



REDDING ROAD RACE
2019 FINISHER'S MAGAZINE



karagoucher

Redding, Connecticut



1. Letter from Ann Taylor

Dear Editor:

New Pond Farm just hosted its seventh annual Run for the Cows with 1,300 runners, dedicating themselves to the Seven-Mile Run, the Half Marathon, and the Mighty Cow Challenge, as well as 125 energetic Piglet Prancers. We were especially honored to have the legendary Olympic gold medalist Joan Benoit Samuelson with us.

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

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

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

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

Ann Taylor, Executive Director

New Pond Farm



2. Letter from John McCleary



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

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

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

- This will forever be remembered for mud, a tractor pull and Kara Goucher winning our race in Redding!!
- And mostly, my wife Terri and sons John and Kevin who put up with me and help tremendously with race prep.

For this year's race, I'm very proud that we started all 5 races on time for the 8th year in a row!! We also had no port-o-let lines, we had more chocolate milk and it lasted to the very end.

What to expect for 2019:

- Same size field
- Boston Billy will be back with another celebrity or two
- Thanks again for making our race one of the most popular in the area – if you keep selling it out, we'll keep organizing it! I hope to see a lot of you wearing your RRR19 shirts in races this summer.
- Remember to sign up for my two other races if around town before they sell out (see next page)

The Great Turkey Escape 5K

Thursday, November 28th 8:00am

37 Lonetown Rd, Redding Ct 06896

Website:

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

Registration: **Open**

Redding Rock'n Roots 9K

Saturday, June 29th 8:00am

43 Lonetown Rd, Redding Ct 06896

Website:

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

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

WHERE: Redding Historical Society, Redding, CT

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



Start and finish of the 9K race



Re-enactors at the start



Rainbow over the Historical Society house the day before the race



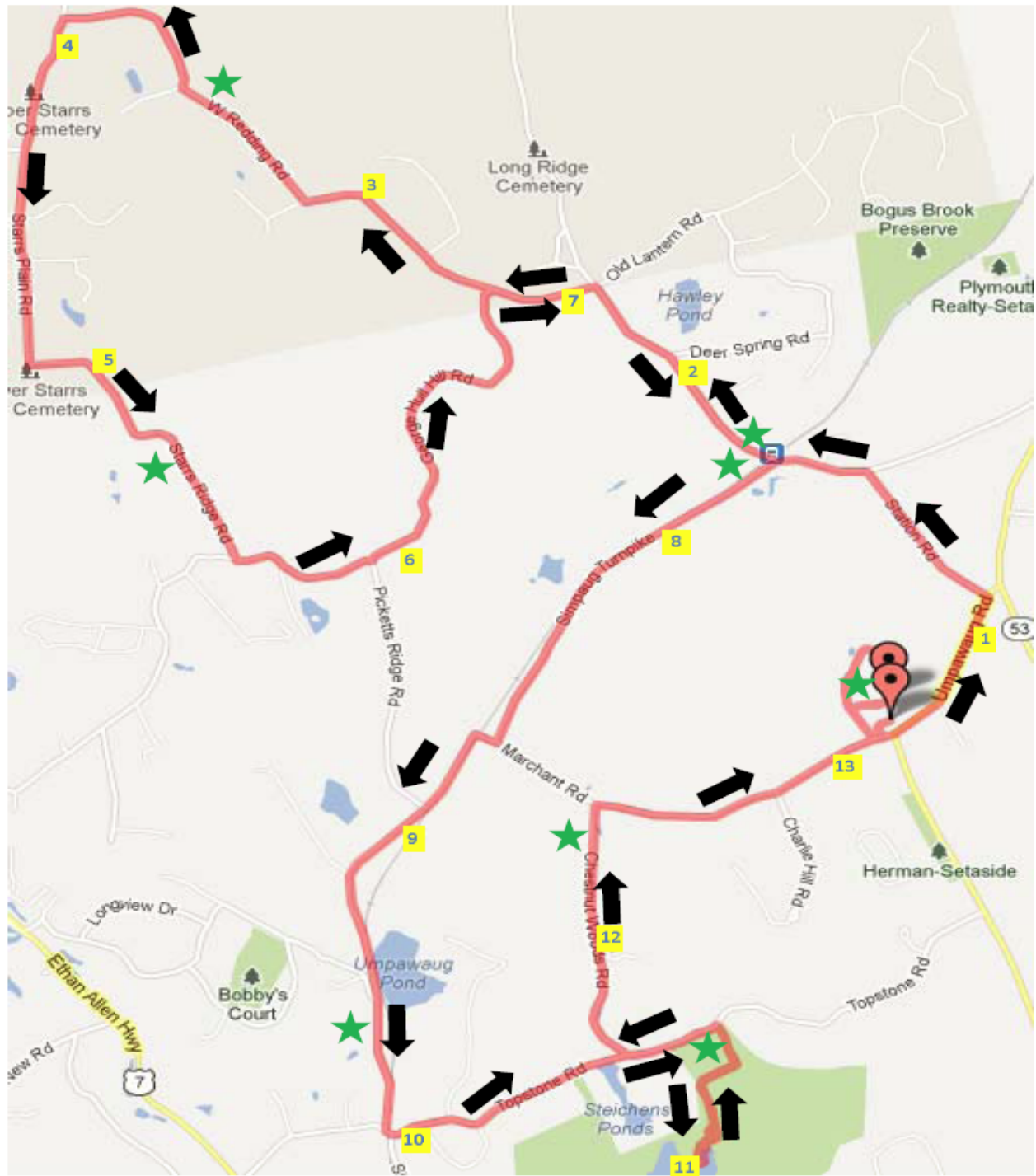


Re-enactors in the park directing the runners

3. HALF MARATHON

A. HALF MARATHON MAP

REDDING ROAD RACE HALF MARATHON COURSE



★ AID STATIONS/PORT-O-LETS

REDDING ROAD RACES HALF MARATHON
 Redding, CT Sunday, May 5, 2019
 Timing by: StartLine Race Services, LLC

Page 1

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
1	1/3	OVRLM	1184	Piotr Kostyk	29	M	Bethel	CT	1:20:01	6:07
2	2/3	OVRLM	191	Jeremy Miner	28	M	Stamford	CT	1:22:48	6:20
3	3/3	OVRLM	358	William Gasparrini	19	M	Ridgefield	CT	1:24:18	6:27
4	1/3	OVRLF	499	Kara Goucher	40	F	Denver	CO	1:25:06	6:30
5	2/3	OVRLF	461	Laura Pierce	37	F	Woodbridge	CT	1:28:00	6:44
6	3/3	OVRLF	130	Brandy Leclair	24	F	Groton	CT	1:28:24	6:45
7	1/24	M5559	56	Warren Angell	55	M	Wakefield	RI	1:31:46	7:01
8	1/1	M2024	224	Sean Cunningham	20	M	Redding	CT	1:32:27	7:04
9	1/13	M3034	1145	Colin Martin	33	M	Wappingers Falls	NY	1:32:28	7:04
10	1/38	M4549	47	Anthony Chiaverini	47	M	Fairfield	CT	1:32:49	7:06
11	2/13	M3034	149	Tyler Silverman	33	M	Quincy	MA	1:32:51	7:06
12			609	Unkown Runner	0	M		CT	1:32:55	7:06
13	1/21	M3539	1	Matt Bedoukian	39	M	Redding	CT	1:33:32	7:09
14	3/13	M3034	31	Andy Swett	34	M	Dedham	MA	1:33:46	7:10
15	2/21	M3539	1209	Ryan Rothman	37	M	Stamford	CT	1:33:47	7:10
16	2/24	M5559	1267	John Minervino	55	M	Higganum	CT	1:34:04	7:11
17	1/17	F2529	145	Emily Winter	25	F	Easton	CT	1:34:44	7:14
18	3/21	M3539	503	Michael Healy	35	M	Weston	CT	1:35:21	7:17
19	1/21	F3034	432	Chelsea Ellis	30	F	Rye Brook	NY	1:36:33	7:23
20	1/35	M4044	314	Sean Mehner	41	M	Redding	CT	1:37:30	7:27
21	2/38	M4549	465	Blake Smith	48	M	Westport	CT	1:38:12	7:30
22	2/35	M4044	106	James Patts	40	M	Redding	CT	1:38:17	7:31
23	1/34	M5054	451	Filippo Imperiali	54	M	Weston	CT	1:38:53	7:33
24	3/35	M4044	1170	Mark Cicero	43	M	New Haven	CT	1:39:12	7:35
25	4/35	M4044	455	Scott Defusco	43	M	Beverly	MA	1:39:12	7:35
26	3/24	M5559	240	Dan Germain	57	M	Newtown	CT	1:39:15	7:35
27	5/35	M4044	375	Erik Hovdestad	43	M	Brookfield	CT	1:39:19	7:35
28	4/21	M3539	1185	Stephen Apy	36	M	Darien	CT	1:39:24	7:36
29	1/37	F4044	283	Bonnie Pope	42	F	Ridgefield	CT	1:39:36	7:37
30	1/48	F3539	440	Lisa Gallagher	35	F	Washington	DC	1:39:37	7:37
31	1/5	M2529	378	Tom Hazzard	29	M	Danbury	CT	1:39:45	7:37
32	4/13	M3034	1151	Krzystof Bury	31	M	Ridgefield	CT	1:40:35	7:41
33	2/21	F3034	1152	Tracy Blaumauer	32	F	Ridgefield	CT	1:40:35	7:41
34	3/38	M4549	140	George Bearer	45	M	Groton	MA	1:40:36	7:41
35	6/35	M4044	1271	Paul Rosenberg	40	M	Litchfield	CT	1:40:44	7:42
36	2/34	M5054	1201	Matt Pulse	51	M	Colchester	CT	1:40:54	7:43
37	2/48	F3539	1164	Sara Belles	38	F	Brookfield	CT	1:41:05	7:43
38	4/24	M5559	401	Ralf Hennig	58	M	Greenwich	CT	1:41:16	7:44
39	7/35	M4044	1158	Eric Gamari	41	M	Torrington	CT	1:41:26	7:45
40	2/37	F4044	141	Jeanne Halloran	40	F	Redding	CT	1:41:29	7:45
41	3/34	M5054	290	Dan Readyoff	50	M	New Milford	CT	1:42:29	7:50
42	4/34	M5054	1269	Steve Leslie	54	M	Brookfield	CT	1:42:46	7:51
43	1/3	M0120	332	Will Sutton	17	M	Redding	CT	1:42:54	7:52
44	5/34	M5054	307	Michael Baneat	53	M	Shelton	CT	1:43:04	7:53
45	5/21	M3539	1179	Russel Joseph	39	M	Stamford	CT	1:43:07	7:53
46	4/38	M4549	260	Brad Marcus	48	M	Ridgefield	CT	1:43:20	7:54
47	6/34	M5054	318	Rick Heyman	54	M	Redding	CT	1:44:11	7:58
48	3/37	F4044	112	Kristin Partenza	41	F	Wilton	CT	1:44:23	7:59
49	1/39	F4549	221	Lauren Pinchbeck	48	F	Wilton	CT	1:44:31	7:59
50	5/24	M5559	57	Scott Holmes	57	M	Middlebury	CT	1:44:33	7:59

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
51	6/21	M3539	1182	Bryan Frank	37	M	wallingford	CT	1:44:36	8:00
52	5/13	M3034	1234	Gregory Vetter	34	M	Trumbull	CT	1:44:47	8:00
53	3/48	F3539	143	Elizabeth Gmelin	37	F	Ridgefield	CT	1:45:06	8:02
54	8/35	M4044	1212	Luke Albrecht	40	M	Newtown	CT	1:46:15	8:07
55	5/38	M4549	1157	Cory Hudak	46	M	winsted	CT	1:46:17	8:07
56	7/34	M5054	410	Steve Mortinger	54	M	Ridgefield	CT	1:46:31	8:08
57	7/21	M3539	470	Christopher Teixeira	39	M	Norwalk	CT	1:46:52	8:10
58	9/35	M4044	666	Greg Klimaytis	43	M	New York	NY	1:47:04	8:11
59	3/21	F3034	1171	Nicole Logue	33	F	woodbury	CT	1:47:12	8:11
60	8/34	M5054	1249	Dwight Grant	50	M	scarsdale	NY	1:47:23	8:12
61	1/16	F6064	114	wendy calzone	62	F	Redding	CT	1:47:25	8:12
62	4/37	F4044	525	Megan Holbert	42	F	Ridgefield	CT	1:47:26	8:13
63			523	Unkown Runner	0	M		CT	1:47:34	8:13
64	4/48	F3539	71	Marie Schweitzer	39	F	Berlin	CT	1:48:02	8:15
65	6/13	M3034	481	Jamie Otfinoski	32	M	Danbury	CT	1:48:07	8:16
66	5/37	F4044	458	Courtney Campbell	42	F	Middlebury	CT	1:48:18	8:16
67	5/48	F3539	1342	Nicole Lopes	37	F	Monroe	CT	1:48:23	8:17
68	6/48	F3539	176	Shawna Nickerson	36	F	Bethel	CT	1:48:30	8:17
69	7/13	M3034	478	Allen Pangilinan	31	M	South windsor	CT	1:49:00	8:20
70	7/48	F3539	1217	Suzanne Fortier	39	F	Middlebury	CT	1:49:02	8:20
71	9/34	M5054	54	Monte Wagner	54	M	New Milford	CT	1:49:09	8:20
72	6/38	M4549	258	Jeff Burdeshaw	49	M	westport	CT	1:49:14	8:21
73	6/37	F4044	32	Dawn Malone	44	F	Bethel	CT	1:49:46	8:23
74	10/34	M5054	1264	Ken Merrick	50	M	New Fairfield	CT	1:50:26	8:26
75	8/21	M3539	456	Phil Pires	36	M	Fairfield	CT	1:50:28	8:26
76	10/35	M4044	282	Isaak Aronson	43	M	Branford	CT	1:50:34	8:27
77	2/39	F4549	285	Jodi Sorrells	48	F	Darien	CT	1:50:48	8:28
78	11/34	M5054	1194	Tracy Montoya	54	M	waterford	CT	1:51:40	8:32
79	3/39	F4549	183	Carrie Hall	46	F	Trumbull	CT	1:51:55	8:33
80	7/38	M4549	1272	Paul Baldini	47	M	Redding	CT	1:52:03	8:34
81	8/38	M4549	606	Gregory Reynolds	46	M	woodside	NY	1:52:20	8:35
82	2/5	M2529	374	Reed Ash	25	M	stamford	CT	1:52:26	8:35
83	4/39	F4549	473	Abigail Bushley	48	F	South Glastonb	CT	1:52:34	8:36
84	1/10	M6064	146	Paul Moriber	63	M	Shelton	CT	1:52:52	8:37
85	7/37	F4044	216	Ines Allen	41	F	Fairfield	CT	1:53:13	8:39
86	9/21	M3539	289	Jon Downs	39	M	Millbrook	NY	1:53:13	8:39
87	10/21	M3539	349	Thomas Deane	39	M	wilton	CT	1:53:14	8:39
88	8/13	M3034	154	Paul Fotovat	34	M	New York	NY	1:53:21	8:40
89	9/13	M3034	155	Kurt Fields	30	M	New York	NY	1:53:22	8:40
90	11/35	M4044	35	Andrew Garcia	40	M	wilton	CT	1:53:36	8:41
91	12/34	M5054	1193	Steve Riley	51	M	Mystic	CT	1:53:46	8:42
92	1/5	F2024	391	Sarah Hammond	23	F	Essex	CT	1:53:57	8:42
93	2/17	F2529	10	Morgan Stacey	28	F	Ridgefield	CT	1:54:10	8:43
94	9/38	M4549	571	Michael Pozika	49	M	New Haven	CT	1:54:16	8:44
95	10/38	M4549	1265	Douglas weibel	47	M	Bainbridge Isl	WA	1:54:27	8:45
96	11/38	M4549	49	Todd Doyle	49	M	Bethel	CT	1:54:38	8:45
97	3/17	F2529	519	Mollie Calzone	28	F	New York	NY	1:54:39	8:46
98	12/35	M4044	630	Scott Hynes	44	M	Larchmont	NY	1:54:39	8:46
99	11/21	M3539	43	Brandon Schneider	37	M	Danbury	CT	1:54:53	8:47
100	8/48	F3539	101	Jennifer Schneider	38	F	Danbury	CT	1:54:53	8:47

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	I
101	8/37	F4044	400	Corey Weibel	40	F	Easton	CT	1:55:11	8:48	
102	6/24	M5559	427	Wayne Zimmerman	55	M	Bethel	CT	1:55:13	8:48	
103	13/35	M4044	129	Ryan Felipe	44	M	Wilton	CT	1:55:16	8:48	
104	2/10	M6064	89	Kent Blocher	61	M	New York	NY	1:55:46	8:51	
105	9/48	F3539	334	Janell Lovig	36	F	Farmington	CT	1:55:54	8:51	
106	13/34	M5054	107	JP Milot	51	M	Ridgefield	CT	1:55:55	8:51	
107	14/35	M4044	249	Cameron Sterling	44	M	Greenwich	CT	1:55:57	8:52	
108	1/30	F5054	67	Diane Hayes	53	F	Weston	CT	1:56:18	8:53	
109	5/39	F4549	111	Kellie Brown	49	F	Stamford	CT	1:56:35	8:54	
110	3/5	M2529	266	Jonathan Rowe	29	M	Redding	CT	1:56:58	8:56	
111	4/17	F2529	200	Luisa Torres	29	F	Stamford	CT	1:57:00	8:56	
112	2/5	F2024	206	SJ Guillaume	24	F	Stamford	CT	1:57:00	8:56	
113	5/17	F2529	1381	Emily Erb	29	F	New Haven	CT	1:57:04	8:57	
114	12/38	M4549	388	Matt Parnell	49	M	Fairfield	CT	1:57:05	8:57	
115	15/35	M4044	44	Ram Sarma	44	M	Stamford	CT	1:57:06	8:57	
116	10/48	F3539	34	Kiley Gottschalk	36	F	Newtown	CT	1:57:07	8:57	
117	9/37	F4044	250	Rebecca Sterling	42	F	Greenwich	CT	1:57:15	8:57	
118	13/38	M4549	100	John Dickerson	45	M	Wilton	CT	1:57:15	8:58	
119	6/17	F2529	384	Lidia Bury	28	F	Carmel	NY	1:57:25	8:58	
120	11/48	F3539	444	Grace Steinley	39	F	Sharon	MA	1:57:30	8:59	
121	14/38	M4549	423	Jonny Segal	47	M	Hartsdale	NY	1:57:58	9:01	
122	15/38	M4549	1233	Matt Demaio	47	M	Old Saybrook	CT	1:58:03	9:01	
123	7/24	M5559	204	Robert Monro	57	M	Wilton	CT	1:58:07	9:01	
124	2/3	M0120	124	Jake Wilkinson	15	M	New Milford	CT	1:58:23	9:03	
125	14/34	M5054	383	John P. Gaine	52	M	South Salem	NY	1:58:33	9:03	
126	10/37	F4044	306	Amy Goralnick	43	F	Ridgefield	CT	1:58:45	9:04	
127	12/48	F3539	472	Kate Dubord	37	F	Stamford	CT	1:59:03	9:06	
128	2/30	F5054	435	Denise Descheneaux	50	F	Groton	CT	1:59:21	9:07	
129	4/21	F3034	1188	Katie Selander	32	F	Barkhamsted	CT	1:59:24	9:07	
130	13/48	F3539	83	Maria Lucia Mathias	35	F	Stamford	CT	1:59:29	9:08	
131	8/24	M5559	109	Stephen Dinsmore	59	M	East Lyme	CT	1:59:37	9:08	
132	6/39	F4549	1131	Christine Stefan	49	F	Fairfield	CT	1:59:38	9:08	
133	15/34	M5054	502	Ed Fung	50	M	Wilton	CT	1:59:39	9:08	
134	5/21	F3034	1222	Meg Mullins	34	F	Poughkeepsie	NY	1:59:44	9:09	
135	7/39	F4549	52	Clare Zecher	45	F	Greenwich	CT	1:59:48	9:09	
136	8/39	F4549	1250	Tina Roese	49	F	Redding	CT	1:59:55	9:10	
137	16/38	M4549	1189	Joseph Kolok	46	M	Mount Royal	NJ	1:59:57	9:10	
138	10/13	M3034	271	Drew Kingman	33	M	New York	NY	1:59:59	9:10	
139	1/13	F5559	492	Susan Sirakovsky	56	F	Fair Lawn	NJ	2:00:01	9:10	
140	16/34	M5054	454	Adam Norris	53	M	Norwalk	CT	2:00:04	9:10	
141	3/5	F2024	3	Leah Seften	22	F	Bolton	CT	2:00:09	9:11	
142	17/38	M4549	192	Jim Campasano	48	M	Simsbury	CT	2:00:16	9:11	
143	9/39	F4549	311	Keri McKay	47	F	Fairfield	CT	2:00:29	9:12	
144	18/38	M4549	342	Shawn Baldwin	49	M	Woodside	NY	2:00:29	9:12	
145	10/39	F4549	1244	Lisa Brody	49	F	New Haven	CT	2:00:54	9:14	
146	7/17	F2529	1362	Victoria San Pietro	26	F	Stratford	CT	2:01:03	9:15	
147	8/17	F2529	1280	Hannah Belport	27	F	New York	NY	2:01:05	9:15	
148	16/35	M4044	1197	Nardy Chung	42	M	Stamford	CT	2:01:08	9:15	
149	9/24	M5559	1198	Carlos Baldoz	57	M	Stamford	CT	2:01:32	9:17	
150	10/24	M5559	1237	Daniel Lamb	57	M	New Milford	CT	2:01:51	9:19	

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	
151	19/38	M4549	48	Scott Snyder	48	M	Irvington	NY	2:01:51	9:19	
152	3/30	F5054	518	Lisa Pleban	54	F	Gansevoort	NY	2:02:00	9:19	
153	6/21	F3034	1156	Zelipha Gitari	34	F	Fairfield	CT	2:02:04	9:20	
154	1/7	M6599	381	Neil Mandel	65	M	Norwalk	CT	2:02:12	9:20	
155	2/7	M6599	64	Dennis White	65	M	Stratford	CT	2:02:13	9:20	
156	17/34	M5054	11	Jeffrey Schwartz	52	M	Redding	CT	2:02:14	9:20	
157	14/48	F3539	610	Melissa Fabuien	37	F	Vernon Rockvil	CT	2:02:33	9:22	
158	1/2	F0120	161	Katie Kost	17	F	Sandy Hook	CT	2:02:34	9:22	
159	2/13	F5559	326	Jenifer Parker	57	F	Stamford	CT	2:02:35	9:22	
160	20/38	M4549	201	John Tremaine	45	M	Southport	CT	2:02:46	9:23	
161	4/30	F5054	184	Dawn Prisco	51	F	Ridgefield	CT	2:02:50	9:23	
162	3/13	F5559	333	Tammy Perrotta	55	F	Middletown	CT	2:03:08	9:24	
163	15/48	F3539	437	Victoria Mulligan	39	F	Port Washington	NY	2:03:32	9:26	
164	7/21	F3034	1240	Diana Valencia	34	F	Bridgeport	CT	2:03:47	9:27	
165	11/39	F4549	1149	Alice Wilkinson	46	F	New Milford	CT	2:03:48	9:27	
166	12/21	M3539	1130	Mac Gomes	35	M	Monroe	CT	2:03:48	9:27	
167	5/30	F5054	120	Audrey Day	52	F	Sherman	CT	2:03:49	9:28	
168	9/17	F2529	1382	Emily Taylor	29	F	New Haven	CT	2:04:07	9:29	
169	21/38	M4549	1159	Adam Trojanowski	49	M	Redding	CT	2:04:24	9:30	
170	10/17	F2529	74	Courtney Haedke	27	F	Monroe	CT	2:04:28	9:31	
171	11/37	F4044	330	Erin Plati	44	F	Hopewell Junct	NY	2:04:38	9:31	
172	17/35	M4044	474	Kevin Markert	40	M	Ridgefield	CT	2:04:43	9:32	
173	11/24	M5559	188	Douglas Gunsolley	57	M	Trumbull	CT	2:04:44	9:32	
174	4/5	F2024	392	Katie Robison	24	F	Wallingford	CT	2:04:48	9:32	
175	18/35	M4044	96	Keith Baldwin	41	M	Arlington	VA	2:04:53	9:32	
176	16/48	F3539	319	Danielle Frank	37	F	Wallingford	CT	2:05:13	9:34	
177	12/37	F4044	172	Irene Weinstein	41	F	Fairfield	CT	2:05:14	9:34	
178	13/37	F4044	1229	Jamie Grennan	41	F	Norwalk	CT	2:05:28	9:35	
179	8/21	F3034	66	Naomi Orocu	33	F	Norwalk	CT	2:05:33	9:36	
180	6/30	F5054	346	Jennine Lesica	52	F	Danbury	CT	2:05:38	9:36	
181	9/21	F3034	288	Erin Downs	34	F	Millbrook	NY	2:05:40	9:36	
182	2/16	F6064	148	Sally Kniffin	63	F	Redding	CT	2:05:46	9:36	
183	18/34	M5054	357	Frank Jozefick	53	M	Milford	CT	2:05:46	9:36	
184	19/35	M4044	341	Peter Kristin	44	M	Glastonbury	CT	2:05:47	9:37	
185	7/30	F5054	1285	Laura S McDonnell	51	F	Avon	CT	2:05:59	9:37	
186	10/21	F3034	629	Stacey Gifford	33	F	Ridgefield	CT	2:06:05	9:38	
187	11/13	M3034	236	Noah Foster	34	M	New York	NY	2:06:18	9:39	
188	20/35	M4044	411	Kerrin Hage	43	M	Sandy Hook	CT	2:06:20	9:39	
189	3/16	F6064	157	Diana Derivan	61	F	Norwalk	CT	2:06:25	9:39	
190	12/39	F4549	220	Hilary Martwinski-Nar	47	F	Oakville	CT	2:06:31	9:40	
191	4/16	F6064	428	Karen Tremaine	60	F	Stormville	NY	2:06:35	9:40	
192	5/16	F6064	380	Andrea Williamson	64	F	Norwalk	CT	2:06:36	9:40	
193	17/48	F3539	228	Annie Heck	39	F	Ridgefield	CT	2:06:37	9:40	
194	22/38	M4549	264	John Muller	46	M	Darien	CT	2:06:43	9:41	
195	21/35	M4044	182	Aaron Bricker	41	M	Redding	CT	2:07:00	9:42	
196	19/34	M5054	174	John Macchia	50	M	Fairfield	CT	2:07:05	9:43	
197	13/39	F4549	167	Emily Boucher	47	F	Darien	CT	2:07:05	9:43	
198	20/34	M5054	1203	Jonathan Lucas	50	M	Stamford	CT	2:07:10	9:43	
199	21/34	M5054	416	Adam Segal	50	M	Ardsley	NY	2:07:16	9:43	
200	3/10	M6064	60	Bob Oakes	60	M	Stamford	CT	2:07:24	9:44	

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	I
201	4/10	M6064	158	Greg Ritzinger	62	M	Newtown	CT	2:07:50	9:46	
202	12/24	M5559	408	Brian Oday	57	M	Fairfield	CT	2:08:08	9:47	
203	5/10	M6064	115	James Barickman	62	M	Redding	CT	2:08:15	9:48	
204	22/35	M4044	27	Rick Shoup	44	M	Naugatuck	CT	2:08:26	9:49	
205	14/37	F4044	480	Drjessica Lynn Perepl	44	F	West Springfie	MA	2:08:28	9:49	
206	14/39	F4549	159	Cathy Kost	46	F	Sandy Hook	CT	2:08:34	9:49	
207	11/21	F3034	329	Stephanie McKenna	34	F	Ellington	CT	2:08:38	9:50	
208	22/34	M5054	292	Fran Gallagher	54	M	Bethel	CT	2:08:54	9:51	
209	8/30	F5054	2	Christa Carone	50	F	Ridgefield	CT	2:08:58	9:51	
210	15/39	F4549	419	Stacey Martwinski-Nar	48	F	Oakville	CT	2:08:58	9:51	
211	16/39	F4549	277	Deborah Povinelli	46	F	Bethesda	MD	2:08:58	9:51	
212	9/30	F5054	286	Kathy Lang	51	F	Ridgefield	CT	2:08:58	9:51	
213	18/48	F3539	279	Jessie Paulson	37	F	Newtown	CT	2:09:02	9:51	
214	13/21	M3539	280	Andrew Paulson	37	M	Newtown	CT	2:09:03	9:52	
215	14/21	M3539	460	Adam Brewer	35	M	Indialantic	FL	2:09:28	9:53	
216	23/34	M5054	1235	Desmond McGoey	54	M	Ridgefield	CT	2:09:33	9:54	
217	19/48	F3539	287	Carrie Saxonmeyer	35	F	Fairfield	CT	2:09:36	9:54	
218	23/35	M4044	340	Chris Martin	43	M	Middlebury	CT	2:09:36	9:54	
219	10/30	F5054	33	Kathleen Parker	50	F	Fairfield	CT	2:09:38	9:54	
220	15/21	M3539	1241	Mark Mierzejewski	38	M	Berlin	CT	2:10:01	9:56	
221	23/38	M4549	475	Christopher Lombardy	47	M	Darien	CT	2:10:13	9:57	
222	12/21	F3034	214	Tara Troiano	31	F	Marlborough	CT	2:10:22	9:58	
223	24/35	M4044	1261	Jeffrey Olsen	44	M	Waterbury	CT	2:10:42	9:59	
224	12/13	M3034	1260	Donald Stankus	34	M	Waterbury	CT	2:10:44	9:59	
225	16/21	M3539	194	Tim Rappoccio	36	M	Redding	CT	2:10:51	10:00	
226	15/37	F4044	350	Carolyn Deane	42	F	Wilton	CT	2:11:09	10:01	
227	13/21	F3034	308	Monika Moreira	30	F	Danbury	CT	2:11:12	10:01	
228	24/38	M4549	205	Keith Namiot	49	M	Ridgefield	CT	2:11:21	10:02	
229	25/38	M4549	1206	Andrew Shantz	47	M	Fairfield	CT	2:11:21	10:02	
230	13/24	M5559	1210	Daniel Blair	59	M	Simsbury	CT	2:11:32	10:03	
231	14/21	F3034	1165	Liz Dreier	33	F	Simsbury	CT	2:11:33	10:03	
232	25/35	M4044	252	Jeffrey Wheeler	44	M	Fairfield	CT	2:11:37	10:03	
233	13/13	M3034	23	Timothy McLaughlin	32	M	New York	NY	2:11:45	10:04	
234	11/30	F5054	1154	Catherine Racz	54	F	Roxbury	CT	2:11:58	10:05	
235	15/21	F3034	412	Marin Strout	33	F	Newtown	CT	2:11:59	10:05	
236	6/16	F6064	393	Ronnie Behringer	61	F	Norwalk	CT	2:12:13	10:06	
237	20/48	F3539	185	Ailene Janeczek	36	F	Norwalk	CT	2:12:31	10:07	
238	5/5	F2024	413	Emma Wallace	23	F	Wilton	CT	2:12:47	10:09	
239	12/30	F5054	471	Suzanne Wallace	51	F	Hudson	OH	2:12:50	10:09	
240	26/38	M4549	572	Erich Wenis	46	M	Woodbury	CT	2:12:52	10:09	
241	14/24	M5559	51	Scott Apgar	56	M	Ridgefield	CT	2:13:01	10:10	
242	13/30	F5054	46	Jackie Apgar	53	F	Ridgefield	CT	2:13:01	10:10	
243	16/37	F4044	360	Katya Ilina	43	F	Monroe	CT	2:13:19	10:11	
244	26/35	M4044	69	Mark Mischenko	42	M	Ridgefield	CT	2:13:26	10:12	
245	14/30	F5054	438	Cassandra Day	50	F	Middletown	CT	2:13:29	10:12	
246	27/38	M4549	98	Joseph Amuso	49	M	Stafford Sprin	CT	2:13:38	10:12	
247	6/10	M6064	93	Andy White	60	M	Fairport	NY	2:14:14	10:15	
248	15/24	M5559	477	John Simko	58	M	Bethel	CT	2:14:30	10:16	
249	4/13	F5559	80	Terri McCleary	57	F	Redding	CT	2:14:32	10:17	
250	28/38	M4549	8	Miguel Castro	49	M	Meriden	CT	2:14:36	10:17	

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	I
251	27/35	M4044	121	Minsung Yoon	42	M	Middlebury	CT	2:14:37	10:17	
252	17/37	F4044	162	Eryn Ivey	44	F	Newtown	CT	2:15:09	10:19	
253	17/21	M3539	386	Paul De Lucena	39	M	New York	NY	2:15:20	10:20	
254	21/48	F3539	1230	Emily Carr	37	F	Ridgefield	CT	2:15:22	10:20	
255	22/48	F3539	1211	Erin Sodhi	39	F	Marlborough	CT	2:15:25	10:21	
256	17/39	F4549	181	Michaela Diffey	49	F	Ridgefield	CT	2:15:36	10:21	
257	18/37	F4044	284	Therese Herrero	44	F	Mount Kisco	NY	2:15:45	10:22	
258	15/30	F5054	1218	Lauren Contorno	54	F	Bethel	CT	2:16:32	10:26	
259	24/34	M5054	631	Paul Nasta	54	M	Northport	NY	2:16:54	10:27	
260	5/13	F5559	1150	Mary Karen Davidson	58	F	Ridgefield	CT	2:17:03	10:28	
261	28/35	M4044	1253	Peter Barry	43	M	Danbury	CT	2:17:11	10:29	
262	19/37	F4044	1266	Amy Photopoulos	43	F	New Milford	CT	2:17:15	10:29	
263	29/38	M4549	1255	Chris McCann	48	M	Wilton	CT	2:17:36	10:31	
264	23/48	F3539	418	Jessica Gibson	37	F	Newtown	CT	2:17:51	10:32	
265	30/38	M4549	466	Mitch Passero	48	M	Stamford	CT	2:17:58	10:32	
266	16/24	M5559	231	John Ventura	59	M	Weston	CT	2:18:08	10:33	
267	20/37	F4044	1202	Jennifer Fatone	41	F	Orange	CT	2:18:10	10:33	
268	6/13	F5559	1162	Maggie Deluca	59	F	Redding	CT	2:18:12	10:33	
269	25/34	M5054	1161	George Grenier	53	M	Mohegan Lake	NY	2:18:12	10:33	
270	18/39	F4549	331	Karen Iveson	47	F	Redding	CT	2:18:18	10:34	
271	16/30	F5054	173	Elli Scarfi	54	F	Danbury	CT	2:18:18	10:34	
272	26/34	M5054	169	Frank Scarfi	54	M	Danbury	CT	2:18:19	10:34	
273	27/34	M5054	1223	Kevin Remson	51	M	Trumbull	CT	2:18:24	10:34	
274	21/37	F4044	189	Lea Crown	41	F	Meriden	CT	2:18:31	10:35	
275	7/16	F6064	1242	Mary Regalbuto	61	F	Milford	CT	2:18:35	10:35	
276	7/10	M6064	356	Lewis Lerman	63	M	Fairfield	CT	2:18:36	10:35	
277	4/5	M2529	63	Brian Cadarr	28	M	Torrington	CT	2:18:41	10:36	
278	24/48	F3539	199	Emily Albarillo	37	F	Brooklyn	NY	2:19:15	10:38	
279	28/34	M5054	1225	Vinay Sampson	53	M	Monroe	CT	2:19:32	10:40	
280	17/24	M5559	593	Alan Tousignant	57	M	Millbrook	NY	2:19:55	10:41	
281	25/48	F3539	1205	Lauren Dibenedetto	35	F	Southbury	CT	2:19:57	10:41	
282	26/48	F3539	441	Victoria Foster	39	F	New York	NY	2:20:14	10:43	
283	17/30	F5054	119	Carol Greene	51	F	Ridgefield	CT	2:20:18	10:43	
284	18/30	F5054	125	Julia Bruce	50	F	Ridgefield	CT	2:20:19	10:43	
285	11/17	F2529	359	Bridget Figmic	27	F	Stratford	CT	2:20:28	10:44	
286	27/48	F3539	1216	Tiffany McGuire	37	F	Milford	CT	2:20:28	10:44	
287	28/48	F3539	196	Nikki O'Hara	35	F	Sandy Hook	CT	2:20:30	10:44	
288	29/48	F3539	436	Laura Barrett	37	F	Wilton	CT	2:20:36	10:44	
289	30/48	F3539	301	Raquel Foote	37	F	Paterson	NJ	2:20:45	10:45	
290	31/48	F3539	251	Katrina Smith	37	F	West Harrison	NY	2:20:52	10:46	
291	32/48	F3539	238	Amanda Massett	39	F	Katonah	NY	2:20:53	10:46	
292	22/37	F4044	390	Jennifer Robinson	44	F	Mahopac	NY	2:21:00	10:46	
293	31/38	M4549	498	Charles Morales-Thoma	46	M	Redding	CT	2:21:35	10:49	
294	3/3	M0120	488	Brandon Ehrlich	18	M	Norwood	NJ	2:21:40	10:49	
295	7/13	F5559	243	Sharon Cunninghis	58	F	Ridgefield	CT	2:21:43	10:50	
296	18/21	M3539	1256	Johnny Lo	35	M	Redding	CT	2:21:46	10:50	
297	33/48	F3539	300	Erica Welchman	38	F	Stamford	CT	2:21:48	10:50	
298	29/35	M4044	1195	Christopher King	42	M	Cheshire	CT	2:21:50	10:50	
299	8/13	F5559	227	Rosemary Jones	57	F	Babylon	NY	2:21:58	10:51	
300	16/21	F3034	1239	Theresa Kaeser	33	F	Danbury	CT	2:22:07	10:51	

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	
301	34/48	F3539	9	Amanda Korner	37	F	Ridgefield	CT	2:22:16	10:52	
302	35/48	F3539	163	Nicki Smith	37	F	Southbury	CT	2:22:33	10:53	
303	17/21	F3034	208	Cassi Fowler	34	F	Southbury	CT	2:22:33	10:53	
304	30/35	M4044	1192	Morgan Coolbeth	40	M	Hernando	FL	2:22:50	10:55	
305	5/5	M2529	246	Benedict Vetter	28	M	Norwalk	CT	2:22:53	10:55	
306	8/16	F6064	1228	Bonnie Triolo	63	F	Nutley	NJ	2:22:55	10:55	
307	32/38	M4549	605	Colin Wright	49	M	Brooklyn	NY	2:22:57	10:55	
308	23/37	F4044	14	Allison St. Germain	43	F	Bethel	CT	2:23:08	10:56	
309	1/1	F6599	323	Mary Ellen Loncto	77	F	Ridgefield	CT	2:23:11	10:56	
310	19/21	M3539	278	John Ortegon	36	M	Redding	CT	2:23:16	10:57	
311	33/38	M4549	1247	Hans Barth	46	M	Sandy Hook	CT	2:23:30	10:58	
312	9/16	F6064	91	Alison Currie	62	F	Rochester	NY	2:24:16	11:01	
313	18/21	F3034	1207	Kaitlin Maguire	34	F	Framingham	MA	2:24:16	11:01	
314	8/10	M6064	92	John Currie	62	M	Rochester	NY	2:24:19	11:01	
315	24/37	F4044	218	Meghan Gabriel	43	F	Danbury	CT	2:24:19	11:01	
316	18/24	M5559	421	Michael Brown	59	M	Wilton	CT	2:24:30	11:02	
317	25/37	F4044	396	Cory O'Connell	43	F	Sandy Hook	CT	2:24:52	11:04	
318	29/34	M5054	484	Joseph Sorbanelli	50	M	Englewood	NJ	2:25:03	11:05	
319	9/10	M6064	134	Steve Napolitano	63	M	Wolcott	CT	2:25:06	11:05	
320	19/39	F4549	404	Nicole Weiss	47	F	Brookfield	CT	2:25:06	11:05	
321	26/37	F4044	40	Joy Greenstein	40	F	Brookfield	CT	2:25:07	11:05	
322	10/16	F6064	139	Kate Napolitano	61	F	Wolcott	CT	2:25:07	11:05	
323	19/30	F5054	1180	Carole Chen	53	F	Wharton	NJ	2:25:10	11:05	
324	3/7	M6599	1174	Bruce Goulart	69	M	Newtown	CT	2:25:20	11:06	
325	20/21	M3539	385	Frank Perez	36	M	Brewster	NY	2:25:21	11:06	
326	12/17	F2529	118	Jennifer Pignone	26	F	Danbury	CT	2:25:27	11:07	
327	9/13	F5559	377	Jodi Blumenfeld	55	F	Redding	CT	2:26:08	11:10	
328	19/24	M5559	16	William Begg	55	M	Newtown	CT	2:26:11	11:10	
329	20/30	F5054	197	Kostantina Livesay	50	F	Wilton	CT	2:26:31	11:12	
330	31/35	M4044	267	Jonathan Hopkins	42	M	Redding	CT	2:26:56	11:13	
331	20/24	M5559	387	Michael Hammond	55	M	Essex	CT	2:27:00	11:14	
332	10/13	F5559	7	Susan Pagan	57	F	Brookfield	CT	2:27:11	11:15	
333	20/39	F4549	453	Kathryn Chavez	48	F	Hamden	CT	2:27:24	11:16	
334	30/34	M5054	1163	Robert Cook	51	M	South Windsor	CT	2:27:28	11:16	
335	36/48	F3539	447	Amanda Valenti	38	F	New York	NY	2:28:03	11:19	
336	31/34	M5054	494	Hector Ramirez	51	M	Oakland Garden	NY	2:28:24	11:20	
337	4/7	M6599	496	William Reilly	66	M	Flushing	NY	2:28:27	11:20	
338	21/24	M5559	244	Rick Grossbard	57	M	Ridgefield	CT	2:28:50	11:22	
339	32/34	M5054	261	Raymond Milot	50	M	New Milford	CT	2:29:22	11:25	
340	21/39	F4549	262	Jane Walsh	46	F	New Milford	CT	2:29:23	11:25	
341	37/48	F3539	42	Summer Cookson	38	F	Berlin	CT	2:29:34	11:25	
342	13/17	F2529	365	Jennie Bunce	25	F	Redding	CT	2:29:52	11:27	
343	38/48	F3539	379	Kathryn Weiss	37	F	Eastchester	NY	2:29:53	11:27	
344	34/38	M4549	1213	Eduardo Torrealba	48	M	East Haven	CT	2:30:07	11:28	
345	22/39	F4549	275	Audrey Serban	48	F	Chatham	NJ	2:30:12	11:28	
346	14/17	F2529	1191	Samantha Santoro	27	F	Woodbury	CT	2:30:23	11:29	
347	27/37	F4044	1243	Christie Pascavis	44	F	Simsbury	CT	2:30:28	11:30	
348	35/38	M4549	1178	Travis Pascavis	47	M	Simsbury	CT	2:30:30	11:30	
349	21/30	F5054	30	Sarah Bernard	53	F	Hoboken	NJ	2:30:32	11:30	
350	11/16	F6064	36	Elizabeth Plotnik	61	F	Greenwich	CT	2:30:36	11:30	

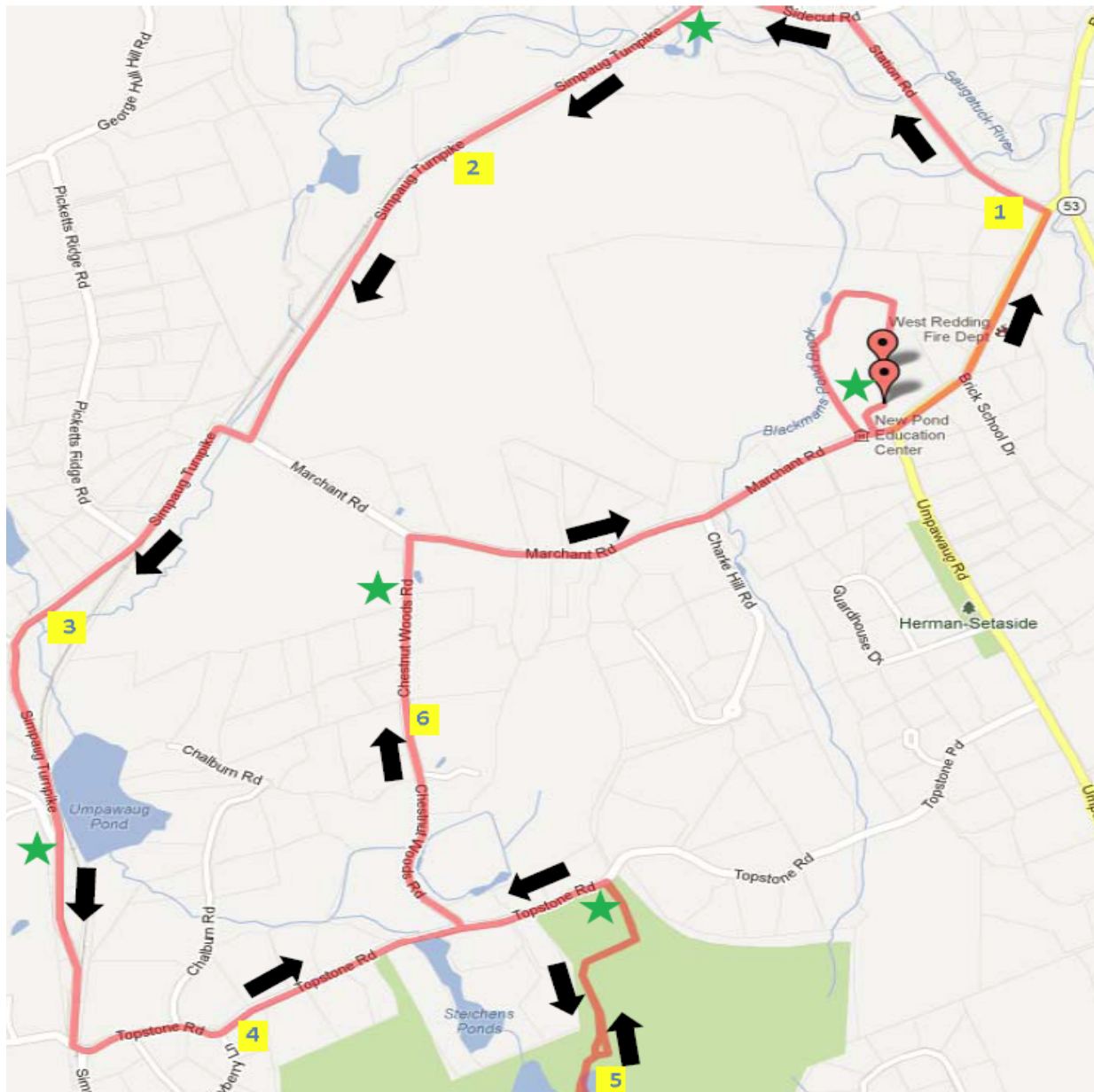
Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
351	36/38	M4549	367	David Tsang	47	M	Fairfield	CT	2:30:41	11:31
352	22/30	F5054	190	Tracy Parkin	50	F	Monroe	CT	2:30:57	11:32
353	23/39	F4549	320	Amy Taylor	45	F	Redding	CT	2:31:22	11:34
354	24/39	F4549	1160	Sujatha Unny	45	F	wilton	CT	2:31:38	11:35
355	12/16	F6064	1208	Julie Sidhu	60	F	weston	CT	2:31:45	11:36
356	11/13	F5559	179	Jeanette Trujillo	57	F	Norwalk	CT	2:31:46	11:36
357	23/30	F5054	352	Sarah Conklin Zimmerm	50	F	wilton	CT	2:31:59	11:37
358	22/24	M5559	39	Al weggeman	55	M	Redding	CT	2:32:06	11:37
359	5/7	M6599	168	Don Capone	70	M	Norwalk	CT	2:32:07	11:37
360	28/37	F4044	226	Suzen Stewart	43	F	Sandy Hook	CT	2:32:21	11:38
361	32/35	M4044	431	Ken Peto	41	M	New Ipswich	NH	2:32:30	11:39
362	25/39	F4549	1273	Melissa Costantini	49	F	Milford	CT	2:33:01	11:41
363	26/39	F4549	18	Heather Whaley	47	F	Redding	CT	2:33:26	11:43
364	27/39	F4549	344	Kelley Oday	49	F	Redding	CT	2:33:30	11:44
365	15/17	F2529	1227	Samantha Legere	28	F	Schenectady	NY	2:33:36	11:44
366	29/37	F4044	450	Sara Hughes	41	F	Coventry	CT	2:34:51	11:50
367	30/37	F4044	20	Tina Lee	43	F	Easton	CT	2:35:03	11:51
368	28/39	F4549	274	Susan Malandra	49	F	Mahwah	NJ	2:35:21	11:52
369	13/16	F6064	310	Debbie MacCarry	63	F	Danbury	CT	2:35:50	11:54
370	39/48	F3539	103	Katherine Krasney	39	F	New Haven	CT	2:35:54	11:54
371	23/24	M5559	19	Frank Whaley	55	M	Redding	CT	2:36:41	11:58
372	12/13	F5559	90	Karen Sitney	59	F	weston	CT	2:36:50	11:59
373	2/2	F0120	165	Amelia Hynes	18	F	Ridgefield	CT	2:37:00	12:00
374	24/30	F5054	1204	Kathryn Ryan	52	F	Ivoryton	CT	2:37:03	12:00
375	25/30	F5054	1146	Doxene Roberts	50	F	Mount Vernon	NY	2:37:05	12:00
376	29/39	F4549	1268	Katy Binder	45	F	Patterson	NY	2:37:15	12:01
377	10/10	M6064	94	Andy Rameush	62	M	Taylor	PA	2:37:23	12:01
378	31/37	F4044	425	Michelle Maillet	42	F	New Ipswich	NH	2:37:26	12:02
379	30/39	F4549	1263	Eileen Bellmay	49	F	Thomaston	CT	2:37:53	12:04
380	32/37	F4044	1262	Karen Bellmay	41	F	Terryville	CT	2:37:53	12:04
381	31/39	F4549	1199	Hillary Koyner	45	F	weston	CT	2:38:15	12:05
382	26/30	F5054	500	Dawne Kornhaas	52	F	Newtown	CT	2:38:22	12:06
383	33/37	F4044	86	Julie Marty	41	F	Redding	CT	2:38:25	12:06
384	13/13	F5559	476	Josephine Simko	55	F	Bethel	CT	2:38:47	12:08
385	32/39	F4549	1167	Heather Ostman	48	F	Brewster	NY	2:40:51	12:17
386	19/21	F3034	479	Lindsay Banville	34	F	warren	MA	2:41:18	12:19
387	33/34	M5054	373	John Mullaney	50	M	Ridgefield	CT	2:41:45	12:21
388	27/30	F5054	1155	Gretchen Johnson	53	F	Old Greenwich	CT	2:41:51	12:22
389	14/16	F6064	110	Denise Dinsmore	63	F	East Lyme	CT	2:42:11	12:23
390	40/48	F3539	1215	Dawn Jenci	39	F	Milford	CT	2:42:31	12:25
391	34/37	F4044	253	Lisa McDaniel	40	F	Stamford	CT	2:43:01	12:27
392	41/48	F3539	442	Kate Baron	37	F	Guilford	CT	2:43:51	12:31
393	42/48	F3539	1245	Kelly Yontef	39	F	Hamden	CT	2:43:51	12:31
394	43/48	F3539	1226	Jennifer Pope	38	F	Hamden	CT	2:43:51	12:31
395	33/35	M4044	409	Sean Deane	43	M	Enfield	CT	2:43:59	12:32
396	34/34	M5054	459	Adam Osmond	51	M	Farmington	CT	2:44:25	12:34
397	33/39	F4549	1232	Sara Sherlock	46	F	Stamford	CT	2:44:26	12:34
398	34/39	F4549	1166	Karen Martin	48	F	Vernon	NJ	2:44:33	12:34
399	35/39	F4549	1190	Claire Coolbeth	45	F	Hernando	FL	2:44:34	12:34
400	35/37	F4044	99	Victoria Angerthal	44	F	Cortlandt Mano	NY	2:46:05	12:41

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace	
401	28/30	F5054	198	Carrie Friend	50	F	Monroe	CT	2:47:42	12:49	:
402	36/39	F4549	403	April Phillips	47	F	Groton	CT	2:47:53	12:49	:
403	44/48	F3539	1246	Gena Givens	37	F	Middletown	CT	2:50:45	13:03	:
404	16/17	F2529	612	Renada Rickevicius	28	F	Watertown	CT	2:51:39	13:07	:
405	21/21	M3539	237	Josh Ott	37	M	New York	NY	2:52:11	13:09	:
406	17/17	F2529	62	Stephanie Ard	28	F	Fairfield	CT	2:53:41	13:16	:
407	15/16	F6064	397	Diane Ard	61	F	Fairfield	CT	2:53:41	13:16	:
408	6/7	M6599	84	Karl Eilers	66	M	Danbury	CT	2:54:20	13:19	:
409	20/21	F3034	50	Katy Fetzer	33	F	Mamaroneck	NY	2:54:34	13:20	:
410	37/39	F4549	402	Joanne Sterk	47	F	New Milford	CT	2:54:51	13:21	:
411	45/48	F3539	116	Amanda Glendinning	35	F	Redding	CT	2:55:10	13:23	:
412	34/35	M4044	76	William Dinunzio	42	M	East Hampton	CT	2:57:54	13:35	:
413	29/30	F5054	462	Sonja Bell	51	F	South Glastonb	CT	2:59:20	13:42	:
414	24/24	M5559	234	Andrew Mound	59	M	Redding	CT	3:00:33	13:47	:
415	46/48	F3539	1221	Lynn Tommasini	35	F	North Branford	CT	3:00:41	13:48	:
416	7/7	M6599	79	Ken Essex	66	M	Redding	CT	3:01:16	13:51	:
417	36/37	F4044	366	Wendy Arias	44	F	Tarrytown	NY	3:09:12	14:27	:
418	37/38	M4549	242	Allen Durden	49	M	Bridgeport	CT	3:10:35	14:33	:
419	30/30	F5054	555	Krista Sadlers	50	F	Sebastian	FL	3:12:27	14:42	:
420	37/37	F4044	508	Rebecca Chirevas	44	F	Bronxville	NY	3:19:30	15:14	:
421	47/48	F3539	229	Jody Rockwood	37	F	Stamford	CT	3:22:11	15:26	:
422	21/21	F3034	489	Kathryn Sanchez	31	F	Nanuet	NY	3:26:28	15:46	:
423	38/39	F4549	485	Ruth Sorbanelli	45	F	Englewood	NJ	3:26:30	15:46	:
424	38/38	M4549	487	John Pierre	48	M	Glendale	NY	3:28:27	15:55	:
425	35/35	M4044	482	Anna Rhea	40	M	Jamaica	NY	3:28:27	15:55	:
426	48/48	F3539	1259	Crystal Zamfino	36	F	Stratford	CT	3:33:13	16:17	:
427	39/39	F4549	452	Paula Fields	47	F	Glen Ridge	NJ	3:44:57	17:11	:
428	16/16	F6064	328	Barbara Brown	62	F	Elmwood Park	NJ	3:44:58	17:11	:

4. 7 Miler

A. Map

REDDING ROAD RACE SEVEN MILE COURSE



★ AID STATIONS/PORT-O-LETS

B. RESULTS

REDDING ROAD RACES 7 MILE
 Redding, CT Sunday, May 5, 2019
 Timing by: StartLine Race Services, LLC

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
1	1/3	OVRLM	837	Joshua Cordeira	35	M	Bethel	CT	45:43	6:32
2	2/3	OVRLM	1027	Maxwell Triano	19	M	Easton	CT	46:50	6:42
3	3/3	OVRLM	1126	David Hambleton	45	M	Stanfordville	NY	47:24	6:47
4	1/7	M1524	1117	Lucas Pfeifer	17	M		CT	48:41	6:58
5	2/7	M1524	886	Aidan Slovinski	15	M	Ridgefield	CT	49:30	7:05
6	1/4	OVRLF	1388	Linda Spooner	44	F	Sturbridge	MA	49:50	7:08
7	2/4	OVRLF	829	Sara Cates	38	F	New Haven	CT	50:46	7:16
8	1/2	M0114	1016	Dalton Peters	14	M	Tolland	CT	50:56	7:17
9	1/16	M3539	1118	Ryan Tolfree	35	M	Kent	CT	51:38	7:23
10	1/21	M4549	800	Eric Boucher	46	M	Darien	CT	52:24	7:30
11	1/16	M4044	608	Adam Goucher	44	M	Boulder	CO	52:25	7:30
12	2/16	M4044	117	Larry Ikard	44	M	New Canaan	CT	52:33	7:31
13	3/4	OVRLF	627	Susi Manheimer	40	F	Ridgefield	CT	53:10	7:36
14	1/50	F4044	1314	Jan Triani	40	F	Ridgefield	CT	53:22	7:38
15	1/21	M5054	966	Rod Steensma	50	M	Southport	CT	53:36	7:40
16	3/16	M4044	882	Jamie Branyan	42	M	Trumbull	CT	53:37	7:40
17	1/41	F3539	984	Mary Disimone	39	F	Trumbull	CT	53:38	7:40
18	1/14	F3034	701	Kristina Scaviola	34	F	Dracut	MA	53:46	7:41
19	2/41	F3539	980	Julie Porter	36	F	Ridgefield	CT	53:54	7:42
20	2/21	M4549	708	Rick Deitch	48	M	Cambridge	MA	54:10	7:45
21	2/21	M5054	645	Jan Schole	51	M	Ridgefield	CT	54:18	7:46
22	1/59	F4549	644	Christine Vincent	49	F	Fairfield	CT	54:41	7:49
23	1/8	F6064	1119	Cory Benson	62	F	Newtown	CT	55:28	7:56
24	4/16	M4044	871	Jason Atkins	42	M	Bethel	CT	55:38	7:57
25	3/41	F3539	1373	Christiane Stamp	36	F	Croton Falls	NY	55:40	7:58
26	5/16	M4044	399	Mac Granger	41	M	New Fairfield	CT	55:54	8:00
27	1/20	M5559	725	Geoff Wakeford	58	M	Danbury	CT	55:56	8:00
28	1/34	F5054	681	Lisa Lapointe Strom	52	F	Norwich	CT	56:01	8:01
29	6/16	M4044	950	Rich Mitchell	40	M	Ridgefield	CT	56:03	8:01
30	4/41	F3539	1384	Cheryl Martin	35	F	Wappingers Fal	NY	56:09	8:02
31	1/14	F1524	809	Fiona Mohl	15	F	Hopewell Junct	NY	56:23	8:04
32	2/50	F4044	1332	Heidi Marcus	44	F	Ridgefield	CT	56:25	8:04
33	3/21	M5054	313	Keith Coburn	50	M	Waterford	CT	56:34	8:05
34	7/16	M4044	1082	Sam Brindley	40	M	Wilton	CT	56:50	8:08
35	4/21	M5054	856	Edward Marquez	54	M	Danbury	CT	57:08	8:10
36	1/7	F0114	897	Keelin Bremner	13	F	Redding	CT	57:16	8:11
37	8/16	M4044	896	James Bremner	43	M	Redding	CT	57:16	8:11
38	2/20	M5559	636	Eric Anderson	57	M	Old Greenwich	CT	57:28	8:13
39	2/59	F4549	1043	Kristen Mellitt	47	F	Cheshire	CT	57:43	8:15
40	3/50	F4044	913	Lori Vickers	42	F	Ridgefield	CT	57:46	8:16
41	1/31	F5559	1330	Linda Gance	57	F	Wilton	CT	58:31	8:22
42	5/21	M5054	717	Barry Blumenfield	52	M	Redding	CT	58:36	8:23
43	2/31	F5559	429	Kimberly Driscoll	57	F	Fairfield	CT	59:04	8:27
44	2/16	M3539	705	Steven Kaplan	35	M	Norwalk	CT	59:20	8:29
45	3/59	F4549	706	Lisa Goldstein	49	F	Redding	CT	59:23	8:29
46	1/7	M2529	1064	Dean Tresca	25	M	Bethel	CT	59:27	8:30
47	2/7	F0114	992	Delaney Mohl	13	F	Hopewell Junct	NY	59:35	8:31
48	6/21	M5054	1026	James Triano	51	M	Easton	CT	59:43	8:32
49	2/14	F1524	1073	Melissa Liik	24	F	Easton	CT	1:00:06	8:36
50	9/16	M4044	673	Brian Comstock	44	M	Newtown	CT	1:00:12	8:36

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
51	2/7	M2529	738	Michael Dillane	29	M	Brooklyn	NY	1:00:13	8:37
52	1/18	F2529	794	Christine Kauczka	28	F	wallingford	CT	1:00:28	8:39
53	7/21	M5054	834	Steven Coppock	54	M	Redding	CT	1:00:29	8:39
54	3/31	F5559	937	Nancy Rowe	55	F	Ridgefield	CT	1:00:33	8:39
55	2/34	F5054	1111	Andrea Mindell	53	F	Ridgefield	CT	1:00:43	8:41
56	10/16	M4044	1013	Brock Peters	43	M	Tolland	CT	1:00:44	8:41
57	3/7	M2529	1074	William Morrissey	26	M	Patterson	NY	1:00:45	8:41
58	11/16	M4044	693	Michael Moore	44	M	Danbury	CT	1:00:51	8:42
59	1/8	M3034	934	Brenner Lecompte	34	M	Ridgefield	CT	1:01:21	8:46
60	1/8	M6064	880	Dana Taylor	63	M	Redding	CT	1:01:24	8:47
61	4/31	F5559	621	Maria Schanbacher	57	F	Brewster	NY	1:01:25	8:47
62	3/7	F0114	679	Isabella Paniccia	11	F	Easton	CT	1:01:40	8:49
63	2/18	F2529	974	Kristyn Zygmunt	28	F	Farmington	CT	1:01:41	8:49
64	4/50	F4044	890	Pete Gorgas	40	F	Ridgefield	CT	1:01:44	8:50
65	4/59	F4549	947	Alison Pratt	49	F	Ridgefield	CT	1:01:50	8:50
66	4/7	M2529	1377	Joseph Gallagher	28	M	Easton	CT	1:01:52	8:51
67	5/59	F4549	993	Nancy Lovas	47	F	Norwalk	CT	1:01:55	8:51
68	5/31	F5559	659	Anne Lowrie	59	F	wilton	CT	1:02:07	8:53
69	6/59	F4549	932	Amelia Audette	45	F	Trumbull	CT	1:02:12	8:54
70	3/7	M1524	1122	Eli Snyder	15	M	Reading	MA	1:02:19	8:55
71	3/34	F5054	1368	Kerry Schur	50	F	Bridgewater	CT	1:02:20	8:55
72	2/14	F3034	1030	Kristen Deyoung	31	F	Stamford	CT	1:02:23	8:55
73	5/50	F4044	325	Robyn Behar	44	F	wilton	CT	1:02:25	8:55
74	3/21	M4549	825	Paul Cusumano	47	M	Trumbull	CT	1:02:38	8:57
75	7/59	F4549	73	Amy MacQueen	45	F	Durham	CT	1:03:06	9:01
76	6/50	F4044	1311	Christina Butler	41	F	wappingers Falls	NY	1:03:12	9:02
77	1/8	M6599	634	Bill Rodgers	71	M	Boxborough	MA	1:03:14	9:02
78	5/41	F3539	1081	Rebecca Brindley	38	F	wilton	CT	1:03:23	9:04
79	4/34	F5054	1089	Sandi Fox	50	F	New Fairfield	CT	1:03:23	9:04
80	2/8	M6599	920	Michael Murphy	70	M	Millbrook	NY	1:03:30	9:05
81	3/14	F1524	1025	Juliana Carney	19	F	Danbury	CT	1:03:55	9:08
82	4/21	M4549	364	Frank Caico	47	M	Newtown	CT	1:03:56	9:08
83	3/14	F3034	858	Stephanie Ruggiero	34	F	Redding	CT	1:04:00	9:09
84	8/59	F4549	860	Miriam Cope	46	F	Southington	CT	1:04:03	9:09
85	5/7	M2529	948	Gary Debrito	29	M	Danbury	CT	1:04:04	9:10
86	4/7	F0114	1350	Katie McMorro	11	F	New Fairfield	CT	1:04:16	9:11
87	7/50	F4044	235	Hannah Pennington	44	F	New York	NY	1:04:24	9:12
88	5/34	F5054	649	Kristin Boylan	51	F	Ridgefield	CT	1:04:26	9:13
89	9/59	F4549	1015	Marybeth Schanz	49	F	Ridgefield	CT	1:04:28	9:13
90	2/8	F6064	1275	Kathy Bennett	61	F	Cos Cob	CT	1:04:36	9:14
91	3/16	M3539	650	Russell Mayo	37	M	Broad Brook	CT	1:04:41	9:15
92	4/16	M3539	702	Mike Scaviola	36	M	Dracut	MA	1:04:46	9:16
93	8/50	F4044	1366	Megan Chrysler	44	F	Ridgefield	CT	1:04:46	9:16
94	5/16	M3539	1113	Steven Gmelin	37	M	Ridgefield	CT	1:04:53	9:17
95	5/21	M4549	724	Dan Briody	47	M	Ridgefield	CT	1:04:56	9:17
96	6/31	F5559	1024	Anne Carruthers	57	F	Poughkeepsie	NY	1:05:04	9:18
97	6/7	M2529	820	Joshua vaghi	29	M	Bethel	CT	1:05:18	9:20
98	4/14	F1524	1364	Ashley Carlson	22	F	Stamford	CT	1:05:25	9:21
99	10/59	F4549	337	Leah Begg	49	F	Newtown	CT	1:05:26	9:21
100	7/31	F5559	160	Julie Vogel	57	F	Lexington	MA	1:05:32	9:22

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
101	6/34	F5054	995	Lee Falk	50	F	Bristol	CT	1:05:33	9:22
102	8/21	M5054	711	Todd Gardner	50	M	Goldens Bridge	NY	1:05:39	9:23
103	9/21	M5054	1108	Michael Salmore	52	M	Ridgefield	CT	1:05:51	9:25
104	9/50	F4044	1281	Erin Hunter	40	F	Bethel	CT	1:05:51	9:25
105	3/18	F2529	1278	Jessica Vaghi	29	F	Bethel	CT	1:05:51	9:25
106	10/21	M5054	239	Stephen McDonnell	50	M	Fairfield	CT	1:05:53	9:25
107	10/50	F4044	761	Rachel Marazzi	41	F	Trumbull	CT	1:05:56	9:26
108	11/50	F4044	881	Erin Patts	40	F	Redding	CT	1:05:56	9:26
109	6/41	F3539	939	Lauren Abrams	35	F	Westport	CT	1:06:01	9:26
110	8/31	F5559	682	Kathy Bunce Delfay	59	F	Brewster	NY	1:06:02	9:26
111	4/14	F3034	944	Jai Dobreski	33	F	Bethel	CT	1:06:08	9:27
112	11/21	M5054	655	Mike Mello	52	M	Bethel	CT	1:06:13	9:28
113	5/14	F1524	1036	Kelly Shannon	22	F	Ridgefield	CT	1:06:18	9:29
114	9/31	F5559	1034	Carolyn Couture	55	F	Ridgefield	CT	1:06:19	9:29
115	4/18	F2529	813	Joy Barrese	28	F	Port Chester	NY	1:06:21	9:29
116	1/4	F6599	142	Janet Voelpert	71	F	Shelton	CT	1:06:22	9:29
117	6/16	M3539	734	Daniel Kelleher	38	M	Danbury	CT	1:06:25	9:30
118	12/21	M5054	775	Bill McCarthy	51	M	Sandy Hook	CT	1:06:26	9:30
119	3/20	M5559	150	David Vogel	57	M	Lexington	MA	1:06:27	9:30
120	12/50	F4044	893	Jessica Zoz	40	F	Redding	CT	1:06:30	9:30
121	10/31	F5559	819	Marijane Nasta	55	F	Northport	NY	1:06:33	9:31
122	6/14	F1524	714	Julia Bauer	18	F	Danbury	CT	1:06:36	9:31
123	11/31	F5559	855	Louise Schneider	55	F	Danbury	CT	1:06:37	9:31
124	7/41	F3539	975	Rachel Marino	39	F	Ridgefield	CT	1:06:40	9:32
125	5/18	F2529	528	Aislinn Breslin	27	F	Carmel	NY	1:06:46	9:33
126	11/59	F4549	1293	Krista Benson	48	F	Newtown	CT	1:06:47	9:33
127	7/14	F1524	637	Nadine Anderson	17	F	Old Greenwich	CT	1:06:48	9:33
128	2/8	M3034	1313	Daniel Selander	32	M	Barkhamsted	CT	1:06:50	9:33
129	2/8	M6064	833	Jerry Meshell	63	M	Orange	CT	1:06:50	9:33
130	6/21	M4549	851	Joseph McHale	48	M	Redding	CT	1:06:51	9:33
131	7/21	M4549	1001	Steve Slovinski	49	M	Ridgefield	CT	1:06:54	9:34
132	3/8	M3034	733	Michael Labonte	34	M	Gaylordsville	CT	1:06:58	9:34
133	4/7	M1524	618	Bartlomiej Fin	23	M	Norwalk	CT	1:07:04	9:35
134	8/41	F3539	680	Kathryn White	35	F	Ridgefield	CT	1:07:10	9:36
135	12/31	F5559	1079	Suzanne Remington-Fox	57	F	Cheshire	CT	1:07:13	9:37
136	7/7	M2529	965	Christopher Steinley	25	M	Brooklyn	NY	1:07:24	9:38
137	13/31	F5559	807	Kathy McGroddy-Goetz	55	F	Ridgefield	CT	1:07:24	9:38
138	3/8	M6064	752	David Anderson	62	M	Redding	CT	1:07:26	9:38
139	12/59	F4549	742	Trephene Andrea	45	F	Milford	CT	1:07:28	9:39
140	7/34	F5054	164	Stacy Hynes	51	F	Ridgefield	CT	1:07:29	9:39
141	8/21	M4549	786	Paul Golaszewski	49	M	Brookfield	CT	1:07:45	9:41
142	4/20	M5559	113	Oliver North	57	M	Redding	CT	1:07:54	9:42
143	13/59	F4549	1301	Kimberley Meyer	49	F	Simsbury	CT	1:07:59	9:43
144	6/18	F2529	935	Fernanda Neisse Sudbr	26	F	Stamford	CT	1:08:01	9:43
145	9/41	F3539	758	Elizabeth Leaderman	39	F	Norwalk	CT	1:08:02	9:44
146	13/50	F4044	1349	Kerri Ahern	43	F	New Fairfield	CT	1:08:05	9:44
147	5/20	M5559	105	Jeff Eglash	58	M	Weston	CT	1:08:10	9:45
148	14/31	F5559	1344	Donna Hanson	55	F	Poughquag	NY	1:08:17	9:46
149	14/59	F4549	362	Tricia D'Alessandro	49	F	Wassaic	NY	1:08:18	9:46
150	15/59	F4549	1004	Elaine Sullivan	46	F	South Windsor	CT	1:08:19	9:46

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
151	14/50	F4044	1040	Emily Corse	43	F	Redding	CT	1:08:29	9:47
152	16/59	F4549	123	Mandy Howell McDonnell	47	F	Fairfield	CT	1:08:29	9:47
153	17/59	F4549	1339	Stephanie Shaughnessy	47	F	New Fairfield	CT	1:08:32	9:48
154	10/41	F3539	1091	Megan Day	35	F	Cherry Hill	NJ	1:08:33	9:48
155	6/20	M5559	70	Al Phillips	58	M	Groton	CT	1:08:43	9:49
156	12/16	M4044	1125	Brent Edwards	40	M	New Canaan	CT	1:08:46	9:50
157	15/50	F4044	1124	Jessica Edwards	40	F	New Canaan	CT	1:08:46	9:50
158	7/16	M3539	971	Nicholas Lindsay-Jone	39	M	Ridgefield	CT	1:08:49	9:50
159	8/14	F1524	959	Olivia Sennett	23	F	Redding	CT	1:08:52	9:51
160	3/8	F6064	623	Sonia Schott	61	F	New Canaan	CT	1:08:55	9:51
161	11/41	F3539	801	Jennifer Zupan	39	F	Sandy Hook	CT	1:08:57	9:51
162	8/34	F5054	925	Deborah Valin	51	F	Woodbridge	CT	1:09:06	9:53
163	7/20	M5559	718	Paul Hirsch	59	M	Redding	CT	1:09:10	9:53
164	16/50	F4044	1352	Siobhan Crise	44	F	Westport	CT	1:09:12	9:54
165	18/59	F4549	885	Susie Buffam	47	F	Ridgefield	CT	1:09:14	9:54
166	5/7	F0114	1088	Paige Spooner	11	F	Sturbridge	MA	1:09:16	9:54
167	9/34	F5054	1292	Stacy Levy	51	F	Wilton	CT	1:09:18	9:54
168	8/20	M5559	986	Thomas Havard	56	M	Fairfield	CT	1:09:25	9:55
169	17/50	F4044	1321	Jessica Blank	40	F	Norwalk	CT	1:09:31	9:56
170	13/21	M5054	1379	Nicholas Kouroupas	52	M	Ridgefield	CT	1:09:35	9:57
171	4/8	M3034	1363	Johnathan Sylvia	30	M	Acushnet	MA	1:09:36	9:57
172	14/21	M5054	709	Lee Dunn	53	M	Redding	CT	1:09:38	9:57
173	12/41	F3539	779	Jessica Bennett	38	F	Rhinebeck	NY	1:09:41	9:58
174	13/41	F3539	753	Stephanie Ortegon	37	F	Redding	CT	1:09:49	9:59
175	14/41	F3539	690	Marie Bearer	39	F	Groton	MA	1:09:51	9:59
176	15/21	M5054	765	Vinny Asaro	50	M	Trumbull	CT	1:09:54	10:00
177	18/50	F4044	638	Andrea Theodore	41	F	Redding	CT	1:09:56	10:00
178	19/50	F4044	642	Catherine Scatterday	42	F	Ridgefield	CT	1:10:01	10:01
179	4/8	M6064	854	Ed Peterson	64	M	Fairfield	CT	1:10:04	10:01
180	7/18	F2529	853	Lindsay Peterson	28	F	Millbrook	NY	1:10:04	10:01
181	15/41	F3539	793	Molly Kreitz	35	F	Redding	CT	1:10:04	10:01
182	19/59	F4549	726	Diane Butera	48	F	Redding	CT	1:10:07	10:01
183	9/21	M4549	815	Christopher Aversano	46	M	Wilton	CT	1:10:14	10:02
184	20/59	F4549	747	Anna Pizzo	47	F	Redding	CT	1:10:20	10:03
185	9/20	M5559	960	Scott Sennett	55	M	Redding	CT	1:10:28	10:04
186	16/41	F3539	1005	Keri Huebner	39	F	Ridgefield	CT	1:10:32	10:05
187	15/31	F5559	203	Tehri Gasparrini	55	F	Ridgefield	CT	1:10:36	10:06
188	21/59	F4549	1370	Stacie Perachi	48	F	Washington Dep	CT	1:10:38	10:06
189	20/50	F4044	745	Megan Skell	41	F	Ridgefield	CT	1:10:53	10:08
190	21/50	F4044	1367	Karina Parr	43	F	Weston	CT	1:11:12	10:11
191	10/34	F5054	769	Jill Bornstein	51	F	Ridgefield	CT	1:11:22	10:12
192	16/21	M5054	1066	Laurence Briody	51	M	Ridgefield	CT	1:11:22	10:12
193	22/50	F4044	1317	Meri Robert	40	F	East Hartford	CT	1:11:23	10:12
194	11/34	F5054	832	Kim Petruska	53	F	Brookfield	CT	1:11:47	10:16
195	16/31	F5559	873	Lucy Peto	55	F	Wilton	CT	1:11:50	10:16
196	17/41	F3539	710	Jennifer Cutler	38	F	Redding	CT	1:11:53	10:17
197	5/8	M6064	1132	Paul Butler	61	M	Southbury	CT	1:11:59	10:17
198	12/34	F5054	933	Kristen Hoban	52	F	Ridgefield	CT	1:12:00	10:18
199	13/34	F5054	771	Jacque Lang	52	F	Ridgefield	CT	1:12:01	10:18
200	17/21	M5054	296	Ray Acunto	50	M	Southbury	CT	1:12:04	10:18

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
201	10/21	M4549	691	David Clune	45	M	wilton	CT	1:12:07	10:19
202	22/59	F4549	1303	Liz Reed-Swale	45	F	Rocky Hill	CT	1:12:09	10:19
203	18/41	F3539	703	Elissa Williams	39	F	Redding	CT	1:12:13	10:19
204	13/16	M4044	802	Erik Ferguson	41	M	White River Ju	VT	1:12:14	10:20
205	19/41	F3539	830	Brittany Cates	39	F	New Haven	CT	1:12:15	10:20
206	20/41	F3539	776	Kerry Hackert	39	F	Danbury	CT	1:12:28	10:22
207	23/50	F4044	677	Lisa Wabiszczewicz	40	F	Southbury	CT	1:12:29	10:22
208	5/7	M1524	770	Daniel Pais	19	M	Danbury	CT	1:12:29	10:22
209	5/14	F3034	1093	Megan Fisher	30	F	Danbury	CT	1:12:33	10:22
210	6/14	F3034	651	Jackie Cyphers	34	F	Danbury	CT	1:12:38	10:23
211	6/8	M6064	976	Robert Paladini	64	M	Holmes	NY	1:13:01	10:26
212	21/41	F3539	1326	Alice Daken-Stefanski	39	F	Sparta	NJ	1:13:10	10:28
213	8/16	M3539	1325	Chris Stefanski	36	M	Sparta	NJ	1:13:10	10:28
214	17/31	F5559	1098	Lynne Briody	55	F	Ridgefield	CT	1:13:12	10:28
215	2/2	M0114	917	Scott McStay	13	M	Hopewell Junct	NY	1:13:21	10:29
216	8/18	F2529	826	Stephany Sabio	29	F	Danbury	CT	1:13:32	10:31
217	23/59	F4549	1096	Marie Joseph	47	F	Brookfield	CT	1:13:33	10:31
218	24/59	F4549	746	Lisa Avalone	45	F	New Milford	CT	1:13:42	10:32
219	18/31	F5559	1307	Teri Carilli	56	F	Lexington	MA	1:13:46	10:33
220	3/8	M6599	1279	Mark Sundermann	65	M	Falmouth	ME	1:13:59	10:35
221	9/16	M3539	1092	David Day	35	M	Cherry Hill	NJ	1:14:01	10:35
222	24/50	F4044	1069	Amy Mischenko	41	F	Ridgefield	CT	1:14:13	10:37
223	22/41	F3539	1309	Sarah Geary	37	F	New Milford	CT	1:14:14	10:37
224	9/18	F2529	1076	Jennifer Zuza	27	F	Brewster	NY	1:14:36	10:40
225	4/8	F6064	1018	Camille Fremed	60	F	Ridgefield	CT	1:14:47	10:41
226	14/34	F5054	587	Melisa Pelikan	54	F	Redding	CT	1:14:50	10:42
227	25/50	F4044	1346	Amy Mannion	43	F	Bethel	CT	1:14:52	10:42
228	26/50	F4044	1357	Whitney Vitti	41	F	Bethel	CT	1:14:53	10:42
229	10/20	M5559	24	Karl Pelikan	59	M	Redding	CT	1:14:53	10:42
230	10/16	M3539	1331	Jeff Bishop	38	M	Southbury	CT	1:14:58	10:43
231	7/14	F3034	1378	Christina Girard	30	F	Broad Brook	CT	1:15:02	10:44
232	15/34	F5054	1257	Jackie Bisignano	50	F	Patterson	NY	1:15:12	10:45
233	27/50	F4044	1078	Dayo Nelson	41	F	Brookfield	CT	1:15:12	10:45
234	4/8	M6599	1291	Joe Kolok	75	M	Brewster	NY	1:15:13	10:45
235	25/59	F4549	1100	Limor Bredmehl	48	F	Ridgefield	CT	1:15:14	10:45
236	5/8	F6064	943	Karin Fallon	62	F	Ridgefield	CT	1:15:15	10:45
237	23/41	F3539	816	Katie Bailin	38	F	Norwalk	CT	1:15:34	10:48
238	26/59	F4549	848	Trisha Kokas	47	F	Ridgefield	CT	1:15:36	10:48
239	24/41	F3539	1072	Gunita Balek	36	F	wilton	CT	1:15:37	10:49
240	11/20	M5559	626	David Lebow	57	M	Westport	CT	1:15:38	10:49
241	19/31	F5559	872	Ana Hofmann	56	F	North Salem	NY	1:15:41	10:49
242	9/14	F1524	1062	Katie Mound	22	F	Redding	CT	1:15:41	10:49
243	27/59	F4549	439	Sarah Cappelli	48	F	Newtown	CT	1:15:50	10:50
244	28/59	F4549	493	Joanne Ihlefeld	46	F	Newtown	CT	1:15:51	10:51
245	10/18	F2529	663	Melinda Caffrey	29	F	North Branford	CT	1:15:57	10:51
246	20/31	F5559	1371	Amy Donohue	55	F	Fairfield	CT	1:16:11	10:53
247	29/59	F4549	772	Ali Haffner	47	F	Redding	CT	1:16:17	10:54
248	11/16	M3539	940	Evan Abrams	37	M	Westport	CT	1:16:25	10:55
249	10/14	F1524	1038	Annabel Briody	17	F	Ridgefield	CT	1:16:25	10:55
250	12/16	M3539	736	Jason Kim	38	M	Bethel	CT	1:16:30	10:56

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
251	25/41	F3539	735	Pamela Kim	39	F	Bethel	CT	1:16:30	10:56
252	30/59	F4549	1238	Jean Quantaince	48	F	Danbury	CT	1:16:31	10:56
253	6/7	M1524	1383	Kevin O'Connor	23	M	Bronx	NY	1:16:34	10:57
254	16/34	F5054	144	Wendy Robertson	50	F	Shelton	CT	1:16:34	10:57
255	11/18	F2529	1282	Meghan McCarthy	28	F	Stamford	CT	1:16:39	10:57
256	31/59	F4549	952	Stephanie Bell	48	F	Ridgefield	CT	1:16:39	10:57
257	11/14	F1524	836	Lyndsi Petitti	23	F	Shelton	CT	1:16:43	10:58
258	28/50	F4044	1376	Stephanie Vernik	41	F	Ridgefield	CT	1:16:47	10:59
259	29/50	F4044	1375	Chrissy Bucci	44	F	North Salem	NY	1:16:55	11:00
260	30/50	F4044	1106	Akua Insaideo	42	F	Brookfield	CT	1:16:57	11:00
261	31/50	F4044	938	Anne Healy	43	F	Westport	CT	1:16:57	11:00
262	12/20	M5559	1343	Stephen Saddler	56	M	Mc Lean	VA	1:16:59	11:00
263	11/21	M4549	1200	Russ Porter	48	M	Ridgefield	CT	1:17:00	11:00
264	17/34	F5054	1014	Patty Daniels	51	F	Bethel	CT	1:17:22	11:04
265	13/20	M5559	991	Kevin Mulcahy	56	M	Brighton	MA	1:17:23	11:04
266	21/31	F5559	699	Diane Perillo	55	F	Danbury	CT	1:17:27	11:04
267	32/59	F4549	755	Michelle Foye	47	F	Danbury	CT	1:17:29	11:05
268	4/4	OVRLF	1084	Jordan Pray B	12	F	Ridgefield	CT	1:17:33	11:05
269	5/8	M3034	728	Ryan Beaudry	33	M	Redding	CT	1:17:36	11:06
270	26/41	F3539	1328	Heather Park	39	F	Woodstock	CT	1:17:45	11:07
271	27/41	F3539	684	Susan Armstrong	39	F	Ridgefield	CT	1:17:45	11:07
272	2/4	F6599	814	Sharon Gawe	66	F	Bridgewater	CT	1:17:45	11:07
273	12/14	F1524	1286	Katherine Unfried	22	F	Redding	CT	1:17:50	11:08
274	32/50	F4044	868	Jen Worden	42	F	Cornwall Bridg	CT	1:18:03	11:09
275	14/20	M5559	722	Jeff Cohen	56	M	Hebron	CT	1:18:08	11:10
276	12/21	M4549	1123	Jason Snyder	49	M	Reading	MA	1:18:08	11:10
277	18/34	F5054	1297	Kathryn Stoker	51	F	Norwalk	CT	1:18:12	11:11
278	33/50	F4044	1316	Danielle Valiquette	40	F	South Windsor	CT	1:18:12	11:11
279	22/31	F5559	1055	Marge Maida	56	F	Ridgefield	CT	1:18:25	11:13
280	34/50	F4044	669	Susi Costello	40	F	Redding	CT	1:18:27	11:13
281	8/14	F3034	737	Madeleine Pidel	34	F	Redding	CT	1:18:28	11:13
282	15/20	M5559	1059	Mark Ryland	59	M	Great Falls	VA	1:18:29	11:13
283	12/18	F2529	808	Allison Blacker	29	F	Norwalk	CT	1:18:34	11:14
284	13/16	M3539	1372	Dave Albanese	37	M	New Milford	CT	1:18:40	11:15
285	35/50	F4044	233	Cheryl Gault	40	F	Cambridge	MA	1:18:58	11:17
286	14/16	M4044	45	Douglas Gault	44	M	Cambridge	MA	1:19:04	11:18
287	36/50	F4044	1360	Kristi Slater	40	F	Redding	CT	1:19:05	11:18
288	37/50	F4044	1318	Melissa Lawrence	43	F	Fairfield	CT	1:19:09	11:19
289	13/21	M4549	394	Corey Seigel	48	M	New Milford	CT	1:19:16	11:20
290	33/59	F4549	1369	Melissa Wilson	45	F	Washington Dep	CT	1:19:21	11:21
291	19/34	F5054	1037	Susan David	53	F	Ridgefield	CT	1:19:23	11:21
292	20/34	F5054	977	Helene Paladini	52	F	Holmes	NY	1:19:37	11:23
293	34/59	F4549	1354	Michele Geier	48	F	New Milford	CT	1:19:49	11:25
294	23/31	F5559	1086	Russ Waterbury	55	F	Danbury	CT	1:20:00	11:26
295	13/18	F2529	1296	Nicole McKay	28	F	Bozrah	CT	1:20:35	11:31
296	35/59	F4549	907	Amy Betz	48	F	Bethel	CT	1:20:57	11:34
297	36/59	F4549	883	Joanna Burgess	47	F	New York	NY	1:20:58	11:34
298	9/14	F3034	827	Katie Grigg	30	F	Colchester	CT	1:21:00	11:35
299	24/31	F5559	1061	Elizabeth Cox	56	F	Redding	CT	1:21:12	11:36
300	25/31	F5559	781	Abby Tuttle	55	F	Rye	NY	1:21:13	11:37

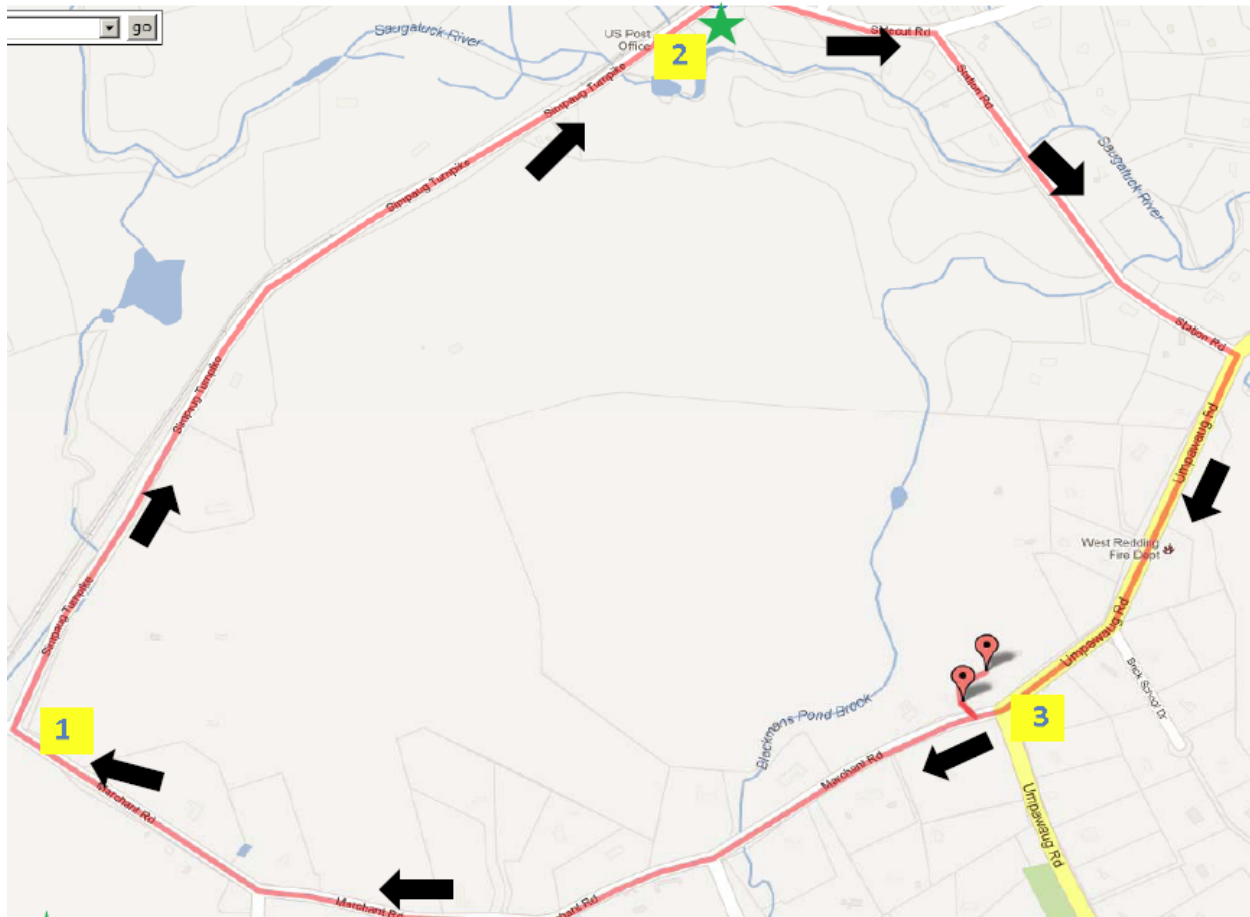
Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
301	16/20	M5559	1101	Kevin Briody	56	M	Ridgefield	CT	1:21:17	11:37
302	21/34	F5054	1033	Kelly Ferris	54	F	Danbury	CT	1:21:21	11:38
303	22/34	F5054	683	Bethann McGrath	50	F	Ridgefield	CT	1:21:25	11:38
304	37/59	F4549	624	Kristina Hislop	47	F	Newtown	CT	1:21:27	11:39
305	23/34	F5054	1323	Cathy Laydon	53	F	East Haven	CT	1:21:42	11:41
306	38/50	F4044	778	Nicole Merlo-white	43	F	Norwalk	CT	1:21:47	11:41
307	14/21	M4549	1047	Daniel O'Connell	48	M	Southbury	CT	1:21:47	11:41
308	10/14	F3034	823	Hannah Barber	30	F	Ridgefield	CT	1:21:47	11:41
309	38/59	F4549	1094	Wendy Youngblood	49	F	Brookfield	CT	1:21:48	11:42
310	39/59	F4549	805	Christina Cumberton	45	F	Brookfield	CT	1:21:48	11:42
311	28/41	F3539	901	Lily Acheychek	38	F	Wallingford	CT	1:21:52	11:42
312	15/21	M4549	903	Andrew Cox	49	M	Wilton	CT	1:22:03	11:44
313	26/31	F5559	1087	Roe Ball	57	F	New Fairfield	CT	1:22:07	11:44
314	40/59	F4549	219	Kristen Ball	47	F	Darien	CT	1:22:07	11:44
315	29/41	F3539	1340	Donna Tesar	39	F	New Fairfield	CT	1:22:33	11:48
316	16/21	M4549	914	Gary Perillo	49	M	Shelton	CT	1:22:40	11:49
317	27/31	F5559	757	Diane Tamboia	58	F	Redding	CT	1:22:53	11:51
318	41/59	F4549	884	Jennifer Slovinski	48	F	Ridgefield	CT	1:23:06	11:53
319	30/41	F3539	862	Brianna Savoie	39	F	New Haven	CT	1:23:13	11:54
320	39/50	F4044	147	Kerry Stephens	43	F	Gaylordsville	CT	1:23:23	11:55
321	42/59	F4549	1009	Jessica Miccio	47	F	West Haven	CT	1:23:28	11:56
322	17/21	M4549	1290	David Rovere	48	M	Wilton	CT	1:23:39	11:57
323	40/50	F4044	727	Sona Kristinova	43	F	Glastonbury	CT	1:23:39	11:57
324	6/8	M3034	1358	Eric Goldman	33	M	Stamford	CT	1:23:54	12:00
325	43/59	F4549	849	Laura Donnelly	49	F	Ridgefield	CT	1:23:59	12:00
326	17/20	M5559	1045	Jerry De La Rosa	56	M	Waterbury	CT	1:24:03	12:01
327	7/7	M1524	654	Bradley Zaremski	24	M	Norwalk	CT	1:24:03	12:01
328	24/34	F5054	1031	Lora Sherman	50	F	Wilton	CT	1:24:26	12:04
329	13/14	F1524	641	Grace Wallace	19	F	Hudson	OH	1:24:28	12:04
330	31/41	F3539	1270	Vanessa Teter	36	F	Meriden	CT	1:25:02	12:09
331	25/34	F5054	1276	Cheryl Caridad	52	F	New Milford	CT	1:25:02	12:09
332	32/41	F3539	760	Nancy Kelley	35	F	Redding	CT	1:25:09	12:10
333	6/8	F6064	217	Luanne Roy	64	F	Seymour	CT	1:25:10	12:10
334	18/21	M5054	949	Chris Mulcahy	50	M	Northville	MI	1:25:13	12:11
335	14/16	M3539	759	Ben Kelley	39	M	Redding	CT	1:25:13	12:11
336	18/20	M5559	869	Brad Argraves	59	M	Sandy Hook	CT	1:25:26	12:13
337	44/59	F4549	694	Jennifer Neeb	46	F	New Milford	CT	1:25:33	12:14
338	45/59	F4549	695	Trish Haldin	48	F	New Milford	CT	1:25:33	12:14
339	33/41	F3539	1127	Heather Dinho	35	F	Sandy Hook	CT	1:25:40	12:15
340	34/41	F3539	790	Kristen Beardslee	36	F	Ridgefield	CT	1:25:54	12:17
341	41/50	F4044	664	Lisa Mazinski	44	F	Danbury	CT	1:25:57	12:17
342	35/41	F3539	668	Jamie Gorgas	39	F	Ridgefield	CT	1:25:57	12:17
343	14/18	F2529	1295	Marina Pandolfi	25	F	Cromwell	CT	1:26:04	12:18
344	46/59	F4549	1022	Tanya Gaynor	45	F	Ridgefield	CT	1:26:27	12:21
345	47/59	F4549	954	Faith Ficarra	45	F	New Fairfield	CT	1:27:24	12:30
346	18/21	M4549	777	Rob Neville	47	M	Redding	CT	1:27:44	12:32
347	3/4	F6599	1338	Therese Servas	68	F	Redding	CT	1:28:00	12:35
348	6/7	F0114	840	Mary A. Jordan	7	F	New Canaan	CT	1:28:04	12:35
349	15/16	M4044	657	Matt Travis	44	M	New Milford	CT	1:28:14	12:37
350	7/7	F0114	839	Anca V. Jordan	7	F	New Canaan	CT	1:28:23	12:38

Place	Div/Tot	Div	No.	Name	Age	Sex	City	St	Time	Pace
351	36/41	F3539	838	Anca Jordan	39	F	New Canaan	CT	1:28:25	12:38
352	42/50	F4044	743	Shannon Hughes	41	F	New Milford	CT	1:28:32	12:39
353	43/50	F4044	828	Michelle Liguori	41	F	New Milford	CT	1:28:33	12:39
354	48/59	F4549	698	Cathleen Boland	49	F	New Milford	CT	1:28:37	12:40
355	37/41	F3539	640	Elizabeth Parker	36	F	Stamfords	CT	1:28:48	12:42
356	11/14	F3034	639	Megan Newhouse	33	F	Stamfords	CT	1:28:48	12:42
357	19/21	M4549	376	Brian Collins	45	M	Carmel	NY	1:28:54	12:42
358	20/21	M4549	486	Jose Paniagua	47	M	Jamaica	NY	1:29:03	12:44
359	49/59	F4549	1048	Ruth Kenneth	45	F	Southbury	CT	1:29:16	12:46
360	38/41	F3539	1010	Amanda Paull	37	F	Moodus	CT	1:29:37	12:49
361	5/8	M6599	843	Craig Goodrow	67	M	Southbury	CT	1:29:43	12:49
362	26/34	F5054	916	Lisa Bruno	54	F	New Fairfield	CT	1:29:46	12:50
363	50/59	F4549	1335	Rebecca Mollica	46	F	Carmel	NY	1:29:52	12:51
364	39/41	F3539	1312	Maggie Hamill	37	F	Ridgefield	CT	1:29:53	12:51
365	27/34	F5054	87	Thea Boyle	53	F	Redding	CT	1:30:02	12:52
366	15/18	F2529	75	Kristen Starker	29	F	Danbury	CT	1:30:02	12:52
367	12/14	F3034	1053	Justina Mann	34	F	New Milford	CT	1:30:05	12:53
368	40/41	F3539	750	Kim Van Allsburg	36	F	North Salem	NY	1:30:25	12:55
369	7/8	M3034	751	Ryan Van Allsburg	34	M	North Salem	NY	1:30:25	12:55
370	51/59	F4549	712	Kendra Collins	48	F	Carmel	NY	1:30:28	12:56
371	14/14	F1524	1058	Ainsley Hoemann	16	F	Ridgefield	CT	1:30:44	12:58
372	52/59	F4549	25	Erica Ruggerio	45	F	Seymour	CT	1:30:51	12:59
373	19/20	M5559	899	James Francis	55	M	Westport	CT	1:30:57	13:00
374	28/34	F5054	835	Angela Petitti	50	F	Shelton	CT	1:31:12	13:02
375	16/18	F2529	739	Kristin Whitaker	29	F	Brooklyn	NY	1:31:27	13:04
376	44/50	F4044	656	Sarah Elinskas	40	F	Fairfield	CT	1:32:04	13:10
377	13/14	F3034	1310	Leanna Coiro	30	F	Wethersfield	CT	1:32:10	13:10
378	29/34	F5054	417	Linda Litsch	50	F	Gales Ferry	CT	1:32:12	13:11
379	14/14	F3034	812	Holly Pais	30	F	Danbury	CT	1:32:19	13:12
380	53/59	F4549	1284	Rachel Tressy	49	F	Weatogue	CT	1:32:21	13:12
381	6/8	M6599	962	Steve Maloy	71	M	Topsfield	MA	1:32:34	13:14
382	41/41	F3539	946	Lyndsey Gore	38	F	Washington	DC	1:32:45	13:15
383	45/50	F4044	643	Jacqui Samuel	42	F	New Milford	CT	1:32:53	13:17
384	54/59	F4549	1327	Sarah Ernest	47	F	Danbury	CT	1:32:59	13:17
385	55/59	F4549	972	Tara Mohl	46	F	Hopewell Junct	NY	1:33:13	13:19
386	30/34	F5054	859	Irene McStay	53	F	Hopewell Junct	NY	1:33:14	13:20
387	19/21	M5054	987	David Mulcahy	54	M	East Taunton	MA	1:33:18	13:20
388	31/34	F5054	1298	Lee Rothert	50	F	Durham	CT	1:33:43	13:24
389	46/50	F4044	1128	Michelle Puskar	41	F	East Hampton	CT	1:34:00	13:26
390	47/50	F4044	748	Jill Avalone	41	F	New Milford	CT	1:34:38	13:32
391	48/50	F4044	660	Sonja Williams	42	F	New Fairfield	CT	1:34:40	13:32
392	28/31	F5559	1075	Donna Ryan	56	F	Danbury	CT	1:37:00	13:52
393	15/16	M3539	999	Madhu Kumar	36	M	Redding	CT	1:37:13	13:54
394	32/34	F5054	865	Anne Milot	51	F	Ridgefield	CT	1:37:24	13:55
395	56/59	F4549	879	Kathleen Pesce	49	F	Ridgefield	CT	1:37:25	13:55
396	20/21	M5054	1067	Edward Vreeland	53	M	New Milford	CT	1:37:28	13:56
397	33/34	F5054	888	Mary Ellen Kunz	53	F	Stamford	CT	1:37:29	13:56
398	34/34	F5054	1065	Evelyn Crandell	52	F	New Milford	CT	1:38:47	14:07
399	7/8	M6599	792	Denis Loncto	78	M	Ridgefield	CT	1:39:11	14:11
400	4/4	F6599	719	Kathy Barry	70	F	Ridgefield	CT	1:39:12	14:11
401	20/20	M5559	1329	Arthur Bodek	56	M	New Rochelle	NY	1:40:13	14:19
402	7/8	F6064	1090	Maureen Gillis	63	F	East Haddam	CT	1:41:03	14:27
403	29/31	F5559	1107	Heidi Pope	58	F	East Haddam	CT	1:42:02	14:35
404	49/50	F4044	824	Melanie Kolek	40	F	Moodus	CT	1:42:04	14:35
405	57/59	F4549	514	Jennifer Chabus	45	F	Long Beach	NY	1:42:43	14:41
406	16/16	M3539	1336	Sean Hamill	38	M	Ridgefield	CT	1:44:06	14:53
407	21/21	M5054	1334	Tim Wallace	51	M	Marion	MA	1:44:35	14:57
408	30/31	F5559	841	June Fagan	59	F	Brookfield	CT	1:44:57	15:00
409	50/50	F4044	970	Martina Werner	40	F	West Hartford	CT	1:45:00	15:00
410	17/18	F2529	687	Chloe Saddler	25	F	New York	NY	1:48:28	15:30
411	8/8	M3034	1220	Jesse Rosenbaum	32	M	Southport	CT	1:48:50	15:33
412	7/8	M6064	918	Marty Rosenbaum	63	M	Albany	NY	1:48:50	15:33
413	8/8	F6064	1181	Marilyn Biedrycki	63	F	Milford	CT	1:51:15	15:54
414	58/59	F4549	156	Annette Muller	46	F	Cheshire	CT	1:54:53	16:25
415	8/8	M6064	635	Alan C. Kaufman	61	M	Forest Hills	NY	1:55:07	16:27
416	31/31	F5559	1114	Wendy Phaff	55	F	Jamaica	NY	1:55:08	16:27
417	59/59	F4549	497	Jacky Lee	46	F	Brooklyn	NY	1:55:13	16:28
418	21/21	M4549	878	Michael Weibel	49	M	North East	MD	1:57:50	16:50
419	8/8	M6599	870	Tomme Coleman	70	M	Cheshire	CT	2:08:18	18:20
420	18/18	F2529	622	Bonnie Eng	27	F	Woodhaven	NY	2:08:23	18:21
421	16/16	M4044	501	Michael Chan	44	M	Brooklyn	NY	2:08:23	18:21

5. MIGHTY COW RACE

A. MAP

REDDING ROAD RACE MIGHTY COW COURSE



AID STATIONS/PORT-O-LETS

Mighty Cow / Half Combined

Place	No.	Name	Ag	City	St	Halftim	Mghtytl	Total
1	1184	Piotr Kostyk	29	Bethel	CT	1:20:01	28:59	1:48:59
2	1145	Colin Martin	33	wappingers Fall	NY	1:32:28	21:41	1:54:09
3	1267	John Minervino	55	Higganum	CT	1:34:04	21:36	1:55:40
4	1151	Krzystof Bury	31	Ridgefield	CT	1:40:35	19:49	2:00:24
5	1170	Mark Cicero	43	New Haven	CT	1:39:12	22:13	2:01:25
6	1152	Tracy Blaumauer	32	Ridgefield	CT	1:40:35	21:50	2:02:25
7	1271	Paul Rosenberg	40	Litchfield	CT	1:40:44	22:33	2:03:17
8	1158	Eric Gamari	41	Torrington	CT	1:41:26	22:13	2:03:39
9	1164	Sara Belles	38	Brookfield	CT	1:41:05	22:50	2:03:54
10	1269	Steve Leslie	54	Brookfield	CT	1:42:46	21:47	2:04:32
11	1185	Stephen Apy	36	Darien	CT	1:39:24	25:18	2:04:41
12	1201	Matt Pulse	51	Colchester	CT	1:40:54	23:57	2:04:50
13	1234	Gregory Vetter	34	Trumbull	CT	1:44:47	22:25	2:07:11
14	1212	Luke Albrecht	40	Newtown	CT	1:46:15	22:12	2:08:27
15	1179	Russel Joseph	39	Stamford	CT	1:43:07	25:21	2:08:28
16	1157	Cory Hudak	46	Winsted	CT	1:46:17	23:26	2:09:42
17	1182	Bryan Frank	37	Wallingford	CT	1:44:36	25:36	2:10:12
18	1249	Dwight Grant	50	Scarsdale	NY	1:47:23	23:39	2:11:02
19	1264	Ken Merrick	50	New Fairfield	CT	1:50:26	20:43	2:11:09
20	1194	Tracy Montoya	54	Waterford	CT	1:51:40	23:24	2:15:04
21	1272	Paul Baldini	47	Redding	CT	1:52:03	23:50	2:15:52
22	1217	Suzanne Fortier	39	Middlebury	CT	1:49:02	26:58	2:16:00
23	1193	Steve Riley	51	Mystic	CT	1:53:46	23:41	2:17:27
24	1222	Meg Mullins	34	Poughkeepsie	NY	1:59:44	25:31	2:25:14
25	124	Jake Wilkinson	15	New Milford	CT	1:58:23	26:59	2:25:21
26	1233	Matt Demaio	47	Old Saybrook	CT	1:58:03	27:25	2:25:27
27	1265	Douglas Weibel	47	Bainbridge Island	WA	1:54:27	31:05	2:25:32
28	1250	Tina Roese	49	Redding	CT	1:59:55	26:06	2:26:01
29	1197	Nardy Chung	42	Stamford	CT	2:01:08	26:09	2:27:17
30	1244	Lisa Brody	49	New Haven	CT	2:00:54	27:31	2:28:24
31	1156	Zelipha Gitari	34	Fairfield	CT	2:02:04	26:28	2:28:32
32	1198	Carlos Baldoz	57	Stamford	CT	2:01:32	27:41	2:29:13
33	1159	Adam Trojanowski	49	Redding	CT	2:04:24	25:16	2:29:40
34	1188	Katie Selander	32	Barkhamsted	CT	1:59:24	30:50	2:30:13
35	1189	Joseph Kolok	46	Mount Royal	NJ	1:59:57	31:01	2:30:58
36	1149	Alice Wilkinson	46	New Milford	CT	2:03:48	27:31	2:31:19
37	120	Audrey Day	52	Sherman	CT	2:03:49	27:31	2:31:19
38	1240	Diana Valencia	34	Bridgeport	CT	2:03:47	28:06	2:31:53
39	1362	Victoria San Pietro	26	Stratford	CT	2:01:03	32:07	2:33:10
40	1280	Hannah Belport	27	New York	NY	2:01:05	32:07	2:33:12
41	1229	Jamie Grennan	41	Norwalk	CT	2:05:28	27:54	2:33:21
42	1203	Jonathan Lucas	50	Stamford	CT	2:07:10	26:42	2:33:51
43	1210	Daniel Blair	59	Simsbury	CT	2:11:32	25:53	2:37:25
44	1165	Liz Dreier	33	Simsbury	CT	2:11:33	25:54	2:37:26
45	27	Rick Shoup	44	Naugatuck	CT	2:08:26	29:27	2:37:53
46	1261	Jeffrey Olsen	44	Waterbury	CT	2:10:42	27:23	2:38:04
47	1260	Donald Stankus	34	Waterbury	CT	2:10:44	27:22	2:38:06
48	1241	Mark Mierzejewski	38	Berlin	CT	2:10:01	29:12	2:39:12
49	1154	Catherine Racz	54	Roxbury	CT	2:11:58	27:51	2:39:49
50	572	Erich Wenis	46	Woodbury	CT	2:12:52	27:28	2:40:19

Place	No.	Name	Ag City	St	Halftime	Mighty	ti	Total
51	1218	Lauren Contorno	54 Bethel	CT	2:16:32	27:59		2:44:31
52	1253	Peter Barry	43 Danbury	CT	2:17:11	27:53		2:45:03
53	1150	Mary Karen Davidson	58 Ridgefield	CT	2:17:03	28:17		2:45:20
54	1230	Emily Carr	37 Ridgefield	CT	2:15:22	30:21		2:45:43
55	1211	Erin Sodhi	39 Marlborough	CT	2:15:25	30:21		2:45:46
56	1162	Maggie Deluca	59 Redding	CT	2:18:12	27:48		2:45:59
57	1161	George Grenier	53 Mohegan Lake	NY	2:18:12	27:47		2:45:59
58	251	Katrina Smith	37 West Harrison	NY	2:20:52	25:11		2:46:02
59	1266	Amy Photopoulos	43 New Milford	CT	2:17:15	30:56		2:48:10
60	1216	Tiffany McGuire	37 Milford	CT	2:20:28	29:13		2:49:41
61	1255	Chris McCann	48 Wilton	CT	2:17:36	32:08		2:49:44
62	1223	Kevin Remson	51 Trumbull	CT	2:18:24	31:28		2:49:52
63	1225	Vinay Sampson	53 Monroe	CT	2:19:32	30:58		2:50:30
64	1195	Christopher King	42 Cheshire	CT	2:21:50	29:02		2:50:51
65	1202	Jennifer Fatone	41 Orange	CT	2:18:10	32:49		2:50:59
66	1242	Mary Regalbuto	61 Milford	CT	2:18:35	32:49		2:51:24
67	1163	Robert Cook	51 South Windsor	CT	2:27:28	24:17		2:51:44
68	1192	Morgan Coolbeth	40 Hernando	FL	2:22:50	30:39		2:53:29
69	1228	Bonnie Triolo	63 Nutley	NJ	2:22:55	31:01		2:53:55
70	1239	Theresa Kaeser	33 Danbury	CT	2:22:07	32:09		2:54:15
71	1207	Kaitlin Maguire	34 Framingham	MA	2:24:16	30:18		2:54:34
72	1174	Bruce Goulart	69 Newtown	CT	2:25:20	31:04		2:56:24
73	1256	Johnny Lo	35 Redding	CT	2:21:46	34:39		2:56:24
74	1180	Carole Chen	53 Wharton	NJ	2:25:10	33:06		2:58:15
75	1243	Christie Pascavis	44 Simsbury	CT	2:30:28	31:15		3:01:42
76	1178	Travis Pascavis	47 Simsbury	CT	2:30:30	31:16		3:01:45
77	1213	Eduardo Torrealba	48 East Haven	CT	2:30:07	32:05		3:02:11
78	1191	Samantha Santoro	27 Woodbury	CT	2:30:23	33:38		3:04:00
79	1227	Samantha Legere	28 Schenectady	NY	2:33:36	31:17		3:04:52
80	1160	Sujatha Unny	45 Wilton	CT	2:31:38	34:34		3:06:11
81	1273	Melissa Costantini	49 Milford	CT	2:33:01	33:45		3:06:46
82	1263	Eileen Bellmay	49 Thomaston	CT	2:37:53	31:29		3:09:21
83	1262	Karen Bellmay	41 Terryville	CT	2:37:53	31:30		3:09:22
84	1268	Katy Binder	45 Patterson	NY	2:37:15	33:44		3:10:59
85	1204	Kathryn Ryan	52 Ivoryton	CT	2:37:03	34:28		3:11:30
86	1146	Doxene Roberts	50 Mount Vernon	NY	2:37:05	35:07		3:12:12
87	1167	Heather Ostman	48 Brewster	NY	2:40:51	33:45		3:14:36
88	1226	Jennifer Pope	38 Hamden	CT	2:43:51	31:36		3:15:27
89	1245	Kelly Yontef	39 Hamden	CT	2:43:51	31:36		3:15:27
90	1215	Dawn Jenci	39 Milford	CT	2:42:31	33:45		3:16:16
91	1155	Gretchen Johnson	53 Old Greenwich	CT	2:41:51	34:27		3:16:18
92	1166	Karen Martin	48 Vernon	NJ	2:44:33	32:45		3:17:17
93	1190	Claire Coolbeth	45 Hernando	FL	2:44:34	32:45		3:17:18
94	1246	Gena Givens	37 Middletown	CT	2:50:45	34:24		3:25:09
95	1221	Lynn Tommasini	35 North Branford	CT	3:00:41	37:04		3:37:45
96	1259	Crystal Zamfino	36 Stratford	CT	3:33:13	38:09		4:11:22

Mighty Cow / 7 Mile Combined

Page 1

Place	No.	Name	Ag	City	St	7milet	Mghty	Total
1	1314	Jan Triani	40	Ridgefield	CT	53:22	22:20	1:15:41
2	1388	Linda Spooner	44	Sturbridge	MA	49:50	29:11	1:19:00
3	1373	Christiane Stamp	36	Croton Falls	NY	55:40	25:55	1:21:35
4	1384	Cheryl Martin	35	Wappingers Fall	NY	56:09	25:31	1:21:40
5	1330	Linda Gance	57	Wilton	CT	58:31	27:58	1:26:29
6	1368	Kerry Schur	50	Bridgewater	CT	1:02:20	25:16	1:27:35
7	1311	Christina Butler	41	Wappingers Fall	NY	1:03:12	26:40	1:29:52
8	1364	Ashley Carlson	22	Stamford	CT	1:05:25	26:11	1:31:35
9	1281	Erin Hunter	40	Bethel	CT	1:05:51	27:33	1:33:24
10	1275	Kathy Bennett	61	Cos Cob	CT	1:04:36	29:06	1:33:41
11	1278	Jessica Vaghi	29	Bethel	CT	1:05:51	28:05	1:33:56
12	1301	Kimberley Meyer	49	Simsbury	CT	1:07:59	28:03	1:36:02
13	1363	Johnathan Sylvia	30	Acushnet	MA	1:09:36	26:33	1:36:08
14	1313	Daniel Selander	32	Barkhamsted	CT	1:06:50	30:51	1:37:40
15	1352	Siobhan Crise	44	Westport	CT	1:09:12	29:16	1:38:28
16	1292	Stacy Levy	51	Wilton	CT	1:09:18	29:11	1:38:28
17	1317	Meri Robert	40	East Hartford	CT	1:11:23	28:12	1:39:34
18	1370	Stacie Perachi	48	Washington Depo	CT	1:10:38	29:44	1:40:22
19	1367	Karina Parr	43	Weston	CT	1:11:12	30:20	1:41:31
20	1309	Sarah Geary	37	New Milford	CT	1:14:14	28:57	1:43:10
21	1326	Alice Daken-Stefanski	39	Sparta	NJ	1:13:10	31:01	1:44:10
22	1331	Jeff Bishop	38	Southbury	CT	1:14:58	29:14	1:44:11
23	1325	Chris Stefanski	36	Sparta	NJ	1:13:10	31:01	1:44:11
24	1378	Christina Girard	30	Broad Brook	CT	1:15:02	29:17	1:44:19
25	1346	Amy Mannion	43	Bethel	CT	1:14:52	29:58	1:44:50
26	1357	Whitney Vitti	41	Bethel	CT	1:14:53	29:58	1:44:50
27	1303	Liz Reed-Swale	45	Rocky Hill	CT	1:12:09	32:52	1:45:01
28	1383	Kevin O'Connor	23	Bronx	NY	1:16:34	29:11	1:45:45
29	1257	Jackie Bisignano	50	Patterson	NY	1:15:12	31:00	1:46:12
30	1291	Joe Kolok	75	Brewster	NY	1:15:13	31:01	1:46:13
31	1376	Stephanie Vernik	41	Ridgefield	CT	1:16:47	30:47	1:47:33
32	1375	Chrissy Bucci	44	North Salem	NY	1:16:55	30:50	1:47:44
33	1371	Amy Donohue	55	Fairfield	CT	1:16:11	31:57	1:48:07
34	1286	Katherine Unfried	22	Redding	CT	1:17:50	30:24	1:48:14
35	1316	Danielle Valiquette	40	South Windsor	CT	1:18:12	30:52	1:49:04
36	1282	Meghan McCarthy	28	Stamford	CT	1:16:39	32:42	1:49:20
37	1360	Kristi Slater	40	Redding	CT	1:19:05	30:32	1:49:37
38	1369	Melissa Wilson	45	Washington Depo	CT	1:19:21	30:43	1:50:03
39	1318	Melissa Lawrence	43	Fairfield	CT	1:19:09	31:39	1:50:48
40	1354	Michele Geier	48	New Milford	CT	1:19:49	31:31	1:51:20
41	1372	Dave Albanese	37	New Milford	CT	1:18:40	33:46	1:52:26
42	1297	Kathryn Stoker	51	Norwalk	CT	1:18:12	34:39	1:52:50
43	1340	Donna Tesar	39	New Fairfield	CT	1:22:33	30:37	1:53:09
44	1296	Nicole McKay	28	Bozrah	CT	1:20:35	33:27	1:54:01
45	1323	Cathy Laydon	53	East Haven	CT	1:21:42	32:29	1:54:11
46	1358	Eric Goldman	33	Stamford	CT	1:23:54	30:42	1:54:36
47	1276	Cheryl Caridad	52	New Milford	CT	1:25:02	30:44	1:55:46
48	1270	Vanessa Teter	36	Meriden	CT	1:25:02	33:51	1:58:53
49	1295	Marina Pandolfi	25	Cromwell	CT	1:26:04	33:30	1:59:34
50	1284	Rachel Tressy	49	Weatogue	CT	1:32:21	33:20	2:05:41
51	1298	Lee Rothert	50	Durham	CT	1:33:43	37:29	2:11:12
52	1181	Marilyn Biedrycki	63	Milford	CT	1:51:15	40:43	2:31:58

5. Upcoming local race that may interest you

50th Annual Mum-A-Thon 8k Road Race, October 21st, Bristol, CT
http://bristolct.net/roadraces/Mumathon.aspx?fbclid=IwAR2I5IwbW_btaM97tU62VOj11YBYM0hvMKVap_YiccKZA-WRWf0lwksbZWs

Halloween themed event encourages runners and participants of all ages to dress up as your favorite Character, super hero or heroine! The race shirt is the most popular in Connecticut and it even glows in the dark!

G. Runner Stories

WARD CARPENTER RACE BLOG (from 2014):

Racing for the Cows can be fun!



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



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

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

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



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



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

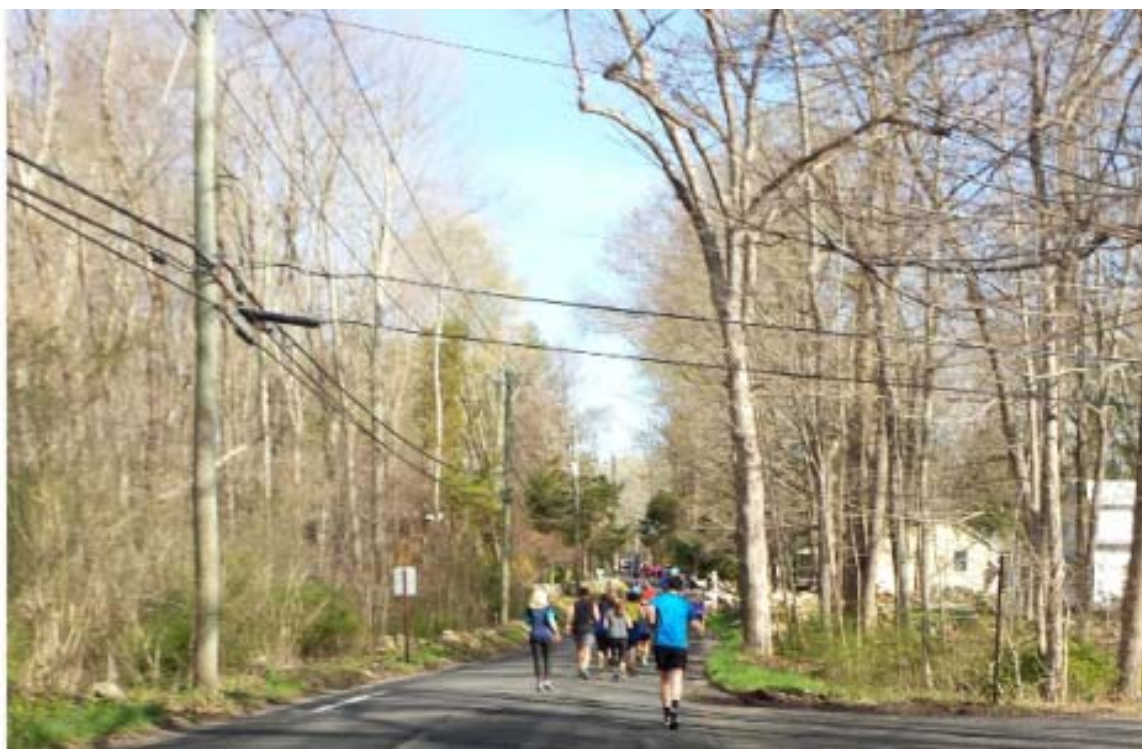


True to his word, John started the race exactly at 8AM and we were off! The first half mile or so takes you around that beautiful meadow and back past the starting point before you head out on the roads.



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

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



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



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

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



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

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



NL #1 OUR RUNNER SPOTLIGHT –JESSICA F..

My name is Jessica F. and I live in Wilmington, Delaware. I found your race through a Google search of "Half Marathons in Connecticut." A few options came up and I chose your race after doing a good bit of research... watching videos, reading newsletters, following your FB page, etc. Not sure if I have a human interest story. It's probably like most others, but here it is:

I am a healthy 36 year old woman. I've been fortunate enough to not have fought cancer or have any serious health issues. I was just a mom with two daughters who never took time for herself. Four years ago in 2014, when my youngest daughter was 6 months old, I started exercising again after a 6 year hiatus. I swam 100 miles in 2015. I started running in 2016 and ran my first 5K ever. In 2017, I ran my first half marathon. During the half marathon training, I kept saying this would be my first and last half. At this time, I also discovered a supportive group of women called Moms Run This Town. Well, I finished the race with such a HUGE sense of accomplishment. The next week, I made a goal of doing 13 half marathons in the first 13 states in the order they reached statehood. So your race will be my 5th half marathon as I honor Connecticut's ratification to the union in 1788. Today, I am a better mom who lives with less stress and looks forward to working out!

I have high expectations for your race and can't wait to proudly add the medal to my collection. Thank you for considering my story!

NL #2 RUNNER STORY – KATY F.



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

1. RUNNER STORY – SEAN

In July '17, I lost my fiancé, Lindsay, to acute myeloid leukemia. The following spring I decided to a fundraiser bicycle ride for the hospital that had treated her. After I signed up, I had realized that I was in really bad shape and not living a very healthy lifestyle. I was doing a memorial walk with her sister, son and mother and had made a joke about running to get in shape.

Well, Stephanie (Lindsay's sister) decided to sign us up for a run Father's Day morning in 2018. My time was 45 for a 5k. It was horrible. I had never felt so miserable in my life. But, something happened. There was a spark there.

Throughout the summer we did 5ks, triathlon relays and other events every weekend.

This thing that started just to get me into better shape for a bike ride has turned into therapy for me, it's becoming my escape.

This January I finally got my time to just about 30 minutes for a 5k, I did my first 10 mile race and have 4 half marathons scheduled between February and June.

I am so thankful everyday that Steph kept running with me and kept me motivated. I am thankful everyday that I now have the ability to go out and run and just appreciate it. I have met some amazing people in our running and can't wait to see what each new adventure will bring!!



SEAN AND LINDSAY



SEAN AND STEPHANIE

NL#3A RUNNER STORY – ALISON A.

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

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

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

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



NL#3B RUNNER STORY – KATHERINE F.

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



NL#4A RUNNER STORY – STEPHANIE M.

I hope I'm not too late in sharing this story with you. My younger sister died from a rare form of Leukemia in July of 2017, she was 28 years old and from diagnosis to death she battled for 18 months. My mother, myself and my "brother in law" Sean were her constant care takers in the hospital and at home, I donated my bone marrow to her twice, and the three of us did everything else we possibly could to save her and to care for her. A few days before she died she had someone write on her hospital room white board "Be Happy" - to remind us she will be at peace and to be happy for her and in our lives without her.

After she died, we were all lost. The first few months we were in shock, I had been a runner for years and that was my escape - what ever time of day or night I could literally run away, but I always ran alone I had only competitively run a handful of times over the years. It gave me a sense of release but still was a solitary activity.

Come the warmer months of 2018 the void of her loss was very painful and we were struggling to find ways to fill it. Sean had mentioned wanting to ride in the "Closer to Free" bike ride for the Smilow Cancer Center where Lindsay had been cared for, but he wasn't in shape and needed a place to start. He came to me asking for help and I suggested we start running together and sign up for a 5k to get a jumpstart. On Father's day we ran our first 5k trail run together and we ran as "Team Be Happy", now nearly another year later we have run dozens of 5ks, triathlons and duathlons, and half marathons all in the name of Team Be Happy...we are thrilled to add Redding to our list and to continue to spread the Be Happy message.



A photo to go with the story - the day we all got our “Be Happy” tattoos in Lindsay’s honor.

From the left my Aunt Marianne, my Mother Carla, me, my Cousin Jennifer and my brother in law Sean.

NL#4B RUNNER STORY – EMILY C.

In late 2016 and early 2017, I had two experimental surgeries intended to slow some of the damage the chronic blood disease I've had since birth had done to my body, in particular my left ankle. I started swimming and cycling indoors to rehabilitate, and found I really enjoyed it. It had been a dream of mine to do a triathlon, so on a whim I registered and completed a sprint in June of 2017. I had never run before, and was still walking each of the 5k portions of the runs after doing 5 more sprint triathlons that summer. I decided I needed to learn to run. What better way to do that than to commit to running a marathon?

I applied and was accepted into a team to run the Boston Marathon in 2018 for The Hole in the Wall Gang Camp, a Camp founded by Paul Newman which provides camp experiences and other support to seriously-I'll children and their families. Having been a camper at The Hole in the Wall as a child and a volunteer several times, I felt privileged to have to opportunity to give back in such a monumental way. I trained hard, ran the race in the most dismal of conditions, and fell in love with the sport in the process. A good friend, Tom Cowen, invited me to join him in running the Redding Run for the Cows, but it being only a few weeks after the marathon, I opted for the 7mi run. Well, after enjoying the marathon, I decided to upgrade to the half marathon distance, my first ever, and while it rained on race day, conditions weren't nearly as bad as they were for Boston, so I had an incredible time.

I finished out 2018 with four more half marathons, a Ragnar Relay, 2 half Ironman distance triathlons, and the Marine Corps and Philadelphia marathons. I'll be running the Boston Marathon for The Hole in the Wall and the Run for the Cows (Mighty Cow!) again this year, but this time I'm taking a quick to London in between to run my second World Major marathon!

NL#5A 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 - 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.



NL#5B 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



NL#5C 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!](https://join.ctf.org)
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By Diane O.



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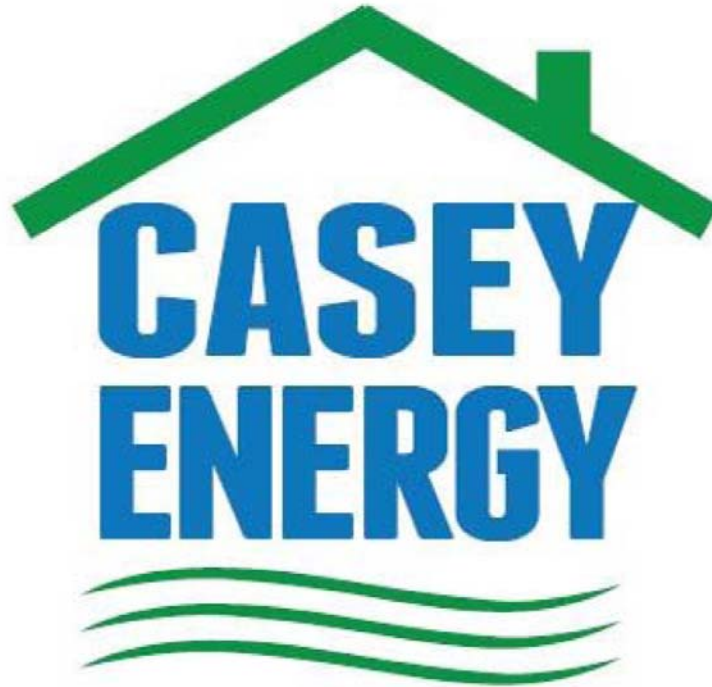
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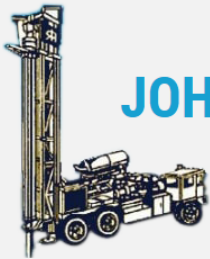


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REDDING ROAD RACE



A RUN FOR THE COWS

REDDING ROAD RACE



A RUN FOR THE COWS













**Cheers,
John**