

# Central Vermont Runners



October 2011  
Volume 32  
Issue 4

## Norm's Notes...

Wow, what a summer! As usual the summer just evaporates in an instant it seems. The club has put on a host of events, relocated our storage facility, handed out a number of running grants, and seen a number of our members run very strong races.

Most recently, Roger Cranse and the entire Leaf Peepers race committee and volunteers staged a very successful 28<sup>th</sup> running of the Leaf Peepers Half-marathon and 5k. The challenges this year were incredible, and many thanks need to go out to Roger and the team. At one point it appeared the race might need to be cancelled, but fortunately the problems were worked through and the races went off without a hitch from what I hear.

We were not so fortunate with the Northfield Observances however. The town of Northfield was devastated along much of our race route. The club and Northfield Bank actually agreed to cancel the race for 2011 even prior to the cancellation of all the weekend activities. We wish those living in Northfield, Waterbury and everyone affected by Irene well in their recovery!

Late summer saw the loss of our storage facility at the National Life Annex building, and another solution was found. Jeff Prescott researched a number of locations, and he and Donna Smyers settled on our new home near Agway. Jeff and Andy took it upon themselves to move all our equipment and outfit the new room with all that we need. There are 4 keys to the storage room, with Jeff and I having one, and the other two should come back to me when a race director is done with it. A great space!

CVR handed out 4 grants of \$400 each to area high school/middle school programs to further their running programs as well. The schools were: Montpelier, U-32, Lamoyille and Northfield. The money was used for running shoes, apparel and other needed equipment for area runners. In case you were not aware cross country programs around the state and particularly in Central Vermont are alive and well! Northfield has its largest team ever, and Montpelier is growing by leaps and bounds. Tim Noonan and I are coaching the high school program and there are 28 students on the team! Maureen Carr is overseeing the Montpelier Middle School program with a dozen kids.

While there are certainly issues with the younger generation being less healthy and active there are positive signs to the contrary. I firmly believe that events like the kids track meet go a long way towards exposing youngsters to a sport we all love.

The club and its members were certainly busy! And things are not letting up yet! The Fallen Leaves race series is still left and I hope everyone will take an opportunity to get in a few more races before the snow starts to fly.

Just a reminder that a large part of the meeting on November 8<sup>th</sup> hosted by Donna Smyers and Eric Ryea in Adamant will be setting the race calendar for 2012. You will find directions and details elsewhere in this newsletter. Bring your calendars! See you soon.

Norm

<b><i>In this Issue:</i></b>	
<i>CVR officers</i>	2
<i>Meeting Notes</i>	2
<i>Girls on the Run</i>	3
<i>News Articles</i>	4
<i>Time Lines</i>	4
<i>Race Results</i>	5
<i>Race Schedule</i>	11
<i>Leaf Peepers</i>	12
<i>CVR Application</i>	33
<b><i>Next CVR Meeting</i></b>	
<b><i>November 8th</i></b>	
<b><i>Directions Page 10</i></b>	

### **Contact Information for CVR Officers**

Norm Robinson	President	223-7351	Dave Kissner, John Hackney	Webmasters	229-4523, 223-2162
Jeff Prescott	Vice-President	272-3203	Bob Howe	Newsletter	476-8946
Linda Hallinger	Treasurer	883-5415	Publicity	Greg Gerdel	224-6960
Sandy Colvin	Secretary	272-9795	Membership	Donna Smyers	229-4393

## **Central Vermont Runners Meeting Minutes — August 8, 2011**

9 members in attendance. Meeting began at 6:15 and meeting adjourned at 8:00 pm

Berlin Pond – Planning is going fine, all set for volunteers.

Montpelier Chase Race – Tim is thinking of making this years race the last one....unless someone wants to take it over?

Northfield – Need volunteers for finish line – Contact Tim Noonan if you are able to help. Discussed the timing of the race. Donna and John will help with timing.

Sodom Pond – Planning going well. Donna and Eric are considering a spaghetti dinner afterwards, as they have done in the past, but haven't yet decided. They will announce at the time of the e-mail reminder for the race.

Leaf Peepers – Registration for the half marathon is closed the earliest ever! The 5K is at 300 and the limit is 500, so it is still open. No race day registration. We can use more volunteers, contact Roger Cranse for more information on how you can help.

Fallen Leaves – The entry fees for this race series have gone to charity in the past. This year, Tim would like to have the entry fees donated to Montpelier Food Pantry. The race entry will remain five dollars. A motion to allow the race entry money to be donated to Montpelier Food Pantry was approved.

Other non-CVR races – discussed posting other races on a calendar on our website and what the parameters we should have ...John Hackney mentioned he doesn't mind posting and is able to do so.

Next years Race Series – Discussed what races we want in next year's series.

Maybe changing the races in the series? In particular there was discussion about the GMAA races that are part of our series. Norm will send out a survey to the membership, to get some feedback.

Jeff reported that more CVR members are running our races. We discussed statistics of the races so far and more CVR members are running in the series this year than last year.

Storage – Discussed what the club will do about storage, as the National Life Annex is not available anymore. Jeff contacted a large number of facilities and handed out a list of all the available storage facilities with the side by side comparison of prices, sizes, etc. Everyone discussed. A motion to have Donna and Jeff go look at some of the spaces in Montpelier, Middlesex and Berlin and give them budget of up to \$100 per month and permission to sign a lease. Second and approved. This has to happen as quickly as possible. Need to let the race directors know what is decided, where the CVR stuff will be and how to access.

Shirts – The price we are currently offering was promoted as being available through the end of this week. \$10 for tech shirts and \$5 for T shirts. Tech shirts are going fast but plenty of T shirts available. Discussed if we should order more....should we keep at this price? Should we make some fall styles available? Should we order some singlets? A motion to order more styles....and continue to sell them at the races. Keep them priced the same for now and allow the executive committee to decide on the future pricing of the shirts as well as any other additional styles ordered by Norm. The motion was approved.

Race director discretion on getting the shirts to each race and have a table for the shirts....Norm will keep the inventory. Note to each race director.....Keep the shirt money separate from the race money.

Treasurers Report – Linda reporting going well. She is encouraging race directors to deposit money directly at the bank versus sending to her. She did the taxes and all went well, but warned that tax law is changing next year and we may have to do a different filing than we have in the past. Balance is \$51k, most of which is leaf peepers entries, and all the expenses for the race haven't been paid yet, which will bring that balance down.

Next meeting is November 8<sup>th</sup>. Hosted by Donna Smyers and Eric Ryea in Adamant, 6:00pm ( directions on page 10 )

## **GIRLS ON THE RUN VERMONT SEEKING NEW SITE & COACHES FOR SPRING 2012**

Sign-up Deadline November 30, 2011

(Vernon, VT)— If you could help not just one girl but 15 young girls gain a stronger sense of identity, greater self-acceptance, a healthier body and an understanding of what it means to be part of a community in just a few hours a week, would you? Girls on the Run Vermont is seeking volunteer coaches at new and established sites throughout the state to run its ten-week program—no prior coaching or running experience is required, and training will be provided. Up to 12 new communities and schools may establish sites for the 2012 season.

Girls on the Run is the umbrella organization for two experiential learning programs: Girls on the Run, for grades 3 through 5, and Girls on Track, for grades 6 through 8. The programs are offered during after school hours nationwide and incorporate training for a 3.1-mile run/walk into self-esteem-enhancing, uplifting workouts. In addition, each group performs a community service project. Throughout, Girls on the Run encourages positive emotional, social, and physical development, together with the recognition that each girl is part of a larger community. Each site will be provided with a detailed curriculum. Each 90-minute lesson in the curriculum includes a “getting on board” exercise, a warm-up activity, a stretch routine with question and answer time, a workout with a team goal, a cool-down and stretch, and a closing cheer or words of encouragement. In 2011 some 2,400 girls around the state took part in the program.

Nancy Heydinger, executive director of Girls on the Run Vermont, explains: “When young girls are put in a comfortable environment, one where they feel safe and encouraged, they thrive. This is what I see over and over in our participants. The girls start to spread their wings when they take those first running steps. They see themselves succeed—by their own standards—and see themselves in a new light. Self-confidence drives so many other changes. A girl who believes in herself becomes more outgoing and more willing to take healthy risks.” In fact, a national impact evaluation study determined that the Girls on the Run curriculum positively affects participants’ self-esteem, body size satisfaction, and physical activity behaviors.

One Vermont father said of his daughter’s experience with the program, “My daughter Sydney was so pleased that she ran the entire Girls on the Run 5k without stopping to walk. It is by far one of the proudest accomplishments in her young life. I feel strongly that because of GOTR, Sydney knows that if she puts her mind to it, she can do anything she wants.” And the mother of another participant said, “I was jumping up and down and crying as I watched her cross the finish line. Her coach and a classmate (who happens to be a very strong runner) stayed with her, encouraging her, the entire run. Molly has a new self confidence and ‘I can do it!’ outlook on life thanks to the Girls on the Run program.”

Coaches come from a variety of backgrounds—teachers, nurses, guidance counselors, principals, paraprofessionals, parents and community members. A minimum of two coaches is needed at each site; individuals may serve in either a head or an assistant coach capacity. All coaches must attend a free training session.

Coach training sessions will be held in various locations around the state and require pre-registration. An “early bird” training is scheduled for Saturday, November 12, in Berlin; nine more trainings are slated for January and February.

For detailed information about coaching, establishing a new site, or registering for a training, as well as a list of the 2011 site locations, please visit the Girls on the Run Vermont website, [www.girlsontherunvermont.org](http://www.girlsontherunvermont.org), and find us on Facebook.

Contact: Nancy Heydinger, Executive Director  
Girls on the Run Vermont  
311 Laurel Ledges  
Vernon, VT 05354  
802.246.1476  
[nancy@girlsontherunvermont.org](mailto:nancy@girlsontherunvermont.org)

Greetings from Georgia! from Betty Rose...

It has now been almost one year since I got a job as a flight attendant and moved to Atlanta. I recently bought a nice house in Peachtree City, GA, which is a community that has hundreds of miles of golf cart paths. My house is right on the path and I'm able to go running right outside my front door. There are also trails that were set up by the local cycling club.

I have been running all over the country while traveling for my job and I have also managed to fit in some marathons, most recently in Indianapolis in mid-October. I'm also running the Cape Cod Marathon at the end of October with Brenda Phillips. Brenda and George are now living in Boston and will travel to Thailand in December to pick up their daughter, Chloe. She is a doll. Brenda, George and I miss running the hills of Vermont - we made it back for the 100 on 100 in July. I've got to admit that the weather in Georgia is much more runner-friendly especially in the fall and winter. I'm still running in short sleeves and shorts but I've heard that you have had some cold and wet weather in Vermont.

Peachtree City has a very popular Tri in August and Atlanta has a marathon in March. Let me know if anyone wants to come south for either. I have a spare bed. Happy running, *Betty Rose (betty26.2rose@gmail.com)*

## TIME LINES

### Twenty Years Ago - October 1991

CVR Newsletter Editor Dana McCarthy also took the minutes for the CVR September meeting held at the Ellerson's. The minutes indicated that Darragh was planning to retire as race director for the Leaf Peepers race. But Dana also documented some other important information...

"This informal gathering began with Darragh demonstrating her shin-strengthening, arch-stretching, Plantar-facia injury preventing foot exercises to one ailing member. These foot contortions are humbling efforts which make one "painfully" aware there are certain short circuits between brain and muscle control.

"Now move just your little toe (known as the Pinky to some) to the right. Then have the others follow individually and finally bring the big toe over to join the others", Darragh instructed. Okay, the thoughts are programmed and processing down the leg into the foot. Bee-ee-eep! Short circuit! Short circuit! No movement in the toes. They are sitting there with no idea any command has been given to move. Or if they have received the message, it's in a foreign language and they're playing dumb. Dumb is the way you feel trying to do these exercises. Then the instructor gives these encouraging words, "It's okay. After about three weeks of trying to move your toes, you are accomplishing something. They will begin to move in four to six weeks!" And then she showed us more tricks for the toes!"

**Barre Heritage Festival 5K Trail Race - 7/30/2011**  
**Millstone Hill Touring Center, Barre Town, VT.- Lori LaCroix, Race Director**

=====

Name	Age	Hometown	Avg Mile	Fin
------	-----	----------	----------	-----

=====

**19 & Under Results - Women**

1 Vishnja, Emily W19 Burlington, VT 9:48.1 30:27  
 2 Hammond, Leanna W19 Burlington, VT 9:53.2 30:43

**20-29 Results - Women**

1 Kent, Rose W27 Bethel, VT 9:30.7 29:33  
 2 Curtis, Ami W20 East Montpelier, VT 10:19.0 32:03  
 3 Singer, Gretchen W20 Barre, VT 10:26.7 32:27  
 4 Brounson, Lindsey W28 Burlington, VT 11:46.5 36:35

**30-39 Results - Women**

1 Gaidys, Gina W36 Moretown, VT 10:48.9 33:36  
 2 Krasofsky, Prudence W39 Barre, VT 11:34.3 35:57  
 3 Dukowitz, Julie W38 Brooklyn Park, MN 11:52.0 36:52  
 4 Cranse, Pratima W32 Springfield, VT 12:12.9 37:57  
 5 Christian, Jessica W38 Unattached 12:36.4 39:10  
 6 Davidson, Shannon W30 Unattached 12:57.4 40:15

**40-49 Results - Women**

1 Colvin, Sandy W43 Montpelier, VT 9:24.0 29:12  
 2 Townsend, Katherine W41 Unattached 10:39.3 33:06  
 3 Ferland, Stacy W41 East Barre, VT 11:55.2 37:02  
 4 Diedrich, Becky W47 Berlin, VT 12:07.8 37:41  
 5 Moore, Anita W47 Websterville, VT 18:15.0 56:42

**50-59 Results - Women**

1 Hackney, Sue W54 Montpelier, VT 9:22.7 29:08  
 2 Bryan, Helen W56 Berlin, VT 12:15.8 38:06

**19 & Under Results - Men**

1 Vasseur, Eric M18 Barre, VT 9:25.2 29:16  
 2 Benson, Daniel M18 Barre, VT 9:26.2 29:19

**20-29 Results - Men**

1 Wells, Kyle M21 Barre, VT 8:19.3 25:51  
 2 Doenges, Bill M23 Unattached 10:03.5 31:15

**30-39 Results - Men**

1 Letourneau, Brian M31 Milton, VT 8:55.0 27:42  
 2 Olsen, Tom M35 Hyde Park, VT 9:07.9 28:22  
 3 Ridlon, Eric M31 Morrisville, VT 10:06.4 31:24  
 4 Peterson, Lucas M30 Stowe, VT 10:08.7 31:31  
 5 Smith, Eric M33 Morrisville, VT 10:37.3 33:00  
 6 Bushy, Kenneth M32 Unattached 10:52.1 33:46  
 7 Dukowitz, Jamie M38 Brooklyn Park, MN 12:13.3 37:58

**40-49 Results - Men**

1 Morse, Eric M46 Berlin, VT 7:23.9 22:59  
 2 Phillips, Nathan M40 East Montpelier, VT 11:57.5 37:09

**50-59 Results - Men**

1 Flint, Jim M52 Burlington, VT 8:11.2 25:26  
 2 Gardner-Morse, Mack M50 Calais, VT 8:21.8 25:59  
 3 Erickson, David M58 Barre, VT 9:26.9 29:21  
 4 Noonan, Tim M55 Unattached 9:32.6 29:39  
 5 Fontaine, Daniel M57 Unattached 11:54.6 37:00  
 6 Mahoney, John M57 Burlington, VT 12:29.7 38:49

**60-69 Results - Men**

1 St John, Dan M63 So. Woodbury, VT 10:49.9 33:39

**70+ Results - Men**

1 Christiansen, Charles M71 Berlin, VT 11:15.3 34:58  
 2 Cranse, Roger M70 Montpelier, VT 14:13.6 44:12

**Berlin Pond Five Miler**  
**2011 CVR/ORS Race Series #7, USATF #VT05001RF**  
**Berlin, VT - August 11, 2011, Jeff Prescott & Sue Emmons, Race Directors**

Place	O'All	Name	Age	City	St	Time	Pace
-------	-------	------	-----	------	----	------	------

FEMALE AGE GROUP 1 - 19

1	21	ALEKSEY JORDICK	16	WILLISTON	VT	35:08	7:02
2	33	HOLLY GORDON	12	MONTPELIER	VT	38:50	7:46
3	78	BRYNN BUSHEY	11	MONTPELIER	VT	55:40	11:08

Record 33:33 by Heather McLaughlin in 2006

FEMALE AGE GROUP 20 - 29

1	29	ROSE KENT	27	BETHEL	VT	37:17	7:28
2	32	AMI CURTIS	20	EAST MONTPELIER	VT	38:26	7:42
3	42	CAMIE BARGENSTOCK	25	WAITSFIELD	VT	40:40	8:08
4	46	SARA ERICKSON	27	BARRE	VT	43:26	8:42
5	60	JENNIFER MORGAN	26	SO. BURLINGTON	VT	47:34	9:31
6	62	DANIELLE GENO	23	BURLINGTON	VT	48:55	9:47
7	63	MELISSA MCCRORY	29	MONTPELIER	VT	49:23	9:53
8	64	JOHANNA STRAAVALDSON	28	MONTPELIER	VT	49:25	9:53

Record 32:16 by Megan Valentine in 2007

FEMALE AGE GROUP 30 - 39

1	13	LISSA KNAUSS	38	MIDDLESEX	VT	34:09	6:50
---	----	--------------	----	-----------	----	-------	------

**New age group record.** Old record 34:39 by Sarah London in 2010

2	14	SARAH LONDON	32	MONTPELIER	VT	34:10	6:50
3	36	MARES CHAYER-RANDALL	39	ESSEX JCT.	VT	39:37	7:56
4	37	STACY BOCSKOR	36	NORTHFIELD	VT	39:38	7:56
5	39	THAO NGUYEN	35	WILLISTON	VT	39:55	7:59
6	45	RICHARDA ERICSON	35	MONTPELIER	VT	43:18	8:40
7	49	SARAH POLLICA	34	MONTPELIER	VT	44:10	8:50
8	50	KATIE BUDRESKI	30	MONTPELIER	VT	44:35	8:55
9	58	JESSIE MAE BELCHER	31	GROTON	VT	47:13	9:27
10	66	ROSE DUPREY	31	MONTPELIER	VT	50:29	10:06
11	74	KELLY BANDY	38	BARRE	VT	53:46	10:46
12	75	VERONICA GRENIER	33	ESSEX JCT.	VT	53:47	10:46
13	79	BECKY MATHIS	35	ESSEX JCT.	VT	55:48	11:10

FEMALE AGE GROUP 40 - 49

1	69	CINNIE SIRAGUSA	47	CHICAGO	IL	51:48	10:22
2	72	CHERYL LEASE	49	RANDOLPH	VT	53:24	10:41
3	73	STACY BLANCHARD	40	RANDOLPH	VT	53:45	10:45

Record 33:49 by Dot Martin in 2007

FEMALE AGE GROUP 50 - 59

1	19	SUE HACKNEY	54	MONTPELIER	VT	34:54	6:59
2	22	DOT MARTIN	50	MONTPELIER	VT	35:25	7:05
3	65	SHERYL TEAGUE	54	BARRE	VT	50:23	10:05

Record 34:01 by Sue Hackney in 2008

FEMALE AGE GROUP 60 - 69

1	54	DOT HELLING	61	MONTPELIER	VT	45:54	9:11
---	----	-------------	----	------------	----	-------	------

**New age group record.** Old record 46:56 by Bobbi Stapenhorst in 2006

FEMALE AGE GROUP 70 - 99

1	81	BETTY LACHARITE	75	WINOOSKI	VT	1:04:13	12:51
---	----	-----------------	----	----------	----	---------	-------

Record 55:59 by Betty Lacharite in 2007

## Berlin Pond Five Miler, August 11, 2011 (continued)

Place	O'All	Name	Age	City	St	Time	Pace
MALE AGE GROUP 1 - 19							
1	20	KIRBY GORDON	13	MONTPELIER	VT	35:06	7:02
2	77	BRIAN BUSHEY	8	MONTPELIER	VT	55:08	11:02
Record 27:13 by Gabriel Proctor in 2009							
MALE AGE GROUP 20 - 29							
1	2	EMANUEL MILLENNEAUX	25	WAITSFIELD	VT	28:51	5:47
2	8	CHRISTIAN MCCRORY	28	MONTPELIER	VT	32:49	6:34
3	55	RAY BELCHER	29	WORCESTER	VT	45:55	9:11
Record 28:07 by Nathan Fields in 2006							
MALE AGE GROUP 30 - 39							
1	3	JON COPANS	37	MONTPELIER	VT	29:11	5:51
2	4	CHAD SHEPARD	37	WILLISTON	VT	29:31	5:55
3	5	ROB MCDUGALL	36	SO. BURLINGTON	VT	32:14	6:27
4	7	EDDIE HABECK	34	WILLIAMSTOWN	VT	32:39	6:32
5	11	DEREK MORETZ	31	WAITSFIELD	VT	33:22	6:41
6	18	JASON GRENIER	35	ESSEX JCT.	VT	34:52	6:59
7	24	MATT CURTIS	30	EAST MONTPELIER	VT	36:38	7:20
8	25	MATT CASARI	31	BERLIN	VT	36:45	7:21
9	27	GEORGE COOK	38	MONTPELIER	VT	36:55	7:23
10	31	DAVID METRAUX	32	GREENSBORO	VT	38:22	7:41
11	44	ERIC RIDLON	31	MORRISVILLE	VT	42:15	8:27
12	80	PETER LLOYD	30	ESSEX	VT	55:49	11:10
Record 27:56 by Marc Gilbertson in 2006							
MALE AGE GROUP 40 - 49							
1	1	ERIC MORSE	46	BERLIN	VT	27:17	5:28
<b>New age group record.</b> Old record 27:49 by Eric Morse in 2010							
2	10	SEAN MURPHY	47	MONTPELIER	VT	33:04	6:37
3	15	SCOTT NICHOLS	45	ESSEX JCT.	VT	34:27	6:54
4	26	RICK POPE	47	BARRE	VT	36:50	7:22
5	41	WILLIAM ST. CYR	49	MONTPELIER	VT	40:36	8:08
6	56	NATHAN PHILLIPS	40	EAST MONTPELIER	VT	46:28	9:18
7	57	ADAM ROSEN	44	MONTPELIER	VT	46:42	9:21
8	68	DAVID TEAGUE	49	BARRE	VT	50:31	10:07
MALE AGE GROUP 50 - 59							
1	6	NICK PERSAMPIERI	51	MONTPELIER	VT	32:33	6:31
2	9	MACK GARDNER-MORSE	50	CALAIS	VT	32:54	6:35
3	12	CHRIS ANDRESEN	55	MONTPELIER	VT	33:26	6:42
4	16	GARY KESSLER	51	WAITSFIELD	VT	34:35	6:55
5	23	TIM HENEY	52	MONTPELIER	VT	35:26	7:06
6	28	DAVID ERICKSON	58	BARRE	VT	37:07	7:26
7	30	CHARLES WINDISCH	57	ESSEX JCT.	VT	37:35	7:31
8	35	JOHN MARTIN	59	MONTPELIER	VT	39:33	7:55
9	40	MICHAEL GORDON	54	ESSEX JCT.	VT	40:26	8:06
10	43	RICK DEANGELIS	56	MONTPELIER	VT	41:44	8:21
11	51	DANIEL FONTAINE	57	NORTHFIELD	VT	44:46	8:58
12	52	JIM SHEA	52	EAST MONTPELIER	VT	45:14	9:03
13	53	JOHN MAHONEY	57	BURLINGTON	VT	45:52	9:11
14	67	JEREMIAH SQUIRES	50	EDINA MN		50:30	10:06
15	70	BOB PROVOST	59	ESSEX JCT.	VT	51:53	10:23
Record 31:45 by Bob Emmons in 2009							
MALE AGE GROUP 60 - 69							
1	17	JOHN VALENTINE	61	ROXBURY	VT	34:38	6:56
2	34	GREG GERDEL	64	MONTPELIER	VT	39:23	7:53
3	38	BILL HOLLAND	60	MONTPELIER	VT	39:43	7:57
4	48	TIM MAKER	65	CALAIS	VT	43:38	8:44
5	59	RON RIDLON	64	MORRISVILLE	VT	47:29	9:30
6	61	GREG WIGHT	65	BROOKFIELD	VT	48:43	9:45
7	76	BUDDY LONGWORTH	61	NORTHFIELD FALLS	VT	54:19	10:52
Record 32:30 by Ed McSweeney in 2010							
MALE AGE GROUP 70 - 99							
1	47	CHARLES CHRISTIANSON	71	BERLIN	VT	43:33	8:43
<b>New age group record.</b> Old record 49:12 by Gerry Carlson in 2006							
2	71	ROGER CRANSE	70	MONTPELIER	VT	51:59	10:24
3	82	DON LACHARITE	79	WINOOSKI	VT	1:04:17	12:52

## East Montpelier Center Chase Race (Five Miles) - August 25, 2011

*This was a staggered start race in which starting times were adjusted based on age and gender for all runners except males 20-34... Many thanks to the following volunteers – Maureen Carr, Theresa Noonan, Ann Bushey, Dick Bushey, Brynn Bushey, Brian Bushey, Cindy Gardner-Morse, Donna Smyers, Nick Persampieri, Sean Murphy... Tim Noonan, Race Director*

Place	Name	Age Group & Gender	Actual Time	Adjusted Time*
1	Eric Morse	45-49M	28:10	25:40
2	Eric Schulz	55-59M	34:25	30:15
3	Mack Gardner-Morse	50-54M	33:42	30:22
4	Chris Andresen	55-59M	36:09	31:59
5	John Hackney	65-69M	38:30	32:40
6	Sarah London	20-34F	35:14	32:44
7	Bill Dysart	55-59M	37:34	33:24
8	David Erickson	55-59M	39:51	35:41
9	Daniel Grosvenor	15-19M	37:34	36:44
10	John Grosvenor	50-54M	40:04	36:44
11	Ami Curtis	20-34F	39:49	37:19
12	Matt Curtis	20-34M	37:39	37:39
13	Jean Bernaquez	75-79M	45:26	37:56
14	Bill Holland	60-64M	42:59	37:59
15	Andy Shuford	50-54M	42:13	38:53
16	Hugh Wilson	70-74M	46:48	40:08
17	Randy Brown	40-44M	42:35	40:55
18	John Mahoney	55-59M	47:59	43:49
19	Sara Erickson	20-34F	50:42	48:12

\*\*\*\*\*

## Sodom Pond Run Results (4 mile race) - September 21, 2011

*Many thanks to the following volunteers: Eric Ryea, Donna Smyers, Sarah London, Rob McDougal, Dot Helling, Charlie Windisch, Cindy Gardner-Morse ... Tim Noonan, Race Director*

Overall Female Winner: Jessica Marlier, 26:35

Overall Male Winner: Eric Morse, 21:46

Overall Age Group	Name	Time
Female 20-29		
6	1	Jessica Marlier 26:35
Female 30-39		
17	1	Katy Farber 32:35
18	2	Richarda Erickson 32:53
19	3	Lauren McTear 33:38
22	4	Emily Levin 37:21
25	5	Amanda Monti 38:49
Female 40-49		
13	1	Sandy Colvin 30:08
14	2	Lori Lacroix 30:31
23	3	Anya Rader 37:24
24	4	Betty Sikora 37:31
26	5	Emoke Mate 38:55
29	6	Erika Mitchell 40:04
Female 50-59		
9	1	Dot Martin 27:41
12	2	Donna Smyers 29:51
21	3	Ann Gilbert 37:00
Female 60-69		
28	1	Nancy Pikaart 39:55

Overall Age Group	Name	Time
Male 20-29		
3	1	Yossef Regev 23:19
Male 30-39		
2	1	Joe Gingras 22:24
7	2	Brian Burns 26:42
8	3	Matt Curtis 27:37
Male 40-49		
1	1	Eric Morse 21:46
5	2	Sean Murphy 26:31
10	3	Jeff Prescott 28:16
15	4	Randy Brown 30:54
27	5	Rob Ryan 39:10
Male 50-59		
4	1	Mack Gardner-Morse 26:15
11	2	Andy Shuford 29:22
16	3	John Martin 31:30
Male 60-69		
20	1	David Pikaart 36:43
Male 70+		
30	1	Roger Cranse 42:17



## **USA Triathlon, Age Group National Championships, August 20,2011, Burlington, VT**

In the triathlon world, the yearly Age Group National Championships is an event of importance and prestige. The best Age Group athletes from all corners of the country come to the USA Triathlon Age Group National Championship race to determine the best of the best. In 2010 when it was announced that the race would be hosted right here in Burlington it was a mad scramble for me to get qualified for the race.

To qualify one must place in the top 10% of their age group at a USAT or top 33% of their age group at a special qualifying race. If an athlete is gifted and has earned USAT All-American status that athlete would automatically qualify. Donna Smyers and Dot Martin (both in the W5054 Age Group) both hold that All-American status. For all intents and purposes I had to place 1st in my age group at a USAT sanctioned race to qualify for the Burlington Championship. A trip to southern NJ the first week in May got that monkey off my back and in to Burlington.

Although I have raced triathlons for 23 years, Nationals had never held much interest for me until it was going to happen in our backyard. Knowing the talent of the folks who would be at the race I pretty much knew the results would be humbling but a good piece of humble pie is good for the character.

The race website was not much different then other websites of big races. It contained detailed maps and descriptions of the courses, event schedules, many customary instructions, participant lists and other related items of interest. Periodic e-mails were common before the race with updates to further hype the event.

One thing that was missing was hometown training info for the out- of- towners. The Green Mountain MultiSport triathlon club forwarded some training swims, rides and runs in the Burlington area to help reduce the stress of the incoming athletes who would need to blow off a little steam. It was during this little addition that the huge role the Run Vermont staff had taken in organizing the triathlon became evident. Run Vermont, who produces the Vermont City Marathon, is a well oiled machine and can take pride in the successful events produced.

There were actually two separate races held in Burlington on August 20th. The premiere event was the age group Championships. Originally, the field was to be "sold out" at 1,500 but there was such huge response from the triathlon community the field was expanded. The second event was a shorter National "sprint" race. Qualification for the sprint was not needed and race sponsor People's United Bank even reserved 100 slots in the sprint race for Vermont residents. The sprint distance race began at the conclusion of the Championship race.

The Championship race was the standard Olympic distance format with a 1.5K swim, a 40K bike and a 10K run. The races began at Waterfront Park with the swim along and sheltered by the breakwater. The bike portion went south down Pine Street, hooked on to a specially closed route 189 to Dorset Street then south for a big scenic loop in Shelburne before returning to Waterfront Park. The run left the transition area and went straight up Depot St. for the first .3 miles to North Street then followed a familiar route to the Bike Path and back to a Waterfront finish. Red carpet at the finish was pretty cool.

When I finished I was overcome by pride. Not pride that "look what I had done", but rather the feeling of pride that all these folks from somewhere else had come to "our" hometown and had been privileged to an A#1 event.

I also felt some extreme pride in that folks that I know and love had raced so well against the best competition in the United States. Donna captured the Women's 50-54 division title while Dot, 11 minutes behind, came in 12th in a group of 68 women ages 50-54 years. Finishing in the top 18 qualified those athletes for the World Championships. CVR Club Treasurer Linda Hallinger was also at the Age Group National Championship turning in a fine performance in the W55-59 age group with a solid 29/42 finish and Daniel Miller-Arsenault competed in the Sprint race placing 15/35 in his age group.

As for humble pie, a little ice cream sweetens it up just fine. Leaving room for improvement, my 37th place in my group of 48, has me already qualified for next year's event and ready to take on those old boys.

Nearly 2,600 athletes registered for the USA Triathlon Age Group and Sprint National Championships. This was the event's largest field ever. Next August will mark the last year before the event leaves Vermont. The race will be scheduled for 2013 and 2014 at another location TBA. Matching the standard set here will be a most difficult task.

John Martin

### **Directions to the The November CVR meeting**

**The November CVR meeting will be hosted by Donna and Eric in Barney Hall of the Adamant Music School. Directions: From Montpelier head north on Main St, bearing right at the roundabout. Continue up the hill as it bears left and turns into County Rd. At 6 miles from the roundabout, turn right onto Haggett Rd. Barney Hall is 1.3 miles on the right next to the church and across from the waterfall. Park in the church parking lot or in the parking lot on the left, 2 driveways past Barney Hall.**

**Questions – 223-2733 or [dosmyers@gmail.com](mailto:dosmyers@gmail.com)**

#### **Vermont National Guard, Vermont Remembers 10K & 5K - Colchester, VT - September 10, 2011**

A moment of remembrance featuring General Dubie preceded the start of the 10K and 5K races. The 10K race included 303 national guard and civilian runners with CVR members Bob Howe and Richard Ferno finishing 2nd and 3rd in the 60-69 age group. In addition to the 303 runners with running shoes there were 92 national guard members running with boots, uniform and a 35 pound pack in the "ruck" march division. The 5K race was new for this year.

#### **ITU World Championship - Beijing - September 11, 2011**

Donna Smyers finished 2nd in the 50-54 age group.

#### **ING Hartford Marathon - Hartford, CN, October 15, 2011**

Donna Smyers finished first in the 50-54 age group. (3:31)  
John Valentine finished second in the 60-64 age group. (3:45)

#### **Green Mountain Marathon - South Hero, VT - October 16, 2011**

Central Vermont Runners was well represented at the Green Mountain Marathon and Half Marathon in South Hero, Vermont on Sunday, October 16, 2011. The course was beautiful. A bit windy in spots, but overall the weather was pretty near perfect for running – overcast, good temperature (at least once you got going), no rain or snow! Low-key race, but fun with very nice awards. Well worth the drive.. Following are some of "the locals" that I noticed. I am sure I missed some names, so for full results, check out the GMAA website... (\* meets USATF time standard for national ranking) ...Phyllis Arsenault-Berry

##### **FULL MARATHON: - 260 finishers**

10.	299	Tim Shea	Montpelier	M	41	3:03:41
50.	77	Sandy Colvin	Montpelier	F	43	3:35:06
52.	161	Tim Heney	Montpelier	M	52	3:35:27
128.	17	Phyllis Arsenault-Berry	Duxbury	F	54	4:02:48
138.	160	Dot Helling	Montpelier	F	61	4:09:08 *
221.	22	Newton Baker	Montpelier	M	69	4:52:16
234.	123	April Farnham	Plainfield	F	44	5:02:27

##### **HALF MARATHON:- 95 finishers**

8.	1060	Dot Martin	Montpelier	F	51	1:36:08 *
24.	1009	Jennifer Bedell	Underhill	F	50	1:46:30
25.	1061	John Martin	Montpelier	M	59	1:47:06
58.	1031	Rebecca Diedrich	Berlin	F	47	2:01:45

## **CVR & Area Races & Events... from [www.cvrrunners.org](http://www.cvrrunners.org)**

*Please check with contacts to confirm race times and other details.*

**Notes:** 🍁 = CVR races and  
 🌲 = Green Mountain Athletic Association (GMAA) races (additional info @ [www.gmaa.net](http://www.gmaa.net))

**October 29, the Kingdom Challenge Half Marathon and 5K**, Lyndonville / Saint Johnsbury. The Half Marathon starts in Lyndonville at 8:30 am at the Lyndon Town Offices and finishes with the 5K at the Saint Johnsbury School. The 5K starts (at 9:30) and finishes at the Saint Johnsbury School. Contact: [www.thekingdomchallenge.com](http://www.thekingdomchallenge.com)

**October 30, Autumn Onion 5k Costume Race**, Onion River Sports parking lot, Langdon Street, Montpelier. Registration at 8:45am, race at 10:00am. Kick off Halloween with a 5k running race through the streets of downtown Montpelier—in costume! All ages and abilities welcome. Costumes encouraged, but not required. Strollers and kids who can run a whole 5k are welcome, too. Prize awarded for best costume, as well as prizes for overall men's and women's finishers, kids' category, and a tricks-and-treats raffle for all participants. Some highlights from last year's costumes included Elvis, Thing 1 and Thing 2, a duck, and lots of folks dressed as runners! This is a flat, road course through Montpelier. Registration day-of-race only, \$15 for all ages (kids in strollers free), all proceeds go to a beneficiary that is TBD at this time.

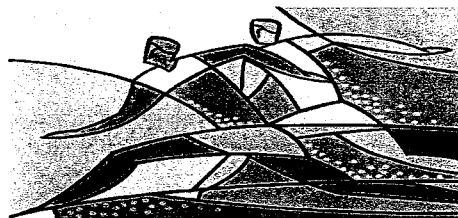
🍁 **November 5, 12, 19 (Saturdays) Fallen Leaves 5K Series**, 9 am, Montpelier High School Track. This low-key, three-race series is on a flat and fast 5K race course that begins and finishes on the Montpelier High School track, and incorporates the Montpelier bike path. Contact: Tim Noonan, 802 223-6216.

🌲 **November 24, 35th Turkey Trot 5K**, 11:00 am, Gutterson Field House, UVM. Run for fun and charity and make room for your Thanksgiving dinner! Free 1/4 mile kid's race at 10:45am. Anne Bliss (802-865-7999) [turkeytrot@gmaa.net](mailto:turkeytrot@gmaa.net) \$5 (or \$10 per family) or food donation for the Chittenden Emergency Food Shelf. (\$1 of every entry will be used to pay the UVM facility fee and the race insurance cost)

🍁 **December 31, First Night Montpelier 5K**, 3 pm, Montpelier, Part of the CVR ORS Race Series (first race of 2012 series). Registration beginning at 1:45 pm in the basement of the Pavilion Building, corner of Governor Davis and Court Streets, just north of the State House, Montpelier. Fee just \$15.00 with a Montpelier First Night button or \$10.00 without a button (for both pre- & post-registration). Contact: Sandy Colvin, [buckman43@comcast.net](mailto:buckman43@comcast.net).

**May 27, KeyBank Vermont City Marathon**, Registration for the marathon is now open. Registration fee increase January 23, 2012. Relay lottery open January 1—31. Information at [www.RunVCM.org](http://www.RunVCM.org)

*Please check with contacts  
to confirm race times and other details.*



## *Irene and the Leaf Peepers*

After Irene, we went out to the Waterbury and Duxbury Select Boards and to the State to re-approve the Leaf Peepers Race. The Select Boards readily re-approved, but the State turned us down, and for good reason. I visited the Complex in Waterbury shortly after the flooding. The place was on total lock-down. You had to have an appointment and go through armed guards to get in. Inside you saw XXXL dumpsters, disaster trucks, and giant haphazard heaps of ruined stuff. Everybody wore a hard hat and everybody looked like they'd seen too much in too short a time.

We went back to the State a second time assuring them we just needed the horseshoe drive and adjacent parking; we wouldn't use any buildings. With 1,400 runners and, at a guess, 800 to 1,100 cars, parking is a major concern. They said "no" again.

At this point we almost cancelled the race. We decided, however, as a last resort, to look for alternative staging sites in Waterbury and contacted Steve Van Esen of Pilgrim Partnership. We were going to ask Steve if we could stage the race at Pilgrim's large office complex behind the old train station. We also went back to the State a third time, pointing out that the Leaf Peepers brings significant foliage revenue to Waterbury and central Vermont – and also mentioning that the governor was registered for the 5K. On the drive out to meet Steve, I got a call on my cell from the State. My contact had forwarded our third request to higher-ups, then in a meeting. The higher-ups saw our request on their smart phones and decided to let us use the horseshoe and a small parking area. Steve readily agreed to make available Pilgrim's hundreds of parking spaces.

After the 5K, Governor Shumlin (25:02) told me that the decision had ultimately been bounced up to him and he had replied, "We have to do this for Waterbury and Vermont."

Because we couldn't use the field behind the State Complex for the finishing mile or so, we had to measure a straight out-and-back course. In fact, Bob Murphy had measured that course in 1992 and still had his data. He and course coordinator Sigh Searles went out and re-marked the course. Registration coordinator Greg Wight rented a tent for B-tag distribution. And I got a 17-foot U-Haul for the t-shirts. Handing out tees off the back of the U-Haul was vastly easier than the exhausting job of carrying 30 or so unwieldy boxes into the old depressing gym/auditorium. Food coordinators Beth Gambler and Celine Blais provided healthy goodies to runners and volunteers.

## *Trene and the Leaf Peepers (continued)*

Two generous contributions came through at the last minute: Mark Bove donated over 1,000 bottles of his high-end Bove's All Natural Pasta Sauce for runners and Casella provided waste and recycling containers gratis. Both are on for next year.

Several weeks before the race we sent out letters to all registered runners telling them the race was on, explaining parking, the new course, et cetera. We used ACTIVE's broadcast e-mail system for runners who register on-line. It's amazingly easy. You up-load your message and ZAP!, it's out to 1,300 people. Beth Gambler took mail-in registrations entered by Phyllis Arsenault-Berry and e-mailed or *mailed* the letter to those runners.

In the event, the race went off with few hitches. Some rain but temps were fine for running. We got positive feedback on the out-and-back course. The maintenance and security guys at the Complex were great. They did everything we needed and security was tight at race time. The Waterbury firefighters on the course get praise from everyone. Barb Maynard assembled 96 Vermont-origin awards – 8 age groups, 3 deep, 2 genders, 2 races – and her 80 kids worked the water stations. Volunteers were fabulous but the thing that brings me out of a sound sleep at 3 A.M. every year is: are we going to have enough volunteers race day?

Each year the race committee conducts a "lessons learned" exercise where we list the stuff that worked well and the stuff that didn't. We'd welcome feedback from CVR members to [rcc59@comcast.net](mailto:rcc59@comcast.net).

Interesting data point from Greg. Both races, gender distribution: female, 898; male, 524.

Roger Cranse, Race Director

*Thank you to the many race directors, club officers and others who contributed to this newsletter.*

*Please be thinking ahead to the next issue of the CVR Newsletter and send your information on races you attended, training runs or training tips, or other notes of interest to me at [lucycarol18@gmail.com](mailto:lucycarol18@gmail.com)... thank you... Bob Howe*

THE 28TH ANNUAL LEAF PEEPERS

HALF-MARATHON AND 5KM RACE

Oct. 2, 2011

HALF MARATHON

Waterbury, VT

Timing By: Granite State Race Services

chris@gsrs.com

Become a fan of GSRS on Facebook.com

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
1	1/74	M3039	1:16:23	5:50	Joe Gingras	35	M	342	Berlin VT
2	2/74	M3039	1:17:01	5:53	Ray Webster	36	M	880	Hinesburg VT
3	1/32	M1929	1:17:35	5:56	Ryan Kerrigan	26	M	471	Moretown VT
4	3/74	M3039	1:17:37	5:56	Eli Enman	34	M	287	Huntington VT
5	2/32	M1929	1:18:16	5:59	William Gochberg	27	M	345	Winooski VT
6	1/69	M4049	1:19:49	6:06	Tom Thurston	47	M	828	Waterbury VT
7	4/74	M3039	1:20:08	6:07	Jason Dunklee	37	M	272	Watertown MA
8	5/74	M3039	1:20:45	6:10	Justin Ryea	32	M	749	Burlington VT
9	1/127	F3039	1:20:49	6:10	Kasie Enman	32	F	286	Huntington VT
10	6/74	M3039	1:20:51	6:10	Jon Copans	37	M	200	Montpelier VT
11	7/74	M3039	1:21:11	6:12	George Deane	31	M	239	Waterbury VT
12	2/69	M4049	1:23:13	6:21	Matt Czaplinski	45	M	220	Cambridge MA
13	3/32	M1929	1:23:15	6:21	Gregory Kwasnik	27	M	487	Manchester NH
14	4/32	M1929	1:23:19	6:22	Torrey Valyou	27	M	856	South Burlington VT
15	8/74	M3039	1:23:22	6:22	Justin Kenney	30	M	467	Worcester VT
16	9/74	M3039	1:24:13	6:26	Chris Coffey	32	M	183	New Haven VT
17	10/74	M3039	1:24:43	6:28	Eric Darling	38	M	231	Shelburne VT
18	11/74	M3039	1:24:55	6:29	Loren Voyer	38	M	865	Richmond VT
19	1/45	M5059	1:25:12	6:30	Tim Francis	50	M	312	Rock Port MO
20	12/74	M3039	1:25:52	6:33	Jason Shugart	36	M	777	Vergennes VT
21	5/32	M1929	1:26:01	6:34	Dylan Marcus	20	M	551	Burlington VT
22	13/74	M3039	1:26:23	6:36	Eric Tremble	33	M	842	Jericho VT
23	3/69	M4049	1:26:31	6:36	Timothy Shea	41	M	769	Montpelier VT
24	14/74	M3039	1:26:44	6:37	Jason Wulff	32	M	910	Waterbury VT
25	2/127	F3039	1:27:38	6:42	Christine O'Donnell	30	F	653	Burlington VT
26	6/32	M1929	1:27:59	6:43	Samuel Nelson	26	M	627	Milton VT
27	15/74	M3039	1:28:11	6:44	Rob McDougall	36	M	567	South Burlington VT
28	16/74	M3039	1:28:29	6:45	Dan Bahrenburg	31	M	47	South Burlington VT
29	4/69	M4049	1:28:51	6:47	Charlton Whitney	41	M	892	New Braintree MA
30	7/32	M1929	1:28:54	6:47	Mark Dammann	27	M	226	Winooski VT
31	2/45	M5059	1:29:07	6:48	Lyman Clark	54	M	171	Williston VT
32	17/74	M3039	1:29:38	6:51	Jim Schley	35	M	765	Stow MA
33	18/74	M3039	1:29:50	6:52	Michael Previs	34	M	702	Fairfax VT
34	3/45	M5059	1:29:58	6:52	Christian Andresen	55	M	37	Montpelier VT
35	5/69	M4049	1:30:57	6:57	Jeffrey Hullstrung	47	M	430	Jericho VT
36	6/69	M4049	1:31:06	6:57	Daniel Scheidt	40	M	764	Burlington VT
37	7/69	M4049	1:31:19	6:58	Derek Rodriguez	45	M	734	South Hero VT
38	4/45	M5059	1:31:53	7:01	Ken Schatz	57	M	763	South Burlington VT
39	8/32	M1929	1:32:05	7:02	Olliver Hackerson	24	M	369	Montpelier VT
40	8/69	M4049	1:32:09	7:02	Daniel Connors	40	M	194	Williston VT
41	3/127	F3039	1:32:15	7:03	Priscilla Nelson	35	F	633	Duxbury VT
42	9/32	M1929	1:32:21	7:03	Matt Pyle	27	M	712	South Burlington VT
43	19/74	M3039	1:32:22	7:03	Kalev Freeman	37	M	314	Duxbury VT
44	20/74	M3039	1:32:28	7:04	Patrick Hohl	30	M	413	Burlington VT
45	21/74	M3039	1:32:29	7:04	Jon Floyd	39	M	309	Waterbury Center VT
46	9/69	M4049	1:32:31	7:04	Thomas Rogers	45	M	735	Winooski VT
47	10/69	M4049	1:33:06	7:07	Lars Blackmore	42	M	92	Norwich VT
48	4/127	F3039	1:33:08	7:07	Erin Morse	34	F	616	South Burlington VT
49	1/37	F5059	1:33:16	7:07	Dot Martin	50	F	554	Montpelier VT
50	5/127	F3039	1:33:17	7:07	Liz Hollenbach	33	F	415	Shelburne VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
51	11/69	M4049	1:33:18	7:07	Paul Maxted	43	M	559	South Burlington VT
52	6/127	F3039	1:33:26	7:08	Sarah London	32	F	519	Montpelier VT
53	22/74	M3039	1:33:33	7:09	Brian Burns	35	M	128	Calais VT
54	12/69	M4049	1:33:34	7:09	Paul Guilmette	47	M	368	Rutland VT
55	23/74	M3039	1:33:39	7:09	Charles Hartel	33	M	392	New York NY
56	24/74	M3039	1:34:13	7:12	Brian Shiner	35	M	776	West Lebanon NH
57	25/74	M3039	1:34:20	7:12	Wolfgang Sauter	39	M	756	Hinesburg VT
58	5/45	M5059	1:34:35	7:13	Gary Kessler	51	M	472	Waitsfield VT
59	6/45	M5059	1:34:39	7:14	Mark Nelson	57	M	630	Burlington VT
60	26/74	M3039	1:34:46	7:14	Jeffrey Wallis	36	M	871	South Burlington VT
61	1/75	F1929	1:34:56	7:15	Danielle Cloutier-Simo	24	F	182	Montpelier VT
62	13/69	M4049	1:35:02	7:15	Greg Bergeron	41	M	78	Milton VT
63	14/69	M4049	1:35:02	7:15	Keith White	45	M	890	Westford VT
64	2/37	F5059	1:35:27	7:17	Sue Hackney	54	F	371	Montpelier VT
65	15/69	M4049	1:35:38	7:18	Jeff Buzas	49	M	135	Burlington VT
66	7/45	M5059	1:36:21	7:21	Tim Noonan	55	M	646	Montpelier VT
67	2/75	F1929	1:36:58	7:24	Katie White	24	F	888	Burlington VT
68	8/45	M5059	1:37:03	7:25	Tim Heney	52	M	401	Montpelier VT
69	9/45	M5059	1:37:03	7:25	Paul Keating	55	M	459	Montpelier VT
70	27/74	M3039	1:37:22	7:26	Tim Ziter	39	M	5	Colchester VT
71	1/97	F4049	1:37:54	7:29	Jessica Cover	41	F	208	Richmond VT
72	2/97	F4049	1:37:55	7:29	Kathy Provencher	41	F	706	Waterbury Center VT
73	3/97	F4049	1:37:57	7:29	Kathleen Schaffner	40	F	761	Burlington VT
74	16/69	M4049	1:38:06	7:29	Michael Kennedy	44	M	466	South Burlington VT
75	10/32	M1929	1:38:09	7:30	Alexander Balsley	25	M	51	New London CT
76	28/74	M3039	1:38:23	7:31	Martin Courcelle	31	M	207	Colchester VT
77	11/32	M1929	1:38:33	7:32	Scott Donohue	27	M	262	Brooklyn NY
78	17/69	M4049	1:38:47	7:33	Scott Nichols	46	M	641	Essex VT
79	18/69	M4049	1:38:49	7:33	David Jenemann	40	M	445	Burlington VT
80	12/32	M1929	1:39:04	7:34	Kelly Steffen	22	M	804	Worcester VT
81	13/32	M1929	1:39:19	7:35	Jared Winikor	26	M	900	Burlington VT
82	1/16	M6069	1:39:28	7:36	Steve Titcomb	60	M	832	Burlington VT
83	3/37	F5059	1:39:34	7:36	Donna Smyers	54	F	786	Adamant VT
84	3/75	F1929	1:39:35	7:36	Gillian MacMurtry	24	F	543	South Burlington VT
85	10/45	M5059	1:40:04	7:38	Brendan Finn	50	M	302	South Burlington VT
86	4/75	F1929	1:40:15	7:39	Casey Baczewski	19	F	43	Westford VT
87	5/75	F1929	1:40:35	7:41	Vanessa Patten	23	F	671	Winooski VT
88	29/74	M3039	1:40:36	7:41	Jayson Parrott	32	M	667	Hinesburg VT
89	4/97	F4049	1:40:46	7:42	Heidi Smith	43	F	781	South Burlington VT
90	19/69	M4049	1:40:57	7:43	Steve Odefey	45	M	652	Waterbury VT
91	20/69	M4049	1:41:19	7:44	Daniel Miller-Arsenaul	43	M	599	Middlesex VT
92	30/74	M3039	1:41:43	7:46	Adam Smith	33	M	784	Essex Junction VT
93	11/45	M5059	1:41:49	7:46	Dave Fields	56	M	300	Lyme NH
94	21/69	M4049	1:41:49	7:46	Thomas Lyle	49	M	535	Williston VT
95	5/97	F4049	1:41:50	7:47	Sarah Pribram	43	F	703	Shelburne VT
96	6/97	F4049	1:41:55	7:47	Jennifer Miller-Arsena	41	F	600	Middlesex VT
97	12/45	M5059	1:41:56	7:47	Mike Harris	53	M	391	Williston VT
98	31/74	M3039	1:41:59	7:47	Chad Mitchell	39	M	608	Richmond VT
99	14/32	M1929	1:41:59	7:47	Jason Rowell	28	M	745	W. Glover VT
100	22/69	M4049	1:42:37	7:50	Brendan Kinney	40	M	474	Essex VT
101	6/75	F1929	1:42:41	7:50	Amy Huckins-Noss	25	F	427	Burlington VT
102	32/74	M3039	1:42:56	7:52	Nate Herzog	38	M	404	Underhill VT
103	33/74	M3039	1:43:02	7:52	James Harnish	38	M	388	Essex Jct VT
104	2/16	M6069	1:43:13	7:53	Kenneth Remsen	61	M	724	Bolton VT
105	23/69	M4049	1:43:15	7:53	Jeffrey Prescott	47	M	701	Montpelier VT
106	7/127	F3039	1:43:18	7:53	Alicia Groft	35	F	366	West Lebanon NH

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
107	24/69	M4049	1:43:20	7:53	Mark McCabe	43	M	563	Montpelier VT
108	34/74	M3039	1:43:29	7:54	John Nestor	39	M	636	Burlington VT
109	13/45	M5059	1:43:35	7:55	Tim Lybarger	58	M	534	Morrisville VT
110	14/45	M5059	1:43:48	7:56	Bob Sayers	57	M	757	Huntington VT
111	7/97	F4049	1:43:53	7:56	Maureen Hebert	40	F	397	Waterbury VT
112	25/69	M4049	1:43:54	7:56	Todd Worden	43	M	908	Waitsfield VT
113	8/97	F4049	1:43:57	7:56	Rebecca Baczewski	43	F	44	Westford VT
114	26/69	M4049	1:43:59	7:56	Corey Barrett	40	M	55	Waitsfield VT
115	9/97	F4049	1:44:02	7:57	Sandy Colvin	43	F	191	Montpelier VT
116	35/74	M3039	1:44:03	7:57	David Curry	37	M	216	Westford VT
117	27/69	M4049	1:44:04	7:57	Michael Dabbs	40	M	221	Winooski VT
118	15/32	M1929	1:44:33	7:59	Jonathan Pence	29	M	678	Burlington VT
119	7/75	F1929	1:44:34	7:59	Alexandra MacLean	28	F	542	Peacham VT
120	8/127	F3039	1:44:39	7:59	Susan Taricani	30	F	821	Malden MA
121	15/45	M5059	1:44:57	8:01	John Berlind	53	M	84	Burlington VT
122	8/75	F1929	1:44:58	8:01	Kirsten Hornbach	26	F	419	Brooklyn NY
123	4/37	F5059	1:44:59	8:01	Melanie Benson	53	F	73	Morrisville VT
124	16/45	M5059	1:45:14	8:02	Pascal Cheng	58	M	162	Burlington VT
125	17/45	M5059	1:45:16	8:02	Charles Windisch	58	M	898	Essex Jct VT
126	28/69	M4049	1:45:25	8:03	Derek Grader	42	M	356	Moretown VT
127	29/69	M4049	1:45:27	8:03	Shawn Saucier	44	M	754	Essex VT
128	30/69	M4049	1:45:28	8:03	Thomas Chadwick	40	M	154	Essex Junction VT
129	36/74	M3039	1:45:44	8:04	Matthew Curtis	30	M	218	East Montpelier VT
130	9/127	F3039	1:45:49	8:05	Ana Barria	38	F	56	Colchester VT
131	10/127	F3039	1:45:49	8:05	Dillon Burns	32	F	127	Calais VT
132	5/37	F5059	1:45:55	8:05	Carlie Krolick	56	F	483	Charlotte VT
133	37/74	M3039	1:45:58	8:05	Brian Matson	30	M	557	Hinesburg VT
134	10/97	F4049	1:46:04	8:06	Ingrid Jonas	45	F	448	Stowe VT
135	11/97	F4049	1:46:04	8:06	Pamela Clapp	40	F	167	Waterbury VT
136	11/127	F3039	1:46:04	8:06	Amy Odefey	38	F	651	Waterbury VT
137	38/74	M3039	1:46:27	8:08	Sasha Dietschi-Cooper	37	M	249	Burlington VT
138	12/97	F4049	1:46:27	8:08	Beth Rickstad	42	F	728	Westford VT
139	13/97	F4049	1:46:35	8:08	Virginia Kittell	43	F	475	Essex VT
140	16/32	M1929	1:46:37	8:08	Luke Faryniarz	24	M	298	South Burlington VT
141	12/127	F3039	1:46:48	8:09	Jill Smith	32	F	783	South Burlington VT
142	18/45	M5059	1:46:48	8:09	Robert Corey	55	M	203	Colchester VT
143	31/69	M4049	1:46:48	8:09	Jeff Becker	43	M	65	Bridport VT
144	17/32	M1929	1:47:02	8:10	Darin Lambeth	28	M	495	Waitsfield VT
145	19/45	M5059	1:47:13	8:11	Dean Hamel	50	M	379	Waitsfield VT
146	14/97	F4049	1:47:13	8:11	Mary Turnbaugh	48	F	854	Charlotte VT
147	3/16	M6069	1:47:22	8:12	Greg Gerdel	64	M	334	Montpelier VT
148	32/69	M4049	1:47:53	8:14	James Debay	47	M	241	Richmond VT
149	6/37	F5059	1:48:05	8:15	Shari Bashaw	50	F	60	St Albans VT
150	18/32	M1929	1:48:10	8:16	Matthew Ernst	26	M	289	Burlington VT
151	9/75	F1929	1:48:11	8:16	Emma Child	24	F	164	Burlington VT
152	20/45	M5059	1:48:13	8:16	John Martin	59	M	553	Montpelier VT
153	4/16	M6069	1:48:22	8:16	Lowell Vanderlip	65	M	859	Montpelier VT
154	39/74	M3039	1:48:38	8:18	Seth Mobley	35	M	609	Burlington VT
155	13/127	F3039	1:48:41	8:18	Stacy Bocskor	36	F	96	Northfield VT
156	14/127	F3039	1:48:42	8:18	Jesse Phillips	32	F	692	Warren VT
157	10/75	F1929	1:48:51	8:19	Katie Mason	23	F	556	Essex Junction VT
158	33/69	M4049	1:48:51	8:19	Kirk Wisehart	42	M	904	Essex Junction VT
159	40/74	M3039	1:48:59	8:19	David Metraux	33	M	586	Greensboro VT
160	21/45	M5059	1:49:05	8:20	Bill Oconnor	56	M	650	Swanton VT
161	15/127	F3039	1:49:16	8:21	Regina Quintin	36	F	714	Essex Junction VT
162	5/16	M6069	1:49:21	8:21	Michael Fiorillo	60	M	303	Brookfield VT



## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
163	22/45	M5059	1:49:43	8:23	Forrest Lemoine	56	M	510	Shelburne VT
164	11/75	F1929	1:49:50	8:23	Alexandra Jasinowski	24	F	443	South Burlington VT
165	34/69	M4049	1:50:13	8:25	Wayne Warnken	44	M	874	Burlington VT
166	35/69	M4049	1:50:14	8:25	Kevin Moore Sr	45	M	611	Barre VT
167	7/37	F5059	1:50:19	8:25	Ruth Blauwiel	58	F	94	Colchester VT
168	16/127	F3039	1:50:22	8:26	Monica Delabruere	38	F	243	Derby VT
169	15/97	F4049	1:50:22	8:26	Sue Tetreault	47	F	825	Newport Center VT
170	16/97	F4049	1:50:47	8:28	Julie Davis	44	F	235	Essex Junction VT
171	12/75	F1929	1:50:57	8:28	Carly Brown	26	F	121	Williston VT
172	17/127	F3039	1:50:57	8:28	Leah Pinette	35	F	696	St.Albans Bay VT
173	17/97	F4049	1:51:00	8:28	Lee-Ann Martin	44	F	555	Moretown VT
174	41/74	M3039	1:51:16	8:30	Edward (ted) Parker	34	M	665	Marlboro MA
175	18/97	F4049	1:51:18	8:30	Daphne Hard	49	F	386	South Hero VT
176	18/127	F3039	1:51:22	8:30	Robin Pyle	37	F	711	South Burlington VT
177	36/69	M4049	1:51:36	8:31	Phil Bolen	48	M	98	South Burlington VT
178	23/45	M5059	1:51:48	8:32	Michael Gordon	54	M	354	Essex Junction VT
179	13/75	F1929	1:52:01	8:33	Misa Lindberg	28	F	513	Cranbury NJ
180	42/74	M3039	1:52:04	8:33	Jason Chung	32	M	165	Burlington VT
181	37/69	M4049	1:52:06	8:34	Graham Clegg	46	M	178	Jericho VT
182	19/127	F3039	1:52:15	8:34	Sarah Pesek	30	F	683	Burlington VT
183	8/37	F5059	1:52:19	8:35	Florence Miller	52	F	597	Richmond VT
184	19/97	F4049	1:52:19	8:35	Erika Nestor	46	F	635	Burlington VT
185	38/69	M4049	1:52:23	8:35	Chris Spensley	45	M	791	Burlington VT
186	9/37	F5059	1:52:27	8:35	Merill Creagh	59	F	210	Portland OR
187	43/74	M3039	1:52:32	8:36	Jonathan Stockbridge	39	M	811	Winooski VT
188	44/74	M3039	1:52:40	8:36	Jules Fishelman	37	M	304	Burlington VT
189	14/75	F1929	1:52:42	8:36	Adelaide Halstead	28	F	378	Burlington VT
190	39/69	M4049	1:52:45	8:36	Jim Shields	46	M	775	Charlotte VT
191	40/69	M4049	1:52:46	8:37	Michael Gross	40	M	367	Brooklyn NY
192	41/69	M4049	1:52:46	8:37	Derek Miodownik	41	M	606	Richmond VT
193	19/32	M1929	1:52:48	8:37	Stephen Devries	26	M	248	Essex Junction VT
194	20/127	F3039	1:52:49	8:37	Erin Giaccio	39	F	335	Chittenden VT
195	24/45	M5059	1:52:58	8:37	Larry Hagerty	54	M	374	Jericho VT
196	20/97	F4049	1:52:59	8:38	Monique Gilbert	44	F	340	Jericho VT
197	21/127	F3039	1:53:10	8:38	Angela Lacroix	32	F	491	Barre VT
198	15/75	F1929	1:53:31	8:40	Katje Stapler	28	F	799	Melrose MA
199	22/127	F3039	1:53:33	8:40	Laura Chadwick	38	F	153	Essex Junction VT
200	16/75	F1929	1:53:34	8:40	Leslie Kaufman	28	F	458	Burlington VT
201	23/127	F3039	1:53:38	8:41	Teal Doggett	36	F	258	Burlington VT
202	42/69	M4049	1:54:03	8:42	Norman Craige	46	M	7	Williston VT
203	1/11	F6069	1:54:08	8:43	Dot Helling	61	F	400	Montpelier VT
204	1/3	M0118	1:54:12	8:43	Kevin Dente	15	M	246	Hinesburg VT
205	17/75	F1929	1:54:20	8:44	Keilidh McMath	22	F	577	East Hardwick VT
206	24/127	F3039	1:54:26	8:44	Casey Dearborn	32	F	240	W. Glover VT
207	1/3	M7099	1:54:38	8:45	Bob Murphy	71	M	623	Barre VT
208	18/75	F1929	1:54:38	8:45	Meagan Carr	26	F	147	Manchester NH
209	21/97	F4049	1:54:43	8:45	Karen Mount	41	F	621	Williston VT
210	10/37	F5059	1:54:51	8:46	Robin Harris	52	F	390	Williston VT
211	25/45	M5059	1:54:52	8:46	Gunnar Steates	53	M	802	North Hero VT
212	25/127	F3039	1:54:58	8:47	Emilie Diller	36	F	251	Waterbury VT
213	20/32	M1929	1:55:06	8:47	Michael Clark	28	M	174	South Boston MA
214	26/127	F3039	1:55:07	8:47	Leandre Waldo-Johnson	36	F	868	Burlington VT
215	11/37	F5059	1:55:20	8:48	Linda Cleveland	50	F	180	Barre VT
216	27/127	F3039	1:55:35	8:49	Carrie McAdoo	35	F	561	Cambridge VT
217	45/74	M3039	1:55:35	8:50	Anthony Stevens	37	M	807	Jericho VT
218	22/97	F4049	1:55:44	8:50	Deborah Emerson	41	F	284	Burlington VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
219	46/74	M3039	1:55:45	8:50	Lee Brooks	31	M	117	Hanover NH
220	47/74	M3039	1:55:59	8:51	Charles Clarke	39	M	176	Burlington VT
221	28/127	F3039	1:56:05	8:52	Heidi Fryzell	39	F	317	Burlington VT
222	48/74	M3039	1:56:06	8:52	David Aman	35	M	31	Burlington VT
223	2/11	F6069	1:56:37	8:54	Moira Durnin	60	F	276	Stowe VT
224	29/127	F3039	1:56:38	8:54	Molly Cherington	31	F	163	Philadelphia PA
225	23/97	F4049	1:56:44	8:55	Kim Maxwell	45	F	560	South Burlington VT
226	21/32	M1929	1:56:45	8:55	Michael Barry	26	M	57	Astoria NY
227	24/97	F4049	1:56:49	8:55	Daphne Dulude	42	F	271	Saint Albans VT
228	25/97	F4049	1:56:55	8:56	Molly Lewis	43	F	512	Stowe VT
229	19/75	F1929	1:56:55	8:56	Jessica Bekker	29	F	69	Burlington VT
230	26/45	M5059	1:56:55	8:56	Donald Weaver	54	M	879	South Burlington VT
231	20/75	F1929	1:56:58	8:56	Katie D'Amelio	25	F	223	Burlington MA
232	30/127	F3039	1:57:19	8:57	Rachel Kolter	30	F	481	Stowe VT
233	26/97	F4049	1:57:20	8:57	Jean Hess	44	F	405	Jericho VT
234	12/37	F5059	1:57:31	8:58	Holly Rainville	53	F	715	Jericho VT
235	49/74	M3039	1:57:38	8:59	David Berman	32	M	85	Burlington VT
236	31/127	F3039	1:57:47	9:00	Hilary Sales	36	F	752	Montpelier VT
237	13/37	F5059	1:57:51	9:00	Susan Greene	53	F	362	Burlington VT
238	50/74	M3039	1:57:59	9:00	Jason Storms	39	M	812	Saint Albans VT
239	27/97	F4049	1:58:06	9:01	Elise Minadeo	44	F	603	Essex Jct VT
240	32/127	F3039	1:58:07	9:01	Christy Pilsucki	35	F	695	South Burlington VT
241	51/74	M3039	1:58:09	9:01	Michael Kanelos	38	M	457	South Burlington VT
242	14/37	F5059	1:58:20	9:02	Margaret Haskins	53	F	394	Morrisville VT
243	33/127	F3039	1:58:20	9:02	Monique McHenry	33	F	571	Duxbury VT
244	34/127	F3039	1:58:33	9:03	Heather Hennessy	38	F	402	Essex Junction VT
245	28/97	F4049	1:58:55	9:05	Margaret Beliveau	47	F	70	Jericho VT
246	22/32	M1929	1:59:02	9:05	Chip Fiess	27	M	301	South Burlington VT
247	27/45	M5059	1:59:06	9:06	Roger Clapp	57	M	168	Waterbury VT
248	43/69	M4049	1:59:14	9:06	John Lombardo	41	M	518	Essex Junction VT
249	21/75	F1929	1:59:15	9:06	Margaret Lund	21	F	532	Johnson VT
250	44/69	M4049	1:59:15	9:06	Jonathan Rilling	42	M	731	Randolph Center VT
251	45/69	M4049	1:59:21	9:07	David Pattison	48	M	672	Brookfield VT
252	22/75	F1929	1:59:26	9:07	Alison Cutting	24	F	219	Boston MA
253	15/37	F5059	1:59:29	9:07	Linda Hallinger	59	F	377	Washington VT
254	52/74	M3039	1:59:32	9:08	Jeremy Deeds	32	M	242	Waitsfield VT
255	16/37	F5059	1:59:35	9:08	Linda Towle	51	F	836	Hastings-On-Hudson NY
256	46/69	M4049	1:59:47	9:09	Evan Sorenson	41	M	789	East Hampstead NH
257	29/97	F4049	1:59:48	9:09	Julie Sorenson	41	F	790	East Hampstead NH
258	30/97	F4049	1:59:52	9:09	Ginny O'Reilly	48	F	655	South Burlington VT
259	23/32	M1929	2:00:03	9:10	Andrew Mills	28	M	601	Burlington VT
260	35/127	F3039	2:00:05	9:10	Jeanne Landau	39	F	498	Burlington VT
261	53/74	M3039	2:00:09	9:10	Shane Nelson	33	M	628	Williston VT
262	54/74	M3039	2:00:12	9:11	Chris Murphy	33	M	624	Weymouth MA
263	36/127	F3039	2:00:14	9:11	Brooke Blicher	30	F	95	White River Junction VT
264	37/127	F3039	2:00:16	9:11	Amy O'Toole	39	F	657	Hyde Park VT
265	38/127	F3039	2:00:18	9:11	Laura Schutz	32	F	767	Burlington VT
266	23/75	F1929	2:00:20	9:11	Kimberly Stellavato	28	F	805	Waterbury VT
267	6/16	M6069	2:00:21	9:11	Ned Towle	65	M	837	Hastings-On-Hudson NY
268	24/32	M1929	2:00:24	9:12	Christopher Brown	27	M	119	Burlington VT
269	31/97	F4049	2:00:25	9:12	Kimberley Volk	49	F	864	Enosburg Falls VT
270	39/127	F3039	2:00:26	9:12	Katy Farber	38	F	295	Middlesex VT
271	40/127	F3039	2:00:29	9:12	Meaghan Philip	35	F	688	Danby VT
272	32/97	F4049	2:00:34	9:12	Sue Adams	45	F	17	Westford VT
273	47/69	M4049	2:00:46	9:13	Tom Drake	47	M	268	Waterbury VT
274	28/45	M5059	2:00:47	9:13	David Goodman	51	M	350	Waterbury Center VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
275	41/127	F3039	2:00:48	9:13	Lisa Ward	32	F	872	Essex VT
276	24/75	F1929	2:00:49	9:13	Leah MacCarthy	29	F	538	Burlington VT
277	1/2	F0118	2:00:54	9:14	Ashley Lafreniere	17	F	493	Randolph VT
278	42/127	F3039	2:00:54	9:14	Simona Talos Bindrum	31	F	820	Rochester VT
279	29/45	M5059	2:00:55	9:14	Robert Hildebrand	51	M	408	Montpelier VT
280	55/74	M3039	2:00:56	9:14	Michael Hakim	34	M	376	South Burlington VT
281	17/37	F5059	2:00:57	9:14	Lynn Reynolds	52	F	727	Huntington VT
282	7/16	M6069	2:01:09	9:15	Paul Harrington	61	M	389	Middlesex VT
283	43/127	F3039	2:01:12	9:15	Sarah Hoff	33	F	411	Richmond VT
284	33/97	F4049	2:01:14	9:15	Shana Trombley	41	F	846	Williston VT
285	56/74	M3039	2:01:24	9:16	Steven Pettengill	38	M	685	S Burlington VT
286	44/127	F3039	2:01:27	9:16	Julie Jacob Ochs	38	F	437	Underhill Center VT
287	48/69	M4049	2:01:27	9:16	Arthur Hamlin	48	M	380	Braintree VT
288	25/32	M1929	2:01:31	9:17	Gregory Hoerprich	27	M	410	Colchester VT
289	30/45	M5059	2:01:32	9:17	Alan Homans	58	M	416	Huntington VT
290	45/127	F3039	2:01:42	9:17	Jennifer Lyon-Horne	39	F	537	South Hero VT
291	25/75	F1929	2:01:48	9:18	Mary Jardine	28	F	442	Lyndonville VT
292	46/127	F3039	2:01:51	9:18	Christie Beveridge	33	F	88	Winooski VT
293	47/127	F3039	2:01:53	9:18	Sarah Reid	30	F	721	Burlington VT
294	26/75	F1929	2:01:56	9:19	Rachel Gitajn	27	F	343	Burlington VT
295	26/32	M1929	2:01:56	9:19	Kyle Sauter	26	M	755	Burlington VT
296	34/97	F4049	2:02:04	9:19	Laurie Ely	43	F	283	Jericho VT
297	48/127	F3039	2:02:04	9:19	Ashley Stalter	30	F	797	Morrisville VT
298	18/37	F5059	2:02:04	9:19	Carey Copp-Turnbaugh	57	F	201	Essex Jct. VT
299	31/45	M5059	2:02:20	9:20	Jim Jacobson	59	M	439	Williston VT
300	49/69	M4049	2:02:25	9:21	Mark Bove	44	M	103	Colchester VT
301	49/127	F3039	2:02:44	9:22	Mary Dostie	36	F	263	Milton VT
302	50/127	F3039	2:02:44	9:22	Jeralyn Haraldsen	38	F	385	Waterbury Center VT
303	35/97	F4049	2:02:46	9:22	Sandy Cole	42	F	186	Inver Grove Heights MN
304	51/127	F3039	2:02:50	9:23	Wendy Stockbridge	35	F	810	Winooski VT
305	36/97	F4049	2:03:04	9:24	Elaine Tolley-Andrews	43	F	833	Fort Drum NY
306	50/69	M4049	2:03:13	9:24	Scott Lovelette	42	M	525	Montpelier VT
307	27/75	F1929	2:03:14	9:24	Lisa Goldberg	27	F	346	South Boston MA
308	57/74	M3039	2:03:14	9:24	Patrick Killoran	30	M	473	East Calais VT
309	37/97	F4049	2:03:21	9:25	Vesna Gracanic	41	F	355	Burlington VT
310	52/127	F3039	2:03:25	9:25	Erin Dente	34	F	245	Hinesburg VT
311	38/97	F4049	2:03:31	9:26	Heather Hammond	40	F	382	North Fayston VT
312	58/74	M3039	2:03:44	9:27	Adam Warrington	32	M	876	Essex Junction VT
313	53/127	F3039	2:03:44	9:27	Roxanne Butler Gignoux	30	F	134	Hinesburg VT
314	54/127	F3039	2:03:46	9:27	Colleen Ovelman	34	F	662	Waterbury Center VT
315	39/97	F4049	2:03:52	9:27	Cathy Dupont	46	F	275	Marshfield VT
316	19/37	F5059	2:03:59	9:28	Suzanne Burgos	51	F	124	Randolph VT
317	32/45	M5059	2:04:10	9:29	Gary Crowley	51	M	214	Colchester VT
318	28/75	F1929	2:04:21	9:30	Amanda Dowling	28	F	266	Burlington VT
319	20/37	F5059	2:04:23	9:30	Annie Charrette	51	F	158	Lincoln MA
320	21/37	F5059	2:04:28	9:30	Helen Lanthier	52	F	502	Saint Albans VT
321	59/74	M3039	2:04:28	9:30	Peter McDougall	35	M	569	South Burlington VT
322	29/75	F1929	2:04:34	9:31	Kate Maciejowski	25	F	541	Burlington VT
323	55/127	F3039	2:04:36	9:31	Debra Burleigh	31	F	125	Essex Junction VT
324	56/127	F3039	2:04:36	9:31	Anne Clegg	37	F	179	Jericho VT
325	60/74	M3039	2:04:36	9:31	Matthew Burleigh	31	M	126	Essex Junction VT
326	61/74	M3039	2:04:36	9:31	James Flinchbaugh	35	M	308	Colchester VT
327	57/127	F3039	2:04:38	9:31	Kumi Dikengil	30	F	250	Mendham NJ
328	40/97	F4049	2:04:41	9:31	Meghan Fitzpatrick	40	F	306	Burlington VT
329	33/45	M5059	2:04:46	9:32	James Morris	56	M	614	Jericho VT
330	41/97	F4049	2:04:53	9:32	Prue Milnes	48	F	602	South Burlington VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
331	30/75	F1929	2:04:57	9:32	Jeanine Amacher	26	F	30	Hanover NH
332	42/97	F4049	2:05:02	9:33	Beth Anderson	40	F	36	Burlington VT
333	58/127	F3039	2:05:04	9:33	Sarah Gemmiti	33	F	332	Rutland VT
334	59/127	F3039	2:05:08	9:33	Hannah Allen	33	F	27	Ripton VT
335	34/45	M5059	2:05:23	9:34	Dave Bruce	52	M	122	Montpelier VT
336	51/69	M4049	2:05:23	9:34	Lou Bello	48	M	71	Barre VT
337	22/37	F5059	2:05:23	9:34	Ellen Zeman	50	F	915	Burlington VT
338	60/127	F3039	2:05:25	9:34	Jessica Veltkamp	39	F	860	Winooski VT
339	52/69	M4049	2:05:25	9:34	Greg Veltkamp	40	M	861	Winooski VT
340	31/75	F1929	2:05:26	9:35	Heather Truax	26	F	848	Burlington VT
341	53/69	M4049	2:05:32	9:35	Job Heintz	43	M	398	Waterbury Center VT
342	43/97	F4049	2:05:32	9:35	Cristina Pellechio	44	F	675	Waterbury Center VT
343	32/75	F1929	2:05:36	9:35	Jennie Ikuta	26	F	434	Providence RI
344	33/75	F1929	2:05:36	9:35	Anna Mika	28	F	592	Burlington VT
345	3/11	F6069	2:05:44	9:36	Nancy Remsen	61	F	723	Bolton VT
346	44/97	F4049	2:05:53	9:37	Sandra Beynnon	46	F	89	South Burlington VT
347	54/69	M4049	2:05:57	9:37	David McMath	49	M	576	East Hardwick VT
348	61/127	F3039	2:06:06	9:38	Jennifer Clark	37	F	172	Richmond VT
349	62/127	F3039	2:06:10	9:38	Melissa Prindiville	39	F	705	Berlin VT
350	63/127	F3039	2:06:10	9:38	Meg Allison	38	F	28	Moretown VT
351	64/127	F3039	2:06:20	9:39	Joni Pecor	39	F	674	Colchester VT
352	55/69	M4049	2:06:21	9:39	Randy Tullar	45	M	853	Chelsea VT
353	65/127	F3039	2:06:22	9:39	Emily St. Cyr	30	F	794	East Montpelier VT
354	66/127	F3039	2:06:26	9:39	Josie Lang	33	F	499	Essex Junction VT
355	4/11	F6069	2:06:45	9:41	Pam Stephens	62	F	806	South Strafford VT
356	67/127	F3039	2:06:46	9:41	Kerrie Ross	36	F	742	Enosburg Falls VT
357	45/97	F4049	2:06:46	9:41	Kelly Lamonda	42	F	496	Jericho VT
358	46/97	F4049	2:06:48	9:41	Jennifer Lapointe	42	F	503	Waterbury VT
359	5/11	F6069	2:06:53	9:41	Rosemary Rusin	68	F	747	Florence VT
360	34/75	F1929	2:06:58	9:42	Mikayla Geraci	19	F	333	Morrisville VT
361	35/75	F1929	2:06:58	9:42	Rachel Long	20	F	520	Elmore VT
362	35/45	M5059	2:07:02	9:42	Allan Kunigis	54	M	486	Shelburne VT
363	68/127	F3039	2:07:12	9:43	Jessica Lasher	34	F	504	Burlington VT
364	69/127	F3039	2:07:23	9:44	Jessica Fay	37	F	299	Essex VT
365	56/69	M4049	2:07:25	9:44	Timothy Carter	48	M	149	Shelburne VT
366	62/74	M3039	2:07:42	9:45	Ed McCauley	34	M	564	Richmond VT
367	70/127	F3039	2:07:49	9:45	Virginia Gellman	39	F	331	Rutland VT
368	71/127	F3039	2:07:55	9:46	Stacy Potts	38	F	700	New Braintree VT
369	36/75	F1929	2:07:58	9:46	Kati Dockum	28	F	256	Weymouth MA
370	63/74	M3039	2:07:59	9:46	Agam Sheth	39	M	774	Milton VT
371	72/127	F3039	2:08:01	9:46	Katie Budreski	31	F	123	Montpelier VT
372	73/127	F3039	2:08:05	9:47	Nicole Rolandini	30	F	739	South Burlington VT
373	47/97	F4049	2:08:15	9:47	Shari Joyal	41	F	451	Enosburg Falls VT
374	48/97	F4049	2:08:23	9:48	Jennifer Callahan	45	F	138	St. Albans VT
375	74/127	F3039	2:08:26	9:48	Kelly Kanelos	33	F	456	South Burlington VT
376	49/97	F4049	2:08:28	9:48	Shelly White	44	F	891	Westford VT
377	1/2	F7099	2:08:35	9:49	Teri Scatchard	70	F	759	N. Ferrisburg VT
378	64/74	M3039	2:08:37	9:49	Chum Stine	38	M	809	Williston VT
379	50/97	F4049	2:08:40	9:49	Amanda Yonkman	40	F	912	Waterbury Center VT
380	37/75	F1929	2:08:43	9:50	Rebecca Chartrand	26	F	159	South Burlington VT
381	27/32	M1929	2:08:43	9:50	James Chartrand	27	M	160	South Burlington VT
382	38/75	F1929	2:08:48	9:50	Victoria Watts	27	F	878	Brooklyn NY
383	51/97	F4049	2:08:50	9:50	Frances Skerritt	46	F	780	Montreal QC
384	52/97	F4049	2:08:54	9:50	Alva Ware-Bevacqui	40	F	873	Fayston VT
385	53/97	F4049	2:09:02	9:51	Amy McCormick	40	F	565	Starksboro VT
386	39/75	F1929	2:09:02	9:51	Caroline Crofton	25	F	211	Burlington VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
387	54/97	F4049	2:09:03	9:51	Sandra Bradshaw	44	F	108	South Burlington VT
388	55/97	F4049	2:09:04	9:51	Sharon Davis	40	F	237	Bristol VT
389	75/127	F3039	2:09:05	9:51	Marie Nistico	37	F	644	Essex Junction VT
390	57/69	M4049	2:09:05	9:51	Jason Cota	45	M	204	Starksboro VT
391	58/69	M4049	2:09:05	9:51	David Benz	45	M	76	Burlington VT
392	56/97	F4049	2:09:06	9:51	Laura McHugh	49	F	572	Colchester VT
393	57/97	F4049	2:09:12	9:52	Maureen Murphy	44	F	622	Hinesburg VT
394	40/75	F1929	2:09:20	9:52	Annie Price-Smith	29	F	704	Wolcott VT
395	28/32	M1929	2:09:26	9:53	Ben Zimmerman	26	M	3	Los Angeles CA
396	76/127	F3039	2:09:31	9:53	Megan Adams	33	F	14	Salem NY
397	58/97	F4049	2:10:01	9:56	Tammy Lawrey	46	F	508	Middlesex VT
398	77/127	F3039	2:10:01	9:56	Thao Nguyen	35	F	640	Williston VT
399	41/75	F1929	2:10:06	9:56	Melissa Melilli	27	F	580	Winooski VT
400	36/45	M5059	2:10:22	9:57	David Riestler	52	M	730	Essex Junction VT
401	59/69	M4049	2:10:23	9:57	Patrick Mitchell	41	M	607	Essex VT
402	59/97	F4049	2:10:23	9:57	Teresa Reed	48	F	719	Essex Junction VT
403	2/3	M0118	2:10:31	9:58	Forest Hanson	15	M	384	Montpelier VT
404	42/75	F1929	2:10:32	9:58	Nina Otter	24	F	660	Montpelier VT
405	23/37	F5059	2:10:33	9:58	Linda Wheatley	52	F	885	Worcester VT
406	60/69	M4049	2:10:34	9:58	Adam Rosen	44	M	740	Montpelier VT
407	43/75	F1929	2:10:34	9:58	Danielle Furlani	27	F	321	South Burlington VT
408	2/3	M7099	2:10:44	9:59	Peter Thoms	72	M	827	Montpelier VT
409	60/97	F4049	2:10:57	10:00	Shanin Erb	42	F	288	Jericho VT
410	44/75	F1929	2:11:08	10:01	Jessie Lanham	29	F	501	Morgan VT
411	78/127	F3039	2:11:20	10:02	Marnie Owen	32	F	663	Winooski VT
412	79/127	F3039	2:11:25	10:02	Lauren Chabot	31	F	152	Worcester VT
413	65/74	M3039	2:11:27	10:02	Micah Galland	34	M	325	Enosburg Falls VT
414	45/75	F1929	2:11:37	10:03	Ashley Truax	23	F	849	Burlington VT
415	61/69	M4049	2:11:40	10:03	Stuart Cook	40	M	196	Burlington VT
416	61/97	F4049	2:11:42	10:03	Kim Dittus	49	F	255	Shelburne VT
417	80/127	F3039	2:11:51	10:04	Holly Nadeau	34	F	626	Newport VT
418	62/97	F4049	2:11:51	10:04	Lisa Lubas	40	F	527	Essex Junction VT
419	3/3	M7099	2:12:10	10:05	Phillip Howard	73	M	422	Burlington VT
420	24/37	F5059	2:12:13	10:06	Susan Ludington	55	F	530	Morrisville VT
421	63/97	F4049	2:12:14	10:06	Tanya Worden	40	F	909	Waitsfield VT
422	81/127	F3039	2:12:19	10:06	Laura Anderson	34	F	32	Burlington VT
423	64/97	F4049	2:12:34	10:07	Tracie Douglas	43	F	265	Essex Junction VT
424	82/127	F3039	2:12:34	10:07	Kathy Stevens	37	F	808	Jericho VT
425	8/16	M6069	2:12:39	10:08	Jim Leclair	60	M	509	Colchester VT
426	83/127	F3039	2:12:39	10:08	Sara Timmerman	34	F	831	Colchester VT
427	66/74	M3039	2:12:39	10:08	Todd Timmerman	34	M	830	Colchester VT
428	67/74	M3039	2:12:40	10:08	Peter Pettengill	30	M	684	Burlington VT
429	25/37	F5059	2:12:58	10:09	Bonnie Carton	50	F	150	Essex Junction VT
430	65/97	F4049	2:13:00	10:09	Cindy Sherwood	46	F	773	St Albans VT
431	26/37	F5059	2:13:08	10:10	Jane Provost	58	F	708	Essex Jct VT
432	37/45	M5059	2:13:15	10:10	Michael Rainville	52	M	716	Jericho VT
433	46/75	F1929	2:13:20	10:11	Brittany Tullar	19	F	852	Williamstown VT
434	47/75	F1929	2:13:20	10:11	Kathryn Eddy	29	F	279	Montpelier VT
435	68/74	M3039	2:13:33	10:12	Jeffrey Fuller	36	M	318	Waterbury Center VT
436	66/97	F4049	2:13:40	10:12	Cindy Delaney	48	F	244	Fairfax VT
437	84/127	F3039	2:13:49	10:13	Kara McDonough	33	F	566	Essex Junction VT
438	85/127	F3039	2:14:00	10:14	Jesse Carpenter	32	F	145	Barre VT
439	86/127	F3039	2:14:03	10:14	Bethany Bedford	37	F	66	Waitsfield VT
440	48/75	F1929	2:14:09	10:14	Randie Ouellette	29	F	661	Underhill VT
441	27/37	F5059	2:14:13	10:15	Randi Brevik	56	F	111	Jericho VT
442	67/97	F4049	2:14:23	10:15	Keta White	44	F	889	Jeffersonville VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
443	62/69	M4049	2:14:23	10:16	Chris Champion	43	M	142	Winooski VT
444	87/127	F3039	2:14:33	10:16	Cari Causey	32	F	151	Jericho VT
445	69/74	M3039	2:15:01	10:18	Matthew Coonrod	30	M	198	Winooski VT
446	49/75	F1929	2:15:01	10:18	Danielle Coonrod	25	F	199	Winooski VT
447	50/75	F1929	2:15:01	10:18	Tessa Valyou	28	F	855	South Burlington VT
448	88/127	F3039	2:15:06	10:19	Amy Tosch	37	F	835	Jericho VT
449	51/75	F1929	2:15:08	10:19	Annalee Dammann	25	F	227	Winooski VT
450	68/97	F4049	2:15:10	10:19	Christine Johnson	40	F	447	Essex VT
451	9/16	M6069	2:15:20	10:20	Clifford Dutra	69	M	277	So Burlington VT
452	28/37	F5059	2:15:48	10:22	Annie Voldman	52	F	863	So. Burlington VT
453	10/16	M6069	2:16:06	10:23	Robert Stawiecki	61	M	801	Webster MA
454	69/97	F4049	2:16:14	10:24	Sarah Lord	41	F	524	Waterbury VT
455	70/97	F4049	2:16:23	10:25	Cybelle Joy	40	F	450	Waterbury VT
456	71/97	F4049	2:16:23	10:25	Julia Doucet	40	F	264	Bristol VT
457	63/69	M4049	2:16:25	10:25	Marc Kenny	41	M	468	Jericho Center VT
458	52/75	F1929	2:16:27	10:25	Katherine Tompkins	23	F	1459	Dorchester PA
459	64/69	M4049	2:16:28	10:25	Todd Rohlen	40	M	738	Underhill VT
460	89/127	F3039	2:16:31	10:25	Amy Young	30	F	913	Barre VT
461	72/97	F4049	2:16:32	10:25	Ellie Brady	45	F	109	South Burlington VT
462	65/69	M4049	2:16:49	10:27	David Tomlinson	44	M	834	Burlington VT
463	3/3	M0118	2:16:52	10:27	Gabriel Otter	15	M	659	Montpelier VT
464	73/97	F4049	2:17:05	10:28	Clarissa Adams	43	F	16	Waterbury VT
465	53/75	F1929	2:17:06	10:28	Elizabeth Hagwood	25	F	375	South Burlington VT
466	70/74	M3039	2:17:13	10:28	Razvan Sultana	39	M	815	Boston MA
467	90/127	F3039	2:17:13	10:28	Melissa Merritt	34	F	584	Boston MA
468	54/75	F1929	2:17:27	10:30	Rosemary Zimmermann	27	F	4	Richmond VT
469	38/45	M5059	2:17:38	10:30	Johannes Otter	55	M	658	Montpelier VT
470	91/127	F3039	2:17:40	10:31	Angela Bergeron	30	F	81	South Burlington VT
471	71/74	M3039	2:17:40	10:31	Adam Bergeron	32	M	80	South Burlington VT
472	39/45	M5059	2:17:46	10:31	Rick Wehling	57	M	881	Essex Junction VT
473	55/75	F1929	2:17:50	10:31	Lindsey Lathrop	27	F	505	Burlington VT
474	92/127	F3039	2:17:50	10:31	Sarah Stuz	35	F	813	Morrisville VT
475	74/97	F4049	2:18:10	10:33	Jane Burroughs	46	F	129	East Montpelier VT
476	93/127	F3039	2:18:15	10:33	Rachel Shelley	31	F	770	Burlington VT
477	94/127	F3039	2:18:17	10:33	Phebe Mott	35	F	620	Hinesburg VT
478	6/11	F6069	2:18:30	10:34	Gerda Kalb	65	F	453	Key West FL
479	75/97	F4049	2:18:57	10:36	Shelley Sanyal	42	F	753	Hanover NH
480	29/37	F5059	2:18:57	10:36	Julie Alarcon	58	F	22	Windsor VT
481	95/127	F3039	2:19:05	10:37	Amy Gibbs	35	F	336	Duxbury VT
482	56/75	F1929	2:19:20	10:38	Stevie Perry	27	F	682	Williston VT
483	96/127	F3039	2:19:23	10:38	Sarah Jusseaume	32	F	452	Newburyport MA
484	97/127	F3039	2:19:36	10:39	Jill Everett	30	F	293	South Burlington VT
485	29/32	M1929	2:20:05	10:42	Derek Luzim	26	M	533	Burlington VT
486	57/75	F1929	2:20:06	10:42	Aislinn Doyle	27	F	267	Burlington VT
487	58/75	F1929	2:20:09	10:42	Dana Notte	24	F	648	South Burlington VT
488	59/75	F1929	2:20:25	10:43	Emily Ryan	23	F	748	Concord NH
489	30/32	M1929	2:20:25	10:43	Samuel Borchard	23	M	100	Southborough MA
490	60/75	F1929	2:20:26	10:43	Rebecca Stanfield Mcco	29	F	798	Woodstock VT
491	98/127	F3039	2:20:28	10:43	Carolyn McLaughlin	33	F	574	Montpelier VT
492	40/45	M5059	2:20:46	10:45	John Manning	56	M	549	Jericho VT
493	99/127	F3039	2:20:56	10:45	Amy Starble	34	F	800	Burlington VT
494	100/127	F3039	2:20:58	10:46	Mary Brodsky	35	F	114	Essex VT
495	76/97	F4049	2:21:11	10:47	Nancy Ann Kelly	49	F	463	Essex Junction VT
496	41/45	M5059	2:21:11	10:47	Timothy Kelly	57	M	464	Essex Junction VT
497	61/75	F1929	2:21:14	10:47	Jessica Scharf	29	F	762	Burlington VT
498	42/45	M5059	2:21:16	10:47	Patrick Phillips	55	M	689	Colchester VT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
499	7/11	F6069	2:21:16	10:47	Karen Hennig	63	F	403	Irasburg VT
500	77/97	F4049	2:21:16	10:47	Lori Saccardo	40	F	750	Ludlow VT
501	78/97	F4049	2:21:17	10:47	Nikki St.Mary	43	F	795	South Burlington VT
502	79/97	F4049	2:21:18	10:47	Julie Dimmock	42	F	254	Burlington VT
503	62/75	F1929	2:21:33	10:48	Julie Davis	26	F	233	Winooski VT
504	101/127	F3039	2:21:34	10:48	Tracie Hammond	33	F	381	Essex Junction VT
505	72/74	M3039	2:21:40	10:49	Khristian Kemp-Delisse	32	M	9	Burlington VT
506	80/97	F4049	2:21:41	10:49	Amy Hsu	40	F	426	Boston MA
507	81/97	F4049	2:21:42	10:49	Michelle Baker	47	F	49	Waterbury VT
508	102/127	F3039	2:21:51	10:50	Jodie Archambault	39	F	38	Enosburg Falls VT
509	63/75	F1929	2:22:37	10:53	Elizabeth Cook	27	F	197	Waitsfield VT
510	82/97	F4049	2:22:48	10:54	Bobbi Brimblecombe	44	F	113	Marshfield VT
511	103/127	F3039	2:23:01	10:55	Melissa McKay	39	F	573	Waterbury Center VT
512	104/127	F3039	2:23:04	10:55	Juliana Elliott	30	F	282	Essex VT
513	105/127	F3039	2:23:05	10:55	Melissa Lawlor	33	F	507	Huntington VT
514	83/97	F4049	2:23:52	10:59	Cheryl Niedzwiecki	46	F	642	North Clarendon VT
515	84/97	F4049	2:23:57	10:59	Jennifer Coulter	43	F	205	Essex Junction VT
516	85/97	F4049	2:24:45	11:03	Jennifer Campbell	43	F	140	Waterbury Center VT
517	106/127	F3039	2:24:55	11:04	Jennifer Wilson	35	F	896	Morrisville VT
518	64/75	F1929	2:24:55	11:04	Jen Bourdeau	28	F	101	St. Albans VT
519	86/97	F4049	2:24:57	11:04	Maribel Bove	44	F	104	Colchester VT
520	11/16	M6069	2:25:02	11:04	John Campbell	65	M	141	North Chittenden VT
521	87/97	F4049	2:25:45	11:08	Ingrid Temer	42	F	824	Burlington VT
522	88/97	F4049	2:25:53	11:08	Mary Ann Donnelly-Deba	49	F	261	Richmond VT
523	30/37	F5059	2:25:56	11:08	Kathia Capellupo	57	F	143	Charlestown MA
524	66/69	M4049	2:25:58	11:09	Matt Howes	40	M	425	Fayston VT
525	43/45	M5059	2:26:07	11:09	Kevin Wise	52	M	903	Shelburne VT
526	107/127	F3039	2:26:20	11:10	Francine Perkins	38	F	679	Barre VT
527	108/127	F3039	2:26:38	11:12	Samantha Agricola	36	F	20	Essex VT
528	73/74	M3039	2:26:38	11:12	Craig Agricola	36	M	21	Essex VT
529	8/11	F6069	2:26:42	11:12	Nancy Clark	60	F	173	Essex Junction VT
530	44/45	M5059	2:26:57	11:13	Sam Nelson	53	M	631	Fairfax VT
531	31/37	F5059	2:27:02	11:13	Deborah Rathburn	50	F	717	Plainfield VT
532	45/45	M5059	2:27:37	11:16	Bob Provost	59	M	707	Essex Jct VT
533	109/127	F3039	2:29:07	11:23	Amelia Hopkins	36	F	418	Burlington VT
534	65/75	F1929	2:29:54	11:27	Jenna Calvi	24	F	139	Montpelier VT
535	89/97	F4049	2:29:57	11:27	Subha Luck	44	F	529	Jericho VT
536	9/11	F6069	2:30:02	11:27	Katharine Hession	65	F	406	Pittsford VT
537	10/11	F6069	2:30:10	11:28	Patricia Rennau	62	F	726	Moretown VT
538	90/97	F4049	2:30:34	11:30	Jess Biggio	42	F	90	Richmond VT
539	110/127	F3039	2:30:34	11:30	Emily Zolten	33	F	6	Richmond VT
540	12/16	M6069	2:31:39	11:35	Terry Kelly	61	M	465	Greenwich NY
541	111/127	F3039	2:32:08	11:37	Heather Reid	30	F	722	Waterbury VT
542	112/127	F3039	2:32:19	11:38	Sarah Bache	35	F	42	Waterbury VT
543	113/127	F3039	2:32:35	11:39	Sarah Crosier	38	F	212	North Bennington VT
544	13/16	M6069	2:32:36	11:39	Dennis Minoli	63	M	604	Barre VT
545	14/16	M6069	2:32:44	11:39	Robert Carafice	68	M	144	Rochester NY
546	66/75	F1929	2:32:52	11:40	Amanda Mosher	25	F	617	Plattsburgh NY
547	67/75	F1929	2:33:35	11:43	Megan Winward	28	F	901	Georgia VT
548	32/37	F5059	2:33:35	11:43	Martha Lance	52	F	497	St. Albans VT
549	114/127	F3039	2:33:51	11:45	Natascha Brandenburg	34	F	110	Waitsfield VT
550	68/75	F1929	2:35:10	11:51	Kerri Knipe	25	F	476	Milford CT

## LEAF PEEPERS HALF-MARATHON (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
551	67/69	M4049	2:35:25	11:52	Jim Adkisson	49	M	18	Jericho VT
552	91/97	F4049	2:35:25	11:52	Jennifer Adkisson	48	F	19	Jericho VT
553	115/127	F3039	2:36:15	11:56	Amie Milizia-Fisher	30	F	593	Jericho VT
554	68/69	M4049	2:38:06	12:04	Jeff Tullar	41	M	851	Randolph Center VT
555	92/97	F4049	2:38:08	12:04	Marybeth Nuovo	43	F	649	Burlington VT
556	93/97	F4049	2:38:08	12:04	Kate Belluche	41	F	72	Burlington VT
557	74/74	M3039	2:38:11	12:04	Jason Wolstenholme	37	M	906	Burlington VT
558	116/127	F3039	2:39:38	12:11	Christine Lloyd-Newber	36	F	517	Colchester VT
559	69/75	F1929	2:39:42	12:11	Laura Wagenblast	24	F	866	Burlington VT
560	94/97	F4049	2:40:09	12:13	Leslie Meyer	49	F	588	Jeffersonville VT
561	70/75	F1929	2:41:51	12:21	Betsy Puchala	24	F	709	Burlington VT
562	2/2	F7099	2:43:15	12:28	Betty Lacharite	76	F	488	Winooski VT
563	33/37	F5059	2:43:15	12:28	Rose Bergeron	55	F	79	Essex VT
564	34/37	F5059	2:43:50	12:30	Laurie Hanson	51	F	383	Montpelier VT
565	117/127	F3039	2:44:55	12:35	Deborah Jasinski	36	F	444	Williston VT
566	118/127	F3039	2:45:02	12:36	Colleen Wemple	36	F	882	Shelburne VT
567	31/32	M1929	2:45:31	12:38	Vu Tran	26	M	839	Burlington VT
568	15/16	M6069	2:45:45	12:39	Harry Dondero	68	M	260	Scituate MA
569	119/127	F3039	2:47:08	12:45	Sara Moran	39	F	612	Waterbury VT
570	71/75	F1929	2:48:33	12:52	Mary Michalek	29	F	589	Burlington VT
571	35/37	F5059	2:48:34	12:52	Doris Anderson	59	F	35	Williston VT
572	120/127	F3039	2:49:10	12:55	Elisabeth Jennings	37	F	446	Waterbury Center VT
573	121/127	F3039	2:49:10	12:55	Nicole Hynes	39	F	432	Waterbury Center VT
574	122/127	F3039	2:49:31	12:56	Aubrey Garrison	33	F	327	Burlington VT
575	95/97	F4049	2:49:31	12:56	Liz Marino	40	F	552	Essex Junction VT
576	36/37	F5059	2:49:55	12:58	Leah Bronner	51	F	116	Morrisville VT
577	123/127	F3039	2:50:08	12:59	Ginny Memoe	36	F	581	Burlington VT
578	72/75	F1929	2:50:56	13:03	Rachel Hopkins	26	F	417	Burlington VT
579	37/37	F5059	2:51:06	13:04	Joy Livingston	58	F	516	Hinesburg VT
580	73/75	F1929	2:51:44	13:06	Jen Clark	29	F	169	Northfield VT
581	124/127	F3039	2:51:48	13:07	Kelly Fitzgerald	33	F	305	Waterbury VT
582	74/75	F1929	2:52:07	13:08	Kara Dudman	27	F	270	Bolton Valley VT
583	125/127	F3039	2:52:36	13:10	Genette Hoffman	34	F	412	Waterbury VT
584	69/69	M4049	2:53:57	13:17	Patrick Healy	49	M	396	Marshfield VT
585	11/11	F6069	2:54:12	13:18	Judith Craig	64	F	209	Montreal QC
586	32/32	M1929	2:57:14	13:32	Saben Littlefield	28	M	515	Burlington VT
587	75/75	F1929	2:57:14	13:32	Lily Sender	28	F	768	Burlington VT
588	96/97	F4049	2:57:59	13:35	Sherry Beatty	45	F	63	Williston VT
589	16/16	M6069	3:00:00	13:44	Chester Kalb Ii	65	M	454	Key West FL
590	97/97	F4049	3:01:15	13:50	Jennifer Borch	42	F	99	Jericho VT
591	2/2	F0118	3:01:16	13:50	Maria Reed	15	F	720	Essex Junction VT
592	126/127	F3039	3:03:05	13:58	Lauren Devries	35	F	8	Essex Junction VT
593	127/127	F3039	3:19:34	15:14	Cielo Mendoza	31	F	582	East Fairfield VT



## THE 28th ANNUAL LEAF PEEPERS

## HALF-MARATHON AND 5KM RACE

Oct. 2, 2011

5k

Waterbury, VT

Timing By: Granite State Race Services

chris@gprs.com

Become a fan of GSRS on Facebook.com

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
1	1/19	M1929	18:38	6:00	Corey White	29	M	1491	Milford NH
2	1/15	M0118	19:05	6:09	Andrew Wise	17	M	1497	Shelburne VT
3	1/28	M4049	19:08	6:10	Adam Osekoski	40	M	1354	Huntington VT
4	2/15	M0118	19:11	6:11	Dominic Caforia	17	M	1068	Waterbury Center VT
5	2/28	M4049	19:50	6:23	Mike Besette	41	M	1033	St Albans VT
6	3/28	M4049	20:14	6:31	Michael Rush	44	M	1405	Waitsfield VT
7	1/51	F1929	20:54	6:44	Orla Walsh	25	F	1473	Fairfield VT
8	4/28	M4049	20:59	6:46	Daniel Dumoulin	42	M	1128	Granby QC
9	5/28	M4049	21:11	6:49	Steve O'Dwyer	49	M	1348	Huntington VT
10	1/58	F4049	21:14	6:50	Tamara Fellows	41	F	1143	Cochranville PA
11	6/28	M4049	21:20	6:52	Curf Weeber	49	M	1481	Winooski VT
12	1/29	M3039	21:21	6:53	Travis Luck	35	M	1273	South Burlington VT
13	1/13	M6069	21:28	6:55	Richard Boisseau	64	M	1041	St. Johnsbury Center VT
14	1/17	M5059	21:29	6:55	Andy Shuford	51	M	1418	Montpelier VT
15	2/29	M3039	21:37	6:58	Dale Christie	37	M	1080	Proctor VT
16	3/29	M3039	21:43	7:00	Kevin Sullivan	35	M	1446	Winooski VT
17	4/29	M3039	21:48	7:01	Shannon Fassett	34	M	1142	East Barre VT
18	2/19	M1929	21:49	7:02	Michael Griffith	28	M	1174	Waterbury VT
19	3/19	M1929	21:49	7:02	Raymond Boutin Jr	29	M	1045	Berlin VT
20	1/83	F3039	21:51	7:02	Rose Modry	32	F	1316	Wolcott VT
21	2/13	M6069	21:57	7:04	John Hackney	66	M	1178	Montpelier VT
22	2/51	F1929	22:02	7:06	Rose Kent	27	F	1230	Bethel VT
23	2/17	M5059	22:07	7:07	Russ Cooke	59	M	1092	Williston VT
24	3/51	F1929	22:38	7:17	Erin Smith	28	F	1429	Montpelier VT
25	3/17	M5059	22:44	7:19	Andrew Seaton	52	M	1413	Hinesburg VT
26	7/28	M4049	22:45	7:20	Rodger Krussman	45	M	1243	Montpelier VT
27	1/21	F0118	22:53	7:22	Erin Magill	11	F	1279	Moretown VT
28	3/15	M0118	22:56	7:23	Duncan Weinman	11	M	1486	Waterbury Center VT
29	4/19	M1929	22:57	7:24	Aaron Griggs	25	M	1176	Montpelier VT
30	8/28	M4049	22:58	7:24	Gene Kovacs	40	M	1239	Boston MA
31	5/29	M3039	22:59	7:24	Stephen Waud	31	M	1479	Burlington VT
32	2/21	F0118	23:04	7:26	Holly Gordon	12	F	1171	Montpelier VT
33	9/28	M4049	23:04	7:26	Austin Margo	43	M	40	Richmond VT
34	4/51	F1929	23:16	7:30	Deborah Jones	29	F	1223	New York NY
35	6/29	M3039	23:19	7:30	Ryan Jurasek	31	M	1224	Burlington VT
36	4/17	M5059	23:20	7:31	Dennis Nealon	58	M	1331	Middlesex VT
37	2/83	F3039	23:22	7:32	Jennifer Frantz	38	F	1158	Worcester VT
38	4/15	M0118	23:42	7:38	Eriks Ziedins	11	M	1509	Waterbury Center VT
39	10/28	M4049	23:42	7:38	Ed Ziedins	41	M	1508	Waterbury Center VT
40	7/29	M3039	23:45	7:39	Jason Dolan	33	M	1119	Essex Junction VT
41	5/15	M0118	23:46	7:39	Brendan Magill	9	M	1280	Moretown VT
42	3/83	F3039	23:52	7:41	Ariel Teitelbaum	35	F	1451	Burlington VT
43	5/19	M1929	23:52	7:41	Michael Pautler	26	M	1362	Cold Spring Harbor NY
44	3/13	M6069	23:53	7:42	Harry Curth	64	M	1106	Ferrisburgh VT
45	8/29	M3039	23:58	7:43	Kevin Viani	30	M	1466	Waterbury VT
46	11/28	M4049	23:58	7:43	Stephen Magill	45	M	1278	Moretown VT
47	12/28	M4049	24:01	7:44	Ben Ellingson	40	M	1132	Montpelier VT
48	9/29	M3039	24:07	7:46	Jason Revoir	34	M	1397	Shelburne VT
49	13/28	M4049	24:10	7:47	Scott Griggs	49	M	1177	Orange VT
50	4/83	F3039	24:11	7:47	Emily Crawford	39	F	1100	Waterbury VT

## LEAF PEEPERS 5KM RACE (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
51	10/29	M3039	24:19	7:50	Matt Calhoun	36	M	1070	East Barre VT
52	11/29	M3039	24:21	7:51	Aaron Mangan	33	M	1283	Cabot VT
53	5/51	F1929	24:24	7:52	Alexia Hemphill	20	F	1192	Burlington VT
54	5/83	F3039	24:26	7:52	Nikola Gorcikova	36	F	1170	Burlington VT
55	1/27	F5059	24:31	7:54	Beth McCabe	50	F	1292	Barnet VT
56	6/51	F1929	24:39	7:56	Kerry McCarthy	27	F	1293	Montpelier VT
57	6/83	F3039	24:39	7:56	Kristin Cook	30	F	1090	Williston VT
58	6/15	M0118	24:49	8:00	Max Whitney	12	M	1514	New Braintree MA
59	14/28	M4049	24:52	8:01	Charles Weyer	48	M	1487	S. Duxbury VT
60	6/19	M1929	24:54	8:01	Ben Sarle	27	M	1407	Burlington VT
61	7/83	F3039	24:54	8:01	Courtney Kutler	35	F	1247	South Burlington VT
62	8/83	F3039	24:56	8:02	Sarah Pollica	34	F	1381	Plainfield VT
63	5/17	M5059	24:56	8:02	Stuart Russo-Savage	50	M	1406	Montpelier VT
64	2/58	F4049	24:57	8:02	Jennifer Filan	40	F	1149	Essex VT
65	3/58	F4049	24:59	8:03	Wendy Moore	42	F	1317	Middlesex VT
66	1/12	F6069	25:01	8:03	Debbie Larosa	60	F	1253	South Burlington VT
67	6/17	M5059	25:02	8:04	Kent Cromwell	59	M	1102	Melvin Village NH
68	7/17	M5059	25:02	8:04	Peter Shumlin	55	M	1419	Montpelier VT
69	3/21	F0118	25:03	8:04	Maureen Whitney	14	F	1492	New Braintree MA
70	12/29	M3039	25:08	8:06	David Smedy	32	M	1424	Barre VT
71	7/51	F1929	25:09	8:06	April Hayes	29	F	1188	Bolton Valley VT
72	8/51	F1929	25:15	8:08	Morgan Griffith	28	F	1173	Waterbury VT
73	13/29	M3039	25:21	8:10	Chad Yonkman	39	M	1505	Waterbury Center VT
74	9/83	F3039	25:23	8:11	Becky Louko	37	F	1272	Fairfax VT
75	7/19	M1929	25:24	8:11	Justin Worth	29	M	1502	Montpelier VT
76	10/83	F3039	25:28	8:12	Lisa Brown	33	F	1053	Hyde Park VT
77	15/28	M4049	25:29	8:12	David Wagner	43	M	867	Fairfax VT
78	11/83	F3039	25:30	8:13	Bethany Fuller	31	F	1160	Waterbury Center VT
79	8/17	M5059	25:37	8:15	John Johnston	50	M	1221	Richmond VT
80	12/83	F3039	25:43	8:17	Christine Wulff	33	F	1504	Waterbury VT
81	9/51	F1929	25:49	8:19	Allison Middleman	20	F	1312	Burlington VT
82	4/13	M6069	25:50	8:19	Leighton Walker	69	M	1469	Essex Junction VT
83	16/28	M4049	25:55	8:21	Paul Martin	40	M	1286	Irasburg VT
84	17/28	M4049	25:59	8:22	Robert Irwin	42	M	1210	Essex VT
85	7/15	M0118	26:00	8:22	Stuart Irwin	12	M	1211	Essex VT
86	4/58	F4049	26:07	8:25	Erin Borick	40	F	1043	South Burlington VT
87	13/83	F3039	26:16	8:28	Emily Adriance	33	F	1004	N. Ferrisburgh VT
88	5/58	F4049	26:22	8:30	Dawn Hall	42	F	1180	Underhill VT
89	1/3	M7099	26:24	8:30	Richard Watson	72	M	1478	Boone NC
90	8/19	M1929	26:24	8:30	Timothy Zubak	29	M	1510	Boston MA
91	9/19	M1929	26:34	8:33	Adam Thorpe	29	M	1457	Boston MA
92	6/58	F4049	26:41	8:36	Tracy Spies	41	F	1435	Bismarck ND
93	14/83	F3039	26:42	8:36	Sarah Dudley	36	F	1125	Jericho VT
94	10/51	F1929	26:42	8:36	Braiden White	25	F	1490	Montpelier VT
95	15/83	F3039	26:43	8:36	Kristen Payne	33	F	1363	Pembroke NH
96	4/21	F0118	26:44	8:36	Bryanna Dupont	17	F	1130	Marshfield VT
97	11/51	F1929	26:46	8:37	Jessica Scott	26	F	1411	Ferrisburgh VT
98	7/58	F4049	26:50	8:39	Rosie Manning	41	F	1284	Hyde Park VT
99	10/19	M1929	26:56	8:40	Daniel Goduti	28	M	1165	Lebanon NH
100	12/51	F1929	26:57	8:41	Julia Nakos	24	F	1330	Essex Junction VT
101	11/19	M1929	26:57	8:41	Kelli Hvorecny	26	M	1208	Hanover NH
102	14/29	M3039	26:59	8:41	Timothy Bard	35	M	1024	Burlington VT
103	5/13	M6069	27:01	8:42	Nicholas Jansen	66	M	1213	Adamsville RI
104	15/29	M3039	27:11	8:45	Jay Moore	37	M	1318	Boston MA
105	16/83	F3039	27:11	8:45	Nicole Moore	34	F	1319	Boston MA
106	17/83	F3039	27:13	8:46	Peymei Wu	30	F	1503	Boston MA

## LEAF PEEPERS 5KM (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
107	16/29	M3039	27:13	8:46	Kevin Cranse	36	M	1097	Boston MA
108	13/51	F1929	27:14	8:46	Anna Cleary	26	F	1083	Stowe VT
109	5/21	F0118	27:23	8:49	Jenna Agricola	14	F	1005	Essex VT
110	14/51	F1929	27:28	8:51	Erica Spencer	27	F	1434	Milford NH
111	18/28	M4049	27:33	8:52	William Jennison	46	M	1218	Johnson VT
112	18/83	F3039	27:34	8:53	Lindsay Hay	33	F	1186	Hinesburg VT
113	9/17	M5059	27:39	8:54	Arthur Ward	50	M	1475	Bethel VT
114	6/21	F0118	27:39	8:54	Mackenzie Bruce	15	F	1056	Montpelier VT
115	15/51	F1929	27:44	8:56	Kerry Smith	25	F	1428	Montpelier VT
116	19/83	F3039	27:46	8:56	Kira Krier-Whalen	37	F	1241	Waterbury VT
117	6/13	M6069	27:46	8:56	Don Matthews	60	M	1289	Waterbury Ctr. VT
118	8/58	F4049	27:47	8:57	Karen Weeber	47	F	1482	Fairfax VT
119	10/17	M5059	27:47	8:57	Eric Weeber	52	M	1483	Waterbury Center VT
120	16/51	F1929	27:49	8:58	Shannon Preston	29	F	1387	Burlington VT
121	12/19	M1929	27:55	8:59	Ryan Scott	26	M	1412	Ferrisburgh VT
122	9/58	F4049	27:57	9:00	Christina Krussman	46	F	1242	Montpelier VT
123	20/83	F3039	27:57	9:00	Denise Rundle	37	F	1404	Waterbury Center VT
124	17/51	F1929	27:59	9:01	Katie Beynon	22	F	1035	South Burlington VT
125	7/21	F0118	28:00	9:01	Aenea Mead	13	F	1301	Moretown VT
126	10/58	F4049	28:00	9:01	Jennifer Tripp Mead	47	F	1461	Moretown VT
127	2/27	F5059	28:02	9:02	Sandra Fitzmorris	53	F	1151	Stowe VT
128	11/58	F4049	28:08	9:04	Maria Jennison	46	F	1216	Johnson VT
129	21/83	F3039	28:10	9:04	Shannon Webster	33	F	1480	Winooski VT
130	12/58	F4049	28:10	9:04	Christine Bradley	46	F	1049	Johnson VT
131	18/51	F1929	28:11	9:05	Melissa Goduti	29	F	1166	Lebanon NH
132	8/15	M0118	28:15	9:06	Colby Martin	15	M	1287	Irasburg VT
133	22/83	F3039	28:16	9:06	Danielle Schley	35	F	1408	Stow MA
134	13/58	F4049	28:19	9:07	Pamela Morin	40	F	1321	Barre VT
135	14/58	F4049	28:20	9:08	Kate True	44	F	1511	Roxbury MA
136	23/83	F3039	28:21	9:08	Karen Dolan	33	F	1120	Essex Junction VT
137	24/83	F3039	28:25	9:09	Pratima Cranse	33	F	1098	Springfield VT
138	8/21	F0118	28:30	9:11	Lexi Smith	15	F	1427	South Burlington VT
139	25/83	F3039	28:30	9:11	Stacey Stine	39	F	1443	Williston VT
140	19/51	F1929	28:32	9:11	Julie Griggs	23	F	1175	Montpelier VT
141	15/58	F4049	28:35	9:12	Rebecca Stearns	45	F	1438	Bristol VT
142	26/83	F3039	28:36	9:13	Alyssa Krebs	33	F	1240	Northfield VT
143	16/58	F4049	28:36	9:13	Heather Bates	45	F	1029	South Burlington VT
144	3/27	F5059	28:38	9:13	Mary McAlear	53	F	1291	Pierrefonds, Quebec QU
145	7/13	M6069	28:39	9:14	Lee Abrahamson	68	M	1002	Meridien NH
146	17/58	F4049	28:41	9:14	Monica Weeber	45	F	1484	Winooski VT
147	27/83	F3039	28:42	9:15	Alana Bartol-Vince	30	F	1028	Cambridge VT
148	20/51	F1929	28:54	9:18	Jessica Wills	28	F	1495	Stowe VT
149	18/58	F4049	28:56	9:19	Charlotte Reed	45	F	1394	Underhill VT
150	8/13	M6069	28:57	9:19	Michael Hogan	64	M	1201	Marshfield VT
151	19/28	M4049	28:59	9:20	David Anderson	44	M	1013	Waterbury VT
152	19/58	F4049	29:02	9:21	Carol Hildebrand	49	F	1194	Wellesley MA
153	9/15	M0118	29:06	9:22	Brian Bushey	8	M	1062	Montpelier VT
154	10/15	M0118	29:06	9:22	Aaron Wise	14	M	1498	Shelburne VT
155	28/83	F3039	29:06	9:22	Julie Merrill	36	F	1308	Waltham MA
156	20/58	F4049	29:06	9:22	Karen Perlberg	47	F	1365	Vernon VT
157	13/19	M1929	29:07	9:23	Connor Williams	26	M	1494	St. Johnsbury VT
158	11/17	M5059	29:13	9:25	Matthew Sorrentino	53	M	1432	River Forest IL
159	17/29	M3039	29:13	9:25	Matthew Hay	33	M	1187	Hinesburg VT
160	21/58	F4049	29:14	9:25	Tracey Josselyn	43	F	1513	Waterbury Ctr VT
161	21/51	F1929	29:14	9:25	Rennae McLane	25	F	1297	Gilmanton NH
162	22/58	F4049	29:17	9:26	Michele Peoples	41	F	1364	Underhill VT

## LEAF PEEPERS 5KM (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
163	9/13	M6069	29:17	9:26	Winston Pidgeon	69	M	1374	South Hero VT
164	23/58	F4049	29:21	9:27	Jeremy Johnston	46	F	1220	Richmond VT
165	18/29	M3039	29:22	9:27	Robert Cushman	31	M	1107	Colchester VT
166	29/83	F3039	29:25	9:28	Danielle Fisette	35	F	1150	South Burlington VT
167	30/83	F3039	29:26	9:29	Kristine Ditmarson	31	F	1117	Winooski VT
168	20/28	M4049	29:27	9:29	David Nistico	43	M	1338	Essex Junction VT
169	31/83	F3039	29:30	9:30	Joanne Tetsill	34	F	1452	Burlington VT
170	32/83	F3039	29:33	9:31	Emily Perrinez	31	F	1366	Essex Junction VT
171	24/58	F4049	29:35	9:31	Rosemary Leach	41	F	1256	Worcester VT
172	22/51	F1929	29:37	9:32	Jessica Lavigne	28	F	1255	South Burlington VT
173	23/51	F1929	29:39	9:33	Kristin Schmidt	27	F	1409	Boston MA
174	19/29	M3039	29:42	9:34	Jess Lilly	35	M	1268	Burlington VT
175	21/28	M4049	29:45	9:35	Ted Lamb	48	M	1250	Worcester VT
176	20/29	M3039	29:47	9:36	Mike Parkerson	38	M	1360	Cambridge MA
177	24/51	F1929	29:55	9:38	Sara Polcari	29	F	1379	Humarock MA
178	25/58	F4049	29:57	9:39	Melissa Baker	43	F	1020	South Burlington VT
179	12/17	M5059	29:58	9:39	David Knight	50	M	1235	Jeffersonville VT
180	33/83	F3039	30:02	9:40	Jami Lacroix	31	F	1249	Essex Junction VT
181	25/51	F1929	30:03	9:41	Brianne Keefe	24	F	1227	Burlington VT
182	13/17	M5059	30:04	9:41	Rob Muehleck	54	M	1324	Williston VT
183	26/51	F1929	30:04	9:41	Meredith Cutting	27	F	1108	Boston MA
184	22/28	M4049	30:04	9:41	Jimmy Wilborn	47	M	1512	Montpelier VT
185	34/83	F3039	30:11	9:43	Rebecca McNall	38	F	1299	Fairfax VT
186	11/15	M0118	30:12	9:44	Mark Munson-Warnken	8	M	1329	Burlington VT
187	14/19	M1929	30:13	9:44	Cameron Clark	20	M	1082	Brandon VT
188	35/83	F3039	30:24	9:47	Deanna Foley	38	F	1154	Merrimack NH
189	26/58	F4049	30:24	9:48	Betsy Drury	41	F	1123	Middlesex VT
190	27/58	F4049	30:26	9:48	Anna Couperthwait	41	F	1094	Huntington VT
191	9/21	F0118	30:33	9:50	Letitia Hill	13	F	1195	East Hardwick VT
192	36/83	F3039	30:33	9:50	Kristy Hart	34	F	1182	Colchester VT
193	21/29	M3039	30:33	9:50	Aaron Hill	36	M	1196	East Hardwick VT
194	28/58	F4049	30:35	9:51	Stacy Ferland	42	F	1145	East Barre VT
195	10/13	M6069	30:37	9:52	Richard Hart	60	M	1181	South Burlington VT
196	4/27	F5059	30:38	9:52	Kathy Wise	52	F	1499	Waco TX
197	37/83	F3039	30:39	9:52	Jennifer Foster	34	F	1156	Essex Junction VT
198	38/83	F3039	30:39	9:52	Jennifer Paradee	33	F	1358	Colchester VT
199	23/28	M4049	30:40	9:52	James Aja	41	M	1007	East Barre VT
200	15/19	M1929	30:40	9:52	Daniel Liptuk	24	M	1270	Montpelier VT
201	14/17	M5059	30:41	9:53	Marc Kutler	56	M	1246	S. Burlington VT
202	5/27	F5059	30:45	9:54	Pamela Conway	57	F	1089	South Barre VT
203	22/29	M3039	30:48	9:55	Will Zaun	32	M	1506	East Burke VT
204	29/58	F4049	30:49	9:55	Jennifer Debedout	42	F	1115	Winooski VT
205	39/83	F3039	30:50	9:56	Chelsea Charbonneau	33	F	1077	St. Albans VT
206	40/83	F3039	30:50	9:56	Janina Cranshaw	30	F	1099	Stowe VT
207	30/58	F4049	30:59	9:59	Stacy Blanchard	40	F	1038	Randolph VT
208	27/51	F1929	31:09	10:02	Emily Nelson	23	F	1334	Rutland VT
209	31/58	F4049	31:10	10:02	Marie Mastro	40	F	1288	Williston VT
210	28/51	F1929	31:10	10:02	Wendy Krygier	27	F	1244	Burlington VT
211	6/27	F5059	31:10	10:02	Diane Nelson	52	F	1333	Rutland VT
212	10/21	F0118	31:10	10:02	Dana Nelson	18	F	1335	Rutland VT
213	7/27	F5059	31:11	10:03	Robin Ogg	51	F	1350	Chittenden VT
214	29/51	F1929	31:13	10:03	Christine Ogg	26	F	1349	Winooski VT
215	41/83	F3039	31:19	10:05	Kelly Bandy	38	F	1022	Barre VT
216	42/83	F3039	31:22	10:06	Gemma Gatti	39	F	1161	South Burlington VT
217	23/29	M3039	31:37	10:11	John Polcari	31	M	1380	Humarock MA
218	24/28	M4049	31:40	10:12	Richard Barr	48	M	1027	Montpelier VT

## LEAF PEEPERS 5KM (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
219	32/58	F4049	31:44	10:13	Shari Walcott	48	F	1468	Fairfax VT
220	8/27	F5059	31:44	10:13	Laureen Walcott	50	F	1467	Essex Jct VT
221	12/15	M0118	31:49	10:15	Quinn Pidgeon	9	M	1375	South Hero VT
222	9/27	F5059	31:50	10:15	Mary Small	51	F	1422	Orange VT
223	25/28	M4049	31:52	10:16	Chad Pidgeon	44	M	1376	South Hero VT
224	11/13	M6069	32:00	10:18	Michael Jenemann	64	M	1214	Kennett Square PA
225	33/58	F4049	32:02	10:19	Aimee Boucher	43	F	1044	Colchester VT
226	30/51	F1929	32:05	10:20	Alyssa Sorrentino	20	F	1431	Burlington VT
227	2/12	F6069	32:07	10:21	Pamela Abrahamson	66	F	1003	Meridien NH
228	43/83	F3039	32:08	10:21	Casey McCuin	31	F	1294	Winooski VT
229	24/29	M3039	32:09	10:21	Jeffrey Royer	31	M	1403	Burlington VT
230	26/28	M4049	32:10	10:22	Kevin Burke	48	M	1059	Wallingford VT
231	10/27	F5059	32:10	10:22	Lesli Blount	52	F	1040	Williston VT
232	34/58	F4049	32:11	10:22	Tammy Avonda	41	F	1018	Georgia VT
233	35/58	F4049	32:11	10:22	Jennifer Bond	40	F	1042	South Burlington VT
234	13/15	M0118	32:11	10:22	Bobby Merena	10	M	1306	Jericho VT
235	27/28	M4049	32:12	10:22	Stephen Merena	40	M	1307	Jericho VT
236	31/51	F1929	32:12	10:22	Jennifer Laverdiere	28	F	1254	East Barre VT
237	44/83	F3039	32:12	10:22	Kimberly Ellsworth	36	F	1133	Jericho VT
238	11/21	F0118	32:14	10:23	Erin Bruce	16	F	1055	Montpelier VT
239	3/12	F6069	32:16	10:23	Mary Ellen Hogan	65	F	1202	Marshfield VT
240	32/51	F1929	32:22	10:25	Adriane Carozza	29	F	1072	Boston VT
241	16/19	M1929	32:26	10:27	Derek Kaye	26	M	1226	New York NY
242	36/58	F4049	32:30	10:28	Bonnie Lapointe	41	F	1252	Hancock NH
243	45/83	F3039	32:32	10:29	Tonya Darby	31	F	1109	Essex Junction VT
244	12/21	F0118	32:35	10:30	Theresa Noonan	12	F	1339	Montpelier VT
245	13/21	F0118	32:35	10:30	Brynn Bushey	11	F	1063	Montpelier VT
246	33/51	F1929	32:36	10:30	Henriette Derbyshire	20	F	1116	Adamsville RI
247	34/51	F1929	32:36	10:30	Samantha Knudsen	19	F	1238	Montpelier VT
248	35/51	F1929	32:36	10:30	Krystal Barr	19	F	1025	Castleton VT
249	25/29	M3039	32:40	10:31	Erik Benoit	31	M	1030	Williston VT
250	12/13	M6069	32:40	10:31	Werner Zehetner	66	M	1507	Montreal QC
251	46/83	F3039	32:45	10:33	Aryne Suddaby	32	F	1445	Morrisville VT
252	14/21	F0118	32:52	10:35	Caitlin Erb	10	F	1135	Jericho VT
253	11/27	F5059	32:54	10:36	Dawn Lebaron	57	F	1257	Colchester VT
254	47/83	F3039	33:08	10:40	Jennifer Redmond	37	F	1392	Jericho VT
255	26/29	M3039	33:09	10:40	Mark Redmond	38	M	1393	Jericho VT
256	15/17	M5059	33:10	10:41	Michael Chernick	57	M	1078	Montpelier VT
257	37/58	F4049	33:11	10:41	Susan Blood	44	F	1039	Charlotte VT
258	38/58	F4049	33:19	10:44	Laura Merena	40	F	1305	Jericho VT
259	12/27	F5059	33:20	10:44	Lois Hayworth	52	F	1190	Scarborough ME
260	17/19	M1929	33:24	10:45	Matt Himes	22	M	1197	Dorchester MA
261	48/83	F3039	33:34	10:49	June Shen-Epstein	32	F	1416	South Burlington VT
262	49/83	F3039	33:36	10:49	Kate Lekstutis	36	F	1260	Burlington VT
263	15/21	F0118	33:40	10:51	Amelia Nordle	8	F	1340	Waterbury VT
264	36/51	F1929	33:41	10:51	Megan Chadzutko	22	F	1076	Dorchester MA
265	16/21	F0118	33:46	10:52	Ciara Mead	10	F	1302	Moretown VT
266	13/27	F5059	33:56	10:56	Janet Stone	50	F	1444	Williamstown VT
267	14/27	F5059	33:56	10:56	Marcia Stewart	50	F	1441	Morrisville VT
268	16/17	M5059	33:57	10:56	Carl Stewart	56	M	1440	Morrisville VT
269	37/51	F1929	33:57	10:56	Betsy Carter	29	F	1074	Waterbury Center VT
270	50/83	F3039	34:03	10:58	Emily Notch	32	F	1344	Lebanon NH
271	51/83	F3039	34:05	10:59	Heather Smedy	32	F	1423	Barre VT
272	52/83	F3039	34:07	10:59	Gina Sherriff	32	F	1417	Montpelier VT
273	27/29	M3039	34:13	11:01	Robert Dombrowski	32	M	1121	Arbutus MD
274	38/51	F1929	34:13	11:01	Emily Hayworth	27	F	1189	Arbutus MD

## LEAF PEEPERS 5KM (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
275	53/83	F3039	34:20	11:03	Janet Conk	32	F	1087	Richmond VT
276	39/58	F4049	34:23	11:04	Charlene Farmer	47	F	1139	Granville VT
277	40/58	F4049	34:23	11:04	Tina Bissonette	46	F	1037	Underhill VT
278	54/83	F3039	34:23	11:04	Jennifer Butson	30	F	1065	Waterbury Center VT
279	55/83	F3039	34:26	11:05	Marie Lewis	31	F	1265	Waterbury VT
280	15/27	F5059	34:33	11:07	Jennifer Poutre	54	F	1385	Underhill VT
281	18/19	M1929	34:33	11:08	Jonathan Fontaine	28	M	1155	Vernon CT
282	39/51	F1929	34:33	11:08	Katherine Fogg	26	F	1153	Vernon CT
283	40/51	F1929	34:35	11:08	Jessica Silva	24	F	1420	Northbridge MA
284	41/51	F1929	34:37	11:09	Alexandra Vaut	29	F	1465	Colchester VT
285	42/51	F1929	34:38	11:09	Hannah Balfanz	24	F	1021	Burlington VT
286	4/12	F6069	34:40	11:10	Susan Freeman	69	F	1159	Burlington VT
287	16/27	F5059	34:41	11:10	Desiree De Waal	53	F	1113	Williston VT
288	56/83	F3039	34:43	11:11	Rebecca Busker	35	F	1064	Moretown VT
289	57/83	F3039	34:45	11:11	Bethany Cassell	30	F	1075	Winooski VT
290	58/83	F3039	34:45	11:11	Jaime Chioldi	31	F	1079	Graniteville VT
291	28/28	M4049	34:48	11:12	Will Roberts	47	M	1400	Montpelier VT
292	43/51	F1929	34:51	11:13	Ashley Rivers	25	F	1399	Bradford VT
293	41/58	F4049	34:54	11:14	Candice Michaud-Costel	40	F	1311	Johnson VT
294	42/58	F4049	34:57	11:15	Maria Roemhildt	41	F	1401	South Burlington VT
295	59/83	F3039	34:57	11:15	Annie Goff	31	F	1167	Underhill VT
296	17/21	F0118	34:58	11:16	Lily Porth	10	F	1384	Jericho VT
297	5/12	F6069	35:12	11:20	Kim Keiser	62	F	1228	Moretown VT
298	44/51	F1929	35:20	11:23	Danielle Pickles	26	F	1373	Lebanon NH
299	60/83	F3039	35:22	11:23	Susan Lillich	39	F	1267	Jericho VT
300	17/27	F5059	35:23	11:24	Rachel Duffy	52	F	1126	Morrisville VT
301	45/51	F1929	35:26	11:25	Sarah Hoisington	29	F	1204	West Hartford CT
302	6/12	F6069	35:26	11:25	Maryann Hoisington	65	F	1203	Morrisville VT
303	43/58	F4049	35:27	11:25	Bobbi Reen	40	F	1395	Hyde Park VT
304	61/83	F3039	35:27	11:25	Carla Alexander	39	F	1011	Hyde Park VT
305	44/58	F4049	35:36	11:28	Courtney Lamontagne	46	F	1251	Colchester VT
306	62/83	F3039	35:47	11:31	Lindsay Dunn	30	F	1129	South Burlington VT
307	63/83	F3039	35:50	11:32	Jackie Crockett	32	F	1101	Lyndonville VT
308	7/12	F6069	35:51	11:33	Dianne Sweeney	60	F	1447	Essex Jct VT
309	64/83	F3039	35:52	11:33	Megan Munson-Warnken	36	F	1327	Burlington VT
310	14/15	M0118	35:52	11:33	Fisher Munson-Warnken	6	M	1328	Burlington VT
311	65/83	F3039	36:05	11:37	Trisha Hunt	36	F	1206	Washington VT
312	45/58	F4049	36:15	11:40	Julie Mercier	46	F	1304	Williamstown VT
313	46/58	F4049	36:15	11:41	Janet Mara	42	F	1285	Montpelier VT
314	47/58	F4049	36:19	11:42	Linda McLane	49	F	1296	Gilmanton Iron Works NH
315	8/12	F6069	36:21	11:42	Linda Brady	63	F	1050	Wolcott VT
316	18/27	F5059	36:25	11:44	Lisa Parker	55	F	1359	Contoocook NH
317	48/58	F4049	36:27	11:44	Teri Bruce	45	F	1054	Montpelier VT
318	19/27	F5059	36:33	11:46	Lola Noyes	52	F	1346	Waterbury Center VT
319	66/83	F3039	36:34	11:46	Kelly Carpenter	32	F	1073	Colchester VT
320	67/83	F3039	36:35	11:47	Sue Tracy	33	F	1460	South Burlington VT
321	18/21	F0118	36:35	11:47	Sadie Nordle	6	F	1341	Waterbury VT
322	20/27	F5059	36:36	11:47	Robin Nordle	58	F	1342	Belmont NH
323	13/13	M6069	36:47	11:51	John Malter	63	M	1282	Waterbury Center VT
324	49/58	F4049	36:52	11:52	Kthy Knight	46	F	1236	Jeffersonville VT
325	50/58	F4049	36:55	11:53	Constanza Mosquera	44	F	1323	South Burlington VT
326	68/83	F3039	36:57	11:54	Sheila Clark	30	F	1081	Essex Junction VT
327	9/12	F6069	36:59	11:55	Nancy Bradford	64	F	1048	Underhill Center VT
328	46/51	F1929	37:14	11:59	Sarah Hunter	24	F	1207	Milford MA
329	69/83	F3039	37:22	12:02	Amy Locarno	39	F	1271	East Barre VT
330	70/83	F3039	37:28	12:04	Michelle McIntyre	32	F	1295	Northfield VT

## LEAF PEEPERS 5KM (continued)

Place	Div/Tot	Div	Time	Pace	Name	Ag	S	Race#	City/state
331	71/83	F3039	37:29	12:04	Andrea Fassett	33	F	1141	East Barre VT
332	72/83	F3039	37:33	12:05	Julie Kuhn	34	F	1245	St Albans VT
333	28/29	M3039	37:34	12:06	Ryan Polly	32	M	1382	Shelburne VT
334	21/27	F5059	37:52	12:12	Sheila Tymon	52	F	1463	Morrisville VT
335	10/12	F6069	37:56	12:13	Edie Novicki	60	F	1345	Stowe VT
336	47/51	F1929	37:58	12:13	Anastasia Coutinho	25	F	1095	Shelburne VT
337	22/27	F5059	38:06	12:16	Jeannette Sorrentino	55	F	1433	River Forest IL
338	73/83	F3039	38:12	12:18	Taunya Duke	36	F	1127	Marshfield VT
339	48/51	F1929	38:12	12:18	Danielle Whitcomb	26	F	1489	Burlington VT
340	49/51	F1929	38:14	12:19	Elizabeth Hoffman	24	F	1200	Vernon CT
341	23/27	F5059	38:27	12:23	Maryann Leclair	58	F	1258	Colchester VT
342	74/83	F3039	38:27	12:23	Jennifer Kittle	33	F	1233	Waterbury Center VT
343	11/12	F6069	38:31	12:24	Jacqueline Houser	60	F	1205	Sheppton PA
344	75/83	F3039	38:49	12:30	Rose Baraw	37	F	1023	Hyde Park VT
345	24/27	F5059	38:54	12:32	Kathleen Muehleck	57	F	1325	Williston VT
346	76/83	F3039	38:58	12:33	Jennifer Barr	38	F	1026	Montpelier VT
347	51/58	F4049	39:09	12:36	Melissa Schmigel	40	F	1410	Essex Junction VT
348	52/58	F4049	39:13	12:38	Lynette Walker	42	F	1470	Essex Junction VT
349	77/83	F3039	39:14	12:38	Lillian Colasurdo	30	F	1086	Montpelier VT
350	53/58	F4049	39:17	12:39	Gayle Eustis	46	F	1136	South Burlington VT
351	78/83	F3039	39:20	12:40	Sara Norrman	32	F	1343	Astoria NY
352	29/29	M3039	39:21	12:40	Graham Van Epps	33	M	1464	Astoria NY
353	19/21	F0118	39:36	12:45	Giuliana Nuovo	14	F	1347	Burlington VT
354	20/21	F0118	39:43	12:48	Kaitlyn Farnham	12	F	1140	Plainfield VT
355	54/58	F4049	40:15	12:58	Jennifer Porrier	45	F	1383	Jericho VT
356	79/83	F3039	40:16	12:58	Annette Cross	36	F	1104	Essex Junction VT
357	80/83	F3039	40:22	13:00	Shana Stewart Deeds	35	F	1442	Waitsfield VT
358	81/83	F3039	40:36	13:04	Tara Weegar	30	F	1485	Winooski VT
359	25/27	F5059	40:39	13:06	Susan Kasser	51	F	1225	Jericho VT
360	55/58	F4049	40:48	13:08	Kathleen Mulligan	47	F	1326	Jericho VT
361	56/58	F4049	40:59	13:12	Yvonne Jones	45	F	1222	Hyde Park VT
362	12/12	F6069	41:28	13:21	Catherine Cannan	61	F	1071	Somerville MA
363	1/1	F7099	43:05	13:52	Carol Johnson	71	F	1219	East Hampstead NH
364	2/3	M7099	43:05	13:53	Joseph Kibbee	70	M	1231	East Hampstead NH
365	26/27	F5059	43:45	14:05	Diedre Deane	59	F	1114	Springfield VT
366	3/3	M7099	44:28	14:19	Charles Wise	83	M	1500	Gatesville TX
367	27/27	F5059	44:42	14:24	Barbara Prosser	52	F	1389	Columbia NJ
368	50/51	F1929	44:44	14:24	Hannah Hawley	29	F	1185	Randolph VT
369	82/83	F3039	44:58	14:29	Anna Sommer	30	F	1430	Burlington VT
370	57/58	F4049	45:18	14:35	Elizabeth Emerson	44	F	1134	Morrisville VT
371	21/21	F0118	57:13	18:25	Charlie Flint	6	F	1152	Waterbury VT
372	58/58	F4049	57:14	18:25	Gillian Skovron	43	F	1421	Waterbury VT
373	19/19	M1929	1:24:25	27:11	Scott Hess	28	M	1193	Dorchester MA
374	83/83	F3039	1:42:00	32:50	Erika Lynch	34	F	1276	Plainfield VT
375	51/51	F1929	1:47:51	34:43	Maureen Giusti	22	F	1164	Dorchester MA
376	17/17	M5059	2:14:23	43:16	John Lentine	54	M	1261	Burlington VT
377	15/15	M0118	2:23:01	46:02	Joseph Beynon	17	M	1036	South Burlington VT



## Become a Member of Central Vermont Runners Club

### When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America organization.
  - Which insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - Onion River Sports / Shoe Horn - 10% off running shoes and running apparel.
  - Lenny's Shoes & Apparel - 10% off running shoes.
  - Ski Rack-10% off running shoes

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Names, birth dates and email of additional household members of CVR:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred race is indicated below.

\*April - Mutt Strutt \_\_\_\_\_ \*May-Oct - Tuesday Fun Runs \_\_\_\_\_

\*June - Kids Track Meet \_\_\_\_\_ \*June - Capital City Stampede \_\_\_\_\_

\*June - Montpelier 10 Miler \_\_\_\_\_ \*July - Bear Swamp Run \_\_\_\_\_

\*Aug - Berlin Pond 5 Miles \_\_\_\_\_ \*Aug/Sept - Northfield 5K \_\_\_\_\_

\*Oct - Leaf Peepers \_\_\_\_\_ \*Dec - First Night 5K \_\_\_\_\_

\*Other Weekday evening races \_\_\_\_\_ \*Nov.-Fallen Leaves 5K's \_\_\_\_\_

\*May-Adamant 20 Miler \_\_\_\_\_ \*July/Aug- Barre Downtown 5K \_\_\_\_\_

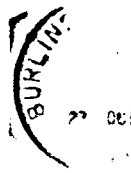
Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2012 dues covers 3/2012-3/2013).

2012    2013    2014    2015    2016

Please make checks payable to **Central Vermont Runners** and mail to:  
CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.



Newsletter Editor  
Bob Howe  
Box 632  
Barre, VT 05641



CVR PD 11

Robert Murphy  
35 Birchwood Park  
Barre, VT 05641

## NEWSLETTER

October 2011

**Central  
Vermont  
Runners**



**Volume 32  
Issue 4**

***Upcoming CVR Races... Details inside on page 11***

**November 5, 12, 19 (Saturdays) Fallen Leaves 5K Series, 9 am, Montpelier High School**

**December 31, First Night Montpelier 5K, 3 pm, Pavilion Office Building**

**Next CVR Meeting  
November 8, 2011—Potluck and meeting begin at 6:00 pm  
-Details inside on Page 2-**