

7th Annual Orrington 10K  
 3rd Race in the 2009 Tradewinds Market Place/Sub 5 Race Series  
 Orrington, Maine  
 May 2, 2009 9:30 A.M. Weather: Fair to Midland, 50 degrees

## results by sub5 Track Club

Place	Div/Tot	No.	Name	Age	S	City	St	Club	Time	Pace
1	1/11	133	Andy Beardsley	45	M	Surry	ME		33:36	5:25
2	1/10	114	Andrew Goupee	28	M	Ellsworth	ME	Sub5 Track Club	35:07	5:40
3	2/10	77	Knud Hermansen	28	M	Old Town	ME		35:41	5:45
4	3/10	57	Joseph Capehart	29	M	Bangor	ME	John Bapst	36:13	5:50
5	1/11	94	Austin Townsend	54	M	Perry	ME	Eden Athletics	36:40	5:55
6	4/10	110	Jon Goupee	26	M	Brewer	ME		38:57	6:17
7	2/11	99	Christopher Jones	45	M	Bucksport	ME	Sub5 Track Club	39:41	6:24
8	3/11	118	Peter Lodge	45	M	Bangor	ME	Sub5 Track Club	40:13	6:29
9	4/11	1	John Blaisdell	49	M	Passadumkeag	ME		40:15	6:29
10	2/11	87	Ed Hughes	54	M			Sub5 Track Club	40:31	6:32
11	1/7	129	Alyie Dorko	22	F	Skowhegan	ME	Eden Athletics	40:34	6:32
12	1/6	2	Ryan King	39	M	Stockton Springs	ME	John Bapst	40:38	6:33
13	3/11	11	John Peckenham	51	M	Orland	ME	Team Pecktacular	40:41	6:33
14	5/10	83	Ryan McLaughlin	24	M	Bangor	ME	Sub5 Track Club	40:48	6:34
15	5/11	27	Laszlo Kolyvek	40	M	Hampden	ME	EMPO	41:04	6:37
16	4/12	95	Dan Milan	50	M				41:16	6:39
17	1/13	18	Kristine Guaraldo	32	F	South Portland	ME		41:19	6:39
18	6/10	26	Daniel Auxier	42	M	Veazie	ME		41:47	6:44
19	2/13	116	Katie Herbine	30	F	Old Town	ME		41:51	6:45
20	7/11	119	Warren Hughes	40	M	Ellsworth	ME		42:25	6:50
21	1/6	90	Chris* Almy	60	M	Charleston	ME		42:30	6:51
22	6/10	106	Justin Allen	28	M	Bangor	ME		42:35	6:52
23	7/10	88	William Osmer	29	M	Bangor	ME		42:47	6:54
24	3/13	123	Samantha Matoush	33	F	Bangor	ME	Sub5 Track Club	42:58	6:55
25	2/6	30	Rick Roussell, Sr	65	M	Calais	ME		43:47	7:03
26	1/8	62	Angela Ewings	41	F	Littleton	ME		44:47	7:13
27	8/10	105	Cote Rossignol	20	M	Bangor	ME		44:47	7:13
28	2/6	132	Sean Kull	38	M	Bangor	ME		44:52	7:14
29	3/6	75	Eric Veilleux	37	M	Old Town	ME		45:12	7:17
30	3/6	25	John Tjepkema	65	M	Orono	ME		45:29	7:20
31	4/13	72	Michelle Roy	33	F	Frenchville	ME		45:36	7:21
32	5/11	50	Alan Stockley	59	M	Chester	ME		45:40	7:21
33	5/13	58	Margaret Capehart	31	F	Bangor	ME	John Bapst	45:48	7:23
34	2/8	49	Linda Mountain	48	F	Mapleton	ME		46:03	7:25
35	3/8	46	Michelle Taylor	43	F	Dedham	ME		46:06	7:26
36	2/7	130	Meghan Sekera	25	F	Eddington	ME		46:21	7:28
37	1/3	12	Sally Peckenham	17	F	Orland	ME	Team Pecktacular	46:28	7:29
38	6/11	112	Tom Kirby	52	M	Ellsworth	ME	Sub5 Track Club	46:33	7:30

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39	2/3	13	Pheobe Peckenham	17	F	Orland	ME	Team Pecktacular	46:52	7:33
40	6/13	43	Kelly Drake	38	F	Holden	ME	Sub5 Track Club	47:05	7:35
41	7/11	24	David Farrar	52	M	Bangor	ME		47:17	7:37
42	8/11	38	Jeffrey Bruce	49	M	Birch Harbor	ME		47:26	7:39
43	1/8	127	Marilyn Hintz	56	F	Stillwater	ME		47:31	7:39
44	7/13	89	Erika Coles	33	F	Bangor	ME		47:57	7:44
45	3/7	125	Heather Knowles	28	F	Brewer	ME		48:02	7:44
46	4/8	51	Bernice Stockley	45	F	Chester	ME		48:31	7:49
47	8/13	69	Melissa Smith Towle	31	F	Hampden	ME	Sub5 Track Club	48:50	7:52
48	2/8	128	Christy Stout	54	F	Holden	ME		48:59	7:53
49	3/3	115	Charlotte Firestone	17	F	Bangor	ME		49:01	7:54
50	9/13	68	Melissa Burns	39	F	Winterport	ME		49:05	7:54

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Place	Div/Tot	No.	Name	Age	S	City	St	Club	Time	Pace
51	9/11	85	Stephan Donnell	48	M	Bucksport	ME		49:27	7:58
52	8/11	76	Fereman Doore	59	M	Barnard Twp	ME		49:51	8:02
53	1/2	101	Jonathan Gudroe	15	M				49:58	8:03
54	4/6	61	Darrin Leavitt	39	M	Hampden	ME		50:30	8:08
55	9/10	111	Jonathan LeBlanc	27	M	Bangor	ME		50:55	8:12
56	5/8	35	Leslie Poake	44	F	Holden	ME	Sub5 Track Club	51:02	8:13
57	10/13	64	Brandi Gillie	33	F	Hampden	ME		51:50	8:21
58	2/2	100	Logan Macdonald	13	M	Orrington	ME		52:11	8:24
59	4/6	16	Dave Samuelian	62	M	Bangor	ME		52:20	8:26
60	10/11	71	Chris Day	41	M	Bangor	ME		52:24	8:26
61	5/6	17	Tyler Frank	38	M	Bangor	ME		53:03	8:33
62	1/2	117	Nancy Mills	63	F	Belgrade	ME		53:42	8:39
63	10/11	31	Timothy Cole	51	M	Orono	ME		53:50	8:40
64	11/11	91	Paul Tormey	42	M	Orrington	ME		54:00	8:42
65	11/13	126	Dawn Moore	38	F	Hampden	ME		54:18	8:45
66	4/7	70	Amanda Stevens	29	F	Portland	ME	Sub5 Track Club	55:04	8:52
67	5/6	124	Bruce Blackmer	62	M	Dedham	ME		55:18	8:54
68	3/8	19	Barbara Thompson	50	F	Bucksport	ME		55:27	8:56
69	10/10	23	Thomas Lamontanaro	27	M	Ellsworth	ME		55:28	8:56
70	12/13	28	Erin LaChance	31	F	Bangor	ME		55:37	8:58

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71	5/7	48 Kristy Shields	28 F Newburgh ME 56:35 9:07
72	2/2	63 Robin Emery	62 F Lamoine ME Eden Athletics 56:52 9:10
73	6/6	65 Adam Giles	31 M Bangor ME 57:18 9:14
74	4/8	131 Lynn Caron	54 F 58:22 9:24
75	5/8	135 Susan Pope	51 F Bangor ME 58:58 9:30
76	6/8	14 Judy Snow	54 F Dover-Foxcroft ME 59:11 9:32
77	11/12	32 Thomas Metzger	57 M Levant ME 59:48 9:38
78	6/7	107 Katie Trudel	25 F Bangor ME 1:00:16 9:42
79	6/8	104 Nancy Hall	49 F Orono ME 1:02:17 10:02
80	7/7	108 Katie Brydon	24 F Bangor ME 1:03:11 10:11
81	7/8	59 Jennifer Forsyth	42 F Montclair NJ 1:04:16 10:21
82	6/6	40 Stephen Dunning	61 M Bangor ME Sub5 Track Club 1:04:50 10:27
83	13/13	121 Carey Nason	33 F Orono ME 1:04:51 10:27
84	1/3	29 Dick Storch	72 M Orono ME Maine Running Fossils 1:06:11 10:40
85	7/8	67 Betsy Chapman	59 F Hampden ME 1:06:57 10:47
86	8/8	15 Tammy Nelson	45 F Levant ME 1:08:00 10:57
87	8/8	45 Sally Frost	56 F Bangor ME 1:08:00 10:57
88	11/11	36 Christopher Poake	53 M Holden ME Sub5 Track Club 1:10:45 11:24
89	1/2	39 Mary Alice Bruce	70 F Corea ME 1:10:52 11:25
90	2/3	103 Charles Clapper	79 M Bucksport ME 1:30:49 14:37
91	2/2	33 Dottie Laber	73 F Holden ME 1:42:42 16:32
92	3/3	34 Larry Laber	71 M Holden ME 1:47:13 17:16