

1st Annual Adamant 20 Miler
May 8, 2010, Adamant, VT
OVERALL RESULTS
(See Page 3 for summary of race.)

Place	Name	Age	S	City	Time	Pace
1	David Herr	45	M	Canaan	2:10:21	6:32
2	Jon Copans	35	M	Montpelier	2:24:27	7:14
3	Rowly Brucken	41	M	Northfield	2:24:40	7:14
4	Brendon Barden	32	M	Randolph	2:27:40	7:23
5	Justin Ryea	31	M	S Burlington	2:27:41	7:24
6	Nicole Yokum	26	F	Norwich	2:32:57	7:39
7	Andrew Tripp	40	M	Montpelier	2:32:36	7:38
8	David Kelley	38	M	Plainfield	2:36:10	7:49
9	Pj Telep	38	M	Waitsfield	2:40:34	8:02
10	Mariana Lara	35	F	Stowe	2:43:48	8:12
11	Steve Snook	50	M	Newbury	2:45:18	8:16
12	Morgan Ecklund	42	M	E Calais	2:49:34	8:29
13	Jun-Rong Chen	23	M	Northfield	2:51:24	8:35
14	Christian Andreson	54	M	Montpelier	2:52:19	8:37
15	Dot Martin	49	F	Williamstown	2:56:02	8:49
16	Eric Allard	29	M	Williston	2:56:03	8:49
17	Andrew Gilbert	48	M	Marshfield	2:56:03	8:49
18	Carrie Felice	38	F	E Calais	2:59:33	8:59
19	John Martin	58	M	Williamstown	3:00:00	9:00
20	Steve Rucker	42	M	Burlington	3:01:41	9:06
21	John Duff	57	M	Newfane	3:04:17	9:13
22	Tim Noonan	53	M	Montpelier	3:05:36	9:17
23	Norm Robinson	54	M	Montpelier	3:10:45	9:33
24	Teia Christiansen	27	F	Portland	3:19:12	9:58
25	Cara Arancibia	30	F	Burlington	3:19:13	9:58
26	Karen Yoon Cooper	34	F	Saratoga Spring	3:21:50	10:06
27	David Erickson	57	M	Barre	3:22:01	10:07
28	Marc Ducharme	48	M	Morrisville	3:22:27	10:08
29	Linda Hallinger	57	F	Washington	3:23:06	10:10
30	Jill Meneilley	41	F	Hinesburg	3:23:56	10:12
31	Tom O'Toole	40	M	Hyde Park	3:24:16	10:13
32	David Crossman	37	M	Burlington	3:24:55	10:15
33	Jessica Colbourne	27	F	Burlington	3:28:12	10:25
34	Amy O'Toole	37	F	Hyde Park	3:28:14	10:25
35	Tonoi Anton Blocina	43	M	Winooski	3:28:14	10:25
36	Rick Deangelis	54	M	Montpelier	3:30:39	10:32
37	John Kaeding	62	M	Worcester	3:32:31	10:38
38	Erin Bresette	28	F	Montpelier	3:34:20	10:43
39	Sara Couture	29	F	Williston	3:36:54	10:51
40	Jenna Allard	29	F	Williston	3:36:55	10:51
41	Newton Baker	68	M	Montpelier	3:51:50	11:36

**1st Annual Adamant 20 Miler
May 8, 2010
Adamant, VT**

******* AGE GROUP RESULTS LIST *******

***** FEMALE OVERALL RESULTS *****

1 Nicole Yokum 26 Norwich VT 2:32:57

***** MALE OVERALL RESULTS *****

1 David Herr 45 Canaan VT 2:10:21

FEMALE AGE GROUP 20 - 29

1	6	Nicole Yokum	26 Norwich	VT 2:32:57
2	24	Teia Christiansen	27 Portland	ME 3:19:12
3	33	Jessica Colbourne	27 Burlington	VT 3:28:12
4	38	Erin Bresette	28 Montpelier	VT 3:34:20
5	39	Sara Couture	29 Williston	VT 3:36:54
6	40	Jenna Allard	29 Williston	VT 3:36:55

MALE AGE GROUP 20 - 29

1	13	Jun-Rong Chen	23 Northfield	VT 2:51:24
2	16	Eric Allard	29 Williston	VT 2:56:03

FEMALE AGE GROUP 30 - 39

1	10	Mariana Lara	35 Stowe	VT 2:43:48
2	18	Carrie Felice	38 E Calais	VT 2:59:33
3	25	Cara Arancibia	30 Burlington	VT 3:19:13
4	26	Karen Yoon Cooper	34 Saratoga Springs	NY 3:21:50
5	34	Amy O'Toole	37 Hyde Park	VT 3:28:14

MALE AGE GROUP 30 - 39

1	2	Jon Copans	35 Montpelier	VT 2:24:27
2	4	Brendon Barden	32 Randolph	VT 2:27:40
3	5	Justin Ryea	31 S Burlington	VT 2:27:41
4	8	David Kelley	38 Plainfield	VT 2:36:10
5	9	Pj Telep	38 Waitsfield	VT 2:40:34
6	32	David Crossman	37 Burlington	VT 3:24:55

FEMALE AGE GROUP 40 - 49

1	15	Dot Martin	49 Williamstown	VT 2:56:02
2	30	Jill Meneilley	41 Hinesburg	VT 3:23:56

MALE AGE GROUP 40 - 49

1	1	David Herr	45 Canaan	VT 2:10:21
2	3	Rowly Brucken	41 Northfield	VT 2:24:40
3	7	Andrew Tripp	40 Montpelier	VT 2:32:36
4	12	Morgan Ecklund	42 E Calais	VT 2:49:34
5	17	Andrew Gilbert	48 Marshfield	VT 2:56:03
6	20	Steve Rucker	42 Burlington	VT 3:01:41
7	28	Marc Ducharme	48 Morrisville	VT 3:22:27
8	31	Tom O'Toole	40 Hyde Park	VT 3:24:16
9	35	Tonoi Anton Blocina	43 Winooski	VT 3:28:14

FEMALE AGE GROUP 50 - 59

1	29	Linda Hallinger	57 Washington	VT 3:23:06
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MALE AGE GROUP 50 - 59

1	11	Steve Snook	50 Newbury	VT 2:45:18
2	14	Christian Andreson	54 Montpelier	VT 2:52:19
3	19	John Martin	58 Williamstown	VT 3:00:00
4	21	John Duff	57 Newfane	VT 3:04:17
5	22	Tim Noonan	53 Montpelier	VT 3:05:36
6	23	Norm Robinson	54 Montpelier	VT 3:10:45
7	27	David Erickson	57 Barre	VT 3:22:01
8	36	Rick Deangelis	54 Montpelier	VT 3:30:39

MALE AGE GROUP 60 - 99

1	37	John Kaeding	62 Worcester	VT 3:32:31
2	41	Newton Baker	68 Montpelier	VT 3:51:50

Despite a flash flood which rushed torrents of water through Adamant on Tuesday, The First Annual Adamant 20 Miler was held without ramifications on Saturday, May 8, 2010 . A hardy 41 runners and 9 cyclists braved the cool rainy weather to enjoy and endure the scenic hilly course. We were honored to have Dave Herr from Canaan VT win the race. Dave has won many of the hilly marathons in the NY/NE area. Nicole Yokum from Norwich won the women's race. Many participants held their competitive drive in check as they completed their last long training run for Vermont City Marathon. The race was successful in raising over \$500 to benefit the Adamant Music School.

Many thanks to the volunteers: John Valentine, Rick Evans, Roger Cranse, Lori Lacroix, The Eckland family, Greg Gerdel, Ann, Dick, Brynn, and Brian Bushey, Lisa Brucken and kids, Andrea McLaughlin, Kim Walsh and Dot Helling . It took many volunteers standing out in the rain many hours to run such a well supported race. And for the food, we thank Alexis, and the Adamant Community Cooks: Janet, Janet, Kathy, Beth Ann, and Eva.

Donna Smyers & Eric Ryea Race Director