

The 5<sup>th</sup> Annual Adamant 20 Miler was a challenge for both participants and volunteers. Temps hovered in the upper 30's with a constant drizzle or light rain. Many racers commented on ice remaining in ponds along the course. The weather returned participation to usual levels in contrast to last year's record turnout on a sunny day.

Course record holder Dave Herr returned to Adamant for his 3<sup>rd</sup> win in 2:09:29. The women's field was topped by Kathleen Mack from Brandon in 2:36:57. Families were the relay theme with first place relay team the father/son duo of John and Jeremy Grosvenor while 2<sup>nd</sup> place and 1<sup>st</sup> mixed team was the wife/husband duo of Rima and Brian Carlson.

Thanks to the volunteers who make this race one of the best catered in the area: John Valentine, Sigh Searles, Sandy Colvin, Phoebe Stone, Marsha Bancroft, Mike and Maryke Gillis, Nick Persampieri, Greg Wight, Bob Murphy, Roger Cranse, Dick, Brynn & Brian Bushey, Jean Palmisano, and Janet Pocerobba.

Eric Ryea & Donna Smyers, Race Directors

5th Annual Adamant 20 Miler and Relay  
 April 26, 2014  
 Adamant, VT

\*\*\*\*\*OVERALL RESULTS Individual 20 Miler\*\*\*\*\*

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/5	David Herr	48	M	Canaan	VT	2:09:29	6:29
2	1/5	Joe Ainsworth	25	M	Burlington	VT	2:19:25	6:59
3	1/4	Justin Ryea	35	M	S Burlington	VT	2:22:05	7:07
4	2/5	Rowly Brucken	45	M	Northfield	VT	2:24:21	7:14
5	3/5	Ben Ellingson	43	M	Montpelier	VT	2:29:14	7:28
6	2/5	Joseph Kill	24	M	Lyndonville	VT	2:31:13	7:34
7	4/5	Bob Whittaker	40	M	Kirby	VT	2:31:33	7:35
8	2/4	Kevin Robinson	33	M	Montpelier	VT	2:36:41	7:51
9	1/4	Kathleen Mack	29	F	Brandon	VT	2:36:57	7:51
10	1/6	Nelson Carter	53	M	Lebanon	NH	2:40:58	8:03
11	5/5	George Cook	41	M	Montpelier	VT	2:42:38	8:08
12	3/4	Dan Voisin	38	M	Montpelier	VT	2:44:59	8:15
13	3/5	Brad Miller	28	M	Burlington	VT	2:46:00	8:18
14	4/5	John Ringer	25	M	Waterbury Ct	VT	2:46:42	8:21
15	1/1	Suzanna Smith-	46	F	Strafford	VT	2:54:14	8:43
16	2/6	Franklyn Kelec	52	M	Lebanon	NH	2:54:41	8:45
17	4/4	Nick Managan	31	M	Waterbury	VT	2:55:23	8:47
18	2/4	Colleen Kiley	26	F	Vergennes	VT	2:56:24	8:50
19	1/2	Jill Smith	35	F	S Burlington	VT	3:03:57	9:12
20	3/4	Camille Anders	24	F	Waterbury Ct	VT	3:06:35	9:20
21	4/4	Elise McCormic	25	F	Winooski	VT	3:07:45	9:24
22	5/5	Alan McGrath J	29	M	Lyndonville	VT	3:13:13	9:40
23	3/6	Mark Howard	51	M	Marshfield	VT	3:14:11	9:43
24	1/2	John Duff	61	M	Newfane	VT	3:16:52	9:51
25	4/6	Rick Deangelis	58	M	Montpelier	VT	3:17:04	9:52
26	5/6	Tony Mathis	52	M	Montpelier	VT	3:20:37	10:02
27	6/6	Fred Gillen	50	M	Duxbury	VT	3:21:42	10:06
28	2/2	Michael Libuda	65	M	Enfield	NH	3:21:43	10:06
29	2/2	Naomi Hahr	30	F	Morrisville	VT	3:22:17	10:07
30	1/1	Newton Baker	72	M	Montpelier	VT	4:21:48	13:06

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\*\*\*\*\*RELAY RESULTS\*\*\*\*\*

Place	First Leg	Second Leg	R	Leg1	Leg2	Finish
1	John Grosvenor	Jeremy Grosvenor	M	1:40:01	44:59	2:25:00
2	Rima Carlson	Brian Carlson	C	1:53:30	43:18	2:36:48
3	Chuck Landry	Carla Chandler	C	1:40:01	58:52	2:38:53
4	Sean Murphy	June Burr	C	1:37:21	1:02:40	2:40:01
5	Adam French	Randy Brown	M	1:35:31	1:07:52	2:43:23
6	John Valentine	Jeff Prescott	M	1:45:47	1:01:02	2:46:49
7	Jenny Bedell	Dot Martin	F	1:53:47	56:04	2:49:51
8	Ann Bushey	Andy Shuford	C	1:57:10	57:53	2:55:03
9	Erin Preston	Jamie Wirasnik	F	1:53:20	1:06:24	2:59:44
10	Dave Erickson	John Martin	M	2:04:35	1:06:23	3:10:58
11	Mel Magallanez	Rachel Cole	F	2:01:16	1:20:27	3:21:43

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

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

1 Kathleen Mack 29 Brandon VT 2:36:57  
Record 2:32:57 by Nicole Yokum in 2010

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

1 David Herr 48 Canaan VT 2:09:29  
Record 2:04:58 by David Herr in 2012

FEMALE AGE GROUP 01 - 19 (none)  
MALE AGE GROUP 01 - 19 (none)

FEMALE AGE GROUP 20 - 29

1	11	Kathleen Mack	29 Brandon	VT 2:36:57
2	26	Colleen Kiley	26 Vergennes	VT 2:56:24
3	29	Camille Anderson	24 Waterbury Ctr	VT 3:06:35
4	30	Elise McCormick	25 Winooski	VT 3:07:45

MALE AGE GROUP 20 - 29

1	2	Joe Ainsworth	25 Burlington	VT 2:19:25
2	7	Joseph Kill	24 Lyndonville	VT 2:31:13
3	18	Brad Miller	28 Burlington	VT 2:46:00
4	19	John Ringer	25 Waterbury Ctr	VT 2:46:42
5	32	Alan McGrath Jr	29 Lyndonville	VT 3:13:13

FEMALE AGE GROUP 30 - 39

1	28	Jill Smith	35 S Burlington	VT 3:03:57
2	40	Naomi Hahr	30 Morrisville	VT 3:22:17

MALE AGE GROUP 30 - 39

1	3	Justin Ryea	35 S Burlington	VT 2:22:05
2	9	Kevin Robinson	33 Montpelier	VT 2:36:41
3	17	Dan Voisin	38 Montpelier	VT 2:44:59
4	25	Nick Managan	31 Waterbury	VT 2:55:23

FEMALE AGE GROUP 40 - 49

1	22	Suzanna Smith-Horn	46 Strafford	VT 2:54:14
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MALE AGE GROUP 40 - 49

1	1	David Herr	48 Canaan	VT 2:09:29
2	4	Rowly Brucken	45 Northfield	VT 2:24:21
3	6	Ben Ellingson	43 Montpelier	VT 2:29:14
4	8	Bob Whittaker	40 Kirby	VT 2:31:33
5	15	George Cook	41 Montpelier	VT 2:42:38

FEMALE AGE GROUP 50 - 59 (none)

MALE AGE GROUP 50 - 59

1	14	Nelson Carter	53 Lebanon	NH 2:40:58
2	23	Franklyn Kelecy	52 Lebanon	NH 2:54:41
3	33	Mark Howard	51 Marshfield	VT 3:14:11
4	35	Rick Deangelis	58 Montpelier	VT 3:17:04
5	36	Tony Mathis	52 Montpelier	VT 3:20:37
6	37	Fred Gillen	50 Duxbury	VT 3:21:42

FEMALE AGE GROUP 60 - 69 (none)

MALE AGE GROUP 60 - 69

1	34	John Duff	61 Newfane	VT 3:16:52
2	38	Michael Libuda	65 Enfield	NH 3:21:43

FEMALE AGE GROUP 70 - 99 (none)

MALE AGE GROUP 70 - 99

1	41	Newton Baker	72 Montpelier	VT 4:21:48
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5th Annual Adamant 20 Miler and Relay  
 April 26, 2014  
 Adamant, VT

\*\*\*\*\*LEG 1 13 Miles RESULTS\*\*\*\*\*

Place	Div/Tot	Name	R	Age	S	City	St	Leg1	Pace
1	1/5	David Herr	I	48	M	Canaan	VT	1:22:03	6:19
2	1/4	Justin Ryea	I	35	M	S Burlington	VT	1:28:20	6:48
3	1/5	Joe Ainsworth	I	25	M	Burlington	VT	1:29:17	6:53
4	2/5	Rowly Brucken	I	45	M	Northfield	VT	1:32:23	7:07
5	2/5	Joseph Kill	I	24	M	Lyndonville	VT	1:34:37	7:17
6	1/4	Adam French	R	34	M	Berlin	VT	1:35:31	7:21
7	3/5	Ben Ellingson	I	43	M	Montpelier	VT	1:37:08	7:29
8	1/4	Sean Murphy	R	47	M	Websterville	VT	1:37:21	7:30
9	4/5	Bob Whittaker	I	40	M	Kirby	VT	1:37:46	7:32
10	1/4	Kathleen Mack	I	29	F	Brandon	VT	1:39:06	7:38
11	2/4	Chuck Landry	R	58	M	Meriden	NH	1:40:01	7:42
12	2/4	John Grosvenor	R	53	M	Cabot	VT	1:40:01	7:42
13	2/4	Kevin Robinson	I	33	M	Montpelier	VT	1:42:15	7:52
14	1/6	Nelson Carter	I	53	M	Lebanon	NH	1:42:33	7:54
15	5/5	George Cook	I	41	M	Montpelier	VT	1:44:15	8:02
16	3/4	John Valentine	R	64	M	Roxbury	VT	1:45:47	8:09
17	3/4	Dan Voisin	I	38	M	Montpelier	VT	1:45:47	8:09
18	3/5	John Ringer	I	25	M	Waterbury Ctr	VT	1:45:59	8:10
19	4/5	Brad Miller	I	28	M	Burlington	VT	1:46:56	8:14
20	4/4	Nick Managan	I	31	M	Waterbury	VT	1:47:15	8:15
21	2/6	Franklyn Kelecy	I	52	M	Lebanon	NH	1:51:24	8:35
22	2/4	Colleen Kiley	I	26	F	Vergennes	VT	1:52:20	8:39
23	1/3	Erin Preston	R	39	F	Graniteville	VT	1:53:20	8:44
24	3/4	Rima Carlson	R	39	F	Montpelier	VT	1:53:30	8:44
25	2/3	Jenny Bedell	R	52	F	Underhill	VT	1:53:47	8:46
26	1/1	Suzanna Smith-Horn	I	46	F	Strafford	VT	1:54:07	8:47
27	5/5	Alan McGrath Jr	I	29	M	Lyndonville	VT	1:55:21	8:53
28	1/2	Jill Smith	I	35	F	S Burlington	VT	1:55:21	8:53
29	4/4	Ann Bushey	R	56	F	Montpelier	VT	1:57:10	9:01
30	3/4	Camille Anderson	I	24	F	Waterbury Ctr	VT	1:57:59	9:05
31	4/4	Elise McCormick	I	25	F	Winooski	VT	1:58:02	9:05
32	1/2	John Duff	I	61	M	Newfane	VT	2:01:10	9:20
33	3/3	Mel Magallanez	R	34	F	Stowe	VT	2:01:16	9:20
34	3/6	Mark Howard	I	51	M	Marshfield	VT	2:02:04	9:24
35	2/2	Naomi Hahr	I	30	F	Morrisville	VT	2:04:24	9:35
36	4/4	Dave Erickson	R	61	M	Barre	VT	2:04:35	9:35
37	4/6	Rick Deangelis	I	58	M	Montpelier	VT	2:04:40	9:36
38	5/6	Tony Mathis	I	52	M	Montpelier	VT	2:07:08	9:47
39	6/6	Fred Gillen	I	50	M	Duxbury	VT	2:09:40	9:59
40	2/2	Michael Libuda	I	65	M	Enfield	NH	2:09:40	9:59
41	1/1	Newton Baker	I	72	M	Montpelier	VT	2:50:35	13:08

5th Annual Adamant 20 Miler and Relay  
 April 26, 2014  
 Adamant, VT

\*\*\*\*\*LEG2 7 Miles RESULTS\*\*\*\*\*

Place	Name	R	Age	S	City2	St	Time	Pace
=====	=====	=	====	=	=====	==	=====	=====
1	Brian Carlson	R	41	M	Montpelier	VT	43:18	6:12
2	Jeremy Grosvenor	R	15	M	Cabot	VT	44:59	6:26
3	David Herr	I	48	M	Canaan	VT	47:26	6:47
4	Joe Ainsworth	I	25	M	Burlington	VT	50:08	7:10
5	Rowly Brucken	I	45	M	Northfield	VT	51:58	7:26
6	Ben Ellingson	I	43	M	Montpelier	VT	52:06	7:27
7	Justin Ryea	I	35	M	S Burlington	VT	53:45	7:41
8	Bob Whittaker	I	40	M	Kirby	VT	53:47	7:41
9	Kevin Robinson	I	33	M	Montpelier	VT	54:26	7:47
10	Dot Martin	R	53	F	Williamstown	VT	56:04	8:01
11	Joseph Kill	I	24	M	Lyndonville	VT	56:36	8:06
12	Kathleen Mack	I	29	F	Brandon	VT	57:51	8:16
13	Andy Shuford	R	53	M	Montpelier	VT	57:53	8:17
14	George Cook	I	41	M	Montpelier	VT	58:23	8:21
15	Nelson Carter	I	53	M	Lebanon	NH	58:25	8:21
16	Carla Chandler	R	48	F	Meriden	NH	58:52	8:25
17	Brad Miller	I	28	M	Burlington	VT	59:04	8:27
18	Dan Voisin	I	38	M	Montpelier	VT	59:12	8:28
19	Suzanna Smith-Horn	I	46	F	Strafford	VT	1:00:07	8:36
20	John Ringer	I	25	M	Waterbury Ctr	VT	1:00:43	8:41
21	Jeff Prescott	R	50	M	Montpelier	VT	1:01:02	8:44
22	June Burr	R	55	F	Fayston	VT	1:02:40	8:58
23	Franklyn Kelecy	I	52	M	Lebanon	NH	1:03:17	9:03
24	Colleen Kiley	I	26	F	Vergennes	VT	1:04:04	9:10
25	John Martin	R	62	M	Williamstown	VT	1:06:23	9:29
26	Jamie Wirasnik	R	27	F		VT	1:06:24	9:30
27	Randy Brown	R	46	M	Middlesex	VT	1:07:52	9:42
28	Nick Managan	I	31	M	Waterbury	VT	1:08:08	9:44
29	Jill Smith	I	35	F	S Burlington	VT	1:08:36	9:48
30	Camille Anderson	I	24	F	Waterbury Ctr	VT	1:08:36	9:48
31	Elise McCormick	I	25	F	Winooski	VT	1:09:43	9:58
32	Fred Gillen	I	50	M	Duxbury	VT	1:12:02	10:18
33	Michael Libuda	I	65	M	Enfield	NH	1:12:03	10:18
34	Mark Howard	I	51	M	Marshfield	VT	1:12:07	10:19
35	Rick Deangelis	I	58	M	Montpelier	VT	1:12:24	10:21
36	Tony Mathis	I	52	M	Montpelier	VT	1:13:29	10:30
37	John Duff	I	61	M	Newfane	VT	1:15:42	10:49
38	Alan McGrath Jr	I	29	M	Lyndonville	VT	1:17:52	11:08
39	Naomi Hahr	I	30	F	Morrisville	VT	1:17:53	11:08
40	Rachel Cole	R	27	F	Essex Jct	VT	1:20:27	11:30
41	Newton Baker	I	72	M	Montpelier	VT	1:31:13	13:02