

CVR Capital City Stampede 10K  
 2012 CVR/ORS Race Series Race #4  
 USATF Certified. Registration No. USATF #VT09011RF  
 Montpelier, VT 06/09/2012

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/12	Daniel Gidumbanda	37	M	No. Montpelier	VT	34:47	5:36
2	2/12	Eric Eley	33	M	Duxbury	VT	35:06	5:39
3	1/17	Tom Thurston	48	M	Waterbury	VT	35:19	5:42
4	3/12	Thomas Howard	35	M	Burlington	VT	36:03	5:49
5	1/4	Ryan Kerrigan	27	M	Moretown	VT	36:11	5:50
6	1/1	Matthew Loignon	19	M	Plainfield	VT	36:25	5:52
7	2/4	Yossef Regev	22	M	Lyndonville	VT	37:40	6:04
8	4/12	Jon Floyd	39	M	Waterbury Ctr.	VT	38:49	6:15
9	5/12	Matthew Roth	34	M	Milton	VT	39:37	6:23
10	6/12	Rob McDougall	37	M	So. Burlington	VT	39:44	6:24
11	1/7	Robyn Anderson	24	F	Stowe	VT	39:52	6:25
12	2/17	Tim Ziter	40	M	Colchester	VT	41:00	6:36
13	3/17	Jim Farrington	42	M	Colchester	VT	41:25	6:40
14	4/17	Sean Murphy	45	M	Montpelier	VT	41:27	6:41
15	7/12	Craig Manning	37	M	Medford	MA	41:36	6:42
16	5/17	Christopher Cover	47	M	Richmond	VT	41:55	6:45
17	1/6	Sarah London	32	F	Montpelier	VT	42:01	6:46
18	6/17	Michael Wolfe	49	M	Newton	MA	42:23	6:50
19	7/17	Kari Bradley	44	M	Montpelier	VT	42:52	6:54
20	1/5	Sue Hackney	55	F	Montpelier	VT	42:54	6:55
21	2/7	Addison Kasmarek	24	F	Westford	VT	43:15	6:58
22	1/12	Scott Moreau	50	M	Westford	VT	43:15	6:58
23	8/17	Scott Nichols	46	M	Essex	VT	43:28	7:00
24	8/12	Brian Letourneau	32	M	Milton	VT	43:32	7:01
25	1/16	Jessica Cover	42	F	Richmond	VT	43:49	7:04
26	1/10	Steve Burkholder	60	M	Montpelier	VT	44:33	7:11
27	2/10	John Hackney	66	M	Montpelier	VT	44:43	7:12
28	2/12	Andy Shuford	52	M	Montpelier	VT	44:48	7:13
29	9/17	Leif Richardson	41	M	Montpelier	VT	45:11	7:17
30	3/12	Charles Windisch	58	M	Essex Jct.	VT	45:18	7:18
31	2/5	Donna Smyers	54	F	Adamant	VT	45:22	7:19
32	10/17	Scott A. Lovelette	43	M	Montpelier	VT	46:01	7:25
33	2/16	Tania Horton	43	F	Colchester	VT	46:08	7:26
34	3/10	Russ Cooke	60	M	Williston	VT	46:09	7:26
35	2/6	Richarda Ericson	35	F	Montpelier	VT	46:13	7:27
36	4/12	Bob Corey	56	M	Colchester	VT	46:22	7:28
37	3/4	Wade Hackerson	25	M	Montpelier	VT	46:32	7:30
38	3/6	Rima Carlson	37	F	Montpelier	VT	46:46	7:32
39	1/3	Althea Devereux	13	F	Jericho	VT	46:48	7:32
40	11/17	Robert C. Monette	48	M	Jericho	VT	46:53	7:33
41	3/5	Nina Changelian	57	F	Waterbury Ctr.	VT	47:04	7:35
42	4/6	Stacy Bocskor	37	F	Northfield	VT	47:07	7:35
43	12/17	Jeff Prescott	48	M	Montpelier	VT	47:29	7:39
44	3/16	Sandy Colvin	44	F	Montpelier	VT	47:54	7:43
45	4/10	Greg Gerdel	65	M	Montpelier	VT	47:55	7:43
46	13/17	Thomas Rogers	45	M	Winooski	VT	48:10	7:46
47	3/7	Kellie Largay	27	F	St. Johnsbury	VT	48:59	7:53
48	2/3	Annika Seifert	16	F	Milton	VT	49:38	8:00
49	5/10	John Martin	60	M	Montpelier	VT	49:39	8:00
50	9/12	Cory van Gulden	31	M	Breckenridge	CO	49:40	8:00

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Place	Div/Tot	Name	Age	S	City	St	Time	Pace
51	4/16	Melissa Prindiville	40	F	Berlin	VT	50:14	8:06
52	14/17	Rick Brigham	48	M	Montpelier	VT	50:48	8:11
53	5/12	Michael Gordon	55	M	Essex Junction	VT	51:51	8:21
54	3/3	Holly Gordon	12	F	Montpelier	VT	52:06	8:24
55	6/12	Jim Shea	53	M	East Montpelier	VT	52:07	8:24
56	7/12	Scott Griggs	50	M	Orange	VT	52:15	8:25
57	15/17	David Ospina	49	M	Williston	VT	52:31	8:28
58	8/12	Wilson Ring	55	M	Waterbury Ctr.	VT	53:28	8:37
59	16/17	Timothy Burdick	44	M	Waterbury Ctr.	VT	53:59	8:42
60	5/16	Jean Hess	45	F	Jericho	VT	54:01	8:42
61	6/16	Shari Oliver	48	F	Barre	VT	54:20	8:45
62	4/5	Ellie Bouffard	51	F	Colchester	VT	54:27	8:46
63	6/10	Frank Short	65	M	St. Albans	VT	55:00	8:52
64	7/10	Robert Searles	63	M	Wolcott	VT	55:31	8:57
65	7/16	Becky Diedrich	47	F	Berlin	VT	55:48	8:59
66	8/16	Laura Bozarth	41	F	Montpelier	VT	55:49	8:59
67	8/10	Michael Shover	63	M	Bradford	VT	56:01	9:01
68	1/2	Phillip Howard	74	M	Burlington	VT	56:19	9:04
69	9/16	Justine Franco	40	F	Montpelier	VT	56:32	9:06
70	10/16	Beth Martell	46	F	Essex Jct.	VT	57:20	9:14
71	11/16	Gail Pelkey	47	F	Waterbury	VT	58:10	9:22
72	9/12	Randy Schmidt	51	M	Sunderland	VT	58:44	9:28
73	12/16	Joy Stewart	42	F	Sunderland	VT	59:01	9:30
74	9/10	Bob Howe	65	M	Barre	VT	59:08	9:31
75	5/6	Megan Sheldon	38	F	Montpelier	VT	59:13	9:32
76	13/16	Jeanette Hosford	43	F	Middlesex	VT	59:40	9:37
77	10/12	John Mahoney	58	M	Burlington	VT	59:46	9:38
78	4/7	Sarah Waterman	28	F	Montpelier	VT	59:47	9:38
79	5/7	Suzanne Waterman	23	F	Montpelier	VT	59:48	9:38
80	14/16	Jane Burroughs	46	F	East Montpelier	VT	1:01:25	9:54
81	15/16	Emoke Mate	45	F	Montpelier	VT	1:01:27	9:54
82	6/7	Daniele Keu	24	F	Montpelier	VT	1:01:56	9:59
83	10/12	Peter Mancauskas	38	M	Montpelier	VT	1:04:11	10:20
84	11/12	David Contrada	31	M	Montpelier	VT	1:04:14	10:21
85	16/16	Heather Valachovic	46	F	Plainfield	VT	1:04:39	10:25
86	5/5	Maryke Gillis	51	F	Middlesex	VT	1:05:18	10:31
87	11/12	Tim Wingate	54	M	Montpelier	VT	1:05:32	10:33
88	17/17	Bob Degree	48	M	Colchester	VT	1:06:07	10:39
89	6/6	Gina Sherriff	33	F	Montpelier	VT	1:06:11	10:40
90	7/7	Wendy Fuller	28	F	Waterbury	VT	1:06:11	10:40
91	4/4	Alex Geller	27	M	Montpelier	VT	1:06:13	10:40
92	2/2	Roger Cranse	71	M	Montpelier	VT	1:07:31	10:52
93	10/10	Dick Ferno	68	M	Williamstown	VT	1:10:02	11:17
94	12/12	Rafael Contreras	31	M	Salinas	CA	1:11:10	11:28

95	12/12	Tony Mathis	50 M Montpelier	VT 1:11:29 11:31
96	1/1	Edie D. Novicki	60 F Stowe	VT 1:13:04 11:46

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\*\*\*\*\* AGE GROUP RESULTS \*\*\*\*\*

FEMALE AGE GROUP 01 - 19

1	39	Althea Devereux	13	Jericho	VT	46:48
2	48	Annika Seifert	16	Milton	VT	49:38
3	54	Holly Gordon	12	Montpelier	VT	52:06

Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

1	6	Matthew Loignon	19	Plainfield	VT	36:25
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Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1	11	Robyn Anderson	24	Stowe	VT	39:52
2	21	Addison Kasmarek	24	Westford	VT	43:15
3	47	Kellie Largay	27	St. Johnsbury	VT	48:59
4	78	Sarah Waterman	28	Montpelier	VT	59:47
5	79	Suzanne Waterman	23	Montpelier	VT	59:48
6	82	Daniele Keu	24	Montpelier	VT	1:01:56
7	90	Wendy Fuller	28	Waterbury	VT	1:06:11

Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1	5	Ryan Kerrigan	27	Moretown	VT	36:11
2	7	Yossef Regev	22	Lyndonville	VT	37:40
3	37	Wade Hackerson	25	Montpelier	VT	46:32
4	91	Alex Geller	27	Montpelier	VT	1:06:13

Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1	17	Sarah London	32	Montpelier	VT	42:01
2	35	Richarda Ericson	35	Montpelier	VT	46:13
3	38	Rima Carlson	37	Montpelier	VT	46:46
4	42	Stacy Bocskor	37	Northfield	VT	47:07
5	75	Megan Sheldon	38	Montpelier	VT	59:13
6	89	Gina Sherriff	33	Montpelier	VT	1:06:11

Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1	1	Daniel Gidumbanda	37	No. Montpelier	VT	34:47
2	2	Eric Eley	33	Duxbury	VT	35:06
3	4	Thomas Howard	35	Burlington	VT	36:03
4	8	Jon Floyd	39	Waterbury Ctr.	VT	38:49
5	9	Matthew Roth	34	Milton	VT	39:37
6	10	Rob McDougall	37	So. Burlington	VT	39:44
7	15	Craig Manning	37	Medford	MA	41:36
8	24	Brian Letourneau	32	Milton	VT	43:32
9	50	Cory van Gulden	31	Breckenridge	CO	49:40
10	83	Peter Mancauskas	38	Montpelier	VT	1:04:11
11	84	David Contrada	31	Montpelier	VT	1:04:14
12	94	Rafael Contreras	31	Salinas	CA	1:11:10

Record 30:50 by Eric Morse in 1995

## FEMALE AGE GROUP 40 - 49

1	25	Jessica Cover	42	Richmond	VT	43:49
2	33	Tania Horton	43	Colchester	VT	46:08
3	44	Sandy Colvin	44	Montpelier	VT	47:54
4	51	Melissa Prindiville	40	Berlin	VT	50:14
5	60	Jean Hess	45	Jericho	VT	54:01
6	61	Shari Oliver	48	Barre	VT	54:20
7	65	Becky Diedrich	47	Berlin	VT	55:48
8	66	Laura Bozarth	41	Montpelier	VT	55:49
9	69	Justine Franco	40	Montpelier	VT	56:32
10	70	Beth Martell	46	Essex Jct.	VT	57:20
11	71	Gail Pelkey	47	Waterbury	VT	58:10
12	73	Joy Stewart	42	Sunderland	VT	59:01
13	76	Jeanette Hosford	43	Middlesex	VT	59:40
14	80	Jane Burroughs	46	East Montpelier	VT	1:01:25
15	81	Emoke Mate	45	Montpelier	VT	1:01:27
16	85	Heather Valachovic	46	Plainfield	VT	1:04:39

Record 38:29 by Sue Barber in 1997

## MALE AGE GROUP 40 - 49

1	3	Tom Thurston	48	Waterbury	VT	35:19
2	12	Tim Ziter	40	Colchester	VT	41:00
3	13	Jim Farrington	42	Colchester	VT	41:25
4	14	Sean Murphy	45	Montpelier	VT	41:27
5	16	Christopher Cover	47	Richmond	VT	41:55
6	18	Michael Wolfe	49	Newton	MA	42:23
7	19	Kari Bradley	44	Montpelier	VT	42:52
8	23	Scott Nichols	46	Essex	VT	43:28
9	29	Leif Richardson	41	Montpelier	VT	45:11
10	32	Scott A. Lovelette	43	Montpelier	VT	46:01
11	40	Robert C. Monette	48	Jericho	VT	46:53
12	43	Jeff Prescott	48	Montpelier	VT	47:29
13	46	Thomas Rogers	45	Winooski	VT	48:10
14	52	Rick Brigham	48	Montpelier	VT	50:48
15	57	David Ospina	49	Williston	VT	52:31
16	59	Timothy Burdick	44	Waterbury Ctr.	VT	53:59
17	88	Bob Degree	48	Colchester	VT	1:06:07

Record 34:00 by Randy Sightler in 2001

## FEMALE AGE GROUP 50 - 59

1	20	Sue Hackney	55	Montpelier	VT	42:54
2	31	Donna Smyers	54	Adamant	VT	45:22
3	41	Nina Changelian	57	Waterbury Ctr.	VT	47:04
4	62	Ellie Bouffard	51	Colchester	VT	54:27
5	86	Maryke Gillis	51	Middlesex	VT	1:05:18

Record 41:41 by Moira Durnin in 2001

## MALE AGE GROUP 50 - 59

1	22	Scott Moreau	50	Westford	VT	43:15
2	28	Andy Shuford	52	Montpelier	VT	44:48
3	30	Charles Windisch	58	Essex Jct.	VT	45:18
4	36	Bob Corey	56	Colchester	VT	46:22
5	53	Michael Gordon	55	Essex Junction	VT	51:51
6	55	Jim Shea	53	East Montpelier	VT	52:07
7	56	Scott Griggs	50	Orange	VT	52:15
8	58	Wilson Ring	55	Waterbury Ctr.	VT	53:28
9	72	Randy Schmidt	51	Sunderland	VT	58:44
10	77	John Mahoney	58	Burlington	VT	59:46
11	87	Tim Wingate	54	Montpelier	VT	1:05:32
12	95	Tony Mathis	50	Montpelier	VT	1:11:29

Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1 96 Edie D. Novicki 60 Stowe VT 1:13:04  
 Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 60 - 69

1 26 Steve Burkholder 60 Montpelier VT 44:33  
 2 27 John Hackney 66 Montpelier VT 44:43  
 3 34 Russ Cooke 60 Williston VT 46:09  
 4 45 Greg Gerdel 65 Montpelier VT 47:55  
 5 49 John Martin 60 Montpelier VT 49:39  
 6 63 Frank Short 65 St. Albans VT 55:00  
 7 64 Robert Searles 63 Wolcott VT 55:31  
 8 67 Michael Shover 63 Bradford VT 56:01  
 9 74 Bob Howe 65 Barre VT 59:08  
 10 93 Dick Ferno 68 Williamstown VT 1:10:02  
 Record 40:33 by Ed McSweeney in 2011

FEMALE AGE GROUP 70 - 99

MALE AGE GROUP 70 - 99

1 68 Phillip Howard 74 Burlington VT 56:19  
 2 92 Roger Cranse 71 Montpelier VT 1:07:31  
 Record 49:37 by Jean Bernaquez in 2006