



REDDING ROAD RACE NEWSLETTER

20 Volume 4

3/14/20

1. [SAVE THE DATE – RRR18 PREVIEW RUN](#)



Sunday, March 29th, 8am

**DUE TO SAFETY CONCERNS, WE WILL NOT BE HOLDING THE
PREVIEW RUN THIS YEAR**

1. [RUNNER STORY – CHRIS](#)

My daughter lived in Hawaii for a year and while there she decided to start running. When she moved back to Connecticut I went to a few races to support her. I told her that I wouldn't mind running with her as I used to run cross country in high school and middle school. We decided to start running races together. One time I distinctly remember saying to my daughter that I really shouldn't be at the races because I don't train like everyone else. She looked at me and said Mom you are lapping everyone that is at home right now sitting on the couch. That day she inspired me to keep going and we decided to run one race every month.

The support and energy at the races is truly amazing. At some of the races we saw people with 169 shirts and hats. I looked into the group and decided that I wanted to be part of it. We joined the group and now have a goal of running every town in Connecticut. Running with my daughter has so many benefits, not only do I get to be out in nature something that I absolutely love doing but I get to be with my daughter who inspires me and encourages me all the time.

Although it may not seem much to some people I look forward to the monthly races because I do enjoy them but mostly because I know I get to spend time with one of the most incredible young women I know.



2. RUNNER STORY – PHU

People always ask me, “Why I run?” or “Why would do I run those long distances?”. Running offers to me this combination of physical and mental obstacles that I love to figure out and persevere through. It’s that aspect of perseverance that I absolutely love. I guess you can say that I like to put myself through stress, to have that chance to persevere. Pushing through that wall at mile 22 during a marathon perfectly exemplifies this: Figuring out that right combination of training, recovery, and performance during the race to never hit that wall or push through it.

But, the issue of perseverance with me is more complex than just the endurance aspect of running long distances. I’m a second generation Vietnamese immigrant, where my family escaped Saigon (now Ho Chi Minh City). There are so many points in their journey that something could have happened, where they wouldn’t have made it out, would have been killed, wouldn’t have made it to the United States, and I subsequently, wouldn’t have been born. Fortunately, my family was sponsored by a Methodist Church in Lancaster, PA, where they helped my dad, who knew only a little bit of English, worked in an aluminum producing factory, to raise me, my older brother, and sister. There’s so many times that I look back at, and think about how blessed I am, that my family and relatives persevered to get out of a war torn country to get out, to not only to have a better living, but just to survive. I sometimes think about on my runs that me running a marathon is nothing compared to what they went through. All I’m doing is running a race. They were running for their lives. When I need to dig deep during a race, or when my training is at it’s hardest, I think back to what my parents went through to get me to where I am now, the hard work they put in, the perseverance, and the pain or fatigue from running simply pales in comparison.

While I always had this appreciation and never ending feeling of how grateful I am for what they did and for what this country has offered, I think I never took the time to take care of my own health the way I should have. I was always trying to persevere, mentally and professionally, studying extremely hard in school, then, working as hard as I could, no matter what stress I put myself through. For a while, I became over confident, I thought I was a super hero. I thought, I’m smart, I work hard, I can endure anything and not get hurt. Eventually, however, that was a naïve and ignorant way to think. When I turned 40, I had appendicitis that I ignored the pain for days until I finally went to have a laparoscopic appendectomy. Because of my mindset that nothing could hurt me and I could persevere through anything, my appendix became too inflamed, and stuck to my abdominal wall, tearing open, while my surgeon was removing it laparoscopically. Fortunately, he was able to clean up the torn appendix and I avoided an extended stay in a Surgical Intensive Care Unit, for a potential abscess development. However, my surgery went from a tiny incision from doing the procedure laparoscopically, to now an open abdominal surgery, where I now have a 3 inch incision on my abdomen. From that

point on, I realized I have to understand, that I'm not invincible, I can get hurt, and that while I didn't do anything specifically to cause the appendicitis, that life isn't forever, and that I need to take care of myself better. Every time I look at my scar on my abdomen, I think to myself, "never again". I will not let anything like that happen. Hence, I started running again (I played soccer growing up and in high school, and played intramurals in college, along with ran for exercise. But, stopped running and working out after Pharmacy School). However, over the next 2 years, I experienced more health issues, including a small bowel obstruction from the adhesions from my surgery. I was also diagnosed with an arrhythmia, Wolf Parkinson White Syndrome, which I subsequently had ablated and now have no abnormal heart rhythm patterns. More evidence that life can be short, and I'm not invincible.

But, with all of these recent health issues, I've also realized that the running and how I like to persevere with running, perfectly represents everything that's happened recently from a health standpoint. Running also provides a mode for me to remember the perseverance that my family went through. My love to persevere, is not simply met by the challenge of running. It's more than that. I'm not running to race any single person, to beat them. I'm running to beat the spectre of a health issue. I'm running so that I can never forget what my parents went through. I'm running to persevere.







3. BILL RODGERS ARTICLE FROM LA TIMES WHEN HE BECAME A MASTERS RUNNER

PHOENIX — Some of us are wondering what Bill Rodgers will have to do to grow up in the eyes of America. A decade after winning the Boston Marathon and the New York City Marathon, Rodgers is sometimes thought of as this skinny, young, blithe spirit with shaggy, blond hair.

It is a misconception (or it would be if more people believed it) that Rodgers is still writing term papers and cutting class. What is the name of the little liberal arts college he attends? After all these years he's still Boston Billy. Still with the impish smile.

Rodgers has had little trouble accepting his mantle as a "veteran marathoner." He's earned that and he's proud of it. But geezer, ancient and over-the-hill are slightly more offensive terms.

The question is how will Rodgers do in his new role, as a "masters runner," a 40-and-over competitor. It is the running world's designation for the out-to-pasture set; its presentation of the lovely gold-plated pen in a velvet case. Thank you for your years of service, you are now a master and please drop in anytime.

The fact is, Bill Rodgers has turned 40. Sunday, he will run the masters division of the Los Angeles Marathon. It is a shock. When did this happen? Who knew?

Rodgers emerged at Boston in 1975. More correctly, Rodgers, running in a hand-stenciled T-shirt, exploded at Boston. He won the race in 2 hours 9 minutes 55 seconds. It was the fifth-fastest marathon in history. Even so, Rodgers stopped four times during the race, once to tie his shoe and three times to drink water.

In the early years, what Rodgers didn't know about running was an impressive amount. The fact that he didn't know any better may have allowed him to push himself into a place where an experienced runner would have been afraid to go. At Boston in 1979, in rain, wind and 42-degree temperature, Rodgers ran a 2:09:27. That works out to a 4:56 per-mile average. "Yikes!" is what the big-time marathoners were saying about this kid. With this talent, where will he take the marathon?

The intriguing question about Rodgers is how he even got there in the first place. If ever there was an unlikely hero, Rodgers was it. The reluctant jock. Rodgers the intellectual and Rodgers the radical almost didn't make it to the victory stand at four Boston and four New York Marathons. Even his small body appears implausibly frail to carry him more than 26 miles at such a punishing pace.

In the beginning, Rodgers was not a runner. But he had these qualities: He was a pusher and he was intense. At 15, when he took up the sport, Rodgers was more into reading books than box scores. He was different.

Rodgers is now seen as somewhat quixotic, but as a tyke his associates were convinced that his brain was leaking.

Charlie Rodgers, Bill's older brother and teammate on their high school cross-country team, tells this story: "When the coach would send us out on the road for a two-mile run, three quarters of the team would drop off at my girlfriend's house for a Pepsi. Bill would keep running. We all thought he was a little strange."

Rigid adherence to rules would certainly have made Rodgers suspect to some teenagers. Normalcy soon overtook him and he quit running. There was further evidence of Rodgers' reform when he sent his parents into spasms with his relatively harmless youthful scrapes with the law.

By the time Rodgers got to college, he smoked and drank. Sometimes rather a lot. Yet, amid this youthful excess at Wesleyan University in Middletown, Conn., Rodgers would find running for the second time in his life. It was to be an odd and fateful meeting.

Amby Burfoot, winner of the 1968 Boston Marathon and devotee of extravagant mileage, became Rodgers' roommate.

Burfoot and Rodgers began to run together, or, rather, Burfoot would take his usual 15-mile run and Rodgers would run as far as he could. Had there been a girlfriend's house where he could have stopped for a soft drink, Rodgers would have done it.

Almost as abruptly as Rodgers began to run again, he stopped. The Vietnam War was escalating. Students who were Rodgers' age were being drafted. In his senior

year, Rodgers joined the anti-war movement and applied for conscientious-objector status.

He was approved. Rodgers was assigned alternative service as an aide at Peter Bent Brigham Hospital in Boston, pulling in \$71 a week. He wheeled bodies to the morgue and felt a little dead himself. He hadn't run in three years, and he had a pack-a-day habit. He ate junk food.

To Rodgers, there was one way to live, and make that a double gin, please. He and his girlfriend, Ellen, who would become his first wife, were living in a dump off his \$71 a week and food stamps.

Then someone stole his motorcycle. For the third time, Rodgers was back to running. He began to run to and from work. Then before work. And after work.

And especially when there was no more work. Rodgers was fired for trying to organize a hospital workers union.

"The funny thing was, I don't think they even wanted the stupid thing, it was just me," Rodgers said with a rueful smile.

A bright sun filters in from the Rodgers' gracious patio onto the Rodgers' dining-room table in the Rodgers' comfortable winter home in north Phoenix. Rodgers is watching Elise, his 2-year-old daughter, make an impressive mess of her lunch.

Rodgers is relaxed and happy. He and his Wife, Gail, live here two months of the year to escape the harsh Boston winters. He has been on the phone lining up races for himself and rival/associate Frank Shorter. He's talking about a masters circuit, complete with corporate sponsorship. Things are working out.

The transition from the world-class marathon world to the weak and cash-poor masters circuit has been eased with the presence of Shorter, who arrived in the masters' division ahead of Rodgers. Theirs is a long-standing rivalry, which will lend itself nicely to the show they hope to barnstorm through the country.

"It's like the beginning of the running boom," Rodgers said. "Masters running is where the running boom was 10 years ago."

Rodgers is no longer the boy radical, but he may become the adult rabble-rouser. Maybe. His life now is steady and full.

“The biggest change in my life is Elise and Gail and I,” he said, absently smoothing a stray hair on his daughter’s forehead. “You become more mellow. When you’re 25-30 years old, you may be married but you think ‘running.’ It really has an impact. It’s a powerful drug. You can see that. I’m older and I’ve gone through things. There are more important things for me. It changes your life in a positive way.”

Will the public accept the new Bill Rodgers, the mature family man and not the driven runner?

“I hope so,” he said. “I hope people see me as a masters runner now. There used to be a lot of myths surrounding women’s running, that women were not capable of running long distances. We know those are not true. It’s the same for masters. Carlos Lopes wins a gold medal in the marathon when he’s 37. That changes people’s ideas.

“I love to run. There are some runners who feel differently. There are some people who say, ‘If I win an Olympic medal, I’ll quit.’ I’m not like that. I love to run regardless of the money, or the medals.”

He has some of one and none of the other, and an older, wiser, Bill Rodgers seems content with that.

4. RYAN HALL'S MARATHON FAMILY

How Ryan and Sara Hall adopted 4 sisters and kept on running

Jeff Metcalfe, The Republic | azcentral.com Published 7:00 a.m. MT April 12, 2019

FLAGSTAFF — Monday is a big day for Sara Hall.

She turns 36, and will celebrate with some 30,000 runners at the 123rd Boston Marathon, which Hall will be running for the first time.

It's an important business trip for Hall on her path toward the 2020 U.S. Olympic Marathon Trials, now less than 11 months away. Competition will be fierce for the three women's spots in Tokyo. Hall is seeking a standout performance at a major marathon to reinforce her Olympic contender status.

But it's never just about running for the Halls, Sara and her husband Ryan. There is always a bigger picture, a greater goal and maintaining perspective in a sport that can become too singularly focused and was for a time for two-time Olympian Ryan before he retired from professional running in early 2016.

"I felt a lot of guilt and shame like I was screwing things up with my training and my body," says Ryan, one of America's best marathoners for years despite chronic low testosterone levels. "I was trying everything I could think to get my body to respond to training and start having the same results I'd been having, and nothing was working.

"It felt like all this pressure and heaviness," that also became a clear message to Hall, who like Sara is a devout Christian. "I felt like God was telling me it's not meant to last forever. It's not going to last forever for Mo Farah or Haile Gebrselassie or any of these guys. Everyone slows down. We all have our time. I've done everything I can do, and the ship is just not being turned around so now it's time to move into the next season of life."



Instant family

Sara Hall of Flagstaff will make her Boston Marathon debut on Monday, her 36th birthday. She is a contender for the U.S. Olympic marathon team at the 2020 Tokyo Olympics. (Photo: Tom Tingle/Arizona Republic)

It's five weeks to the day before the Boston Marathon and it's chilly in Flagstaff with snow in the forecast late in a winter that will be remembered for the record three-foot snowfall on Feb. 21 when it would have been near impossible to traverse the dirt roads to the Hall house in the woods above downtown.

Sara and Ryan are well into the routine of their next season, marked not only by Ryan's retirement but in raising their adopted children, four Ethiopian sisters who they made a part of their family in 2015. After dividing time between Redding, Calif., and Flagstaff as they had since leaving Mammoth, Calif., in 2010, the Halls committed last summer to Arizona and a house large enough for six and three miniature Siberian huskies.

"There's just a great community here that already knew us from running that has embraced the girls," Sara says. "It's been fun to see a little more of the

heartbeat of the city now that we have kids because you're more integrated into the community."

Lily and Jasmine, ages 8 and 11, attend an elementary charter school. Mia, 15, is in junior high and Hana, 18, is at Flagstaff High School, where she won the Arizona Division II high school cross country title last fall for the Eagles.



Sara and Ryan Hall of Flagstaff adopted four Ethiopian sisters in 2015. Their daughters, L-R, are Mia, Jasmine, Lily and Hana. (Photo: Tom Tingle/Arizona Republic)

Dad and mom are up by 6 or so in the morning. "Ryan is in charge of breakfast," specifically pancakes (mocha for her), Sara says. "We get them off to school then we have a nice block of time to train, but that time goes really quick until they're back home. Then it's a lot of helping them with homework, which is probably our least favorite part of parenting because they were so behind coming here."

The girls had no formal schooling and did not speak English before coming to the U.S. "They were all basically at a kindergarten level," Sara says.

"We actually learned a little bit of Amharic (one of Ethiopia's languages) just so we could make that transition a little bit easier," Ryan says. "We got back and by the next week they were in full English school with no other Ethiopians, full on immersion. It was amazing to see how quickly they did pick up the language, but for the older girls it's been a big challenge."

One that seems to have been predestined.

How they met

Ryan Hall and Sara Bei knew each other only by running reputation going into the California high school cross country championships in 2001.

After winning the Division IV boys title for Big Bear High School, Hall signed some autographs with a Bible verse under his name. One of those circled to Bei to sign after her victory in the Division II girls race for Santa Rosa Montgomery High.

A few days later, Hall's mom came downstairs to tell Ryan that an e-mail for him had arrived from Sara.

"I thought my mom was pulling my chain because Sara is a super famous California runner that every guy in the state liked," Hall says. "Ha, ha mom, super funny. I still remember the first line — My name is Sara Bei, I run for Montgomery High School — as if Hall didn't already know."



Sara knew, from God she says, that she would marry Hall before they both began their college careers at Stanford. Maybe that gave her the confidence on their first date to bring up the idea of adopting.

"I figured I had to scoop her up quick if I was going to have a chance because she was highly sought after on the cross country team," Hall says.

They walked more than a mile to and from a sushi restaurant and in between Bei told Hall about her adopted cousins and how she'd wanted to adopt since she was a little girl.

"It was more offhanded but it caught my attention, kind of like a little wake-up call," says Ryan, who was more put off by Sara's reaction when he said he'd like to go out with her again.

"No," Sara said in calm, even voice followed by a long awkward pause before the realization that his dream girl was more of a joker than his mom.

Ryan and Sara married in 2005, after their All-America careers and as they were moving into professional running.

Sara remained in track at first while Ryan took to the roads, running a stunning 2:08 in his 2007 marathon debut in London. He followed up with a victory at the 2008 U.S. Olympic Trials and 10th place finish at the Beijing Olympics. At age 25, almost everything seemed possible for Hall.

The career build was slower and more normal for Sara.

She was eighth in the 1,500-meter at the 2008 U.S. Olympic Track Trials then at the 2012 trials ran in the steeplechase, again finishing eighth. Ryan returned to the Olympics in 2012, after taking second at the marathon trials, but dropped out due to a hamstring injury, a precursor to the remainder of his career.

Sara's marathon debut, in Los Angeles in 2015, was Ryan's farewell, a symbolic passing of the torch leading to a role reversal that continues today with Sara's marathon ascension and Ryan serving as her coach.

"I didn't think I would be good at the marathon," says Sara, who was unable to finish at the 2016 Olympic Marathon Trials and then finished 14th in the 5,000 at the track trials. "I thought I was more middle distance, but as soon as I did my first marathon build-up, I fell in love with the training up here in Flagstaff and in Ethiopia. After that, I was hooked. It's brought a real freshness to my running and also with the girls, the roads are a more sustainable lifestyle for having a family.

"They see me go through the highs and the lows and have to pick myself back up again. The character things like perseverance and hard work, I get to actually dialogue with them about it and model it in person. I get to show them what it means to be a strong woman going after things she's passionate about."

Running was far from her oldest daughter's mind when she was living in an orphanage in Addis Ababa and worried about adoption splitting up her sisters. "Most families don't adopt four kids," Hana says. "I was bummed about that. But this time, God helped with that."



Ryan Hall ran his final marathon and Sara Hall her first at Los Angeles in 2015. (Photo: Jonathan Moore/Getty Images)

Struggling at first to complete two laps on the track, 18-year-old Hana now is a college-caliber runner. She not only is a state cross-country champion but recently was third in the 3,200-meter at the prestigious Chandler Rotary track meet.

"I want to be a good runner because of my mom and dad," Hana says. "They inspire me to run and work hard. To see her working hard and winning races, I kind of want to do that one day."

Boston advice

It's been a steady but not straight-line rise for Sara in the marathon, typical of stress that comes with elite training and racing at that distance.

She was able to complete three marathons in 2017, two of those just five weeks apart capped by a victory at the U.S. Championships. Then in 2018, injuries prevented her from starting at Boston and forced her to drop out at Frankfurt. Still, she ran a personal best 2:26.20 at Ottawa in May 2018 and a 1:09.27 half marathon PR in Australia in July.

"It won't surprise me at all if she runs sub 2:25 (at Boston)," says Hall's agent Josh Cox, a former elite distance runner. "Ryan has her really ready. It's tough to reign her in and get not to race." Hall has remained in training mode since October, working with renowned Chandler chiropractor John Ball to regain full health.

Ryan says Sara is "in the best shape I've ever seen her in. How that translates in Boston where it could be raining like last year against a major championship level field including defending champion Desiree Linden and prior winners Edna Kiplagat and Caroline Rotich is an open question.



Ryan Hall finished in the top five at the Boston Marathon from 2009-11 and now is coaching his wife Sara, who will make her Boston Marathon debut on Monday. (Photo: Greg M. Cooper/USA Today Sports)

Ryan 2:04.58 at Boston in 2011 still is the fastest marathon ever by an American although the course is point-to-point with too much elevation loss to be eligible for records. Still, three top-five Boston finishes qualify him to give Sara expert advice.

"I just kind of give her own advice right back to her," Ryan says. "She told me to be bold, and that's what I always did when I was at Boston. I went straight to the front, pushed the pace, got everything I could out of myself.

"We're two different people. I don't necessarily tell go the front and hammer, ran exactly how I did. She needs to be the best version of her. But there is a boldness you have to take to the Boston Marathon course," on the first-half downhills and the famed Newton hills.

Sara Hall

@SaraHall3

I race....

To find the limits of my potential

Because I love the process of crafting something

Because it's fun

To partner with God on something

▪□

I don't race...

To prove myself

To gain love/approval

For money

To gain a following

■□

Know your “why”!

No matter how Boston and for that matter the 2020 Olympic Trials go, Sara and Ryan will be leading what they describe as a "unconventional Christian pilgrimage" to Israel in March 2020 for the Jerusalem Marathon. The Hall Steps Foundation was created in 2009 to fight global poverty. Sara envisions eventually living in Ethiopia doing development work to fulfill what she says was her "original vision" for her life.

"I respect them so much for the way they lead their life," Cox says. "The script has really flipped for the two of them. They were both competing at a super high level, but Ryan was the guy (before retiring). Now Sara is able to continue and perform at such a high level, and Ryan is able to come along and be her rock and support.

"One book closes and the second it does, the other book opens up."

5. [RRR20 ROSTER](#)

FIRST	LAST	CITY	STATE	GENDER	EVENT	BIB #
Sami	Abounadi	Redding	CT	M	Piglet Prance	
Zaid	Abounadi	Redding	CT	M	Piglet Prance	
Zaki	Abounadi	Redding	CT	M	Piglet Prance	
Miriam	ACEVEDO	New Milford	CT	F	Half Marathon	
Elaine	Acosta	Somerset	NJ	F	Half Marathon	
Sarah	Adams	Litchfield	CT	F	Half Marathon	
Michael	Admirand	Decatur	GA	M	Mighty Cow 16.2	
Jill	Adrian	Live Oak	FL	F	Half Marathon	611
Christopher	Ahlberg	Fairfield	CT	M	Mighty Cow 16.2	
rebecca	ajavananda	New York	NY	F	Mighty Cow 16.2	
Adam	Akpinar	New York	NY	M	Half Marathon	555

Dave	Albanese	New Milford	CT	M	Mighty Cow 10.1	
Sandra	Albert	Plymouth	MA	F	Mighty Cow 16.2	
Luke	Albrecht	newtown	CT	M	Mighty Cow 10.1	
Marina	Alexander	Poughkeepsie	NY	F	Half Marathon	49
Ines	Allen	Fairfield	CT	F	Half Marathon	
Jim	Allen	Millbrook	NY	M	7 Mile Race	
Paula	Amaya-Cortes	New Milford	CT	F	Half Marathon	
Joe	Amuso	Stafford Springs	CT	M	Half Marathon	
Vinod	Anantharaman	Stamford	CT	M	Half Marathon	606
Gina	Ancona	Trumbull	CT	F	Mighty Cow 16.2	
David	Anderson	Redding	CT	M	7 Mile Race	911
Ella	Anderson	Redding	CT	F	7 Mile Race	1012
Eric	Anderson	Cos Cob	CT	M	Half Marathon	
Gary	Anderson	Willington	CT	M	Half Marathon	
Sara	Anderson	Willington	CT	F	Half Marathon	
Tracy	Anderson	Redding	CT	F	7 Mile Race	
Trephene	Andrea	Wilton	CT	F	Mighty Cow 10.1	
Christa	Andresky	Westport	CT	F	Half Marathon	
Nicole	Ang	New York	NY	F	Mighty Cow 16.2	
Victoria	Angerthal	Cortlandt Manor	NY	F	Half Marathon	200
Lisa	Antous	Danbury	CT	F	7 Mile Race	
Jackie	Apgar	Ridgefield	CT	F	Half Marathon	
Scott	Apgar	Ridgefield	CT	M	Half Marathon	
Stephen	Apy	Darien	CT	M	Mighty Cow 16.2	
Christina	Arconti	Stamford	CT	F	Mighty Cow 10.1	
Joe	Arconti	Stamford	CT	M	Mighty Cow 10.1	1313
Aura	Ardon	New Fairfield	CT	F	Half Marathon	520
Christine	Argueta	Ridgefield	CT	F	7 Mile Race	
Susan	Armstrong	Ridgefield	CT	F	7 Mile Race	
Christine	Asaro	Trumbull	CT	F	7 Mile Race	
Vincent	Asaro	Trumbull	CT	M	7 Mile Race	
Klem	Ashley	Easton	CT	F	Half Marathon	
Jason	Atkins	Bethel	CT	M	7 Mile Race	
Amelia	Audette	Trumbull	CT	F	7 Mile Race	
Ama	Auwarter	Danbury	CT	F	7 Mile Race	

Jill	Avalone	New Milford	CT	F	7 Mile Race	
Lisa	Avalone	New Milford	CT	F	7 Mile Race	
Christopher	Aversano	Wilton	CT	M	7 Mile Race	
Alice	Avery	Bethel	CT	F	Half Marathon	
Alexis	Avishur	Teaneck	NJ	F	Half Marathon	
Olivia	Backal-Balik	Narberth	PA	F	Half Marathon	
Katie	Bailin	Norwalk	CT	F	Mighty Cow 10.1	1316
Avery	Baker	Redding	CT	F	Piglet Prance	
Mila	Baker	Redding	CT	F	Piglet Prance	
Carlos	Baloz	Stamford	CT	M	Mighty Cow 16.2	
Keith	Baldwin	Arlington	VA	M	Half Marathon	
Shawn	Baldwin	Woodside	NY	M	Half Marathon	
Gunita	Balek	Wilton	CT	F	Mighty Cow 10.1	
Reagan	Balint	New Fairfield	CT	F	Piglet Prance	
Heidi	Ball	Woodbury	CT	F	Half Marathon	
Kristen	Ball	Darien	CT	F	Half Marathon	507
William	Ballentine	Redding	CT	M	Mighty Cow 16.2	
Kim	Bandak	Middlebury	CT	F	Half Marathon	
Hannah	Barber	Danbury	CT	F	7 Mile Race	823
Michael	Bard	Redding	CT	M	7 Mile Race	
Susan	Bard	Redding	CT	F	Half Marathon	326
James	Barickman	Redding	CT	M	Half Marathon	
Joy	Barrese	Port Chester	NY	F	7 Mile Race	813
Kathy	Barry	Ridgefield	CT	F	7 Mile Race	
Vincent	Bartolini	New Fairfield	CT	M	Mighty Cow 10.1	
Lev	Bassett	Redding	CT	M	Piglet Prance	
Sheva	Bassett	Redding	CT	F	Half Marathon	355
Samantha	Bates	Cos Cob	CT	F	7 Mile Race	
Lisa	Bath	Wallingford	CT	F	7 Mile Race	
Ashley	Battesh	Redding	CT	F	7 Mile Race	1010
Eric	Battesh	Redding	CT	M	7 Mile Race	1000
Laura	Battisti	Danbury	CT	F	7 Mile Race	
Robert	Bazata	New Canaan	CT	M	Half Marathon	
Kristen	Beardslee	Ridgefield	CT	F	7 Mile Race	
George	Bearer	Groton	MA	M	Mighty Cow 16.2	
Marie	Bearer	Groton	MA	F	7 Mile Race	970
Ryan	Beaudry	Redding	CT	M	7 Mile Race	

Seana	Bedard	Redding	CT	F	7 Mile Race	
Kristin	Bedoukian	Redding	CT	F	7 Mile Race	938
Matt	Bedoukian	Redding	CT	M	Half Marathon	2
Bill	Begg	Newtown	CT	M	Half Marathon	16
Leah	Begg	Newtown	CT	F	Half Marathon	
William	Begg IV	Newtown	CT	M	Half Marathon	
Robyn	Behar	Wilton	CT	F	7 Mile Race	
Ronnie	Behringer	Norwalk	CT	F	Half Marathon	19
Sonja	Bell	Windsor	CT	F	Half Marathon	
Sara	Belles	Brookfield	CT	F	Mighty Cow 16.2	
Eileen	Bellmay	Thomaston	CT	F	Half Marathon	
Karen	Bellmay	Terryville	CT	F	Half Marathon	
Blake	Benke	Westport	CT	M	Half Marathon	99
Diane	Benke	Westport	CT	F	Mighty Cow 10.1	
Jessica	Bennett	Rhinebeck	NY	F	7 Mile Race	
Cory	Benson	Newtown	CT	F	7 Mile Race	
Mary	Bentley	Fairfield	CT	F	Half Marathon	531
Amy	Bepko	Shelton	CT	F	Mighty Cow 10.1	
Jennifer	Bernard	Hyde Park	NY	F	Half Marathon	
Liane	Bernard	Redding	CT	F	7 Mile Race	
Sarah	Bernard	Hoboken	NJ	F	7 Mile Race	
Robert	Berry	Norwalk	CT	M	7 Mile Race	
Rafael	Bertulucci	Kearny	NJ	M	Half Marathon	
Juan Patricio	Biadayoli	Norwalk	CT	M	Half Marathon	
Christy	Billings	Wallingford	CT	F	Half Marathon	
Katy	Binder	Patterson	NY	F	Mighty Cow 16.2	
Meredith	Binder	Bethel	CT	F	7 Mile Race	
Jeff	Bishop	Southbury	CT	M	Mighty Cow 10.1	
Jackie	Bisignano	Brewster	NY	F	Mighty Cow 10.1	
Allison	Blacker	Norwalk	CT	F	Half Marathon	203
Adam	Blank	Norwalk	CT	M	Half Marathon	
Max	Block	Westport	CT	M	7 Mile Race	800
Teren	Block	Ridgefield	CT	F	Half Marathon	3
Barry	Blumenfield	Shelton	CT	M	Half Marathon	
Jodi	Blumenfield	Redding	CT	F	Half Marathon	56
Arthur	Bodek	New Rochelle	NY	M	7 Mile Race	
Cathleen	Boland	New Milford	CT	F	7 Mile Race	

Amanda	Bolbotowski	Winchester	MA	F	7 Mile Race	1065
james	bollinger	New York	NY	M	7 Mile Race	
Sarah	Bond	Monroe	CT	F	Mighty Cow 10.1	
Monique	Bongartz	Danbury	CT	F	Half Marathon	
Joyce	Bordash	Ridgefield	CT	F	7 Mile Race	
Jill	Bornstein	Ridgefield	CT	F	7 Mile Race	
Joel	Botex	Bethel	CT	M	7 Mile Race	
Emily	Boucher	Darien	CT	F	Half Marathon	
Eric	Boucher	Darien	CT	M	Half Marathon	
Sarah	Bouissou	Ridgefield	CT	F	7 Mile Race	
Christine	Bourque	Sterling	CT	F	7 Mile Race	810
Thea	Boyle	Redding	CT	F	Half Marathon	15
Kevin	Bradley	Ridgefield	CT	M	Mighty Cow 16.2	
Annemarie	Brandt	Pleasantville	NY	F	Mighty Cow 10.1	
Per Andre	Brandt	Pleasantville	NY	M	Mighty Cow 16.2	
Limor	Bredmehl	Ridgefield	CT	F	7 Mile Race	
James	Bremner	Redding	CT	M	7 Mile Race	
Maeve	Bremner	Redding	CT	F	7 Mile Race	
Aislinn	Breslin	Carmel	NY	F	Half Marathon	528
Maria	Breton	New Milford	CT	F	7 Mile Race	
Aaron	Bricker	Redding	CT	M	Half Marathon	113
Rebecca	Brindley	Wilton	CT	F	7 Mile Race	
Sam	Brindley	Wilton	CT	M	7 Mile Race	
Laurence	Briody	Ridgefield	CT	M	7 Mile Race	1066
Lisa	Brody	New Haven	CT	F	Mighty Cow 16.2	
Wendy	Brooke	Rhinebeck	NY	F	Mighty Cow 10.1	
Heather	Brothwell	Westport	CT	F	7 Mile Race	
Amos	Brotter	Great Neck	NY	M	Mighty Cow 16.2	
Karina	Brousseau	Middletown	CT	F	7 Mile Race	808
Ella	Brower	seymour	CT	F	7 Mile Race	
Emma	Brower	seymour	CT	F	7 Mile Race	
Tammy	Brower	Seymour	CT	F	7 Mile Race	
Amanda	Brown	Rockland	MA	F	Mighty Cow 10.1	1324
David	Brown	Mid-Levels		M	Half Marathon	
Kellie	Brown	Norwalk	CT	F	Half Marathon	210
Kevin	Brown	Ridgefield	CT	M	Half Marathon	

Marie	Browne-Lileika	Fairfield	CT	F	7 Mile Race	
DJ	Bruckenthal	Ridgefield	CT	M	Half Marathon	
Lisa	Bruno	New Fairfield	CT	F	7 Mile Race	916
Nichole	Brunton	Danbury	CT	F	Half Marathon	
Paul	Bucci	Ridgefield	CT	M	Half Marathon	599
Tiffany	Buchanan	Pittsburgh	PA	F	Mighty Cow 10.1	
Daniel	Bumbaco	Ossining	NY	M	Half Marathon	17
Kathleen	Bunce	Brewster	NY	F	7 Mile Race	
Brooke	Burdeshaw	Westport	CT	F	Piglet Prance	
Dylan	Burdeshaw	Westport	CT	M	Piglet Prance	
Jeff	Burdeshaw	Westport	CT	M	Half Marathon	50
Robin	Burne	Southbury	CT	F	Mighty Cow 16.2	
Michael	Burton	New Milford	CT	M	Half Marathon	38
Abigail	Bushley	South Glastonbury	CT	F	Half Marathon	
Boris	Busljeta	New Rochelle	NY	M	Half Marathon	
Christina	Butler	Wappingers Falls	NY	F	Mighty Cow 10.1	1314
Angela	Caes	Redding	CT	F	7 Mile Race	919
Anya	Caes	Redding	CT	F	Piglet Prance	
Melinda	Caffrey	North Branford	CT	F	7 Mile Race	
Frank	Caico	Newtown	CT	M	Mighty Cow 10.1	
Jesenia	Caldwell	Patterson	NY	F	7 Mile Race	
Joel	Caldwell	Patterson	NY	M	Half Marathon	
Lori	Callahan	North Haven	CT	F	7 Mile Race	803
Mollie	Calzone	New York	NY	F	Half Marathon	129
Wendy	Calzone	Redding	CT	F	Half Marathon	500
Christine	Campasano	SIMSBURY	CT	F	Half Marathon	
Jim	Campasano	Simsbury	CT	M	Half Marathon	
LEO	CANHAO	Redding	CT	M	Piglet Prance	
MYLES	CANHAO	REDDING	CT	M	Piglet Prance	
Garrett	Cantrell	Norwalk	CT	M	Half Marathon	603
Cindy	Canty	Southbury	CT	F	Mighty Cow 10.1	1309
Don	Capone	Norwalk	CT	M	Half Marathon	
Sarah	Cappelli	Newtown	CT	F	7 Mile Race	
Teri	Carilli	Lexington	MA	F	Half Marathon	177
Julianna	Carney	Danbury	CT	F	Half Marathon	125
Christa	Carone	Ridgefield	CT	F	Half Marathon	44
Emily	Carr	Ridgefield	CT	F	Mighty Cow 16.2	

Collin	Carroll	Westport	CT	M	Half Marathon	
Shannon	Carroll	Oradell	NJ	F	Half Marathon	
Vanessa	Carroll	Decatur	GA	F	7 Mile Race	
Anne	CARRUTHERS	Poughkeepsie	NY	F	7 Mile Race	1024
Linda	Casale	Fairfield	CT	F	7 Mile Race	
Carole	Cascia	Newtown	CT	F	Mighty Cow 10.1	
Rob	Castellano	Danbury	CT	M	Half Marathon	
Mark	Castiglione	New Canaan	CT	M	7 Mile Race	
Miguel	Castro	Meriden	CT	M	Half Marathon	7
Brittany	Cates	New Haven	CT	F	7 Mile Race	
Sara	Cates	New Haven	CT	F	7 Mile Race	
Roman	Cebulski	Newtown	CT	M	Half Marathon	
Roman	Cebulski	Newtown	CT	M	Piglet Prance	
kim	ceman	Westport	CT	F	7 Mile Race	
Jennifer	Chabus	Long Beach	NY	F	7 Mile Race	
Benji	Chandler	Ridgefield	CT	M	Half Marathon	
Laurel	Chandler	Ridgefield	CT	F	Half Marathon	
Jennifer	Charlonne	Rutland	MA	F	7 Mile Race	
Anthony	Chiaverini	Fairfield	CT	M	Half Marathon	221
Benjamin	Chiodo	New Canaan	CT	M	Piglet Prance	
Darcy	Chiodo	New Canaan	CT	F	Piglet Prance	
Jonny	Chiodo	New Canaan	CT	M	Piglet Prance	
Maureen	Chiodo	New Canaan	CT	F	Mighty Cow 16.2	
Rebecca	Chirevas	Bronxville	NY	F	Half Marathon	508
Nardy	Chung	Darien	CT	M	Mighty Cow 16.2	
Michael	Ciardullo	Redding	CT	M	Half Marathon	58
Mark	Cicero	New Haven	CT	M	Mighty Cow 16.2	1217
Thomas	Claire	Newtown	CT	M	Half Marathon	66
William	Clark	Thomaston	CT	M	Half Marathon	
Colin	Clerkin	Stamford	CT	M	7 Mile Race	
David	Clune	Wilton	CT	M	7 Mile Race	
Keith	Cocozza	Fairfield	CT	M	7 Mile Race	
Lindsay	Collette	Morris	CT	F	Mighty Cow 10.1	
Brian	Collins	Carmel	NY	M	Half Marathon	
Brittany	Collins	Danbury	CT	F	7 Mile Race	
Kendra	Collins	Carmel	NY	F	Half Marathon	
Terry	Collins	Brewster	NY	F	7 Mile Race	

Sarah	Conklin Zimmerman	Wilton	CT	F	Half Marathon	
Devon	Conley	Fairfield	CT	F	7 Mile Race	1155
Jacqueline	Connell	Long Beach	NY	F	Mighty Cow 10.1	1318
Gregory	Conyers	New Haven	CT	M	Half Marathon	
Robert	Cook	South Windsor	CT	M	Mighty Cow 16.2	1175
Dylan	Cooke	Redding	CT	M	Mighty Cow 16.2	
Noel	Cooke	Redding	CT	M	Mighty Cow 16.2	
Summer	Cookson	Berlin	CT	F	Half Marathon	
Hajni	Coon	Stanfordville	NY	F	7 Mile Race	
Eric	Cooper	Amherst	MA	M	Half Marathon	
Gwen	Cooper	Pelham	MA	F	Piglet Prance	
Jonathan	Cooperman	Westport	CT	M	7 Mile Race	
Mary	Cooperman	Westport	CT	F	7 Mile Race	
Steven	Coppock	Redding	CT	M	7 Mile Race	
Patricia	Corcoran	Brewster	NY	F	Half Marathon	
Joshua	Cordeira	Bethel	CT	M	7 Mile Race	
Pam	Corkery	Kingston	MA	F	Mighty Cow 16.2	
Tori	Cornish	Bethel	CT	F	7 Mile Race	
Gary	Corrigan	Fairfield	CT	M	Half Marathon	
Emily	Corse	Redding	CT	F	7 Mile Race	
Melissa	Costantini	Milford	CT	F	Mighty Cow 16.2	
Michael	Costello	Fairfield	CT	M	7 Mile Race	
Carolyn	Couture	Ridgefield	CT	F	7 Mile Race	
Thomas	Cowen	Ridgefield	CT	M	7 Mile Race	927
Andrew	Cox	Wilton	CT	M	7 Mile Race	
Angelique	Crain	Stamford	CT	F	Mighty Cow 16.2	
Donna	Cramond	Monroe	CT	F	7 Mile Race	
Evelyn	Crandell	New Milford	CT	F	7 Mile Race	
Richard	Crawford	Redding	CT	M	7 Mile Race	
Siobhan	Crise	Westport	CT	F	Mighty Cow 10.1	
Gretchen	Crist Lee	Greenwich	CT	F	Half Marathon	
Megan	Crosen	Redding	CT	F	Half Marathon	
Heather	Crum	Fairfield	CT	F	7 Mile Race	
Christina	Cumberton	Brookfield	CT	F	7 Mile Race	
Emily	Cunningham	New Fairfield	CT	F	Half Marathon	622
Sean	Cunningham	Redding	CT	M	Half Marathon	95

Eileen	Curran	Danbury	CT	F	7 Mile Race	
Paul	Cusumano	Trumbull	CT	M	7 Mile Race	
Todd	Cutler	Southington	CT	M	Half Marathon	
Isaac	Cymrot	Manchester	CT	M	7 Mile Race	
Jackie	Cyphers	Danbury	CT	F	Half Marathon	
Mark	Cyphers	Danbury	CT	M	Half Marathon	
Melissa	Daiello	Manchester	CT	F	7 Mile Race	
Alan	Daines	Weston	CT	M	7 Mile Race	
Alice	Daken-Stefanski	Sparta	NJ	F	Mighty Cow 16.2	
Ranae	D'Amato	North Haven	CT	F	7 Mile Race	
William	Damm	Fairfield	CT	M	7 Mile Race	1006
Kristen	Dams-Oâ€™Connor	Mamaroneck	NY	F	Half Marathon	
Tracy	Darmofal	Redding	CT	F	Mighty Cow 16.2	
amy	daros	Stafford Springs	CT	F	7 Mile Race	
Rebecca	Darst	Wilton	CT	F	Mighty Cow 16.2	1200
Tim	Daubenspeck	Ridgefield	CT	M	7 Mile Race	
Susan	David	Ridgefield	CT	F	7 Mile Race	
Mindy	Davidson	Bethpage	NY	F	7 Mile Race	
ANDREW	DAVIS	Hoboken	NJ	M	7 Mile Race	
Kataska	Davis	Weston	CT	F	Mighty Cow 16.2	
Stephen	Davis	Southbury	CT	M	Half Marathon	613
Bowen	Day	Cherry Hill	NJ	M	Piglet Prance	
Cassandra	Day	Middletown	CT	F	Half Marathon	
david	day	Cherry Hill	NJ	M	7 Mile Race	
Megan	Day	Cherry Hill	NJ	F	7 Mile Race	
Sawyer	Day	Cherry Hill	NJ	M	Piglet Prance	
Shannon	De Leon	Norwalk	CT	F	Half Marathon	
Larry	De Maria	Southport	CT	M	Mighty Cow 10.1	
Sean	Deane	Enfield	CT	M	Half Marathon	
Roseanne	DeBellis	New Fairfield	CT	F	Mighty Cow 10.1	
Gary	DeBrito	Danbury	CT	M	7 Mile Race	1014
Amanda	DeGasperi	Wilton	CT	F	Half Marathon	263
Matt	Deitch	Oradell	NJ	M	Half Marathon	
Rick	Deitch	Cambridge	MA	M	7 Mile Race	
Matt	DeMaio	Old Saybrook	CT	M	Mighty Cow 16.2	1249
Michelle	DeMarco	New Fairfield	CT	F	Mighty Cow 10.1	

Molly	DePaiva	Thomaston	CT	F	7 Mile Race	
Diana	Derivan	Norwalk	CT	F	Half Marathon	
Vincent	DeSimone	Ridgefield	CT	M	Half Marathon	
Yara	Desouza	Redding	CT	F	7 Mile Race	
Lauren	DiBenedetto	Southbury	CT	F	Half Marathon	5
Christina	Dibona	Norwalk	CT	F	Half Marathon	
Stefanie	DiCarrado	Ossining	NY	F	Half Marathon	28
John	Dickerson	Wilton	CT	M	Half Marathon	
Sarah	Dickerson	Wilton	CT	F	Piglet Prance	
Michaela	Diffey	Ridgefield	CT	F	Half Marathon	444
Melissa	DiLauro	Milford	CT	F	7 Mile Race	
Tim	Dillane	Verona	NJ	M	Half Marathon	
Denise	Dinsmore	East Lyme	CT	F	Half Marathon	
Stephen	Dinsmore	East Lyme	CT	M	Half Marathon	
vin	dipalma	Bridgeport	CT	M	7 Mile Race	
Mary	DiSimone	Trumbull	CT	F	7 Mile Race	
Katie	DiVenuto	Stamford	CT	F	Half Marathon	607
Courtney	Doherty	East Haven	CT	F	Mighty Cow 16.2	
Tracey	Dolan	Danbury	CT	F	Half Marathon	197
Denise	Dollard	Hopewell Junction	NY	F	Half Marathon	
Rebecca	Donahue	Pleasantville	NY	F	Half Marathon	
Jillian	Doogan	Hartsdale	NY	F	Half Marathon	616
Jelena	Dossena	New Fairfield	CT	F	Half Marathon	127
Todd	Doyle	Bethel	CT	M	Half Marathon	650
Kristine	Drozd	ReddingRedding	CT	F	7 Mile Race	
Kevin	Duarte	Bridgeport	CT	M	Half Marathon	
Kerry Anne	Ducey	Ridgefield	CT	F	7 Mile Race	
Amanda	Duff	Ridgefield	CT	F	7 Mile Race	
Charles	Duff	Ridgefield	CT	M	7 Mile Race	
Maureen	Duffy	Durham	CT	F	7 Mile Race	858
Denise	Duggan	New Milford	CT	F	7 Mile Race	860
Sheri L.	Dumas	Lebanon	CT	F	Half Marathon	108
Lee	Dunn	Redding	CT	M	7 Mile Race	
Beth	Dunphy	Burlington	CT	F	7 Mile Race	925
David	Durbin	Ridgefield	CT	M	Half Marathon	205
Allen	Durden	Bridgeport	CT	M	Half Marathon	
Jonny	Dzurenda	Trumbull	CT	M	Half Marathon	
Catherine	East	Norwalk	CT	F	Half Marathon	27
Allison	Ebrahimi Gold	Peacham	VT	F	Half Marathon	

Liam	Edson	Ridgefield	CT	M	7 Mile Race	
Brent	Edwards	New Canaan	CT	M	7 Mile Race	1125
Jessica	Edwards	New Canaan	CT	F	7 Mile Race	1111
Ryland	Edwards	Sandy Hook	CT	M	Half Marathon	
Brandon	Ehrlich	Norwood	NJ	M	Half Marathon	
Karl	Eilers	Danbury	CT	M	Half Marathon	69
Leonie	Enderby	New Canaan	CT	F	Half Marathon	440
Kathy	Englund	Brookfield	CT	F	7 Mile Race	
Sandy	Ermo	Hopewell Junction	NY	F	Half Marathon	
Ken	Essex	Redding	CT	M	Half Marathon	403
Kelly	Eustace	Larchmont	NY	F	Half Marathon	117
Melissa	Fabuien	Vernon Rockville	CT	F	Half Marathon	610
June	Fagan	Brookfield	CT	F	7 Mile Race	
Eric	Fallen	Brooklyn	NY	M	Half Marathon	
Karin	Fallon	Ridgefield	CT	F	7 Mile Race	
Michael	Farkas	Danbury	CT	M	7 Mile Race	
RYAN	FELIPE	Wilton	CT	M	Half Marathon	
Jay	Fellows	Easton	CT	M	Half Marathon	
Erik	Ferguson	White River Junction	VT	M	7 Mile Race	1047
David	Ferrell	Norwalk	CT	M	Mighty Cow 16.2	
Kelly	Ferris	Danbury	CT	F	7 Mile Race	833
Katy	Fetzer	Mamaroneck	NY	F	Half Marathon	
Faith	Ficarra	New Fairfield	CT	F	7 Mile Race	
Kurt	Fields	New York	NY	M	Half Marathon	
Phil	Fields	Forest Hills	NY	M	7 Mile Race	
Rachel	Fields	Forest Hills	NY	F	Half Marathon	
Reggie	Fields	Wilton	CT	M	7 Mile Race	907
Rocio	Fields	Wilton	CT	F	7 Mile Race	
Bertie	Fillingham	New Canaan	CT	M	Piglet Prance	
Kaley	Finegan	Yonkers	NY	F	7 Mile Race	
Hannah	Finkelberg	Hoboken	NJ	F	Half Marathon	37
Jody	Finnegan	Ridgefield	CT	F	7 Mile Race	
Shawn	Finnegan	Ridgefield	CT	M	Half Marathon	
Megan	Fisher	Danbury	CT	F	Half Marathon	
Julia	Flanagan	New Canaan	CT	F	Half Marathon	
Deirdre	Fletcher	Redding	CT	F	7 Mile Race	1022
John	Flockhart	Stratford	CT	M	7 Mile Race	
Kara-Lynn	Flockhart	Stratford	CT	F	7 Mile Race	

Angela	Flood	Wilton	CT	F	Half Marathon	
Jonathan	Flood	Wilton	CT	M	Half Marathon	
Carolyn	Florio	Trumbull	CT	F	7 Mile Race	
Shira	Flowers Eckett	Simsbury	CT	F	Mighty Cow 16.2	
Michael	Flynn Sr.	Brookfield	CT	M	Half Marathon	
Laura	Folker	North Haven	CT	F	7 Mile Race	
James	Forbes	Randolph	NJ	M	Half Marathon	215
Victoria	Ford	Redding Center	CT	F	Mighty Cow 10.1	
Katharine	Fortuna	East Hampton	CT	F	Half Marathon	
Julie Anne	Fossi	New Milford	CT	F	Mighty Cow 16.2	
Noah	Foster	New York	NY	M	Half Marathon	
Victoria	Foster	New York	NY	F	Half Marathon	
Paul	Fotovat	New York	NY	M	Half Marathon	
Cassi	Fowler	Southbury	CT	F	Half Marathon	
Sandi	Fox	Danbury	CT	F	Half Marathon	
Michelle	Foye	Danbury	CT	F	7 Mile Race	
Adam	Fragola	New Milford	CT	M	Half Marathon	521
COURTNEY	FRAGOLA	New Milford	CT	F	Half Marathon	
James	Francis	Westport	CT	M	7 Mile Race	
Bryan	Frank	Wallingford	CT	M	Mighty Cow 16.2	
Danielle	Frank	Wallingford	CT	F	Mighty Cow 16.2	1225
Carol	Frattaroli	Stamford	CT	F	Mighty Cow 10.1	1275
Edward	Freeland	Trumbull	CT	M	7 Mile Race	
Camille	Fremed	Ridgefield	CT	F	7 Mile Race	
Karla	Frisenda	Hopewell Junction	NY	F	7 Mile Race	
Sam	Frizell	New York	NY	M	Half Marathon	
Maria	Fucella	Levittown	NY	F	7 Mile Race	
Jane	Gadbut	Sandy Hook	CT	F	7 Mile Race	
Matthias	Galban	Redding	CT	M	7 Mile Race	
Robert	Gale	Bethel	CT	M	Half Marathon	
Brendan	Gallagher	Bethel	CT	M	7 Mile Race	
Fran	Gallagher	Bethel	CT	M	Half Marathon	
Christina	Gallo	New Milford	CT	F	7 Mile Race	889
Christopher	Gallo	New Milford	CT	M	7 Mile Race	
Elizabeth	Gallo	Ridgefield	CT	F	7 Mile Race	972
Eric	Gamari	Torrington	CT	M	Mighty Cow 10.1	

Linda	Gance	Wilton	CT	F	Mighty Cow 10.1	
Franklyn	Gandiaga	Derby	CT	M	Mighty Cow 16.2	1212
Andrew	Garcia	Wilton	CT	M	Half Marathon	
Maria	Gardell	Ridgefield	CT	F	Half Marathon	
Tehri	Gasparrini	Ridgefield	CT	F	7 Mile Race	
Deanna	Gaudreau	New Milford	CT	F	Mighty Cow 10.1	
Alice	Gault	Cambridge	MA	F	Piglet Prance	
Cheryl	Gault	Cambridge	MA	F	Half Marathon	418
Douglas	Gault	Cambridge	MA	M	Half Marathon	628
Harrison	Gault	Cambridge	MA	M	Piglet Prance	
Sharon	Gawe	Bridgewater	CT	F	7 Mile Race	814
Tanya	Gaynor	Ridgefield	CT	F	7 Mile Race	
Alex	Geer	Milford	CT	M	Half Marathon	316
Kent	Gemmell	Brookfield	CT	M	Half Marathon	
Jeffrey	Gerbert	Stamford	CT	M	Half Marathon	
Karen	Gereg	Brookfield	CT	F	7 Mile Race	901
DAN	GERMAIN	Newtown	CT	M	Half Marathon	
Michael	Gerwien	Milford	CT	M	Mighty Cow 16.2	
Louis	Giancola	Milford	CT	M	Mighty Cow 16.2	
Debra	Giannelli	Thomaston	CT	F	7 Mile Race	
John	Gibbons	Old Greenwich	CT	M	7 Mile Race	878
Jessica	Gibson	Newtown	CT	F	Mighty Cow 10.1	1282
Stacey	Gifford	Ridgefield	CT	F	Half Marathon	629
Leeann	Gilbert	New Milford	CT	F	Half Marathon	
Melanie	Gildersleeve	Wilton	CT	F	7 Mile Race	
Peyton	Gildersleeve	Wilton	CT	F	Half Marathon	
Jessica	Gillespie	West Haven	CT	F	Half Marathon	
Stephen	Gillespie	West Haven	CT	M	Half Marathon	
Virginia	Gillis	Bristol	CT	F	Mighty Cow 10.1	
Tom	Gillon	Easton	CT	M	Half Marathon	
Marcell	Giron	Bethel	CT	M	7 Mile Race	947
Gena	Givens	Middletown	CT	F	Mighty Cow 16.2	1234
Amanda	Glendinning	Redding	CT	F	Half Marathon	116
Eric	Goldman	Stamford	CT	M	Mighty Cow 10.1	
Lisa	Goldstein	Redding	CT	F	7 Mile Race	

Mac	Gomes	Monroe	CT	M	Half Marathon	
Craig	Goodrow	Southbury	CT	M	7 Mile Race	
Amy	Goralnick	Ridgefield	CT	F	Half Marathon	412
Lyndsey	Gore	Washington	DC	F	7 Mile Race	
Kiley	Gottschalk	Newtown	CT	F	Mighty Cow 10.1	
Bruce	Goulart	Newtown	CT	M	Mighty Cow 16.2	
Eileen	Gould	Fairfield	CT	F	7 Mile Race	
Julie	Graber	Milford	CT	F	Half Marathon	
Nicholas	Graber	Milford	CT	M	Half Marathon	
Dwight	Grant	Scarsdale	NY	M	Mighty Cow 16.2	
Kaylee	Grant	Ridgefield	CT	F	Half Marathon	
Norah	Grant	Ridgefield	CT	F	Piglet Prance	
Ashley	Gray	Stamford	CT	F	7 Mile Race	
Stuart	Green	Naugatuck	CT	M	7 Mile Race	
Fanny	Greene	Fishkill	NY	F	7 Mile Race	
Cheryl	Greeson	Buzzards Bay	MA	F	Mighty Cow 10.1	1321
Jamie	Grennan	Norwalk	CT	F	Mighty Cow 16.2	
Sam	Grenus	Naugatuck	CT	F	Half Marathon	
Alison	Grice	South Salem	NY	F	Half Marathon	
Katie	Grigg	Colchester	CT	F	Half Marathon	93
Rosa	Gualpa	Danbury	CT	F	7 Mile Race	
Douglas	Gunsolley	Trumbull	CT	M	Half Marathon	
Don	Gustavson	Easton	CT	M	Half Marathon	
Kerry	Hackert	Danbury	CT	F	7 Mile Race	864
Oakley	Hackert	Danbury	CT	F	Piglet Prance	1407
Lisa	Haden	Ridgefield	CT	F	7 Mile Race	
Courtney	Haedke	Monroe	CT	F	Half Marathon	
Nora	Haefele	Dover	PA	F	Half Marathon	
Ali	Haffner	Redding	CT	F	7 Mile Race	
Anna	Haines	Woodbury	CT	F	Half Marathon	
Carrie	HALL	Trumbull	CT	F	Half Marathon	
Ryan	Hall	Flagstaff	AZ	M	7 Mile Race	
Jeanne	Halloran	Redding	CT	F	Half Marathon	10
David	Hambleton	Stanfordville	NY	M	7 Mile Race	
Sean	Hamill	Ridgefield	CT	M	Half Marathon	
Crystal	Hancock	Sherman	CT	F	Mighty Cow 10.1	
Shannan	Hardy	Milford	CT	F	7 Mile Race	

Anjali	Hareesh	Ridgefield	CT	F	Half Marathon	131
Anil	Harilall	Stamford	CT	M	Half Marathon	456
Joanne	Hasko	South Salem	NY	F	7 Mile Race	
Amy	Hauptman	Easton	CT	F	7 Mile Race	
Will	Hauser	Southbury	CT	M	Half Marathon	
Katherine	Havard	Millbrook	NY	F	7 Mile Race	
Thomas	Havard	Fairfield	CT	M	7 Mile Race	914
Natalie	Havens	Fairfield	CT	F	7 Mile Race	
Bernadette	Hawks	Fairfield	CT	F	7 Mile Race	
Diane	Hayes	Weston	CT	F	Half Marathon	
Tom	Hayes	Bethel	CT	M	Half Marathon	81
Sandra	Haywood	Woodbridge	CT	F	Half Marathon	
Anne	Healy	Westport	CT	F	Mighty Cow 10.1	
Eric	Heaton	Pound Ridge	NY	M	Half Marathon	
Annie	Heck	Ridgefield	CT	F	7 Mile Race	930
Jennifer	Held	Newtown	CT	F	7 Mile Race	1036
Patrick	Helfrich	Trumbull	CT	M	Half Marathon	
Ralf	Hennig	Greenwich	CT	M	Half Marathon	59
Erin	Herlihy	Monroe	CT	F	Half Marathon	213
Crystal	Herriman	Poughkeepsie	NY	F	Half Marathon	101
Rick	Heyman	Redding	CT	M	Half Marathon	18
Melissa	Hietanen	Poughkeepsie	NY	F	Half Marathon	
Amanda	Hine	Ridgefield	CT	F	7 Mile Race	
Tiffany	Hine	Sandy Hook	CT	F	7 Mile Race	
EMILY	HIRSHOWITZ	Peekskill	NY	F	Half Marathon	420
Kristina	Hislop	Newtown	CT	F	7 Mile Race	
Betsy	Hlavac	Monroe	CT	F	7 Mile Race	
Jenny	Hlavac	Ridgefield	CT	F	Half Marathon	
Yuen Shan	Ho	New York	NY	F	Half Marathon	
Kristen	Hoban	Ridgefield	CT	F	7 Mile Race	
Tom	Hoban	Ridgefield	CT	M	7 Mile Race	
Dawn	Hodges	Norwalk	CT	F	Mighty Cow 10.1	
Julian	Hodges	Norwalk	CT	M	Half Marathon	
Ainsley	Hoemann	Ridgefield	CT	F	7 Mile Race	1004
Alden	Hoemann	Ridgefield	CT	M	Piglet Prance	
Anders	Hoemann	Ridgefield	CT	M	Half Marathon	25
Andrew	Hoemann	Ridgefield	CT	M	Half Marathon	600
Asher	Hoemann	Ridgefield	CT	M	Piglet Prance	

Jean	Hoffman	Norwalk	CT	F	Mighty Cow 10.1	1342
Megan	Holbert	Ridgefield	CT	F	Half Marathon	
Tom	Holguin	Southbury	CT	M	Half Marathon	82
Griffin	Hollis	Monroe	CT	M	7 Mile Race	1080
MATTHEW	HOLLIS	Redding	CT	M	7 Mile Race	910
Michael	Hollis	Sunnyside	NY	M	7 Mile Race	1017
Adrienne	Holmes	Brewster	NY	F	7 Mile Race	
Scott	Holmes	Middlebury	CT	M	Half Marathon	104
William	Homes	Darien	CT	M	Half Marathon	
Kim	Hooker	Monroe	CT	F	Half Marathon	
Ron	Hooker	Monroe	CT	M	7 Mile Race	777
Jonathan	Hopkins	Redding	CT	M	Half Marathon	
doug	hoskins	West Hartford	CT	M	Half Marathon	
Lauren	Houlihan	Redding	CT	F	7 Mile Race	1020
Matt	Howe	Brockton	MA	M	Mighty Cow 16.2	
Mandy	Howell McDonnell	Fairfield	CT	F	Half Marathon	
Anna	Hrabovsky	New York	NY	F	7 Mile Race	
Nathan	Hua	Danbury	CT	M	7 Mile Race	
Robin	Hubley-O'Donnell	North Falmouth	MA	F	Mighty Cow 16.2	
Sara	Huether	Massapequa	NY	F	Half Marathon	
Hilary	Hughes	Ridgefield	CT	F	Half Marathon	
Shannon	Hughes	New Milford	CT	F	7 Mile Race	
Todd	Hugo	Newtown	CT	M	Mighty Cow 10.1	
Armando	Huitron	Ridgefield	CT	M	7 Mile Race	
Martha	Huitron	Ridgefield	CT	F	7 Mile Race	
Sebastian	Huitron	Ridgefield	CT	M	7 Mile Race	
Martha	Huitron Huitron	Ridgefield	CT	F	7 Mile Race	
Jennifer	Humphreys	Newtown	CT	F	7 Mile Race	1008
Bill	Hunter	Fairfield	CT	M	Half Marathon	4
Alethea	Hutchison	Millbrook	NY	F	7 Mile Race	
Phu	Huynh	Fairfield	CT	M	Half Marathon	77
Stacy	Hynes	Ridgefield	CT	F	Half Marathon	327
Melissa	Iacovacci	Norwalk	CT	F	Half Marathon	
Destiny	Ikard	New Canaan	CT	F	Half Marathon	
Larry	Ikard	New Canaan	CT	M	Half Marathon	
Filippo	Imperiali	Weston	CT	M	Half Marathon	
Eryn	Ivey	Newtown	CT	F	7 Mile Race	
Jim	Jackman	Yorktown Heights	NY	M	Half Marathon	

Debra	Jackson	Enfield	CT	F	Half Marathon	513
Lauren	Jacobi	Cambridge	MA	F	7 Mile Race	
Brandy	Jacobs	Newtown	CT	F	Mighty Cow 10.1	
Michelle	Jacobs	Mount Vernon	NY	F	Half Marathon	
Chris	James	Ridgefield	CT	M	Half Marathon	119
sarah	James	Ridgefield	CT	F	Half Marathon	224
Ailene	Janeczek	Norwalk	CT	F	Half Marathon	
Jennifer	Jansen	Burlington	CT	F	7 Mile Race	
Leif	Jansen	Bristol	CT	M	7 Mile Race	801
Marvin	Jean Jacques	Brooklyn	NY	M	Half Marathon	
Chris	Jeanette	Ansonia	CT	M	Half Marathon	53
Dawn	Jenci	Milford	CT	F	Mighty Cow 16.2	1240
Dave	Jenkins	Middletown	CT	M	7 Mile Race	
BRITTANY	JOHNSON	Nashua	NH	F	Half Marathon	
Lindsey	Johnston	Fairfield	CT	F	7 Mile Race	
Charles	Jones	Farmington	CT	M	Half Marathon	
Graham	Jones	Fairfield	CT	M	7 Mile Race	
Ingeborg	Jones	Fairfield	CT	F	7 Mile Race	
Rosemary	Jones	Babylon	NY	F	Half Marathon	
Anca	Jordan	New Canaan	CT	F	7 Mile Race	
Anca	Jordan	New Canaan	CT	F	Piglet Prance	
Anca V.	Jordan	New Canaan	CT	F	7 Mile Race	
Anca V.	Jordan	New Canaan	CT	F	Piglet Prance	
Mary A.	Jordan	New Canaan	CT	F	7 Mile Race	
Mary A.	Jordan	New Canaan	CT	F	Piglet Prance	
Owen	Jordan	Hopewell Junction	NY	M	7 Mile Race	
Daniel	Joseph	Levittown	NY	M	7 Mile Race	
Russel	Joseph	Stamford	CT	M	Mighty Cow 16.2	1180
Frank	Jozefick	Milford	CT	M	Half Marathon	
rosa	judge	Milford	CT	F	Half Marathon	76
Lee	Kalivas	Norwalk	CT	M	7 Mile Race	
Darlene	Kaschel	Fairfield	CT	F	Half Marathon	
Jennifer	Katzner	Westport	CT	F	7 Mile Race	
Joseph	Kearns	Sleepy Hollow	NY	M	7 Mile Race	842
Kristen	Keil	Newtown	CT	F	Half Marathon	
Patricia	Keim	Redding	CT	F	7 Mile Race	
Daniel	Kelleher	Danbury	CT	M	Half Marathon	
Samantha	Kelley	Westport	CT	F	Half Marathon	529

Maura	Kelly	Somerville	MA	F	7 Mile Race	
Megan	Kelly	Bridgeport	CT	F	7 Mile Race	
Allison	Kelm	Bethel	CT	F	7 Mile Race	
Thomas	Kelm	bethel	CT	M	7 Mile Race	
Christopher	Kennan	Millerton	NY	M	7 Mile Race	
Jason	Kim	Bethel	CT	M	7 Mile Race	
Pamela	Kim	Bethel	CT	F	7 Mile Race	
Cheryl	King	Plymouth	MA	F	Mighty Cow 10.1	
Martine	King	Redding	CT	F	7 Mile Race	
Drew	Kingman	New York	NY	M	Half Marathon	100
Greg	Klimaytis	Forest Hills	NY	F	Mighty Cow 16.2	
Sally	Kniffin	Redding	CT	F	Half Marathon	
Joe	Kolok	Brewster	NY	M	Mighty Cow 10.1	
Darlana	Kolpack	Chesapeake	VA	F	Mighty Cow 16.2	
Melanie	Kondor	Norwalk	CT	F	Half Marathon	226
Denise	Kopchick	Shelton	CT	F	Half Marathon	268
Ginny	Kopperl	Branchville	NJ	F	Half Marathon	
Amanda	Korner	Ridgefield	CT	F	7 Mile Race	999
Dawne	Kornhaas	Newtown	CT	F	Half Marathon	503
Piotr	Kostyk	Bethel	CT	M	Mighty Cow 16.2	
Justin	Kousky	Westport	CT	M	Half Marathon	
Olivia	Kousky	Westport	CT	F	Half Marathon	
Ryane	Kovacs	Ansonia	CT	F	Half Marathon	
Jaclyn	Kowalski	Wethersfield	CT	F	Half Marathon	
Hillary	Koyner	Weston	CT	F	Mighty Cow 16.2	
Paul	Kramer	Redding	CT	M	7 Mile Race	
Sheilah	Krasnickas	Newtown	CT	F	7 Mile Race	
Mark	Kratter	Norwalk	CT	M	Mighty Cow 16.2	
Brian	Krauss	Millbrook	NY	M	Half Marathon	313
Logan	Kreitz	Redding	CT	M	Piglet Prance	
Molly	Kreitz	Redding	CT	F	7 Mile Race	
Taylor	Kreitz	Redding	CT	F	Piglet Prance	
Peter	Kristin	Glastonbury	CT	M	Half Marathon	9
Nicole	Krize	Stamford	CT	F	7 Mile Race	
Alysia	Krzanowski	Suffield	CT	F	Mighty Cow 10.1	
Asha	Kumar	Redding	CT	F	Piglet Prance	1493

Kathrene	Kumar	Redding	CT	F	Piglet Prance	1491
Madhu	Kumar	Redding	CT	M	7 Mile Race	
Mary Ellen	Kunz	Stamford	CT	F	7 Mile Race	876
Glen	Kutler	Danbury	CT	M	7 Mile Race	
Amy	Kutney	New Canaan	CT	F	7 Mile Race	
Chad	Kutney	New Canaan	CT	M	Half Marathon	
Michael	LaBonte	Gaylordsville	CT	M	Half Marathon	42
Andre	Labroschiano	Stamford	CT	M	Half Marathon	
Elizabeth	Labroschiano	Stamford	CT	F	Half Marathon	
Elisabeth	Lahaussais	Rowayton	CT	F	7 Mile Race	
Nicole	LaJeunesse	Oakdale	CT	F	7 Mile Race	
Daniel	Lamb	New Milford	CT	M	Half Marathon	
Shelby	Land	Bethel	CT	F	7 Mile Race	
Roderick	Landau	West Harrison	NY	M	Half Marathon	
Kathy	Lang	Ridgefield	CT	F	Half Marathon	
jodie	larosa	Colchester	CT	F	Half Marathon	143
Gregg	Lauer	Hamden	CT	M	Half Marathon	
Denise	Lavoie	Ivoryton	CT	F	7 Mile Race	
Jim	Lawhon	Mamaroneck	NY	M	Half Marathon	
Craig	Lawrence	Redding	CT	M	Half Marathon	
Cathy	Laydon	East Haven	CT	F	Mighty Cow 16.2	1230
Elizabeth	Leaderman	Norwalk	CT	F	7 Mile Race	
Courtney	Leane	Bethel	CT	F	7 Mile Race	
David	Lebow	Westport	CT	M	7 Mile Race	
Katie	LeClair	Windham	CT	F	7 Mile Race	
Rebekah	Lee	Pleasantville	NY	F	Half Marathon	
Bonnie	Lees	New Fairfield	CT	F	Half Marathon	
Andrew	Lema	Danbury	CT	M	Piglet Prance	
Lesley	Lema	Danbury	CT	F	Mighty Cow 16.2	1201
Victor	Lema	Danbury	CT	M	7 Mile Race	
Mike	LeMay	South Windsor	CT	M	7 Mile Race	
Lewis	Lerman	Fairfield	CT	M	Half Marathon	356
Donna	Lesch	Southbury	CT	F	Half Marathon	
Alana	Levy	Chappaqua	NY	F	Half Marathon	515
Janet	Levy	Chappaqua	NY	F	7 Mile Race	811
Ross	Levy	Chappaqua	NY	M	Half Marathon	126
Kevin	Lewis	Ridgefield	CT	M	Half Marathon	
Ka Wing	Li	Brooklyn	NY	M	Half Marathon	

Khalida	Liaquat	Hopkinton	MA	F	7 Mile Race	
Michelle	Liguori	New Milford	CT	F	7 Mile Race	923
K Lee	Ligus	Willimantic	CT	F	7 Mile Race	826
Melissa	Liik	Easton	CT	F	7 Mile Race	
Nicholas	Lindsay-Jones	Ridgefield	CT	M	7 Mile Race	
Lauren	Ling	Jonesborough	TN	F	Half Marathon	
Amy	Lipscomb	Bristol	CT	F	Mighty Cow 10.1	1331
Hunter	Lo	Redding	CT	M	7 Mile Race	
Johnny	Lo	Redding	CT	M	7 Mile Race	
Scott	Loftus	Ridgefield	CT	M	7 Mile Race	
Denis	Loncto	Ridgefield	CT	M	7 Mile Race	
Mary Ellen	Loncto	Ridgefield	CT	F	Half Marathon	
Emma	Lott	Norwalk	CT	F	Half Marathon	
Nancy	Lovas	Norwalk	CT	F	Half Marathon	
Dean	Lucente	Stamford	CT	M	Half Marathon	128
Hazel	Lunnie	New Milford	CT	F	Piglet Prance	
Kevin	Lunnie	New Milford	CT	M	Half Marathon	
Lucey	Lunnie	New Milford	CT	F	Piglet Prance	
Meghan	Lunnie	New Milford	CT	F	Half Marathon	
Beth	Lyon	Groton	CT	F	7 Mile Race	
Eugene	Ma	Morris Plains	NJ	M	Mighty Cow 16.2	1188
Jennifer	Macary	Stoughton	MA	F	7 Mile Race	926
Jennifer	Macary	Danbury	CT	F	Half Marathon	
Sarah	Macary	Stratford	CT	F	7 Mile Race	
Cindy	Maccaferri	Plymouth	MA	F	Mighty Cow 10.1	
Debbie	MacCarry	Danbury	CT	F	Half Marathon	64
John	Macchia	Fairfield	CT	M	Half Marathon	
Kevin	MacDonald	Norwich	CT	M	Half Marathon	
Amy	MacQueen	Middlebury	CT	F	Half Marathon	73
Dinah	Macy	Brighton	MA	F	7 Mile Race	
Kaitlin	Maguire	Waltham	MA	F	Mighty Cow 16.2	
Lisa	Mahon	Bethlehem	CT	F	7 Mile Race	1009
Marge	Maida	Ridgefield	CT	F	7 Mile Race	
Susan	Malandra	Mahwah	NJ	F	Mighty Cow 16.2	
Namita	Malik	Ridgefield	CT	F	Half Marathon	130
Danny	Mallozzi	Redding	CT	M	Half Marathon	57
Dawn	Malone	Bethel	CT	F	Half Marathon	

Steve	Maloy	Topsfield	MA	M	7 Mile Race	
Sarena	Malsin	White Plains	NY	F	Half Marathon	
Neil	Mandel	Shelton	CT	M	Half Marathon	350
Amy	Mannion	Bethel	CT	F	Mighty Cow 10.1	
Rachel	Marazzi	Trumbull	CT	F	7 Mile Race	
Brad	Marcus	Ridgefield	CT	M	7 Mile Race	
Heidi	Marcus	Ridgefield	CT	F	7 Mile Race	
Rachel	Marino	Ridgefield	CT	F	7 Mile Race	717
Kevin	Markert	Ridgefield	CT	M	Mighty Cow 16.2	1178
Edward	Marquez	Ridgefield	CT	M	7 Mile Race	
James	Marr	Mahopac	NY	M	Half Marathon	400
Diane	Martin	New Milford	CT	F	Mighty Cow 10.1	1296
Katie	Martin	Middlebury	CT	F	Mighty Cow 10.1	
Hilary	Martwinski-Nardoizzi	Oakville	CT	F	Half Marathon	220
Stacey	Martwinski-Nardoizzi	Oakville	CT	F	Half Marathon	419
Julie	Marty	Redding	CT	F	Half Marathon	97
Danielle	Maryott	Easton	CT	F	7 Mile Race	
amanda	Masset	Katonah	NY	F	Half Marathon	21
Crystal	Mastrianni	Southington	CT	F	Mighty Cow 10.1	
Anastasia	Matijcio	Redding	CT	F	7 Mile Race	
Rick	Matte	Ridgefield	CT	M	Mighty Cow 16.2	
Christa	Matukaitis	Belmont	MA	F	Mighty Cow 16.2	
Erica	Mauro	Redding	CT	F	7 Mile Race	
Mike	May	MELROSE	MA	M	Half Marathon	52
Joseph	Maya	Westport	CT	M	Half Marathon	
Susan	Maya	Westport	CT	F	Half Marathon	
Andrew	Mayer	Scarsdale	NY	M	Half Marathon	
Hailey	Mayhew	Sandy Hook	CT	F	Piglet Prance	1500
James	Mayhew	Sandy Hook	CT	M	Piglet Prance	
Lisa	Mazinski	Danbury	CT	F	7 Mile Race	
Michael	Mazzocchi	Shelton	CT	M	Half Marathon	84
Michelle	Mazzocchi	Fishkill	NY	F	Half Marathon	416
Kenneth	McAdam	New Milford	CT	M	Half Marathon	
Bill	McBrayer	Redding	CT	M	Half Marathon	54
Deirdre	Mccaffrey	Greenwich	CT	F	Half Marathon	
Chris	McCann	Wilton	CT	M	Mighty Cow 16.2	

Bill	McCarthy	Sandy Hook	CT	M	7 Mile Race	
John	McCleary	Redding	CT	M	7 Mile Race	
Terri	McCleary	Redding	CT	F	Half Marathon	80
Laura S	McDonnell	Avon	CT	F	7 Mile Race	
Stephen	McDonnell	Fairfield	CT	M	Half Marathon	
Bart	McDonough	Redding	CT	M	Half Marathon	
JARED	MCGILL	Westport	CT	M	Half Marathon	
Kathy	McGroddy-Goetz	Ridgefield	CT	F	7 Mile Race	807
Tiffany	McGuire	Milford	CT	F	Mighty Cow 16.2	1222
Joseph	McHale	Redding	CT	M	7 Mile Race	913
Brian	McIlrath	Danbury	CT	M	Mighty Cow 16.2	
Laura	McKail	Newtown	CT	F	7 Mile Race	
Keri	McKay	Fairfield	CT	F	Half Marathon	311
Stephanie	McKenna	Ellington	CT	F	Half Marathon	
TJ	McKenna	Ellington	CT	M	Half Marathon	
Timothy	McLaughlin	New York	NY	M	Half Marathon	23
Suzanne	McMenemy	Wilton	CT	F	Half Marathon	
Erin	McMurdo	Newtown	CT	F	7 Mile Race	
Anna	Mcnamee	Chesapeake	VA	F	Mighty Cow 16.2	
Michelle	McNulty	Darien	CT	F	Half Marathon	
MJ	McNulty	Darien	CT	M	7 Mile Race	708
Elizabeth	McQueen	Bridgewater	CT	F	7 Mile Race	820
Irene	McStay	Hopewell Junction	NY	F	7 Mile Race	
Scott	McStay	Hopewell Junction	NY	M	7 Mile Race	917
Jennifer	Mearls	Plymouth	MA	F	Mighty Cow 16.2	1221
Sean	Mehner	Redding	CT	M	Half Marathon	
MICHAEL	MELLO	Bethel	CT	M	7 Mile Race	812
Karen	Melnick	New York	NY	F	7 Mile Race	811
Cindy	Mercede	New Canaan	CT	F	7 Mile Race	903
Jerry	Meshell	Orange	CT	M	7 Mile Race	
Nicholas	Messing	Santa Clara	CA	M	Half Marathon	581
Thomas	Metz	TRUMBULL	CT	M	Piglet Prance	
Doc	Meyer	Arkport	NY	M	Half Marathon	314
Greg	Meyer	Redding	CT	M	Half Marathon	
Kathy	Meyer	Arkport	NY	F	Half Marathon	61
Sue	Meyer	Redding	CT	F	Half Marathon	
Jessica	Miccio	Woodbridge	CT	F	7 Mile Race	1007
Janelle	Mihoc	Warrenton	VA	F	Half Marathon	

Brian	Miller	Santa Clara	CA	M	Half Marathon	48
Scott	Miller	Hinckley	MN	M	Half Marathon	
Theresa	Miller	Hinckley	MN	F	Half Marathon	47
Isabelle	Mills	Danbury	CT	F	Piglet Prance	
Kayte	Mills	Danbury	CT	F	Half Marathon	
Sandra	Mills	Danbury	CT	F	Half Marathon	
Anne	Milot	Ridgefield	CT	F	7 Mile Race	
JP	Milot	Ridgefield	CT	M	Half Marathon	
Andrea	Mindell	Ridgefield	CT	F	Mighty Cow 16.2	1231
John	Minervino	Higganum	CT	M	Mighty Cow 16.2	
Ryan	Minogue	New York	NY	M	Mighty Cow 16.2	
Amy	Mischenko	Ridgefield	CT	F	7 Mile Race	
Mark	Mischenko	Ridgefield	CT	M	Half Marathon	140
Karen	Miura	Hopewell Junction	NY	F	Half Marathon	
Inita	Mix	Redding	CT	F	Mighty Cow 10.1	
Hilary	Moen	Silver Spring	MD	F	7 Mile Race	
Claire	Moffatt	Ridgefield	CT	F	7 Mile Race	
Delaney	Mohl	Hopewell Junction	NY	F	7 Mile Race	951
Fiona	Mohl	Hopewell Junction	NY	F	7 Mile Race	952
Tara	Mohl	Hopewell Junction	NY	F	7 Mile Race	950
Gregory	Mokotoff	Trumbull	CT	M	Half Marathon	
Heather	Mokotoff	Trumbull	CT	F	7 Mile Race	
Ashley	Monck	Ridgefield	CT	F	Half Marathon	
Robert	Monro	Wilton	CT	M	Half Marathon	
Kathleen	Monteiro	New Milford	CT	F	7 Mile Race	
Marcela	Montoya	Newtown	CT	F	7 Mile Race	
Douglas	Moore	Danbury	CT	M	7 Mile Race	
Jonathan	Moore	Ridgefield	CT	M	Mighty Cow 16.2	
Michael	Moore	Danbury	CT	M	7 Mile Race	
Alyssa	Morales	West Haven	CT	F	7 Mile Race	921
Kaarlo	Moran	Branford	CT	M	Half Marathon	
Melisa	Moreau	Redding	CT	F	7 Mile Race	
Monika	Moreira	Danbury	CT	F	Half Marathon	
Leah	Morgan	Hebron	CT	F	7 Mile Race	
Daniel	Morrissey	Darien	CT	M	Half Marathon	
Steve	Morrissey	Darien	CT	M	Half Marathon	
William	Morrissey	Patterson	NY	M	7 Mile Race	

Chrisanne	Mortensen	Redding	CT	F	Half Marathon	37
Steve	Mortinger	Ridgefield	CT	M	Half Marathon	293
Ken	Moy	Westport	CT	M	7 Mile Race	
Yuko	Moy	Westport	CT	F	7 Mile Race	
Barbara	Mueller-Marquez	Danbury	CT	F	7 Mile Race	
Paul	Muir	Westport	CT	M	Half Marathon	
Chris	Mulcahy	Northville	MI	M	7 Mile Race	828
David	Mulcahy	East Taunton	MA	M	7 Mile Race	
Kevin	Mulcahy	Arlington	MA	M	7 Mile Race	888
John	Mullaney	Ridgefield	CT	M	Mighty Cow 10.1	
John	Muller	Darien	CT	M	Half Marathon	
Debbie	Mulrooney	Wilmington	DE	F	Half Marathon	
Lauren	Mulvihill	Ridgefield	CT	F	7 Mile Race	
Kate	Mundy	West Haven	CT	F	Mighty Cow 16.2	
Brian	Murphy	Katonah	NY	M	Half Marathon	
Bridget	Murphy	New York	NY	F	Half Marathon	312
Nora	Murphy	Newtown	CT	F	7 Mile Race	
Paula	Murphy	Stormville	NY	F	Half Marathon	
Patrick	Murren	Trumbull	CT	M	7 Mile Race	
Ernest	Mysogland	Fairfield	CT	M	7 Mile Race	997
Chris	Naclerio	Port Chester	NY	M	Half Marathon	
Michael	Nahom	New Milford	CT	M	Half Marathon	
Michelle	Nahom	New Milford	CT	F	Half Marathon	
Adam	Naples	New Haven	CT	M	Half Marathon	
Christopher	Naples	Kent	CT	M	Half Marathon	472
Clement	Naples	Westport	CT	M	Half Marathon	
Tim	Napolitano	Orange	CT	M	Half Marathon	411
Kimberly	Nardo	White Plains	NY	F	7 Mile Race	
Marijane	Nasta	Northport	NY	F	7 Mile Race	819
Paul	Nasta	Northport	NY	M	Half Marathon	631
Daniel	Navaresse	Weston	CT	M	Half Marathon	274
Edward	Neeb	New Milford	CT	M	Half Marathon	
Jennifer	Neeb	New Milford	CT	F	7 Mile Race	
Christine	Needham	Hamden	CT	F	Half Marathon	33
Sidney	Neuman	Homer	NY	F	Mighty Cow 10.1	1328
Robert	Neumann	Redding	CT	M	7 Mile Race	
Tuyen	Nguyen	Redding	CT	F	7 Mile Race	
Shawna	Nickerson	Bethel	CT	F	Half Marathon	

Kristen	Noble	Trumbull	CT	F	Half Marathon	
Juliet	Nolta	Ridgefield	CT	F	7 Mile Race	
Zach	Nordstrom	Brewster	NY	M	Mighty Cow 10.1	
adam	norris	Norwalk	CT	M	Half Marathon	
Heather	Norris	Brookfield	CT	F	Half Marathon	111
Oliver	North	Redding	CT	M	7 Mile Race	
Eduardo	Nunez	Boston	MA	M	Half Marathon	
Brent	Nyitray	South Salem	NY	M	Half Marathon	214
DONNA	OCONNOR	Bethel	CT	F	7 Mile Race	
Karen	O'Connor	Rhinebeck	NY	F	Half Marathon	115
Rob	O'Connor	New York	NY	M	7 Mile Race	
Brian	ODay	Fairfield	CT	M	Half Marathon	408
Kelley	ODay	Redding	CT	F	Half Marathon	
Karen	Odell	Pawling	NY	F	Half Marathon	
Jenny	O'Donnell	Cheshire	CT	F	Half Marathon	
Michele	O'Grady	Wilton	CT	F	7 Mile Race	
Amy	O'Leary	Ridgefield	CT	F	7 Mile Race	
Renato	Oliveira	Kent	CT	M	Half Marathon	102
Caroline	Olney	New York	NY	F	Half Marathon	
Jeffrey	Olsen	Waterbury	CT	M	Mighty Cow 16.2	
Kevin	O'Malley	Norwalk	CT	M	Half Marathon	
Christopher	Orelup	New Canaan	CT	M	Mighty Cow 10.1	
Elizabeth	Orelup	New Canaan	CT	F	Mighty Cow 10.1	
Naomi	Orocu	Norwalk	CT	F	Half Marathon	
John	Ortegon	Redding	CT	M	Half Marathon	
Stephanie	Ortegon	Redding	CT	F	Mighty Cow 10.1	
Megan	Osimanti	Bethel	CT	F	Half Marathon	
Adam	Osmond	Farmington	CT	M	Half Marathon	
Heather	Ostman	Brewster	NY	F	Mighty Cow 16.2	
Lyllette	Ozimek	Fairfield	CT	F	7 Mile Race	
Bruna	Paca	Danbury	CT	F	Half Marathon	
Andrew	Paer	Westwood	NJ	M	Mighty Cow 16.2	
Barbara	Paer	Westwood	NJ	F	Mighty Cow 16.2	
Susan	Pagan	Brookfield	CT	F	Half Marathon	75
Katie	Paganelli	BROOKLYN	NY	F	Half Marathon	
Juliet	Pagano	Long Beach	NY	F	Piglet Prance	

Lillianna	Pagano	Long Beach	NY	F	Piglet Prance	
Danny	Pais	Danbury	CT	M	Half Marathon	20
Robert	Paladini	Holmes	NY	M	7 Mile Race	
Gina	Palmieri	Burlington	CT	F	7 Mile Race	
Mary Lee	Pampel	Redding	CT	F	7 Mile Race	
Katherine	Panageas	Ridgefield	CT	F	7 Mile Race	
Christy	Pappas	Danbury	CT	F	7 Mile Race	1088
Lindsay	Parille	Danbury	CT	F	7 Mile Race	
Jenifer	Parker	Stamford	CT	F	Half Marathon	
Matt	Parnell	Fairfield	CT	M	Half Marathon	388
Jason	Parrish	Ridgefield	CT	M	Half Marathon	
Kristin	Partenza	Wilton	CT	F	Half Marathon	112
Christie	Pascavis	Simsbury	CT	F	Mighty Cow 16.2	
Travis	Pascavis	Simsbury	CT	M	Mighty Cow 16.2	
Betsy	Pascento	New Milford	CT	F	Half Marathon	
Elyse	Patrella	Massapequa Park	NY	F	Half Marathon	428
Erin	Patts	Redding	CT	F	7 Mile Race	
James	Patts	Redding	CT	M	Half Marathon	
Justin	Paul	Danbury	CT	M	7 Mile Race	
Kevin	Paul	Monroe	CT	M	Half Marathon	
Zipporah	Paul	Danbury	CT	F	7 Mile Race	1005
Andrew	Paulson	Newtown	CT	M	Half Marathon	
Jessie	Paulson	Newtown	CT	F	Half Marathon	
Erin	Pavao	Franklin	MA	F	7 Mile Race	872
Amy	Pavia	Stamford	CT	F	7 Mile Race	1011
Erika	Pearl	Easton	CT	F	Half Marathon	222
Scott	Pearson	Redding	CT	M	Half Marathon	
Maureen	Peet	New Milford	CT	F	7 Mile Race	
Nicholas	Pekar	Newtown	CT	M	Mighty Cow 16.2	
Karl	Pelikan	Redding	CT	M	Half Marathon	24
Melisa	Pelikan	Redding	CT	F	Half Marathon	587
Christian	Pellerin	Shawinigan	QC	M	Mighty Cow 16.2	
Julie	Pelletier	laval	QC	F	Mighty Cow 10.1	
Hannah	Pennington	New York	NY	F	Half Marathon	
Claire	Percival	Kent	CT	F	7 Mile Race	
DrJessica Lynn	Pereplyotchik	West Springfield	MA	F	Mighty Cow 16.2	
Stefanie	Perez	Carmel	NY	F	Half Marathon	

Diane	Perillo	Danbury	CT	F	7 Mile Race	
Gary	Perillo	Shelton	CT	M	7 Mile Race	
Jason	Perkins	Monroe	CT	M	Mighty Cow 10.1	
Edward	Peterson	Fairfield	CT	M	7 Mile Race	
Lindsay	Peterson	Fairfield	CT	F	7 Mile Race	
Angela	Petitti	Shelton	CT	F	7 Mile Race	
Lyndsi	Petitti	Shelton	CT	F	7 Mile Race	
Steven	Petlick	Dobbs Ferry	NY	M	Half Marathon	
Lucy	Peto	Wilton	CT	F	7 Mile Race	
Al	Phillips	Groton	CT	M	Half Marathon	
April	Phillips	Groton	CT	F	7 Mile Race	
Russell	Phillips	Sandy Hook	CT	M	Half Marathon	
Sabrina	Phillips	Sandy Hook	CT	F	Half Marathon	
Amy	Photopoulos	Washington Depot	CT	F	Mighty Cow 16.2	
Kate	Pigue	Fairfield	CT	F	Half Marathon	51
Margherita	Pilato	Redding	CT	F	7 Mile Race	998
Martha	Pina	Mexico City	DIF	F	7 Mile Race	
Emily	Pinto Taylor	New Haven	CT	F	Mighty Cow 16.2	
Josh	Pinto Taylor	New Haven	CT	M	Half Marathon	257
Corinne	Pitt	Pawling	NY	F	Half Marathon	
Jenny	Platow	New York	NY	F	7 Mile Race	850
Lisa	Pleban	Gansevoort	NY	F	Half Marathon	518
cristian	pojano	Rosate	CT	M	Half Marathon	545
Brigid	Pollack	Fairfield	CT	F	7 Mile Race	
Elizabeth	Polzello	Trumbull	CT	F	Half Marathon	74
Bonnie	Pope	Ridgefield	CT	F	Half Marathon	
Jennifer	Pope	Hamden	CT	F	Half Marathon	261
Russ	Porter	Ridgefield	CT	M	Half Marathon	
gina	porto	Norwalk	CT	F	Half Marathon	
Alyson	Potenza	Larchmont	NY	F	Half Marathon	
Alison	Pratt	Ridgefield	CT	F	7 Mile Race	
Karen	Pray	Ridgefield	CT	F	Mighty Cow 10.1	1300
Jordan	Pray B	Ridgefield	CT	F	Mighty Cow 10.1	1301
Elisabeth	Priest	Southport	CT	F	7 Mile Race	
Lynn	Priest	New Milford	CT	F	Half Marathon	
Dawn	Prisco	Ridgefield	CT	F	Half Marathon	
kali	pulkkinen	Redding	CT	F	Half Marathon	

Catherine	Racz	Roxbury	CT	F	Half Marathon	22
Cheryl	Radachowsky	Danbury	CT	F	7 Mile Race	1023
Diana	Raffellini	Staten Island	NY	F	Half Marathon	318
Tammy	Raiano	New Fairfield	CT	F	7 Mile Race	805
JENNIFER	RANKIN	Newburgh	NY	F	Half Marathon	649
Tim	Rappoccio	Redding	CT	M	Half Marathon	302
Dan	Readyoff	New Milford	CT	M	Half Marathon	
Martha	Readyoff	New Milford	CT	F	7 Mile Race	
Christopher	Reale	Windsor	CT	M	7 Mile Race	
Keighly	Rector	Redding	CT	F	Half Marathon	62
Alan	Redford	Wallingford	CT	M	Piglet Prance	
Nora	Redford	Wallingford	CT	F	Piglet Prance	
Sarah	Redford	Wallingford	CT	F	Mighty Cow 16.2	
Taylor	Redford	Wallingford	CT	F	Piglet Prance	
Carolyn	Reed	Sandy Hook	CT	F	7 Mile Race	
Jess	Reed	Southington	CT	F	Mighty Cow 10.1	
John	Reed	Sandy Hook	CT	M	Half Marathon	26
Mary	Regalbutto	Milford	CT	F	Mighty Cow 16.2	1242
Anne	Regan	Fairfield	CT	F	Half Marathon	
Allison	Reilly	Fairfield	CT	F	7 Mile Race	
Christopher	Reilly	Fairfield	CT	M	7 Mile Race	
Jennifer	Reilly	New Fairfield	CT	F	Half Marathon	
Christine	Reisel	Bethlehem	CT	F	Half Marathon	
Kevin	Remson	Trumbull	CT	M	Mighty Cow 16.2	1202
Sara	Richer	Westport	CT	F	Half Marathon	242
Gail	Richey	Cromwell	CT	F	7 Mile Race	829
Renada	Rickevicius	Watertown	CT	F	Half Marathon	
Stella	Ridge	Guilford	CT	F	7 Mile Race	817
Jennifer	Ripa-Edson	Ridgefield	CT	F	7 Mile Race	845
Geri-Ann	Ristow	Middletown	CT	F	Mighty Cow 10.1	1323
Greg	Ritzinger	Newtown	CT	M	Half Marathon	
Wendy	Robertson	Shelton	CT	F	7 Mile Race	
Jennifer	Robinson	Mahopac	NY	F	Half Marathon	39
Tricia	Robinson	Danbury	CT	F	7 Mile Race	
Eugene	Roche	Redding	CT	M	Half Marathon	625
Bill	Rodgers	Boxborough	MA	M	7 Mile Race	
Michael	Rodgers	Ridgefield	CT	M	7 Mile Race	

Tina	Roose	Redding	CT	F	Half Marathon	
Kelly	Rogers	New Haven	CT	F	Half Marathon	319
kathryn	romita	Mamaroneck	NY	F	Half Marathon	
Suzanne	Rooney	Redding	CT	F	Half Marathon	
SANTA	ROSARIO	Oakland Gardens	NY	F	Piglet Prance	
Paul	Rosenberg	Litchfield	CT	M	Half Marathon	
Zachary	Rosenberg	Somerville	MA	M	7 Mile Race	
Ellen	Rosenthal	New York	NY	F	Mighty Cow 16.2	
Maureen	Roskelly	Wilton	CT	F	Half Marathon	
ALLISON	ROSS	Hoboken	NJ	F	7 Mile Race	
Joanne	Ross	Redding	CT	F	7 Mile Race	
Marjorie	Ross	South Salem	NY	F	7 Mile Race	
Louise	Rothwell	Redding	CT	F	Mighty Cow 16.2	1210
David	Rovere	Wilton	CT	M	Half Marathon	519
LuAnne	Roy	Seymour	CT	F	Half Marathon	217
Joel	Rozowsky	Hamden	CT	M	Half Marathon	
Michelle	Rubino	Greenville	SC	F	Half Marathon	579
ERICA	RUGGERIO	Seymour	CT	F	7 Mile Race	
Melanie	Ruggieri	Southport	CT	F	Half Marathon	
Janine	Russo	Redding	CT	F	7 Mile Race	
Michael	Rutenberg Scheonberg	New Haven	CT	M	Half Marathon	
Micil	Ryan	Westport	CT	F	Half Marathon	
Patty	Ryan	Greenwich	CT	F	Half Marathon	32
Pamela	Rybarczyk	Redding	CT	F	7 Mile Race	910
Linda	Ryder	new york	NY	F	7 Mile Race	
Stephany	Sabio	Danbury	CT	F	Half Marathon	6
Chloe	Saddler	Vienna	VA	F	7 Mile Race	991
Stephen	Saddler	Vienna	VA	M	7 Mile Race	
Elizabeth	Sager	Redding	CT	F	7 Mile Race	723
Michael	Salmore	Ridgefield	CT	M	7 Mile Race	666
Vinay	Sampson	Monroe	CT	M	Mighty Cow 16.2	1229
Kalee	Sanchez	Patterson	CA	F	Half Marathon	
Samantha	Santoro	Bethlehem	CT	F	Mighty Cow 16.2	
Michael	Sapia	Stamford	CT	M	Mighty Cow 16.2	
Betsy	Sargent	Unionville	CT	F	7 Mile Race	
Ram	Sarma	Stamford	CT	M	Half Marathon	
Craig	Saslow	Newton Centre	MA	M	Half Marathon	425

Carrie	Saxonmeyer	Fairfield	CT	F	Half Marathon	
Kevin	Scanlon	Shelton	CT	M	7 Mile Race	1056
Elli	Scarfi	Danbury	CT	F	Half Marathon	173
Frank	Scarfi	Danbury	CT	M	Half Marathon	169
Catherine	Scatterday	Ridgefield	CT	F	7 Mile Race	824
Kessa	Schaeffer	New Canaan	CT	F	Half Marathon	
Peter	Schaeffer	New Canaan	CT	M	Half Marathon	
Laura	Schechter	Danbury	CT	F	7 Mile Race	1025
Christy	Schlosser	Highland	NY	F	Half Marathon	
Margaret	Schmitz	Lagrangeville	NY	F	7 Mile Race	
Brandon	Schneider	Danbury	CT	M	Half Marathon	43
Jennifer	Schneider	Danbury	CT	F	Half Marathon	407
Logan	Schneider	Danbury	CT	M	Piglet Prance	
Louise	Schneider	Danbury	CT	F	7 Mile Race	
Taylor	Schoenthaler	Randolph	NJ	F	Half Marathon	
Jan	Schole	Ridgefield	CT	M	Half Marathon	
Paul	Scholl	Redding	CT	M	7 Mile Race	
Kristin	Scholz	New Canaan	CT	F	7 Mile Race	
Lili	Schroppe	Ridgefield	CT	F	7 Mile Race	894
Tracey	Schumate	North East	MD	F	7 Mile Race	
Greg	Schunk	Norwalk	CT	M	7 Mile Race	
Lynn	Schuster	Fairfield	CT	F	Half Marathon	389
Jeffrey	Schwartz	Redding	CT	M	Half Marathon	11
Mark	Schwartz	Brooklyn	NY	M	Half Marathon	
Samantha	Sciavillo	Newburgh	NY	F	7 Mile Race	
Maria	Scinico	Brookfield	CT	F	Half Marathon	
Sara	Scully	Westport	CT	F	Half Marathon	
Lydia	Segui	Shelton	CT	F	Half Marathon	
Priya	Senecal	Southbury	CT	F	Mighty Cow 10.1	
OLIVIA	SENNETT	REDDING	CT	F	7 Mile Race	
SCOTT	SENNETT	REDDING	CT	M	7 Mile Race	
Alicja	Sernicki	Ridgefield	CT	F	Half Marathon	
Marek	Sernicki	Ridgefield	CT	M	Half Marathon	
Therese	Servas	Redding	CT	F	7 Mile Race	
Melissa	Sevigny	North Franklin	CT	F	Mighty Cow 10.1	
Janica	Shafer	Weston	CT	F	7 Mile Race	802
Andrew	Shantz	Fairfield	CT	M	Half Marathon	365
Dana	Sharkey	Ridgefield	CT	F	7 Mile Race	

Justin	Sharp	Brookfield	CT	M	Half Marathon	
Michalan	Sheehan	New Fairfield	CT	F	Half Marathon	
Jenny	Shen	Princeton	NJ	F	Half Marathon	
Stephanie	Sheridan	Seattle	WA	F	Half Marathon	
Sara	Sherlock	Stamford	CT	F	Mighty Cow 16.2	
Lisa	Shinall	Redding Ridge	CT	F	Mighty Cow 16.2	
Lisa	Shinall	Redding Ridge	CT	F	Mighty Cow 16.2	
Rob	Sickinger	Redding	CT	M	Half Marathon	
Judi	Silliere	Wilton	CT	F	Half Marathon	
Tyler	Silverman	Quincy	MA	M	Half Marathon	
Nash	Simcoe	Southbury	CT	M	7 Mile Race	
John	Simko	Bethel	CT	M	Half Marathon	
Josephine	Simko	Bethel	CT	F	Half Marathon	
Justin	Simko	Bethel	CT	M	Half Marathon	
John	Sindel	Redding	CT	M	Half Marathon	
Susan	Sirakovsky	Fair Lawn	NJ	F	Mighty Cow 16.2	1162
Valerie	Sjovall	Danbury	CT	F	7 Mile Race	
Megan	Skell	Ridgefield	CT	F	7 Mile Race	
Kristi	Slater	Redding	CT	F	Half Marathon	
Heidi	Sleasman	Chesapeake	VA	F	Mighty Cow 16.2	
Craig	Sloan	Darien	CT	M	Half Marathon	
Aidan	Slovinski	Ridgefield	CT	M	7 Mile Race	
Keegan	Slovinski	Ridgefield	CT	M	Piglet Prance	
Steve	Slovinski	Ridgefield	CT	M	7 Mile Race	
Tara	Slovinski	ridgefield	CT	F	7 Mile Race	
Holly	Smalley	Shelton	CT	F	7 Mile Race	956
David	Smiley	Sandy Hook	CT	M	7 Mile Race	
blake	smith	Westport	CT	M	7 Mile Race	
Jane	Smith	Oxford	CT	F	Mighty Cow 16.2	1214
Kathy	Smith	Ridgefield	CT	F	Mighty Cow 16.2	
Katrina	Smith	West Harrison	NY	F	Mighty Cow 16.2	1177
Kerry	Smith	New Canaan	CT	M	Half Marathon	343
Mike	Smith	Milford	CT	M	Half Marathon	
Nicki	Smith	Southbury	CT	F	Half Marathon	163
Earle	Smola	Northford	CT	M	Mighty Cow 16.2	1250

Eli	Snyder	Reading	MA	M	7 Mile Race	999
Jason	Snyder	Reading	MA	M	Half Marathon	
Noah	Snyder	Reading	MA	M	Piglet Prance	
Scott	Snyder	Irvington	NY	M	Half Marathon	
Seth	Snyder	Reading	MA	M	Piglet Prance	
Denise	Sokolowski	Farmington	CT	F	7 Mile Race	
Page	Soper	New York	NY	F	7 Mile Race	
Jodi	Sorrells	Darien	CT	F	Half Marathon	16
Callie	Sorrento	Carmel	NY	F	Mighty Cow 10.1	
Jennifer	Souther	Plymouth	MA	F	Mighty Cow 16.2	
Donna C.	Souza	Plymouth	MA	F	Mighty Cow 10.1	
Paul	Souza	Plymouth	MA	M	Mighty Cow 10.1	
David	Spatcher	Bloomfield	CT	M	Half Marathon	
Josh	Spooner	Sturbridge	MA	M	Half Marathon	
Linda	Spooner	Sturbridge	MA	F	Mighty Cow 10.1	1311
Paige	Spooner	Sturbridge	MA	F	Mighty Cow 10.1	1288
Violet	Spooner	Sturbridge	MA	F	7 Mile Race	1100
James	Sporko	Waterbury	CT	M	7 Mile Race	964
Theresa	SPORKO	Waterbury	CT	F	7 Mile Race	
Lisbet	Srivastava	Wilton	CT	F	7 Mile Race	
Maya	Srivastava	Wilton	CT	F	7 Mile Race	
Allison	St. Germain	Bethel	CT	F	Half Marathon	14
Deb	Stankiewicz	Brookfield	CT	F	7 Mile Race	
Donald	Stankus	Waterbury	CT	M	Mighty Cow 16.2	
Ian	Starker	Danbury	CT	M	Half Marathon	601
Kristen	Starker	Danbury	CT	F	Half Marathon	619
wendy	stauffer	Sausalito	CA	F	Half Marathon	560
Kevin	Stawiasz	Bethel	CT	M	7 Mile Race	
Rod	Steensma	Southport	CT	M	7 Mile Race	
Chris	Stefanski	Sparta	NJ	M	Mighty Cow 16.2	
Megan	Stefanski	Jamaica Plain	MA	F	7 Mile Race	
Christopher	Steinley	Brooklyn	NY	M	Half Marathon	8
Grace	Steinley	Sharon	MA	F	Half Marathon	
Jerry	Steinley	Rapid City	SD	M	Half Marathon	300
Michael	Steinley	West Chester	PA	M	7 Mile Race	
KEVIN	STEPHENS	Danbury	CT	M	Half Marathon	648

Joanne	Sterk	New Milford	CT	F	Half Marathon	402
Aren	Sterling	Greenwich	CT	M	Piglet Prance	1413
Cameron	Sterling	Greenwich	CT	M	Half Marathon	13
Rebecca	Sterling	Greenwich	CT	F	Half Marathon	33
Tate	Sterling	Greenwich	CT	M	Piglet Prance	1433
Allison	Stethers	Athens	PA	F	Half Marathon	
Alexis	Stevens	Greenwich	CT	F	Half Marathon	502
Suzen	Stewart	Sandy Hook	CT	F	Half Marathon	267
Jason	Stiber	Westport	CT	M	Half Marathon	608
Catherine	Stillman	Westport	CT	F	Mighty Cow 16.2	1208
Jan	Stranik	Redding	CT	M	Half Marathon	
Sally	Strauss	Westport	CT	F	Half Marathon	
Julie	Stuart	Bridgewater	CT	F	7 Mile Race	815
Elaine	Sullivan	South Windsor	CT	F	Mighty Cow 10.1	1333
Ryan	Sullivan	Newtown	CT	M	Half Marathon	45
Mark	Sundermann	Falmouth	ME	M	Mighty Cow 10.1	1299
Jennifer	Sweeney	Cheshire	CT	F	7 Mile Race	
Andy	Swett	Dedham	MA	M	Half Marathon	31
Jessica	Sylvester	Westport	CT	F	7 Mile Race	
Johnathan	Sylvia	Acushnet	MA	M	Mighty Cow 10.1	
Stephanie	Tang	Westport	CT	F	Half Marathon	
Amy	Taylor	Redding	CT	F	Half Marathon	
Cristina	Taylor	Redding	CT	F	Mighty Cow 16.2	
Dana	Taylor	Redding	CT	M	7 Mile Race	880
Matt	Tebbe	Alpharetta	GA	M	Half Marathon	
Gosia	Tedawes	Redding	CT	F	7 Mile Race	1002
Sam	Tedawes	Redding	CT	M	7 Mile Race	
Barbara	Templeton	Redding	CT	F	7 Mile Race	836
Jamie	Templeton	Redding	CT	M	7 Mile Race	
Tish	Terry	Redding	CT	F	7 Mile Race	
Vanessa	Teter	Meriden	CT	F	Mighty Cow 10.1	1326
Andrea	Theodore	Redding	CT	F	7 Mile Race	
Alex	Thomas	West Haven	CT	M	Half Marathon	41
Sonya	Thomas	Bethel	CT	F	7 Mile Race	
Lorna	Thompson	Poughkeepsie	NY	F	Half Marathon	
Marc	Thompson	Trumbull	CT	M	Half Marathon	
Michael	Thompson	Norwalk	CT	M	Half Marathon	

Wendy	Thompson	Trumbull	CT	F	Half Marathon	
Philip	Tisi	Newtown	CT	M	Mighty Cow 16.2	
Joanna	Tomai	Brooklyn	NY	F	Half Marathon	216
Ryan	Tougias	Redding	CT	M	Half Marathon	114
Alan	Tousignant	Millbrook	NY	M	7 Mile Race	
Gean	Tremaine	Southport	CT	M	Half Marathon	46
Karen	Tremaine	Stormville	NY	F	7 Mile Race	808
Rachel	Tressy	Weatogue	CT	F	Mighty Cow 10.1	
Jan	Triani	Ridgefield	CT	F	7 Mile Race	
Bonnie	Triolo	Nutley	NJ	F	Half Marathon	228
Tamara	Tripp	Brewster	NY	F	7 Mile Race	
Adam	Trojanowski	Redding	CT	M	Mighty Cow 16.2	1205
Jeanette	Trujillo	Norwalk	CT	F	Half Marathon	
Lisa	Tuffy	New Canaan	CT	F	Half Marathon	
Massimo	Tullio	New Canaan	CT	M	Half Marathon	
Erin	Turner	Stamford	CT	F	Mighty Cow 10.1	
Katherine	Unfried	Redding	CT	F	Mighty Cow 10.1	
Carole	Urban	Milford	CT	F	Half Marathon	
Jessica	Vaghi	Bethel	CT	F	Half Marathon	
Joshua	Vaghi	Bethel	CT	M	Half Marathon	
Theo	Vaghi	Bethel	CT	M	Piglet Prance	
Deborah	Valin	Woodbridge	CT	F	7 Mile Race	
Kim	Van Allsburg	North Salem	NY	F	7 Mile Race	
Ryan	Van Allsburg	North Salem	NY	M	7 Mile Race	
Alison	Varcoe	Fairfield	CT	F	7 Mile Race	
John	Ventura	Weston	CT	M	Half Marathon	
Ben	Vetter	Norwalk	CT	M	Half Marathon	246
Gregory	Vetter	Trumbull	CT	M	Mighty Cow 16.2	
Jessica	Vetter	Trumbull	CT	F	7 Mile Race	1013
Christine	Vincent	Fairfield	CT	F	7 Mile Race	
Caryn	Vita	Norwalk	CT	F	Mighty Cow 16.2	1171
Whitney	Vitti	Bethel	CT	F	Mighty Cow 10.1	
Janet	Voelpert	Shelton	CT	F	7 Mile Race	
David	Vogel	Lexington	MA	M	Half Marathon	
Julie	Vogel	Lexington	MA	F	Half Marathon	251
Geoff	Wakeford	Danbury	CT	M	7 Mile Race	

Tim	Wallace	Marion	MA	M	Mighty Cow 10.1	
Aaron	Walny	Millersville	PA	M	Half Marathon	211
Anne Marie	Walny	Millersville	PA	F	Half Marathon	212
Colleen	Walsh	North Franklin	CT	F	Mighty Cow 10.1	
Russ	Waterbury	Danbury	CT	M	7 Mile Race	
Randy	Watkins	New Milford	CT	M	Half Marathon	
Kathy	Weatherby	Newtown	CT	F	7 Mile Race	
Al	Weggeman	Redding	CT	M	Half Marathon	
Douglas	Weibel	Bainbridge Island	WA	M	Mighty Cow 16.2	1174
Michael	Weibel	North East	MD	M	7 Mile Race	1099
Alexandra	Weingard	Redding	CT	F	7 Mile Race	818
Jacob	Weingard	Redding	CT	M	7 Mile Race	1001
Irene	Weinstein	Fairfield	CT	F	Half Marathon	
Rachel	Weiss	New Milford	CT	F	Half Marathon	83
Erica	Welchman	Stamford	CT	F	Half Marathon	
Grace	Weldon	Wilton	CT	F	Half Marathon	
Kelly	Weldon	Wilton	CT	F	Half Marathon	
Erich	Wenis	Woodbury	CT	M	Mighty Cow 16.2	
Martina	Werner	West Hartford	CT	F	7 Mile Race	900
Amy	West	Rye Brook	NY	F	Mighty Cow 16.2	
Eve	West Zywoitek	Rye Brook	NY	F	Piglet Prance	1400
Leonardo	West Zywoitek	Rye Brook	NY	M	Piglet Prance	1401
Buster	Whaley	Redding	CT	M	Half Marathon	
Frank	Whaley	Redding	CT	M	Half Marathon	
Heather	Whaley	Redding	CT	F	Half Marathon	
Jeffrey	Wheeler	Fairfield	CT	M	Half Marathon	
Lisa	Whelan	Ridgefield	CT	F	Half Marathon	
Kathryn	White	Ridgefield	CT	F	Half Marathon	
Meg	White	Ridgefield	CT	F	7 Mile Race	975
Roni	Widmer	Fairfield	CT	F	Half Marathon	
Rebecca	Wilbur	Shelton	CT	F	Half Marathon	621
Pamela	Wilcox	Southbury	CT	F	Half Marathon	
Rita	Wilker	Norwalk	CT	F	Half Marathon	
Austin	Williams	Redding	CT	M	Piglet Prance	
Elissa	Williams	Redding	CT	F	7 Mile Race	
Jackson	Williams	Redding	CT	M	Piglet Prance	
Lawrence	Williams	kent	CT	M	7 Mile Race	

Maggie	Williams	Boston	MA	F	Half Marathon	
Mary Susan	Williams	Kent	CT	F	7 Mile Race	
Teal	Williams	Redding	CT	F	Mighty Cow 10.1	
Andrea	Williamson	Norwalk	CT	F	Half Marathon	
Kristin	Winans	Trumbull	CT	F	Mighty Cow 16.2	
Anne Marie	Winchester	Duxbury	MA	F	Mighty Cow 16.2	
Emily	Winter	Easton	CT	F	7 Mile Race	
Shawna	Wirkus	Orange	CT	F	Half Marathon	421
casey	witt-patterson	Pittsburgh	PA	F	Mighty Cow 10.1	
Jeffrey	Wollman	Weston	CT	M	Half Marathon	250
Michael	Wonderlich	Evanston	IL	M	7 Mile Race	
Allison	Wood	Ossining	NY	F	Half Marathon	556
Joanna	Wozniak-Brown	Sherman	CT	F	Half Marathon	
Artemis	Wright	Brooklyn	NY	F	Piglet Prance	
Colin	Wright	Brooklyn	NY	M	Half Marathon	605
Dawn	Wright	Danbury	CT	F	7 Mile Race	
Noah	Wright	Hopkinton	MA	M	Piglet Prance	
Elizabeth	Wronski	Ridgefield	CT	F	7 Mile Race	
Paul	Wronski	Ridgefield	CT	M	7 Mile Race	
Michael	Yannone	Ridgewood	NJ	M	Half Marathon	
Shauna	Yeager	Orinda	CA	F	Half Marathon	
Kelly	Yontef	Hamden	CT	F	Half Marathon	1
Minsung	Yoon	Middlebury	CT	M	Half Marathon	347
Jennifer	Young	Mamaroneck	NY	F	Half Marathon	
Tom	Young	Fairfield	CT	M	Half Marathon	424
Wendy	Youngblood	Brookfield	CT	F	7 Mile Race	1050
George	Yurchishin	Danbury	CT	M	Half Marathon	
Karen	Zaborowski	Meriden	CT	F	7 Mile Race	
Lisa	Zaborowski	Meriden	CT	F	7 Mile Race	
Sarah	Zager	New Haven	CT	F	Half Marathon	
Crystal	Zamfino	Stratford	CT	F	Mighty Cow 16.2	
Felipe	Zarama	Shelton	CT	M	Half Marathon	333
Jasen	Zarcone	Cheshire	CT	M	7 Mile Race	1026
Bradley	Zaremski	Norwalk	CT	M	7 Mile Race	969
Yuhui	Zheng	Wilton	CT	M	Half Marathon	88
Tine	Zinglersen	Stanfordville	NY	F	7 Mile Race	1059
Andrew	Zoz	Redding	CT	M	Piglet Prance	

Jake	Zoz	Redding	CT	M	Piglet Prance	
Jessica	Zoz	Redding	CT	F	7 Mile Race	
David	Zupan	Sandy Hook	CT	M	7 Mile Race	
Evelyn	Zupan	Sandy Hook	CT	F	Piglet Prance	
Jennifer	Zupan	Sandy Hook	CT	F	7 Mile Race	
Madeline	Zupan	Sandy Hook	CT	F	Piglet Prance	
Sadie	Zupan	Sandy Hook	CT	F	Piglet Prance	
Michelle	Zuscin	Oxford	CT	F	7 Mile Race	1025
Jason	Zweig	Sherman	CT	M	7 Mile Race	

Do you know what your
home is worth? Give me a
call and I'll "run" the
numbers.



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Cheers,

John