

## 2022 Odyssey Trail Running Rampage Post Race Newsletter

My Staff and I would like to thank you again for participating in the Odyssey Trail Running Rampage this past weekend. We hope you all made it home safe. The weather was beautiful this year and I already have put my request in for the same weather next year. Look forward to doing it again next year.

We would like to thank you for the feedback you gave us at the event and please feel free to email us any other suggestion you have that would make the event better.

We would like to thank Mountain Junkies for their timing services. Check out the great events they produce! MPCA for providing the food service for our event. And Boy Scout Troop 2 for manning our aid stations. We would like to thank our awesome volunteers.

We would like to congratulate all the finisher also and especially the first timers to the world of trail running and Odyssey Adventure Racing. We hope you are hooked. We have a great time playing in the dirt!

Congratulation to all the top 3 Female and Male in each event!

### 40 Miler

#### Female

1st- Suzanne Giunta- 7:45:39.3

2nd- Lauren Jefferson-7:54:37.5

3rd- Lorraine Moore- 9:42:59.7

#### Male

1st - Rob Dent- 8:08:16.3

2nd- Adrian Billadeau- 8:37:56.7

3rd-Timothy Duchaine- 8:48:27.8

### 26 Miler

#### Female

1st- Jamie Justice- 5:42:44.7

2nd- Joanne Smart- 5:44:31.5

3rd- Yara White- 6:23:28.5

#### Male

1st- John Shtogren- 4:39:19.9

2nd- Mark Davis- 5:25:22.3

3rd- John Kiser- 5:52:28.8

### 13 Miler

#### Female

1st- Ashley Carter- 2:33:02.3

2nd- Sara Halpern- 2:38:04.1

3rd- Marie Olszewski- 2:41:17.3

#### Male

1st- Andrew Rogers- 1:56:03.5

2nd- Chris Novakoski- 2:03:32.7

3rd- John Cassilly- 2:06:47.8

### 6 Miler

#### Female

1st- Rachel Rabbitt -1:21:59.0

2nd- Andrea Owens-1:36:16.1

3rd- Katie Falk-1:37:59.8

#### Male

1st- Frank Finch-1:04:12.8

2nd- Geoffrey Ledon- 1:38:13.1

3rd- Charles Brinkman-1:38:15.0

Here are the full results.

After 20 years, we are going to shake things up a bit for next year. We are looking at going back to our old date of weekend after Labor Day. Once confirmed by Douthat State Park we will let you know. More to come in upcoming newsletter.

If you would like to take your training and racing to the next level through practical lifestyle, nutritional, and fitness training contact Ronny Angell, of Next Level Fitness and Healing at [Ronny@nextlevelfitnessandhealing.com](mailto:Ronny@nextlevelfitnessandhealing.com). The coaching can be done person or phone and internet. He is

passionate about helping people archive health and fitness goals holistically and sharing is knowledge through 20+ years as an endurance athlete. He also offers personal endurance or skills coaching, land navigation training, and corrective exercise training used to correct muscular imbalances that are creating unwanted stress on the body.

Thanks again and good luck with any future races you have on your schedule!

Thanks,

Ronny Angell

Race Director

& Your Odyssey Adventure Racing Team