

Pack Monadnock race

Pack Monadnock Runners by Age Group

Age Group	Count	Percent
60+	10	8%
50-59	32	24%
40-49	52	39%
30-39	26	20%
20-29	10	8%
10-19	2	2%



150 years of running talent
Heidy Jane Pam



Tom Parker
On a rare flat spot



Eric Morse and Dave Dunham



A happy Jane Goodman got an early start and had company all the way



A friendly debriefing