

CVR Capital City Stampede 10K  
 2014 CVR/ORS Race Series Race #4  
 USATF Certified. Registration No. USATF #VT09011RF  
 Montpelier, VT 06/07/2014

Place	Div/Tot	Name	Age	S	City	St	Time	Pace
1	1/6	Thorin Markison	31	M	Waterbury	VT	37:05	5:59
2	2/6	Brian Burns	38	M	Calais	VT	38:07	6:09
3	1/8	Jon Floyd	41	M	Waterbury Ctr.	VT	38:44	6:15
4	1/3	Andrew Klem	23	M	Winooski	VT	39:08	6:18
5	2/3	Marc Vanderhoof	28	M	Worcester	VT	39:10	6:19
6	1/8	Kevin McMahon	60	M	Essex Jct.	VT	39:19	6:20
7	2/8	Ben Ellingson	43	M	Montpelier	VT	40:10	6:28
8	1/12	Jim Flint	55	M	Craftsbury	VT	40:22	6:30
9	2/12	Nick Persampieri	54	M	Montpelier	VT	41:55	6:45
10	3/6	Rob McDougall	39	M	So. Burlington	VT	42:25	6:50
11	1/10	Joyce Holsten	44	F	Jericho	VT	42:46	6:53
12	3/8	Kari Bradley	46	M	Montpelier	VT	42:51	6:54
13	4/8	Scott Nichols	48	M	Essex	VT	42:53	6:55
14	1/7	Sue Hackney	57	F	Montpelier	VT	43:11	6:57
15	1/7	Amy Stewart	30	F	Stowe	VT	43:34	7:01
16	2/7	Julie Curtin	39	F	Montpelier	VT	44:22	7:09
17	2/7	Dot Martin	53	F	Montpelier	VT	44:28	7:10
18	3/12	Mike Gillis	57	M	Middlesex	VT	44:30	7:10
19	2/8	Jamie Shanley	61	M	Montpelier	VT	45:06	7:16
20	3/7	Sarah London	34	F	Montpelier	VT	45:32	7:20
21	2/10	Amanda Ellingson	44	F	Montpelier	VT	46:37	7:31
22	4/12	Brendan Finn	53	M	So. Burlington	VT	46:39	7:31
23	5/8	Sean Murphy	47	M	Websterville	VT	46:46	7:32
24	3/10	Katrina Phillips	43	F	Montpelier	VT	46:49	7:33
25	4/7	Richarda Ericson	38	F	Montpelier	VT	46:55	7:34
26	5/12	Paul Keating	58	M	Montpelier	VT	47:13	7:36
27	3/8	Charles Windisch	60	M	Essex Jct.	VT	47:34	7:40
28	6/12	Russell Statman	54	M	Burlington	VT	47:36	7:40
29	1/3	Laura Krantz	26	F	Montpelier	VT	47:38	7:40
30	3/7	Beth Daut	50	F	Berlin	VT	47:47	7:42
31	4/8	Russ Cooke	62	M	Williston	VT	48:01	7:44
32	4/10	Betsy Drury	44	F	Middlesex	VT	48:59	7:53
33	7/12	Andy Shuford	54	M	Montpelier	VT	49:16	7:56
34	5/10	Sandy Colvin	46	F	Montpelier	VT	49:34	7:59
35	4/7	Nina Aitken	59	F	Waterbury Ctr.	VT	49:38	8:00
36	1/2	Patty Foltz	66	F	Stowe	VT	49:53	8:02
37	4/6	Tom Tarnow	38	M	Montpelier	VT	50:02	8:04
38	5/7	Johanna Straaavalldso	31	F	Montpelier	VT	50:07	8:04
39	6/7	Naomi Sheffield	30	F	Montpelier	VT	50:45	8:11
40	8/12	Jeff Prescott	50	M	Montpelier	VT	50:48	8:11
41	9/12	James Palmer	59	M	Williston	VT	50:54	8:12
42	10/12	Rick Brigham	50	M	Montpelier	VT	51:29	8:18
43	3/3	Samuel Planck	29	M	Barre	VT	51:43	8:20
44	2/3	Shannon Salembier	28	F	Montpelier	VT	51:49	8:21
45	5/7	Ann Bushey	56	F	Montpelier	VT	52:11	8:24
46	6/7	June Burr	55	F	Fayston	VT	52:21	8:26
47	5/8	John Martin	62	M	Montpelier	VT	52:25	8:27
48	11/12	Tony Mathis	52	M	Montpelier	VT	52:39	8:29
49	6/8	Adam Rosen	47	M	Montpelier	VT	53:01	8:32
50	6/10	Gail Pelkey	49	F	Waterbury	VT	53:04	8:33
51	12/12	Michael Gordon	57	M	Essex Jct.	VT	53:31	8:37
52	3/3	Heidi Ainsworth	29	F	Hyde Park	VT	54:19	8:45
53	7/10	Cristine Maloney	40	F	Randolph	VT	54:20	8:45
54	5/6	Bill Funk	30	M	Barre	VT	55:05	8:52
55	6/6	Jeff Johnson	36	M	Barre	VT	55:06	8:53
56	7/8	Ed Nirenstein	42	M	East Burke	VT	55:09	8:53
57	6/8	Michael Shover	65	M	Bradford	VT	55:19	8:55
58	1/2	Aidan Reardon	16	M	Calais	VT	56:26	9:05
59	2/2	Kyle Cooke	16	M	Montpelier	VT	56:30	9:06
60	7/8	Greg Gerdel	67	M	Montpelier	VT	56:34	9:07

61	8/10	Becky Diedrich	49 F Berlin	VT	56:51	9:09
62	9/10	Anne Linehan	41 F Tunbridge	VT	58:28	9:25
63	10/10	Rebecca Purdom	42 F Montpelier	VT	58:29	9:25
64	7/7	Margaret Brigham	51 F Montpelier	VT	59:06	9:31
65	7/7	Tabrena Karish	32 F Duxbury	VT	59:17	9:33
66	1/2	Phillip Howard	76 M Burlington	VT	1:00:03	9:40
67	8/8	Bob Howe	67 M Barre	VT	1:04:05	10:19
68	8/8	Craige Lyford	45 M Barre	VT	1:08:27	11:01
69	2/2	Edie Novicki	62 F Stowe	VT	1:10:31	11:21
70	2/2	Roger Cranse	73 M Montpelier	VT	1:13:30	11:50

CVR Capital City Stampede 10K  
2014 CVR/ORS Race Series Race #4  
USATF Certified. Registration No. USATF #VT09011RF  
Montpelier, VT 06/07/2014

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

FEMALE AGE GROUP 01 - 19

Record 38:56 by Caitlin Compton in 1999

MALE AGE GROUP 01 - 19

1	58 Aidan Reardon	16 Calais	VT	56:26
2	59 Kyle Cooke	16 Montpelier	VT	56:30

Record 32:37 by Brent Coon in 1985

FEMALE AGE GROUP 20 - 29

1	29 Laura Krantz	26 Montpelier	VT	47:38
2	44 Shannon Salembier	28 Montpelier	VT	51:49
3	52 Heidi Ainsworth	29 Hyde Park	VT	54:19

Record 35:28 by Lea Hayer in 1983

MALE AGE GROUP 20 - 29

1	4 Andrew Klem	23 Winooski	VT	39:08
2	5 Marc Vanderhoof	28 Worcester	VT	39:10
3	43 Samuel Planck	29 Barre	VT	51:43

Record 30:26 by Eric Morse in 1993

FEMALE AGE GROUP 30 - 39

1	15 Amy Stewart	30 Stowe	VT	43:34
2	16 Julie Curtin	39 Montpelier	VT	44:22
3	20 Sarah London	34 Montpelier	VT	45:32
4	25 Richarda Ericson	38 Montpelier	VT	46:55
5	38 Johanna Straaavalldso	31 Montpelier	VT	50:07
6	39 Naomi Sheffield	30 Montpelier	VT	50:45
7	65 Tabrena Karish	32 Duxbury	VT	59:17

Record 36:43 by Gina Sperry in 1991

MALE AGE GROUP 30 - 39

1	1 Thorin Markison	31 Waterbury	VT	37:05
2	2 Brian Burns	38 Calais	VT	38:07
3	10 Rob McDougall	39 So. Burlington	VT	42:25
4	37 Tom Tarnow	38 Montpelier	VT	50:02
5	54 Bill Funk	30 Barre	VT	55:05
6	55 Jeff Johnson	36 Barre	VT	55:06

Record 30:50 by Eric Morse in 1995

FEMALE AGE GROUP 40 - 49

1	11 Joyce Holsten	44 Jericho	VT	42:46
2	21 Amanda Ellingson	44 Montpelier	VT	46:37
3	24 Katrina Phillips	43 Montpelier	VT	46:49
4	32 Betsy Drury	44 Middlesex	VT	48:59
5	34 Sandy Colvin	46 Montpelier	VT	49:34
6	50 Gail Pelkey	49 Waterbury	VT	53:04
7	53 Cristine Maloney	40 Randolph	VT	54:20
8	61 Becky Diedrich	49 Berlin	VT	56:51
9	62 Anne Linehan	41 Tunbridge	VT	58:28
10	63 Rebecca Purdom	42 Montpelier	VT	58:29

Record 38:29 by Sue Barber in 1997

MALE AGE GROUP 40 - 49

1	3	Jon Floyd	41 Waterbury Ctr.	VT	38:44
2	7	Ben Ellingson	43 Montpelier	VT	40:10
3	12	Kari Bradley	46 Montpelier	VT	42:51
4	13	Scott Nichols	48 Essex	VT	42:53
5	23	Sean Murphy	47 Websterville	VT	46:46
6	49	Adam Rosen	47 Montpelier	VT	53:01
7	56	Ed Nirenstein	42 East Burke	VT	55:09
8	68	Craige Lyford	45 Barre	VT	1:08:27

Record 34:00 by Randy Sightler in 2001

FEMALE AGE GROUP 50 - 59

1	14	Sue Hackney	57 Montpelier	VT	43:11
2	17	Dot Martin	53 Montpelier	VT	44:28
3	30	Beth Daut	50 Berlin	VT	47:47
4	35	Nina Aitken	59 Waterbury Ctr.	VT	49:38
5	45	Ann Bushey	56 Montpelier	VT	52:11
6	46	June Burr	55 Fayston	VT	52:21
7	64	Margaret Brigham	51 Montpelier	VT	59:06

Record 41:41 by Moira Durnin in 2001

MALE AGE GROUP 50 - 59

1	8	Jim Flint	55 Craftsbury	VT	40:22
2	9	Nick Persampieri	54 Montpelier	VT	41:55
3	18	Mike Gillis	57 Middlesex	VT	44:30
4	22	Brendan Finn	53 So. Burlington	VT	46:39
5	26	Paul Keating	58 Montpelier	VT	47:13
6	28	Russell Statman	54 Burlington	VT	47:36
7	33	Andy Shuford	54 Montpelier	VT	49:16
8	40	Jeff Prescott	50 Montpelier	VT	50:48
9	41	James Palmer	59 Williston	VT	50:54
10	42	Rick Brigham	50 Montpelier	VT	51:29
11	48	Tony Mathis	52 Montpelier	VT	52:39
12	51	Michael Gordon	57 Essex Jct.	VT	53:31

Record 34:44 by Doug MacGregor in 1990

FEMALE AGE GROUP 60 - 69

1	36	Patty Foltz	66 Stowe	VT	49:53
2	69	Edie Novicki	62 Stowe	VT	1:10:31

Record 46:38 by Patty Foltz in 2008

MALE AGE GROUP 60 - 69

1	6	Kevin McMahon	60 Essex Jct.	VT	39:19
---	---	---------------	---------------	----	-------

New record. Old record 40:33 by Ed McSweeney in 2011

2	19	Jamie Shanley	61 Montpelier	VT	45:06
3	27	Charles Windisch	60 Essex Jct.	VT	47:34
4	31	Russ Cooke	62 Williston	VT	48:01
5	47	John Martin	62 Montpelier	VT	52:25
6	57	Michael Shover	65 Bradford	VT	55:19
7	60	Greg Gerdel	67 Montpelier	VT	56:34
8	67	Bob Howe	67 Barre	VT	1:04:05

FEMALE AGE GROUP 70 - 79

MALE AGE GROUP 70 - 79

1	66	Phillip Howard	76 Burlington	VT	1:00:03
2	70	Roger Cranse	73 Montpelier	VT	1:13:30

Record 49:37 by Jean Bernaquez in 2006

FEMALE AGE GROUP 80 - 99

MALE AGE GROUP 80 - 99

Record 55:27 by Jean Bernaquez in 2013