

CVR Capital City Stampede 10K  
 2015 CVR/ORS Race Series Race #4  
 USATF Certified. Registration No. USATF #VT09011RF  
 Montpelier, VT 06/06/2015

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/5	Will Kirk	25	M	So. Royalton	VT	36:26	5:52
2	1/7	Brian Burns	35	M	Calais	VT	37:38	6:04
3	1/7	Jon Copans	41	M	Montpelier	VT	37:48	6:05
4	1/13	Meagan Boucher	24	F	St. Johnsbury	VT	38:23	6:11
5	2/13	Lori Crotts	27	F	Duxbury	VT	38:42	6:14
6	2/7	Gavin Boyles	39	M	Montpelier	VT	40:12	6:29
7	1/10	Jim Flint	56	M	Craftsbury	VT	40:26	6:31
8	2/7	Rob McDougall	40	M	So. Burlington	VT	41:23	6:40
9	2/5	Kyle Powers	26	M	Waterford	VT	41:25	6:40
10	2/10	Michael Wolfe	52	M	Newton	MA	41:34	6:42
11	3/10	Mack Gardner-Morse	54	M	Calais	VT	41:53	6:45
12	1/6	Sarah London	35	F	Montpelier	VT	42:32	6:51
13	3/5	Dave Lovegrove	28	M	Burlington	VT	42:59	6:56
14	4/10	John Grosvenor	54	M	Cabot	VT	43:01	6:56
15	4/5	Allen Smith	27	M	So. Royalton	VT	43:10	6:57
16	1/1	Dot Martin	54	F	Williamstown	VT	43:13	6:58
17	5/10	Todd Taska	56	M	Lowell	VT	44:06	7:06
18	2/6	Leslie Welts	34	F	Montpelier	VT	45:41	7:22
19	3/13	Haley Pratt	23	F	Barre	VT	45:43	7:22
20	1/8	Rima Carlson	40	F	Montpelier	VT	45:43	7:22
21	3/6	Allie Nerenberg	30	F	Jericho	VT	45:58	7:24
22	6/10	Andy Shuford	55	M	Montpelier	VT	46:27	7:29
23	4/13	Danielle LaCavalla	28	F	Northfield	VT	46:47	7:32
24	5/5	Emerson Howe	26	M	Duxbury	VT	47:27	7:39
25	1/5	Russ Cooke	63	M	Williston	VT	47:30	7:39
26	2/5	John Hackney	69	M	Montpelier	VT	47:39	7:41
27	4/6	Lydia Petty	31	F	Northfield	VT	48:07	7:45
28	3/7	Colin Bright	33	M	Northfield	VT	48:33	7:49
29	7/10	Jeff Prescott	51	M	Montpelier	VT	48:34	7:49
30	5/13	Pam Eaton	29	F	Waterbury	VT	48:41	7:51
31	2/8	Sandy Colvin	47	F	Montpelier	VT	49:19	7:57
32	8/10	Dennis Casey	56	M	Waterford	VT	49:38	8:00
33	9/10	Steven Robinson	51	M	Montpelier	VT	49:59	8:03
34	4/7	Eric Cucinkas	34	M	Montpelier	VT	50:56	8:12
35	5/7	Al Hermsen	31	M	Montpelier	VT	51:27	8:17
36	6/7	Daniel Keeney	31	M	No. Montpelier	VT	51:45	8:20
37	6/13	Megan Mitchell	21	F	Burlington	VT	53:03	8:33
38	3/8	Amy Lear	42	F	Brandon	VT	53:03	8:33
39	3/7	Calvin Smith	46	M	Montpelier	VT	53:23	8:36
40	7/13	Elizabeth Keller	25	F	Montpelier	VT	54:05	8:43
41	10/10	Tony Mathis	53	M	Montpelier	VT	54:08	8:43
42	3/5	Michael Shover	66	M	Bradford	VT	55:12	8:54
43	8/13	Hannah Cuseo	28	F	Burlington	VT	56:22	9:05
44	9/13	Sarah Bradley	27	F	Essex Jct.	VT	56:46	9:09
45	10/13	Melissa Gingras	20	F	So. Burlington	VT	57:34	9:16
46	1/3	Phillip L. Howard	77	M	Burlington	VT	58:09	9:22
47	11/13	Emma Wilkinson	20	F	So. Burlington	VT	58:43	9:27
48	4/8	Kim Bolduc	48	F	Middlesex	VT	59:04	9:31
49	1/3	Rae Nishi	61	F	So. Burlington	VT	59:50	9:38
50	12/13	Caitlin Lovegrove	29	F	Burlington	VT	1:00:35	9:45
51	4/7	Kevin Wimble	40	M	Colchester	VT	1:00:45	9:47
52	5/8	Erika Hansen	41	F	Essex Jct.	VT	1:00:45	9:47
53	5/7	John Wakefield	40	M	Montpelier	VT	1:01:01	9:50
54	4/5	Greg Wight	69	M	Brookfield	VT	1:01:13	9:52
55	5/5	John Kaeding	67	M	Worcester	VT	1:02:03	10:00
56	2/3	Toni Kaeding	63	F	Worcester	VT	1:02:04	10:00
57	2/3	Dick Ferno	71	M	Williamstown	VT	1:02:44	10:06
58	13/13	Stephanie Austin	26	F	Essex	VT	1:03:57	10:18
59	7/7	Ryan Austin	30	M	Essex	VT	1:03:57	10:18
60	6/7	Jeremy Barry	40	M	Hartford	VT	1:04:24	10:22

61	5/6	Erin McKenney	37 F Montpelier	VT 1:04:28	10:23
62	6/8	Melodie Kuban	43 F Barre	VT 1:05:06	10:29
63	6/6	Sarah Davis	32 F Northfield	VT 1:05:07	10:29
64	3/3	Roger Cranse	74 M Montpelier	VT 1:09:04	11:07
65	7/7	Erich Rosenstreich	47 M Montpelier	VT 1:11:32	11:31
66	3/3	Edie Novicki	63 F Stowe	VT 1:16:20	12:18
67	7/8	Mary Stridsberg	42 F Berlin	VT 1:17:30	12:29
68	1/1	Gerry Carlson	83 M Montpelier	VT 1:17:31	12:29
69	8/8	Denise Ricker	49 F Montpelier	VT 1:20:56	13:02

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

FEMALE AGE GROUP 01 - 19

Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1	4	Meagan Boucher	24 St. Johnsbury	VT	38:23
2	5	Lori Crotts	27 Duxbury	VT	38:42
3	19	Haley Pratt	23 Barre	VT	45:43
4	23	Danielle LaCavalla	28 Northfield	VT	46:47
5	30	Pam Eaton	29 Waterbury	VT	48:41
6	37	Megan Mitchell	21 Burlington	VT	53:03
7	40	Elizabeth Keller	25 Montpelier	VT	54:05
8	43	Hannah Cuseo	28 Burlington	VT	56:22
9	44	Sarah Bradley	27 Essex Jct.	VT	56:46
10	45	Melissa Gingras	20 So. Burlington	VT	57:34
11	47	Emma Wilkinson	20 So. Burlington	VT	58:43
12	50	Caitlin Lovegrove	29 Burlington	VT	1:00:35
13	58	Stephanie Austin	26 Essex	VT	1:03:57

Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1	1	Will Kirk	25 So. Royalton	VT	36:26
2	9	Kyle Powers	26 Waterford	VT	41:25
3	13	Dave Lovegrove	28 Burlington	VT	42:59
4	15	Allen Smith	27 So. Royalton	VT	43:10
5	24	Emerson Howe	26 Duxbury	VT	47:27

Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1	12	Sarah London	35 Montpelier	VT	42:32
2	18	Leslie Welts	34 Montpelier	VT	45:41
3	21	Allie Nerenberg	30 Jericho	VT	45:58
4	27	Lydia Petty	31 Northfield	VT	48:07
5	61	Erin McKenney	37 Montpelier	VT	1:04:28
6	63	Sarah Davis	32 Northfield	VT	1:05:07

Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1	2	Brian Burns	35 Calais	VT	37:38
2	6	Gavin Boyles	39 Montpelier	VT	40:12
3	28	Colin Bright	33 Northfield	VT	48:33
4	34	Eric Kucinskis	34 Montpelier	VT	50:56
5	35	Al Hermsen	31 Montpelier	VT	51:27
6	36	Daniel Keeney	31 No. Montpelier	VT	51:45
7	59	Ryan Austin	30 Essex	VT	1:03:57

Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1	20	Rima Carlson	40 Montpelier	VT	45:43
2	31	Sandy Colvin	47 Montpelier	VT	49:19
3	38	Amy Lear	42 Brandon	VT	53:03
4	48	Kim Bolduc	48 Middlesex	VT	59:04

5	52 Erika Hansen	41 Essex Jct.	VT	1:00:45
6	62 Melodie Kuban	43 Barre	VT	1:05:06
7	67 Mary Stridsberg	42 Berlin	VT	1:17:30
8	69 Denise Ricker	49 Montpelier	VT	1:20:56
Record 38:29 by Sue Barber in 1997				
MALE AGE GROUP 40 - 49				
1	3 Jon Copans	41 Montpelier	VT	37:48
2	8 Rob McDougall	40 So. Burlington	VT	41:23
3	39 Calvin Smith	46 Montpelier	VT	53:23
4	51 Kevin Wimble	40 Colchester	VT	1:00:45
5	53 John Wakefield	40 Montpelier	VT	1:01:01
6	60 Jeremy Barry	40 Hartford	VT	1:04:24
7	65 Erich Rosenstreich	47 Montpelier	VT	1:11:32
Record 34:00 by Randy Sightler in 2001				
FEMALE AGE GROUP 50 - 59				
1	16 Dot Martin	54 Williamstown	VT	43:13
Record 41:41 by Moira Durnin in 2001				
MALE AGE GROUP 50 - 59				
1	7 Jim Flint	56 Craftsbury	VT	40:26
2	10 Michael Wolfe	52 Newton	MA	41:34
3	11 Mack Gardner-Morse	54 Calais	VT	41:53
4	14 John Grosvenor	54 Cabot	VT	43:01
5	17 Todd Taska	56 Lowell	VT	44:06
6	22 Andy Shuford	55 Montpelier	VT	46:27
7	29 Jeff Prescott	51 Montpelier	VT	48:34
8	32 Dennis Casey	56 Waterford	VT	49:38
9	33 Steven Robinson	51 Montpelier	VT	49:59
10	41 Tony Mathis	53 Montpelier	VT	54:08
Record 34:44 by Doug MacGregor in 1990				
FEMALE AGE GROUP 60 - 69				
1	49 Rae Nishi	61 So. Burlington	VT	59:50
2	56 Toni Kaeding	63 Worcester	VT	1:02:04
3	66 Edie Novicki	63 Stowe	VT	1:16:20
Record 46:38 by Patty Foltz in 2008				
MALE AGE GROUP 60 - 69				
1	25 Russ Cooke	63 Williston	VT	47:30
2	26 John Hackney	69 Montpelier	VT	47:39
3	42 Michael Shover	66 Bradford	VT	55:12
4	54 Greg Wight	69 Brookfield	VT	1:01:13
5	55 John Kaeding	67 Worcester	VT	1:02:03
Record 39:19 by Kevin McMahon in 2014				
FEMALE AGE GROUP 70 - 79				
MALE AGE GROUP 70 - 79				
1	46 Phillip L. Howard	77 Burlington	VT	58:09
2	57 Dick Ferno	71 Williamstown	VT	1:02:44
3	64 Roger Cranse	74 Montpelier	VT	1:09:04
Record 49:37 by Jean Bernaquez in 2006				
FEMALE AGE GROUP 80 - 99				
MALE AGE GROUP 80 - 99				
1	68 Gerry Carlson	83 Montpelier	VT	1:17:31
Record 55:27 by Jean Bernaquez in 2013				