

**Bear Hole Race for the Trails 10K and 5K****West Springfield, MA****Saturday, November 4, 2017****Results****10K**

Place	Name	Town	M/F	Age	Time	Awards
1	Gareth Buckley	South Hadley, MA	M	41	0:45:44	1st M, New Course Record
2	Beth Krasemann	Suffield, CT	F	44	0:52:37	1st F, New Course Record
3	Ben Kimball	Greenfield, MA	M	46	0:54:04	2nd M, 2nd M 40-59
4	Steven Snook	Shelburne Falls, MA	M	57	0:54:25	
5	Daniel Sullivan	West Spfld, MA	M	33	0:55:29	1st M <40
6	John Torrone	Westfield, MA	M	41	0:55:37	
7	Jane Valenti	West Spfld, MA	F	34	0:55:49	2nd F, 1st F <40
8	Wayne Ball	Feeding Hills, MA	M	43	0:56:00	
9	Doug Cummings	Longmeadow, MA	M	56	0:56:41	
10	Wayne Stocker	Westfield, MA	M	63	0:57:35	1st M >59
11	Colleen Cummings	Longmeadow, MA	F	51	0:57:42	2nd F 40-59
12	Gerry Archambault	Suffield, CT	M	51	1:03:47	
13	Charles Vanasse	Agawam, MA	M	56	1:03:57	
14	Natalie Partridge	West Spfld, MA	F	56	1:04:02	
15	Quentin Donohue	West Spfld, MA	M	54	1:04:04	
16	Michael Pietrzykowski	Holyoke, MA	M	23	1:04:20	2nd M <40
17	Debra Hevey	Chicopee, MA	F	59	1:04:24	
18	Holly LaBarre	Suffield, CT	F	50	1:04:53	
19	Steven Aldrich	Westfield, MA	M	45	1:06:02	
20	Doug Theobald	West Spfld, MA	M	54	1:06:13	

**5K**

1	Brian St. Jean	Russell, MA	M	57	0:24:55	1st M, New Course Record
2	Melissa Cabot & Oliver	Melrose, MA	F	32	0:36:02	1st F, 1st dog, New Course Record
3	Nancy Condon	Russell, MA	F	57	0:40:40	1st F, 40-59
4	Michael Lough	Springfield, MA	M	60	0:49:53	1st M, >60
5	Meghan O'Brien	West Spfld, MA	F	30	DNF	
6	Donna Johnson	Granby, MA	F	63	DNF	
7	Michael Macaris	Springfield, MA	M	54	DNF	