



## REDDING ROAD RACE NEWSLETTER

19 Volume 5

4/24/19

## 1. GIFT REVEAL



**Phone Wallet – This goes on the back of your phone to put cards & \$ in**



A field of flowers in Redding, a couple of miles from New Pond Farm

 <p><b>New Pond Farm</b> Education Center</p>		<p><b>REDDING ROAD RACE</b></p> <p><b>"A RUN FOR THE COWS"</b></p> <p><b>HALF MARATHON</b></p> <p><b>MAY 5, 2019</b></p>
		
<p><b>FIRST NAME</b></p> <p><small>MARATHON PRINTING, INC. • 800-255-4120 • www.mplabs.com</small></p>		



REDDING ROAD RACE •  
"A RUN FOR THE COWS"  
7 MILER  
MAY 5, 2019



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REDDING ROAD RACE

"A RUN FOR THE COWS"

PIGLET PRANCE

MAY 5, 2019



FIRST NAME

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BIBS

## 2. WARMUP RUN, SATURDAY MAY 4<sup>TH</sup>

**WHERE:** From the Farm

**WHEN:** 3pm (conveniently during bag pickup)

**WITH:** The Gouchers, The Rodgers and anybody who wants to run

**DISTANCE:** 3 miles, the beginning of the races

**COST:** Free

**DESCRIPTION:** We'll take it slow, waiting for everyone at each turn

## 3. Kara Goucher Shares Why She's Leaving Roads for the Leadville Trail Marathon by Lisa Jhung, Runners World

The two-time Olympian will make the high-altitude event her trail running race debut.



All I had going for me in my attempt to keep up with Kara Goucher were the rocks. The two-time Olympian and 2:24:52 marathoner is relatively new to trail running, and on our car ride over to a trailhead in Boulder, Colorado's, Chautauqua Park, she claimed to be "terrible at it." And so, to abate my own fears of being dropped by the pro—even on a casual run—I chose a particularly rocky and technical route.

The purpose of our jaunt was to chat about Goucher's transition from road racing to trails. After a disappointing DNF because of an injured hamstring at January's Houston Marathon, the 40-year-old athlete hinted via Instagram that she wanted to take her running "in a new direction." She told Runner's World after the race, "I have my eye on a race in June, but it is not on the roads."

That goal race, she revealed to Runner's World, is the Leadville Trail Marathon on June 15. The 26.2-mile course, located roughly two hours from her home in Boulder, winds through rocky, rugged terrain and tops out at 13,185 feet in elevation. It's a far cry from the road routes Goucher is used to—and will certainly demand a different style of running.

"I'm scared of downhills, especially," she admitted on our drive to the trail. She explained that while she grew up running on trails in Duluth, Minnesota, and frequented nearby mountain trails while on the University of Colorado cross-country team, for many years she became what she calls a "surface diva."

"As I got older and more injury-prone, I did less and less [off-road] running," she said. "I was worried about stepping funny, throwing a hip out, rolling an ankle." And so she'd opt for 12 miles on a treadmill when the roads were slick with even the faintest bit of ice.

“Now I want to get back into nature a little bit more,” Goucher said. “I grew up getting lost in the forest and coming back muddy and dirty. That’s when I fell in love with running. I want to explore more.”

On the early March day we met up, we explored a route that starts on a wide, smooth incline before turning to rocky singletrack, climbing and descending through dense woods that occasionally open up to sweeping mountain views. To my dismay, a recent snowstorm has covered all the rocks, leaving us to run on packed snow. I ask her loads of questions so she uses her breath to answer and I can use mine to keep up.

Goucher said that, since switching to trails six weeks ago, she’s loved every run she’s been on, including a recent outing with ultrarunner Cat Bradley. “But,” she added, “I am not the same athlete on the trails as I am on the road. I am not confident, I am tip-toe-y.”

When our run finally reached a point on the trail where the snowmelt has revealed rocks and ice patches, I saw it: the Olympic runner, unconfidently tip-toeing over the ground. We both attached traction devices to our shoes and continued on the trail, which had turned back to snow. On a long climb, she kindly slowed the pace so we could continue to talk.

One of the most refreshing parts about running trails, Goucher explained, is that she doesn’t have to worry so much about pace.

“I’m kind of enjoying not constantly obsessing and checking my watch,” she said. “Since I was 12 years old, I’ve just stared at my watch. I’ve always been so obsessed with how fast I was going. But on the trails, it just doesn’t matter. I can actually look up and see where I am. I’ve lived here for so many years and I never really see how beautiful it is.”

She admitted to checking her data after each run, but promised that that’s just to compare her trail runs—she’s tracking her progress on the rocky routes separately from her past training on the road.

[Let Runcoach unleash your full potential with personalized training, expert coaching, and proven results.]

Another difference between road and trail running culture, which she discovered recently on a group trail run with Trail Sisters and Life Time, is how trail running groups stop at junctions to make sure no one gets left behind.

“I was like, ‘Wait, we’re stopping?’ That’s not what I’m used to,” Goucher laughed. “On a road run, when you get dropped, you get dropped. But on that trail run, we stopped—and no one stopped their watches or anything! It was different. Everyone was looking out for each other.”



Though she's enjoying her break from road racing for now, Goucher noted that she isn't entirely done with pavement; rather, she'll run three to four days per week on trails, and the remaining days of the week on roads, where she can "just let go a little bit" on a surface where she can run fast.

"I still want to run hard. I like the way that feels," she said. Still, she knows she must spend the majority of her time on the kind of terrain she'll face in Leadville in June. She's also planning to train at altitude to prepare for the mountain marathon—but not at the expense of time with her family, because her goal in Leadville is not the same as it would be at a road race.

"I'm not going to try to light the world on fire or prove anything," she said. "But the more comfortable I feel, the more enjoyable the experience will be. I know I may twist an ankle, but for so long, I've been afraid of falling and hurting something that would keep me from running. Right now, the reward is worth it, because it's a new adventure."

And though she says she might return to road racing and run another road marathon at some point, for now she's happy learning something new.

"After the Olympic Trials [in 2016, where she missed making the Olympic Team by one spot], I felt like I had something to prove," she said. "I don't feel like that anymore. I still want to run hard, but going up those hills today were hard in a different way—I was out of breath and have to walk for a second, which is new for me."

After our six-mile run through the snow-covered mountain (and yes, I was gassed; she was not), I asked if she thought getting back on the trails was making her feel kid-like, bringing her back to her roots as a trail runner.

"I know it's in there somewhere," she said. "It's been buried for 30 or 35 years, but I know I can bring it back out."

4. Bill Rodgers, still running more than 50 years later By Alissa Groeninger



It was the fall of 1963, and President John F. Kennedy spoke to the nation about the importance of physical fitness.

Bill Rodgers was in 10th grade, just 15 years old.

That's when it started.

Rodgers ran a mile for gym class - and proved to be the fastest kid in school. He's hardly stopped running since. In the process, he's won marathons on five continents, thrice been named the top marathoner in the world, and won the Boston and New York marathons four times each in five years.

"People have asked me for years, 'Why do you run?' And my thought is, 'Well why don't you?'" he said.

Rodgers attributes his youthful speed to bike riding. "Build your quads, build your hearts," he says about biking. With his brother Charlie and best friend Jason, the future marathon legend joined the high school cross country team.

"Once you become a runner, once you get over those early weeks and months where you're kind of struggling," Rodgers said. "Once you can get beyond that ... You really change your life."

And you stay a runner.

Aside from a brief post-college period in which he took up smoking, running has been a mainstay in Rodgers' life. During his competitive career he ran 130 miles a week.

His running statistics are otherworldly.

Between 1975 and 1980 Rodgers won the Boston Marathon and New York City Marathon four times each. Twice, he broke the American record at Boston, running in 2:09:27 in 1979.

His success at the Boston Marathon led to his nickname, "Boston Billy." It's a fitting name for the man who is perhaps America's most iconic distance runner.

Rodgers has entered 60 marathons, winning 22 of them. He's one of the few runners who've won marathons on all five continents. In 1975, 1977 and 1979 Track & Field News ranked Rodgers the number one marathoner in the world.

"I know the sport really well," Rodgers said. "I raced all over the world, you know, trying to win on behalf of the US," Rodgers said.

Now at 68 he still runs 40 miles per week. He's competed in about 15 races this year.

"I believe everyone should be an athlete, live as an athlete," Rodgers said. "It doesn't matter your age."

"We're like football players, but we have the extra 30-40 years of going strong," he said of runners.

These days Rodgers looks to compete in his age group. Surprisingly, he doesn't always win. He talks about "new, older" runners - people who've found the sport later in life.

"It's hard to compete against someone who's new at it, and very fresh and determined," said Rodgers, who estimates he's run 200,000 miles in about 50 years.

"I still like to compete sometimes, and I get beaten a fair amount of the time," he said.

Rodgers relishes interacting with runners of all ability levels. He attends more than 20 running events around the country every year, something he's done for more than four decades.

"I still love this sport. I still love to travel to races across the country," he said.

Tampa, where he'll be running in the Fit Foodie Race this upcoming weekend, has a special place in Rodgers' heart.

He's the winner of the inaugural Gasparilla Distance Classic 15K. He won the race with a time of 44:29 in 1978. "It's a great running location," he said.

He returned to the race throughout the years. In fact, in 2009 he set out to run Gasparilla one month after undergoing surgery for prostate cancer. It didn't work out, but he wasn't away from his sport for long. "It took me a few more weeks to recover and then I could get back to running," Rodgers said.

Running proved physically and mentally key in helping Rodgers through his cancer fight, he said. In fact, when he received the diagnosis in 2007 he was in Barbados for a 10K. "I ran the 10K," Rodgers told Runner's World. "That's what you do."

Rodgers enjoys watching the sport of running grow. "The sport keeps changing all the time. It's bigger than ever," he said.

He credits women, pointing to Roberta "Bobbi" Gibb, the first woman to run the entire Boston Marathon. Women "started to change the sport," he said. "And now they're half the field or more."

His hope is that running keeps growing. "'How can you beat this? We don't make the big money athletes in the domestic sports make ... but we're all happy with the sport," Rodgers said.

"It doesn't get any media coverage," he said about running. "Globally, internationally, we're stronger ... We're also the ultimate health and fitness sport."

"We're the equal of any athletes in the world," Rodgers added.

Rodgers expressed admiration for people who find running later in life. He's focused on health and believes running - or swimming, biking or walking - is the way to change the world, our present and our future.

"We can all make comebacks. I don't care who you are or what your deal is, you know? You can change your life. You really can," Boston Billy said.



Here's a fun Boston Billy amazing fact: In 6 straight decades at the Falmouth Road Race, Billy has either won the race outright or won his age group!!

## **5. Joan Samuelson Wins Age-Graded Boston Marathon**

The Age Graded Calculator ranks Samuelson's performance the as the most impressive Boston finish on Monday. The actual men's and women's winners rank fourth and fifth.

The Boston Marathon has always been a must-do race for fast runners—not just the open-division competitors, but top age-groupers as well. So we wondered: What would happen if we “scored” Boston according to the highly-respected age-graded calculator?

Answer: Sixty-one-year-old Joan Samuelson would win and 71-year-old Gene Dykes would finish sixth with some youngsters in between.

Samuelson achieved a 97.02 percent score for her 3:04 at age 61 on Monday. A 100.00 is roughly equivalent to a world-record performance. Dykes scored a 93.17. For Samuelson, the race marked the 40th anniversary of her open-division win in 1979.



The World Masters Association age-graded calculator uses millions of running performances to place everyone on a single scale. This scale takes into account both the runner's age and gender.

Below, we rank 22 top age-graded performances from Monday's marathon. We included the winners of all age-groups, plus several of the open division runners who ran particularly fast for their age. Note especially Edna Kiplagat's impressive performance, which earned her second in the women's open division, and, when age-graded, was second only to Samuelson's race.

The Boston Marathon winners, with \$150,000 winner's checks in their pockets, Lawrence Cherono and Worknesh Degefa, finished fourth and fifth in our age-graded scoring.

We used the specific, current ages of a handful of elite performers whose ages are known. In the case of age-group winners whose precise ages we don't know, we used the lowest age for their age group. That is, we used 60 for the winner of the 60-64 age-group. If that individual is a year or several older than 60, his or her age-graded score would be slightly higher than shown.

## **6. [RUNNER STORY: ALLISON S.](#)**

Hi John - I wrote a blog post back in January which was pretty popular - feel free to use or not :) My blog is [runnerchick.org](http://runnerchick.org) - Photo from that post attached too...

### **Becoming an Athlete**

For a few weeks now I've had a blog post floating around in my head from a sideline comment about my running and how I'm approaching it. My husband and I were talking (ok more me obsessing about my running and thinking out loud while he was in the room) about how I was pleasantly surprised to find myself running splits and paces that I'd not been regularly hitting in recent months. Going on and on about how I wasn't injured this January, and then wondering how that will play out into my spring season, he turns and states "you're talking like an athlete."

An athlete. When did that happen?

I'm a mom, wife, employee, friend, volunteer, book club-er, and sometimes laundry folder. I've laced up my sneakers thousands of times to go for a run. But, when did that leap happen and I started to take myself seriously and concentrate on running like an athlete?

To be completely honest, that label of athlete still doesn't feel comfortable. I'm a middle age-woman running at the middle or back of the pack. I don't get paid to do this. I'm not the fittest person out there. But, I am an athlete.

Google tells me that an athlete is a "person proficient in sports and other forms of physical exercise." And I agree. That is what I am. I know what I'm doing when it comes to running. I've done my research and have the experience behind me to say I'm proficient at it.

I look at my journey from struggling to run around the block to now the struggle to keep to a training schedule and realize that there is improvement there. I might not be qualifying for the Olympic trials, but in my own exercise journey, I'm a proficient athlete. Athletes set goals, create plans to achieve those goals, and surround themselves with a community of like-minded people to continue to make progress to those goals.

Without thinking about it I've become an athlete. And I kind of like that label.



## 7. RUNNER STORY: MARK S.

### Two Old(er) Guys Path to Redding Roads

Mark, at age 61, had never run in his life when he landed in the ER at Maine Medical Center in December 2014. It turned out not be the cardiac event suspected but he did get a good talking to by the attending physician. A strong suggestion to “consider some lifestyle changes”, a few less burritos and beers and some regular exercise. He had always been inspired by Joan Benoit Sammuelson, the race she founded, the Beach to Beacon 10k in Cape Elizabeth Maine, and his wife Pat who had run the race for its sixteen years. So, he made that his “lifestyle changes” goal and started running, well, slogging. He crossed the B2B finish that August, and realized how great it felt, and that he had earned a burrito and beer. Meanwhile down in Connecticut, Craig, then 63, a college friend from Camp Nasson in the Pines, read Mark’s FB post about his journey from ER to 10k and decided “if Sundermann can do it...”. Craig had never been an athlete, he had flirted with the Couch to 5k, perfecting the couch part but not so much the 5k part. He had run and finished one or two 5ks and pretty much let that be it for the record books. But now he was inspired by the idea of running the beautiful Beach to Beacon 10k course with his friend. So he too made some changes, started running a bit more, and in August 2016 shocked the hell out of wife and family and finished the B2B 10k. Craig had also been bitten by the running bug, but it took him another year to seek out some local races, finding the Redding Turkey Escape... and from there learning about the Run for the Cows. Having made the trip to Maine for the B2B 10k an annual tradition, Craig invited Mark to come down for the 2018 Run for the Cows. They both ran the 7 miler, and just over the finish line Mark was greeted by fellow Mainer Joan Benoit Sammuelson who had just finished the half “hey, how about those hills!! Holy smokes, those hills” and so validating Mark’s own thoughts of the moment! Craig finished shortly after and referred to the hills with a bit more colorful language. They now make the Run for the Cows and the B2B 10k their annual reunions, two fun races. And if not for any other reason, do it for the New Pond Farm chocolate milk!

Craig G

Mark S



## 8. RUNNER STORY: DJ O.

Sorry I'm running (pun intended) late on sending you my story, but I hope you find it an interesting one! Regards, Diane Owens

I started running 6 years ago when I was 39 years old (please don't do the math.) When I say I "started" running, I mean, I ran-walked my first 5k in April 2013, finished in 38 minutes and couldn't walk right for 2 weeks after #truestory. Before that, the only thing I ran to was the bar at last call. But I was motivated to train. Two months earlier my 4 month old son, Alex, was diagnosed with an incurable, rare genetic disease called neurofibromatosis ("NF" for short.) NF causes tumors to grow along any nerve in the body. It can cause blindness, bone deformities, cancer, deafness, learning disabilities, and disabling pain. There is no treatment, preventative care or means to predict a prognosis. Symptoms range from mild to fatal. (We still have no way of knowing where Alex will fall on that spectrum.) As parents, my husband and I were told all we could do is "watch and

wait.” Pardon my language, but I had to push the “bull shit” button on that one. Doing nothing was not an option.

In researching NF we came across a non-profit organization whose mission is to end NF through research. The Children’s Tumor Foundation (CTF) also support the 2 million people world-wide affected by NF and their families, through awareness, education and advocacy. So, I started running to raise money for research. I signed up for a 10-mile race in October that same year. When I sent the email out to family and friends asking for donations, more than one thought I’d been hacked. Nonetheless, I trained through the pain that summer. I may have gone through economy sized bottles of Aleve and Aspercreme, but I finished that 10-miler and went on to set my sights on half-marathons and eventually marathons. By November of 2015 I had completed 3 marathons, 4 half-marathons and dozens of other races. I had raised almost \$75,000 towards ground-breaking research. In January 2016 I announced on social media that I would run 3 marathons for CTF in Alex’s honor that year. A week later I was paralyzed.

Another rare disease called Guillain-Barre Syndrome (GBS) caused my immune system to attack my peripheral nerves. I had a severe case. Within a week I went from a 10-mile training run to quadriplegia. I could not move me feet, legs, hips, waist, hands, arms, neck, head or face. I could not blink or swallow. I struggled to breath. My doctors expected me to suffer some permanent paralysis but by God’s grace and the skills of an excellent PT staff, I ran 3 races that year culminating with the California International Marathon 9 months to the day after being discharged from a 2-month hospital stay and year-long PT schedule.

Three years later, I’m still running for my son. I struggle with some long-term affects of the GBS including fatigue and weakness along my right side, but I’ve raised over \$125,000 for Children’s Tumor Foundation and on April 1, 2019 one of the orphan drugs discovered by CTF-funded research was granted “Break-through Drug” status by the FDA! It is the first and only drug of it’s kind. Until now, the tumor on Alex’s brain excluded him from the drug trial which would help treat the tumors on his back, stomach and arm. This year I’ve chosen to include the Redding Road Race to my list of races. As a native Connecticutite, I want to support my community. As a runner, I want to enjoy the scenic views and

challenging course. I run because I can. I run because every child deserves the chance for a tumor-free future.

If you'd like to support my effort, donations can be made by **CLICKING HERE!**  
[[join.ctf.org](https://join.ctf.org)]

By Diane O.



## **9. 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/ReddingRockNRroots9kand1MileFunRun>**



**Rainbow over the Historical Society house the day before the race**



**Re-enactors in the park directing the runners**

#### **10. [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!

### 11. [PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS](#)

The race is before the start of the half and any distance, from 100 feet to  $\frac{3}{4}$  of a mile, can be run by the Prancers. For \$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>

### 12. [NY TIMES ARTICLE ON REDDING CT](#)

## Redding, Conn.: More Woods and Fewer People

By Susan Hodars, New York Times



On a recent mild morning, Jacob Hamilton was outside on the porch in his pajamas, taking in the view while enjoying a cup of coffee — something he could never have done before moving to Redding, Conn.

Mr. Hamilton, 38, and his wife, Kathleen Hamilton, 32, had been living in a bustling complex by the train station in Darien since they married a year and a half ago, in a two-bedroom townhouse that was too small for their newly blended family of three children, now ages 12, 9 and 8. When Ms. Hamilton became pregnant, the couple began house-hunting in nearby towns. “We wanted to be where there were great schools, more woods and less people,” Ms. Hamilton said.

Ms. Hamilton is a social worker at Hope Academy, a special education school in Orange, Conn.; Mr. Hamilton is a salesman for The Chefs’ Warehouse in the Bronx. Last July, they closed on a 2,460-square foot, four-bedroom colonial in Redding, built in 1973 on 2.6 acres. They paid \$368,500 — “quite a steal for the area,” Ms. Hamilton said.

The Hamiltons were drawn to Redding by the same thing other like-minded residents prize: the expanses of glorious open space. With approximately 9,300 people spread across 31.5 square miles, Redding is one of Fairfield County’s most rural and least densely populated towns. Narrow roads meander through forests and meadows, past splashing brooks, old stone walls and an occasional waterfall.

Nearly 38 percent of Redding is protected land. Some pieces are town- or state-owned, some are watershed properties surrounding the Saugatuck Reservoir, and 1,700 acres were acquired by the robust Redding Land Trust, established in 1965 to preserve the town’s natural beauty.

The remainder of Redding is primarily residential. Marking the middle, Redding Center is a small historic area where the Town Hall sits on the town green. The West Redding neighborhood, in the northwest corner, contains the Metro-North Railroad station and a few shops. Redding’s southwest corner is in a district called Georgetown, where portions of Redding, Wilton, Ridgefield and Weston meet.

There, in the Redding section, stands the abandoned Gilbert & Bennett wire factory, which operated in the 19th and 20th centuries before going bankrupt. Several redevelopment plans for the 55-acre campus have been thwarted, and the town is currently attempting to eliminate the property's debt. "Our goal is for it to be sold and developed in a manner that is consistent with the needs and character of our town," said Julia Pemberton, Redding's first selectman.

The Norwalk River cuts through the site. "One day, there may be a wonderful pedestrian walkway along the water," Ms. Pemberton said. "I can envision that."

### What You'll Find

Homes in Redding are predominantly single-family, most on lots two acres or larger (the town enacted two-acre zoning in 1953). Styles are an interspersed mix. "You have colonials, Capes, farmhouses, ranches and every manner of antique, from Federals to Greek revivals to saltboxes," said Roni Agress, a sales associate with William Pitt Sotheby's International Realty.

John Ford, Redding's assessor, said there are 3,025 single-family homes, as well as 45 multifamily homes, two small condominium complexes and a luxury senior living community with 332 apartments. There are no rental or cooperative complexes.

### What You'll Pay

"Before the 2008 downturn, you couldn't find a house in Redding for under \$500,000," said Margi Esten, a broker with Coldwell Banker Residential Real Estate. "Now you can. But the bulk of our houses sell for between \$600,000 and \$1,000,000, and we go up from there."

As of March 9, Ms. Esten said, there were 81 single-family homes on the market. The least expensive was a 1,020-square-foot, two-bedroom cottage, built in 1968 on 4.09 acres, listed at \$349,000. The most expensive, priced at \$4,850,000, was a 9,242-square-foot, six-bedroom colonial, with pool and tennis court, built in 1907 on 10.01 acres.

The median sales price for single-family homes during the 12-month period ending March 9, 2018, was \$490,000, down from \$537,500 during the previous 12 months.

### The Vibe

Dubbed “the Vermont of Connecticut,” Redding is crisscrossed by more than 66 miles of trails frequented by hikers, cross-country skiers and horseback riders. The town is home to Collis P. Huntington and Putnam Memorial State Parks; New Pond Farm, a 102-acre environmental education center; and the town-owned Topstone Park, where residents gather in the summer to swim and kayak in a sandy-shored lake.

The community also gathers for weekly summertime Concerts on the Green, the annual daylong Rock’n Roots music festival in July and various programs at the Mark Twain Library, including a huge annual book fair.

While Redding has no downtown, shopping abounds in Ridgefield and Westport, about 20 minutes away. The closest movie theater is Bethel Cinema, six miles north in Bethel. The closest supermarket is Caraluzzi’s, in Georgetown.

Dining options include the popular Redding Roadhouse, the family-owned Spinning Wheel and several Georgetown establishments. One of them, Redding Beer Company, is partnering with the Land Trust in a display of commitment to open space; it will produce a special release called Spruced Up Ale, made from local spruces, with a percentage of sales donated to the Land Trust.

### The Schools

Redding is part of the Easton Reading and Region 9 (ER9) tri-district school system, which consists of the Redding School District and Easton School District’s elementary and middle schools and the Region 9 School District, Joel Barlow High School, shared by students from Redding and neighboring Easton. Children from Redding attend Redding Elementary for prekindergarten through grade 4 and John Read Middle School for grades 5 through 8.

Redding Elementary was named a 2015-2017 National PTA School of Excellence. Thomas H. McMorran, ER9's superintendent of schools, said that on the Redding district's 2017 fourth-grade state assessments, 85.7 percent met English standards and 87.8 percent met math standards; statewide equivalents were 54.1 and 50 percent. For Barlow's 2017 graduating class, mean SAT scores were 590 in evidence-based reading and writing and 580 in math; statewide means were 530 and 512.

### The Commute

Commuters to Manhattan, 62 miles southwest, can catch the Danbury spur of Metro-North Railroad's New Haven line at either the West Redding station or, about five miles south, the Branchville station, just across Redding's western border, in Ridgefield. Four direct rush-hour trains run to and from Grand Central Terminal; travel ranges from 93 to 111 minutes. At other times, commuters must transfer in South Norwalk or Stamford. Monthly fare from both stations is \$388.

### The History

In 1908, when Samuel L. Clemens, a.k.a. Mark Twain, moved from Manhattan to Redding, he found that his newly built villa couldn't accommodate all his books. So he donated the overflow — about 3,000 volumes — to the town and enlisted the townspeople to raise funds to construct a library to house them.

### COMMENT

Money was gathered, an effort spearheaded by Clemens and his daughter Jean, who also came to Redding. She died in 1909, and Clemens in 1910, several months before the Jean L. Clemens Memorial Building — the original Mark Twain Library — was completed and stocked with Clemens's books.

Since then, the library's space has quadrupled; its holdings now include more than 50,000 items, and its walls are inscribed with Twain quotes. The 1910 building is used as a meeting room where, in a locked cabinet, 300 of Clemens's books remain.



### 13. BAND AT THE FINISH



**Bone Dry Band – on the farm after the race (and after Barry( Lead Singer) finishes the 7 miler!!)**

## 14. [PACE TEAM FOR THE HALF MARATHON](#)

[www.beastpacing.com](http://www.beastpacing.com)



We're always trying to make this race a better experience, so, we're excited to announce that, once again, we have Beast Pacing leading our runners to goal times. I like to say that if you set a PR (personal record) on this course then congratulations on finishing your first half marathon, BUT, if you have a time in mind (from 1:40 to 3:00 in 10-15 minute increments) hook up with a pace runner and let him or her lead the way.

### Pacers

1:40 [Scott DeFusco](#)

1:50 [Allen Pangilinan](#)

2:00 [Adam Norris](#)

2:15 [Min-Sung Yoon](#)

2:30 [Kathy Chavez](#)

2:45 (early start) [Natalie Garcia](#)

3:00 (early start) [Sonja Bell](#)

## **15. NEWBIE CHRONICLE – LYNDSEI P.**

**4/2/19 | 3.6 miles | 45:29 | Avg 11:45 | Interval Run | Hilly Home**

**So glad I ran today. I even got some fast strides in. I feel a little sore from doing weights last night, but the good kind. I feel stronger. I think I am finally getting my strength back. I also think I am going to sleep good tonight.**

**4/4/19 | 4.04 miles | 53:43 | Avg 13:37 | Long Run | Trail**

**I had to cut my long run a little short because my running partner hurt her ankle. We are both having a tough training session for different reasons. I keep catching every cold and bug that comes my way and she is having ankle issues. I was excited for the run today though. My muscles feel stretched from the weights. I feel freed after feeling so sick before.**

**4/7/19 | 3.32 miles | 32:46 | Avg 9:52 | Interval Run | Greenway**

**I was really worried about my run today. I didn't sleep well last night. But as soon as my legs hit the pavement, I was ready to go. I'm tired from it as I really pushed myself. It felt good. I couldn't make myself slow down. It is like with each stride I was trying to remove the tiredness. I do need to remember to be careful and not make myself too tired. I have to remember to let my body heal.**

**4/9/19 | 3.10 miles | 35:34 | Avg 11:28 | Interval Run | Hilly Home**

**Today was very foggy and chilly. I was tired and the warm up part of the run was rough. I even had to walk a bit. But once I got in the groove, my body started pulling me through. I felt like I was waking up again.**

**4/11/19 | 4.24 miles | 43:03 | Avg 10:08 | Long Run | Greenway**

**I ran the whole thing! I came in under my expected time too. I feel good. Like I got something and pushed myself but didn't over do it. I think this is the best run I have done yet.**

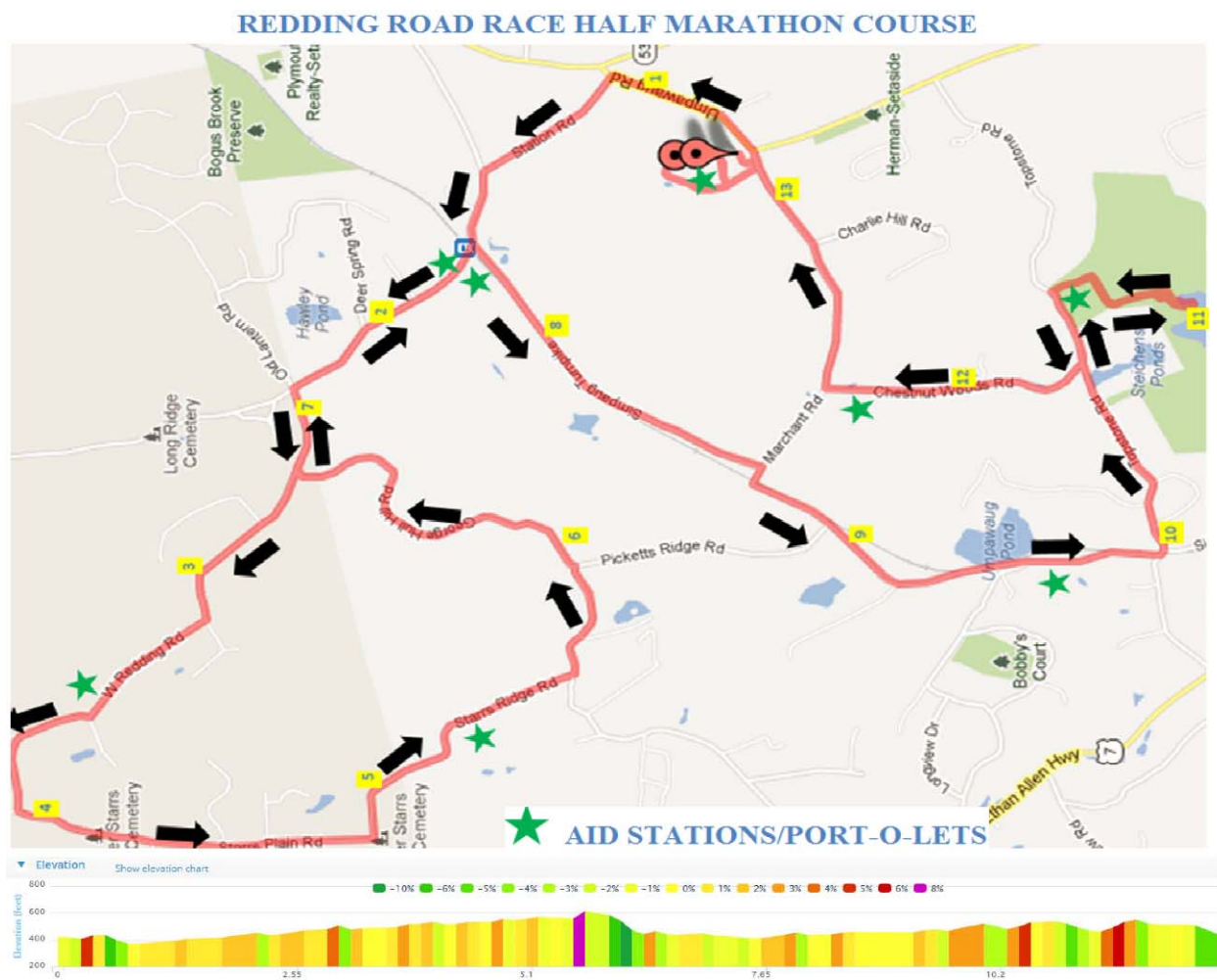
**4/16/19 | 2.73 miles | 50:57 | Avg 18:38 | Walk | Trail**

I need to be careful. I keep getting so excited that I am pushing myself and running that I wear myself down. I got really sick again. I had to skip my runs which makes me really sad. I did finally get to walk and be outside. It is so nice. It is hard because there is so much I want but my body can't seem to keep up. Healing is harder than I thought. Hopefully next week I will be back at it again.

## 16. RACE PREVIEW – Half Marathon

In this issue, we preview the Half Marathon. The map below is a bit small to read, but you can access it using this link:

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



The 2019 course remains the same as 2013-2018

**START:** We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the big tent (if you haven't already at the expo the previous day), utilize one of the 25 Port-o-lets, have some Redding Roaster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail road of New Pond Farm.

**THE RACE WILL START ON TIME, 8:00 for the half, and you start out doing a clockwise "victory lap".**



**MILE 1:** The first 6/10<sup>th</sup> of a mile is on the farm, with amazing views. There are a couple of bumps, but, if you're noticing the hills now, uh oh!!! When you exit the farm, and make a left onto Marchant Rd, be sure to view the circa 1789 schoolhouse just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



**MILE 2:** This downhill leading to flat mile takes you on the beautiful Station Road then through the “heart” of Redding (lol). You’ll see the post office and a couple of other businesses. **The 7 mile course diverges from the half at the tracks as 7 milers go straight (avoiding the tracks) and the halfers go right to do a 6 mile loop.** Aid Station #1 (our most enthusiastic station) is located at the end of Long Ridge Rd, at about mile 2.4.



**MILE 3:** This relatively flat and non-descript mile takes you into Danbury – be careful of the sloped footing in your initial trek into Danbury on West Redding Road. Aid Station #2 is located at mile 3.5 on your right.



**MILE 4:** Mile 4 starts with a short double climb followed by a nice downhill. Otherwise, a relatively flat mile is highlighted by a cool waterfall on the left, water permitting.



**MILES 5/6:** The race, in all seriousness, starts here as these miles are bumpy - no long hills nor very steep hills - just numerous ones. Run smart and don't lose your race here. At mile 5.2 look left and you might see some exotic animals. Late in mile 5 you'll be re-entering Redding and the 3<sup>rd</sup> Aid Station located at Camp Playland at mile 5.3. Approaching mile 6 you'll encounter the race's steepest hill on Picketts Ridge Rd. You'll get no sympathy from me here, as I live near here and all my training runs start by going up Picketts Hill Rd!! But, don't let this hill scare you, as the easiest part of the course is next.



**MILE 7:** Recover from the previous 2 miles of hills on the nicest downhill part of the course on George Hull Rd. Enjoy the beauty of this one mile long, mostly downhill, undeveloped road.



**MILE 8:** This slightly downhill portion, in which you complete the 6 mile loop retraces mile 3. Aid Station #4 (the same as Aid Station #1) greets you right after Mile 7.

**MILE 9/10:** Watch for merging runners as you welcome back the 7 milers!! These relatively flat miles take you on the really cool Simpaug Turnpike and over the Simpaug Bridge. The entire 2 miles run parallel to the train tracks. Make sure to take in the views – streams, a lake, a lot of woods, maybe a train?? Aid Station #5 just before the bridge on Simpaug.



**MILE 11:** This mile takes you on the challenging Topstone Road into Topstone Park. The road and park are extremely pretty but there are three decent uphill you'll have to conquer. All the hills are short, but, on the back half of a race, nothing is easy.



**MILE 12:** Mile 12 takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). You're rewarded here with Aid Station #6 – the famous candy/soda and cold sponge zone. The out and back starting and ending at Chestnut Woods Rd and going into Topstone Park is 1.1 miles. It's the high five zone where you can congratulate runners going in the other direction, but body checks are NOT ALLOWED – this is a non-contact race!!

After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #7 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This part is an easy, mostly downhill one, so revitalize and re-energize for the hiccup hills. Remember to say “hi” to runners in the out and back.



**MILE 13:** The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easier if they weren't near the end of the race. Just keep in mind that once you get over the three, you're presented with a mostly flat to downhill last 8/10ths of a mile (non-withstanding, one short steep uphill). Aid Station # 8 is located at mile 12.3- right after this aid station look to the right and you may see some horses.



**FINISH:** Take a sharp left at mile 13.05, go through the barn and the finish line is steps away. After the finish, collect your medal, grab a carnation (if you are of the female gender), get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



The 2019 course remains the same as 2013-2018

**START:** We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the

big tent (if you haven't already at the expo the previous day), utilize one of the 25 Port-o-lets, have some Redding Roaster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail road of New Pond Farm. This 7:20am 5k race (pre half marathon race) for Mighty Cowers is a very interesting race because:

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

The race:

- It starts by the yellow barn near Marchant Road (near where you enter the farm in your vehicles.
- To avoid confusion with race signs, it's run in the opposite direction of the main races: Clockwise.
- Starting on Marchant Road, you make a right and run a mile on Marchant. The first half mile you're presented with some tough up hills but the end of Marchant gives you a very nice downhill.
- After a right turn on Simpaug Turnpike, you run slightly downhill for the next mile, before going straight on Side Cut Road followed by a quick right turn on Station Road.
- You're on the very flat Station Road for a little less than a half mile before making a right on to Umpawaug Road.
- Umpawaug Road starts out flat and ends with a very tough uphill finish. After going slight right, runner re-enter Marchant Road, make a quick right through the barn and finish at the race finish line.
- Grab something to drink and/or eat, hit a port-a-let and get ready for the half or 7 miler!!

## 17. REGISTRATION VERIFICATION

First Name	Last Name	Gender	Shirt Size	Event	Bib
Mark	Abrahamsen	M	Unisex Large	7 Mile Race	1102
Megan	Abrahamsen	F	Unisex Medium	7 Mile Race	1103
Evan	Abrams	M	Unisex Large	7 Mile Race	940
Lauren	Abrams	F	Womens' Medium	7 Mile Race	939
Lily	Acheychek	F	Unisex Medium	7 Mile Race	901
Matt	Ackerly	M	Unisex 2XL	7 Mile Race	1106
Tara	Ackerly	F	Unisex Large	7 Mile Race	1096
Ray	Acunto	M	Unisex XL	Half Marathon	296
Sarah	Adams	F	Unisex Medium	Half Marathon	137
Jill	Adrian	F	Womens' Large	Mighty Cow 16.2	1214
Kerri	Ahern	F	Womens' Medium	Mighty Cow 10.1	1349
Christopher	Ahlberg	M	Unisex Large	Mighty Cow 16.2	1196
dave	albanese	M	Unisex Medium	Mighty Cow 10.1	1372
Emily	Albarillo	F	Womens' Medium	Half Marathon	199
Luke	Albrecht	M	Unisex Large	Mighty Cow 16.2	1212
Ines	Allen	F	Womens' Medium	Half Marathon	216
Janessa	Alvarez	F	Unisex Medium	Mighty Cow 10.1	1308
Joseph	Amuso	M	Unisex Large	Half Marathon	98
Rich	Ancowitz	M	Unisex Large	7 Mile Race	780
Alison	Anderson	F	Womens' Medium	Half Marathon	405
David	Anderson	M	Unisex Large	7 Mile Race	752
Eric	Anderson	M	Unisex Medium	7 Mile Race	636
Nadine	Anderson	F	Womens' Small	7 Mile Race	637
Christine	Andruzzi	F	Womens' Large	7 Mile Race	789
Joseph	Andruzzi	M	Unisex Medium	7 Mile Race	788
Warren	Angell	M	Unisex Medium	Half Marathon	56
Victoria	Angerthal	F	Womens' XL	Half Marathon	99
Jackie	Apgar	F	Unisex Small	Half Marathon	46
Scott	Apgar	M	Unisex Large	Half Marathon	51
Stephen	Apy	M	Unisex Medium	Mighty Cow 16.2	1185
Christina	Arconti	F	Unisex Small	7 Mile Race	648
Diane	Ard	F	Unisex Medium	Half Marathon	397
Stephanie	Ard	F	Unisex Small	Half Marathon	62
Brad	Argraves	M	Unisex Large	7 Mile Race	869
Wendy	Arias	F	Unisex Medium	Half Marathon	366
Susan	Armstrong	F	Womens' Small	7 Mile Race	684
Isaak	Aronson	M	Unisex Medium	Half Marathon	282
Christine	Asaro	F	Womens' Small	Half Marathon	59
Vinny	Asaro	M	Unisex Large	7 Mile Race	765
Reed	Ash	M	Unisex Large	Half Marathon	374
Jason	Atkins	M	Unisex Medium	7 Mile Race	871
Amelia	Audette	F	Unisex Small	7 Mile Race	932
Ama	AUWarter	F	Unisex Small	7 Mile Race	847
Jill	Avalone	F	Womens' Medium	7 Mile Race	748

Lisa	Avalone	F	Womens' Large	7 Mile Race	746
Christopher	Aversano	M	Unisex Large	7 Mile Race	815
Alice	Avery	F	Unisex Large	7 Mile Race	876
Luisa	Azevedo	F	Womens' Medium	Half Marathon	276
Katie	Bailin	F	Womens' XL	7 Mile Race	816
Avery	Baker	F	Youth Small	Piglet Prance	1418
Mila	Baker	F	Youth Medium	Piglet Prance	1413
Paul	Baldini	M	Unisex Medium	Mighty Cow 16.2	1272
Carlos	Baldoz	M	Unisex Medium	Mighty Cow 16.2	1198
Keith	Baldwin	M	Unisex Large	Half Marathon	96
Shawn	Baldwin	M	Unisex Medium	Half Marathon	342
Gunita	Balek	F	Womens' Small	7 Mile Race	1072
Rachael	Balinski	F	Unisex Small	Half Marathon	265
Reagan	Balint	F	Unisex Small	Piglet Prance	1426
Kristen	Ball	F	Womens' Medium	Half Marathon	219
Roe	Ball	F	Unisex Medium	7 Mile Race	1087
Michael	Baneat	M	Unisex Medium	Half Marathon	307
Lindsay	Banville	F	Womens' Small	Half Marathon	479
Hannah	Barber	F	Womens' Medium	7 Mile Race	823
Susan	Bard	F	Womens' Medium	Half Marathon	82
James	Barickman	M	Unisex Large	Half Marathon	115
Brigid	Barnes	F	Unisex Small	Half Marathon	348
Kate	Baron	F	Unisex Medium	Half Marathon	442
Joy	Barrese	F	Womens' Large	7 Mile Race	813
laura	barrett	F	Unisex Small	Half Marathon	436
Kathy	Barry	F	Womens' Medium	7 Mile Race	719
Peter	Barry	M	Unisex Large	Mighty Cow 16.2	1253
Hans	Barth	M	Unisex XL	Mighty Cow 16.2	1247
Nancy	Barthold	F	Unisex Large	7 Mile Race	983
Katey	Baruth	F	Womens' Small	7 Mile Race	652
Laura	Battisti	F	Unisex Medium	Half Marathon	434
Julia	Bauer	F	Unisex Small	7 Mile Race	714
Kristen	Beardslee	F	Unisex Small	7 Mile Race	790
George	Bearer	M	Unisex Large	Half Marathon	140
Marie	Bearer	F	Womens' Medium	7 Mile Race	690
Juliana	Beasley	F	Womens' Small	Mighty Cow 10.1	1322
Ryan	Beaudry	M	Unisex Medium	7 Mile Race	728
Aubrey	Bedard	F	Youth Medium	Piglet Prance	1500
Seana	Bedard	F	Womens' XL	7 Mile Race	731
Matt	Bedoukian	M	Unisex Large	Half Marathon	1
Leah	Begg	F	Womens' XL	Half Marathon	337
William	Begg	M	Unisex 2XL	Half Marathon	338
William	Begg	M	Unisex XL	Half Marathon	16
Ronnie	Behringer	F	Womens' Medium	Half Marathon	393
Sonja	bell	F	Womens' Medium	Half Marathon	462
sonja	bell	F	Womens' Medium	Mighty Cow 10.1	1353
Stephanie	Bell	F	Womens' Small	7 Mile Race	952
Sara	Belles	F	Womens' Small	Mighty Cow 16.2	1164

Eileen	Bellmay	F	Womens' Small	Mighty Cow 16.2	1263
Karen	Bellmay	F	Womens' Small	Mighty Cow 16.2	1262
Hannah	Belpport	F	Womens' Medium	Mighty Cow 10.1	1280
Alex	Benke	M	Youth Medium	Piglet Prance	1458
Blake	Benke	M	Unisex Medium	Half Marathon	281
Diane	Benke	F	Womens' Small	Half Marathon	122
Max	Benke	M	Youth Large	Piglet Prance	1455
Alexis	Bennett	F	Womens' Small	7 Mile Race	713
Jessica	Bennett	F	Womens' Large	7 Mile Race	779
Kathy	Bennett	F	Womens' Medium	Mighty Cow 10.1	1275
Stephanie	Bennett	F	Unisex Small	Mighty Cow 10.1	1299
Cory	Benson	F	Unisex Small	7 Mile Race	1119
Krista	Benson	F	Womens' Small	Mighty Cow 10.1	1293
Page	Berger	F	Womens' Medium	Half Marathon	445
Liane	Bernard	F	Womens' Small	7 Mile Race	864
Sarah	Bernard	F	Womens' Medium	Half Marathon	30
Allison	Bernhardt	F	Unisex Small	Half Marathon	358
Chris	Berntsen	M	Unisex XL	Half Marathon	321
Jimmie	Berry	M	Youth Large	Piglet Prance	1415
Kim	Berry	F	Womens' XL	7 Mile Race	912
Robbie	Berry	M	Youth Large	Piglet Prance	1414
Robert	Berry	M	Unisex 2XL	7 Mile Race	911
Amy	Betz	F	Unisex Medium	7 Mile Race	907
Marilyn	Biedrycki	F	Womens' Medium	Mighty Cow 16.2	1181
Katy	Binder	F	Womens' Medium	Mighty Cow 16.2	1268
Meredith	Binder	F	Unisex Small	7 Mile Race	799
Jeff	Bishop	M	Unisex XL	Mighty Cow 10.1	1331
Jackie	Bisignano	F	Womens' Small	Mighty Cow 10.1	1257
Allison	Blacker	F	Unisex Large	7 Mile Race	808
Daniel	Blair	M	Unisex Medium	Mighty Cow 16.2	1210
Adam	Blank	M	Unisex Large	Half Marathon	225
Emma	Blank	F	Youth Medium	Piglet Prance	1436
Jessica	Blank	F	Womens' Medium	Mighty Cow 10.1	1321
Tracy	Blaumauer	F	Womens' Small	Mighty Cow 16.2	1152
Kent	Blocher	M	Unisex Large	Half Marathon	89
Max	Block	M	Unisex Medium	7 Mile Race	900
Barry	Blumenfield	M	Unisex Large	7 Mile Race	717
Jodi	Blumenfield	F	Womens' Medium	Half Marathon	377
Arthur	Bodek	M	Unisex XL	Mighty Cow 10.1	1329
Cathleen	Boland	F	Womens' Medium	7 Mile Race	698
Brian	Bomberger	M	Unisex Large	Half Marathon	299
Jill	Bornstein	F	Womens' Medium	7 Mile Race	769
Emily	Boucher	F	Unisex Medium	Half Marathon	167
eric	Boucher	M	Unisex Large	7 Mile Race	800
Kristin	Boylan	F	Womens' Medium	7 Mile Race	649
Thea	Boyle	F	Unisex Medium	Half Marathon	87
Meaghan	Bradley	F	Womens' Small	Half Marathon	302
Jamie	Branyan	M	Unisex Large	7 Mile Race	882

Limor	Bredmehl	F	Womens' Small	7 Mile Race	1100
James	Bremner	M	Unisex XL	7 Mile Race	896
Keelin	Bremner	F	Womens' Small	7 Mile Race	897
Maeve	Bremner	F	Womens' Medium	7 Mile Race	895
Aislinn	Breslin	F	Unisex Small	Half Marathon	528
Maria	Breton	F	Unisex Small	7 Mile Race	671
Adam	Brewer	M	Unisex Large	Half Marathon	460
Aaron	Bricker	M	Unisex Large	Half Marathon	182
Jennifer	Brightman	F	Womens' Large	7 Mile Race	988
Rebecca	brindley	F	Unisex Medium	7 Mile Race	1081
sam	brindley	M	Unisex Medium	7 Mile Race	1082
Annabel	Briody	F	Womens' Small	7 Mile Race	1038
Dan	Briody	M	Unisex Large	7 Mile Race	724
Kevin	Briody	M	Unisex XL	7 Mile Race	1101
Laurence	Briody	M	Unisex XL	7 Mile Race	1066
Lynne	Briody	F	Womens' Medium	7 Mile Race	1098
Lisa	Brody	F	Womens' Medium	Mighty Cow 16.2	1244
Barbara	Brown	F	Unisex XL	Half Marathon	328
Kellie	Brown	F	Womens' Small	Half Marathon	111
Kevin	Brown	M	Unisex Medium	7 Mile Race	994
Michael	Brown	M	Unisex Large	Half Marathon	421
Julia	Bruce	M	Unisex Small	Half Marathon	125
Lisa	Bruno	F	Womens' XL	7 Mile Race	916
Chrissy	Bucci	F	Womens' Small	Mighty Cow 10.1	1375
Susie	Buffam	F	Womens' Medium	7 Mile Race	885
Jennie	Bunce	F	Unisex Medium	Half Marathon	365
Kathy	Bunce Delfay	F	Womens' Small	7 Mile Race	682
Anthony	Buonicore	M	Unisex XL	7 Mile Race	732
Brooke	Burdeshaw	F	Youth Small	Piglet Prance	1444
Dylan	Burdeshaw	M	Youth Large	Piglet Prance	1443
Jeff	Burdeshaw	M	Unisex Large	Half Marathon	258
Joanna	Burgess	F	Womens' Medium	7 Mile Race	883
Krzystof	Bury	M	Unisex Large	Mighty Cow 16.2	1151
Lidia	Bury	F	Unisex Small	Half Marathon	384
Abigail	Bushley	F	Womens' Large	Half Marathon	473
DIANE	BUTERA	F	Womens' Small	7 Mile Race	726
Christina	Butler	F	Womens' Small	Mighty Cow 10.1	1311
Brian	Cadarr	M	Unisex XL	Half Marathon	63
Angela	Caes	F	Unisex Small	7 Mile Race	1019
Anya	Caes	F	Youth Small	Piglet Prance	1419
Melinda	Caffrey	F	Womens' Medium	7 Mile Race	663
abigail	cahill kagan	F	Unisex Small	7 Mile Race	1007
Frank	Caico	M	Unisex Medium	Half Marathon	364
Christina	Calabro	F	Womens' Large	7 Mile Race	672
Mollie	Calzone	F	Unisex Medium	Half Marathon	519
Wendy	Calzone	F	Unisex Small	Half Marathon	114
Christine	Campasano	F	Unisex Medium	Half Marathon	193
Jim	Campasano	M	Unisex Large	Half Marathon	192

Courtney	Campbell	F	Unisex Medium	Half Marathon	458
Tom	Canfield	M	Unisex Large	7 Mile Race	689
Don	Capone	M	Unisex Medium	Half Marathon	168
Andrew	Capozza	M	Youth Medium	Piglet Prance	1410
Grace	Capozza	F	Youth Small	Piglet Prance	1411
Ryan	Capozza	M	Youth Small	Piglet Prance	1412
Scott	Capozza	M	Unisex Small	7 Mile Race	1116
Sarah	Cappelli	F	Womens' Medium	Half Marathon	439
Sarah	Caputo	F	Womens' Small	Half Marathon	420
Cheryl	Caridad	F	Unisex Medium	Mighty Cow 10.1	1276
Teri	Carilli	F	Womens' Large	Mighty Cow 10.1	1307
Erica	Carino	F	Womens' Large	7 Mile Race	997
Ashley	Carlson	F	Womens' Small	Mighty Cow 10.1	1364
Julianna	Carney	F	Womens' Medium	7 Mile Race	1025
Christa	Carone	F	Womens' Medium	Half Marathon	2
Christine	Carr	F	Unisex Medium	7 Mile Race	763
Emily	Carr	F	Unisex Small	Mighty Cow 16.2	1230
Tyler	Carr	M	Unisex Large	7 Mile Race	764
Anne	CARRUTHERS	F	Womens' Large	7 Mile Race	1024
Mark	Castiglione	M	Unisex XL	7 Mile Race	902
Miguel	Castro	M	Unisex Medium	Half Marathon	8
Brittany	Cates	F	Womens' Medium	7 Mile Race	830
Sara	Cates	F	Womens' Medium	7 Mile Race	829
Jennifer	Chabus	F	Unisex Large	Half Marathon	514
JINJIN	CHAI	F	Unisex Small	Mighty Cow 10.1	1288
Kathryn	Chavez	F	Womens' XL	Half Marathon	453
Andrew	Cheely	M	Unisex Small	Half Marathon	6
Ashlye	Cheely	F	Unisex Large	Half Marathon	17
Carole	Chen	F	Womens' Small	Mighty Cow 16.2	1180
Anthony	Chiaverini	M	Unisex Medium	Half Marathon	47
Rebecca	Chirevas	F	Unisex Medium	Half Marathon	508
Alyssa	Chrisope	F	Unisex Medium	Half Marathon	131
Megan	Chrysler	F	Unisex Small	Mighty Cow 10.1	1366
Nardy	Chung	M	Unisex Medium	Mighty Cow 16.2	1197
Michael	Ciardullo	M	Unisex XL	Half Marathon	355
Mark	Cicero	M	Unisex Small	Mighty Cow 16.2	1170
Tony	Cistulli	M	Unisex Medium	Mighty Cow 10.1	1374
Jamie	Citino	M	Unisex XL	Mighty Cow 16.2	1153
Thomas	Claire	M	Unisex XL	Half Marathon	65
William	Clark	M	Unisex Medium	Half Marathon	241
David	Clune	M	Unisex XL	7 Mile Race	691
Robin	Clune	F	Womens' Small	7 Mile Race	692
Keith	Coburn	M	Unisex Large	Half Marathon	313
Jeff	Cohen	M	Unisex Large	7 Mile Race	722
Leanna	Coiro	F	Womens' Large	Mighty Cow 10.1	1310
Tomme	Coleman	M	Unisex Large	7 Mile Race	870
Bluet	Collins	F	Youth Medium	Piglet Prance	1434
Brian	Collins	M	Unisex Medium	Half Marathon	376
Ilona	Collins	F	Youth Small	Piglet Prance	1435

Kendra	Collins	F	Unisex Small	7 Mile Race	712
Brian	Comstock	M	Unisex Medium	7 Mile Race	673
Sarah	Conklin Zimmerman	F	Unisex Small	Half Marathon	352
Lauren	Contorno	F	Womens' Small	Mighty Cow 16.2	1218
Robert	Cook	M	Unisex Medium	Mighty Cow 16.2	1163
Summer	Cookson	F	Unisex Medium	Half Marathon	42
Claire	Coolbeth	F	Womens' Large	Mighty Cow 16.2	1190
Morgan	Coolbeth	M	Unisex 2XL	Mighty Cow 16.2	1192
Scott	Cooney	M	Unisex Large	Half Marathon	128
Miriam	Cope	F	Womens' Medium	7 Mile Race	860
Steven	Coppock	M	Unisex Large	7 Mile Race	834
Joshua	Cordeira	M	Unisex Medium	7 Mile Race	837
MarieElena	Cordisco	F	Womens' Large	Half Marathon	55
Tori	Cornish	F	Unisex Medium	7 Mile Race	861
Emily	Corse	F	Womens' Medium	7 Mile Race	1040
Melissa	Costantini	F	Unisex Large	Mighty Cow 16.2	1273
Alessandra	Costello	F	Youth Large	Piglet Prance	1479
Kevin	Costello	M	Unisex Medium	7 Mile Race	1046
Luca	Costello	M	Youth Medium	7 Mile Race	670
Michael	Costello	M	Unisex Medium	7 Mile Race	749
Susi	Costello	F	Womens' Large	7 Mile Race	669
Carolyn	Couture	F	Womens' Small	7 Mile Race	1034
Thomas	Cowen	M	Unisex XL	7 Mile Race	927
Andrew	Cox	M	Unisex Large	7 Mile Race	903
Elizabeth	Cox	F	Womens' Small	7 Mile Race	1061
Evelyn	Crandell	F	Womens' Large	7 Mile Race	1065
Siobhan	Crise	F	Unisex Medium	Mighty Cow 10.1	1352
Gretchen	Crist Lee	F	Unisex Medium	Half Marathon	368
Tom	Cronin	M	Unisex Large	Half Marathon	312
Lea	Crown	F	Womens' Large	Half Marathon	189
Christina	Cumberton	F	Unisex Medium	7 Mile Race	805
ANDA	CUMINGS	F	Unisex Small	Half Marathon	620
Sean	Cunningham	M	Unisex Medium	Half Marathon	224
Sharon	Cunninghis	F	Womens' Small	Half Marathon	243
Eileen	Curran	F	Womens' XL	7 Mile Race	979
Alison	Currie	F	Womens' Large	Half Marathon	91
John	Currie	M	Unisex Large	Half Marathon	92
Maria	Cusano	F	Unisex Medium	7 Mile Race	768
Paul	Cusumano	M	Unisex XL	7 Mile Race	825
Jennifer	Cutler	F	Youth Small	7 Mile Race	710
Ryder	Cutler	M	Youth Small	Piglet Prance	1429
Sawyer	Cutler	F	Youth Small	Piglet Prance	1423
Isaac	Cymrot	M	Unisex XL	7 Mile Race	661
Jackie	Cyphers	F	Unisex Medium	7 Mile Race	651
Carmen	Da Costa	F	Womens' Medium	Half Marathon	426
Melissa	Daiello	F	Unisex Small	Half Marathon	136
Alice	Daken-Stefanski	F	Womens' Medium	Mighty Cow 10.1	1326
Lara	D'Alessandro	F	Womens' Medium	Half Marathon	363

Tricia	D'Alessandro	F	Womens' Medium	Half Marathon	362
Michael	Dallis	M	Unisex Large	Mighty Cow 16.2	1147
Emma	Dam	F	Youth Large	Piglet Prance	1478
Lucia	Dam	F	Youth Medium	Piglet Prance	1477
Susan	Dam	F	Unisex Small	7 Mile Race	720
William	Damm	M	Unisex Large	7 Mile Race	1006
Kelly	Damron	F	Womens' Medium	Mighty Cow 10.1	1315
Patty	Daniels	F	Womens' Large	7 Mile Race	1014
Rachel	DAntonio	F	Unisex Medium	7 Mile Race	929
Rebecca	Darst	F	Unisex Medium	Mighty Cow 16.2	1251
Susan	David	F	Womens' Medium	7 Mile Race	1037
Mary Karen	Davidson	F	Unisex Small	Mighty Cow 16.2	1150
Kathryn	Davis	F	Unisex Small	Half Marathon	407
Audrey	Day	F	Unisex Small	Mighty Cow 16.2	120
Bowen	Day	M	Youth Medium	Piglet Prance	1446
Cassandra	Day	F	Unisex Medium	Half Marathon	438
David	Day	M	Unisex Large	7 Mile Race	1092
Megan	Day	F	Womens' Small	7 Mile Race	1091
Sawyer	Day	M	Youth Small	Piglet Prance	1447
Jerry	De La Rosa	M	Unisex XL	7 Mile Race	1045
Mimi	De La Rosa	F	Womens' Large	7 Mile Race	1042
Paul	de Lucena	M	Unisex Large	Half Marathon	386
Day	De Rosa	M	Unisex Large	7 Mile Race	754
Carolyn	Deane	F	Unisex Small	Half Marathon	350
Sean	Deane	M	Unisex XL	Half Marathon	409
Thomas	Deane	M	Unisex XL	Half Marathon	349
Gary	DeBrito	M	Unisex Small	7 Mile Race	948
Scott	DeFusco	M	Unisex Small	Half Marathon	455
Rick	Deitch	M	Unisex Large	7 Mile Race	708
TINA	Delafield	F	Womens' Large	7 Mile Race	1078
Maggie	Deluca	F	Womens' Small	Mighty Cow 16.2	1162
Matt	DeMaio	M	Unisex Large	Mighty Cow 16.2	1233
Lorenzo	DeNino	M	Unisex Large	7 Mile Race	821
Molly	DePaiva	F	Unisex Medium	Half Marathon	22
Diana	Derivan	F	Womens' Small	Half Marathon	157
Denise	Descheneaux	F	Womens' Medium	Half Marathon	435
Kristen	DeYoung	F	Unisex Medium	7 Mile Race	1030
Mario	Di Re	M	Unisex Medium	Half Marathon	315
Marykate	Di Re	F	Womens' Medium	Half Marathon	317
Lauren	DiBenedetto	F	Unisex Medium	Mighty Cow 16.2	1205
Christina	Dibona	F	Unisex Medium	Half Marathon	263
John	Dickerson	M	Unisex Large	Half Marathon	100
Sarah	Dickerson	F	Womens' Small	Piglet Prance	1403
Michaela	Diffey	F	Womens' Medium	Half Marathon	181
Michael	Dillane	M	Unisex Large	7 Mile Race	738
Heather	Dinho	F	Womens' Large	7 Mile Race	1127
Victoria	Dinkel	F	Womens' Large	7 Mile Race	822
Brenna	Dinkelacker	F	Womens' Small	Half Marathon	449

Denise	Dinsmore	F	Womens' Small	Half Marathon	110
Stephen	Dinsmore	M	Unisex Large	Half Marathon	109
William	Dinunzio	M	Unisex XL	Half Marathon	76
Mary	DiSimone	F	Unisex Small	7 Mile Race	984
Jai	Dobreski	F	Unisex Medium	7 Mile Race	944
Thomas	Donato	M	Unisex Medium	Half Marathon	108
David	Donnelly	M	Unisex XL	7 Mile Race	967
Eileen	Donnelly	F	Unisex Small	7 Mile Race	931
Laura	Donnelly	F	Unisex Small	7 Mile Race	849
Amy	Donohue	F	Unisex Small	Mighty Cow 10.1	1371
Eliza	Doolittle	F	Womens' Medium	Half Marathon	104
Kelley	Douglass	F	Womens' Large	7 Mile Race	898
Summer	Downey	F	Womens' Medium	Half Marathon	95
Erin	Downs	F	Unisex Medium	Half Marathon	288
Jon	Downs	M	Unisex Large	Half Marathon	289
Deborah	Doyle	F	Unisex XL	7 Mile Race	773
Todd	Doyle	M	Unisex Medium	Half Marathon	49
Liz	Dreier	F	Womens' Medium	Mighty Cow 16.2	1165
Kimberly	Driscoll	F	Unisex Small	Half Marathon	429
Danny	Drozdz	M	Youth Small	Piglet Prance	1476
Kristine	Drozdz	F	Womens' Large	7 Mile Race	715
Kate	DuBord	F	Womens' Small	Half Marathon	472
Oxana	Dudina	F	Womens' Large	Mighty Cow 10.1	1305
Denise	Duggan	F	Womens' Large	7 Mile Race	667
Kate	Duggan	F	Youth Small	Piglet Prance	1469
Liam	Duggan	M	Youth Small	Piglet Prance	1470
Maeve	Duggan	F	Youth Small	Piglet Prance	1471
Lee	Dunn	M	Unisex XL	7 Mile Race	709
Allen	Durden	M	Unisex 2XL	Half Marathon	242
Catherine	East	F	Womens' Large	Half Marathon	153
Suzi	Eckert	F	Unisex Small	Half Marathon	170
Brent	Edwards	M	Unisex Medium	7 Mile Race	1125
Jessica	Edwards	F	Unisex Medium	7 Mile Race	1124
polly	edwards	F	Unisex Large	Half Marathon	351
Jeff	Eglash	M	Unisex Large	Half Marathon	105
Brandon	Ehrlich	M	Unisex Medium	Half Marathon	488
Karl	Eilers	M	Unisex Large	Half Marathon	84
Sarah	Elinskas	F	Womens' Large	7 Mile Race	656
Chelsea	Ellis	F	Unisex Small	Half Marathon	432
Jennifer	English	F	Unisex XL	7 Mile Race	1023
Ken	Essex	M	Unisex XL	Half Marathon	79
Melissa	Fabuien	F	Unisex Medium	Half Marathon	610
June	Fagan	F	Unisex XL	7 Mile Race	841
Lee	Falk	F	Womens' Medium	7 Mile Race	995
Karin	Fallon	F	Unisex Small	7 Mile Race	943
PJ	Farquharson	F	Unisex Small	7 Mile Race	696
Jennifer	Fatone	F	Unisex Medium	Mighty Cow 16.2	1202
Ryan	Felipe	M	Unisex Large	Half Marathon	129

Ian	Felos	M	Youth Large	Piglet Prance	1427
Erik	Ferguson	M	Unisex XL	7 Mile Race	802
Kelly	Ferris	F	Unisex Medium	7 Mile Race	1033
Cora	Ferriter	F	Youth Small	Piglet Prance	1460
Emmet	Ferriter	M	Unisex Medium	7 Mile Race	767
Keeley	Ferriter	F	Youth Small	Piglet Prance	1459
Meagan	Ferriter	F	Womens' Small	7 Mile Race	909
Meg	Fesh	F	Womens' Large	7 Mile Race	892
Katy	Fetzer	F	Womens' Large	Half Marathon	50
Faith	Ficarra	F	Unisex Medium	7 Mile Race	954
Kurt	Fields	M	Unisex Medium	Half Marathon	155
Paula	Fields	F	Unisex Medium	Half Marathon	452
Bridget	Figmic	F	Unisex Small	Half Marathon	359
Kaley	Finegan	F	Unisex Medium	7 Mile Race	968
Megan	Fisher	F	Unisex Large	7 Mile Race	1093
Reis	Fonseca	M	Youth Small	Piglet Prance	1491
Raquel	Foote	F	Womens' Medium	Half Marathon	301
Victoria	Ford	F	Womens' Medium	Mighty Cow 10.1	1347
Suzanne	Fortier	F	Unisex Small	Mighty Cow 16.2	1217
Julie Anne	Fossi	F	Unisex Small	Mighty Cow 16.2	1252
Noah	Foster	M	Unisex Large	Half Marathon	236
Victoria	Foster	F	Womens' Medium	Half Marathon	441
Paul	Fotovot	M	Unisex Medium	Half Marathon	154
Cassi	Fowler	F	Unisex Small	Half Marathon	208
Sandi	Fox	F	Womens' Small	7 Mile Race	1089
Michelle	Foye	F	Youth Large	7 Mile Race	755
James	Francis	M	Unisex Large	7 Mile Race	899
Bryan	Frank	M	Unisex Large	Mighty Cow 16.2	1182
Danielle	Frank	F	Womens' Medium	Half Marathon	319
Camille	Fremed	F	Womens' Medium	7 Mile Race	1018
Jessica	Fresconi	F	Unisex Large	Half Marathon	230
Jacob	Friedman	M	Unisex Medium	Piglet Prance	1475
Carrie	Friend	F	Womens' XL	Half Marathon	198
Thomas	Friis	M	Unisex Large	Half Marathon	209
Matthew	Frisenda	M	Unisex XL	Half Marathon	291
Carolyn	Frzop	F	Unisex 2XL	7 Mile Race	1083
Carolyn	Frzop	F	Unisex 2XL	Half Marathon	254
Meghan	Gabriel	F	Womens' Small	Half Marathon	218
Ken	Gaglione	M	Unisex Medium	7 Mile Race	1099
Patricia	Gaglione	F	Womens' XL	7 Mile Race	740
John P.	Gaine	M	Unisex Large	Half Marathon	383
Fran	Gallagher	M	Unisex Large	Half Marathon	292
Joseph	Gallagher	M	Unisex Large	Mighty Cow 10.1	1377
Lisa	Gallagher	F	Womens' Medium	Half Marathon	440
Eric	Gamari	M	Unisex Medium	Mighty Cow 16.2	1158
Linda	Gance	F	Womens' Small	Mighty Cow 10.1	1330
Andrew	Garcia	M	Unisex Medium	Half Marathon	35
Natalie	Garcia	F	Unisex Small	Half Marathon	463

Todd	Gardner	M	Unisex Large	7 Mile Race	711
Tehri	Gasparini	F	Unisex Small	Half Marathon	203
Deanna	Gaudreau	F	Unisex Small	Half Marathon	41
Alice	Gault	F	Youth Medium	Piglet Prance	1438
Cheryl	Gault	F	Womens' Medium	Half Marathon	233
Douglas	Gault	M	Unisex Large	Half Marathon	45
Harrison	Gault	M	Youth Medium	Piglet Prance	1439
Sharon	Gawe	F	Unisex Medium	7 Mile Race	814
Grace	Gaynor	F	Womens' Large	7 Mile Race	930
Tanya	Gaynor	F	Womens' Medium	7 Mile Race	1022
Barbara	Geary	F	Womens' Large	7 Mile Race	716
Rob	Geary	M	Unisex Large	Half Marathon	135
Sarah	Geary	F	Unisex Small	Mighty Cow 10.1	1309
Michele	Geier	F	Womens' Medium	Mighty Cow 10.1	1354
Amelie	Gerbracht	F	Youth Medium	Piglet Prance	1473
Patrick	Gerbracht	M	Unisex Medium	Piglet Prance	1472
Patrick	Gerbracht	M	Unisex Medium	7 Mile Race	700
DAN	GERMAIN	M	Unisex Medium	Half Marathon	240
Michael	Gerwien	M	Unisex Large	Mighty Cow 16.2	1208
Debra	Giannelli	F	Womens' Large	7 Mile Race	1068
Lorraine	Giantonio	F	Unisex Small	Mighty Cow 16.2	1168
John	Gibbons	M	Unisex Medium	7 Mile Race	744
Alexander	Gibson	M	Youth Small	Piglet Prance	1416
Jessica	Gibson	F	Womens' Small	Half Marathon	418
Julia	Gibson	F	Unisex XL	Mighty Cow 16.2	1176
Nicholas	Gibson	M	Youth Small	Piglet Prance	1417
Stacey	Gifford	F	Womens' Medium	Half Marathon	629
Mark	Gilliam	M	Unisex Large	7 Mile Race	723
Maureen	Gillis	F	Womens' Small	7 Mile Race	1090
Christina	Girard	F	Unisex Small	Mighty Cow 10.1	1378
Zelipha	Gitari	F	Womens' Small	Mighty Cow 16.2	1156
Gena	Givens	F	Unisex Medium	Mighty Cow 16.2	1246
Amanda	Glendinning	F	Womens' XL	Half Marathon	116
Alexis	Gmelin	F	Youth Medium	Piglet Prance	1448
Brianna	Gmelin	F	Youth Small	Piglet Prance	1450
Elizabeth	Gmelin	F	Womens' Small	Half Marathon	143
Jameson	Gmelin	M	Youth Small	Piglet Prance	1451
Kimberly	Gmelin	F	Youth Medium	Piglet Prance	1449
Steven	Gmelin	M	Unisex Large	7 Mile Race	1113
Paul	Golaszewski	M	Unisex Large	7 Mile Race	786
Ellen	Golden	F	Unisex Medium	Half Marathon	422
Eric	Goldman	M	Unisex Large	Mighty Cow 10.1	1358
Irve	Goldman	M	Unisex Medium	7 Mile Race	721
Lisa	Goldstein	F	Womens' Small	7 Mile Race	706
David	Goldwerd	M	Unisex Large	Mighty Cow 10.1	1289
Mac	Gomes	M	Unisex Large	Half Marathon	469
Craig	Goodrow	M	Unisex Large	7 Mile Race	843
Sharon	Goodwin	F	Womens' Large	7 Mile Race	787

Amy	Goralnick	F	Womens' Small	Half Marathon	306
Lyndsey	Gore	F	Womens' Small	7 Mile Race	946
Lyndsey	Gore	F	Womens' Small	Half Marathon	178
Jamie	Gorgas	F	Unisex Medium	7 Mile Race	668
Pete	Gorgas	F	Unisex Large	7 Mile Race	890
Davis	Gottschalk	M	Youth Small	Piglet Prance	1497
Kiley	Gottschalk	F	Womens' Small	Half Marathon	34
Sawyer	Gottschalk	F	Youth Small	Piglet Prance	1463
Bruce	Goulart	M	Unisex Medium	Mighty Cow 16.2	1174
Kathleen	Granger	F	Unisex Medium	Half Marathon	398
Mac	Granger	M	Unisex Large	Half Marathon	399
Dwight	Grant	M	Unisex XL	Mighty Cow 16.2	1249
Kaylee	Grant	F	Womens' Medium	Half Marathon	102
Scott	Grant	M	Unisex XL	Mighty Cow 10.1	1327
Stuart	Green	M	Unisex XL	7 Mile Race	1056
Carol	Greene	F	Unisex Small	Half Marathon	119
Joy	Greenstein	F	Womens' Medium	Half Marathon	40
George	Grenier	M	Unisex Medium	Mighty Cow 16.2	1161
Jamie	Grennan	F	Unisex Medium	Mighty Cow 16.2	1229
Jacob	Grice	M	Unisex Large	Half Marathon	186
Katie	Grigg	F	Unisex Small	7 Mile Race	827
Rick	Grossbard	M	Unisex Medium	Half Marathon	244
SJ	Guillaume	F	Womens' Medium	Half Marathon	206
Priya	Gumkowski	F	Unisex Small	Mighty Cow 10.1	1306
Douglas	Gunsolley	M	Unisex Large	Half Marathon	188
Kerry	Hackert	F	Unisex Small	7 Mile Race	776
Oakley	Hackert	F	Youth Small	Piglet Prance	1465
Lisa	Haden	F	Unisex Small	7 Mile Race	1104
Courtney	Haedke	F	Unisex Medium	Half Marathon	74
Ali	Haffner	F	Unisex Medium	7 Mile Race	772
Carrie	Hall	F	Womens' Medium	Half Marathon	183
Jeanne	Halloran	F	Womens' Small	Half Marathon	141
David	Hambleton	M	Unisex Large	7 Mile Race	1126
Maggie	Hamill	F	Unisex Medium	Mighty Cow 10.1	1312
Sean	Hamill	M	Unisex XL	Mighty Cow 10.1	1336
Michael	Hammond	M	Unisex XL	Half Marathon	387
Sarah	Hammond	F	Unisex Small	Half Marathon	391
crystal	Hancock	F	Unisex Small	Half Marathon	68
David	Hansen	M	Unisex Medium	Half Marathon	335
Chelsea	Hanson	F	Unisex Small	Mighty Cow 16.2	1236
Donna	Hanson	F	Unisex Small	Mighty Cow 10.1	1344
Anita	Hariton	F	Unisex Medium	Mighty Cow 10.1	1300
Will	Hauser	M	Unisex Large	Half Marathon	273
Katherine	Havard	F	Womens' Medium	7 Mile Race	818
Quinn	Havard	M	Unisex Medium	7 Mile Race	985
Thomas	Havard	M	Unisex Large	7 Mile Race	986
Kimberly	Hawks	F	Womens' XL	7 Mile Race	942
Denise	Hayes	F	Unisex Medium	7 Mile Race	695

Diane	Hayes	F	Womens' Medium	Half Marathon	67
Sean	Hayes	M	Unisex Large	7 Mile Race	1029
Tom	Hayes	M	Unisex XL	Half Marathon	81
Tom	Hazzard	M	Unisex Large	Half Marathon	378
Anne	Healy	F	Unisex Small	7 Mile Race	938
Annie	Heck	F	Unisex Small	Half Marathon	228
Ralf	Hennig	M	Unisex Large	Half Marathon	401
Brayden	Henry	M	Unisex XL	Half Marathon	78
Therese	Herrero	F	Womens' Medium	Half Marathon	284
Rick	Heyman	M	Unisex Large	Half Marathon	318
Cathleen	Hinsch	F	Womens' XL	Mighty Cow 10.1	1341
Paul	Hirsch	M	Unisex Medium	7 Mile Race	718
Kristina	Hislop	F	Womens' Medium	Half Marathon	624
Kristen	Hoban	F	Unisex Medium	7 Mile Race	933
Ainsley	Hoemann	F	Womens' Medium	7 Mile Race	1058
Alden	Hoemann	M	Youth Large	Piglet Prance	1440
Anders	Hoemann	M	Unisex Small	7 Mile Race	1060
Andrew	Hoemann	M	Unisex Large	Mighty Cow 16.2	1224
Asher	Hoemann	M	Youth Medium	Piglet Prance	1441
Ana	Hofmann	F	Womens' Medium	7 Mile Race	872
Megan	Holbert	F	Unisex Large	Half Marathon	525
Amber	Holder	F	Unisex Medium	7 Mile Race	915
Troy	Holder	M	Unisex Large	Half Marathon	625
Griffin	Hollis	M	Unisex Medium	7 Mile Race	1080
MATTHEW	HOLLIS	M	Unisex Medium	7 Mile Race	910
Adrienne	Holmes	F	Unisex Small	Mighty Cow 16.2	1173
Jason	Holmes	M	Unisex Large	Mighty Cow 16.2	1148
Scott	Holmes	M	Unisex Large	Half Marathon	57
Jonathan	Hopkins	M	Unisex XL	Half Marathon	267
Jaden	Horowitz	F	Youth Small	Piglet Prance	1484
Leslie	Horowitz	F	Womens' Medium	7 Mile Race	688
Lauren	Houlihan	F	Womens' Large	7 Mile Race	1020
Erik	Hovdestad	M	Unisex Large	Half Marathon	375
Jason	Howard	M	Unisex Large	Half Marathon	369
Carolyn	Howell	F	Womens' Medium	Half Marathon	430
Mandy	Howell McDonnell	F	Womens' Small	7 Mile Race	123
Cory	Hudak	M	Unisex Medium	Mighty Cow 16.2	1157
Keri	Huebner	F	Unisex Medium	7 Mile Race	1005
Sara	Hughes	F	Unisex Medium	Half Marathon	450
Shannon	Hughes	F	Unisex Large	7 Mile Race	743
Bill	Hunter	M	Unisex Large	Half Marathon	4
Erin	Hunter	F	Womens' Small	Mighty Cow 10.1	1281
Sarah	Huntington	F	Unisex Medium	Mighty Cow 10.1	1304
Becky	Hurta	F	Womens' Medium	Mighty Cow 10.1	1356
Donnie	Hurta	M	Youth Small	Piglet Prance	1499
Amelia	Hynes	F	Womens' Small	Half Marathon	165
Stacy	Hynes	F	Womens' Small	Half Marathon	164
Melissa	Iacovacci	F	Unisex Small	Mighty Cow 10.1	1320

Joanne	Ihlefeld	F	Unisex Small	Half Marathon	493
Larry	Ikard	M	Unisex Medium	Half Marathon	117
Katya	Ilina	F	Womens' Small	Half Marathon	360
Filippo	Imperiali	M	Unisex Large	Half Marathon	451
Karen	Iveson	F	Unisex Medium	Half Marathon	331
Eryn	Ivey	F	Unisex Medium	Half Marathon	162
Sheila	Jackson	F	Unisex Small	7 Mile Race	653
Lauren	Jacobi	F	Womens' Small	7 Mile Race	756
AILENE	Janeczek	F	Womens' Medium	Half Marathon	185
Bill	Jankowski	M	Unisex Large	Half Marathon	295
Theresa	Jankowski	F	Womens' Medium	7 Mile Race	678
Bradán	Janso	M	Youth Medium	Piglet Prance	1496
Liam	Janso	M	Youth Small	Piglet Prance	1495
Renee	Janso	F	Womens' Medium	7 Mile Race	956
Dawn	Jenci	F	Unisex Medium	Mighty Cow 16.2	1215
Dave	Jenkins	M	Unisex Large	7 Mile Race	1120
Gretchen	Johnson	F	Unisex Medium	Mighty Cow 16.2	1155
Kristin	Johnson	F	Womens' Small	7 Mile Race	1028
Lindsey	Johnston	F	Womens' Medium	7 Mile Race	697
rosemary	Jones	F	Unisex Medium	Half Marathon	227
Anca	Jordan	F	Unisex Large	Piglet Prance	1405
Anca	Jordan	F	Womens' XL	7 Mile Race	838
Anca V.	Jordan	F	Womens' Small	7 Mile Race	839
Anca V.	Jordan	F	Youth Large	Piglet Prance	1406
Mary A.	Jordan	F	Womens' Small	7 Mile Race	840
Mary A.	Jordan	F	Youth Large	Piglet Prance	1407
Owen	Jordan	M	Unisex Large	7 Mile Race	1054
Russel	Joseph	M	Unisex Medium	Mighty Cow 16.2	1179
Frank	Jozefick	M	Unisex XL	Half Marathon	357
Theresa	Kaeser	F	Unisex Small	Mighty Cow 16.2	1239
Lee	Kalivas	M	Unisex Medium	Half Marathon	270
Greg	Kalt	M	Unisex Medium	Half Marathon	175
Rebecca	Kaplan	F	Womens' Medium	7 Mile Race	704
Steven	Kaplan	M	Unisex Large	7 Mile Race	705
Robert	Karim	M	Unisex XL	7 Mile Race	1049
Jessica	Katuska	F	Womens' Small	Half Marathon	630
Laura	Katuska	F	Womens' Large	Half Marathon	97
Christine	Kauczka	F	Unisex Medium	7 Mile Race	794
Alan C.	Kaufman	M	Unisex Medium	7 Mile Race	635
Oliver	Kaufman	M	Unisex Medium	7 Mile Race	866
Joseph	Kearns	M	Unisex Small	7 Mile Race	842
Patricia	Keim	F	Womens' Medium	7 Mile Race	844
Daniel	Kelleher	M	Unisex Large	7 Mile Race	734
Erin	Keller	F	Unisex Small	7 Mile Race	963
Katherine	Kellerhals	F	Unisex Medium	7 Mile Race	662
Abigail	Kelley	F	Youth Small	Piglet Prance	1453
Ben	Kelley	M	Unisex Medium	7 Mile Race	759
Isabella	Kelley	F	Youth Small	Piglet Prance	1454

Nancy	Kelley	F	Womens' Small	7 Mile Race	760
Olivia	Kelley	F	Youth Small	Piglet Prance	1452
Allison	Kelm	F	Unisex Small	7 Mile Race	831
Thomas	Kelm	M	Unisex XL	7 Mile Race	676
John	Kennedy	M	Youth Small	Piglet Prance	1488
Keegan	Kennedy	M	Youth Large	Piglet Prance	1486
Millie	Kennedy	F	Youth Medium	Piglet Prance	1487
Ruth	Kenneth	F	Womens' Medium	7 Mile Race	1048
Paul	Kevins	M	Unisex Large	Half Marathon	595
Smith	Kidkarndee	M	Unisex Medium	Mighty Cow 10.1	1283
James	Kim	M	Unisex Small	Piglet Prance	1490
Jason	Kim	M	Unisex Large	7 Mile Race	736
Pamela	Kim	F	Unisex Medium	7 Mile Race	735
William	Kim	M	Unisex Medium	Piglet Prance	1489
Bruce	Kimmel	M	Unisex Medium	Half Marathon	448
Ashton	King	F	Unisex Small	Piglet Prance	1445
Christopher	King	M	Unisex Medium	Mighty Cow 16.2	1195
Thomas	King	M	Unisex Small	Piglet Prance	1498
Drew	Kingman	M	Unisex XL	Half Marathon	271
Greg	Klimaytis	M	Unisex Large	Half Marathon	666
sally	kniffin	F	Unisex Small	Half Marathon	148
Kimberly	Knispel	F	Womens' Small	Half Marathon	345
Trisha	Kokas	F	Womens' Small	7 Mile Race	848
Melanie	Kolek	F	Unisex Medium	7 Mile Race	824
Joe	Kolok	M	Unisex Medium	Mighty Cow 10.1	1291
Joseph	Kolok	M	Unisex Medium	Mighty Cow 16.2	1189
Amanda	Korner	F	Unisex Large	Half Marathon	9
Dawne	Kornhaas	F	Unisex Medium	Half Marathon	500
Cathy	Kost	F	Unisex Small	Half Marathon	159
Katie	Kost	F	Unisex Small	Half Marathon	161
Piotr	Kostyk	M	Unisex Medium	Mighty Cow 16.2	1184
Nicholas	Kouroupas	M	Unisex Large	Mighty Cow 10.1	1379
Hillary	Koyner	F	Womens' Medium	Mighty Cow 16.2	1199
Paul	Kramer	M	Unisex Large	7 Mile Race	863
Katherine	Krasney	F	Womens' Large	Half Marathon	103
Sheilah	Krasnickas	F	Womens' Medium	Half Marathon	232
Mark	Kratter	M	Unisex Large	Mighty Cow 16.2	1183
Sara	Krauss	F	Unisex Small	7 Mile Race	852
Frank	Krease	M	Unisex 2XL	7 Mile Race	785
Nicole	Krease	F	Womens' Medium	Half Marathon	309
Molly	Kreitz	F	Womens' Medium	7 Mile Race	793
Peter	Kristin	M	Unisex Medium	Half Marathon	341
Sona	Kristinova	F	Unisex Small	7 Mile Race	727
Stephanie	Kuhn	F	Unisex Small	Half Marathon	446
Kate	Kumar	F	Youth Small	Piglet Prance	1400
Madhu	Kumar	M	Unisex Large	7 Mile Race	999
Mary Ellen	Kunz	F	Womens' Large	7 Mile Race	888
Amy	Kutney	F	Unisex Small	7 Mile Race	1050

Chad	Kutney	M	Unisex Medium	7 Mile Race	1051
Michael	LaBonte	M	Unisex Medium	7 Mile Race	733
Michelle	Lafiosca	F	Unisex Medium	Half Marathon	13
Daniel	Lamb	M	Unisex Large	Mighty Cow 16.2	1237
Shelby	Land	F	Unisex Large	Half Marathon	12
Jacque	Lang	F	Womens' XL	7 Mile Race	771
Kathy	Lang	F	Womens' Medium	Half Marathon	286
Nicholas	Lang	M	Unisex Large	Half Marathon	223
Scott	Lange	M	Unisex Medium	Half Marathon	138
Lisa	Lapointe Strom	F	Unisex Small	7 Mile Race	681
William	Larkin	M	Unisex Large	7 Mile Race	1110
Michael	Latina	M	Unisex Small	Half Marathon	211
maria	lauretani	F	Womens' Small	Half Marathon	29
Melissa	Lawrence	F	Unisex Medium	Mighty Cow 10.1	1318
Cathy	Laydon	F	Unisex Large	Mighty Cow 10.1	1323
Elizabeth	Leaderman	F	Unisex Large	7 Mile Race	758
Brandy	LeClair	F	Womens' Small	Half Marathon	130
Kristen	LeCompte	F	Unisex Medium	7 Mile Race	934
Tina	Lee	F	Unisex Large	Half Marathon	20
Samantha	Legere	F	Womens' XL	Mighty Cow 16.2	1227
Melissa	Lemieux	F	Womens' Small	Half Marathon	464
Amira	Lerario	F	Unisex Small	Half Marathon	457
Lewis	Lerman	M	Unisex Large	Half Marathon	356
Donna	Lesch	F	Womens' Medium	Half Marathon	257
Jennine	Lesica	F	Womens' Medium	Half Marathon	346
Steve	Leslie	M	Unisex Medium	Mighty Cow 16.2	1269
Alana	Levy	F	Unisex Medium	Half Marathon	515
Janet	Levy	F	Unisex Small	7 Mile Race	811
Ross	Levy	M	Unisex Large	Half Marathon	126
Stacy	Levy	F	Unisex Small	Mighty Cow 10.1	1292
Kevin	Lewis	M	Unisex Large	7 Mile Race	791
Nate	Lewis	M	Youth Large	7 Mile Race	924
Khalida	Liaquat	F	Unisex Large	7 Mile Race	989
Kristy	Liesegang	F	Womens' Small	7 Mile Race	1071
Kristen	Ligouri	F	Womens' Small	Half Marathon	361
Michelle	Liguori	F	Unisex Medium	7 Mile Race	828
Melissa	Liik	F	Unisex Small	7 Mile Race	1073
Nicholas	Lindsay-Jones	M	Unisex Medium	7 Mile Race	971
Maria	Lindstrom	F	Unisex Small	Half Marathon	166
KOSTANTINA	LIVESAY	F	Womens' Medium	Half Marathon	197
Johnny	Lo	M	Unisex Medium	Mighty Cow 16.2	1256
Scott	Loftus	M	Unisex 2XL	7 Mile Race	729
Nicole	Logue	F	Unisex Small	Mighty Cow 16.2	1171
Christopher	Lombardy	M	Unisex Large	Half Marathon	475
Denis	Loncto	M	Unisex Large	7 Mile Race	792
Mary Ellen	Loncto	F	Unisex Small	Half Marathon	323
Nicole	Lopes	F	Unisex Small	Mighty Cow 10.1	1342
Nancy	Lovas	F	Womens' Medium	7 Mile Race	993

Janell	Lovig	F	Unisex Medium	Half Marathon	334
Anne	Lowrie	F	Unisex Small	7 Mile Race	659
Karla	Lowry	F	Womens' Large	7 Mile Race	996
Jonathan	Lucas	M	Unisex Medium	Mighty Cow 16.2	1203
Heather	Lufkin	F	Unisex Medium	7 Mile Race	1057
Jennifer	Lynn	F	Unisex Medium	7 Mile Race	904
Debbie	MacCarry	F	Unisex Large	Half Marathon	310
John	Macchia	M	Unisex Small	Half Marathon	174
Christine	Macken	F	Womens' Medium	Mighty Cow 10.1	1277
Mary	MacKessy	F	Womens' XL	7 Mile Race	665
Amy	MacQueen	F	Unisex Small	Half Marathon	73
Kaitlin	Maguire	F	Womens' Medium	Mighty Cow 16.2	1207
Lisa	Mahon	F	Womens' Small	7 Mile Race	1095
Marge	Maida	F	Womens' Medium	7 Mile Race	1055
Michelle	Maillet	F	Womens' Medium	Half Marathon	425
Debra	Majeske	F	Womens' Medium	Half Marathon	72
Susan	Malandra	F	Unisex Small	Half Marathon	274
Tashua	Malino	F	Unisex XL	7 Mile Race	1012
Danny	Mallozzi	M	Unisex Large	Half Marathon	61
Dawn	Malone	F	Womens' Medium	Half Marathon	32
Steve	Maloy	M	Unisex XL	7 Mile Race	962
Neil	Mandel	M	Unisex Small	Half Marathon	381
Dianna	Manger	F	Womens' Medium	7 Mile Race	1002
justina	mann	F	Unisex XL	7 Mile Race	1053
Amy	Mannion	F	Womens' Medium	Mighty Cow 10.1	1346
Rachel	Marazzi	F	Unisex Medium	7 Mile Race	761
Scott	Marcum	M	Unisex Large	7 Mile Race	1021
Brad	Marcus	M	Unisex Large	Half Marathon	260
Heidi	Marcus	F	Womens' Medium	Mighty Cow 10.1	1332
Anthony	Marino	M	Unisex XL	7 Mile Race	1129
Rachel	Marino	F	Unisex Small	7 Mile Race	975
Kevin	Markert	M	Unisex 2XL	Half Marathon	474
Edward	Marquez	M	Unisex Large	7 Mile Race	856
Chris	Martin	M	Unisex XL	Half Marathon	340
Diane	Martin	F	Womens' Medium	7 Mile Race	990
Karen	Martin	F	Womens' Large	Mighty Cow 16.2	1166
Katie	Martin	F	Unisex Medium	7 Mile Race	797
Hilary	Martwinski-Nardozzi	F	Unisex Large	Half Marathon	220
Stacey	Martwinski-Nardozzi	F	Unisex XL	Half Marathon	419
Julie	Marty	F	Unisex Medium	Half Marathon	86
Amanda	Masset	F	Unisex XL	Half Marathon	238
Maria lucia	Mathias	F	Womens' Small	Half Marathon	83
Brian	Mattiello	M	Unisex Medium	Mighty Cow 16.2	1172
Erica	Mauro	F	Womens' Large	7 Mile Race	957
DOUG	MAXWELL	M	Unisex Medium	Half Marathon	424
Mike	May	M	Unisex Large	Half Marathon	85
Russell	Mayo	M	Unisex Medium	7 Mile Race	650

Lisa	Mazinski	F	Womens' Medium	7 Mile Race	664
Bill	McBrayer	M	Unisex Medium	Half Marathon	53
Glenn	McCabe	M	Unisex Large	Half Marathon	151
Deirdre	Mccaffrey	F	Unisex XL	Half Marathon	269
Chris	McCann	M	Unisex Small	Mighty Cow 16.2	1255
Bill	McCarthy	M	Unisex Large	7 Mile Race	775
Meghan	McCarthy	F	Unisex XL	Mighty Cow 10.1	1282
John	McCleary	M	Unisex Large	7 Mile Race	1044
Terri	McCleary	F	Unisex XL	Half Marathon	80
Lisa	McDaniel	F	Unisex Medium	Half Marathon	253
Kathy	McDonald	F	Unisex XL	7 Mile Race	1097
Laura S	McDonnell	F	Unisex Medium	Mighty Cow 10.1	1285
Stephen	McDonnell	M	Unisex Large	Half Marathon	239
Desmond	McGoey	M	Unisex Large	Mighty Cow 16.2	1235
Lynda	McGoey	F	Unisex Large	Mighty Cow 10.1	1337
Bethann	McGrath	F	Womens' Small	7 Mile Race	683
Maureen	McGrath	F	Unisex Large	Half Marathon	325
Kathy	McGroddy-Goetz	F	Womens' Small	7 Mile Race	807
Tiffany	McGuire	F	Womens' Medium	Mighty Cow 16.2	1216
Joseph	McHale	M	Unisex Medium	7 Mile Race	851
Keri	McKay	F	Unisex Small	Half Marathon	311
Nicole	McKay	F	Unisex Medium	Mighty Cow 10.1	1296
Rich	McKay	M	Unisex Large	Piglet Prance	1428
Rich	McKay	M	Unisex Large	Half Marathon	180
Stephanie	Mckenna	F	Unisex Small	Half Marathon	329
Timothea	McLaughlin	F	Womens' Medium	Mighty Cow 10.1	1365
Timothy	McLaughlin	M	Unisex Medium	Half Marathon	23
Katie	McMorrow	F	Womens' Small	Mighty Cow 10.1	1350
David	McNamara	M	Unisex Medium	Mighty Cow 16.2	1177
Peter	McNeil	M	Unisex Small	7 Mile Race	1117
Michelle	McNulty	F	Womens' Small	Half Marathon	339
MJ	McNulty	M	Unisex Large	7 Mile Race	796
Irene	McStay	F	Womens' XL	7 Mile Race	859
Scott	McStay	M	Unisex Small	7 Mile Race	917
Sue	Meadows	F	Unisex 2XL	Mighty Cow 10.1	1333
Maureen	Mehner	F	Unisex Medium	Mighty Cow 10.1	1345
Sean	Mehner	M	Unisex Large	Half Marathon	314
Kristen	Mellitt	F	Unisex Small	7 Mile Race	1043
Mike	Mello	M	Unisex Large	7 Mile Race	655
Cindy	Mercede	F	Womens' Small	Mighty Cow 10.1	1287
Nicole	Merlo-White	F	Womens' Medium	7 Mile Race	778
Ken	Merrick	M	Unisex Large	Mighty Cow 16.2	1264
Jerry	Meshell	M	Unisex Medium	7 Mile Race	833
Jenna	Mesigian	F	Womens' Small	7 Mile Race	1105
Thomas	Metz	M	Youth Small	Piglet Prance	1425
Doc	Meyer	M	Unisex Large	Half Marathon	414
greg	meyer	M	Unisex Large	Half Marathon	127
Kimberley	Meyer	F	Womens' Small	Mighty Cow 10.1	1301

sue	meyer	F	Womens' Large	7 Mile Race	874
Jessica	Miccio	F	Unisex Large	7 Mile Race	1009
Benjamin	Mickulas	M	Youth Medium	Piglet Prance	1483
Mark	Mierzejewski	M	Unisex Medium	Mighty Cow 16.2	1241
Cathy	Migliaccio	F	Womens' Small	Half Marathon	272
KelliLaurel	Mijares	F	Unisex Small	Half Marathon	467
Megan	Milano	F	Unisex Small	Half Marathon	527
Brian	Millburne	M	Unisex Large	Mighty Cow 16.2	1231
Sandra	Mills	F	Unisex Small	7 Mile Race	658
Anne	Milot	F	Womens' Medium	7 Mile Race	865
JP	Milot	M	Unisex Large	Half Marathon	107
Raymond	Milot	M	Unisex Large	Half Marathon	261
Andrea	Mindell	F	Womens' Medium	7 Mile Race	1111
Jeremy	Miner	M	Unisex Small	Half Marathon	191
John	Minervino	M	Unisex Medium	Mighty Cow 16.2	1267
Amy	Mischenko	F	Womens' Large	7 Mile Race	1069
Mark	Mischenko	M	Unisex 2XL	Half Marathon	69
Jack	Mitchell	M	Unisex Large	Half Marathon	468
Rich	Mitchell	M	Unisex Medium	7 Mile Race	950
Claire	Moffatt	F	Womens' Medium	7 Mile Race	982
Delaney	Mohl	F	Unisex Small	7 Mile Race	992
Fiona	Mohl	F	Unisex Small	7 Mile Race	809
Tara	Mohl	F	Unisex Medium	7 Mile Race	972
Rebecca	Mollica	F	Womens' Medium	Mighty Cow 10.1	1335
Kelly	Molloy	F	Unisex Small	7 Mile Race	707
Sophie	Mond	F	Womens' Small	Half Marathon	433
Robert	Monro	M	Unisex Medium	Half Marathon	204
Tracy	Montoya	M	Unisex Medium	Mighty Cow 16.2	1194
Caitlin	Moore	F	Unisex Small	7 Mile Race	926
Chris	Moore	M	Unisex XL	7 Mile Race	928
Douglas	Moore	M	Unisex XL	7 Mile Race	1008
Jonathan	Moore	M	Unisex Large	7 Mile Race	685
Lisa	Moore	F	Womens' Medium	7 Mile Race	686
Michael	Moore	M	Unisex Large	7 Mile Race	693
Charles	Morales-Thomason	M	Unisex Medium	Half Marathon	294
Melisa	Moreau	F	Womens' Large	7 Mile Race	798
Monika	Moreira	F	Womens' Small	Half Marathon	308
Amanda	Morgan	F	Unisex Small	Mighty Cow 10.1	1302
Leah	Morgan	F	Unisex Large	7 Mile Race	955
Paul	Moriber	M	Unisex Medium	Half Marathon	146
William	Morrissey	M	Unisex Medium	7 Mile Race	1074
Chrisanne	Mortensen	F	Womens' Large	Half Marathon	37
Steve	Mortinger	M	Unisex Medium	Half Marathon	410
Cindy	Moser	F	Unisex Medium	7 Mile Race	969
Andrew	Mound	M	Unisex Large	Half Marathon	234
Katie	Mound	F	Womens' Medium	7 Mile Race	1062
Barbara	Mueller-Marquez	F	Womens' Medium	7 Mile Race	857
Chris	Mulcahy	M	Unisex XL	7 Mile Race	949

David	Mulcahy	M	Unisex XL	7 Mile Race	987
Kevin	Mulcahy	M	Unisex 2XL	7 Mile Race	991
John	Mullaney	M	Unisex Large	Half Marathon	373
Annette	Muller	F	Womens' Large	7 Mile Race	156
John	Muller	M	Unisex Large	Half Marathon	264
Victoria	Mulligan	F	Unisex Medium	Half Marathon	437
Gretchen	Mullin	F	Unisex Large	Half Marathon	5
Meg	Mullins	F	Unisex Medium	Mighty Cow 16.2	1222
Beth	Munnely	F	Unisex XL	7 Mile Race	762
Michael	Murphy	M	Unisex Large	7 Mile Race	920
Henry	Namiot	M	Unisex Medium	Half Marathon	336
Keith	Namiot	M	Unisex XL	Half Marathon	205
Kate	Napolitano	F	Unisex Medium	Half Marathon	139
Steve	Napolitano	M	Unisex Medium	Half Marathon	134
Tim	Napolitano	M	Unisex XL	Half Marathon	411
Marijane	Nasta	F	Unisex Medium	7 Mile Race	819
Paul	Nasta	M	Unisex XL	Half Marathon	631
Daniel	Navaresse	M	Unisex Large	Half Marathon	202
Jennifer	Neeb	F	Womens' XL	7 Mile Race	694
Lisa	Neesemann	F	Womens' Medium	Mighty Cow 16.2	1186
Fernanda	Neisse Sudbrack	F	Unisex Small	7 Mile Race	935
Rob	Neville	M	Unisex XL	7 Mile Race	777
Megan	Newhouse	F	Unisex Large	7 Mile Race	639
Shawna	Nickerson	F	Womens' Small	Half Marathon	176
Zach	Nordstrom	M	Unisex Large	Mighty Cow 16.2	1258
adam	norris	M	Unisex XL	Half Marathon	454
Oliver	North	M	Unisex Medium	Half Marathon	113
Bob	Oakes	M	Unisex Medium	Half Marathon	60
Cory	O'Connell	F	Womens' Small	Half Marathon	396
Daniel	O'Connell	M	Unisex XL	7 Mile Race	1047
Jean	O'Connor	F	Womens' Small	7 Mile Race	981
Brian	ODay	M	Unisex Large	Half Marathon	408
Kelley	ODay	F	Unisex Medium	Half Marathon	344
Nikki	O'Hara	F	Unisex Small	Half Marathon	196
Erik	Olsen	M	Unisex XL	7 Mile Race	1052
Jeffrey	Olsen	M	Unisex Medium	Mighty Cow 16.2	1261
Stacey	Olsen	F	Womens' XL	7 Mile Race	1041
Naomi	Orocu	F	Womens' Large	Half Marathon	66
John	Ortegon	M	Unisex 2XL	Half Marathon	278
Stephanie	Ortegon	F	Womens' XL	7 Mile Race	753
Adam	Osmond	M	Unisex Medium	Half Marathon	459
Heather	Ostman	F	Unisex Small	Mighty Cow 16.2	1167
Jamie	Otfinoski	M	Unisex Medium	Half Marathon	481
India	Ott	F	Youth Small	Piglet Prance	1485
Josh	Ott	M	Unisex Large	Half Marathon	237
Lizzy	Ott	F	Unisex Small	Half Marathon	256
Diane	Owens	F	Womens' Small	Mighty Cow 10.1	1319
Bruna	Paca	F	Unisex Medium	Half Marathon	304

Susan	Pagan	F	Womens' Small	Half Marathon	7
Juliet	Pagano	F	Youth Small	Piglet Prance	1462
Lillianna	Pagano	F	Youth Large	Piglet Prance	1461
Daniel	Pais	M	Unisex Large	7 Mile Race	770
Holly	Pais	F	Unisex Small	7 Mile Race	812
Helene	Paladini	F	Womens' Medium	7 Mile Race	977
Robert	Paladini	M	Unisex Medium	7 Mile Race	976
Gina	Palmieri	F	Womens' Large	7 Mile Race	964
Bonnie	Palumbo	F	Unisex Large	Half Marathon	347
Katherine	Panageas	F	Womens' Small	7 Mile Race	961
Marina	Pandolfi	F	Unisex Large	Mighty Cow 10.1	1295
Allen	Pangilinan	M	Unisex Small	Half Marathon	478
Jose	Paniagua	M	Unisex Large	Half Marathon	486
Isabella	Paniccia	F	Youth Medium	7 Mile Race	679
Sebastian	Paniccia	M	Youth Small	Piglet Prance	1480
Heather	Park	F	Womens' XL	Mighty Cow 10.1	1328
Elizabeth	Parker	F	Unisex Large	7 Mile Race	640
Jenifer	Parker	F	Womens' Medium	Half Marathon	326
Kathleen	Parker	F	Womens' Medium	Half Marathon	33
Tracy	Parkin	F	Womens' Small	Half Marathon	190
Matt	Parnell	M	Unisex Medium	Half Marathon	388
Karina	Parr	F	Womens' Medium	Mighty Cow 10.1	1367
Kristin	Partenza	F	Unisex Small	Half Marathon	112
Christie	Pascavis	F	Womens' Medium	Mighty Cow 16.2	1243
Travis	Pascavis	M	Unisex Medium	Mighty Cow 16.2	1178
Mitch	Passero	M	Unisex Large	Half Marathon	466
Erin	Patts	F	Womens' Medium	7 Mile Race	881
James	Patts	M	Unisex Large	Half Marathon	106
Amanda	Paull	F	Unisex XL	7 Mile Race	1010
Andrew	Paulson	M	Unisex Medium	Half Marathon	280
Jessie	Paulson	F	Womens' Small	Half Marathon	279
Betsy	Pelikan	F	Womens' Medium	Half Marathon	213
Karl	Pelikan	M	Unisex XL	7 Mile Race	24
Melisa	Pelikan	F	Unisex XL	7 Mile Race	587
Julia	Pemberton	F	Unisex Large	Half Marathon	133
Hannah	Pennington	F	Unisex Small	7 Mile Race	235
Danielle	Pensa	F	Womens' Small	7 Mile Race	810
Stacie	Perachi	F	Womens' Large	Mighty Cow 10.1	1370
DrJessica Lynn	Pereplyotchik	F	Unisex Small	Half Marathon	480
Frank	Perez	M	Unisex Large	Half Marathon	385
Diane	Perillo	F	Womens' Medium	7 Mile Race	699
Gary	Perillo	M	Unisex XL	7 Mile Race	914
Tammy	Perrotta	F	Womens' Medium	Half Marathon	333
Kathleen	Pesce	F	Womens' Small	7 Mile Race	879
Brock	Peters	M	Unisex Large	7 Mile Race	1013
Dalton	Peters	M	Unisex Medium	7 Mile Race	1016
Elias	PETERSEN	M	Unisex Large	7 Mile Race	922
Kathleen	Petersen	F	Unisex Large	7 Mile Race	921

Ed	Peterson	M	Unisex Large	7 Mile Race	854
Lindsay	Peterson	F	Womens' Large	7 Mile Race	853
Angela	Petitti	F	Womens' Large	7 Mile Race	835
Lyndsi	Petitti	F	Womens' XL	7 Mile Race	836
Ken	Peto	M	Unisex Large	Half Marathon	431
Lucy	Peto	F	Womens' Medium	7 Mile Race	873
Kim	Petruska	F	Womens' Medium	7 Mile Race	832
Wendy	Phaff	F	Womens' Large	7 Mile Race	1114
Al	Phillips	M	Unisex Medium	Half Marathon	70
April	Phillips	F	Womens' XL	Half Marathon	403
Amy	Photopoulos	F	Unisex Small	Mighty Cow 16.2	1266
Corinne	Pidel	F	Unisex Small	Piglet Prance	1467
Emma	Pidel	F	Unisex Small	Piglet Prance	1466
Madeleine	Pidel	F	Unisex Small	7 Mile Race	737
Laura	Pierce	F	Unisex Small	Half Marathon	461
Andrea	Pieri	F	Unisex Medium	Half Marathon	212
John	Pierre	M	Unisex XL	Half Marathon	487
coco	pierrel	F	Womens' Small	Half Marathon	77
francis	pierrel	M	Unisex Large	Half Marathon	550
Jennifer	Pignone	F	Unisex Medium	Half Marathon	118
Gregory	Pinchbeck	M	Youth Medium	Piglet Prance	1432
Lauren	Pinchbeck	F	Unisex Medium	Half Marathon	221
Geraldine	Pires	F	Womens' Small	Half Marathon	619
Phil	Pires	M	Unisex Medium	Half Marathon	456
Anna	Pizzo	F	Womens' Small	7 Mile Race	747
Erin	Plati	F	Unisex Small	Half Marathon	330
Jennifer	Platow	F	Unisex Medium	Half Marathon	255
Lisa	Pleban	F	Womens' Medium	Half Marathon	518
Elizabeth	Plotnik	F	Unisex Small	Half Marathon	36
Cristian	Pojano	M	Unisex Large	Half Marathon	545
Bonnie	Pope	F	Womens' Small	Half Marathon	283
Heidi	Pope	F	Unisex Medium	7 Mile Race	1107
Jennifer	Pope	F	Womens' Small	Mighty Cow 16.2	1226
Julie	Porter	F	Unisex Small	7 Mile Race	980
Russ	Porter	M	Unisex Large	Mighty Cow 16.2	1200
Nadezda	Potemkina	F	Womens' Large	7 Mile Race	936
Deborah	Povinelli	F	Unisex Small	Half Marathon	277
Michael	Pozika	M	Unisex Large	Half Marathon	571
Alison	Pratt	F	Womens' Small	7 Mile Race	947
karen	pray	F	Womens' Large	7 Mile Race	1085
Jordan	Pray b	F	Womens' Small	7 Mile Race	1084
Carrie	Preisano	F	Womens' Large	7 Mile Race	945
Russell	Pribanic	M	Unisex Large	7 Mile Race	906
Elisabeth	Priest	F	Womens' Medium	Half Marathon	415
Mary	Principe	F	Womens' Small	Half Marathon	324
Dawn	Prisco	F	Unisex Medium	Half Marathon	184
Cecilia	Probst	F	Unisex Small	Half Marathon	395
Matt	Pulse	M	Unisex Large	Mighty Cow 16.2	1201

Michelle	Puskar	F	Unisex Medium	7 Mile Race	1128
Jean	Quantaince	F	Unisex Medium	Mighty Cow 16.2	1238
Catherine	Racz	F	Womens' Large	Mighty Cow 16.2	1154
April	Rademacher	F	Unisex Small	7 Mile Race	795
Brian	Rafferty	M	Unisex Medium	Half Marathon	248
Renee	Rafferty	F	Womens' Small	Half Marathon	247
Sarah	Rajan	F	Youth Medium	Half Marathon	305
Andy	Rameush	M	Unisex XL	Half Marathon	94
Jessica	Ramos	F	Womens' Medium	Mighty Cow 16.2	1219
Tim	Rappoccio	M	Unisex Medium	Half Marathon	194
Dan	Readyoff	M	Unisex Large	Half Marathon	290
Carolyn	Reed	F	Unisex Medium	7 Mile Race	1000
John	Reed	M	Unisex XL	Half Marathon	26
Liz	Reed-Swale	F	Unisex Small	Mighty Cow 10.1	1303
Mary	Regalbuto	F	Unisex Small	Mighty Cow 16.2	1242
Suzanne	Remington-fox	F	Unisex Small	7 Mile Race	1079
Kevin	Remson	M	Unisex 2XL	Mighty Cow 16.2	1223
Gregory	Reynolds	M	Unisex Medium	Half Marathon	606
Anna	Rhea	M	Womens' Medium	Half Marathon	482
Nick	Ricciardelli	M	Unisex XL	7 Mile Race	908
Stephanie	Rich	F	Unisex Small	7 Mile Race	973
Renada	Rickevicius	F	Unisex Small	Half Marathon	612
Steve	Riley	M	Unisex Large	Mighty Cow 16.2	1193
Jennifer	Ripa-Edson	F	Womens' Large	Half Marathon	207
Greg	Ritzinger	M	Unisex Large	Half Marathon	158
Meri	Robert	F	Unisex Small	Mighty Cow 10.1	1317
Doxene	Roberts	F	Womens' Large	Mighty Cow 16.2	1146
Wendy	Robertson	F	Womens' Medium	Half Marathon	144
Jennifer	Robinson	F	Womens' Medium	Half Marathon	390
Maggie	Robinson	F	Unisex Medium	7 Mile Race	850
Katie	Robison	F	Unisex Small	Half Marathon	392
Eugene	Roche	M	Unisex Medium	Half Marathon	505
Jody	Rockwood	F	Womens' Medium	Half Marathon	229
Makayla	Rockwood	F	Unisex Small	Piglet Prance	1437
Tina	Roese	F	Womens' Small	Mighty Cow 16.2	1250
Karen	Romandi	F	Unisex Medium	Mighty Cow 10.1	1359
Jesse	Rosenbaum	M	Unisex Large	Mighty Cow 16.2	1220
Marty	Rosenbaum	M	Unisex Large	7 Mile Race	918
Paul	Rosenberg	M	Unisex Medium	Mighty Cow 16.2	1271
Lee	Rothert	F	Womens' Medium	Mighty Cow 10.1	1298
Adam	Rothman	M	Unisex XL	Mighty Cow 16.2	1175
Ryan	Rothman	M	Unisex Medium	Mighty Cow 16.2	1209
Mia	Roudenis	F	Youth Small	Piglet Prance	1468
Ryan	Roudenis	M	Unisex XL	Mighty Cow 10.1	1324
David	Rovere	M	Unisex XL	Mighty Cow 10.1	1290
Jonathan	Rowe	M	Unisex Large	Half Marathon	266
Nancy	Rowe	F	Unisex Small	7 Mile Race	937
LuAnne	Roy	F	Womens' Small	Half Marathon	217

Mary	Rubini	F	Womens' Small	7 Mile Race	941
ERICA	RUGGERIO	F	Womens' Small	Half Marathon	25
Stephanie	Ruggiero	F	Womens' Large	7 Mile Race	858
Janine	Russo	F	Unisex Medium	7 Mile Race	1011
Caroline	Ryals	F	Unisex XL	Half Marathon	372
Donna	Ryan	F	Womens' Medium	7 Mile Race	1075
Kathryn	Ryan	F	Womens' Large	Mighty Cow 16.2	1204
Tara	Ryan	F	Unisex Medium	7 Mile Race	766
Pamela	Rybarczyk	F	Womens' Small	7 Mile Race	530
Jack	Rydzik	M	Unisex Large	7 Mile Race	647
Mark	Ryland	M	Unisex XL	7 Mile Race	1059
Stephany	Sabio	F	Youth Large	7 Mile Race	826
Chloe	Saddler	F	Unisex Large	7 Mile Race	687
Stephen	Saddler	M	Unisex XL	Mighty Cow 10.1	1343
Krista	Sadlers	F	Womens' Large	Half Marathon	555
Elizabeth	Sager	F	Unisex XL	7 Mile Race	675
Margaret	Salmore	F	Womens' Small	7 Mile Race	1109
Michael	Salmore	M	Unisex Large	7 Mile Race	1108
Vinay	Sampson	M	Unisex Small	Mighty Cow 16.2	1225
Jacqui	Samuel	F	Womens' Large	7 Mile Race	643
Victoria	San Pietro	F	Unisex Medium	Mighty Cow 10.1	1362
Kathryn	Sanchez	F	Womens' Large	Half Marathon	489
Tara	Sanft	F	Unisex Medium	Half Marathon	541
Samantha	Santoro	F	Unisex Small	Mighty Cow 16.2	1191
Ram	Sarma	M	Unisex Small	Half Marathon	44
Brianna	Savoie	F	Womens' Small	7 Mile Race	862
Carrie	Saxonmeyer	F	Unisex Small	Half Marathon	287
Elli	Scarfi	F	Unisex Small	Half Marathon	173
Frank	Scarfi	M	Unisex Medium	Half Marathon	169
Catherine	Scatterday	F	Unisex Small	7 Mile Race	642
Kristina	Scaviola	F	Unisex Small	7 Mile Race	701
Mike	Scaviola	M	Unisex Medium	7 Mile Race	702
Teo	Scaviola	M	Youth Small	Piglet Prance	1474
Kessa	Schaeffer	F	Unisex Small	7 Mile Race	887
Lily	Schaeffer	F	Unisex Small	7 Mile Race	1063
Peter	Schaeffer	M	Unisex Large	7 Mile Race	889
marybeth	schanz	F	Womens' Small	7 Mile Race	1015
Laura	Schechter	F	Unisex XL	7 Mile Race	817
Sarah	Schechter	F	Unisex Medium	7 Mile Race	1017
Jack	Schlechtweg	M	Unisex XL	Half Marathon	322
Christine	Schmittgall	F	Unisex Medium	Mighty Cow 16.2	1187
Brandon	Schneider	M	Unisex Large	Half Marathon	43
Derek	Schneider	M	Youth Small	Piglet Prance	1402
Jennifer	Schneider	F	Womens' Medium	Half Marathon	101
Logan	Schneider	M	Youth Medium	Piglet Prance	1401
Louise	Schneider	F	Womens' Small	7 Mile Race	855
Petrina	Schneiderman	F	Womens' Small	Half Marathon	483

Jan	Schole	M	Unisex Medium	7 Mile Race	645
Nicole	Schreier	F	Womens' Medium	7 Mile Race	953
Kerry	Schur	F	Unisex Small	Mighty Cow 10.1	1368
Lynn	Schuster	F	Womens' Small	Half Marathon	389
Jeffrey	Schwartz	M	Unisex Large	Half Marathon	11
John	Schwartz	M	Unisex Large	Half Marathon	382
Marie	Schweitzer	F	Womens' Small	Half Marathon	71
Sara	Scully	F	Unisex Medium	Half Marathon	187
Karen	Seelert	F	Unisex Medium	7 Mile Race	774
Leah	Seften	F	Womens' Small	Half Marathon	3
Adam	Segal	M	Unisex Medium	Half Marathon	416
Jonny	Segal	M	Unisex Medium	Half Marathon	423
Corey	Seigel	M	Unisex XL	Half Marathon	394
Jessica	Seigel	F	Womens' XL	7 Mile Race	674
Daniel	Selander	M	Unisex Large	Mighty Cow 10.1	1313
Katie	Selander	F	Unisex Small	Mighty Cow 16.2	1188
Olivia	Sennett	F	Unisex Medium	7 Mile Race	959
Scott	Sennett	M	Unisex Large	7 Mile Race	960
Audrey	Serban	F	Womens' Small	Half Marathon	275
Therese	Servas	F	Unisex Large	Mighty Cow 10.1	1338
Kelly	Shannon	F	Womens' Small	7 Mile Race	1036
Matthew	Shannon	M	Unisex Medium	7 Mile Race	1035
Andrew	Shantz	M	Unisex Large	Mighty Cow 16.2	1206
Brian	Sharnick	M	Unisex Large	7 Mile Race	998
Stephanie	Shaughnessy	F	Womens' XL	Mighty Cow 10.1	1339
Laura	Shaw	F	Womens' Medium	Half Marathon	222
Richard	Shaw	M	Unisex Large	Half Marathon	171
Aidan	Sheahan	M	Unisex Medium	Half Marathon	38
Sara	Sherlock	F	Womens' XL	Mighty Cow 16.2	1232
JR	Sherman	M	Unisex XL	Half Marathon	28
Lora	Sherman	F	Womens' Large	7 Mile Race	1031
Lora	Sherman	F	Womens' Large	7 Mile Race	1032
Lora	Sherman	F	Womens' Large	Half Marathon	215
Lisa	Shinall	F	Unisex Small	Half Marathon	443
Rick	Shoup	M	Unisex Medium	Half Marathon	27
Jaden	Shupp	M	Unisex Small	7 Mile Race	784
Karlen	Shupp	F	Unisex Medium	7 Mile Race	782
Pete	Shupp	M	Unisex Large	7 Mile Race	783
tyler	silverman	M	Unisex Medium	Half Marathon	149
Margo	Silvian	F	Womens' Small	Half Marathon	245
John	Simko	M	Unisex Large	Half Marathon	477
Josephine	Simko	F	Unisex Medium	Half Marathon	476
Benjamin	Simoes	M	Youth Small	Piglet Prance	1494
Daniel	Simoes	M	Youth Small	Piglet Prance	1493
Filipe	Simoes	M	Youth Small	Piglet Prance	1492
Christine	Simon	F	Womens' Large	Half Marathon	21
John	Sindel	M	Unisex XL	Half Marathon	354
Karen	Sitney	F	Womens' Small	Half Marathon	90

Megan	Skell	F	Womens' Medium	7 Mile Race	745
Patti	Skok	F	Womens' Large	7 Mile Race	894
james	slaminko	M	Unisex Large	7 Mile Race	1003
Kristi	Slater	F	Womens' XL	Mighty Cow 10.1	1360
Aidan	Slovinski	M	Unisex Small	7 Mile Race	886
Jennifer	Slovinski	F	Unisex Small	7 Mile Race	884
Keegan	Slovinski	M	Youth Medium	Piglet Prance	1409
Steve	Slovinski	M	Unisex Medium	7 Mile Race	1001
blake	smith	M	Unisex Medium	Half Marathon	465
Kathy	Smith	F	Unisex Medium	Mighty Cow 10.1	1351
Katrina	Smith	F	Unisex Small	Half Marathon	251
Kerry	Smith	M	Unisex Large	Half Marathon	343
Lorraine	Smith	F	Unisex Medium	Mighty Cow 10.1	1348
Nicki	Smith	F	Unisex XL	Half Marathon	163
Cathy	Snopkowski	F	Womens' Small	Half Marathon	297
Delia	Snyder	F	Youth Small	Piglet Prance	1433
Eli	Snyder	M	Youth Large	7 Mile Race	1122
Jason	Snyder	M	Unisex XL	7 Mile Race	1123
Robin	Snyder	F	Womens' Medium	7 Mile Race	1121
Scott	Snyder	M	Unisex Large	Half Marathon	48
Trent	Snyder	M	Unisex Medium	7 Mile Race	1039
Erin	Sodhi	F	Womens' Small	Mighty Cow 16.2	1211
Joseph	Sorbanelli	M	Unisex Large	Half Marathon	484
Ruth	Sorbanelli	F	Womens' Medium	Half Marathon	485
Larisa	Sorce	F	Unisex Medium	7 Mile Race	867
Luke	Sorce	M	Youth Small	Piglet Prance	1421
Sal	Sorce	M	Unisex 2XL	Piglet Prance	1422
Jodi	Sorrells	F	Unisex Small	Half Marathon	285
Lawrence	Soule	M	Unisex Large	Half Marathon	406
Linda	Spooner	F	Womens' Medium	Mighty Cow 10.1	1388
Paige	Spooner	F	Youth Medium	7 Mile Race	1088
Allison	St. Germain	F	Womens' XL	Half Marathon	14
Emily	St. Germain	F	Youth Medium	Piglet Prance	1502
Ian	St. Germain	M	Youth Large	Piglet Prance	1503
Morgan	Stacey	F	Unisex Small	Half Marathon	10
Christiane	Stamp	F	Unisex Small	Mighty Cow 10.1	1373
Deb	Stankiewicz	F	Womens' Large	7 Mile Race	958
Donald	Stankus	M	Unisex Large	Mighty Cow 16.2	1260
Ian	Starker	M	Unisex Medium	Half Marathon	132
Kristen	Starker	F	Womens' Medium	Half Marathon	75
Rod	Steensma	M	Unisex Medium	7 Mile Race	966
Chris	Stefanski	M	Unisex Medium	Mighty Cow 10.1	1325
Christopher	Steinley	M	Unisex Medium	7 Mile Race	965
Grace	Steinley	F	Unisex Large	Half Marathon	444
Kerry	Stephens	F	Unisex Medium	Half Marathon	147
Joanne	Sterk	F	Womens' Medium	Half Marathon	402
Aren	Sterling	M	Youth Small	Piglet Prance	1442
Cameron	Sterling	M	Unisex Small	Half Marathon	249

Rebecca	Sterling	F	Womens' Small	Half Marathon	250
Suzen	Stewart	F	Womens' Large	Half Marathon	226
Tiffany	Stewart	F	Unisex Large	7 Mile Race	978
Kathryn	Stoker	F	Womens' Large	Mighty Cow 10.1	1297
Cameron	Stracher	M	Unisex XL	Half Marathon	490
Simon	Stracher	M	Unisex XL	Half Marathon	491
Marin	strout	F	Youth Large	Half Marathon	412
Namita	Subramanian	F	Womens' Medium	Half Marathon	601
Elaine	Sullivan	F	Unisex Small	7 Mile Race	1004
Mark	Sundermann	M	Unisex Large	Mighty Cow 10.1	1279
Patrick	Sutton	M	Unisex Large	Half Marathon	15
Will	Sutton	M	Unisex Large	Half Marathon	332
Andy	Swett	M	Unisex Medium	Half Marathon	31
Johnathan	Sylvia	M	Unisex Large	Mighty Cow 10.1	1363
Virginia	Syombathy	M	Youth Small	Piglet Prance	1464
Diane	Tamboia	F	Womens' Large	7 Mile Race	757
Amy	Taylor	F	Unisex Medium	Half Marathon	320
Cristina	Taylor	F	Womens' Medium	Mighty Cow 16.2	1254
Dana	Taylor	M	Unisex Large	7 Mile Race	880
Gosia	Tedawes	F	Womens' Medium	7 Mile Race	806
Christopher	Teixeira	M	Unisex Large	Half Marathon	470
Barbara	Templeton	F	Unisex Small	7 Mile Race	803
Jamie	Templeton	M	Unisex Large	7 Mile Race	804
Donna	Tesar	F	Unisex Medium	Mighty Cow 10.1	1340
Vanessa	Teter	F	Womens' XL	Mighty Cow 16.2	1270
Andrea	Theodore	F	Unisex Medium	7 Mile Race	638
Madeline	Theodore	F	Youth Small	Piglet Prance	1501
Jeanne	Thomas	F	Unisex Small	7 Mile Race	923
Marc	Thompson	M	Unisex XL	Half Marathon	268
Wendy	Thompson	F	Unisex XL	Half Marathon	259
Ryan	Tolfree	M	Unisex Medium	7 Mile Race	1118
Lynn	Tommasini	F	Unisex Large	Mighty Cow 16.2	1221
EDUARDO	TORREALBA	M	Unisex Large	Mighty Cow 16.2	1213
Luisa	Torres	F	Womens' Small	Half Marathon	200
Brenda	Toto	F	Unisex Small	7 Mile Race	742
Alan	Tousignant	M	Unisex Large	Half Marathon	593
Bryan	Towle	M	Unisex Small	7 Mile Race	1115
Matt	Travis	M	Unisex 2XL	7 Mile Race	657
John	Tremaine	M	Unisex Large	Half Marathon	201
Karen	Tremaine	F	Womens' Medium	Half Marathon	428
Dean	Tresca	M	Unisex Large	7 Mile Race	1064
Rachel	Tressy	F	Womens' XL	Mighty Cow 10.1	1284
Jan	Triani	F	Unisex Small	Mighty Cow 10.1	1314
James	Triano	M	Unisex Large	7 Mile Race	1026
Maxwell	Triano	M	Unisex Small	7 Mile Race	1027
bonnie	triolo	F	Unisex Medium	Mighty Cow 16.2	1228
Tara	Troiano	F	Unisex Small	Half Marathon	214
Adam	Trojanowski	M	Unisex Small	Mighty Cow 16.2	1159

Jeanette	Trujillo	F	Unisex Medium	Half Marathon	179
David	Tsang	M	Unisex Large	Half Marathon	367
Lisa	Tuffy	F	Unisex Small	Half Marathon	303
Kimberly A	Tully	F	Womens' Small	Mighty Cow 16.2	1248
Kelly	Turberfield	F	Womens' Large	7 Mile Race	741
Marsha	Turek	F	Womens' Small	7 Mile Race	891
Suzanne	Turner	F	Womens' Medium	Mighty Cow 10.1	1361
Abby	Tuttle	F	Unisex Small	7 Mile Race	781
Katherine	Unfried	F	Womens' Medium	Mighty Cow 10.1	1286
Sujatha	Unny	F	Womens' Medium	Mighty Cow 16.2	1160
Anne	Upton	F	Unisex Small	Half Marathon	353
Tim	Urbanz	M	Unisex Medium	Mighty Cow 10.1	1294
Jessica	Vaghi	F	Unisex Small	Mighty Cow 10.1	1278
Joshua	Vaghi	M	Unisex Medium	7 Mile Race	820
Theo	Vaghi	M	Youth Small	Piglet Prance	1404
Diana	Valencia	F	Womens' Small	Mighty Cow 16.2	1240
Amanda	Valenti	F	Womens' Medium	Half Marathon	447
Jean	Valentino	F	Unisex Small	7 Mile Race	646
Deborah	Valin	F	Womens' Small	Half Marathon	925
Danielle	Valiquette	F	Unisex Medium	Mighty Cow 10.1	1316
Kim	Van Allsburg	F	Unisex Small	7 Mile Race	750
Ryan	Van Allsburg	M	Unisex Large	7 Mile Race	751
Maximino	Veiga	M	Unisex Medium	Mighty Cow 16.2	1169
john	ventura	M	Unisex Medium	Half Marathon	231
Stephanie	Vernik	F	Unisex Small	Mighty Cow 10.1	1376
Benedict	Vetter	M	Unisex Large	Half Marathon	246
Gregory	Vetter	M	Unisex Large	Mighty Cow 16.2	1234
Lori	Vickers	F	Womens' Small	7 Mile Race	913
Christine	Vincent	F	Womens' Small	7 Mile Race	644
Deborah	Vincent	F	Womens' XL	7 Mile Race	730
Whitney	Vitti	F	Unisex Medium	Mighty Cow 10.1	1357
Janet	Voelpert	F	Womens' Small	Half Marathon	142
David	Vogel	M	Unisex XL	Half Marathon	150
Julie	Vogel	F	Womens' Medium	Half Marathon	160
Christina	Vogt	F	Unisex Medium	Half Marathon	195
Edward	Vreeland	M	Unisex 2XL	7 Mile Race	1067
Lisa	Wabiszczewicz	F	Womens' Medium	7 Mile Race	677
Monte	Wagner	M	Unisex Large	Half Marathon	54
Geoff	Wakeford	M	Unisex XL	7 Mile Race	725
Harold	Walker	M	Unisex Large	Half Marathon	177
Emma	Wallace	F	Womens' Medium	Half Marathon	413
Grace	Wallace	F	Womens' Medium	7 Mile Race	641
Suzanne	Wallace	F	Womens' Small	Half Marathon	471
Tim	Wallace	M	Unisex 2XL	Mighty Cow 10.1	1334
Jane	Walsh	F	Womens' XL	Half Marathon	262
Ryan	Walsh	M	Unisex Large	7 Mile Race	905
Russ	Waterbury	F	Unisex XL	7 Mile Race	1086
Rebecca	Wayland	F	Womens' Medium	Half Marathon	58

Al	Weggeman	M	Unisex XL	Half Marathon	39
Corey	Weibel	F	Womens' Small	Half Marathon	400
Douglas	Weibel	M	Unisex Medium	Mighty Cow 16.2	1265
Michael	Weibel	M	Unisex Large	7 Mile Race	878
Zoe	Weibel	F	Womens' Small	7 Mile Race	877
Justin	Weigold	M	Unisex 2XL	7 Mile Race	1077
Alexandra	Weingard	F	Youth Medium	7 Mile Race	845
Jacob	Weingard	M	Unisex Small	7 Mile Race	846
Irene	Weinstein	F	Womens' Small	Half Marathon	172
Kathryn	Weiss	F	Womens' Medium	Half Marathon	379
Nicole	Weiss	F	Unisex Small	Half Marathon	404
Erica	Welchman	F	Womens' Medium	Half Marathon	300
Erich	Wenis	M	Unisex Large	Mighty Cow 16.2	572
Martina	Werner	F	Unisex XL	7 Mile Race	970
Frank	Whaley	M	Unisex Medium	Half Marathon	19
Heather	Whaley	F	Womens' Medium	Half Marathon	18
Jeffrey	Wheeler	M	Unisex Large	Half Marathon	252
Lisa	Whelan	F	Unisex Medium	7 Mile Race	875
Kristin	Whitaker	F	Unisex Medium	7 Mile Race	739
Andy	White	M	Unisex XL	Half Marathon	93
dennis	white	M	Unisex Large	Half Marathon	64
Kathryn	White	F	Womens' Medium	7 Mile Race	680
Rita	Wilker	F	Womens' Medium	Half Marathon	152
Alice	Wilkinson	F	Unisex Medium	Mighty Cow 16.2	1149
Jake	Wilkinson	M	Unisex Medium	Mighty Cow 16.2	124
Sadie	Wilkinson	F	Youth Medium	Piglet Prance	1408
Austin	Williams	M	Youth Small	Piglet Prance	1481
Elissa	Williams	F	Womens' Large	7 Mile Race	703
Jackson	Williams	M	Youth Medium	Piglet Prance	1482
Laura	Williams	F	Womens' Medium	Mighty Cow 16.2	1274
Sonja	Williams	F	Womens' XL	7 Mile Race	660
Teal	Williams	F	Unisex Medium	Half Marathon	327
Andrea	Williamson	F	Womens' Small	Half Marathon	380
Lilia	Wills	F	Womens' Medium	Half Marathon	316
Melissa	Wilson	F	Unisex Large	Half Marathon	526
Melissa	Wilson	F	Unisex Medium	Mighty Cow 10.1	1369
Emily	Winter	F	Unisex Small	Half Marathon	145
Victoria	Wish	F	Womens' Medium	Mighty Cow 10.1	1355
Shirley	Wittner	F	Womens' Small	Half Marathon	88
Camila	Wood	F	Womens' Large	Half Marathon	371
Elliott	Wood	M	Unisex Large	Half Marathon	370
Melissa	Wooten	F	Womens' Large	Half Marathon	417
Jen	Worden	F	Womens' XL	7 Mile Race	868
Artemis	Wright	F	Youth Small	Piglet Prance	1430
Colin	Wright	M	Unisex Large	Half Marathon	605
David	Wright	M	Unisex Small	Half Marathon	210
Noah	Wright	M	Youth Small	Piglet Prance	1431
Kelly	Yontef	F	Womens' Medium	Mighty Cow 16.2	1245

Minsung	Yoon	M	Womens' Small	Half Marathon	121
Darwin	York	M	Youth Medium	Piglet Prance	1504
Hugo	York	M	Youth Small	Piglet Prance	1505
Jesse	York	M	Unisex Large	Half Marathon	298
Wendy	Youngblood	F	Womens' Large	7 Mile Race	1094
laura	zadrick	F	Womens' Large	7 Mile Race	1070
Crystal	Zamfino	F	Unisex Small	Mighty Cow 16.2	1259
Felipe	Zarama	M	Unisex Medium	Half Marathon	293
Bradley	Zaremski	M	Unisex XL	7 Mile Race	654
Clare	Zeher	F	Womens' Medium	Half Marathon	52
Wayne	Zimmerman	M	Unisex Medium	Half Marathon	427
Jessica	Zoz	F	Unisex XL	7 Mile Race	893
Alex	Zuluaga	M	Unisex XL	Piglet Prance	1424
Jennifer	Zuluaga	F	Womens' Medium	7 Mile Race	919
Westley	Zuluaga	M	Youth Small	Piglet Prance	1420
Evelyn	Zupan	F	Youth Small	Piglet Prance	1457
Jennifer	Zupan	F	Womens' Small	7 Mile Race	801
Madeline	Zupan	F	Youth Medium	Piglet Prance	1456
Michelle	Zuscin	F	Unisex Small	7 Mile Race	1112
Jennifer	Zuza	F	Unisex Medium	7 Mile Race	1076
JASON	ZWEIG	M	Unisex Small	7 Mile Race	951
Kristyn	Zygmunt	F	Unisex Medium	7 Mile Race	974



The 150+ signs on the course come May 5<sup>th</sup>. Now, I do have a Buffalo sarcastic sense of humor....so....if you don't like some of the signs, run faster and ignore them – ha!! Especially the hill 1 of 15, 2 of 15, etc signs.

**Cheers,**

**John**