 Mile Race	Andrea	1111	
Jeremy	Miner	M	Half Marathon	JerBear	191	No
John	Minervino	M	Mighty Cow 16.2	John		
Amy	Mischchenko	F	7 Mile Race	Amy K	1069	
Mark	Mischchenko	M	Half Marathon	MARK	69	No
Claire	Moffatt	F	7 Mile Race	Claire		
Delaney	Mohl	F	7 Mile Race	Delaney		
Fiona	Mohl	F	7 Mile Race	Fiona	809	
Tara	Mohl	F	7 Mile Race	Tara	972	
Rebecca	Mollica	F	Mighty Cow 10.1	Becca		No

Kelly	Molloy	F	7 Mile Race	Kelly		
Sophie	Mond	F	Half Marathon	Sophie	No	
Robert	Monro	M	Half Marathon	Bob	Yes	
Tracy	Montoya	M	Mighty Cow 16.2	Mad Max		
Caitlin	Moore	F	7 Mile Race	Caitlin		
Chris	Moore	M	7 Mile Race	Chris		
Douglas	Moore	M	7 Mile Race	Douglas		
Jonathan	Moore	M	7 Mile Race	LunchBox		
Lisa	Moore	F	7 Mile Race	FatCat		
Michael	Moore	M	7 Mile Race	Mike		
Charles	Morales-Thomason	M	Half Marathon	Mo-T	No	
Melisa	Moreau	F	7 Mile Race	Melisa		
Monika	Moreira	F	Half Marathon	Moe	Yes	
Amanda	Morgan	F	Mighty Cow 10.1	Amanda	No	
Leah	Morgan	F	7 Mile Race	Leah Morgan		
Paul	Moriber	M	Half Marathon	Paul	No	
William	Morrissey	M	7 Mile Race	Billy		
Chrisanne	Mortensen	F	Half Marathon	Chrisanne	37	No
Steve	Mortinger	M	Half Marathon	Steve		No
Cindy	Moser	F	7 Mile Race	Cindy	969	
Andrew	Mound	M	Half Marathon	Andrew		Yes
Katie	Mound	F	7 Mile Race	Katie		
Barbara	Mueller-Marquez	F	7 Mile Race	Barb		
Chris	Mulcahy	M	7 Mile Race	Chris		
David	Mulcahy	M	7 Mile Race	Mul		
Kevin	Mulcahy	M	7 Mile Race	Kevin		
John	Mullaney	M	Half Marathon	John		No
Annette	Muller	F	7 Mile Race	Annette		
John	Muller	M	Half Marathon	John		No
Victoria	Mulligan	F	Half Marathon	Vickie		No
Gretchen	Mullin	F	Half Marathon	Gretchen	5	No
Beth	Munnelly	F	7 Mile Race	Beth		
Michael	Murphy	M	7 Mile Race	Mike		
Henry	Namiot	M	Half Marathon	Henry	336	Yes
Keith	Namiot	M	Half Marathon	Keith		Yes
Kate	Napolitano	F	Half Marathon	Kate	139	No
Steve	Napolitano	M	Half Marathon	Steve	134	No
Tim	Napolitano	M	Half Marathon	Tim	411	Yes
Marijane	Nasta	F	7 Mile Race	Marijane	819	
Paul	Nasta	M	Half Marathon	Nasta	631	No
Daniel	Navaresse	M	Half Marathon	Daniel		No
Jennifer	Neeb	F	7 Mile Race	Jenn		
Lisa	Neesemann	F	Mighty Cow 16.2	Lisa		
Fernanda	Neisse Sudbrack	F	7 Mile Race	Fernanda		
Rob	Neville	M	7 Mile Race	Rob		
Megan	Newhouse	F	Half Marathon	Megan		Yes

Shawna	Nickerson	F	Half Marathon	Shawna		No
Zach	Nordstrom	M	Mighty Cow 16.2	Zach		
Oliver	North	M	Half Marathon	Oliie	113	No
Bob	Oakes	M	Half Marathon	Bob	60	No
Cory	O'Connell	F	Half Marathon	O'Connell		No
Daniel	O'Connell	M	7 Mile Race	Dan		
Jean	O'Connor	F	7 Mile Race	JEAN		
Brian	ODay	M	Half Marathon	Brian	408	Yes
Kelley	ODay	F	Half Marathon	Kelley O		No
Nikki	O'Hara	F	Half Marathon	Nikki		No
Erik	Olsen	M	7 Mile Race	Erik		
Jeffrey	Olsen	M	Mighty Cow 16.2	JEFFREY		
Stacey	Olsen	F	7 Mile Race	Red Runner		
Naomi	Orocu	F	Half Marathon	Omi		No
John	Ortegon	M	Half Marathon	John		No
Stephanie	Ortegon	F	7 Mile Race	Stephanie		
Heather	Ostman	F	Mighty Cow 16.2	Heather		
Josh	Ott	M	Half Marathon	Ott		Yes
Lizzy	Ott	F	Half Marathon	Lizzy		Yes
Diane	Owens	F	Mighty Cow 10.1	DJ	1319	No
Bruna	Paca	F	Half Marathon	Bruni		Yes
Susan	Pagan	F	Half Marathon	Susan	7	No
Juliet	Pagano	F	Piglet Prance	Juliet		
Lillianna	Pagano	F	Piglet Prance	Lillianna Jo Jo Siwa		
Daniel	Pais	M	7 Mile Race	Danny		
Holly	Pais	F	7 Mile Race	Holly	812	
Helene	Paladini	F	7 Mile Race	Helene		
Robert	Paladini	M	7 Mile Race	Bobby		
Gina	Palmieri	F	7 Mile Race	Gina		
Bonnie	Palumbo	F	Half Marathon	Bonnie	347	No
Katherine	Panageas	F	7 Mile Race	Kathy		
Marina	Pandolfi	F	Mighty Cow 10.1	Marina		No
Isabella	Paniccia	F	7 Mile Race	Isabella		
Sebastian	Paniccia	M	Piglet Prance	Sebastian		
Heather	Park	F	Mighty Cow 10.1	Heather		No
Elizabeth	Parker	F	Half Marathon	Beth		Yes
Jenifer	Parker	F	Half Marathon	Jenifer		No
Kathleen	Parker	F	Half Marathon	Kathleen	33	No
Tracy	Parkin	F	Half Marathon	Tracy		No
Matt	Parnell	M	Half Marathon	Matt	388	No
Karina	Parr	F	Mighty Cow 10.1	Karina		No
Kristin	Partenza	F	Half Marathon	Kristin	112	No
Christie	Pascavis	F	Mighty Cow 16.2	Christie		
Travis	Pascavis	M	Mighty Cow 16.2	Travis		
Erin	Patts	F	7 Mile Race	Erin		
James	Patts	M	Half Marathon	James		No
Amanda	Paull	F	7 Mile Race	Amanda	1010	

Andrew	Paulson	M	Half Marathon	Andy		No
Jessie	Paulson	F	Half Marathon	Jessie		No
Betsy	Pelikan	F	Half Marathon	Betsy		No
Karl	Pelikan	M	Half Marathon	KPEL	24	No
Melisa	Pelikan	F	Half Marathon	MPEL	587	No
Julia	Pemberton	F	Half Marathon	Julia		Yes
Hannah	Pennington	F	Half Marathon	Hannah	235	No
Danielle	Pensa	F	7 Mile Race	Danielle		
Stacie	Perachi	F	Mighty Cow 10.1	Stacie		No
Frank	Perez	M	Half Marathon	Frank		No
Diane	Perillo	F	7 Mile Race	Diane		
Gary	Perillo	M	7 Mile Race	Gary		
Tammy	Perrotta	F	Half Marathon	Tammy	333	No
Kathleen	Pesce	F	7 Mile Race	Kathy		
Brock	Peters	M	7 Mile Race	Brock		
Dalton	Peters	M	7 Mile Race	Dalton		
Elias	PETERSEN	M	7 Mile Race	Eli	922	
Kathleen	Petersen	F	7 Mile Race	Kate	921	
Ed	Peterson	M	7 Mile Race	Ed		
Lindsay	Peterson	F	7 Mile Race	Lindsay		
Angela	Petitti	F	7 Mile Race	Angie		
Lyndsi	Petitti	F	7 Mile Race	Lyndsi		
Ken	Peto	M	Half Marathon	KP		Yes
Lucy	Peto	F	7 Mile Race	lucy		
Kim	Petruska	F	7 Mile Race	Dizzykim	832	
Al	Phillips	M	Half Marathon	President Al		No
April	Phillips	F	Half Marathon	April	403	Yes
Amy	Photopoulos	F	Mighty Cow 16.2	Candy Ma��am		
Corinne	Pidel	F	Piglet Prance	Corinne		
Emma	Pidel	F	Piglet Prance	Emma		
Madeleine	Pidel	F	7 Mile Race	Maddy		
Andrea	Pieri	F	Half Marathon	Andrea		Yes
coco	pierrel	F	Half Marathon	COCO	77	No
francis	pierrel	M	Half Marathon	FRANCIS	550	No
Jennifer	Pignone	F	Half Marathon	Jen		No
Gregory	Pinchbeck	M	Piglet Prance	Gregory		
Lauren	Pinchbeck	F	Half Marathon	Lauren		No
Geraldine	Pires	F	Half Marathon	Geraldine	619	No
Anna	Pizzo	F	7 Mile Race	Pizzo		
Erin	Plati	F	Half Marathon	Profesora P		No
Jennifer	Platow	F	Half Marathon	Jenny		Yes
Lisa	Pleban	F	Half Marathon	Plebes	518	No
Elizabeth	Plotnik	F	Half Marathon	Ela		Yes
Cristian	Pojano	M	Half Marathon	Cristian	545	No
Bonnie	Pope	F	Half Marathon	Bonnie		No
Heidi	Pope	F	7 Mile Race	Heidi		
Jennifer	Pope	F	Mighty Cow 16.2	Jen		

Julie	Porter	F	7 Mile Race	Julie		
Russ	Porter	M	Mighty Cow 16.2	Russ	1200	
Nadezda	Potemkina	F	7 Mile Race	Nadya		
Deborah	Povinelli	F	Half Marathon	Deb		No
Michael	Pozika	M	Half Marathon	POZ	571	No
Alison	Pratt	F	7 Mile Race	Alison		
karen	pray	F	7 Mile Race	Karen		
Jordan	Pray b	F	7 Mile Race	Borgu		
Carrie	Preisano	F	7 Mile Race	CP		
Russell	Pribanic	M	7 Mile Race	Russ		
Elisabeth	Priest	F	Half Marathon	Betsy	415	No
Mary	Principe	F	Half Marathon	Mary	324	Yes
Dawn	Prisco	F	Half Marathon	Dawnie		No
Cecilia	Probst	F	Half Marathon	Cece		No
Matt	Pulse	M	Mighty Cow 16.2	Rudie	1201	
Michelle	Puskar	F	7 Mile Race	Michelle		
Jean	Quantaince	F	Mighty Cow 16.2	Dr Q		
Catherine	Racz	F	Mighty Cow 16.2	Cathy		No
April	Rademacher	F	7 Mile Race	April		
Brian	Rafferty	M	Half Marathon	Brian		No
Renee	Rafferty	F	Half Marathon	Renee		No
Sarah	Rajan	F	Half Marathon	Sarah		No
Andy	Rameush	M	Half Marathon	Andy		No
Jessica	Ramos	F	Mighty Cow 16.2	JESSICA	1219	
Tim	Rappoccio	M	Half Marathon	Coach Tim		No
Dan	Readyoff	M	Half Marathon	Dan		No
Carolyn	Reed	F	7 Mile Race	Carolyn	1000	
John	Reed	M	Half Marathon	John	26	No
Liz	Reed-Swale	F	Mighty Cow 10.1	Liz		No
Mary	Regalbuto	F	Mighty Cow 16.2	Mary	1242	
Suzanne	Remington-fox	F	7 Mile Race	Suzanne		
Kevin	Remson	M	Mighty Cow 16.2	Kevin	1223	
Nick	Ricciardelli	M	7 Mile Race	Nick		
Stephanie	Rich	F	7 Mile Race	Stephanie		
Renada	Rickevicius	F	Half Marathon	Renada	612	Yes
Steve	Riley	M	Mighty Cow 16.2	Steve		
Jennifer	Ripa-Edson	F	Half Marathon	Jennifer	207	Yes
Greg	Ritzinger	M	Half Marathon	Greg		No
Meri	Robert	F	Mighty Cow 10.1	Meri		Yes
Wendy	Robertson	F	Half Marathon	WENDY		No
Jennifer	Robinson	F	Half Marathon	Jenn	390	Yes
Maggie	Robinson	F	7 Mile Race	Maggie	850	
Katie	Robison	F	Half Marathon	Katie		No
Eugene	Roche	M	Half Marathon	Eug	505	Yes
Jody	Rockwood	F	Half Marathon	Jody		Yes
Makayla	Rockwood	F	Piglet Prance	Makayla		
Tina	Roese	F	Mighty Cow 16.2	Teenie		

Karen	Romandi	F	Mighty Cow 10.1	Karen	No
Jesse	Rosenbaum	M	Mighty Cow 16.2	Jesse	
Marty	Rosenbaum	M	7 Mile Race	Marty	
Paul	Rosenberg	M	Mighty Cow 16.2	Rosenberg	
Lee	Rothert	F	Mighty Cow 10.1	Lee	No
Adam	Rothman	M	Mighty Cow 16.2	Adam	1175
Ryan	Rothman	M	Mighty Cow 16.2	Hurricane Isabel	1209
Mia	Roudenis	F	Piglet Prance	Mia	
Ryan	Roudenis	M	Mighty Cow 10.1	Ryan	No
David	Rovere	M	Mighty Cow 10.1	David	No
Jonathan	Rowe	M	Half Marathon	Jonathan	No
Nancy	Rowe	F	7 Mile Race	Nancy	
LuAnne	Roy	F	Half Marathon	LuLu	217
Mary	Rubini	F	7 Mile Race	Mary	
ERICA	RUGGERIO	F	Half Marathon	Erica	25
Stephanie	Ruggiero	F	7 Mile Race	Stephanie	
Janine	Russo	F	7 Mile Race	Janine	1011
Caroline	Rylals	F	Half Marathon	Caroline	Yes
Donna	Ryan	F	7 Mile Race	Big D	
Kathryn	Ryan	F	Mighty Cow 16.2	Kathryn	1204
Tara	Ryan	F	7 Mile Race	Dwight	
Pamela	Rybarczyk	F	Half Marathon	Pam	530
Mark	Ryland	M	7 Mile Race	Mark	1059
Stephany	Sabio	F	7 Mile Race	Steph	826
Chloe	Saddler	F	7 Mile Race	CBS	
Stephen	Saddler	M	Mighty Cow 10.1	Stephen	Yes
Krista	Sadlers	F	Half Marathon	Krista	555
Elizabeth	Sager	F	7 Mile Race	Palm	
Margaret	Salmore	F	7 Mile Race	Margaret	
Michael	Salmore	M	7 Mile Race	Mike	
Vinay	Sampson	M	Mighty Cow 16.2	Vinay	1225
Victoria	San Pietro	F	Mighty Cow 10.1	Victoria	No
Tara	Sanft	F	Half Marathon	Tara	541
Samantha	Santoro	F	Mighty Cow 16.2	Sam	1191
Ram	Sarma	M	Half Marathon	Ram	44
Brianna	Savoie	F	7 Mile Race	Brianna	862
Carrie	Saxonmeyer	F	Half Marathon	Carrie	No
Elli	Scarfi	F	Half Marathon	Elli Marie	173
Frank	Scarfi	M	Half Marathon	Frank	169
Kristina	Scaviola	F	7 Mile Race	Kristina	
Mike	Scaviola	M	7 Mile Race	MIKE	
Teo	Scaviola	M	Piglet Prance	Teo	
Kessa	Schaeffer	F	7 Mile Race	Kessa	887
Lily	Schaeffer	F	7 Mile Race	Lily	
Peter	Schaeffer	M	7 Mile Race	Peter	889
marybeth	schanz	F	7 Mile Race	Mary beth	1015
Laura	Schechter	F	7 Mile Race	Laura	817

Sarah	Schechter	F	7 Mile Race	Sarah	1017
Jack	Schlechtweg	M	Half Marathon	Wacko	Yes
Christine	Schmittgall	F	Mighty Cow 16.2	Chrissy	1187
Brandon	Schneider	M	Half Marathon	Brandon	43 Yes
Derek	Schneider	M	Piglet Prance	Derek	
Jennifer	Schneider	F	Half Marathon	Jenn	101 No
Logan	Schneider	M	Piglet Prance	Logan	
Louise	Schneider	F	7 Mile Race	Weasel	855
Nicole	Schreier	F	7 Mile Race	Nicole	
Kerry	Schur	F	Mighty Cow 10.1	Kerry	No
Lynn	Schuster	F	Half Marathon	Lynnie	389 No
Jeffrey	Schwartz	M	Half Marathon	Schwartz	11 No
John	Schwartz	M	Half Marathon	John	No
Marie	Schweitzer	F	Half Marathon	Marie	71 No
Sara	Scully	F	Half Marathon	Sara	No
Karen	Seelert	F	7 Mile Race	Karen	
Leah	Seftent	F	Half Marathon	Leah	3 No
Adam	Segal	M	Half Marathon	Adam	No
Jonny	Segal	M	Half Marathon	Jonny	No
Corey	Seigel	M	Half Marathon	Corey	No
Jessica	Seigel	F	7 Mile Race	Jess	
Daniel	Selander	M	Mighty Cow 10.1	Dan	1313 No
Katie	Selander	F	Mighty Cow 16.2	Katie	
Olivia	Sennett	F	7 Mile Race	Olivia	
Scott	Sennett	M	7 Mile Race	Scott	
Audrey	Serban	F	Half Marathon	AUDREY	No
Therese	Servas	F	Mighty Cow 10.1	Therese	No
Kelly	Shannon	F	7 Mile Race	Kelly	
Matthew	Shannon	M	7 Mile Race	Matt	
Andrew	Shantz	M	Mighty Cow 16.2	SHANTZY	
Brian	Sharnick	M	7 Mile Race	BriBri	
Stephanie	Shaughnessy	F	Mighty Cow 10.1	Stephanie	No
Laura	Shaw	F	Half Marathon	Z	222 No
Richard	Shaw	M	Half Marathon	Papa Bear	No
Aidan	Sheahan	M	Half Marathon	Aidan	No
Sara	Sherlock	F	Mighty Cow 16.2	SARA	
JR	Sherman	M	Half Marathon	JR	28 No
Lora	Sherman	F	7 Mile Race	Anna	
Lora	Sherman	F	7 Mile Race	Lora	
Lora	Sherman	F	Half Marathon	Anna	Yes
Lisa	Shinall	F	Half Marathon	Lisa	Yes
Jaden	Shupp	M	7 Mile Race	Jaden	
Karlen	Shupp	F	7 Mile Race	Karlen	
Pete	Shupp	M	7 Mile Race	Pete	
tyler	silverman	M	Half Marathon	tyler	No
Margo	Silvian	F	Half Marathon	Margo	No

Christine	Simon	F	Half Marathon	Chris	21	No
John	Sindel	M	Half Marathon	Jenny		Yes
Karen	Sitney	F	Half Marathon	Karen		Yes
Megan	Skell	F	7 Mile Race	Megan Skell		
Patti	Skok	F	7 Mile Race	Patti		
james	slaminko	M	7 Mile Race	Alan	1003	
Kristi	Slater	F	Mighty Cow 10.1	Kristi		No
Aidan	Slovinski	M	7 Mile Race	A-man		
Jennifer	Slovinski	F	7 Mile Race	Jen		
Keegan	Slovinski	M	Piglet Prance	Keegs	1409	
Steve	Slovinski	M	7 Mile Race	Steve	1001	
blake	smith	M	7 Mile Race	Blake		
Kathy	Smith	F	Mighty Cow 10.1	Kathy		Yes
Katrina	Smith	F	Half Marathon	Katrina		No
Kerry	Smith	M	Half Marathon	Kerry	343	No
Lorraine	Smith	F	Mighty Cow 10.1	Lorraine		No
Nicki	Smith	F	Half Marathon	Nicki	163	No
Cathy	Snopkowski	F	Half Marathon	Cathy		No
Delia	Snyder	F	Piglet Prance	D-Dog		
Eli	Snyder	M	7 Mile Race	Eli	1122	
Jason	Snyder	M	7 Mile Race	Jason	1123	
Robin	Snyder	F	7 Mile Race	Robin	1124	
Scott	Snyder	M	Half Marathon	Scott	48	No
Trent	Snyder	M	7 Mile Race	T-Bone		
Erin	Sodhi	F	Mighty Cow 16.2	Erin		
Larisa	Sorce	F	7 Mile Race	Larisa		
Luke	Sorce	M	Piglet Prance	Luke		
Sal	Sorce	M	Piglet Prance	Sal		
Jodi	Sorrells	F	Half Marathon	Jodi	16	No
Linda	Spooner	F	Mighty Cow 10.1	Linda		No
Paige	Spooner	F	7 Mile Race	Paige		
Allison	St. Germain	F	Half Marathon	Runner Chick	14	No
Christiane	Stamp	F	Mighty Cow 10.1	Christiane		No
Deb	Stankiewicz	F	7 Mile Race	Deb		
Donald	Stankus	M	Mighty Cow 16.2	Stank The Tank		
Ian	Starker	M	Half Marathon	House Stark(er)		No
Kristen	Starker	F	Half Marathon	House Stark(er)		No
Rod	Steensma	M	7 Mile Race	Rod		
Chris	Stefanski	M	Mighty Cow 10.1	Chris		No
Christopher	Steinley	M	7 Mile Race	Chris		
Grace	Steinley	F	Half Marathon	G-Racer	444	No
Kerry	Stephens	F	Half Marathon	Kerry	147	No
Joanne	Sterk	F	Half Marathon	BalleRunna	402	Yes
Aren	Sterling	M	Piglet Prance	Bread & Love		
Cameron	Sterling	M	Half Marathon	Bread & Love		No
Rebecca	Sterling	F	Half Marathon	Bread & Love		No
Suzen	Stewart	F	Half Marathon	Suzen	226	No

Tiffany	Stewart	F	7 Mile Race	Tiffany		
Kathryn	Stoker	F	Mighty Cow 10.1	Krazy K8		No
Marin	strout	F	Half Marathon	Marin	412	No
Namita	Subramanian	F	Half Marathon	Namita	601	No
Elaine	Sullivan	F	7 Mile Race	Elaine	1004	
Mark	Sundermann	M	Mighty Cow 10.1	MainelyMark		No
Patrick	Sutton	M	Half Marathon	Patrick	15	Yes
Will	Sutton	M	Half Marathon	Chef		No
Andy	Swett	M	Half Marathon	Swetty	31	No
Johnathan	Sylvia	M	Mighty Cow 10.1	John		No
Virginia	Syombathy	M	Piglet Prance	LUCAS		
Diane	Tamboia	F	7 Mile Race	Diane		
Amy	Taylor	F	Half Marathon	Amy		No
Cristina	Taylor	F	Mighty Cow 16.2	Tina		
Dana	Taylor	M	7 Mile Race	Dana	880	
Gosia	Tedawes	F	7 Mile Race	Gosia		
Barbara	Templeton	F	7 Mile Race	Barbara		
Jamie	Templeton	M	7 Mile Race	Jamie		
Donna	Tesar	F	Mighty Cow 10.1	DonnaMarie	1340	No
Vanessa	Teter	F	Mighty Cow 16.2	Teter		
Jeanne	Thomas	F	7 Mile Race	Jeanne		
Marc	Thompson	M	Half Marathon	MRT		No
Wendy	Thompson	F	Half Marathon	Mama TX		Yes
Ryan	Tolfree	M	7 Mile Race	Ryan		
Lynn	Tommasini	F	Mighty Cow 16.2	Lynn	1221	
EDUARDO	TORREALBA	M	Mighty Cow 16.2	EDUARDO	1213	
Luisa	Torres	F	Half Marathon	Luisa T.		No
Brenda	Toto	F	7 Mile Race	Brenda		
Alan	Tousignant	M	Half Marathon	GURU	593	No
Bryan	Towle	M	7 Mile Race	Bryan		
John	Tremaine	M	Half Marathon	GEAN		Yes
Karen	Tremaine	F	Half Marathon	Karen		No
Rachel	Tressy	F	Mighty Cow 10.1	Rachel		No
Jan	Triani	F	Mighty Cow 10.1	Jan	1314	No
James	Triano	M	7 Mile Race	Jim		
Maxwell	Triano	M	7 Mile Race	Max		
bonnie	triolo	F	Mighty Cow 16.2	Bonnie	1228	
Tara	Troiano	F	Half Marathon	Tara		No
Adam	Trojanowski	M	Mighty Cow 16.2	Adam		
Jeanette	Trujillo	F	Half Marathon	Jeanette		No
David	Tsang	M	Half Marathon	David		No
Lisa	Tuffy	F	Half Marathon	Tuffy		No
Kimberly A	Tully	F	Mighty Cow 16.2	Kimberly		
Kelly	Turberfield	F	7 Mile Race	Kelly		
Marsha	Turek	F	7 Mile Race	Marsha		
Suzanne	Turner	F	Mighty Cow 10.1	Suzi		No
Abby	Tuttle	F	7 Mile Race	Abby		

Katherine	Unfried	F	Mighty Cow 10.1	Katie	No
Sujatha	Unny	F	Mighty Cow 16.2	Sujatha	
Anne	Upton	F	Half Marathon	Annie	No
Tim	Urbanz	M	Mighty Cow 10.1	Tim	No
Jessica	Vaghi	F	Mighty Cow 10.1	Jessie	No
Joshua	Vaghi	M	7 Mile Race	Josh	
Theo	Vaghi	M	Piglet Prance	Theo	
Diana	Valencia	F	Mighty Cow 16.2	Diana	1240
Amanda	Valenti	F	Half Marathon	Amanda	No
Deborah	Valin	F	Half Marathon	Debby	No
Danielle	Valiquette	F	Mighty Cow 10.1	Danielle	No
Kim	Van Allsburg	F	7 Mile Race	Kim	
Ryan	Van Allsburg	M	7 Mile Race	Ryan	
Maximino	Veiga	M	Mighty Cow 16.2	Max	
john	ventura	M	Half Marathon	JV	No
Stephanie	Vernik	F	7 Mile Race	Stephanie	
Benedict	Vetter	M	Half Marathon	Benny MOO MOO	246
Gregory	Vetter	M	Mighty Cow 16.2	Mighty Greg	1234
Lori	Vickers	F	7 Mile Race	Lori	913
Deborah	Vincent	F	7 Mile Race	Glammy1	
Whitney	Vitti	F	Mighty Cow 10.1	WJV	No
Janet	Voelpert	F	Half Marathon	JAN	No
David	Vogel	M	Half Marathon	Dave	150
Julie	Vogel	F	Half Marathon	Julie	160
Christina	Vogt	F	Half Marathon	Christina	No
Edward	Vreeland	M	7 Mile Race	Eddie V	
Lisa	Wabiszczewicz	F	7 Mile Race	Lisa Wab	
Monte	Wagner	M	Half Marathon	Monte	54
Geoff	Wakeford	M	7 Mile Race	Geoff	
Emma	Wallace	F	Half Marathon	Emma	No
Tim	Wallace	M	Mighty Cow 10.1	Timmy	Yes
Jane	Walsh	F	Half Marathon	Jane	No
Ryan	Walsh	M	7 Mile Race	Ryan	
Rebecca	Wayland	F	Half Marathon	Rebecca	No
Al	Weggeman	M	Half Marathon	Al	No
Corey	Weibel	F	Half Marathon	Corey	Yes
Douglas	Weibel	M	Mighty Cow 16.2	Doug	
Michael	Weibel	M	7 Mile Race	Mike	
Zoe	Weibel	F	7 Mile Race	Zoe	
Justin	Weigold	M	7 Mile Race	Wigs	1064
Alexandra	Weingard	F	7 Mile Race	Alexandra	
Jacob	Weingard	M	7 Mile Race	Jacob	
Irene	Weinstein	F	Half Marathon	Irene	No
Kathryn	Weiss	F	Half Marathon	Kate	Yes
Nicole	Weiss	F	Half Marathon	Nicole	No
Erica	Welchman	F	Half Marathon	Erica	Yes
Erich	Wenis	M	Mighty Cow 16.2	MrMoonbeam	

Martina	Werner	F	7 Mile Race	Matja		
Frank	Whaley	M	Half Marathon	Frankie Boy	19	No
Heather	Whaley	F	Half Marathon	Heather	18	No
Jeffrey	Wheeler	M	Half Marathon	J Dub		No
Lisa	Whelan	F	7 Mile Race	Lisa		
Kristin	Whitaker	F	7 Mile Race	Kristin		
Andy	White	M	Half Marathon	Andy		No
dennis	white	M	Half Marathon	Den		No
Kathryn	White	F	7 Mile Race	Kate		
Rita	Wilker	F	Half Marathon	Rita		Yes
Alice	Wilkinson	F	Mighty Cow 16.2	Allie		No
Jake	Wilkinson	M	Half Marathon	Jake		No
Sadie	Wilkinson	F	Piglet Prance	Sadie		
Austin	Williams	M	Piglet Prance	Austin		
Elissa	Williams	F	7 Mile Race	Elissa		
Jackson	Williams	M	Piglet Prance	Jackson		
Laura	Williams	F	Mighty Cow 16.2	Laura		
Sonja	Williams	F	Half Marathon	Sonja		Yes
Teal	Williams	F	Half Marathon	Teal		No
Andrea	Williamson	F	Half Marathon	Andie		No
Melissa	Wilson	F	Half Marathon	Melissa	526	No
Melissa	Wilson	F	Mighty Cow 10.1	Melissa		No
Emily	Winter	F	Half Marathon	Emily		No
Victoria	Wish	F	Mighty Cow 10.1	Victoria		No
Shirley	Wittner	F	Half Marathon	Mamawitt	88	No
Camila	Wood	F	Half Marathon	Cam		No
Elliott	Wood	M	Half Marathon	El		No
Melissa	Wooten	F	Half Marathon	Melissa	417	Yes
Jen	Worden	F	7 Mile Race	Jen	868	
Artemis	Wright	F	Piglet Prance	Artemis		
Colin	Wright	M	Half Marathon	DUDE	605	No
David	Wright	M	Half Marathon	Dave		No
Noah	Wright	M	Piglet Prance	SonicNoah		
Kelly	Yontef	F	Mighty Cow 16.2	Kelly		
Jesse	York	M	Half Marathon	Jesse		No
Wendy	Youngblood	F	7 Mile Race	Wendy		
laura	zadrick	F	7 Mile Race	Laura		
Crystal	Zamfino	F	Mighty Cow 16.2	Crystal		
Felipe	Zarama	M	Half Marathon	FELIPE		Yes
Clare	Zecher	F	Half Marathon	Coach Clare		No
Wayne	Zimmerman	M	Half Marathon	WAYNE	427	No
Jessica	Zoz	F	7 Mile Race	Jessica		
Alex	Zuluaga	M	Piglet Prance	Alex Z		
Jennifer	Zuluaga	F	7 Mile Race	JZ03		
Westley	Zuluaga	M	Piglet Prance	Westley Z		
Evelyn	Zupan	F	Piglet Prance	Evie	1457	
Jennifer	Zupan	F	7 Mile Race	Jennifer	801	

Madeline	Zupan	F	Piglet Prance	Maddie	1456
Michelle	Zuscin	F	7 Mile Race	MichelleZ	
Jennifer	Zuza	F	7 Mile Race	Jen	
JASON	ZWEIG	M	7 Mile Race	JASON	
Kristyn	Zygmunt	F	7 Mile Race	Kristyn	



Waterfall just before mile 4 on the half course



GOT 13.1 PROBLEMS



COW PIES AINT ONE OF THEM

One of over a hundred signs on the course.

Cheers, John