

*On-line with the*

# SPACE COAST RUNNERS

*Promoting Running and Fitness in Brevard County, FL*

VOLUME 32, ISSUE 1

January 2010



SCR member Rick Forrester and his pal, Frosty, show us that a Boston winter makes our Florida cold snaps look pretty toasty by comparison. Photo courtesy Anne Forrester.



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## 2009-10: WHO WE ARE

The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness and running at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at [www.spacecoastrunners.org](http://www.spacecoastrunners.org) We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month at Pro Health on Merritt Island.

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### ADVERTISING:

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **15th** of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or Photoshop. Contact Patti Sponsler at [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com) for more information.

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## VEEP PEEPS

# Happy New Year!

Time for us to renew our efforts to get in shape, eat healthier, and feel better. While you are getting ready to train for the 2010 races, please encourage your wife/husband/children/parents to get out and exercise, too! Even if they don't/can't run, we want you to get them out walking! Come join Kim Badgett, Diane Hardos, Ty Bowen, R.C. Koontz and myself as we walk with the fun run group on Sunday mornings at 6:30am at Riverfront Park in Cocoa Village and also join us at the races!

Space Coast Runners will be presenting walker awards this year at the Eye of the Dragon 10K and Tail of the Lizard 2 - mile. Walkers must be able to walk (no running allowed) at least a 20 minute mile pace, as we are only able to keep the bridge closed to traffic for that long. In addition to the running awards, there will be awards for the top 10 male and female walkers in both the 10K, and the 2-mile races, so get out there

and start training now!

Speaking of the Eye of the Dragon 10K that will be held on February 27, 2010, Race Director Marlene White has changed the course this year! Instead of running the first 3.1 miles through all the turns of the residential streets of Eau Gallie, the new course will run a first loop straight up Pineapple and back and then go over the bridge for a faster, more scenic route.

Dave Hernandez and Bill Dillard have done the measurements and are in the process of certifying this course so it will be accurate. Get ready for some Eye of the Dragon PR's! Marlene has ordered some really great awards and we are looking forward to having a record number of participants this year.

As always, we are looking for volunteers. With the growth of this race, it will be necessary to have plenty of help to ensure that all runs smoothly. Please contact Marlene ASAP at: [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com) or 783-6535.

*Carol*

## GOT COACH?

**Need some coaching but don't have the time or money for an organized camp or a one-on-one coaching relationship?**

**C h e c k   o u t  
[www.RunnersWorld.com](http://www.RunnersWorld.com) and click on 'training' to use the Smart Coach program. The on-line robotic runner will ask you what distance you're shooting for; a recent race time; how many miles per week you want to run and how hard you want to train.**

**Based on your goals and information, Mr. Smarty pants will kick out a customized training plan just for you!**



## Friends of the Melbourne Beach Library

# Coconut 5k Run/Walk

Saturday, January 9, 2010 at 8:00am

Ryckman Park \* Melbourne Beach, FL

[www.mblibrary.org](http://www.mblibrary.org)

FINISH LINE MGMT  
PROVIDED BY



FREE - "Li'l Tykes" Kids' Run after the 5k

### TIMETABLE:

Friday, January 8th, 2010

10:00 am - 6:30 pm

Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

Saturday, January 9th, 2010

6:30 am Packet Pickup & Registration

7:45 am Late Registration ends

8:00 am 5k Start!!!

9:45 am "Li'l Tykes" Fun Run - FREE!

\*Awards Ceremony following all races

### Directions to Ryckman Park:

From A1A, turn west on Ocean Ave. Park is 1/4 Mile on Left.

### AMENITIES:

- Fast & Fun Course
- Awesome T-Shirts
- Music & Giveaways
- After Race Refreshments by Beach Street Eatery
- Free Li'l Tykes Kids' Run

### AWARDS:

Male & Female: Top 3 Overall, Top Masters (40+), Top Wheelchair

Age Groups (top 3 male & female)

|           |         |         |     |
|-----------|---------|---------|-----|
| 8 & Under | 25 - 29 | 50 - 54 | 75+ |
|-----------|---------|---------|-----|

|        |         |         |  |
|--------|---------|---------|--|
| 9 - 11 | 30 - 34 | 55 - 59 |  |
|--------|---------|---------|--|

|         |         |         |  |
|---------|---------|---------|--|
| 12 - 14 | 35 - 39 | 60 - 64 |  |
|---------|---------|---------|--|

|         |         |         |  |
|---------|---------|---------|--|
| 15 - 19 | 40 - 44 | 65 - 69 |  |
|---------|---------|---------|--|

|         |         |         |  |
|---------|---------|---------|--|
| 20 - 24 | 45 - 49 | 70 - 74 |  |
|---------|---------|---------|--|

### FEES:

|             |                    |         |
|-------------|--------------------|---------|
| 5K Run/Walk | \$25.00 / Race Day | \$30.00 |
|-------------|--------------------|---------|

SORRY, NO REFUNDS

### Coconut Run 5K OFFICIAL ENTRY FORM

Make checks payable to and send completed entry form with fee to:

Friends of the Melbourne Beach Library, PO Box 510885, Melbourne Beach, FL 32951

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Sex: ☐ Male ☐ Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_

Please check shirt size: Sizes: ☐XS ☐S ☐M ☐L ☐XL ☐XXL

### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Coconut Run 5k event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_

Please help sponsor our event. A Gold Level Sponsorship or higher will get your logo on our T Shirt. Sponsorships due by 12-21-2009.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

|           |       |
|-----------|-------|
| Platinum: | \$500 |
| Gold:     | \$300 |
| Silver:   | \$100 |
| Bronze:   | \$50  |



# **2009-10 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES**

## **Fall Into Winter 5K**

September 26, 2009  
Male OA: John Davis - 17:54  
Female OA: Beth Whalen - 18:26

## **Space Coast Classic 15K And 2-Miler**

November 7, 2009  
Male OA: John Davis - 56:32  
Female OA: Beth Whalen - 59:08

## **Space Coast Marathon and Half Marathon**

November 29, 2009  
Marathon  
Male OA: Matthew May - 2:37:58  
Female OA: Renae Cicchinelli - 2:59:01cr  
Half Marathon  
Male OA: Jonathon Volpi - 1:10:45  
Female OA: Beth Whalen - 1:26:05

## **Reindeer Run 5K**

December 12, 2009  
Time: 8 a.m.  
Cheri Down Park, Cape Canaveral  
Male OA: Ten Dean - 17:22  
Female OA: Beth Whalen - 18:29

## **Tiger Dash 5K and 1-miler**

January 30, 2010  
Time: 8 a.m.  
Holy Trinity, Pineda Cswy. Campus  
Denise Piercy, 751-8890  
Runningzone.com

## **Eye of the Dragon 10K and Tail of Lizard 2-Miler**

February 27, 2010  
Time: 10K-8 a.m.; 2M-8:10 a.m.  
Eau Gallie Cswy, Melbourne  
Marlene White, 783-6535  
marlenewhite@cfl.rr.com

## **Downtown Melbourne 5K**

April 3, 2010  
Females: 7:30 a.m.; Males: 8:15 a.m.  
Downtown Melbourne  
Frank Webbe, 674-8104  
webbe@fit.edu

## **Space Walk of Fame 8K**

April 10, 2010  
Time: 8 a.m.  
Space View Park, Titusville  
Marty Winkel, 537-3526  
runsalot@earthlink.net

**You don't have to be fast...  
To have a blast!!**

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you eight races of varying distances that provide a goal for and gauge of fitness levels.

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information click <http://www.spacecoastrunners.org/roy.html>



# THE PASSING LANE

*With Ron Hoar*

## Now You See It, Now You Don't

A couple of months ago I wrote about my medical mishap while in Maine for the summer. I had passed out--probably due to severe dehydration--and took an ambulance trip to the hospital where I was treated and observed for about 24 hours. That would have been the end of it, except that the EKG showed a 1<sup>st</sup> degree AV block. That's where the electrical impulses in the heart are greater than .2 seconds apart.

When I asked the "hospitalist" in Maine what that meant for the long term he said it could lead to needing a pacemaker. Of course that wasn't music to my ears--and in my unfamiliarity with the subject and being in a semi-stunned state, didn't know what other questions to ask. After conferring with a cardiologist who never saw me in person, the hospitalist said they wanted me to wear a heart monitor for a month to capture any further incidents. That was beyond emergency treatment for my insurance provider and ended my Maine care.

Just in case you haven't been to a hospital lately--the billing to my insurance company was slightly over \$ 13,000--that's what they would have billed me if I had no insurance. The "negotiated" rate with my Medicare Advantage plan was \$ 2,000 of which I paid about \$350.

My primary care doctor called (rather my doctor's office called--doctors themselves don't call) even before I returned here and set up an appointment. When I saw him he said that he had less concern than the doctors in Maine--based on his knowledge of my medical history. He ordered a new EKG and had me wear a Holter monitor for 24 hours to see what happened during my sleep.

The new EKG showed NO block. He showed me the hospital graph with a .23 second reading--greater than the .2 normal and therefore considered a block. But now the reading was .192. Now you see it, now you don't!

Then the Holter results--a heartbeat dropping to 38 during sleep. While not that surprising for a runner but my doctor wanted me get established with a cardiologist.

That appointment provided the opportunity for me to learn more. My newly established cardiologist (a tri-athlete himself) said he had no concern with either a 1<sup>st</sup> or 2<sup>nd</sup> degree (more severe) block unless there were other symptoms or conditions. He verified that it is not uncommon for the blocks to come and go. He then announced that he would try to make me pass out. After massaging a vein on my neck without my being effected in the least, he declared that I had no problem. It was an anti-climatic conclusion to a few months of anxiety. I'm grateful for the outcome. I accept it as another of life's learning experiences.

The week after seeing the cardiologist I awoke to Thanksgiving morning and decided to run the 10k at Suntree that day rather than the 5k that I had planned to run. It was my first 10k since January, 2002 when I ran the Run for the Light at Windover Farms where I live. My Turkey Trot was just that--a trot--with a time of 58:04, a precipitous drop from my 48:17 of eight years prior and the 43:42 of nine years ago.

I had entered the past decade with great enthusiasm for the Florida Senior Games and the challenges of the shorter distances. After that "rush" I lapsed into a no-plan mode, running about one race a year for about six years. As I neared my 70<sup>th</sup> birthday I once again regained some enthusiasm for participating in races and over the past two years have run 27 races.

As we enter the new decade we have little idea of what destiny or fate will bring our way. For most of us it will mean a decline in our running capability--age does that. Yet a good part of our destiny remains our own responsibility. Having a road map gives us a much better chance of getting to where we want to go.

The best to all club members in the new decade--may your running experiences be all that you want them to be.

# FREEDOM 7 ELEMENTARY SCHOOL'S MILEAGE CLUB PRESENTS THE ***SUN 'N FUN RUN***



## Race Information

**Race Date** Saturday, January 16, 2010

**Race Time** 8:00 am - 4 Mile and 2 Mile Run/Walk  
9:00 am - Family Fun Run

**Location** Rusty's in the Cove at Port Canaveral  
628 Glenn Cheek Drive, Cape Canaveral

**Events** 4 Mile and 2 Mile Run/Walk  
Fun Run for all ages (1/4, 1/2, 1 mile)



Race benefits the Freedom 7 Mileage Club, an extra-curricular running program for students

## Registration

### **By Mail**

Mail entry with check payable to  
Freedom 7 APT  
Freedom 7 Elementary School  
400 Fourth Street South  
Cocoa Beach, FL 32931

### **On-Line**

At [www.Active.com](http://www.Active.com)

### **Race Day Registration**

From 7:00 to 7:45 am at Rusty's, Port Canaveral

### **Fun Run**

Register by mail or race day (no on-line entry)

## Awards

**Overall** 1st, 2nd, 3rd Male and Female

**Master** 1st Male and Female 40+

**Age Group** 1st, 2nd, 3rd Male and Female \*

**Freedom 7 Students and Staff** First Male and Female Freedom 7 Student and Teacher

\* Age groups as follows:

**4 Mile** Starting 0-9, 10-14, 5 year age groups thereafter to 70+

**2 Mile** Starting 0-8, 9-11, 12-14, 15-19, 10 year age groups thereafter to 70+

*No duplicate awards*

## Amenities

T-Shirt with 4 mile & 2 mile entry  
Door prize drawings after Family Fun Run  
Finisher prize to all children in Family Fun Run

## Presenting Sponsors

### **THE LeBEAU FAMILY**



**GORDON & CORNELL**  
ATTORNEYS AT LAW

### **Entry Fees**

|   | Postmarked<br>by 1/6/10 | After<br>1/6/10 |
|---|-------------------------|-----------------|
| <input type="checkbox"/> 4 Mile or 2 Mile                   | \$17                    | \$20            |
| <input type="checkbox"/> Student through grade 12           | \$13                    | \$13            |
| <input type="checkbox"/> Freedom 7 Staff                    | \$13                    | \$13            |
| <input type="checkbox"/> 3rd+ Family Member                 | \$10                    | \$10            |
| <input type="checkbox"/> Family fun run ( <i>no shirt</i> ) | Free                    | Free            |

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Events (circle) :      4 Mile      2 Mile      Fun Run

T-Shirt: Pre-register early to guarantee your shirt size!

Youth sizes: [YM] [YL]

Adult sizes: [S] [M] [L] [XL] [XXL]

Age on 1/16/2010 \_\_\_\_\_ Male      Female

Freedom 7 (circle):      Student      Teacher      Alumnus

I hereby release Freedom 7 Elementary School of International Studies, the Brevard County School Board, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the Sun 'N Fun Run and further state that I am in proper physical health and condition to compete in said runs.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

For More Information, contact **Marlene White**  
(321) 288-5388 or [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)



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ACROSS FROM BREVARD COMMUNITY COLLEGE**

# CROSS-TRAINING AND CYCLING

## By Tom Hoffman

It may seem strange and out of place to include an article on cycling in our running club newsletter, but the two sports are complementary and runners may have a lot to gain by cycling. One need only to glance at any race results to notice the declining numbers of participants in the older age groups. Age, illness and injury eventually take their toll and limit our ability to continue running. Cycling is great alternative activity and may allow one to maintain a high degree of fitness when other activities such as running are limited. Younger runners also may benefit by decreasing risk of overuse injury and improving overall fitness. Substitute cycling one or two days a week for active recovery from running and eliminate “junk miles.”

Cycling can provide many benefits besides just avoiding overuse injuries. Cycling can increase the strength and flexibility of gluteus and hamstring muscles that may be a problem in distance runners. Cycling can usually be done even in the presence of significant orthopedic problems that prevent running, including foot, ankle, hip and knee problems, and even by those with joint replacements. Cycling can also help build and maintain an aerobic base. In studies of endurance athletes, cyclists were second to cross-country skiers in average VO2 max measurements with distance runners third. Particularly in Florida where we deal with very hot and humid conditions for much of the year, it is often easier and more fun to do a long bike ride than run, since one can carry adequate fluids and nutrition on the bike. Lastly, cycling can also be a much more sociable activity; because of the effect of drafting (riding in the “slipstream” behind another rider to decrease work and save energy), cyclists of disparate ability who could never run together may enjoy a long bike ride together.

One need not spend a lot of money to get started. As Lance has said, “It’s not about the bike.” Proper bike fitting and position is important in avoiding pain and discomfort while riding and can be done for a nominal fee at local bike shops or by some of our experienced club members. If you are hesitant to get out on the roads, try a spin class at one of Brevard’s fitness clubs, or contact our local clubs and join in one of our beginner group rides to get started.



Tom Hoffman takes time to pose at the top after a long cycling climb up Col du Galibier near Grenoble in the French Alps.

Eventually, age and injuries will force curtailment of running. Cycling is a wonderful activity that can be done at all ages and can help one maintain a high level of fitness if other activities are limited. If you’re still bit by the competitive bug, try one of the faster club rides or races, compete in a duathlon or triathlon, or just challenge yourself with one of the many century rides (100 miles) around the state. Try a bicycle tour or weekend bike festival for an active vacation; it’s a great way to really see the country. Or just commute to school or work. Whatever road you take, you won’t go wrong if it’s on the bike!

Remember: Obey all traffic laws and always wear a helmet.

*Editor’s note: As so many of our club members have gotten interested in multisport as a method to cross-train and mix it up in the off-season, we asked Dr. Hoffman to give us an overview on the benefits of cycling. Not only does Tom have an incredibly impressive athletic history but the good doctor was also recently elected as Presi-*



dent of Space Coast Velo Sport, one of Brevard's most active cycling clubs (<http://www.spacecoastvelosport.com>) To give you an idea of his depth of knowledge and experience in running and multisport, we've included below a portion of a story that was written for Space Coast Medicine last year by Patti Sponsler about local physicians who run bike and/or swim.

## LONGEVITY

If it's all downhill after age 50, then Dr. Thomas Hoffman will certainly be coasting. Six years ago, the now 56-year-old Osler neurologist took a sabbatical to celebrate his birthday. Instead of opening presents and feasting on cake, however, the naturally gifted athlete rode his bicycle from Los Angeles to Boston in just 32 days, averaging 110 miles a day.

"I guess as a sport, I think cycling is the most fun," said Dr. Hoffman whose competitive pursuits include a fifth overall at the 1978 Houston Marathon (26.2 miles) in a personal best time of two hours and twenty-five minutes as well as innumerable trophies proving both running and triathlon prowess at multiple distances. "Running was fun when I was younger and could rip off 10, six-minute miles – now it's a lot more work. Cycling is much more social and you get to go different places."

Indeed.

Two years after his first peddle-powered distance-excursion, Dr. Hoffman rode from Arkansas to Savannah, adding another 1,100 miles to his odometer in just 10 days. He then rode through the French Alps in 1996, enjoying the breathtaking beauty of cycling's classic climbs.



Tom Hoffman heads for a 2:25 fifth place overall finish at the 1978 Houston Marathon.

## LOCAL CYCLING CLUBS AND GROUP RIDES

**Space Coast Freewheelers:** Brevard's oldest cycling club, offers group rides on Wed. evening and Sunday morning as well as beginner-specific rides on Sat. mornings. Participants do not have to be club members to ride. Visit <http://www.spacecoastfreewheelers.com/>

**Space Coast Velo Sport:** This high energy club offers rides for all athletic abilities and club membership is not a requirement to participate. In addition to the ride and event calendar, their Web site also features a forum where riders swap the latest information about equipment, training and racing. Visit <http://www.spacecoastvelosport.com/>

**Easy Riders** offer Sunday morning rides at various locations throughout southern Brevard followed by optional brunch. Visit <http://www.mapmyride.com/community/groups/1193815285>

**Bob's Bicycle Shop** in Indian Harbour Beach offers group road and mountain bike rides. Scheduled times and locations available at <http://bobsbicycles.com/>

**Revolutions** Cyclery in Melbourne and Suntree offer multiple rides during the week and their event calendar breaks down each ride by distance and average speed expected. Visit <http://revolutioncyclery.com>

Surprisingly, it was this past spring's five-day ride along the Blue Ridge Parkway that proved most challenging for Dr. Hoffman.

"It was the hardest trip I've ever done," he said. "There was 10,000 feet of climbing every day. Some of the climbs were long, taking two hours to go only 13 miles. I wouldn't recommend riding 100 miles a day on that to anyone."

And don't think he's given up on the other sports. Last year, Dr. Hoffman's consistent and life-long running talent, together with his continual effort to promote the sport, landed him a spot in the Space Coast Runners Hall of Fame, an honor bestowed on only a dozen others during the club's 30-plus year history.

And next month, he'll be heading to Portland, Oregon, for the 2008 USA Triathlon Age Group National Championships, where he'll compete against the country's best in a race that includes a 1,500-meter swim; a hilly 24.8-mile bicycle race and then a 6.2-mile run.

"It's just a way of life," said Dr. Hoffman. "I've loved sports since I was a kid because it is fun to me."



4th Annual  
**Light the Way 5K**  
*A Titusville Racing Series Event*



Saturday  
 January 23, 2010  
 Park Avenue Christian Academy  
 Titusville, FL

**LOCATION**

Park Avenue Christian Academy is located at 2600 Park Avenue, Titusville, FL. For more information contact the Race Director, Sarah Guttery, at [sguttery@cfl.rr.com](mailto:sguttery@cfl.rr.com)

**DATE AND TIME**

Saturday, January 23, 2010  
 5K Run/Walk: 8:00 a.m.  
 Kids' Races: 9:00 a.m.

**PACKET PICK-UP AND CHECK-IN**

Race packets may be picked up race morning or Friday, January 22, 2010 at Park Avenue Christian Academy gymnasium between 2 p.m. and 6 p.m.  
 Race day check-in starts at 6:30 a.m.

**REGISTRATION**

Walk, run, or mail completed entry form to:  
 Park Avenue Christian Academy  
 2600 South Park Avenue  
 Titusville, FL 32780  
Make checks payable to Park Avenue Christian Academy

**AWARDS**

Top 3 Male / Female Overall  
 Top Male / Female Masters  
 Top 3 Male / Female finishers in 15 age groups  
 Top Male, Female, Coed, and Youth Teams  
 Ribbons to all Kids' Races participants

**TEAM COMPETITION**

A team is comprised of 4 entrants who are affiliated with an organized team, club, organization, school, or business, or are just 4 entrants willing to claim they know each other and willing to be teammates. Team participants will still be eligible for individual awards.

**ENTRY FEES**

Entry fees are nonrefundable  
 \$20 Adults  
 \$15 Students  
 Kids' Races are Free

Light the Way 5K † Saturday, January 23, 2010 † Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: Male / Female T-Shirt: YL S M L XL XXL

Address: \_\_\_\_\_

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

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

☐ YES! I am interested in learning more about Park Avenue Christian Academy

Incomplete or unsigned forms will not be accepted.

I hereby release the Gilchrist Educational Foundation, Park Avenue Christian Academy, Park Avenue Baptist Church, and any and all other sponsors and officials from liability for any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.

Signature (under 18 requires a parent to sign): \_\_\_\_\_

Method of Payment Race Number:

Cash: \_\_\_\_\_ Check: \_\_\_\_\_

Make check or money order payable to: Park Avenue Christian Academy

Team Competition: Team Name: \_\_\_\_\_

Team Category: (Circle One)

Male / Female / Coed / Youth

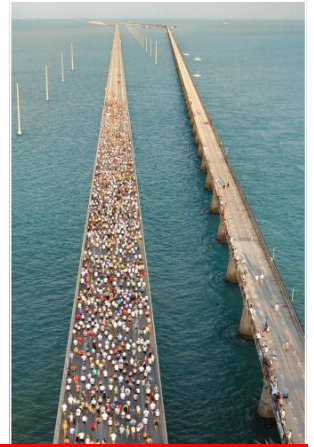
Runner 1: \_\_\_\_\_

Runner 2: \_\_\_\_\_

Runner 3: \_\_\_\_\_

Runner 4: \_\_\_\_\_

# A Mile With... Mitch Varnes



**Name:** Mitch Varnes, 47, of Indialantic.

**Family:** Wife, Kathryn and two children.

**Ages:** Charlotte is eight-years-old, and Robert is six.

**Occupation or Dream profession:** I think I have it for now. I consult to some surf companies and negotiate deals for one of the best surfers in the world. I put on surfing events and am really pleased with the success and support of the State Farm Melbourne & Beaches Music Marathon. The upcoming Surf Coast Trifecta series is exciting. I like to create events that are fun, healthy and good for our community.



Life's a beach: Varnes enjoying his dream profession as he poses behind the scenes of the 2008 Sebastian Inlet Pro surf contest.

**Number of Years Running:** 30+

**Began Running To:** Keep busy when the surf was flat.

**I Knew I Was Hooked When:** I could beat my friends.

**Race PRs (Personal Records):** 18:37 in the 5-k way back when....

**Most Satisfying Race:** Running and finishing the 1996 Boston Marathon followed by lobster at Legal Seafoods and a Red Sox game at Fenway Park – what a day!

**Favorite Race(s):** The old course of the Orlando OUC Half Marathon; a 10K I stumbled across years ago at Malibu, the Half Marathon course of the Melbourne & Beaches Music Marathon.

**Favorite Place(s) to Run:** Riverside Drive between the causeways, South Tropical Trail between Pineda and Mathers Bridge, Waikiki around Diamond Head.

**Running Partner(s):** In the old days it was my buddy, Greg Donoghue, and occasionally a guy named Bill McCord, who was one of our area's best runners back then. Now, it is my wife, Kathryn.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Any of the Apollo Moon Walkers, and I think it would be fun to go on a long run with George W. Bush.

**Funniest or Oddest Thing I've Seen While Running:** I was running a back road in the hills north of Santa Barbara years ago and came eye-to-eye with a Red Wolf. It was a little scary. We both stopped in the middle of the road, about 20 yards apart from each other. After several seconds, he walked across the road and I started running again...

**Training Philosophies:** Be consistent and enjoy.

**One Piece of Advice That I Would Give to a New Runner:** Have fun, be patient and don't overdo it.



Varnes and his wife, Kathryn, waving the flag for Lance Armstrong as he crosses the Parisian finish line for a historical seventh Tour de France victory in 2005.

**Other Sports& Interests:** Surfing, cycling, fishing, boating, my family and work.

**Favorite Reads:** Atlas Shrugged and To Kill A Mockingbird. I read many newspapers every day. Kindles are great!

**Favorite Movie:** Fargo.

**When Nobody is Looking I Like to:** Look at the globe and daydream about my next surf trip.

**Favorite Meal:** Sushi, lobster, spinach.

**Dream Vacation:** I've been three times, and South Africa is still my dream vacation.

**I Think That SCR Could Do A Better Job:** I have been a member of SCR for more than 20 years. Although I am not very active, it looks like it is better than ever!





**February 6-7, 2010**

- \*USATF National Masters Half Marathon Championship**
- \*USATF State 8K Championship**
- \*USATF-certified 5K & Marathon**

**\$10,500 in prize money (5K, 8K, Half)**

**<http://www.themelbournemarathon.com/>**





# WHERE IS...?

Every year, Space Coast Runners awards two high school seniors -- one male and one female -- a scholarship based on academics and the individual's relationship with running. Recently, a member suggested that we periodically check in on some of those former fleet-footed, college-bound hopefuls to see how life is faring. We thought the idea was excellent and chased down Trey Andrews.

Trey Andrews graduated from Titusville high school and received a Space Coast Runners scholarship in 2005. Here are just a few highlights of his many high school accomplishments:

- 3.8 GPA.
- Won the 1600m at the FHSAA Regional Championships with a personal best of 4:21.71.
- Won the 3200m at the FHSAA Regional Championships with a time of 9:40.38.
- Finished 13th in the 1600m at the FHSAA 3A- 4A State Championship with a time of 4:25.21.
- Named *Florida Today's* 2004 All-Space Coast Boy's Cross Country Runner of the Year.
- Named all-county in cross country.
- Named First Team All-Brevard County in 2005 for the 1,600m.

Trey went on to maintain his high GPA while continuing to run strong and travel with the cross country and track team at Florida State. His collegiate bests include:

- 8K (XC): 25:12 Notre Dame Invitational
- 3000m: 8:41.53
- Steeplechase: 9:19.85 ACC Championships
- 5000m outdoor: 14:37:01
- 5000m indoor: 14:53.65 Tyson Invitational
- 10,000m: 31:06

Trey graduated from FSU last year with a degree in Exercise Science. He's currently working on a Master's in the same field and running on the cross-country team at FAU.

We wish him continued success!

## SCR SCHOLARSHIPS - GET ONE!

The Space Coast Runners Club awards two scholarships of \$500 or more each year. The amount is to be determined by the Club officers and board members based on the financial situation of the club.

The winners will be selected at the April SCR board meeting and the scholarships will be presented to the winners at the Annual Space Coast Runner Awards Banquet in May.

### SCR Scholarship Guidelines:

- ☐ Must be high school graduating seniors.
- ☐ Either be a family member of a Space Coast Runners Club member or has/is participating on their high school track or cross country team.
- ☐ Must submit a essay of no more 250 words on how they fit running into their life.
- ☐ Must complete a Brevard School Foundation Scholarship application. Pick on up from your guidance counselor, fill it out and return with your essay. The school sends them to the Brevard Schools Foundation who, in turn, notifies SCR for pickup.





Seminole Trey Andrews, left, out-kicking the Gator competition at the 2006 Notre Dame Invitational where he ran a collegiate undergrad PR 8K of 25:12. Photo courtesy of Rick Andrews.



**Champion  
GWB Timing!**

# Tooth Trot 5K

**Real Prizes!**

## DATE & TIME

Saturday, February 13, 2010  
5K Run/Walk 8:00 A.M.  
Kid's Run (Age 3-7) 9:15 A.M.

## LOCATION

Wickham Park-BCC Main Pavilion  
Melbourne

## ENTRY FEE

\$20.00 before February 5th  
\$25.00 after February 5th  
\*\$15.00 5K for kids 14 & under\*  
Kid's Run Free - Register on-site

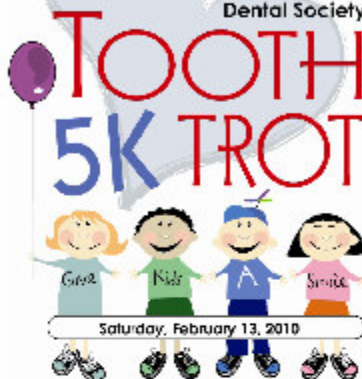
## REGISTRATION

Mail completed/signed entry form with  
fee to:  
Jerilyn Bird  
1983 S. Rockledge Drive  
Rockledge, FL 32955  
Make checks payable to: ABCDS  
Or Register online at [active.com](http://active.com)  
SORRY - NO REFUNDS

## PACKET PICK-UP

Pick up race number, t-shirt, & goodie  
bag at Running Zone the week of the  
race or on race day at the race site  
beginning at 6:30 A.M. (Please allow 48  
hours after registration on-line before  
packet pickup at Running Zone!)

The Brevard County  
Dental Society



The 12th Annual Tooth Trot  
commemorates Children's Dental  
Health Month. Proceeds benefit Give  
Kids A Smile in Brevard County.  
Presented by The Brevard County  
Dental Society and The Alliance of  
the Brevard County Dental Society.

## Visit with the Tooth Fairy!

After the race, enjoy a tasty  
selection of breakfast treats and fresh  
Florida orange juice!

This FAMILY FUN 5K race is  
ranked as a top 10 favorite  
in Brevard County!

## SPECIAL THANKS

to each of the sponsoring  
Brevard County Dentists for their  
continued support of the Tooth Trot.

## AWARDS

Top three overall male & female  
receive award. Top male and female  
master & top three finishers  
(0-9, 10-14, 15-19, 20-24, 25-29, 30-  
34, 35-39, 40-44, 45-49, 50-54, 55-  
59, 60-64, 65-69, 70+)  
will receive an award.

Following the race, runners & their  
family will enjoy fruit, bagels, danish  
and other goodies. Runners are also  
eligible for door prizes!

## T-SHIRTS

All paid entrants in 5K will receive a  
technical t-shirt. Sizes & availability  
are not guaranteed after 02/05/10.

## MORE INFORMATION

321.631.7000 or [GWBOM5@aol.com](mailto:GWBOM5@aol.com)

## EARLIEST REGISTRATION

register online at  
[active.com](http://active.com)

## Tooth Trot 5K Official Entry Form

Make checks payable to: Alliance of the Brevard County Dental Society (ABCDS)

Send completed entry form with proper fee to: Tooth Trot, c/o Jerilyn Bird, 1983 Rockledge Drive, Rockledge, FL 32955

Name: \_\_\_\_\_ Age on 02/13/10 \_\_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ T-Shirt Size (Adult): S M L XL XXL

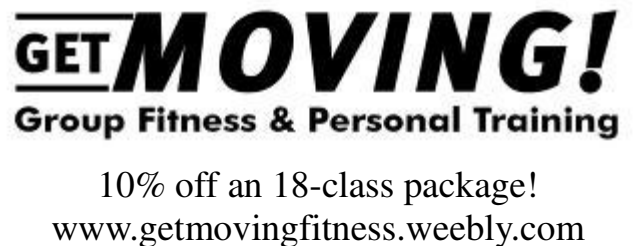
*Incomplete or Unsigned entry forms will NOT be accepted and will be returned to you!*

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the Brevard County Dental Society, the Alliance of the Brevard County Dental Society, Brevard County Parks & Recreation Department, all race sponsors, volunteers, participants and all officials of the race for any and all damages or injuries which may be suffered by me in connection with my entry or participation in any Tooth Trot events. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, or any other record of this event for any purposes whatsoever. I have read the above release and understand that it presents a risk of physical injury or illness, knowing this, I am entering this event at my own risk.

**SIGNATURE REQUIRED!** (If under 18, a parent must sign) \_\_\_\_\_ Date: \_\_\_\_\_

# SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at [PSponsler@cfl.rr.com](mailto:PSponsler@cfl.rr.com).



200 S. Miramar Ave. Indialantic  
(across from Wendy's)  
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,  
[www.speedlaces.com](http://www.speedlaces.com)



# SPACE COAST RUNNERS

**As members of Road Runners Club of America  
You are entitled to discounts from the following:**



[www.Active.com](http://www.Active.com)



[www.marathonandbeyond.com](http://www.marathonandbeyond.com)



[www.ConstantContact.com/  
index.jsp?pn=roadrunnersclub](http://www.ConstantContact.com/index.jsp?pn=roadrunnersclub)



[www.metlife.com](http://www.metlife.com)



[www.Crocs.com](http://www.Crocs.com)  
15% online order discount  
code: rrca2009



[www.ortholite.com](http://www.ortholite.com)



[www.fuelbelt.com](http://www.fuelbelt.com)  
10% online discount code:  
RRCA



[www.RRM.com](http://www.RRM.com)



[www.Gatorade.com](http://www.Gatorade.com)



[http://www.sportsauthority.com/graphics/corp/  
runner.pdf](http://www.sportsauthority.com/graphics/corp/runner.pdf)  
Click for \$10 off any \$50 on-line purchase



[www.Hertz.com](http://www.Hertz.com)  
Discount Code 42136



[www.Sportscienceusa.com](http://www.Sportscienceusa.com)  
10% online discount  
code: RRCA2009



[www.IpicoSports.com](http://www.IpicoSports.com)  
Special pricing for RRCA clubs



[www.Womensrunningmag.com](http://www.Womensrunningmag.com)



[www.KSwiss.com](http://www.KSwiss.com)



# KEEPING TABS

**A HUGE 'THANKS'** to Rick Andrews, Trey Andrews, Carol Ball, Steve Chin, Kati Craig, Anne Forrester, Dave & Robin Hernandez, Ron Hoar, Tom Hoffman, Kelly Hunter, Barry Jones of Trihokie Photos, Matt Mahoney, Running Zone, Loran Serwin, Tracy Smith and Mitch Varnes,

We all love reading about our members' adventures! If you'd like to share some photos or stories or have some ideas of what you'd like to see in this newsletter, please contact Patti Sponsler at [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com)

## CONGRATULATIONS TO:



**Jacksonville Marathon** finishers Danny Barrett, 3:34:08; John Culver, left, 4th OA, 1st 20-25, BQ, 2:45:42; Rick Foresteire, Jr., 4:43:13; Kim Graham, BQ, 3:46:33; Janice Gagnier, 6:13:20; Nancy Huy-Perry, 4:27:58; Dede Henrich, 4:21:08; Willy Moolenaar, 1st 65-69, 5:04:49; Debbie Molina, 3rd 55-59, BQ, 4:13:00; Gary Stutte, 4:25:04; Fiona Wright, 5:09:32. **Jacksonville Half Marathon** finishers Mike Blanchard, 2:14:00; Tom Grimm, 1:59:49; Charis Gaines, 2:10:37; Lisa O'Brien, 3:22:01; Christine Pecko, 2:07:54; Joseph Pecko, 2:18:11; Joseph Pecko, Jr., 4:33:17; Michelle Pecko, 2:07:53; Rudi Zayas, 2:02:32.



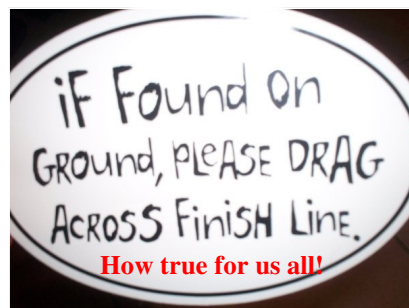
**Palm Beach Marathon** finishers Erica Feltz, 2nd 25-29, BQ, 3:34:18; Janice Gagnier, 5:31:38; John Ouweleen, 1st 65-69, BQ, 3:27:50; Jim Schroeder (pace group leader), 4:58:50; Tracy Smith, 6th OA, 3rd OA FL finishers, BQ, PR, 3:11:53. **Palm Beach Half Marathon** finishers Kyle Durr, 1:57:16; Jason Frogge, 2:00:39; Joan Meadows, 2:01:54. (Left, Joan Meadows and Tracy Smith prior to their Half Marathon (Joan) and Marathon (Tracy) PRs at Palm Beach.



**Las Vegas Rock n' Roll Marathon** finishers Steve Chin, BQ, 3:08:04; Janet Cody, 4:35:27; Jessica Crate, 9th OA, 1st 20-24, BQ, 3:01:13; John Davis, BQ, 3:08:04; William Zembrod, 3:39:03. **Las Vegas Rock n' Roll Half Marathon** finishers Jay Claybaugh, 1:33:54; Walter Day, 2:22:53; Alberto Escobar, 2:38:28; Autumn Evans, 1:42:56; Barbara Fine, 2:38:27; Julie Glover, 2:48:46; Jennifer Markulec, 3:08:48; Michael Markulec, 2:13:26; Patricia Renish, 1:49:31. Post-race photo at left: Pat Renish, Autumn Evans, Jessica Crate, Steve Chin, Jay Claybaugh.

**Philadelphia Marathon** finishers Jim Haithcoat, 4:35:34; Charles Houchin, 4:38:49; Karen Sanchez, 5:22:57; Tom Winkelspecht, BQ, 3:47:21.

**San Antonio Rock n' Roll Half Marathon** finishers Jim Caprara, 1:59:16; Susan Clark, 3:27:44; Sarah Odle, 3:07:52; Sean Odle, 3:07:51; Joy Wagner, 2:40:00.



# RUNNING RINGING IN THE NEW YEAR



The race started at 11:45 PM and finished in 2010. Instead of age group awards, awards (little paper certificates) went 10 deep for men and women based on age graded times. Times were age graded by subtracting 10 seconds for each year over 35. All finishers also got a mug with candy treats supplied by Henry Campbell. We also had a potluck with lots of good food afterward. The race course was out and back north on the bike path starting at the 7-11 on A1A about 3/4 mile south of Spessard Holland. -write up and photo by Matt Mahoney who, along with wife, Joan, has directed the event since its inception.



In spite of light drizzle at the 8 a.m. start, about three dozen Space Coast Runners showed up for the 11th annual fun run, potluck breakfast and optional dip in the ocean at Cherie Down Park in Cape Canaveral.

Runners and walkers headed south to the two-mile mark just past Cocoa Beach Pier before returning to the goodie-laden table and bubbly mimosas. While some jumped into the Atlantic with wetsuits, several (fool?)hardy folks skinned it. Photo courtesy Kelly Hunter.



Kati Craig kicked off the first annual Solar Bear run at noon on January 1 from Ballard Park in Melbourne. New Year's hats, noisemakers, costumes, bathing suits for a post-run ocean dip and merry-making attire was encouraged but not required. The athletes rang in the new year with post-run swim and Mimosas. What a great new addition to Brevard's running calendar! Photo courtesy Kati Craig.



22ND ANNUAL

# EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



**A Space Coast  
Runner of the Year Event**

**USA T&F Certified FLO4037DL**

## **SPONSORED BY:**

Dick White  
Sports Therapist



**LOCKHEED MARTIN**  
Space Systems



## **RACE INFORMATION**

**Race Date** Saturday, February 27, 2010

**Race Time** 8:00 am - 10k  
8:05 am - 2 Mile  
9:15 am - Kids' Runs

**Location** Eau Gallie Civic Center  
1551 Highland Ave, Melbourne

**Directions** From I-95, take SR 518 east, cross  
US 1, turn left after 3 blocks  
From US-1, north or south to  
SR 518, head east 3 blocks

*For safety reasons, no animals, baby joggers,  
skates, or headphones permitted*

## **EVENTS**

### **10k Run**

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

*SCROY points for 15 & over only for 10k*

### **10k Walk**

New this year is the 10k walk. Participants who register in this event **MUST WALK** the entire course. This event is scored separately from the 10k Run, and participants will not be allowed to change their category mid-race. **ALL PARTICIPANTS MUST BE ABLE TO SUSTAIN A 20 MINUTE PER MILE PACE TO COMPLETE THIS EVENT.**

Awards are based on order of finish for male and female participants - **NO AGE GROUPS.**

*SCROY points for 15 & over only for 10k*

### **2 Mile Run**

Participants may run or walk any part of this event.

Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

*SCROY points for 14 & under only for 2 mile*

### **2 Mile Walk**

New this year is the 2 mile walk. Participants who register in this event **MUST WALK** the entire course. This event is scored separately from the 2 Mile Run, and participants will not be allowed to change their category mid-race. Awards are based on order of finish for male and female participants - **NO AGE GROUPS.**

*SCROY points for 14 & under only for 2 mile*

### **Kids' Runs**

**FREE** 1/4, 1/2, and 1 mile runs for children 12 and under.

*This is a Space Coast Runners Youth Series event.*

### **More Information:**

**marlenewhite@cfl.rr.com (321) 783-6535**  
**<http://spacecoastrunners.org>**



## AWARDS

### **10k Run**

*Participants may run or walk this event*

**Overall** 1st, 2nd, 3rd Male & Female

**Master** 1st Male & Female 40+

**Grand Master** 1st Male & Female 50+

**Senior Grand Master** 1st Male & Female 60+

**Age Group** 1st, 2nd, 3rd Male & Female in 5 year age groups from 10-14 through 75+. Five deep in larger AGs based on pre-registrations.

**Middle of the Pack** Male & Female finishing closest to the midpoint of all finishers

*SCROY points for 15 & over only for 10k*

### **10k Walk**

*Participants must walk the entire course*

**Overall** First 10 finishers each Male & Female

*SCROY points for 15 & over only for 10k*

### **2 Mile Run**

*Participants may run or walk this event*

**Overall** 1st, 2nd, 3rd Male & Female

**Master** 1st Male & Female 40+

**Age Group** 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 70+.

*SCROY points for 14 & under only for 2 mile*

### **2 Mile Walk**

*Participants must walk the entire course*

**Overall** First 10 finishers each Male & Female

*SCROY points for 14 & under only for 2 mile*

### **School Participation**

1st, 2nd, 3rd place to Elementary and Middle schools with the highest number of participants in either 2 mile event. *School name must be indicated on entry form and minimum of 5 entries per school to qualify.*

## ENTRY FORM

**Mail** check payable to *Space Coast Runners* to:  
Eye of the Dragon 10k  
30 Country Club Road  
Cocoa Beach, FL 32931

**On-Line** at [www.Active.com](http://www.Active.com)

**Race Day** from 6:45 to 7:45 am at Civic Center

***Shirts to first 600 entries***

| <b><u>Entry Fees</u></b> | Postmarked<br>by 2/14/10 | After<br>2/14/10 |
|--------------------------|--------------------------|------------------|
|--------------------------|--------------------------|------------------|

- |   |      |      |
|---|------|------|
| <input type="checkbox"/> 10k or 2 Mile                    | \$20 | \$25 |
| <input type="checkbox"/> SCR member                       | \$15 | \$20 |
| <input type="checkbox"/> No Shirt (must pre-register)     | \$15 | \$20 |
| <input type="checkbox"/> No Shirt SCR (must pre-register) | \$10 | \$15 |
| <input type="checkbox"/> Students thru Grade 12           | \$15 | \$15 |
| <input type="checkbox"/> Kids' fun runs free (no shirt)   |      |      |

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ SCR Member ☐

Email \_\_\_\_\_

Events (circle): 10k Run 10k Walk  
2 Mile Run 2 Mile Walk Fun Run

Technical Shirt: Pre-register early to guarantee your shirt size! [No Shirt] [Youth Med]

Adult sizes: [XS] [S] [M] [L] [XL] [XXL]

Age on 2/27/2010 \_\_\_\_\_ Male Female

School: \_\_\_\_\_

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2010 Eye of the Dragon or Tail of the Lizard, and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

# FIELD TRIPS

## JOIN YOUR FRIENDS OR MAKE NEW ONES!



This message is brought to you by "Steve and Jessica's Running Shenanigans" and any profits made should be reinvested for future adventures! Steve Chin will help you find a team or put one together. Contact him at [stz180@msn.com](mailto:stz180@msn.com)

Race website: <http://www.dwdgreenswamp.com:80/>



Left: Cooper River Bridge Run 10K

Web: <http://www.bridgerun.com/>

Point-to-point course over the bridge 10K and weekend in Charleston.

Contact Jack Lightle at [lightlej@msn.com](mailto:lightlej@msn.com) or Christy Zieres at [zieres@cf1.rr.com](mailto:zieres@cf1.rr.com) if you need help with lodging or carpools.

Below: Gate River Run 15K & 5K

Web: <http://www.gate-riverrun.com/>

USA Championship, Jacksonville. The course takes athletes over two bridges, the largest - looming at mile eight - is known as the 'Green-Eyed Monster'. Come find out why.

We recommend the host hotel for lodging. Shuttle busses to and from race site provided.

SCR member, Gary Castner, is one of a few in the US who has run each of the past 32 races. We hope to cheer his 33rd!







During the past couple of years, we've seen a huge increase in the number of Space Coast Runners' members getting into multi-sport. As people continue to figure out the benefits of cross-training, we expect the numbers in our club who give multisport a try (or tri) to increase.

THE TRI ANGLE section of our newsletter focuses on multisport and those accomplishments of our members. Please feel free to share with us your stories, experiences, photos, training groups and tips. Send info to Patti at [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com) or [Patti@spacecoastmultisport.com](mailto:Patti@spacecoastmultisport.com)

## MULTISPORT RESOLUTIONS? LOOK NO FURTHER THAN YOUR OWN BACKYARD!

Maybe we're becoming the San Diego of the east coast.

In a nod to our exploding multisport community as well as the abundance of sunshine, warmth and water, Brevard County will play host to seven multisport events between April and October 2010; one per month -- with the exception of September -- Ma Nature's favorite hurricane month.

The race that started it all in this county -- **Pineapple Man Triathlon** -- will celebrate its 25<sup>th</sup> anniversary on **June 6**. The .3-mile Indian River Lagoon swim, 15-mile out-and-back speedfest on A1A and the 3.3-mile run through beautiful Mel Beach neighborhoods has sold out for the past three years. Registration for the 2010 race is limited to 550 participants and 140 athletes have already signed on. Complete info and registration available now at <http://rotarypineappleman.org/>

Mitch Varnes, promoter of the Sebastian Inlet Pro surf contest and the Melbourne and Beaches Music Marathon, is stepping into the multisport world in 2010 with the introduction of the state's newest series, the SurfCoast Trifecta. The three-event series will offer something previously unseen in local multisport - a \$3,000 prize purse to be split among the speediest overall and age group champs.

Complete details will be available on Jan. 10, when the website ([www.surfcoasttrifecta.com](http://www.surfcoasttrifecta.com)) goes live. Below is a boilerplate provided by Varnes of the planned races, all of which will be limited to 500 athletes and start at 7 a.m.:

### **April 18, 2010**

#### **Ron Jon Triathlon**

Cocoa Beach

1/4-mile river swim, 12.5-mile bike and 3.1 mile run

First stop in the inaugural Surf Coast Trifecta series along Florida's beautiful Space Coast.

### **May 23, 2010**

#### **Space Coast Bikeathon** (you might know it as a duathlon or biathlon)

Viera

20-mile bike, 6.2 mile run

A bikeathon is a running and cycling event equal to the distance of a full marathon or 26.2 miles. Join us on the open roads of one of Florida's fastest growing towns for the second stop of the Surf Coast Trifecta.

### **June 20, 2010**

#### **Dad's Day Triathlon**

Sebastian Inlet State Park

1/4-mile ocean swim, 15-mile bike, 3.1-mile run

The Dad's Day Triathlon is the final stop in the Surf Coast Trifecta and will determine overall and age group series champions and the recipients of the Trifecta's \$3,000 in prize purse. The Dad's Day tri features the only ocean swim tri in the area and will be competed along the awesome scenery of one of Florida's greatest state parks. The Dad's Day Tri will include father and children relay divisions, best dad and granddad awards; along with other fun categories like the Big Daddy and Sugar Daddy (you know it if you qualify) divisions.

For those who want something a bit shorter or dislike swimming in salty water, Jeff Kramer will return with the **6<sup>th</sup> annual YMCA Family Challenge Triathlon** at the YMCA in Titusville, tentatively set for the **"last Saturday in July"**.

The super-sprint event will offer a 100-yard pool swim, 4-mile bike and 2-mile run. Awards are given to the fastest overall and age group participants as well as the top three 'fastest friends' and 'fastest family' relay teams. Kramer initiated the mini-sprint event to encourage family togetherness, fitness and fun.

**On August 1**, the long-running **Publix Family Fitness Weekend Series** will be making a stop in Melbourne Beach.

"The Publix Family Fitness Weekend is a series of family oriented events that travel around the Southeast from April through October," said Matt Lorraine, CEO of Exclusive Sports Marketing, who is teaming with multirace.com this year. "Each event consists of a 5K run/walk; a kids' duathlon; a sprint triathlon and a sprint duathlon. The 5K takes place on Saturday evening; and the rest of the races are on Sunday morning. We are still working on the exact location of the event site (in Melbourne Beach), but should have that sorted out hopefully within the next month."

The Mel Beach race will be race number six in the nine-race series. More information and registration can be found at <http://www.familyfitnessweekend.com/>

The last of the local races will kick off on **Oct. 3** in Melbourne with the **Health First sprint and Olympic-distance** events. Check out <http://www.healthfirsttri.com> for more info.

For complete multisport info and stories on local athletes, log on to [www.spacecoastmultisport.com](http://www.spacecoastmultisport.com)







## BREVARD AUTISM COALITION 5K RUN/WALK FOR AUTISM AWARENESS

**SATURDAY, FEBRUARY 27, 2010**  
**MELBOURNE, FL**  
**8:00 AM**

### LOCATION

The race will start next to the Wickham Park Pavilion, which is off of North Wickham Road, by the Brevard Community College campus. For more information, please contact Child & Family Consultants

### DATE AND TIME

Saturday, February 27, 2010  
5K Run/Walk 8:00 am  
Kids Fun Run 9:15 am

Awards immediately following all races

### REGISTRATION

Mail complete entry form to:  
Child and Family Consultants  
1800 Penn St., Ste. 12  
Melbourne, FL 32901

### FEES

Entry fees are nonrefundable  
\$20 if Postmarked by 2/20/2010  
\$25 late registration or race day registration  
Kid's Run is **FREE!**

Make check payable to:  
Child & Family Consultants

### PACKET PICK-UP

Pick up at Running Zone on Friday, 2/26/2010, between 10am-6:30pm  
Across from Brevard Community College on Wickham Road.  
On Race day from 6:45-7:45 am

### T-SHIRTS

All entrants will receive an awesome race T-shirt. Shirts and sizes are not guaranteed for late registration.

### AWARDS

Top male and female overall and top in each age division will receive awards!

### RESTRICTIONS

For safety reason, earphones and animals will be prohibited on the race course.

### PROCEEDS

All proceeds will be benefiting families affected by Autism in Brevard County!

**Refreshments available for all participants**

**Run for Autism is a rain or shine event,  
No refunds will be issued**



#### 5K Run/Walk For Autism Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M F T-Shirt Size: S M L XL  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Phone number \_\_\_\_\_  
Email Address \_\_\_\_\_

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with any entry or participation in the "Run for Autism 5K" event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this even at my own risk.

Signature \_\_\_\_\_ Signature of Parent or Guardian if under 18 \_\_\_\_\_



# FOUR GENTS THREE RACES ONE DAY



On Dec. 19, during a timeframe spanning less than 12 hours, Matt Mahoney, Art Anderson, Dave Hernandez and Ron Abel (left to right in middle photo above taken at the Brown Family Benefit 5K) drove scores of miles from their Melbourne and Palm Bay homes to each run a total of 6.9 miles in three separate events.

Their race clocks began as they left the starting line of the Brown Family Benefit 5K at Mitchell Ellington Park on north Merritt Island. Race director and Merritt Island high run coach, Nancy Buonanni, put together the donations-only event to help the family of Bob Brown which lost their home, its contents and their beloved golden retriever to fire in Nov. The generosity of Buonanni, the volunteers and 200 runners raised \$7,500 for the family.

How did the gents score on the windy, rain-soaked cross-country course? Abel: 21:40; Anderson: 21:15; Hernandez: 22:56 and Mahoney: 21:45, each earning an award. Complete race results are at <http://mattmahoney.net/scr/09brown.txt>

From there, the fearless foursome sped to the Jingle Bell Jog 3K at Kiwanis Island Park off of SR520 on Merritt Island. Abel pulled out an 11:40; Anderson: 11:05; Hernandez: 13:10 and Mahoney: 11:53. No official results have been posted. The 1.8-mile race was a prelude to pancakes with Santa and an afternoon of rest for the lads.

Their day of racing was finally complete once each had crossed the finish line of the Jingle Bell 2-Miler in Satellite Beach. Fourth in the six-race Running Zone Race Series, the event drew serious speedsters vying for the \$3,650 in season-end prizes as well as first-timers, fitness enthusiasts and families looking for away to enjoy healthy holiday activity with loved ones.

Mr. Abel, right corner above, ran the festively-lit course in 12:28; Mr. Anderson, photo bottom left above, won the 50-54 age group with his 11:42; Santa Hernandez, bottom right corner, who ran in his Jolly Old Man suit turned a 13:58 and ultra-marathoner madman Mahoney, shirtless above left, finished in 12:38

Great job, Gents!





# REINDEER RUN 5K

## December 12, 2009

### Cape Canaveral, FL



#### MALE

##### Overall

|                  |         |
|------------------|---------|
| Ten Dean         | 17:22.8 |
| John Davis       | 17:47.1 |
| Steve Hedgespeth | 17:57.5 |

##### Masters (40+)

|               |         |
|---------------|---------|
| Howard Kanner | 18:48.9 |
|---------------|---------|

##### 9 and under

|                 |         |
|-----------------|---------|
| Connor Cook     | 25:40.4 |
| Ryan Pletcher   | 30:55.9 |
| Brenden Dressel | 39:20.3 |
| Kaiser Creek    | 40:30.5 |
| Dawson Moros    | 42:03.1 |
| Bobby Federico  | 42:27.1 |

##### 10-14

|                   |         |
|-------------------|---------|
| Cory Sayyeau      | 18:06.1 |
| Jared Hayes       | 23:28.4 |
| Issac Ehlers      | 24:01.4 |
| Zachary Gilbert   | 24:19.7 |
| Tyler Johnson     | 25:22.5 |
| Timothy Arnold    | 26:15.4 |
| Aaron Giles       | 26:41.6 |
| Zachary Wells     | 27:41.3 |
| Sean Stelzer      | 27:44.7 |
| Andrew Gansler    | 28:35.0 |
| Dylan Pletcher    | 29:51.5 |
| Clay Tezel        | 30:09.4 |
| Kevin Tezel       | 30:09.8 |
| Andrew Schleffer  | 30:34.0 |
| Patrick Lanham    | 31:27.3 |
| Jared Gannon      | 31:39.4 |
| Thomas Vonseggern | 40:04.4 |
| Tristin Monborne  | 41:51.4 |
| Wilson Gansler    | 44:47.4 |
| Anthony Clark     | 45:17.6 |
| Tony Federico     | 51:29.6 |

##### 15 - 19

|                  |         |
|------------------|---------|
| Alex Hoffman     | 18:05.3 |
| Alex Dunnam      | 19:17.9 |
| Noah Jacovitz    | 19:50.3 |
| Nick Flint       | 20:12.0 |
| Trevor Tezel     | 27:33.8 |
| Colin Prosser    | 28:51.7 |
| Patrick Rutenber | 29:36.1 |

##### 15 - 19 continued

|               |         |
|---------------|---------|
| Drew Sotelo   | 39:14.9 |
| Guy McKillip  | 51:01.6 |
| Rick Sherlock | 54:39.2 |

##### 20 - 24

|            |         |
|------------|---------|
| Sean Sboto | 23:06.1 |
|------------|---------|

##### 25 - 29

|                |         |
|----------------|---------|
| Billy McMillan | 20:12.6 |
| Ron Abel       | 21:08.4 |
| Chi Cam        | 21:39.8 |
| Heath Powell   | 23:18.6 |
| Curt Lefever   | 28:05.4 |
| Ryan Hayes     | 29:22.9 |
| Stewart Kolsch | 32:18.9 |

##### 30 - 34

|                   |         |
|-------------------|---------|
| Jonathon Campbell | 18:12.1 |
| Thaddeus Austin   | 18:33.2 |
| Jason Gash        | 20:18.9 |
| Robert Parton     | 21:58.5 |
| Larry Miller      | 24:38.7 |
| Patrick Robinson  | 25:27.4 |
| Mark Winters      | 27:55.5 |
| David Raulerson   | 30:28.9 |

##### 35 - 39

|               |         |
|---------------|---------|
| Tristan Webbe | 20:02.5 |
| Bruce Furrow  | 21:42.3 |
| Todd Angell   | 21:53.4 |
| Allie Newell  | 23:36.0 |
| Daniel Bouke  | 27:25.5 |
| Jeff Dean     | 36:35.5 |
| Tram Harper   | 42:58.4 |
| Ronnie Getz   | 46:36.0 |

##### 40 - 44

|                    |         |
|--------------------|---------|
| Frank Kapr         | 18:52.4 |
| Christopher Loines | 20:43.4 |
| Clifton Lanham     | 20:49.2 |
| Bob Maggio         | 21:22.5 |
| Chris Hanger       | 22:09.4 |
| Shawn Wilson       | 22:14.7 |
| William Conyers    | 22:56.7 |
| Artie Stoeke       | 24:37.8 |
| George Kirk        | 24:56.6 |
| Todd Percy         | 24:58.0 |

##### 40 - 44 continued

|                  |         |
|------------------|---------|
| Mark Madeux      | 25:58.1 |
| David Allender   | 27:15.4 |
| Dave Nemetz      | 27:23.1 |
| James Chiravalle | 29:40.0 |
| Harry Prosser    | 29:45.4 |
| Patrick Hernan   | 32:12.0 |
| Platt Loftis     | 33:56.9 |
| Lee Stromenger   | 37:10.1 |
| Ty Bowen         | 40:40.1 |
| Ted Oglesby      | 43:06.2 |
| John Sutherland  | 47:18.1 |
| Jon White        | 54:33.0 |

##### 45 - 49

|                      |         |
|----------------------|---------|
| Jorden Halstead      | 19:38.1 |
| Jay Claybaugh        | 20:29.3 |
| Tony Bils            | 20:30.5 |
| Keith Kowalske       | 21:32.9 |
| Doug Nichols         | 21:36.9 |
| Curtis Williams      | 21:43.7 |
| Mike Stelzer         | 22:11.6 |
| Dave Hernandez       | 22:17.6 |
| Andy Blossom         | 22:46.4 |
| Neal Levine          | 22:50.0 |
| Robert Paxson        | 23:06.6 |
| William Preston      | 23:29.7 |
| Bill Buonanni        | 24:41.6 |
| Ralf Maccarone       | 25:00.0 |
| Doug Czerwinski      | 25:00.9 |
| Greg Hayes           | 25:13.1 |
| Glenn Dahmer         | 25:18.2 |
| Ted Moore            | 25:18.7 |
| Guy Chabot           | 26:22.5 |
| Heriberto Echevarria | 26:31.2 |
| Geoff Pletcher       | 28:56.4 |
| Doug Lyons           | 29:34.3 |
| Clay Smith           | 29:34.7 |
| Gregory Burdine      | 34:23.2 |
| Mark Sherman         | 34:44.9 |
| Donald Downs         | 39:45.5 |
| Steven Clarke        | 45:21.4 |
| Gorden Schleffer     | 45:21.8 |
| Gary Young           | 47:12.2 |
| Josh McKillip        | 51:02.0 |
| Jasper Warren        | 53:22.9 |

**50 - 54**

|                 |         |
|-----------------|---------|
| Art Anderson    | 18:58.0 |
| Joe Hultgren    | 19:01.3 |
| Loran Serwin    | 21:04.5 |
| James Elmer     | 22:58.7 |
| Walt Turner     | 23:08.6 |
| Philip Smith    | 23:09.9 |
| Bill Pinch      | 24:40.6 |
| Mike Johnson    | 25:43.9 |
| Dave Conley     | 25:52.7 |
| Keith Dutter    | 26:47.0 |
| Steven Padgett  | 27:36.2 |
| Jimmy Black     | 27:38.4 |
| Michael Markley | 27:46.8 |
| Daryl Gilbert   | 28:15.4 |
| Greg Simmons    | 28:37.0 |
| Keith Thompson  | 30:06.6 |
| Paul Duffield   | 31:00.7 |
| Stephen Downes  | 31:29.5 |
| Ken Flieder     | 31:41.7 |
| Steve Trigwell  | 31:51.8 |
| Steve Boughner  | 33:54.2 |
| Richard Malecki | 36:57.4 |
| Gilbert Russell | 42:22.6 |
| Ted Gansler     | 44:48.6 |

**55 - 59**

|                 |         |
|-----------------|---------|
| Jerry Bird      | 21:13.7 |
| Don Dore, Jr.   | 21:16.6 |
| Bud Timmons     | 21:30.8 |
| Tom Hoffman     | 21:39.4 |
| Thomas Dietz    | 22:52.1 |
| James McTavish  | 29:00.9 |
| Dave Joy        | 29:25.8 |
| Donnie Bricker  | 30:29.8 |
| Owen Leland     | 30:42.3 |
| David Cook      | 30:50.9 |
| Richard Mederos | 34:42.9 |
| Richard Clarke  | 39:40.2 |
| Jerry Ream      | 40:28.2 |
| Thomas King     | 44:25.5 |
| Calvin Arnold   | 57:09.8 |
| Bob Neinstedt   | 58:18.4 |

**60 - 64**

|                    |         |
|--------------------|---------|
| Ed Rowley          | 21:56.9 |
| Gary Castner       | 23:16.5 |
| Ray Brown          | 24:03.7 |
| David Farrall      | 24:30.2 |
| Frank Webbe        | 25:12.8 |
| Robert Ragans      | 27:14.0 |
| Ray Kauffman       | 27:32.0 |
| Peter Nichols      | 29:35.2 |
| Vern Thomas        | 29:42.5 |
| Christopher Cloney | 33:41.0 |
| R.C. Koontz        | 40:40.6 |

**60 - 64 continued**

|             |         |
|-------------|---------|
| Jim Platman | 45:16.2 |
| Johnny Gay  | 47:46.4 |
| Tom Napier  | 50:58.6 |

**65 - 69**

|                  |         |
|------------------|---------|
| Michael Zeitfuss | 21:47.1 |
| Darwin Tangen    | 28:26.4 |
| Bill Behrle      | 35:15.7 |
| Edmund O'Brien   | 40:27.3 |
| Robert Martinson | 41:50.9 |

**70 - 74**

|                |         |
|----------------|---------|
| Morris Johnson | 31:07.2 |
| Robert Racine  | 38:13.9 |

**75+**

|                 |         |
|-----------------|---------|
| Harold Meggs    | 27:03.4 |
| Jack Lightle    | 28:25.3 |
| Bob Pecor       | 29:07.9 |
| Hermann Gerhard | 48:25.8 |
| Nicholas White  | 54:33.3 |

**FEMALE**

|                     |         |
|---------------------|---------|
| Overall             |         |
| Beth Whalen         | 18:29.1 |
| Ceal Muldoon-Walker | 19:34.0 |
| Tracy Smith         | 19:42.1 |

**Masters (40+)**

|               |         |
|---------------|---------|
| Cathy Friedel | 20:32.2 |
|---------------|---------|

**9 and Under**

|                   |         |
|-------------------|---------|
| Kara Kyramarios   | 24:02.2 |
| Marina Schuster   | 27:30.4 |
| Nyssa Holmquist   | 32:04.9 |
| Margeaux Madeux   | 35:10.0 |
| Natalie Lyons     | 39:46.8 |
| Starr Blankenship | 44:15.7 |
| Ayla Baker        | 46:31.9 |

**10-14**

|                   |         |
|-------------------|---------|
| Emily Chapman     | 21:46.5 |
| Alli Penovich     | 21:48.4 |
| Courtney Jacovitz | 21:48.7 |
| Monet Madeux      | 28:08.4 |
| Hanah Lyons       | 29:33.9 |
| Macie Monborne    | 30:59.5 |
| Kara Holmquist    | 35:42.0 |
| Emma Percy        | 41:58.1 |
| Karson Workman    | 47:48.0 |

**15-19**

|                 |         |
|-----------------|---------|
| Erica Halvorson | 20:12.3 |
| Stephanie Bird  | 21:40.3 |
| Helen Mann      | 23:46.2 |

**15-19 continued**

|                  |         |
|------------------|---------|
| Leah Harpole     | 24:04.0 |
| Chelsea Oliver   | 34:55.3 |
| Christina Petsos | 35:03.2 |
| Kelsey O'Conner  | 37:36.3 |
| Tori Smith       | 39:58.2 |
| Meghan Tezel     | 39:58.8 |

**20 - 24**

|                  |         |
|------------------|---------|
| Lindsay Waldron  | 24:06.3 |
| Jennifer Binney  | 27:09.7 |
| Bianca Duffield  | 31:00.3 |
| Jessica McTavish | 32:53.6 |
| Sara Page        | 33:11.6 |
| Marcella Mueth   | 35:36.1 |

**25 - 29**

|                    |         |
|--------------------|---------|
| Jackie Schmoll     | 23:00.3 |
| Jamie Carcereny    | 24:12.1 |
| Tammy Klementowski | 24:24.6 |
| Rebecca Oostdyk    | 24:29.8 |
| Kristen Stone      | 24:48.8 |
| Jill Franks        | 27:16.6 |
| Laura Markley      | 27:46.5 |
| Jessica Mayer      | 42:59.1 |
| Heather Baird      | 43:32.0 |
| Shelley Carroll    | 50:36.6 |
| Jillian Stout      | 53:22.4 |

**30 - 34**

|                   |         |
|-------------------|---------|
| Melissa Kastanias | 22:35.4 |
| Tonya McDuffie    | 28:31.8 |
| Michelle Zeppieri | 28:50.6 |
| Christy Anderson  | 29:15.6 |
| Heather Anderson  | 30:55.0 |
| Galit Levy        | 31:21.2 |
| Amber Foster      | 31:37.9 |
| Stephanie Grove   | 31:47.1 |
| Bre Jones         | 31:55.3 |
| Sonja Hoyle       | 36:34.8 |
| Airin Dresen      | 40:57.0 |
| Kerry Lamaster    | 47:45.2 |

**35 - 39**

|                 |         |
|-----------------|---------|
| Brenna Reyes    | 23:07.7 |
| Emma Webster    | 24:11.1 |
| Christy Tagye   | 25:04.9 |
| Rachel Ryder    | 27:24.8 |
| Susan Fagerness | 27:26.6 |
| Cyndi Bergs     | 27:35.1 |
| Keire Hosley    | 28:23.1 |
| Barbara Allison | 29:22.3 |
| Sandy Richards  | 30:07.0 |
| Angie Goral     | 31:04.1 |
| Ami McCormick   | 31:08.9 |
| Amber Arnold    | 31:16.3 |



**35 - 39 continuedd**

|                 |         |
|-----------------|---------|
| Sheila Morton   | 31:22.0 |
| Cristina Engel  | 31:38.9 |
| Heather Hernan  | 32:08.0 |
| Seven Rowe      | 34:39.4 |
| Angela Salierno | 37:05.5 |
| Colleen Korons  | 38:48.5 |
| Tina Federico   | 42:31.1 |
| Tracy Pearcey   | 43:47.3 |
| Elizabeth Velez | 48:19.3 |
| Donna Getz      | 48:25.4 |
| Beth Colon      | 53:39.9 |

**40 - 44**

|                     |         |
|---------------------|---------|
| Sandra Gannon       | 22:39.5 |
| Robin Hernandez     | 22:46.0 |
| Angie Preston       | 23:04.1 |
| Patricia Tezel      | 24:16.4 |
| Jeanne Gunning      | 24:32.2 |
| Anne O'Conner-Smith | 25:06.7 |
| Patty Laxton        | 25:40.0 |
| Betsy Butler        | 26:49.8 |
| Marisa Flint        | 27:21.5 |
| Lynn Francisco      | 28:23.5 |
| Kim Tillett         | 29:15.1 |
| Louise Henrikson    | 30:00.1 |
| Susan Richardson    | 30:24.0 |
| Jodi Bishop         | 30:37.8 |
| Dianne Klazon       | 30:40.1 |
| Shandy Monborne     | 30:59.8 |
| Anita Winslow       | 33:06.4 |
| Sharon Loines       | 33:41.6 |
| Deborah Wells       | 33:51.1 |
| Melissa Munson      | 34:05.6 |
| Carrie Ford         | 35:12.4 |
| Linda Coxwell       | 35:22.4 |
| Sandra Lanham       | 35:37.6 |
| Rhonda Stromenger   | 40:35.3 |
| Cathy Grainger      | 41:11.6 |
| Jennifer McKillip   | 49:59.3 |
| Samantha Deebel     | 50:36.2 |
| Jennifer Pait       | 53:23.3 |
| Nelida Arnold       | 57:09.3 |

**45 - 49**

|                 |         |
|-----------------|---------|
| Nancy Buonanni  | 20:52.8 |
| Julie Cloney    | 24:50.9 |
| Terry Ferrisi   | 25:05.7 |
| Jo Connell      | 27:06.9 |
| Kim Jacovitz    | 27:12.2 |
| Katherine Haid  | 27:22.7 |
| Jill Giles      | 27:35.8 |
| Connie Paxson   | 27:52.7 |
| Mariangie Blake | 28:02.0 |
| Christy Zieres  | 28:02.4 |
| Donna Straka    | 28:39.6 |

**45 - 49 continued**

|                    |         |
|--------------------|---------|
| Terri Williams     | 28:43.9 |
| Sharon Smith       | 30:27.6 |
| Karen Richardson   | 30:48.1 |
| Barbara Schenck    | 31:34.9 |
| Tina Marchetti     | 33:20.2 |
| Pamela Sotelo      | 34:52.0 |
| Heidi Dutter       | 34:57.2 |
| Vanessa Judson     | 35:20.6 |
| Brenda Oliver      | 35:23.1 |
| Terri Burdine      | 37:26.6 |
| Patti Scardino     | 38:23.0 |
| Kimberly Badgett   | 38:42.9 |
| Jenny Lyons        | 39:53.8 |
| Jocelyn Downs      | 40:18.1 |
| Mary Murphy        | 41:01.5 |
| Michelle Corriveau | 41:12.0 |
| Kathleen Watson    | 41:16.3 |
| Kelley Balcavage   | 45:03.5 |
| Joni Hils          | 46:35.1 |
| Pam Wheble         | 47:11.1 |
| Gail Mellberg      | 47:14.0 |
| Kim Workman        | 51:11.5 |
| Joyce Young        | 53:49.9 |

**50 - 54**

|                    |         |
|--------------------|---------|
| Theresa Miller     | 22:59.1 |
| Kay Rowley         | 23:30.5 |
| Candy Smith        | 23:45.9 |
| Robin Moran        | 24:13.9 |
| Lori White         | 24:58.9 |
| Annis Halvorson    | 25:23.7 |
| Debbie Rescott     | 27:02.2 |
| Melanie Delman     | 27:19.4 |
| Rosanne Bessenaire | 28:16.2 |
| Dorothy Wells      | 29:31.0 |
| Rebecca Waldron    | 29:48.1 |
| Kathy Gay          | 32:52.0 |
| Jenna Veenstra     | 35:07.3 |
| Margo Broughton    | 36:33.2 |
| Anna Williams      | 38:17.1 |
| Carol Ball         | 38:42.4 |
| Teresa Ryan        | 40:44.1 |
| Alecia Devereaux   | 42:11.6 |
| Ingrid Baird       | 42:55.1 |
| Sandy Murphy       | 46:26.3 |
| Beth Blackman      | 48:07.6 |
| Cindy Maytrott     | 49:28.3 |
| Leslie Brown       | 49:28.7 |
| Cynthia Kosmicki   | 49:47.0 |
| Lynn Neinstedt     | 58:18.0 |

**55 - 59**

|                |         |
|----------------|---------|
| Sue Strout     | 22:39.1 |
| Donna McKinley | 28:55.2 |
| Dagmar Fick    | 30:03.3 |

**55 - 59 continued**

|                  |         |
|------------------|---------|
| Ann Marie Keim   | 31:15.8 |
| Karen Suarez     | 32:54.7 |
| Roberta Chaildin | 35:23.4 |
| Carol Boughner   | 35:54.4 |
| Loraine Taylor   | 42:19.3 |
| Marilyn Pearce   | 46:04.6 |

**60 - 64**

|                   |         |
|-------------------|---------|
| Anne Dockery      | 22:28.6 |
| Pat Kiesselbach   | 27:49.4 |
| Jacquelyn Kellner | 28:05.9 |
| Mary Ramba        | 29:56.1 |
| Susie Koontz      | 30:27.3 |
| Bonnie Napier     | 38:37.0 |
| Judy Gohlke       | 51:49.1 |

**65 - 69**

|               |         |
|---------------|---------|
| Petra Gerhard | 33:32.9 |
| Kacee Weber   | 38:25.5 |

**70 - 74**

|               |         |
|---------------|---------|
| Katie Marsh   | 43:10.9 |
| Yvonne Cisar  | 43:41.2 |
| Dodie Johnson | 50:20.4 |
| Joan Mahoney  | 03:22.4 |

**75+**

|                  |         |
|------------------|---------|
| Angela Saladana  | 42:30.4 |
| Dorothy Williams | 55:12.5 |

**Loran Serwin****Jon Campbell & Robin Hernandez**



# Jingle Bell Run 2-Miler

## December 19, 2009

### Satellite Beach, FL



View all free, downloadable race photos, courtesy of Running Zone and Trihokie, at  
[http://www.trihokie.com/Road-Races/Jingle-Bell-2-Miler-2009/10703470\\_PhUB7#745424866\\_RmWSy](http://www.trihokie.com/Road-Races/Jingle-Bell-2-Miler-2009/10703470_PhUB7#745424866_RmWSy)

|                      |         |                              |         |                      |         |
|----------------------|---------|------------------------------|---------|----------------------|---------|
| <b>MALE</b>          |         | <b>8 and Under continued</b> |         |                      |         |
| <b>Overall</b>       |         | Ian Weidmann                 | 20:41.6 | William Ehler        | 23:57.4 |
| James Post           | 09:38.4 | Sean Miller                  | 20:52.7 | Kameron Snow         | 24:18.4 |
| Kevin Cook           | 09:50.7 | Lukey Dickinson              | 20:56.4 | Rylan Andrews        | 24:33.8 |
| David Kilgore        | 09:59.9 | Ethan Shoda                  | 21:04.9 | Ethan Holder         | 24:38.4 |
|                      |         | John Eaton                   | 21:19.2 | Matthew Marcinkowski | 24:40.0 |
| <b>Masters (40+)</b> |         | Owen Hamilton                | 21:22.3 | Gavin Wessel         | 24:53.5 |
| Doug Butler          | 10:49.7 | Noah Ogburn                  | 21:52.8 | Joshua Ward          | 25:23.5 |
|                      |         | Christian MacDonald          | 22:06.2 | Donovan Dininny      | 25:48.8 |
| <b>8 and Under</b>   |         | Dane Campbell                | 22:39.5 | Zachary Wooley       | 26:03.0 |
| Davis Bell           | 16:45.8 | Jared Spragins               | 22:42.7 | Ethan Wooley         | 26:03.3 |
| Stone Zeller         | 17:01.0 | Ryland Sacik                 | 22:42.9 | Victor Valentin      | 26:03.5 |
| Cooper Bywater       | 18:19.2 | Jacob Gruessner              | 22:45.7 | Ian Cook             | 26:25.8 |
| Jordan Sichler       | 18:25.4 | Jameson Lombardy             | 22:46.3 | Anthony Shoda        | 26:53.9 |
| Preston Tindall      | 18:29.5 | Kyle Gruessner               | 22:47.3 | Owen Deao            | 27:34.5 |
| Kyle Yancey          | 18:40.5 | Thomas Welman                | 22:50.5 | Hunter Law           | 27:43.4 |
| Thomas Metz          | 19:14.2 | Connor Yancey                | 23:22.2 | Hayden Millband      | 27:59.6 |
| Wil Bell             | 19:52.8 | Luke Marzano                 | 23:40.3 | Dayton Law           | 29:54.5 |
|                      |         |                              |         | Ethan Schunke        | 31:46.7 |



**8 and Under continued**

|               |         |
|---------------|---------|
| Tanner Hagan  | 31:47.3 |
| Colin Schuck  | 31:53.5 |
| Joshua Ogburn | 33:23.1 |
| Billy Floyd   | 33:29.5 |
| Caelan Cook   | 35:43.3 |
| Jerry Waelti  | 36:28.0 |

**9-11**

|                   |         |
|-------------------|---------|
| Dylan Jersey      | 12:42.8 |
| Connor McMahon    | 13:20.3 |
| Aaron Basta       | 13:25.8 |
| Lance Reynolds    | 13:28.6 |
| Ian Spradlin      | 13:39.3 |
| Keaton Robb       | 13:50.0 |
| Uriah Washington  | 14:07.4 |
| Rodolfo Valentin  | 14:23.1 |
| Ethan Leary       | 14:26.8 |
| Cameron Michaels  | 14:29.6 |
| Jared Hayes       | 14:32.2 |
| Scott Jr. Hubbard | 14:40.6 |
| Bryce Wahy        | 14:51.0 |
| Connor Cook       | 14:55.4 |
| Ryan Garrett      | 14:57.4 |
| Jonathon Pugh     | 14:57.7 |
| Zachary Gilbert   | 15:13.5 |
| Christian Hayes   | 15:37.6 |
| Andrew Mullen     | 15:40.7 |
| Justin Ganiban    | 15:54.9 |
| Jonathon Elliott  | 15:56.3 |
| Nathan Jester     | 16:11.5 |
| Paul Jaime        | 16:20.5 |
| Kyle Ruiz         | 16:20.8 |
| Cameron Sutton    | 16:33.5 |
| Collin May        | 16:36.1 |
| Brendan Welch     | 16:38.7 |
| Justin Potier     | 16:41.4 |
| Kristian Campbell | 16:43.9 |
| Eli Wyckoff       | 16:44.0 |
| Jay Boucher       | 16:48.9 |
| Ethan Czajka      | 16:49.2 |
| Michael Wilson    | 16:54.0 |
| Benjamin Wooley   | 16:54.7 |
| Trevor Denson     | 16:57.9 |
| Grayson Gaffney   | 17:00.8 |
| Trey Hamilton     | 17:20.5 |
| Caleb Gantz       | 17:26.1 |
| Riley Smith       | 17:27.6 |
| Kyle Crocker      | 17:35.1 |
| Brett Parrish     | 17:39.2 |
| Aaron Blaylock    | 17:44.6 |
| Will Rieder       | 18:06.5 |
| Trevor Hammer     | 18:06.9 |

**9-11 continued**

|                     |         |
|---------------------|---------|
| Joel Rogers         | 18:08.0 |
| Timmy West          | 18:22.7 |
| Tyler Adams         | 18:34.3 |
| Jason Garrett       | 18:35.4 |
| Dylan Bundesen      | 18:37.3 |
| Timmy Lancaster     | 18:40.2 |
| Ty Rieder           | 18:55.7 |
| Bronson Martinez    | 19:00.0 |
| Steven Nowak        | 19:00.7 |
| Mitchell Klinger    | 19:01.5 |
| Garrett Fortier     | 19:08.6 |
| Christian Romney    | 19:13.2 |
| Grayson Vincent     | 19:28.1 |
| Daniel Arbogast     | 19:28.2 |
| John Liebler        | 19:33.3 |
| Matthew Bryfczynski | 19:36.7 |
| Ryan Miller         | 19:50.8 |
| Alexander Dieppa    | 19:59.9 |
| David Burritt       | 20:18.0 |
| Garrett Buckingham  | 20:26.1 |
| Alex Entsminger     | 20:30.2 |
| Mitchell Young      | 20:32.4 |
| Canon Crovo         | 20:46.3 |
| Preston Mizell      | 21:24.2 |
| Jeremy Sutton       | 21:52.5 |
| Connor Drake        | 21:59.5 |
| Kylar Cecilione     | 22:30.2 |
| Mason Wilcox        | 22:54.4 |
| Ryan Ringrose       | 23:10.8 |
| Aj Dimeclio         | 24:17.7 |
| Logan Vest          | 24:42.3 |
| Bradley Park        | 26:03.7 |
| Devin Bundesen      | 27:11.2 |
| Blake Salazar       | 32:04.7 |
| William Dwivedi     | 33:40.2 |
| Nicholas Melcher    | 35:30.4 |
| Conrad Melcher      | 35:52.0 |

**12-14**

|                  |         |
|------------------|---------|
| Brendan Holst    | 10:53.5 |
| Luke Redito      | 11:23.3 |
| Drew Denson      | 12:12.9 |
| Sean Carroll     | 12:17.0 |
| Brad Ivey-Glines | 12:24.5 |
| Ian Chan         | 12:34.6 |
| Jason Howick     | 12:55.3 |
| Jacob Langgle    | 12:59.4 |
| Morgan Levine    | 14:11.1 |
| Jared Williams   | 14:11.5 |
| Kadin Campbell   | 14:22.7 |
| Cody Wyckoff     | 14:49.4 |
| Mike Fears       | 14:59.2 |

**12-14 continued**

|                   |         |
|-------------------|---------|
| Andrew Eaton      | 15:05.2 |
| Briar Reck        | 15:05.5 |
| Tanner Parrish    | 15:14.1 |
| Sean Velie        | 15:21.5 |
| Anthony Telesca   | 15:22.1 |
| Brian Putnam      | 15:22.9 |
| Zachary Chapon    | 15:26.0 |
| Cody Buckingham   | 15:32.6 |
| Drew Parrish      | 15:51.8 |
| Keith Patterson   | 16:18.5 |
| Mason Margut      | 18:15.7 |
| Michael Patellis  | 18:20.4 |
| Zak Onovi         | 18:31.0 |
| Devon Smith       | 18:37.0 |
| Dylan Smith       | 18:39.5 |
| James Maniscalco  | 19:38.3 |
| Robert Law        | 19:45.7 |
| Robert Scott      | 20:03.6 |
| Zachary Frederick | 21:12.5 |
| Pj Pinchera       | 21:55.6 |
| Andrew Schanstra  | 22:01.4 |
| Tristen Tindall   | 22:18.5 |
| Nick Amicarelli   | 31:38.8 |
| Sean Gaffney      | 33:01.0 |
| Chris Hart        | 36:18.2 |
| Jarod Hadley      | 39:35.2 |

**15 - 19**

|                   |         |
|-------------------|---------|
| Bret Butler       | 10:30.4 |
| Alexander Hoffman | 10:45.2 |
| Dillon McGee      | 11:00.7 |
| Coleman Sperando  | 11:19.5 |
| Michael Fisher    | 11:20.0 |
| Jc Ivey           | 11:28.5 |
| Logan Robinson    | 11:32.2 |
| Michael Field     | 11:38.9 |
| Alex Dunnam       | 11:42.2 |
| Nick Flint        | 11:57.0 |
| Seth Reesh        | 12:25.5 |
| Seth Brooks       | 12:28.6 |
| Josiah Britton    | 12:39.2 |
| Dylan Brock       | 12:47.1 |
| Colin Chan        | 12:48.3 |
| Terry Cronin      | 12:58.1 |
| Patrick Killeavy  | 13:09.2 |
| Jason Whaley      | 13:19.2 |
| Andrew Todd       | 13:44.1 |
| Kevin Rego        | 13:52.0 |
| Gregory Topp      | 14:03.5 |
| Christian Widere  | 14:18.3 |
| Will Furiosi      | 14:27.9 |
| Sean Koceski      | 14:28.8 |

**15 - 19 continued**

|                        |         |
|------------------------|---------|
| James Field            | 14:48.3 |
| Ryan Ydo               | 15:09.4 |
| Anthony Lowers         | 15:24.3 |
| Sabastian Hart         | 15:53.3 |
| Adam Beal              | 16:01.6 |
| Kevan King             | 16:25.1 |
| Andrew Miller          | 16:25.5 |
| Ryan Beal              | 16:33.2 |
| Justin Zavetz          | 17:15.8 |
| Ian Branch             | 18:00.9 |
| A.J. Cacciatore        | 18:42.9 |
| Ian Ronaldson          | 18:59.0 |
| Corey Williams         | 19:03.9 |
| Kevin Pepper           | 19:14.2 |
| Nate Wassmuth          | 19:18.8 |
| Alfred Marsden         | 20:29.3 |
| Christopher Waltermire | 21:31.3 |
| Jamie Schmitt          | 35:03.5 |

**20 - 24**

|                    |         |
|--------------------|---------|
| Chris Rego         | 10:10.9 |
| Phil Harrell       | 13:00.0 |
| Joseph Joseph      | 13:07.2 |
| Michael Howley     | 13:17.5 |
| Jesse Brooks       | 13:17.5 |
| Jason Smid         | 15:10.5 |
| Thomas Lindsay     | 15:11.4 |
| Taylor Almond      | 17:15.3 |
| Grant Gerdes       | 17:26.9 |
| Jeff Sherker       | 18:20.0 |
| William Lusk       | 18:23.4 |
| James R            | 18:59.4 |
| Adam Torma         | 19:55.2 |
| Forrest Revolinski | 24:44.9 |
| Travis Wheeler     | 36:27.3 |
| Laif Toland        | 45:57.1 |

**25 - 29**

|                  |         |
|------------------|---------|
| Santa Clause     | 11:23.5 |
| Brad Daszynski   | 12:10.4 |
| Kristian Damkjer | 12:23.9 |
| Ron Abel         | 12:28.8 |
| Dan Lizana       | 12:43.3 |
| Michael Casey    | 13:13.9 |
| Steven Stengle   | 14:10.0 |
| Matthew Nanna    | 14:11.4 |
| Stuart Gibson    | 14:31.3 |
| Charles Goodson  | 14:39.9 |
| Gabriel Barfield | 14:54.9 |
| Phil Hatcher     | 15:11.9 |
| Philip King      | 15:24.0 |
| Brett Keener     | 15:36.9 |

**25 - 29 continued**

|                   |         |
|-------------------|---------|
| Jason Greer       | 15:56.0 |
| Jason Carlton     | 16:14.2 |
| Garret Reece      | 16:25.8 |
| Steve Gilbert     | 16:45.2 |
| Ryan Roberts      | 17:31.5 |
| Robert Bruckart   | 17:57.7 |
| Craig Mills       | 18:09.1 |
| Daniel Box        | 18:09.5 |
| Brian Timmons     | 18:18.2 |
| Wayne Poole       | 18:35.8 |
| Henry Capelle     | 18:36.0 |
| Ryan McGill       | 18:56.1 |
| Tom Sepanik       | 20:13.4 |
| Steven Quarcelino | 21:33.0 |
| Mark Myers        | 21:33.7 |
| Michael Haig      | 22:00.2 |
| Sean Gregg        | 22:31.5 |
| Bill Doncaster    | 23:04.0 |
| Timothy James     | 25:09.8 |
| Mike McCarthy     | 30:01.9 |

**30 - 34**

|                   |         |
|-------------------|---------|
| John Davis        | 10:50.4 |
| Steve Hedgespeth  | 11:18.0 |
| Jonathon Campbell | 11:23.8 |
| Thaddeus Austin   | 11:45.4 |
| John Kramer       | 12:45.8 |
| Tim Rosengren     | 13:23.0 |
| Derek Duflo       | 13:45.7 |
| Adam Harris       | 14:11.0 |
| Jeffrey Miller    | 14:35.6 |
| Rob Beckner       | 15:08.9 |
| Chad Tobler       | 15:19.0 |
| Steve Tubbs       | 15:25.1 |
| David Kuehl       | 15:49.1 |
| Nathan Falk       | 16:20.7 |
| Daniel Butler     | 17:17.6 |
| Kevin Terry       | 17:20.3 |
| Dan Howick        | 17:41.0 |
| Jeff May          | 18:10.6 |
| Kevin Finegan     | 18:24.9 |
| Mike Fears        | 18:46.5 |
| Zachary Brodrick  | 20:48.1 |
| Rafael Cales      | 20:49.3 |
| Ritchie Revis     | 21:54.6 |
| Eric Ward         | 25:22.9 |
| August Schutte    | 26:26.7 |
| Jeremy Holland    | 37:33.8 |
| Steven Rothen     | 37:34.7 |

**35 - 39**

|          |         |
|----------|---------|
| Ten Dean | 10:34.0 |
|----------|---------|

**35 - 39 continued**

|                    |         |
|--------------------|---------|
| Bartsteiner Alex   | 11:25.7 |
| Jimmie Wright      | 11:31.9 |
| Paul Fleming       | 12:07.3 |
| Thomas Jenkins     | 12:20.0 |
| Mike Jester        | 12:29.7 |
| Jason Gash         | 12:52.4 |
| Richard Connor Jr. | 13:06.0 |
| Joe Marcinek       | 13:26.8 |
| John Vangilder     | 14:06.3 |
| Sean Michaels      | 14:35.1 |
| Brad Clarkson      | 15:27.0 |
| Chad Risch         | 16:09.5 |
| Chris Lewandowski  | 16:15.8 |
| Randy Hines        | 16:15.9 |
| Kurt Stresau       | 16:46.8 |
| Jimmy Friedl       | 18:17.4 |
| Eric Layne         | 18:22.5 |
| Alex Lopez         | 18:37.2 |
| Matt Yancey        | 18:40.6 |
| Rusty Klotz        | 18:42.2 |
| Paul Metz          | 19:14.2 |
| Terry Crovo        | 19:47.4 |
| Bill Floyd         | 19:57.6 |
| Stan Hart          | 20:29.7 |
| Tom Lange          | 20:44.3 |
| Rudy Valentin      | 20:45.4 |
| Geoff Miller       | 20:53.2 |
| David Kington      | 20:55.5 |
| Jason Schunke      | 21:19.7 |
| Chris Smith        | 21:39.3 |
| Chad Law           | 23:00.5 |
| Chip Wessel        | 24:53.2 |
| John Hannah        | 25:09.7 |
| Peter Marzano      | 25:44.1 |
| Randy Reid         | 27:08.9 |
| Timothy Hamilton   | 30:25.9 |
| Rob Fangmeier      | 39:35.0 |

**40 - 44**

|                 |         |
|-----------------|---------|
| Steve Chin      | 11:08.2 |
| Frank Kapr      | 11:35.4 |
| Sean Black      | 12:00.4 |
| Chris Loines    | 12:33.5 |
| Joe Castner     | 12:35.7 |
| Larry Malcom    | 12:46.1 |
| Kyle Chisolm    | 12:56.6 |
| Chris Reesh     | 13:26.0 |
| Randy Boozer    | 13:38.5 |
| Larry Wilcox    | 13:38.6 |
| Shawn Wilson    | 13:44.8 |
| William Conyers | 13:54.4 |
| Jon Kish        | 13:55.7 |



**40 - 44 continued**

|                     |         |
|---------------------|---------|
| Brent Baysinger     | 14:02.9 |
| Neil Schanstra      | 14:13.7 |
| Kevin Ogrady        | 14:19.3 |
| Patrick Dauphinais  | 15:02.7 |
| George Kirk         | 15:03.1 |
| Howie Lewis         | 15:42.9 |
| Mike Barnes         | 16:07.6 |
| Francis Dufresne    | 16:08.3 |
| Thomas Bednarek     | 16:30.6 |
| Ashley Fleeman      | 16:34.4 |
| Wade Wahy           | 16:54.7 |
| Scott Sutherland    | 16:56.0 |
| Al Steiginga        | 17:00.9 |
| Dean Murphy         | 17:10.4 |
| Rick Lorraine       | 17:13.1 |
| James Chiravalle    | 18:10.9 |
| Thomas Opalewski    | 18:12.0 |
| Jeff Boucher        | 18:15.0 |
| David Zavetz        | 18:39.4 |
| Jeff Pelham         | 18:50.2 |
| Sean Klinger        | 19:01.5 |
| Randall Buckingham  | 19:17.7 |
| Michael Dininny     | 19:22.0 |
| Johandre Smiferguso | 19:47.7 |
| Roy Nicholas        | 20:02.7 |
| Paul Johnson        | 20:30.5 |
| Brian Weidmann      | 20:41.6 |
| Jerry Afflerback    | 21:35.8 |
| Jim Ringrose        | 21:49.5 |
| Brian Mizell        | 21:51.0 |
| Joe Canuel          | 22:21.2 |
| Chris Cecilione     | 22:29.5 |
| Michael Sacik       | 22:49.4 |
| Brian Ritenour      | 24:11.9 |
| Jim Huff            | 25:48.3 |
| Robert Jones        | 27:41.1 |
| Ted Heierman        | 29:49.0 |
| Jeffrey Smith       | 30:08.4 |
| Robb Shally         | 30:16.3 |
| Tom Mulligan        | 32:01.2 |
| Roger Ogburn        | 33:22.6 |
| Michael Mandese     | 36:28.2 |
| Mark Perez          | 39:13.6 |

**45 - 49**

|                |         |
|----------------|---------|
| Michael Adams  | 12:08.6 |
| Keith Johnson  | 12:30.5 |
| Tony Bils      | 12:37.7 |
| Keith Kowalske | 13:19.1 |
| Neal Levine    | 13:28.8 |
| Doug Nichols   | 13:31.8 |
| Dave Hernandez | 13:58.1 |

**45 - 49 continued**

|                   |         |
|-------------------|---------|
| David Maltby      | 14:06.8 |
| Don Patterson     | 14:14.8 |
| Jay Claybaugh     | 14:18.3 |
| David Czajka      | 14:21.5 |
| Paul Gitzen       | 14:32.0 |
| Garry Branch      | 14:53.0 |
| Michael Waters    | 14:53.1 |
| Doug Czerwinski   | 14:55.8 |
| Steve Rego        | 15:08.7 |
| Dennis Eaton      | 15:22.7 |
| Greg Hayes        | 15:22.8 |
| Gerald Craven     | 15:44.2 |
| Gary Ganiban      | 15:55.5 |
| Jeff Poor         | 15:59.9 |
| Guy Chabot        | 16:04.6 |
| William Miller    | 16:37.2 |
| Joseph Boudro     | 16:50.1 |
| Eric Schipfer     | 16:54.8 |
| Jose Dieppa       | 17:39.5 |
| Dan Frederick     | 17:59.5 |
| Darren Law        | 19:57.6 |
| Sudi Dwivedi      | 20:08.5 |
| John Entsminger   | 20:30.0 |
| Mark McBee        | 20:38.3 |
| Greg Burdine      | 21:11.5 |
| David Lee         | 21:26.6 |
| John Leep         | 21:28.1 |
| Michael MacDonald | 22:06.5 |
| Neil Ferguson     | 22:13.0 |
| Keith Drack       | 22:30.4 |
| Michael Gruessner | 22:47.3 |
| Jim Maniscalco    | 22:55.6 |
| Steve Hobert      | 24:00.4 |
| Steve Snow        | 24:18.8 |
| Tim Kaiser        | 24:26.6 |
| Steve Wilson      | 25:21.7 |
| David Schmitt     | 25:32.1 |
| Danny Leggett     | 25:36.5 |
| Ben Park          | 26:04.9 |
| Jeff Beal         | 26:23.1 |
| Perry Colonere    | 26:55.2 |
| Paul Tomasura     | 29:58.5 |
| David Bucy        | 33:41.6 |

**50 - 54**

|                 |         |
|-----------------|---------|
| Art Anderson    | 11:42.8 |
| Joe Hultgren    | 12:00.1 |
| Pete Putnam     | 12:12.7 |
| Dave Watrous    | 12:17.2 |
| Tim Green       | 12:27.3 |
| Matt Mahoney    | 12:38.4 |
| Michael Slomins | 12:59.6 |

**50 - 54 continued**

|                  |         |
|------------------|---------|
| Dennis Delman    | 13:13.7 |
| Jeff Fawcett     | 14:02.8 |
| Charles Zoss     | 14:15.9 |
| Mark Fisher      | 14:49.2 |
| Michael Gaffney  | 14:57.0 |
| Eugene Killeavy  | 16:17.8 |
| Dan Chapman      | 16:57.5 |
| Gary Nickloy     | 17:42.3 |
| Mathias Margut   | 18:15.7 |
| Robert Wright    | 18:34.9 |
| Keith Thompson   | 18:38.6 |
| Greg Rieder      | 18:54.7 |
| Gary Meier       | 18:56.6 |
| Ken Verderame    | 18:57.0 |
| Ken Flieder      | 19:01.6 |
| Don Hunter       | 19:08.8 |
| Ellery Chan      | 19:32.6 |
| James Tagg       | 19:59.4 |
| William Scott    | 20:03.1 |
| David Ryall      | 20:34.2 |
| Richard Wassmuth | 21:06.9 |
| David Montgomery | 21:38.4 |
| Steve Calabro    | 24:01.0 |
| Norm Tomaka      | 24:01.4 |
| James Gerdes     | 24:19.3 |
| John Schmidt     | 24:23.0 |
| John Cacciatore  | 24:24.6 |
| Pat McKee        | 24:44.7 |
| Gilbert Russell  | 25:58.1 |
| Jeff Cook        | 29:32.3 |
| Anthony Caruso   | 30:32.4 |

**55 - 59**

|                   |         |
|-------------------|---------|
| Jerry Bird        | 12:49.6 |
| Jim Cunningham    | 12:57.5 |
| Bud Timmons       | 13:17.4 |
| Wolfgang Jensen   | 13:19.0 |
| John Farner       | 14:27.6 |
| Abe Oros          | 14:38.0 |
| Rick Pucher       | 15:04.9 |
| John Post         | 15:36.6 |
| David Brock       | 15:47.8 |
| Fariborz Zanganeh | 15:57.2 |
| Rick Auld         | 16:40.5 |
| Dick White        | 16:59.0 |
| Larry Wiseman     | 17:01.9 |
| Eric Madara       | 17:06.6 |
| Scott Means       | 17:19.1 |
| Mike Singer       | 20:09.6 |
| Jim McClary       | 20:24.2 |
| David Groden      | 20:56.7 |
| Mike Spragins     | 22:45.8 |

**55 - 59 continued**

|                 |         |
|-----------------|---------|
| Ed Duley        | 23:13.8 |
| Randy Dalrymple | 23:46.8 |
| Steve Mielke    | 26:52.3 |
| Bill Horschel   | 30:32.4 |
| Phil Lane       | 32:25.9 |

**60 - 64**

|               |         |
|---------------|---------|
| David Grant   | 13:19.1 |
| Gary Castner  | 14:25.2 |
| Jim Schroeder | 14:59.8 |
| Ray Brown     | 15:20.9 |
| David Farrall | 15:27.8 |
| Vern Thomas   | 18:05.4 |
| John Fiore    | 30:09.2 |

**65 - 69**

|               |         |
|---------------|---------|
| Anthony Balbo | 19:18.7 |
| George Then   | 19:55.5 |
| Andrew Noble  | 28:42.8 |

**70 - 74**

|               |         |
|---------------|---------|
| Tom Ward      | 15:48.8 |
| Arbie McInnis | 23:11.9 |

**75+**

|                   |         |
|-------------------|---------|
| Jack Lightle      | 18:13.4 |
| Bob Pecor         | 18:15.4 |
| William Van Dusen | 36:18.6 |

**FEMALE****Overall**

|               |         |
|---------------|---------|
| Jessica Crate | 11:42.8 |
| Ceal Walker   | 12:00.7 |
| Tracy Smith   | 12:19.2 |

**Masters (40+)**

|           |         |
|-----------|---------|
| Pam Meier | 13:45.7 |
|-----------|---------|

**8 and Under**

|                  |         |
|------------------|---------|
| Lexy Denaburg    | 14:53.4 |
| Ally Jaime       | 16:16.4 |
| Kendall Robb     | 18:28.5 |
| Arielle Fears    | 18:47.3 |
| Maria Canuel     | 18:59.4 |
| Savannah Baaske  | 19:27.0 |
| Delaney Kaminski | 19:32.6 |
| Laine Wetherall  | 20:03.0 |
| Ariana Valentin  | 20:45.5 |
| Sydney Fortier   | 21:34.5 |
| Koral Bischer    | 22:00.4 |
| Katelyn Owl      | 22:05.3 |
| Taylor Canuel    | 22:19.8 |

**8 and Under continued**

|                     |         |
|---------------------|---------|
| Sarah Drack         | 22:30.9 |
| Emma Welman         | 23:41.6 |
| Maile Haire         | 24:12.5 |
| Madison Hannah      | 25:09.8 |
| Kayla Hannah        | 25:28.7 |
| Mackenzie Harrison  | 25:35.6 |
| Maya Toland         | 25:35.7 |
| Jessica Marzano     | 25:45.0 |
| Anna Metz           | 25:55.1 |
| Soleil Schmidt      | 25:55.9 |
| Lily Hall           | 26:19.0 |
| Samantha Browning   | 26:26.1 |
| Tara Carroll        | 26:37.3 |
| Gabriela Ramos      | 27:29.7 |
| Allison Ramos       | 27:31.5 |
| Emily Cowart        | 27:47.0 |
| Kaylie Jacquot      | 27:56.9 |
| Rachel Welman       | 28:03.9 |
| Riley Crovo         | 28:48.8 |
| Reese McCart        | 28:50.1 |
| Jada Toland         | 29:50.8 |
| Cheyenne Morissette | 29:58.1 |
| Isabella Tomasura   | 29:59.5 |
| Ashlyn Smith        | 30:08.1 |
| Alexia Andrews      | 30:38.2 |
| Savannah Stover     | 30:58.2 |
| Haley MacDonald     | 34:06.6 |
| Anna Colon          | 38:04.4 |
| Skye Velie          | 44:29.9 |

**9-11**

|                 |         |
|-----------------|---------|
| Shelby Smith    | 14:39.2 |
| Jordan Michaels | 14:52.8 |
| Sydney Smith    | 15:02.4 |
| Taylor Ziade    | 15:56.0 |
| Marie Groppel   | 15:56.2 |
| Sara Towers     | 16:01.6 |
| Kaira Simmons   | 16:27.6 |
| Jennifer Law    | 16:45.0 |
| Peyton Corbin   | 16:45.8 |
| Alex Baysinger  | 17:04.0 |
| Kali Massa      | 17:25.9 |
| Sarah Kelliher  | 17:47.2 |
| Olivia Simmons  | 17:58.8 |
| Caroline Larsen | 18:24.1 |
| Skye Zeller     | 18:37.0 |
| Rachael Lewis   | 18:54.2 |
| Avery Ferguson  | 18:57.4 |
| Madison Dininny | 19:22.2 |
| Laura Bell      | 20:14.0 |
| Molly Redito    | 20:17.3 |
| Kimberly Leep   | 20:35.9 |

**9-11 continued**

|                   |         |
|-------------------|---------|
| Ashley Williams   | 20:58.7 |
| Elena Barr        | 20:59.4 |
| Nyssa Holmquist   | 20:59.6 |
| Kaia Holmquist    | 20:59.6 |
| Sierra Stewart    | 21:01.0 |
| Michelle Adams    | 21:16.1 |
| Rachel Montgomery | 21:32.0 |
| Emma Zimmer       | 22:38.3 |
| Mackenzie Yancey  | 23:00.6 |
| Maya Kaiser       | 24:03.5 |
| Landrey Martin    | 25:14.6 |
| Heather Costa     | 25:46.6 |
| Lorelei Schanstra | 25:59.8 |
| Gurlie Krabbe     | 26:41.3 |
| Sabrina Smith     | 26:46.4 |
| Tynesha Morgan    | 27:29.8 |
| Hannah Hodge      | 27:29.9 |
| Jessica Cowart    | 27:46.6 |
| Taylor Smith      | 27:51.6 |
| Marina Yorio      | 27:57.4 |
| Annie Gunniry     | 32:26.4 |

**12-14**

|                     |         |
|---------------------|---------|
| Sarah Day           | 12:24.5 |
| Mackenzie Dummer    | 12:25.5 |
| Emily Chapman       | 13:10.7 |
| Sarah Deibner       | 13:24.9 |
| Kristen Owl         | 13:39.9 |
| Amy Deibner         | 15:29.4 |
| Megan O'Reilly      | 15:34.5 |
| MacKenzie Baysinger | 15:35.4 |
| Hannah Montgomery   | 15:50.7 |
| Monica Vega         | 15:53.7 |
| Jenna Zavetz        | 15:55.0 |
| Robyn Ziade         | 15:57.3 |
| Julia Wooley        | 16:23.0 |
| Mattie Shaw         | 16:30.6 |
| Haley Cook          | 16:32.9 |
| Rebecca Fleeman     | 16:34.6 |
| Marisa Wolfe        | 16:45.4 |
| Julia Vega          | 16:45.5 |
| Kasey Snow          | 17:20.4 |
| Zoe Friedl          | 17:36.9 |
| Kiana Zanganeh      | 17:47.8 |
| Nicole Topp         | 17:49.9 |
| Haley Boucher       | 18:48.2 |
| Kristen Fisher      | 20:07.0 |
| Lucy Thomas         | 20:14.8 |
| Ashley Fears        | 20:54.5 |
| Sunni Kington       | 20:55.2 |
| Lindsey Waite       | 22:28.5 |
| Janey Johnson       | 22:30.6 |



**12-14 continued**

|                  |         |
|------------------|---------|
| Maggie Johnson   | 22:37.2 |
| Bailey Castner   | 23:46.1 |
| Taylor Nation    | 25:02.8 |
| Lydia Slocum     | 25:44.1 |
| Alana Bronson    | 26:08.6 |
| Haleigh Boyer    | 27:48.7 |
| Kailee Ringrose  | 28:46.1 |
| Sarah Melcher    | 28:50.8 |
| Chenna Cook      | 29:31.2 |
| Caroline Dwivedi | 29:43.4 |

**15 - 19**

|                  |         |
|------------------|---------|
| Kate Crowley     | 12:26.4 |
| Elizabeth Green  | 12:37.3 |
| Teresa Ristow    | 12:40.9 |
| Stephanie Bird   | 13:47.0 |
| Sarah Wassmuth   | 14:38.9 |
| Elisa Johnson    | 14:47.6 |
| Danielle Slomins | 14:59.3 |
| Emily Patterson  | 16:01.2 |
| Karah Gerhke     | 16:23.8 |
| Amanda Braden    | 16:40.8 |
| Ariana Zanganeh  | 17:35.5 |
| Sarah Nickloy    | 18:04.8 |
| Bailey Pucher    | 19:13.7 |
| Morgan Lott      | 19:18.9 |
| Maddie Dwivedi   | 19:33.7 |
| Sarah Fisher     | 19:48.8 |
| Kaitlyn Szoba    | 20:38.4 |
| Lindsay Howley   | 20:40.9 |
| Bonnie Keating   | 21:31.4 |
| Rebecca Pucher   | 21:56.7 |
| Jasmine Swenson  | 22:15.9 |
| Tatiana Zanganeh | 22:58.1 |
| Allison Burdine  | 24:08.4 |
| Kelli Steele     | 26:05.6 |
| Carly Romano     | 26:36.9 |
| Toni McNair      | 27:17.3 |
| Rachel McPherson | 27:39.4 |
| Alicia West      | 31:19.1 |
| Kendy Keller     | 35:02.5 |
| Alexis Castner   | 35:51.3 |

**20 - 24**

|                       |         |
|-----------------------|---------|
| Lyndsey Spragins      | 12:17.5 |
| Kelli Midden          | 12:45.9 |
| Carolyn Horst         | 12:55.1 |
| Lindsay Putnam        | 14:22.4 |
| Kelsey Post           | 15:19.9 |
| Keegan Coop           | 15:35.1 |
| Amanda Bowman         | 16:46.3 |
| Wiljariette Hernandez | 17:42.7 |

**20 - 24 continued**

|                    |         |
|--------------------|---------|
| Kate Ronaldson     | 18:59.8 |
| Hillery Brooks     | 19:49.9 |
| Savannah Hayes     | 20:01.3 |
| Wilmarie Greer     | 20:07.3 |
| Hilary Slover      | 20:19.3 |
| Jennifer Nelson    | 21:09.4 |
| Katie Schmidt      | 21:45.8 |
| Katie Brewer       | 22:09.2 |
| Tracy Jones        | 22:54.8 |
| Christy Field      | 23:10.0 |
| Sabrina Field      | 23:10.9 |
| Carrie Dier        | 23:16.0 |
| Maegan Watson      | 23:29.9 |
| Ann Mitz           | 25:50.3 |
| Tabitha Abraham    | 28:43.8 |
| D'Andrea Stover    | 30:59.7 |
| Samantha Ray Lucas | 32:02.8 |
| Laura Wheeler      | 36:27.3 |

**25 - 29**

|                     |         |
|---------------------|---------|
| Kim Hunger          | 12:53.1 |
| Amy Clamons         | 13:40.7 |
| Patti Olszewski     | 14:35.8 |
| Jacqueline Boughner | 14:57.7 |
| Shannon Buchanan    | 14:58.7 |
| Jenny Tagg          | 15:06.2 |
| Sarah Dennett       | 16:21.8 |
| Sarah Campbell      | 16:47.5 |
| Jessica Smith       | 17:19.1 |
| Sarah Clamons       | 17:38.6 |
| Shannon Daly        | 18:10.2 |
| Heidi Neal          | 18:13.4 |
| Kindia Roman        | 18:39.8 |
| Brandy Roberts      | 18:42.9 |
| Kristin Donoghue    | 18:49.6 |
| Elise Waltman       | 18:59.1 |
| Jamie Stengle       | 19:04.3 |
| Cristle McCart      | 19:16.1 |
| Janet Tobler        | 19:28.2 |
| Chrissy McCormack   | 20:05.6 |
| Margarita Martinez  | 20:30.5 |
| Elizabeth Clyde     | 20:48.1 |
| Alicia Sepanik      | 21:22.4 |
| Felicia Furino      | 21:33.9 |
| Patricia Lucas      | 21:35.0 |
| Kim Moherman        | 21:57.6 |
| Helena Kramer       | 22:13.2 |
| Kathryn Thomas      | 22:20.5 |
| Ashley Slover       | 22:42.5 |
| Brittany Doncaster  | 23:04.4 |
| Alyson Heard        | 23:10.8 |
| Melissa Fisher      | 23:29.9 |

**25 - 29 continued**

|                   |         |
|-------------------|---------|
| Melinda Szorger   | 23:53.9 |
| Maria Bise        | 24:30.2 |
| Sarah Laroche     | 24:36.1 |
| Katrina Bailey    | 24:50.0 |
| Margaret James    | 25:10.5 |
| Tricia Tye        | 26:11.6 |
| Elizabeth Zaruba  | 27:07.5 |
| Robyn Yuhascik    | 28:13.9 |
| Julie Noble       | 28:17.2 |
| Meridith Hall     | 30:21.4 |
| Cassandra Schutte | 37:04.0 |

**30 - 34**

|                   |         |
|-------------------|---------|
| Alexa Gemma       | 12:43.0 |
| Kate Chapman      | 14:00.1 |
| Joy Hess          | 14:01.1 |
| Kate Howick       | 15:00.3 |
| Donna Davis       | 15:02.8 |
| Christine Davis   | 17:00.4 |
| Marianne Reynolds | 17:07.3 |
| Deborah Hutzler   | 17:26.0 |
| Susan Houts       | 17:40.8 |
| Shana Crovo       | 17:42.0 |
| Amy Cales         | 18:07.3 |
| Jennifer Pelham   | 18:24.2 |
| Nina Damkjer      | 18:24.4 |
| Krista Simmons    | 18:27.4 |
| Jessica Zeller    | 18:36.1 |
| Christi Curtis    | 18:38.3 |
| Galit Levy        | 19:06.2 |
| Kelly Semenko     | 19:10.7 |
| Le Ann Klajn      | 19:15.2 |
| Sherri Lorraine   | 19:31.7 |
| Tina Hall         | 19:37.0 |
| April Stewart     | 21:01.9 |
| Sarit Levy        | 21:02.5 |
| Kathy Shoda       | 21:04.9 |
| Jackie Blair      | 21:25.9 |
| Erica Knight      | 21:30.0 |
| Julie Aicardi     | 21:53.0 |
| Nicole Berkemeier | 21:53.1 |
| Kelly Pifer       | 22:06.7 |
| Rebecca Vick      | 22:27.0 |
| Jen Seidel        | 22:27.3 |
| Karen Drack       | 22:30.7 |
| Anne Gregg        | 22:31.6 |
| Ruth Martin       | 23:05.5 |
| Anne Fears        | 23:10.3 |
| Tiffany Revis     | 23:21.7 |
| Laura Martinez    | 24:42.2 |
| Jamie Ward        | 24:50.4 |
| Angela Bundesen   | 24:53.0 |

**30 - 34 continued**

|                  |         |
|------------------|---------|
| Nicole Moritz    | 24:59.2 |
| Jillian Rothen   | 25:02.0 |
| Jennifer Mirenda | 25:02.1 |
| Lauren Hall      | 26:18.9 |
| Amy Revis        | 27:08.1 |
| Misty Merchant   | 27:23.0 |
| Karyn Gaudy      | 27:31.8 |
| Michelle Fridy   | 27:40.5 |
| Vanessa Manning  | 27:44.0 |
| Cris Smith       | 27:55.8 |
| Leah McCombs     | 27:55.8 |
| Holly Hendrick   | 29:15.6 |
| Christina Kopp   | 29:42.3 |
| Holly Bronson    | 30:02.3 |
| Melissa Wessel   | 31:33.6 |
| Jessica Wicker   | 32:30.8 |

**35 - 39**

|                     |         |
|---------------------|---------|
| Jackie Campbell     | 14:00.5 |
| Julie Hannah        | 14:18.0 |
| Lisa Yancey         | 14:21.9 |
| Felicity Cunningham | 14:23.0 |
| Lisa Harrington     | 14:40.0 |
| Heather Wahy        | 14:48.6 |
| Erin Schuck         | 15:09.2 |
| Charlotte McClure   | 15:52.2 |
| Laura Corbin        | 16:46.0 |
| Linda Humphrey      | 16:49.0 |
| Kimberly Frey       | 17:07.1 |
| Leslie Boucher      | 17:20.2 |
| Cyndi Baggette      | 17:30.1 |
| Michelle Mielke     | 17:35.8 |
| Dawn Kuehl          | 18:32.8 |
| April Zimmer        | 18:51.3 |
| Ami McCormick       | 19:14.7 |
| Sisi Packard        | 19:18.2 |
| Michelle Love       | 19:19.6 |
| Brooke Shlisky      | 19:21.0 |
| Angela Cowart       | 19:48.1 |
| Sue Miller          | 19:52.4 |
| Tracy Czajka        | 20:05.5 |
| Tania Baaske        | 20:19.8 |
| Tara Hamilton       | 21:23.7 |
| Jacqueline Acosta   | 21:24.8 |
| Shialine Payne      | 21:51.5 |
| Jennifer Ogburn     | 21:52.4 |
| Micalynn Wise       | 22:17.6 |
| Tina Lange          | 22:37.6 |
| Jodie Fortier       | 22:52.4 |
| Katie Swenson       | 22:53.3 |
| Winn Ngo            | 23:00.0 |
| Tami Campbell       | 23:05.4 |

**35 - 39 continued**

|                    |         |
|--------------------|---------|
| Linda Marzano      | 23:41.4 |
| Donna Castner-Carr | 23:45.7 |
| Kristy Snow        | 25:05.9 |
| Karen Melcher      | 25:48.2 |
| Viviana Rodriguez  | 26:03.2 |
| Marlena Johnson    | 26:11.7 |
| Rosemary Browning  | 26:28.4 |
| Stacey Shally      | 26:49.6 |
| April Reid         | 27:08.4 |
| Jennifer Fuqua     | 27:39.4 |
| Katherine Heller   | 28:51.7 |
| Stacey Jacquot     | 28:56.4 |
| Nadine Fridy       | 29:42.7 |
| Tricia Frame       | 29:51.0 |
| Paula Law          | 29:54.5 |
| Rima Andrews       | 30:38.3 |
| Jennifer Schunke   | 31:47.5 |
| Katie Fleming      | 32:16.3 |
| Suzanne Dininny    | 32:27.4 |
| Kerensa Slocum     | 32:35.9 |
| Beilm Doyle        | 32:40.9 |
| Susan Wailes       | 33:02.9 |
| Annmarie Metz      | 33:16.6 |
| Elaina Garvin      | 33:21.1 |
| Lin Badman         | 34:20.6 |
| Lynnda Floyd       | 35:09.0 |
| Leann Mandese      | 36:27.7 |
| Beth Colon         | 38:03.6 |
| Brenna Reyes       | 38:05.8 |
| Donna Michaels     | 40:49.8 |

**40 - 44**

|                    |         |
|--------------------|---------|
| Robin Hernandez    | 14:05.6 |
| Susan McBee        | 15:40.0 |
| Renee Liggero      | 15:40.6 |
| Betsy Butler       | 16:11.7 |
| Christine Knight   | 16:16.2 |
| Beth Rieder        | 18:06.2 |
| Sammye Johnson     | 18:24.3 |
| Julie Fisher       | 18:25.5 |
| Regina Poole       | 18:53.4 |
| Stephanie Wooley   | 18:55.2 |
| Louise Hendrickson | 18:55.5 |
| Lynn Jaime         | 18:57.7 |
| Jessica Martinez   | 18:59.6 |
| Amber Hall         | 19:03.2 |
| Andrea Lucas       | 19:27.7 |
| Anne Ramsey        | 20:04.6 |
| Cindy Nicholas     | 20:12.0 |
| Mollie Vega        | 20:36.9 |
| Celeste Perkins    | 20:41.7 |
| Kari Wetherall     | 20:54.4 |

**40 - 44 continued**

|                    |         |
|--------------------|---------|
| Sharon Loines      | 21:11.7 |
| Susan Eaton        | 21:19.9 |
| Teresa Hines       | 21:34.9 |
| Michele McCarter   | 21:46.9 |
| Karen Sutton       | 21:53.2 |
| Kelly Campbell     | 22:39.2 |
| Mary Maniscalco    | 22:57.3 |
| Audrey Smith       | 23:05.5 |
| Wendy Levine       | 23:09.6 |
| Debbie Rotgers     | 23:48.2 |
| Cindy Frith        | 23:49.9 |
| Rebecca Morley     | 24:01.2 |
| Ellis Wong         | 24:07.1 |
| Ann Haire          | 24:19.8 |
| Jana Martin        | 25:15.4 |
| Maggie Dickinson   | 25:20.9 |
| Barbara Morissette | 25:36.1 |
| Carmen Colon       | 27:02.1 |
| Cindy Hosken       | 27:16.0 |
| Laurie Jones       | 27:43.2 |
| Karen Yorio        | 27:57.3 |
| Jane Welman        | 28:03.9 |
| Pamela Paquette    | 28:07.9 |
| Amy Dray           | 28:13.5 |
| Dawn Crocker       | 28:26.2 |
| Janet Heller       | 28:52.6 |
| Teresa Triebell    | 28:54.6 |
| Judie Trank        | 29:13.3 |
| Velina McPherson   | 29:40.2 |
| Della Smith        | 30:59.9 |
| Amy Wian           | 31:47.3 |
| Donna Salazar      | 32:04.0 |
| Jeanne Gunnirry    | 32:26.3 |
| Sandra Schmidt     | 33:16.2 |
| Adrienne Chandler  | 33:22.0 |
| Kathy MacDonald    | 34:06.4 |
| Sherry Love        | 36:29.2 |
| Wendi Nolder       | 36:29.6 |
| Gerline Lambert    | 36:50.4 |
| Rosie Pinchera     | 39:12.4 |
| Melissa Horan      | 40:01.8 |

**45 - 49**

|                   |         |
|-------------------|---------|
| Lori Kruger       | 14:21.5 |
| Cathie Poor       | 15:34.4 |
| Kay Lueck         | 15:50.7 |
| Karen Lewis       | 16:12.6 |
| Mariangie Blake   | 16:23.2 |
| Michelle Sirounis | 16:42.9 |
| Cindy Gaffney     | 17:03.3 |
| Terry Ferrisi     | 17:04.3 |
| Sue Hoyt          | 17:17.2 |



**45 - 49 continued**

|                      |         |
|----------------------|---------|
| Janice Spragins      | 17:47.9 |
| Mary Dier            | 17:59.0 |
| Patricia Ganiban     | 18:33.1 |
| Eeva Keating         | 18:54.5 |
| Suelette Minch       | 19:00.5 |
| Michele Duester      | 19:03.5 |
| Cindy Camus          | 19:11.2 |
| Deborah Hatch        | 20:07.5 |
| Julie Lawson         | 20:24.2 |
| Mary Redito          | 20:31.1 |
| Robin Ferguson       | 20:59.7 |
| Marian Cacciatore    | 21:04.1 |
| Sue Wassmuth         | 21:07.2 |
| Holly Phelabaum      | 21:31.6 |
| Cassie Williams      | 21:50.8 |
| Terry Matson         | 21:51.3 |
| Lynne Lou            | 21:52.1 |
| Beth Law             | 22:04.6 |
| Kathy Owl            | 22:05.8 |
| Christine Adams      | 22:09.2 |
| Kathy Frederick      | 22:17.1 |
| Charlene Holder-Cain | 22:49.2 |
| Lisa Gruessner       | 23:02.9 |
| Tracy Lott           | 23:05.7 |
| Cathy Chapman        | 23:12.0 |
| Carolyn Robb         | 23:27.6 |
| Liliana Ponader      | 23:47.2 |
| Lisa Gerdes          | 23:48.8 |
| Terry Burdine        | 24:17.1 |
| Heike Baucom         | 24:25.1 |
| Regina Kaiser        | 24:28.0 |
| Linda McKee          | 24:44.9 |
| Delia Lancaster      | 24:45.8 |
| Linda Keller         | 25:32.5 |
| Mary Beal            | 26:22.0 |
| Tammy Blount         | 29:02.7 |
| Lisa Toland          | 29:50.7 |
| Janice Kershaw       | 30:22.4 |
| Ginger Ballou        | 30:48.6 |
| Mary Jo Slatton      | 32:00.6 |
| Susan Costner        | 32:03.6 |
| Elizabeth Stookey    | 32:30.5 |
| Susan Suarez         | 34:07.6 |
| Barbara Allred       | 35:56.6 |
| Helene Allred        | 36:11.4 |
| Sheila Felock        | 38:12.3 |
| Stephanie Wolf       | 39:39.8 |
| Denise Houle         | 40:59.0 |
| Celeste Velie        | 44:29.2 |

**50 - 54**

|                     |         |
|---------------------|---------|
| Robin Moran         | 14:31.2 |
| Debra Wolfe         | 15:57.0 |
| Rhonda Mayo         | 16:29.5 |
| Joan Meadows        | 16:31.9 |
| Janet Erlacher      | 16:40.4 |
| Marlene White       | 16:58.8 |
| Melanie Delman      | 17:24.2 |
| Kathleen Killeavy   | 17:31.8 |
| Diane Caruso        | 18:04.3 |
| Lisa Neal           | 18:49.2 |
| Carol Miller        | 19:39.0 |
| Janel Singer        | 20:09.2 |
| Patricia De La Cruz | 20:14.3 |
| Sally Liebler       | 21:04.2 |
| Debbie Hutchinson   | 21:20.4 |
| Dalys Dunn          | 23:24.7 |
| Jackie Watson       | 23:25.6 |
| Cindy Heyne         | 23:40.5 |
| Rachel Bonham       | 24:18.7 |
| Alice Arbogast      | 24:38.5 |
| Barbara Rolsing     | 24:39.9 |
| Debbie Holliday     | 24:49.5 |
| Jane Baron          | 25:28.6 |
| Cheri Ryall         | 25:28.7 |
| Karin Pepper        | 25:29.0 |
| Manuela Leggett     | 25:36.8 |
| Cherie Cook         | 26:23.3 |
| Seher Swenson       | 27:04.9 |
| Marie Verderame     | 27:31.3 |
| Joanne Gomer        | 27:56.6 |
| Gail Means          | 28:58.1 |
| Ana Rego            | 29:08.9 |
| Robin Cusanelli     | 32:02.9 |
| Terry Field         | 32:43.1 |
| Elaine Dalvymple    | 32:48.5 |
| Ann Eldridge        | 33:27.7 |
| Joann Bucy          | 33:41.6 |
| Irene Fonzi         | 35:09.8 |
| Roberta Van Dusen   | 35:45.9 |
| Melissa Wilcox      | 36:42.2 |
| Maureen Cole        | 36:53.4 |
| G Jean Moise        | 38:16.7 |
| Awilda Hernandez    | 38:51.7 |
| Cindy Hadley        | 39:35.5 |
| Jeanette Hayes      | 39:43.3 |

**55 - 59**

|                |         |
|----------------|---------|
| Sue Strout     | 14:05.7 |
| Linda Belanger | 17:05.6 |

**55 - 59 continued**

|                  |         |
|------------------|---------|
| Jo Anne Goodson  | 19:48.4 |
| Paula Panton     | 26:35.7 |
| Lisa Farrall     | 27:34.8 |
| Dolly Lauricella | 28:00.6 |
| Jacalyn Ramsey   | 29:42.6 |
| Lorraine Fiore   | 30:09.8 |
| Cheryl Austin    | 30:14.9 |
| Kathy Horschel   | 30:46.0 |
| Michele Slauson  | 31:48.1 |
| Donna Groden     | 31:57.8 |
| Kathy Gantz      | 33:23.8 |
| Barbara Van Veen | 33:39.2 |
| Sally White      | 34:05.2 |
| Paula Mosby      | 37:33.9 |
| Carmen Chevalier | 38:15.8 |

**60 - 64**

|                   |         |
|-------------------|---------|
| Susan Then        | 17:32.8 |
| Lorraine Petersen | 17:52.5 |
| Milly Krause      | 25:23.2 |
| Marlene Sassaman  | 28:21.9 |
| Barbara Marshall  | 30:01.9 |
| Donna Berglund    | 30:52.6 |
| Ursula Buchinger  | 32:00.6 |
| Jan Yost          | 32:13.3 |
| Linda Fleming     | 32:16.4 |
| Dr. Stevie Weimer | 34:07.1 |
| Stephanie Castner | 35:51.1 |
| Mary June Joseph  | 36:30.9 |
| Becky Barnes      | 37:00.3 |
| Marva Flynn       | 40:58.4 |
| Judy Becker       | 41:23.9 |

**65 - 69**

|                      |         |
|----------------------|---------|
| Beverly Hansen Black | 23:04.4 |
| Judith Law           | 25:16.3 |
| Judy Heller          | 28:52.4 |
| Gwyneth Noble        | 36:50.9 |
| Frances Moberly      | 39:40.2 |

**70 - 74**

|                  |         |
|------------------|---------|
| Katie Marsh      | 27:01.5 |
| Josephine McLean | 28:28.4 |

**75+**

|                    |         |
|--------------------|---------|
| Patricia Van Dusen | 36:16.8 |
| Penny Danison      | 39:43.6 |