

# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 30, WEB ISSUE 3

NOVEMBER 2008

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**Doug Butler, winner of the Oct. 24 Pumpkins in the Park 5K in Cocoa Village, has his hands full with two-year-old grandson, Alex, and the spoils he received for his 16:52 victory. It was the 45-year-old's fourth win on the course in its nine-year history and no other male has taken the top spot more than once. Robin Hernandez photo.**

### Who Are We?

Want to know who we are, how to contact us or how to join the club? **Page 2**

### Calendars

Racing & group runs at <http://mahoney4.home.netcom.com/scr/cal.htm> Applications and ads are also in this newsletter.

### Multi-Sport Minded?

Patti Sponsler keeps tabs on local multi-sport athletes and their activities at <http://www.spacecoastmultisport.com/>

### ROY Series

Friendship, increasing fitness and fun in abundance are yours as you partake of the 2008-09 Runner of the Year Series. Check out the ROY calendar on **Page 4** or get complete series info at <http://www.spacecoastrunners.org/roy.html> **Youth Series Page 5**

### Matt's Chat

Matt Mahoney offers a place for us to share all things running and racing at <http://sports.groups.yahoo.com/group/spacecoastrunners/>

**SUPPORT  
OUR RACES &  
SPONSORS**



<http://runningzone.com>



<http://mahoney4.home.netcom.com/scr/08ccc15k.pdf>

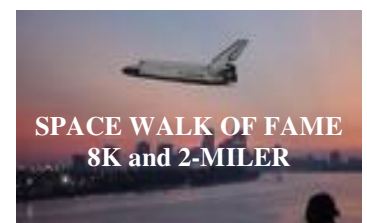


<http://www.spacecoastmarathon.org/>

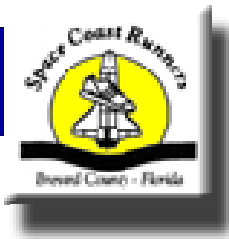
**EYE OF THE  
DRAGON 10K  
& TAIL OF THE  
LIZARD  
2-MILER**



MARCH 14, 2009



# WHO WE ARE



**PRESIDENT:** Carol Ball, Cball1@cfl.rr.com  
**VICE PRESIDENT:** Marty Winkel, Runsalot@earthlink.net  
**SECRETARY:** Cedric Ching, Cching@cfl.rr.com  
**TREASURERS:** Mo Johnson, Johnsonmr@acm.org  
 Marlene White, Marlenewhite@cfl.rr.com  
**MEMBERSHIP/ROY CHAIRMAN:** Loran Serwin, Lserwin@cfl.rr.com

**NEWSLETTER:**  
 Editor: Patti Sponsler, Psponsler@cfl.rr.com  
 Columnists: Carol Ball, Cball1@cfl.rr.com  
 Ron Hoar, Rhoar@cfl.rr.com  
 Marty Winkel, Runsalot@earthlink.net  
 Fiona Wright, Ffilebon@cfl.rr.com  
 Wayne Wright, adrenlnjunk@cfll.rr.com  
 Photographers: Cedric Ching, Cching@cfl.rr.com  
 Robin Hernandez, Dhernandez803@yahoo.com  
 Barry Jones, www.trihokie.com

**WEB (www.spacecoastrunners.org):**  
 Editor: Loran Serwin, Lserwin@cfl.rr.com  
 Results/Calendar: Matt Mahoney, Matmahoney@yahoo.com

**YOUTH SERIES RACE DIRECTORS:**  
 Carol Ball, Cball1@cfl.rr.com  
 Marlene White, MarleneWhite@cfl.rr.com

**BOARD MEMBERS:**  
 Cyndi Bergs, mcbergs@att.net  
 Cedric Ching, Cching@cfl.rr.com  
 Tammy Foster, Tefoster@cfl.rr.com  
 Dave Hernandez, Dhernandez803@yahoo.com  
 Mo Johnson, Johnsonmr@acm.org  
 Mary Ramba, Mramba@aol.com  
 Nancy Rowan, Runningal@cfl.rr.com  
 Loran Serwin, Lserwin@cfl.rr.com  
 Charlie Van Etten, Charlie.fla@mindspring.com  
 Marty Winkel, Runsalot@earthlink.net  
 Christy Zieres, ZieresC@bellsouth.net

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.

**SCR ONLINE:**  
<http://www.spacecoastrunners.org>

**SCR CLUB MEETING:** All members are encouraged to attend the monthly club meetings which are held at 7:00pm on the **second Monday** of the month at the **Cocoa Public Library**, 2nd floor.

**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 **10th** of the month prior to publication. Call Patti @ 784-2075 or e-mail psponsler@cfl.rr.com.



*Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.*

### Space Coast Runners Membership Application

Mail to: Space Coast Runners, Inc., P.O. Box 2407, Melbourne FL 32902-2407  
 Cost: \$15/year for students, \$30/year for individuals, \$35/year for family.  
 Membership fees include \$1.25 towards RRCA.

Name: \_\_\_\_\_ Address: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_  
 Family Members (if Family Membership) names, D.O.B. and sex: \_\_\_\_\_

E-mail address: \_\_\_\_\_  
 Check one: Family Membership \_\_\_\_\_ Single Membership \_\_\_\_\_ Student Membership \_\_\_\_\_  
 Check one: New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Address change \_\_\_\_\_  
 Please call my family to volunteer for an event during the year: Yes \_\_\_\_\_ No \_\_\_\_\_

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of the weather, including heat and/or humidity, traffic and the conditions of the road, such as risks of being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even through that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## CAROL'S CORNER

Most of you know that although I am President of Space Coast Runners, I have not been able to run for 2 years. I had lived and ran and competed with knee pain for years. I had surgery to repair a torn meniscus and was found to have advanced osteoarthritis – so no

more running or risk knee replacement. I have been in denial since then, indulging in various alternative exercise methods, but not sticking with any for very long. Nothing was the “same” as running! Having gained weight and not feeling “healthy”, I have finally decided that I need to get off my butt and get back out there on the road. This time, though, I am walking.

I started the Space Coast Walkers group on Sunday, Oct 5. The group is slowly growing and I have been getting emails and phone calls from interested people. I would like to encourage anyone in the same boat as I – or anyone who is simply smart enough to know that it is not good to pound your joints to death – to join Ty and me on our walks. Sometimes I have to really fight the urge to start running – especially when I see the Sunday morning Cocoa Village Fun Runners out there!

We have been meeting at 7am on Sundays and 6pm on Tuesdays and Thursdays at the Cocoa Library. After some warm up and stretching, we then head North on River Road for 30 minutes out and 30 minutes back. We don't worry about distance. We just go at the pace that we can. Space Coast Runners is providing fluids, and sometimes snacks.

If you are interested, check with your doctor and be sure that you are in good health for this activity. Stop by Running Zone in Melbourne to get a good fit on some shoes and maybe some comfortable apparel. Then, join us and try it out! My hope is that we all have fun, get some fresh air, and start feeling healthier for the long haul!

**NOTE: With the time change upon us, the Tues. and Thurs. evening walks are now quite dark. If anyone has a suggestion for a safe, lighted locale, I'd like to hear about it.**



# DAYLIGHT SAVINGS TIME ENDS NOV. 2 2 a.m.

**Set clocks back one hour (enjoy the extra snooze time!)**

# 2008-09 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## Fall Into Winter 5K

Congrats to all finishers!

## Space Coast Classic 15K

November 8, 2008

Time: 7:30 a.m.

Windover Farms, Melbourne

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

See page 9 of this newsletter

## Space Coast Marathon and Half Marathon

November 30, 2008

Time: 6:00 a.m.

Riverfront Park, Cocoa

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

See pages 23 of this newsletter

## Reindeer Run 5K

December 13, 2008

Time: 8 a.m.

Cheri Down Park, Cape Canaveral

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

See pages 29 of this newsletter

## Run for the Light 5K

January 31, Time: 8 a.m.

Windover Farms, Melbourne

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

See pages 32 of this newsletter

## Tiger Dash 5K and 10K

February 7, 2009

Time: 8 a.m.

Holy Trinity, Pineda Cswy. Campus

Denise Piercy, 751-8890

[Runningzone.com](http://Runningzone.com)

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

March 14, 2009

Time: 10K-8 a.m.; 2M-8:10 a.m.

Eau Gallie Cswy, Melbourne

Marlene White, 783-6535

[marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)

## Downtown Melbourne 5K

April 4, 2009

Males: 7:30 a.m.; Females: 8:15 a.m.

Downtown Melbourne

Frank Webbe, 674-8104

[webbe@fit.edu](mailto:webbe@fit.edu)

## Space Walk of Fame 8K

April 11, 2009

Time: 8 a.m.

Space View Park, Titusville

Marty Winkel, 537-3526

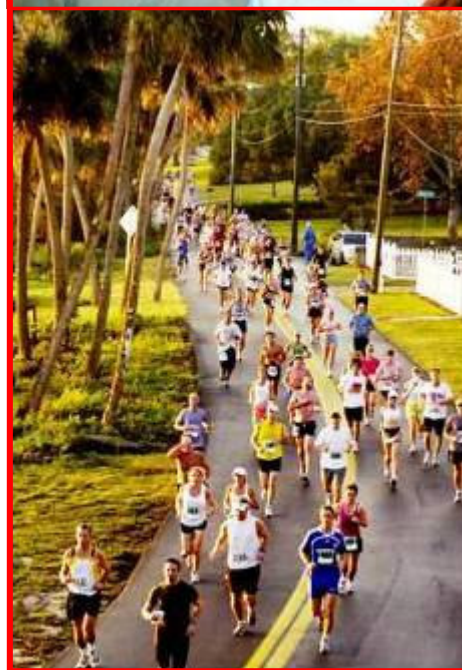
[runsalot@earthlink.net](mailto:runsalot@earthlink.net)

**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 nine 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>



# SCR YOUTH SERIES



The Space Coast Runners Youth Series consists of seven non-competitive FUN RUNS for youth ages 12 and under. The purpose is to include children in organized runs and encourage participation and an interest in running and fitness. We offer distances of a quarter-mile, half-mile, and one-mile; with some children entering all three events! If they wish, parents may run along with their children. Runs are after the associated adult race is completed.

Children will receive "little feet" participation awards at each run. All children who complete four of the seven runs will be recognized and receive an award at the SCR Runner of the Year Awards Dinner in May.

There will be NO Charge for these runs, but parents will be required to sign a waiver on the day of the run for their children to participate and a separate entry form is required for each race. Entry forms are available at <http://www.spacecoastrunners.org/roy/youth.htm> and contact Carol Ball at [CBall1@cfl.rr.com](mailto:CBall1@cfl.rr.com) if you have questions.

## 2008-09 YOUTH SERIES EVENTS

### Fall Into Winter

Coconuts on the Beach  
Cocoa Beach

Saturday, September 20, 2008  
Approx. 8:15 am

### Run for the Light

Windover Farms, Melbourne  
Saturday, January 31, 2008  
Approx 8:45 am

### Downtown Melbourne

New Haven Ave, Melbourne  
Saturday, April 4, 2009  
Approx. 9:00 am

### Space Coast Classic

Windover Farms, Melbourne  
Saturday, November 8, 2008  
Approx. 9:00 am

### Eye of the Dragon

Eau Gallie Civic Center, Melbourne  
Saturday, March 14, 2009  
Approx. 9:15 am

### Space Walk of Fame

Space View Park, Titusville  
Saturday, April 11, 2009  
Approx. 9:15 am

### Reindeer Run

Cherie Down Pk, Cape Canaveral  
Saturday, December 13, 2008  
Approx. 8:45 am

# THE PASSING LANE

*With Ron Hoar*

## Summer Turns To Fall

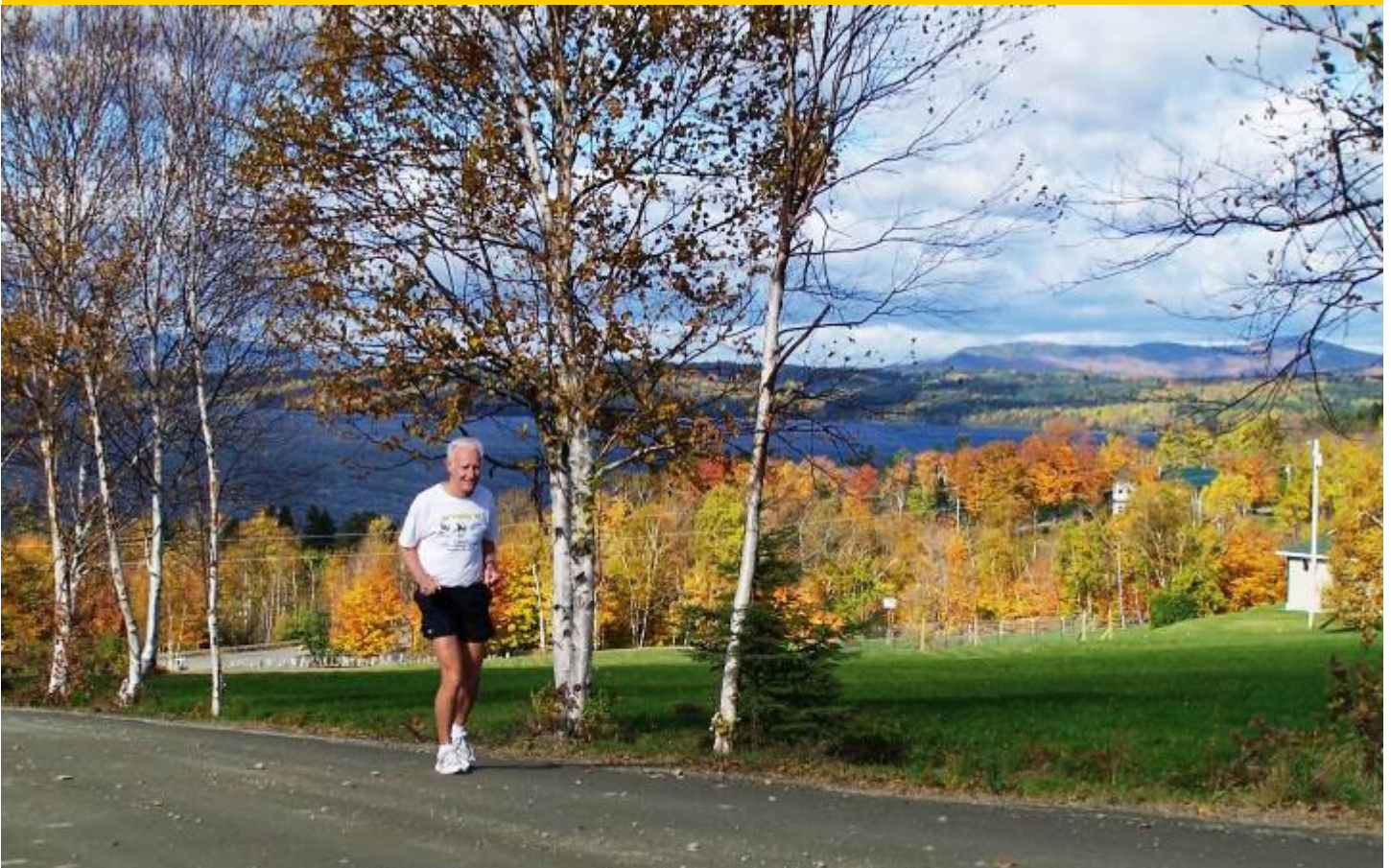
A dense fog bank hugs the cold, dark blue waters of the expansive 6,000 acre Rangeley Lake. The early morning air with a temperature in the 30's is now cooler than the summer sun warmed lake water with its depth of up to 150 feet.

The low lying fog drifts slowly and lazily up the seven mile length of the lake offering an occasional peek at the bright sun lit foliage on the hills at the far end of the lake.

A hue of pale orange, red and grey coloration can be detected in the fog bank as the sun warmed air works at melting it away. That process takes from a half hour to more than an hour depending on how quickly the sunshine can warm the near frigid air.

But the fog blanket can't hide for long the spectacular distant mountains. They poke above the fog with their random canopies of green (spruce, fir and pine trees) and their mixed palate of reds, oranges, and yellows (maples, birch and oak trees). The foliage is near its peak of coloration on this late September day.

The air that I breathe is pristine--clear of pollution and void of humidity--simply crisp and clean at this elevation of between 1500 and 2000 feet above sea level and far from any major population center.



As the sun's warming rays evaporate the fog, the big island in the lake becomes visible with a remaining curtain of fog beyond as a backdrop to the setting. Then patches of blue sky begin to appear over the top of the dispersing fog. Some small patches of fog continue to lie near the lake's surface which now mostly reflects the colorful shoreline foliage in the nearly mirror smooth water.

That smooth lake surface is occasionally marred by a diving loon who sends out a band of ripples that eventually dies out only to be initiated again as the loon surfaces with a splash.

There are few sounds to be heard. The silence is broken intermittently by a passing vehicle. With most summer residents and visitors now gone there is no longer that near steady stream of traffic to compete with the tranquility of the sensual awakening scene.

As I near the entrance to the hilly development where our summer cottage is located I pass the small old cemetery with the gravestone of my great, great, great grandfather--the first white settler in this area of Maine.

As my sensory system remains saturated with the glorious colors and the crisp fall air, I don't have to wonder why he chose this area to settle with his family.

Then my morning run takes me up a half mile hill away from the lake on the final mile back home. While one part of my brain has wanted me to pick up my pace and get continued benefits from my summer running program of this hilly terrain, another part has urged me to enjoy the moment and absorb the extraordinary scene that I won't be able to enjoy again until next year.



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**3680 C N. WICKHAM ROAD, MELBOURNE  
ACROSS FROM BREVARD COMMUNITY COLLEGE**



# ALOHA from the Space Coast Classic 15K & 2 MILE

A Space Coast Runner of the Year Event



## Entry Fee

- \$ 25 Registration
- \$ 20 Early Registration (post marked by October 31)  
\* SCR members \$ 5 discount if pre-registered
- \$ 15 No T-Shirt Option (**pre-registered only**)

## Registration

**Mail** completed entry form with check payable to:  
Space Coast Runners  
Space Coast Classic 15k / 2 Mile  
1170 Granada Ave.  
Merritt Island, FL 32952



**On-Line** at Active.com

**Race Day** from 6:30 to 7:15 am at Windover Farms

## For More Information:

Cyndi Bergs  
(321) 514-6955  
email: mcbergs@att.net  
http://spacecoastrunners.org

## Race Information

**Race Date** Saturday, November 8, 2008  
**Race Time** 7:30 am 15K 7:35 am 2 mile  
**Place** 4025 Windover Way, Melbourne, FL  
 (off Post Road at Windover Farms, 0.9 miles west of Wickham Road)  
**Course** 15k and 2 mile course through the residential areas of Windover Farms

**No Animals, Baby Joggers, Skates, or Headphones Permitted**

**Free Kids' Run** 1/4, 1/2, and 1 mile fun runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

## Awards

### 15k Awards

- Overall** 1st, 2nd, 3rd Male and Female
- Master** 1st Male and Female 40+
- Grand Master** 1st Male and Female 50+
- Senior Grand Master** 1st Male and Female 60+
- Age Group** 1st, 2nd, 3rd Male and Female \*
- Hawaiian** 1st, 2nd, 3rd Male and Female  
(requires running the entire event in a Hawaiian Shirt— 15k and 2 mile)
- \* Five year age groups starting 14 and under through 75+ for Male and Female (14 and under do not earn SCROY points)

### 2 MILE Awards

- Overall** 1st, 2nd, 3rd Male and Female
- Age Group** 1st, 2nd, 3rd Male and Female in age groups 0-8, 9-11, 12-14 and 15-19. Ten year age groups thereafter from 20-29 through 70+.

Mail entry to: Space Coast Classic 15k/2 mile, 1170 Granada Ave., Merritt Island, FL 32952  
 Checks payable to Space Coast Runners - No Refunds *No Animals, Baby Joggers, Skates, or Headphones Permitted*

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on 11/8/08 \_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Sex \_\_\_\_ SCR Member \_\_\_\_ (members deduct \$5) email \_\_\_\_\_  
 \_\_\_\_\_15K \_\_\_\_\_2 mile

T-Shirt size (Choose one): Adult Small Adult Medium Adult Large Adult XLarge No T-Shirt

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 be sustained and suffered by me in consideration of my association with an entry or participation in the 2008 Space Coast Classic 15k. 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 purposes 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 (parent or guardian if under 18)

Date

# A Mile With...Jerry Bird

**Name:** Jerry Bird (age 54)

**Family:** Jerilyn Bird, wife, 53; Kevin Bird, son, 20; Stephanie Bird, daughter, 18

**Occupation:** Oral and Maxillofacial Surgeon.

**Number of Years Running:** I have been running approximately 38 years. I began running cross country in high school, continued in college; then on and off until 2000 when it became continuous.

**Began Running:** I began running when our kids began serious cross country training with Coach Doug Butler at Holy Trinity Academy.

**I Knew I Was Hooked When:** I believe it was when I discovered I really enjoyed observing the improvements of HTA students from the 7<sup>th</sup> grade as they progressed through their high school careers in cross country. I loved their enthusiasm and I caught the running bug!

**Race PRs (Personal Records):** 5K: 19:05; 10K: 41:00; 15K: 1:02:32; Half Marathon: 1:35:45; Marathon: 3:39:23.

**Most Satisfying Race Performance:** Sea World 5K: 19:05.

**Favorite Races:** Sea World 5K, Eye of the Dragon 10K, and our own Tooth Trot 5K.

**Favorite Places to Run:** Rockledge Drive, Wickham Park trails, Clermont, and Tallahassee.

**Running Partners:** My best running partners are my kids. When home from college, Kevin and Stephanie are my training partners and motivators!

**If I Could Go on a Social Training Run with Any Other Persons, Dead or Alive:** Jim Ryun and/or Ryan Hall.

**Funniest or Oddest Thing I've seen while running:** On a long run west of Viera, my daughter and I noticed two large turkeys off in the distance. When we turned around at the 6 mile mark, we started to come up behind them and the turkeys, which continued to remain motionless, kept staring at each other like they were ready to battle. When we came within 10 feet, it became obvious that they were decoys! Shazam, decoys!! It was hilarious that we were fooled, but we were also very fortunate not to get shot. Some hunters in the area had set them out and wherever they were hiding they certainly got a good laugh!

**Training Philosophies:** Long run on Sunday, alternate hard and tempo runs with easy days, add in cross training

with biking and swimming and complete Coach Butler's running camp.

**One Piece of Advice That I Would Give to a New Runner:** Start out easy, but stay consistent. Make it a daily habit... part of your life style. Play close attention to your diet and nutrition. Good running shoes are a must... so go to Running Zone!

**Other Sports& Interests:** Triathlons, college football, snow skiing.

**Favorite Reads:** *Runners World*.

**Favorite Movies:** Classics like "Rudy", "Hoosiers", "Shawshank Redemption", "Miracle" and "Cinderella Man".

**When Nobody is Looking I Like to:** Get in an extra cross-training workout.

**Favorite Meal:** Anything Mexican!

**Dream Vacation:** One month altitude training with Ryan Hall in Mammoth Lakes, CA.

**I Think That SCR Could Do A Better Job:** SCR is awesome! Carol, Loran, Sean, Marty, Marlene and the many volunteers at SCR are the people who make the organization so great. They are my heroes! I will also never forget the life-saving beer Patti Sponsler handed me at the conclusion of my first marathon. Thank you, Patti!



The family that races together.... Left to right: Jerry, Stephanie and Kevin make a family outing of the charge toward the finish!

# YADA, YADA, YADA



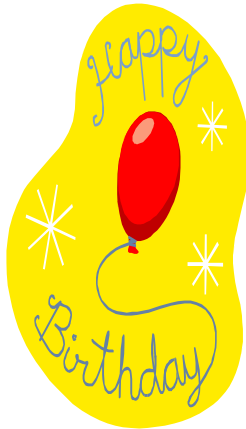
**THANK YOU**

To all who **helped with this month's newsletter:**

Apollo Realty, Carol Ball, Jerry and Jeri Bird, Sean Black, Gary Castner, the Don Dore family, Dave Farrell, Robin Hernandez, Ron Hoar, Running Zone, Loran Serwin and Fiona Wright.



A red-carpet roll-out for **new members** Bill, Christina, Lang and Susan Alexander, Cocoa; Jonathon Calderon, Indian Harbour Beach; Adam Dokos, Titusville, Dale Dukes, Melbourne; Leanne Gallagher, Titusville; Sharon Gillette, Melbourne; Jeff Gleacher, Merritt Island.



**Happy November Birthday** to to (1) Rachael Friedel (2) Randy Farner, Carrie Martin (3) Colby Enlow, Joe Hultgren (4) Fred Burgess, Joe Cataldo, Scott Larson (5) Kim Badgett, Ric Orona, Lynn Turner (6) Carol Ball, Joan Mahoney (7) Lisa Harrington (8) Jill Brown, Trish Piercy, Gina Rall, Fiona Wright (9) Sue Hoyt, Lori Jenkins, Pat McKee, Susan Willard (10) Jordan Halstead (11) Eric Martin, Micah Rockwell (12) Jorge Abreu, Kristen Badgett, Jeff Sanders, Gary Stutte (13) Ray Brown, Theresa Miller, Jim Toney (14) Allen Coward, Donald Gross, Steve Joiner (15) John Davis (16) Liz Cerow, Leanne Gallagher (17) Kathleen Heyda (19) Matthew Willard (20) Shaina Anderson (21) Stephanie Castner (22) Ron Abel (23) Chenna Cook, Daryl Gilbert, Michael Slomins, Madeline Zeuli (24) Brian Putnam, Libby Ross, Dan Wilkin (25) Katie Fuselier, Taylor Gannon, Howard Kanner (26) Kimberly Budnick (27) Bill Maricic (28) Nancy Rowan (30) Ethan Campbell, John Fricano, Dana Slomins.



## VOLUNTEERS NEEDED!!

**Saturday, November 8**

**Contact Cyndi Bergs**

**321.514.6955 or mcbergs@att.net**



**CONGRATS** to **Chicago Marathon** finishers Kristian Damkjer, 4:08:40; Kim Frey, 4:57:24; Donald McCammon, 4:05:36; Lea Anne Richard, 4:06:20 and James Shaffer who qualified for Boston with his 3:17:10. **Race for the Taste 10K** award winners including Danny Barrett, third 40-44, 23<sup>rd</sup> OA, 40:48; Mark Jackson, second 30-34, 43:22; Mo Johnson, third 70-74, 1:06:30 (left); Susie Koontz, third 60-64, 1:02:35 and Steve Raymond, second 19-24 and fifth overall, 37:32. Others competing also included: AMY ALLEN, 1:03:27; DEE ALLEN, 1:23:15; HARRY ALLEN JR., 1:18:43; ROCHELLE ANDERSON, 1:06:58; PASCALLE ATWELL, 1:19:06; DANNY BARRETT, THIRD, 40-44 40:48:00; CHUCK BEITEL, 54:33:00; DYLAN BEITEL, 1:07:51; CYNDI BERGS, 58:01:00; JOHN BOEHMER, 1:15:19; RYAN BOEHMER, 1:13:52; ROSEMARY BROWNING, 1:29:13; NICHOLAS BUELOW, 1:00:49; KERRY BURNS, 1:11:13; KATHY CAMICK, 50:08:00; CEDRIC CHING, 53:24:00; CATHY CHURCH, 1:21:29; ED CLOAK, 1:12:09;

ANDREW COLLAMORE, 59:19:00; JERRY COX, 1:25:27; MEG COX, 1:28:17; GABRIELLA DANCE, 1:27:56; VANESSA DANCE, 1:27:55; SONDR A DANGELO, 59:19:00; CATHERINE DAVIS, 1:21:27; LESLIE DAVIS, 1:32:05; RACHEL DAVIS, 1:27:22; VICTORIA DAVIS, 1:21:37; WALTER DAY, 1:04:50; TRACIE DEAKINS, 1:00:28; ADAM DOKOS, 49:50:00; AMY DOKOS, 58:46:00; JOHN FASTIGGI, 1:08:18; KRISTY FASTIGGI, 1:24:11; BARBARA FISHER, 1:28:00; COMELIA FISHER, 1:17:38; BILL FLOYD, 1:04:00; CINDY GAFFNEY, 1:03:46; ALEX GASPARD, 1:21:01; SANDI GASPARD, 1:32:05; JULIE GLOVER, 1:28:52; THERESA GRAY, 1:06:23; JENNIFER GUESS, 1:21:14; MIKE

GUESS, 1:21:14; ALONA HARRIS, 1:34:01; JOLEA HEARN, 1:10:10; LEEANNE HEROLD, 1:16:15; RYAN HEROLD, 1:08:17; WESLEY HEROLD, 1:03:54; SUE HOYT, 1:05:58; KARRAH HUDKINS, 1:16:14; WILLIAM HUDKINS, 1:00:44; WILLIAM HUNGATE, 1:05:01; DEBORAH HUTZLER, 54:45:00; MARK JACKSON, SECOND 30-34, 43:22:00; SARA JACKSON, 59:00:00; BONNIE JESENSKY, 1:00:30; KEVIN JESENSKY, 48:04:00; MORRIS JOHNSON, THIRD 70-74, 1:06:30; SARAH KARP, 1:12:12; MICHELLE KNIGHT, 1:15:27; KATHRYN KOONTZ, THIRD 60-64, 1:02:35; RICHARD KOONTZ, 1:22:50; BRIAN KURINSKY, 1:07:33; JENNIFER LEA, 1:01:55; LEAH LOCKHART, 1:33:39; ANDREA LOWRY, 1:30:42; JACQUELINE MANCINI, 50:18:00; SUE MARSH, 1:15:23; MICHAEL MATERN, 48:45:00; SARA MAYER, 1:13:50; CHARLOTTE MCCLURE, 55:03:00; CRYSTAL MCMURRAY, 58:24:00; DONNA MCWILLIAMS, 1:10:15; JULIE MEDINA, 1:20:14; SALLY MEMMOTT, 1:07:13; CHRISTOPHER MENTO, 59:24:00; JENNIFER MIRENDA, 1:28:32; JACLYN MOREY, 1:20:49; NGA NGUYEN, 1:19:06; CINDY NICHOLAS, 1:12:46; KATHY OJEDA, 52:14:00; RIK OJEDA, 1:03:42; SHIALINE PAYNE, 1:04:33; RICK RAMNATH, 51:56:00; ANNE RAMSEY, 1:26:45; PAUL RAYMOND, 49:02:00; STEVEN RAYMOND, SECOND 19-24, 37:32:00; JULIA ROJAS, 1:13:04; SAMANTHA ROUSH, 1:21:27; ALICIA SAUNDERS, 56:06:00; JACLYN SCHREIBER, 1:27:09; KAREN SCHREIBER, 1:03:37; LEW SCHWARTZ, 1:00:11; CHRISTINE SEDLOCK, 1:15:22; LEISHA SINCLAIR, 1:19:20; SHARON SMITH, 1:10:37; REBECCA SPARKS, 1:13:57; RICHARD SPARKS, 1:13:56; CARLY STALLINGS, 1:21:57; MARY STALLINGS, 1:23:09; MICHAEL STEPHENS, 1:18:42; SUSAN STEPHENS, 1:23:15; SHELLEY STONE, 1:13:50; GAIL TAGLIAFERRO, 1:12:58; JENNIFER VAN DEN DRIESS, 1:25:48; JILLIAN WALSH, 1:23:25; CINDY WERLING, 56:22:00; BAMBI WIEDEMANN, 57:25:00; DARLENE WILKES, 1:09:20; MICHAEL WILKES, 1:05:36; LORI WILLOUGHBY, 1:19:16; DOUGLAS YOUNGBLOOD, 1:05:12. **U Can Finish 5-Miler** at UCF finishers Greg Aker, 35:47; Marilyn Bertot, 42:57; Lois Boisseau, 44:33; Dorothy Bourlier, 43:41; Mike Bourlier, 1:01:28; Donovan Cirino, 39:42; Dan Howick, 49:22; Katie Howick, 40:47; Michelle Lewis, 52:22; Norah Martinez, 42:57; Mike McHenry, 50:40; John Mellick, 41:47; Kyle Nylander, 39:20; Lindsey Perry, 47:50; Alicia Saunders, 40:59; Danny Taurasi, 2nd 15-19, 33:39; Michael Tuttle, 58:13; Josh Torres, 1:15:29; Mitch Varnes, 43:18 and Jessican Winton, 1:01:28. **Daytona Beach Half Marathon** finishers: Greg Aker, 1:41:35; Wade Alliance, 1:53:59; Kerstin Dea, 1:37:42; Elizabeth Gmerek, 2:33:18; Joyce Herget, 2:13:53; Kate Howick, 1:57:29; Tony Kelly, 1:33:51; Thomas Mayer, 1:47:23; Mike Melton, 1:51:11; Juan Perez, 1<sup>st</sup> 50-54, 1:38:45; John Rice, 2:19:01; Nancy Rowan, 2:03:18; Sean Sboto, 2:14:58; Mark Stephens, 1:5:34; Ed Taylor, 1:56:08; Shaye Williams, 2:01:41 and Marty Winkel, 2<sup>nd</sup> 60-64, 1:48:43. **Evergreen Pumpkin 10-Miler** finishers: **Marine Corp Marathon** finishers Mike Baker, Bruce Barnett, Rosette Behymer, Sydney Brooks Mason, Linda Cowart, Lames Devine, Tracie Donnelly, Gail Erentreich, Rick Foresteire, Sarah Guttery, Charis Gaines, Jordan Halstead, Don Hernandez, Alexis Haber, Terri Jones, Audrey Joiner, Michael Knauf, David Laird, Tom Mulle, Charlotte McClure, Debbie Molina, Jeffrey Norman, Cathie Poor, Denise Piercy, Don Piercy, Jeff Peacock, Mark Reagan, Chris Sands, Danny Silvea, Veronica Sim, Gary Stutte, Jim Schaeffer, Sandra Stevens, Valerie Turner, Leslie Talbert, Pedro Toledo, Chuck Urrutia, Steve Winter. **Marine Corp Marathon** finishers Mike Baker, 3:16:13; Bruce Barnett, 4:19:18; Rosette Behymer, 4:27:32; Sydney Brooks-Mason, 4:24:06; Linda Cowart, 4:39:48; Tracie Donnelly, 4:39:26; Randy Farner, 3:58:36; Rick Foresteire, 4:59:47; Charis Gaines, 4:52:57; Jordan Halstead, 4:24:59; Alexis Haber, 4:18:50; Terri Jones, 5:21:18; Audrey Joiner, 4:47:04; Michael Knauf, 5:01:07; Tracie Luman, Boston Qualifier, 3:44:54; Tom Mulle, 4:52:57; Charlotte McClure, 4:25:54; Jeffrey Norman, 4:55:50; Jeff Peacock, 5:42:06; Cathie Poor, 4:01:47; Denise Piercy, 4:47:10; Don Piercy, Boston Qualifier, 3:17:53; Mark Reagan, 4:39:53; Gary Stutte, 4:25:45; Jim Schaeffer, 4:27:36; Veronica Sim, Boston Qualifier, 3:49:47; Sandra Stevens, 6:10:00; Leslie Talbert, 5:18:35; Pedro Toledo, 3:48:09 and Chuck Urrutia, 5:39:17. **Tower of Terror 13K** finishers: Danny Barrett, 1<sup>st</sup> 40-44, 52:23; John Davis, 1st 30-34 and 7th OA, 48:19; Pat McCormick, 3<sup>rd</sup> 45-49, 52:56 and Todd Wirsch, 1<sup>st</sup> 14-18, 51:39. Also finishing were other locals from Titusville: Sean Otwell, 1:13:26. Cocoa: Holly Carreras, 1:31:19; Greg Cross, 1:31:22; Nancy Cross, 1:33:55; John Fastiggi, 1:35:08; Kristy Fastiggi, 1:45:06; Kelly Hunter, 1:23:52; Caitlin Jones, 1:18:05; Cheryl Long, 2:11:13; Ashley Roush, 2:11:14; Samantha Roush, 1:44:09; Maria Trenn, 2:10:22; Robert Trenn, 1:21:02; Dorothy Wells, 1:22:51. Rockledge: Margaret Harrison, 1:25:07; Serena Ledig, 1:41:29; Amy Roush, 1:34:40; Christy Zieres, 1:19:25; Viera: Pam Brockmeyer, 2:04:17; Kim Robertson, 1:34:31. Melbourne: Stacey Biddix, 1:42:44; Carole Chamberlain, 1:57:09; Aaron Chapman, 1:22:01; Cedric Ching, 1:15:35; Kristina Ferenczi, 1:17:48; Terry Ferrisi, 1:14:22; Pat Kiesselbach, 1:18:50; Christina Krause-Nichols, 2:06:14; Nicole Kurschat, 1:15:46; Sara Mayer, 1:36:22; Donna McWilliams, 1:32:43; Andrew Nichols, 2:06:14; Nigel Paine, 1:15:21; Ali Peters, 1:23:03; John Peters, 1:16:46; David Pope, 1:50:06; Laura Rojas, 1:49:5; Alicia Saunders, 1:11:51; Tina Gross, 1:42:55; Donna Soyk, 1:49:51; Candy Thomas, 1:50:38; Teresa Van Valkenburg, 1:57:08. Palm Bay: Eileen Goode, 1:36:50; Calla Hess, 1:26:53; Leah Lockhart, 2:03:43; Abe Oros, 1:15:41; Diane Ortt, 1:51:42; Kevin Terry, 1:22:05. Merritt Island, Cyndi Bergs, 1:23:09; Donovan Cirino, 1:23:03; Jim Gerald, 1:58:18; Jolea Hearn, 1:34:06; Rachel Ryder, 1:10:23; Loran Serwin, 58:05; Karen Shamlin, 1:37:29 and Teresa Williams, 1:27:34. Cocoa Beach: John Boehmer, 1:42:16; Ryan Boehmer, 1:42:10; Amy Gillian, 1:50:18. Satellite Beach: Ian Bohnen, 1:05:19; Zahra McTammery, 1:37:05. Indialantic: Sharon Bresser, 1:40:42; Michael Draper, 58:45; Brant Jeppson, 1:17:56; Harris Krause, 58:45; Lee Krause, 1:41:11.

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



### Race Information

|                         |   |
|-------------------------|---|
| <b><u>Race Date</u></b> | Saturday, November 15, 2008   |
| <b><u>Race Time</u></b> | 8:00 am - 4 Mile and 2 Mile Run/Walk<br>9:00 am - Family Fun Run      |
| <b><u>Location</u></b>  | Rusty's in the Cove at Port Canaveral                                 |
| <b><u>Events</u></b>    | 4 Mile and 2 Mile Run/Walk<br>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.

### Entry Fee & Registration

#### **4 Mile and 2 Mile**

- \$ 20 Registration
  - \$ 17 Early Registration (*by November 5*)
  - \$ 13 Students through Grade 12 and Freedom 7 Staff
  - \$ 10 3rd + family member *preregistered*
- Technical Shirt with 4 mile & 2 mile entry fee

#### **Fun Run**

Free - Register race day (No shirt)

#### **By Mail**

Mail entry form below with check payable to  
Freedom 7 APT

#### **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

For More Information, contact **Marlene White**  
(321) 783-6535 or [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)

### 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

\* Five year 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*

#### **Sponsored by**



**GORDON & CORNELL**  
ATTORNEYS AT LAW

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

Name \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on 11/15/08 \_\_\_\_

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

Phone \_\_\_\_\_ Sex \_\_\_\_ 4 Mile \_\_\_\_ 2 Mile \_\_\_\_ (*Choose One*)

**T-Shirt (Choose one):** YMed YLrg Sm Med Lrg XL XXL **Freedom 7:** Student Staff Alumnus

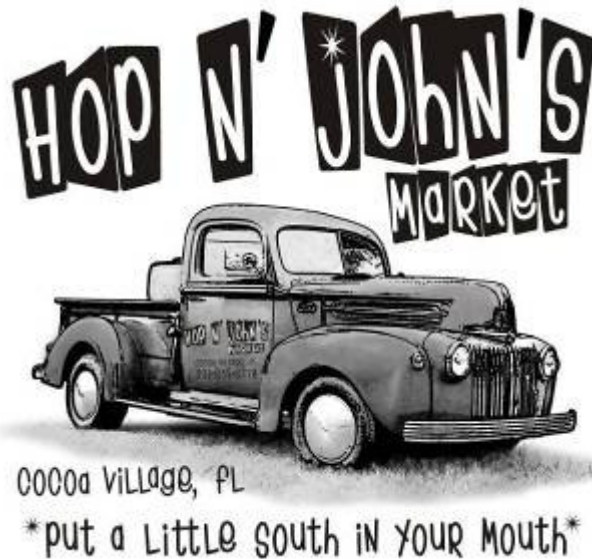
I hereby release Freedom 7 Elementary School of International Studies, the Brevard County School Board, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the Sun 'N Fun Run and further state that I am in proper physical health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

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

\_\_\_\_\_  
Date

COME JOIN US FOR A  
**SPACE COAST RUNNERS**

SOCIAL EVENT  
THURSDAY, NOV 13  
5-7pm



200 WILLARD ST, NW CORNER OF 520 & RIVER ROAD

5 PM RUN/WALK ON RIVER ROAD  
6-7 PM SOCIAL/WINE/BEER TASTING AT  
HOP N' JOHNS

SEE YOU THERE!

# Space Coast Lightfest

## 5k RUN

SUNDAY  
November 23, 2008  
Start: 6:00 p.m.

Run into holiday cheer amongst the festive lights at Wickham Park then join us for the Post Race Awards & Dinner.  
Generously provided by:



T-Shirts & Dinner for 1st 500 entrants

**Location**  
Wickham Park (enter off Parkway)  
Race Day Registration at 4:45 p.m.

**Rotary contact:**  
Al Nuttall • 759-5395  
aanuttall@earthlink.net  
Samantha Hill • 446-2613  
samantha\_hill@colonialbank.com

**Race directed by:**  
www.runningzone.com  
751-8890



**Entry Fees:**  
Now until November 15, 2008 .....\$25  
November 16 through Race Day .....\$30  
\$5.00 Discount if under 16 on Race Day

Benefitting Numerous Rotary Charities • [www.spacecoastlightfest.com](http://www.spacecoastlightfest.com)

### ENTRY FORM (Please read)

**SEND APPLICATION TO:** Eau Gallie Rotary Club, P.O. Box EG601, Melbourne, FL 32936-0601 (or drop off at Running Zone). Check payable to Eau Gallie Rotary Club, \$25 until 11/15/08, \$30 11/16/08 through race day. Sorry, no refunds! Part of your fee may be tax deductible.

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ to Eau Gallie Rotary Club. Payment enclosed \$ \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE# \_\_\_\_\_ SEX \_\_\_\_\_ SHIRT SIZE Y M S M L XL (circle one)

NOTICE: I know that running in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Eau Gallie Rotary Club, Running Zone and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18 years old) \_\_\_\_\_

# FIFI DNFs IN VERMONT

## By...Fiona Wright

### Jay Mountain Marathon, Jay, VT

### July 26, 2008



I'd been considering the Jay Mountain Marathon in Vermont for the past 2 years. It was never convenient for my schedule until this year. I was concerned about whether or not I had the stamina to complete it. The web site suggested that before committing to this race one should be experienced in marathon distance and trail running. *"Most of our runners double and some triple their PR."* That would put my projected time somewhere between 8:44 and 13:06. *"If you have not run a marathon in less than 5½ hours in the last 12 months, don't even think about doing this one."* I had run 13 marathons in the year preceding this race, most completed under 5 hours. My times ranged from 4:22 in Texas to 7:26 in

Connecticut. Based on what I read, and my past experience, I felt ready for it.



The Jay Mountain Challenge is a marathon like no other. It would be better described as a 33-mile obstacle course. Some of the information published about the race addressed the issue of rainfall. If the RD deemed the water levels to be too high then he would re-route the course. Yeah right ... never happened! The nine days before the race there was non-stop rain that swelled the mountain streams and rivers and made the wooded areas a muddy bog. If you weren't ankle deep in mud then you were knee deep. The scenic mountain streams became white water rapids. Although most of the rapids were class I-II level, some were III-IV, and at least one class V. I used all my skills from rock climbing, paddling, mud bogging and white water rafting (minus the raft). For most of the course I was alone and a little fearful of my life and welfare. At one point I climbed down a steep ravine marked "DANGEROUS". At the bottom there was a class V rapid I had to get around by clinging onto a sheer cliff wall. After carefully negotiating my way around this hazard I was able to dive in the water and let the current carry me downstream until I was able to scramble to the rocky shore. There were other mountain streams on the course that I had to traverse; it's very difficult swimming across a fast moving current. The first mountain stream we had to negotiate was three miles upstream of small rapids with a couple of large, gushing culverts thrown in for good measure. There was one river with a rope strung across it. Although the river looked intimidating in the photographs, crossing it was relatively easy.



There was a dry spell when we ran/hiked/climbed up Jay Peak, a steep ski mountain (double black diamond at the top). I alternated between walking forwards and backwards. While climbing the mountain I was passed by the front runners of the half marathon (19 miles in reality). Even these big, strong, fit looking men were struggling up the mountain. No-one was running until we got to the downhill portion at which point everyone went flying down the mountain.

When I reached the aid station at mile marker 19 I was the last runner they let through. Everyone behind me was pulled at that point. I struggled on negotiating muddy bogs and wading waist deep through two to three miles of swamp. I couldn't see what was under the water and struck my shins several times on the hazards that lurked beneath. There





were no alligators of course, but I saw frogs and birds. I was hoping I wouldn't see any snakes. This was probably my least favorite part of the course. I would rather negotiate big rapids or ski uphill than go wading through a swamp.

Soon after I emerged from the swamp I ran/staggered up a muddy hill to another aid station situated next to a blueberry patch. I was 24 miles into the 33 mile course at 8½ hours. After a drink and snack I was ready and excited to face the last nine miles when the volunteers pulled me. I argued and fussed to no avail. There was at least four hours of daylight left and I wasn't feeling tired – more exhilarated. I pointed out that I had traveled from Florida at great expense and I had to finish the race. They would not listen to my pleas.

I found out later that they'd been pulling people at that point for the previous hour. I was driven back to the finish/start line area where I reunited with my friends. I was shocked to find out they, too, had been pulled and were also upset (these are runners who complete a regular city marathon in less than four hours). I looked around at the finishers - almost half the field - and noticed the younger, slightly fitter looking athletes had completed the challenge. Maybe the website should have stated "*If you have not run a marathon in less than 3½ hours ...*" instead of 5½ hours. Upon reviewing the results later I saw that there were 218 marathon finishers out of 400+, and 125 half marathon finishers out of 200+.



The race director – a French Canadian - had been at the blueberry patch prior to my arrival and had physically stopped runners who wanted to complete the course. There were a lot of harsh words and complaints directed at this avaricious man. I didn't waste time talking to him. I had banged heads with him the day before at packet pick-up. A friend of mine had signed up for the race (\$100 registration) and had to cancel. I asked for his packet and tee shirt but he refused and even though the web site had specifically stated "NO RACE DAY REGISTRATION" he was re-selling bibs and tee shirts of the no-shows on race morning for \$150. I asked for a refund for my friend (there was no charity benefit) and I asked for his tee shirt but the race director said "NON!"

Despite the enormous disappointment, I had a great adventure for 24 miles. I would not recommend this race however unless you're a lunatic who can run a 3½ hour marathon and you have the funds for all the exorbitant fees. Vermont isn't cheap!

One of the items on my to-do list was to spend a week on the Appalachian Trail doing maintenance. I signed up with the Green Mountain Club in southern Vermont to join them for the week following my adventure on Jay Mountain.

Traveling to and around Vermont is logistically challenging and definitely one of the more expensive US trips I've experienced. Despite having to break my piggybank to experience all this clean, wholesome New England stuff, I had a lot of fun running up and around Jay Mountain, and being part of a wilderness work crew.

Just think of me as the tree hugging marathon runner who wants to save endangered insects in Vermont from the melting Polar ice caps!



# Space Coast Art Festival Turkey Trot 5K

**Thanksgiving Morning 7:30A.M.**

## 5K Road Race / Walk and Youth Run

*A Cocoa Beach road race for runners and walkers on a certified course that goes through beautiful Cocoa Isles residential area! We will have a 1/4 and 1/2 mile Youth Run for the young gobblers and more! This is a great family affair!*

### Location & Schedule

Race starts and ends at the Bailiwick Mall  
 Located just North of Minuteman Cswy On Brevard Ave.  
 6:30 - 7:15AM Registration  
 7:30AM 5K Road Run/Walk  
 8:30AM Free Lil' Goblin 1/4 Mile Run, 1/2 Mile Run  
 8:45AM Awards Ceremony

### Awards

Unique Thanksgiving Awards will be presented to:  
 Top 10 Overall Male Finishers  
 Top 10 Overall Female Finishers  
 Top Masters Male & Female  
 and Top Turkey 12 lbs. Team  
*(No Duplicate Awards)*

### Costs

|                                      |         |
|--------------------------------------|---------|
| Entries Postmarked before Nov. 18th  | \$18.00 |
| Entries after that & on Thanksgiving | \$25.00 |
| Family / Friends of Four Turkey Team | \$60.00 |

*(the Turkey Team must relay a 12 lb. turkey across the course, it can be swapped, rolled or tossed but must stay with the team throughout the 5K, You keep the turkey)*

**TEAMS MUST PRE-REGISTER!**  
 Make checks payable to:  
 Space Coast Arts Festival

Mail Complete Application To:  
 SIMPPA  
 600 Jackson Ct  
 Satellite Beach, FL 32937  
*(Race fees are non-refundable)*

### Pre-Registration

PRE-REGISTRATION INCLUDES  
 EXCLUSIVE ARTS FESTIVAL QUALITY T-SHIRT  
 POST-RACE REFRESHMENTS DOOR PRIZES  
 MUSIC, & MUCH MORE!

Questions? Contact Barbara Linton @ 321-223-8204

Join us Thanksgiving weekend for Cocoa Beach's  
 Annual Space Coast Art Show!!



The Turkey Trot 5K  
 Managed by:  
 SIMPPA Band Program

### Space Coast Art Festival 2008 Turkey Trot 5K

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone # \_\_\_\_\_ E-mail \_\_\_\_\_  
 Age \_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_ Adult Sizes S M L XL Team Y N  
 Team Name \_\_\_\_\_

RELEASE FORM: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (If Under 18) \_\_\_\_\_ Date \_\_\_\_\_

# RUN IN PEACE

## Don Dore, Sr.

### November 25, 1929 - October 14, 2008

The local running community lost a dear friend, devoted supporter and fierce competitor on Oct. 14 when Don Dore, Sr. - surrounded by his loving family - slipped earth's bonds to meet his Lord. That was the way to go for a man who put his family and his God before and above all else.

Don left behind his wife of 59 years, Betty; four children - and runners - who live locally, sons, Gary (Shirley), Don, Jr. (Liz); and daughters, Susan (Cary) Kuschel, and Debra (Per) Johansen; sister, Eleanor Taylor of Williamsburg, VA, brother, Kenneth Dore of Portsmouth, RI; eight grandchildren and six great-grandchildren.

Born in Rhode Island, Don and his family moved to Satellite Beach in 1976, where he took up running two years later. The real estate brokerage owner also enjoyed sailing, golf and basketball and also lent his incredibly gifted singing talent to the choir at Trinity Presbyterian Church in Satellite Beach, where he also served as an elder for many years.

One of the multiple honors the humble and humorous man received during his lifetime was his induction into the Space Coast Runners Hall of Fame. Below, in its entirety, is the nomination letter submitted by Dave Farrell and unanimously approved by the Space Coast Runners Board of Directors in 2001:

*71-year-old Don Dore has been running since 1978. In February 1978, he took a run on Satellite Beach with thoughts of his two grown sons in Ft. Lauderdale at the very same time running their first 10K race--the Heart Run. Both men were on the track team several years before, in high school. It eventually became a tradition for the entire family to get together and run this race annually. One year they had nearly a dozen Dore family members running!*

*Don became a member of Space Coast Runners in January 1982. Don and Gary Castner took on the task of keeping the statistics for Runner of the Year in 1989. In addition, Don has been a longstanding board member and has led the Melbourne Beach Fun Run since 1993.*

*As a runner, Don won the 55-59 age group in the Runner of the Year series three years in a row. Of note was the 1985 R.O.Y. series that consisted of ten races. Don scored 10 points in each race for a total of 100 points. He won every race against all comers in his age group including the Space Coast Marathon--a perfect score! He has run 15 marathons, two of which have been at Boston. Some health problems have tried to sideline Don, but he does not give up. He is still winning awards in his age group in local races.*

*Don has been a great inspiration to other runners. He has coached several and has encouraged many. There is a story about a new runner at his first 5K race who completed the run because Don Dore and Henry Campbell held his hands during the race and across the finish line--the runner--Matt Mahoney (they created a monster). Don is not only a runner, but is known to be perseverant, responsible and is not easily rattled. He is also a great family man, a good friend and a person with a strong faith in God. Don Dore is an asset to the running community.*

Below: l to r: Don and wife, Betty, in the 70s; Don racing in the 90s and a Dore 2001 family Christmas photo (Don 2nd from left).



# SCR MEMBER DISCOUNTS



*A Better Way to Health*  
Oakwood Square Business Center  
MM#18973

Space Coast Runners  
Discounts only

1 HOUR  
SWEDISH MASSAGE  
\$35.00

1 HOUR  
DEEP TISSUE/SPORTS  
MASSAGE \$35.00

1 HOUR  
HOT STONE MASSAGE  
\$40.00

1 HOUR  
LYMPH MASSAGE  
\$40.00

PLUS A BONUS  
with any massage special  
1 FREE Detox Footbath for 30 min  
This is a \$35.00 VALUE  
FREE

1954 Dairy Road  
West Melbourne FL, 32904  
321-956-7777



10% off to all SCR members!  
[www.runningzone.com](http://www.runningzone.com)



10% off to all SCR members!  
<http://www.sealevelscuba.com>



FRICION. FREEDOM.

Greetings from Speedlaces! We'd like to offer members of your running club a 25% discount code (**Run2008**) to be used on our site, [www.speedlaces.com](http://www.speedlaces.com).



10% off annual membership cost

# MAMA MIA, SEAN BLACK!



Sean at 2007 Run for the Light 5K

During the past six years, Sean Black has collected multiple overall and age group Runner of the Year Series awards as well as awards from many duathlons and triathlons.

On Sept. 30, the NASA engineer toed the start of the ITU Short Course Duathlon World Championships in Rimini, Italy. Having earned an alternate berth for Team USA at the Sarasota regional qualifier in May, 40-year-old Black was ecstatic to receive the invitation to race abroad.

"I wanted to go and gain the experience of interacting with athletes of all cultures," said Black, who at this time last year was undergoing a frightening battle with MRSA that had developed after a cycling accident. "I knew I wouldn't be in the top 20 or even top 30 but how many opportunities do you get to represent your country internationally?"

Black and more than 900 athletes from 25 nations faced wet, windy conditions on a mostly flat course that included a 40K bike sandwiched between 10K and 5K runs.

"It was crazy out there," he said of the crowded, six-loop bike course where many athletes ignored race rules in favor of road-racing strategy. "A lot of the mentality seemed to be to draft and not get caught."

In spite of the cheating going on around him, Sean rode a clean race, finishing in 2:14:48 and 70th out of 100 in his division. He also hopes to race again for and in his country next year, as the 2009 World Championships will take place in Concord, NC. Keep an eye on <http://usatriathlon.org/> for qualifying criteria to be announced.

## RUNNERS WORLD **LOVES** SPACE COAST MARATHON!

RACE OF THE MONTH

### Space Coast Marathon

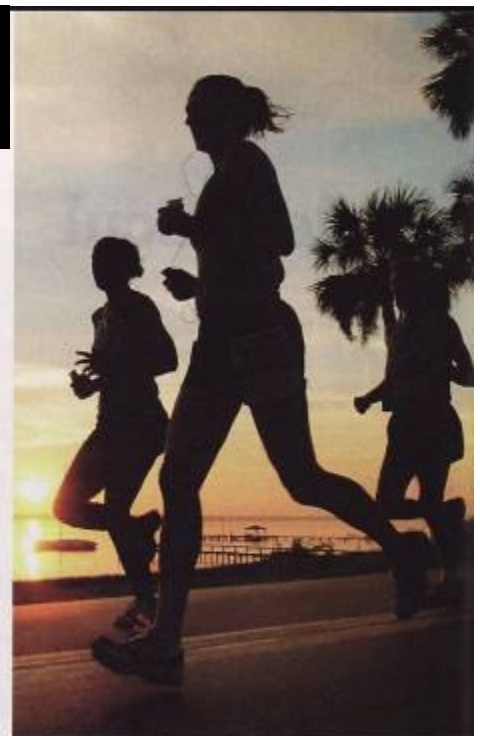
November 30 Cocoa, Florida

**M**ARATHON STARTS always feel dramatic, but imagine a race launch that simulates a space-shuttle liftoff: Smoke billows around you, engines roar, and you see footage of an actual launch on a JumboTron. That's the scene at the start of the Space Coast Marathon and Half-Marathon, a 37-year-old event held in the shadow of Kennedy Space Center, near Cocoa Beach. The rolling out-and-back course along



the Indian River is a favorite of RW Chief Running Officer Bart Yasso. Each aid station has a different cosmic theme, so you might get water from Princess Leia at one mile and Gatorade from an alien at another. Stay for a post-race pancake breakfast, and mingle with astronauts who'll be on hand. With the 6 a.m. start, you'll be done in time to enjoy a day at the beach.

**RUN IT:** November 30  
[spacecoastmarathon.org](http://spacecoastmarathon.org)



**RACING INTO THE SUNRISE**  
The Space Coast Marathon's early start allows runners to beat the heat.



For more events, go to [runnersworld.com](http://runnersworld.com) and click on "Races & Places." Race Directors: Please enter your race results at [runnersworld.com/racedirectors](http://runnersworld.com/racedirectors).



# **Let's meet for Breakfast!**

## **Sunday, Nov 23**

### **Riverfront Park, Cocoa**

Space Coast Runners Sunday Fun Run Group invites you to run/walk with us at 6:30am and then join us for potluck breakfast at Riverfront Park! Bring a dish to share— we'll provide the drinks!

**ONE WEEK AND COUNTING TO  
SPACE COAST MARATHON**

## WELCOME ATHLETES!

Running Zone and Space Coast Runners welcome you to the 37th running of the Space Coast Marathon and Half-Marathon – the oldest marathon in Florida. We invite runners and walkers alike to experience one of the most beautiful waterfront courses on the east coast.



The start and finish of the race takes place in the historic and quaint Cocoa Village, just minutes away from NASA's Kennedy Space Center. Since this is the celebrated "Space Coast," our marathon and half revolve around a space theme sure to delight and energize our participants.

5-4-3-2-1! Blast off for this year's 6:00 am start of the Space Coast Marathon!

## SPACE!

As part of the celebration of the Space Coast, here are some of the amenities planned this year:

- New larger astronaut medals for all finishers
- "Space" photo opportunity back drop at the pre-race dinner and race site
- Start of Race Countdown with a shuttle launch on a Jumbotron
- Kennedy Space Center Visitor Complex admission discounts to participants
- Space props along course and at finish line area
- Volunteers in NASA-like uniforms and hats
- Beach towels for all finishers (instead of mylar blankets)
- Water/aid stations with space themes

## BEST "SPACE" COSTUME CONTEST!

In addition, we will have two best "Space" themed costume contests with the top two costumes winning \$50 and \$25 respectively. If you want to participate, please make sure that your costume is safe to others, you can see clearly, can run easily and your costume will not get too hot. There will be a costume contest after the half-marathon awards presentation and another immediately after the marathon awards presentation. Any finisher of either race is eligible for either contest, but not both.

## \$7,500 IN PRIZE MONEY TO THE TOP FINISHERS!

This year we are offering a total prize purse of \$7,500 distributed equally between males and females broken down as follows:

### MARATHON:

- \$1000 OVERALL
- \$750 SECOND
- \$500 THIRD
- \$250 MASTERS

### HALF-MARATHON:

- \$500 OVERALL
- \$375 SECOND
- \$250 THIRD
- \$125 MASTERS

## DICK BEARDSLEY - KEYNOTE SPEAKER

We are very excited to announce that Dick Beardsley will be the guest speaker at this year's Space Coast Marathon & Half-Marathon. Mr. Beardsley will also be part of the Sunday morning activities including the awards presentation.

Dick Beardsley is probably best known for "The Duel in the Sun," his 1982 Boston race against Alberto Salazar. He finished in second place by a mere two seconds, running 2:08:53. The race even inspired a book, "Duel in the Sun: The Story of Alberto Salazar, Dick Beardsley, and America's Greatest Marathon," by John Brant.

## HOW TO REGISTER

We have partnered with Active.com for online registration. Registration can also be completed by using this brochure and completing the Space Coast Marathon Entry Form. Please mail the registration form and payment to:

**Running Zone**  
3680 N. Wickham Road, Unit C  
Melbourne, FL 32935

Please make checks or money orders payable to **Running Zone**.

To register via Active.com, search for "Space Coast Marathon" or "Space Coast Half-Marathon." Registration via Active.com closes Thursday, Nov. 27th. Registration after the 27th continues at Running Zone until 12:00 pm Saturday afternoon, Nov. 29th and will re-open at the Radisson Resort later that day starting at 3:00 pm until 7:30 pm.

## No Race Day Registration.

## CHANGES/CANCELLATION POLICIES

Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 27th to do so. After that date, no changes will be allowed.

## CONFIRMATION

If registration was completed using Active.com, you will receive a confirmation email that you are registered. If you registered by mail, we will list the current registrants under the Registration tab on [www.spacecoastmarathon.org](http://www.spacecoastmarathon.org) and update it every two weeks. You can review the listing to verify that you are registered.

## FEES/PARTICIPANT PERKS

Your entry fee to the marathon and half-marathon entitles you to the following:

- All finishers will receive a custom "astronaut" medal and a "space" certificate to recognize and commemorate their accomplishment
- Seminar with guest speaker, Dick Beardsley, at the Radisson Resort
- Pre-race pasta dinner at the Radisson Resort (open seating from 5:30 pm to 7:30 pm)
- Each runner will also receive an official long sleeve technical (not cotton) T-shirt
- Beach towels for all finishers (instead of mylar blankets)
- An awesome post-race celebration with food, drink and music

| RACE          | Through Sept. 30 | Oct. 1-Nov. 29 |
|---------------|------------------|----------------|
| Marathon      | \$80             | \$90           |
| Half-Marathon | \$65             | \$75           |

## AGE GROUPS FOR MARATHON & HALF-MARATHON

Unique awards will be given to the top three overall male and female winners, top male and female master, top three

finishers in each of the five-year age groups, (starting with 15-19 and ending with 75+). Eighteen (18) is the minimum age for participation in the marathon.

#### **RACE PACKET PICKUP & LATE REGISTRATION**

Late registration and packet pickup will be available starting Monday, Nov. 24th through Friday, Nov. 28th (excludes Thanksgiving Day) at Running Zone from 10:00 am to 6:30 pm and Saturday from 9:00 am to 12:00 pm. Running Zone is located at 3680 N. Wickham Road. For directions, visit [www.runningzone.com](http://www.runningzone.com) or call (321) 751-8890. Registration and packet pickup will also be available at the Radisson Resort on Saturday from 3:00 pm until 7:30 pm.

**Registration closes Saturday evening at 7:30 pm.** Packet pickup starts at 4:30 am on race morning in Cocoa Village.

**No Race Day Registration.**

#### **TRAVEL/HOTEL INFO**

Special rates have been negotiated with several hotels in the area. Please visit [www.spacecoastmarathon.org](http://www.spacecoastmarathon.org) for a listing of hotels that are offering special marathon pricing. Both the Orlando International Airport and the Melbourne International Airport are the most convenient to Cocoa, Florida.

#### **WEATHER**

Although race day temperatures have averaged 53 for the low and 73 for the high, be prepared for cool as well as warm weather. Florida weather is somewhat unpredictable in the later months of the year.

#### **TIMING AND SCORING**

Champion chip timing will be used for scoring. Both the official time and "net" time will be calculated. Both the marathon and half-marathon are USATF certified courses. You can use this beautiful flat course as a Boston qualifier. Course officially closes at 1:00 pm on Sunday afternoon.

#### **BUS "SHUTTLE" SERVICE**

We will be providing a bus service from the Radisson Resort in Port Canaveral back and forth from the race staging area in Cocoa Village Riverfront Park. If you are staying at any of the hotels on the beach or live beachside, you can utilize the shuttle service in lieu of driving to the race site. The buses will run (no pun intended) from 4:00 am until 1:00 pm Sunday afternoon.

#### **AID STATIONS**

Aid stations will be available on the course as well as at the finish line. Water and sports drink will be available at every aid station. Gels will be available at mile 8 and every aid station from mile 14 through the finish.

#### **CORRAL SYSTEM**

A new corral system at the start will be incorporated this year according to expected finishing time. Please make sure to fill in the expected finishing time on the registration form or when registering on [www.active.com](http://www.active.com). (If you are unsure of your expected finishing time, please estimate your expected finishing time based on your average pace per mile.)

#### **RACE HEADQUARTERS**

Race Headquarters will be at Running Zone, Inc. located at 3680 N. Wickham Road in Melbourne, Florida. Running Zone is just south of the King Center and Brevard Community College between Post and Parkway Road. For further information about Running Zone, visit us on

the web at [www.runningzone.com](http://www.runningzone.com). You can also contact Race Director Denise Piercy at Running Zone by phone at (321) 751-8890 or [info@spacecoastmarathon.org](mailto:info@spacecoastmarathon.org).

#### **SATURDAY ACTIVITIES, NOVEMBER 29TH**

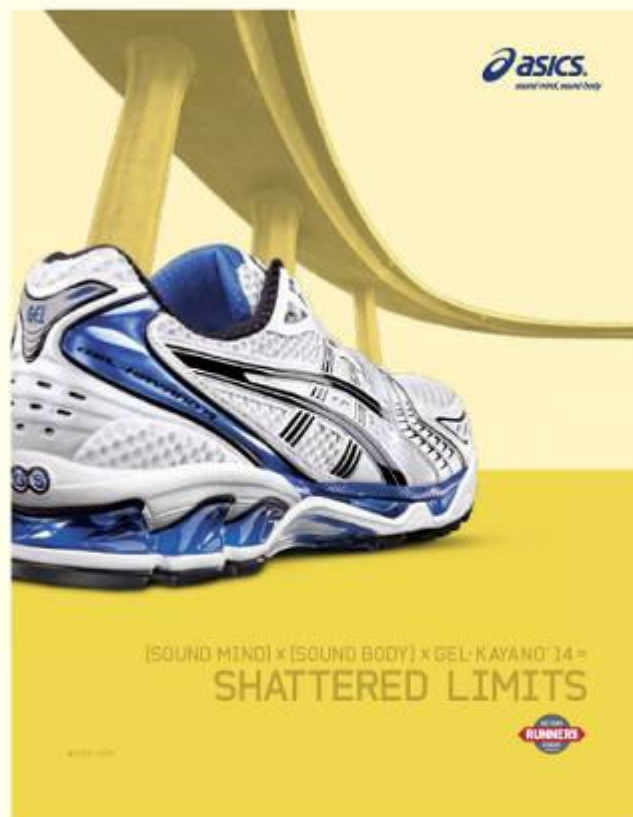
- 9:00 am Running Zone opens for late registration & packet pickup
- 10:00 am Meet & Greet with Dick Beardsley at Running Zone (until 12:00 pm)
- 12:00 pm Packet pickup closes at Running Zone
- 3:00 pm Packet pickup starts at the Radisson Resort
- 3:00 pm Presentation with Dick Beardsley at the Radisson Resort
- 5:30 pm Pre-Race pasta dinner opens at the Radisson Resort
- 7:30 pm Dinner and packet pickup closes

Last minute instructions, weather updates and other pertinent information will be shared immediately after Mr. Beardsley's presentation at the Radisson and at numerous times during the pre-race dinner. Also, additional dinner tickets are available for \$15.00 that can be purchased with your registration or by contacting Running Zone at (321) 751-8890.

#### **RACE DAY SCHEDULE - SUNDAY, NOV. 30TH**

- 4:30 am Packet pickup opens
- 6:00 am Race starts for both Marathon & Half-Marathon
- 9:00 am Half-Marathon awards ceremony
- 11:30 am Full Marathon awards ceremony

There is a 7-hour time limit so the course closes at 1:00 pm on Sunday afternoon.





# ENTRY FORM

## 2008 SPACE COAST MARATHON & HALF-MARATHON



Check Division Entering:

MARATHON\*     HALF-MARATHON     WHEELCHAIR     HAND CYCLE

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

RACE DAY AGE \_\_\_\_\_ EXPECTED FINISH TIME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

MALE     FEMALE

EXTRA PASTA DINNER TICKETS: # needed \_\_\_\_\_

T-SHIRT SIZE:     EXTRA SMALL     SMALL     MEDIUM     LARGE     EXTRA LARGE

(Technical shirt will not shrink)

Brevard County Resident  (\$5.00 discount for Half-Marathon / \$10.00 discount for Marathon)

Note: Entry fees are non-refundable and race numbers are non-transferable. Those who register for one distance but wish to switch to the other, have until Nov. 27th to do so. After that date, no changes will be allowed.

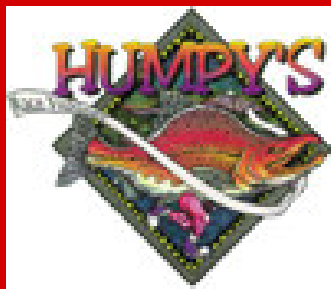
INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2008 Marathon, Half-Marathon being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, 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 2008 Space Coast Marathon, or Half-Marathon. 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 (HALF) \_\_\_\_\_

DATE \_\_\_\_\_

\*Eighteen (18) is the minimum age for participation in the marathon



## FIFI'S #38 IN USA'S #49 By...Fiona Wright Humpy's Marathon, Big Wild Life Runs Anchorage, Alaska August 17, 2008

In my 50 States quest I had penciled in Alaska for June, 2009. However, an important upcoming wedding was announced which I thought would conflict. The 50 States Marathon Club was having a reunion at Humpy's Marathon in August. My only problem was affording this trip at such short notice. Southwest Airlines don't go to Alaska so I had to look for a good deal. I could fly Delta out of Melbourne to Atlanta, then direct from Atlanta to Anchorage for a really low price. I grabbed it, begged for the time off work, and set about finding a place to stay. Even the nastiest roach motels in Anchorage were asking \$100/night. After a little research I found a married couple with a beautiful home who were happy to accommodate stray marathon runners like myself and a couple from Ohio. The Ohio runners offered to rent a car which saved me a few more dollars. The boss gave me the time off and so I was all set for a long weekend in the coldest state of the union.

I flew into Anchorage on Friday evening. There was a 4 hour time change which felt a bit strange. The Ohio couple picked me up, and after a pleasant dinner down town Anchorage, we headed to the home where we were staying. Our hosts were out of town for the weekend. Their home was very beautiful and we felt privileged to be allowed to stay there.

Saturday we went to the expo which was extremely modest. After we picked up our packets we attended an interesting movie about the Northern Lights. Anchorage is quite a small town with a lot of souvenir shops, travel agents and bars. After we bought the obligatory post cards and gifts, we went to the 50 States Club Meeting. It's always fun meeting and socializing with like-minded maniacs.

Captain James Cook of England had been to Alaska 232 years before me. In his 3<sup>rd</sup> and final voyage in 1776 he sailed from England to the South Pacific, and then traveled north to explore the west



**Fifi and pals grin as they close in on big game during their glacier hunt!**

coast of North America. He mapped the coast from California to the Bering Straits stopping off at Anchorage at a place later known as Cook Inlet. Many historians suggest that during this voyage Captain Cook charted most of the North American northwest coastline on world maps for the first time. He determined the extent of Alaska and closed the gaps in Russian (from the west), and Spanish (from the south) explorations of the Northern limits of the Pacific. Captain Cook was from my home town in England and something of a local hero to me and most school kids in Middlesbrough. I took the time to visit his statue overlooking Cook Inlet where I met several British tourists. Apparently British pride for Captain Cook extends beyond Middlesbrough throughout the kingdom.

This is a Titusville Racing Series Event!



# CHAIN OF LAKES 5K

**SATURDAY, December 6, 2008 •  
8:00 AM Start**

**Chain of Lakes • Titusville, Florida  
(Behind Brevard Community College on N. US 1)**

**COURSE**

Distance: 5K Cross Country  
Scenic, flat, double loop course  
The course follows the trails around the Chain of Lakes.

**AID STATIONS AND SPLITS**

Splits at all mile marks. Aid station near the 1.5 mile mark.

**Proceeds to benefit Boys & Girls Club**

**ENTRY FEES\***

- \$ 20 Registration
- \$ 17 Early Registration (by December 1<sup>st</sup>)
- \$ 12 Student

\*SCR members receive \$1 discount for pre-registered runners.  
Sorry, No refunds!

**PACKET PICKUP AND LATE REGISTRATION**

Packet pickup and day of race registration will be at the Chain of Lakes.

**AWARDS**

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female
- Grand Masters (50+) overall - male & female
- Senior Grand Masters (60+) overall - male & female

**AGE GROUPS**

- 9 yrs. & under
- 10 to 14 yrs
- 15 to 19 yrs
- then, every 5 yr. age divisions through 70+

**RESTRICTIONS**

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

**T-SHIRTS**

T-shirts to all registered 5K participants

**DOOR PRIZES**

All participants and race volunteers are eligible for door prize drawings. You MUST be present to win. Door prizes will be drawn during the Awards ceremony.

**AWARDS CEREMONY**

The Awards ceremony will be held following the 5K.

**TITUSVILLE RACING SERIES**

This race is the second in the 5 Titusville Racing Series races. The next TRS event is the Light The Way 5K on January 24, 2009, Run For Your Life 5K on March 21, 2009 and culminating with Space Walk of Fame 8K on April 11, 2009. One drop rule will apply.

**CHAIN OF LAKES 5K XC • SATURDAY, December 6, 2008 • REGISTRATION FORM**

|                      |  |                      |                      |                                |                          |                          |                          |
|----------------------|--|----------------------|----------------------|--------------------------------|--------------------------|--------------------------|--------------------------|
| Last Name            |  |                      |                      | First Name                     |                          |                          |                          |
| <input type="text"/> |  |                      |                      | <input type="text"/>           |                          |                          |                          |
| Address              |  |                      |                      |                                |                          |                          |                          |
| <input type="text"/> |  |                      |                      |                                |                          |                          |                          |
| City                 |  | State                | Zip Code             |                                | Male                     | Female                   | No T-shirt               |
| <input type="text"/> |  | <input type="text"/> | <input type="text"/> |                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Date-of-Birth        |  | Age/Day of Race      |                      | Telephone (Area Code + Number) |                          | Adult Shirt Size         |                          |
| <input type="text"/> |  | <input type="text"/> |                      | <input type="text"/>           |                          | YL S M L XL              |                          |



Make checks payable to:  
"Boys & Girls Club of Central Florida"  
Mail to: Chain of Lakes  
c/o Space Coast Runners  
P.O. Box 2  
Titusville, FL 32781

I hereby release Boys and Girls Club, Brevard Parks & Recreation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent, if under 18)

**5k Run**  
**1 Mile Fitness Walk**



**Ballard Park**

**Saturday, December 6, 2008**

Race Start 8:00am. Check-in 7:00am  
924 Thomas Barbour Dr, Melbourne

**Dog Friendly ARFF-ritis Event**



**Prizes for top Finishers in 7 Age Categories**

**Awards for Age Group Winners**

**Fun Post Race Party with FREE Bloody Mary's and Mimosas by conch Key Grille\***

**Incentive Prizes for Fundraisers**

**Jingle Bells & Long Sleeve T-Shirts**

**\* with proper id**



For information call **800-850-9455**



On-line registration: [www.arthritis.org](http://www.arthritis.org) or [www.active.com](http://www.active.com)



## SPACE COAST RADIO REPORT RETURNS FOR FOURTH SEASON!

Thanks to sponsorship from Running Zone and Space Coast Runners, Ron Hoar is returning to the airwaves with the 2008-09 Space Coast Radio Running Report.

The Reports, which run about five minutes, began airing on September 1 and will run through December 16 and then again from January 19 to May 19. Tune into 94.1 FM and give them a listen!

The Monday-Tuesday report will provide weekend race results, upcoming races, interviews, high school results. The Thursday-Friday report will promote upcoming races, runner standings, interviews, high school running news.

**AIR DAYS**

Monday

Tuesday

Thursday

Friday

**TIMES**

4:45, 5:45 p.m.

6:45, 7:45 a.m. and 4:45, 5:45 p.m.

7:45 a.m. and 5:45 p.m.

6:45 & 7:45 a.m. and 4:45 p.m.

CAPE CANAVERAL'S 12<sup>TH</sup> ANNUAL REINDEER 5K RUN/WALK FOR UNITED WAY OF BREVARD COUNTY

\*\*\*\*\*

L-O-N-G SLEEVED T-SHIRTS, REFRESHMENTS, KIDS FUN RUN, AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS

LOCATION: CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA. \*\*PARKING AT CAPE VIEW ELEMENTARY, 8440 ROSALIND AVENUE\*\*

TIME: 8:00 A.M. 5K RUN/WALK
9:00 A.M. SCR YOUTH SERIES RUN (1/4 mile, 1/2 mile & 1 mile fun runs) (FREE to kids 10 & under)
9:15 A.M. PRESENTATION OF AWARDS
9:45 A.M. DOOR PRIZES

DATE: SATURDAY, DECEMBER 8, 2007

PRE-REGISTRATION FEE: \$17.00 - BEFORE DECEMBER 1, 2007 (Space Coast Runners will receive \$1.00 discount - Pre-Registration Fee Only)

ON-SITE REGISTRATION FEE: \$20.00

RAIN OR SHINE!!

Complete this Pre-registration form, attach your check made payable to City of Cape Canaveral: Mail to: United Way of Brevard County, Attn. Bethanne Hull, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name First Name M.I.

Address

Telephone (Home) (Office)

Male Female Running Walking

Age on 12/8/07 D.O.B. T-Shirt Size S M L XL XXL (Circle One) \*\*The First 400 Registrants Receive T-Shirts\*\*

Restrictions: For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 12th Annual Reindeer Run 5K Run/Walk. 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 responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK. Signed Date (Signature of parent or guardian is required if participant is under 18 years of age)



## FIFI GETS HIGH IN NEW MEXICO

By...Fiona Wright

### New Mexico Marathon, Albuquerque, NM

August 31, 2008

New Mexico was the last western state I had to run. In 2003 I had run the half marathon at the Duke City Marathon in Albuquerque. This had been one of the worst organized races I had ever run. I did some investigating and was able to ascertain that Duke City and New Mexico Marathons were totally separate races; and so I signed up for the 10<sup>th</sup> annual New Mexico Marathon in Albuquerque. Southwest flies direct from Orlando and I had a frequent flier ticket to burn. I don't know anyone who lives in Albuquerque so I booked an inexpensive motel. I did a little asking around and found a roommate in Buffalo, NY (Marcus). We mutually Googled each other and satisfied ourselves that each was a maniacal marathon runner with no criminal record.

I flew out on the Friday. Marcus was texting me all day from the various airports he had to fly through. He left an hour before me and arrived three hours after me. He was sat in Atlanta waiting on his connection when I sent him a text announcing my arrival in Albuquerque. It really helps to live near a popular airport. I had time to pick up the car, check into the motel, do a little shopping then go to the airport to pick him up. It was all very smooth.

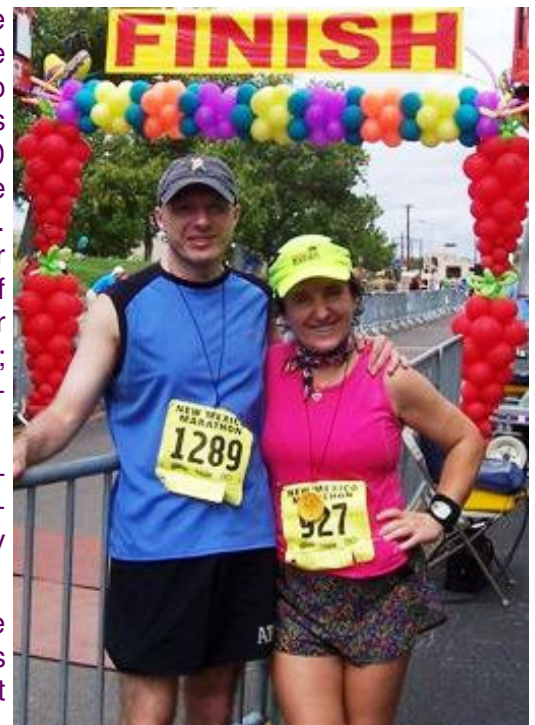
Saturday we went into Albuquerque to look around and pick up our packets. Marcus had done a little research and discovered Santa Fe was about an hour's drive. We took the scenic route, stopping along the way to admire the view. Santa Fe is definitely worth visiting. We walked around an outdoor market that was selling art and Indian artifacts. We visited the Cathedral Basilica of St Francis of Assisi. Outside the church there was a colorful group of Mariachi players and dancers performing. We walked around and discovered the Santa Fe River which was a dry river bed.

American artist Georgia O'Keeffe has been associated with New Mexico and the southwest since settling there in her later years. Although she has been dead for over 20 years now, her art lives on. The Georgia O'Keeffe Museum in Santa Fe has the largest collection of her work in the world. I had never heard of this artist, but when I toured the museum I recognized several pieces of her abstract art.

Early on Sunday morning we boarded the bus to the start line in the shadows of the beautiful Sandia Mountains at 5,800 feet. The race started at 5:30 AM which is one of the earliest I've ever run. It was so beautiful watching the sun rise over the mountains. The first 8 miles were uphill to 6,100 feet. The next 6 miles were downhill to 5,000 feet. In the distance I could see some colorful hot air balloons. The last 12 miles were mostly flat through Albuquerque's North Valley. The finish line was at 4,800 feet. Any time I run at elevations over 3,000 feet I notice my splits are longer. Despite having 6 miles of downhill, the rest of the course was tough. I needed to take longer and more frequent walk breaks. I didn't get discouraged however; any marathon that takes longer to run is always scenic and interesting.

I finally crossed the finish line in 5:07. The medal was one of the prettiest I've ever received. It was ceramic and decorated in the traditional Mexican Indian style. Marcus was waiting for me; he ran a very good race in 3:43, placing 8<sup>th</sup> in his in age group.

I have now completed all the western continental states. I still have parts of the mid-west, the south, Hawaii and the north-east left. It's taking me a lot of time, money and effort to tackle this goal, but just like a Big Mac, one bite at a time, I'm lovin' it!



Fifi and Marcus at the finish line!



**ACTIVE.COM**  
(Search for Running Zone Race Series)

*Third race of the series!*

**4th ANNUAL**  
**“JINGLE BELL 2 MILER” RUN/WALK**  
**SATURDAY, DEC. 20, 2008 AT 5:45 PM**  
Satellite Beach Public Library \* Satellite Beach, FL.

**FREE – “Santa’s Little Helper” Kid’s Run**

**TIMETABLE:**

**Friday, Dec. 19<sup>th</sup> 10:00 am – 6:00 pm**  
Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

**Saturday, Dec. 20<sup>th</sup> – Satellite Beach Library**

4:30 pm Packet Pickup & Registration  
5:30 pm Late Registration ends  
5:45 pm 2 Miler Start!!!  
6:30 pm Santa’s Little Helper Kid’s Run - FREE!

\*Awards Ceremony immediately following all races

Satellite Beach Library: (From A1A, heading North, turn left on Desoto Road. Approx. ½ mile turn left on Jamaica Blvd. Approx. ½ mile, library will be at end of Jamaica Blvd.)

**ADDITIONAL PARKING - CRESPINO FIELD - IHB**

**AMENITIES:**

- Awesome Technical Shirts
- Door Prizes/Fun Race Packets
- Jingle Bells for Everyone’s Shoes
- Santa Hats for the 1<sup>st</sup> 500 Entrants
- Christmas/Gecko Cookies & Goodies
- Great Holiday Awards
- Awards for Best Holiday Costumes
- Special Appearance from Santa Claus & Zippy the Gecko Mascot

**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:**

|                       |                |
|-----------------------|----------------|
| 2 Mile Run/Walk       | <b>\$28.00</b> |
| Race Day Registration | <b>\$31.00</b> |
| Optional Kid’s Reg.   | <b>\$15.00</b> |

(12 & Under-See Below for Details)  
**SORRY, NO REFUNDS**

**JINGLE BELL 2 MILER RUN/WALK OFFICIAL ENTRY FORM**  
Send completed entry form with fee to: Make check payable to: Running Zone  
Running Zone, 3680 C.N. Wickham Road, Melbourne, FL 32935

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_

Sex:  Male  Female Please check shirt size: Sizes: XS S M L XL XXL

Team Name \_\_\_\_\_ (minimum of 5 team members with one person of opposite sex)

Corporate Challenge Team \_\_\_\_\_

School Team Challenge: (Elementary and Middle Schools Only) \_\_\_\_\_

Optional Kid’s Registration:  \$15.00 \*\*Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical running shirt.  Youth Medium (cotton)  Adult Small (cotton)

**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 Jingle Bell 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

**~ HAPPY HOLIDAYS ~**



# Run for the Light

## 5K Run & 1 Mile Walk



Candlelighters of Brevard, Inc.  
Because kids can't fight cancer alone...

**DATE & TIME**

**Saturday, January 31, 2009**  
8:00 a.m.

**LOCATION**

**Windover Farms**  
**Melbourne, FL**  
(On Post Road, 0.9 mi. W. of Wickham Rd.)

**AWARDS**

- Male & Female Top Three Overall
- 1st Male & Female Masters
- Top 3 Runners in each 5-year age group

**Sponsored by:**



100% of the proceeds benefit the  
**Candlelighters of Brevard.**

Candlelighters of Brevard, Inc. is a non-profit organization dedicated to children with cancer and their families by offering emotional support and financial assistance

**For more information call**  
**Candlelighters of Brevard, Inc.**  
**(321) 728-5600**

**ENTRY FORM**

**Mail entry form & make check payable to:**

Candlelighters of Brevard, Inc.  
P.O. Box 1353  
Melbourne, Florida 32902-1353

| Entry Fees<br>Please Check Activity  | Postmarked<br>by 1/18/09 | On Race<br>Day |
|--------------------------------------|--------------------------|----------------|
| <input type="checkbox"/> 1 Mile Walk | <b>\$18</b>              | <b>\$22</b>    |
| <input type="checkbox"/> 5K Run      | <b>\$20</b>              | <b>\$24</b>    |

Sorry, entry fees are nonrefundable. No changes after registration.  
Pacing can only be in race entered.  
\$1 discount to pre-registered Space Coast Runners

In the acceptance of this entry, I waive any and all claims for myself and heirs against officials and sponsors of the race for injury and illness which further may result directly or indirectly from my participation. I am in proper physical condition to participate in this event.

Signature: \_\_\_\_\_  
(must be signed by parent or guardian if under 18)

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

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

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

Male  Female

DOB \_\_\_\_\_ Age on 1/31/09 \_\_\_\_\_

Shirt Size:  S  M  L  XL  
Shirts available to the first 300 entrants.  
Sizes are not guaranteed on Race Day

Space Coast Runner: Yes  No

Kid's Run Following the 5K!





# INAUGURAL 2009 MELBOURNE & BEACHES MUSIC MARATHON ENTRY

SUNDAY, FEBRUARY 8TH, 2009

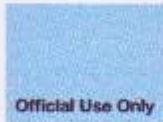
1/2 MARATHON & 5K

Register online @ [www.themelbournemarathon.com](http://www.themelbournemarathon.com)

Complete Entire Form Mail entries not accepted after 12/31/08

Please print neatly using capital letters. O.K. to photocopy (do not alter size). One entry per form please.

Mail completed form and fee to: Smooth Running, P.O. Box 33100, Indialantic, FL 32903



|                          |              |
|--------------------------|--------------|
| <input type="checkbox"/> | MARATHON     |
| <input type="checkbox"/> | 1/2 MARATHON |
| <input type="checkbox"/> | 5-k          |

Name (First)

(Last)

Address

Apt:#/Suite

City

State

Zip or Postal Code

Country

Phone(Day)

(Evening)

E-Mail Address

M

F

\*Birth Date

\*Age on Race Day

Estimated Finishing Time

Fastest Previous Time

\*Age divisions calculated by birth date \*Minimum age is 18 for the Marathon \*Minimum age is 12 for the 1/2 Marathon

**WAIVER: (Must be signed)**

**RELEASE AND WAIVER OF LIABILITY AGREEMENT**

ALL PARTICIPANTS IN MARATHONS, EVENTS AND ROAD RACES OF OTHER DISTANCES CONDUCTED BY SMOOTH RUNNING, LLC AND THEIR RELATED EVENTS ("EVENT") ARE REQUIRED TO, AND HEREBY DO, ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, and successors hereby fully and forever releases, waives, discharges and covenants not to sue Smooth Running, LLC, its affiliated corporations and charities, the host city(ies), county and state, USATF, any and all municipal agencies whose property and/or personnel are used or in any way assist, all sponsoring or co-sponsoring companies or individuals related to the Event together with their officers, directors, shareholders, successors and assigns, (collectively "Releases") from all liability to the Athlete and his/her personal representatives, assigns, heirs, executors, and successors for any and all loss(es), damage(s) and any and all claims or demands therefore, on account of injury to Athlete, his/her property or resultant death, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with Athlete's participation in the Event. Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Event. Athlete is fully aware of the risks and hazards inherent in participating in the Event and hereby elects to voluntarily participate, knowing the risks associated with the Event. Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the Event. Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. Athlete acknowledges that the entry fee paid is non-refundable and non-transferable. Athlete acknowledges and agrees that Smooth Running, LLC, in its sole discretion, may delay or cancel the Event if it believes the conditions on the race day are unsafe. In the event the Event is delayed or cancelled for any reason, including but not limited to: fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including without limitation, rain, hail, hurricane, tornado, earthquake), or any other cause beyond the control of Smooth Running, LLC there shall be no refund of the entry fee or any other costs of Athlete in connection with the Event. The Athlete hereby grants to The Medical Director of the Event, and his/her agents, affiliates and designers, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. Athlete understands that they have the right to refuse medical care and advice of Event medical directors and representatives; if Athlete's medical condition becomes such that the Athlete's mental capacity is questioned, the physician has the right to recommend and initiate treatment of Athlete. It is understood and agreed that Athlete hereby assumes liability for any and all medical expenses incurred as a result of training for and/or participation in the Event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services. Athlete warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing Athlete to participate in the Event. ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT

Signature of Athlete

Parent/Guardian Signature if athlete is under 18

Date

**IF ATHLETE IS UNDER AGE 18:** The signature certifies that my son/daughter has my permission in the Marathon, Half Marathon or 5-k. The signature has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (paragraph above signatures and by signing below intentionally and voluntarily agrees to its terms and conditions. The signature further certifies that my son/daughter is in good physical condition and is able to safely participate in the Marathon, Half Marathon or 5-k. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

**THERE IS A 6 HOUR TIME LIMIT FOR THE FULL MARATHON. IF YOU CANNOT FINISH BEFORE THAT TIME, YOU WILL NOT BE ALLOWED TO FINISH THE RACE AS ROADS MUST REOPEN.**

Additional contribution for Lance Armstrong's LiveStrong Foundation \$ \_\_\_\_\_

Additional contribution for the Brevard Symphony Orchestra \$ \_\_\_\_\_

**FEES: Shirt Size (circle one): S M L XL XXL**

Includes family-friendly street party and concert, plus entrant T-shirt.

|   |       |          |
|---|-------|----------|
| Marathon Entry (to 9/30/08)               | \$70  | \$ _____ |
| Marathon Entry (10/01/08 to 11/30/08)     | \$80  | \$ _____ |
| Marathon Entry (12/01/08 to 01/15/09)     | \$90  | \$ _____ |
| Marathon Entry (01/16/08 to 02/05/09)     | \$100 | \$ _____ |
| Marathon Entry at Expo                    | \$120 | \$ _____ |
| 1/2 Marathon Entry (to 9/30/08)           | \$55  | \$ _____ |
| 1/2 Marathon Entry (10/01/08 to 11/30/08) | \$65  | \$ _____ |
| 1/2 Marathon Entry (12/01/08 to 01/15/09) | \$75  | \$ _____ |
| 1/2 Marathon Entry (01/16/09 to 02/05/09) | \$85  | \$ _____ |
| 1/2 Marathon Entry at Expo                | \$100 | \$ _____ |
| 5-K Entry (to 9/30/08)                    | \$25  | \$ _____ |
| 5-K Marathon Entry (10/01/08 to 11/30/08) | \$25  | \$ _____ |
| 5-K Marathon Entry (12/01/08 to 01/15/09) | \$30  | \$ _____ |
| 5-K Marathon Entry (01/16/09 to 02/05/09) | \$35  | \$ _____ |
| 5-K Marathon Entry at Expo                | \$40  | \$ _____ |

Any overpayment will be donated to official race charities.

**TOTAL ENCLOSED \$ \_\_\_\_\_**

**MALE****Overall**

|              |         |
|--------------|---------|
| Steve Chin   | 17:54.3 |
| Art Anderson | 18:13.8 |
| Tim Bishop   | 18:15.3 |

**Masters (40+)**

|            |         |
|------------|---------|
| Mike Dahan | 19:14.7 |
|------------|---------|

**9 and Under:**

|                 |         |
|-----------------|---------|
| Bryson Smith    | 21:18.5 |
| Larry Collamore | 34:23.8 |

**10-14**

|                  |         |
|------------------|---------|
| Morgan Levine    | 22:36.5 |
| Camron Powell    | 23:08.9 |
| Cole Smith       | 24:15.8 |
| Mike Fears       | 26:58.4 |
| Zachary Hobby    | 27:49.8 |
| Mike Ellison     | 28:23.1 |
| Daniel Arbogast  | 32:06.6 |
| Jacob Hobby      | 36:52.7 |
| Kevin Tiller     | 37:56.4 |
| Craig Briggs     | 38:57.0 |
| Sterling Schantz | 48:35.0 |
| Ian Bevtel       | 52:58.1 |

**15 - 19**

|                 |         |
|-----------------|---------|
| Harris Krause   | 19:48.6 |
| Ivan Swenson    | 22:45.9 |
| Brendan Joseph  | 24:53.4 |
| William Reilova | 26:53.7 |
| Peter Clauter   | 27:48.1 |

**20 - 24**

|                  |         |
|------------------|---------|
| Matthew Craig    | 22:24.5 |
| Steven Place     | 29:22.4 |
| Timothy Johnston | 29:51.6 |
| Jesse Tortorice  | 40:12.5 |

**25 - 29**

|              |         |
|--------------|---------|
| Jaden McCart | 23:05.2 |
|--------------|---------|

**25-29 (Con't.)**

|                   |         |
|-------------------|---------|
| Bradlee Kasprzak  | 23:48.4 |
| Jonathan Calderon | 23:58.7 |
| Ryan Roberts      | 25:43.4 |
| Michael Rowland   | 25:52.2 |
| Joshua Isaacson   | 27:20.4 |
| Zane Reynolds     | 29:28.5 |
| Tres Bishop       | 34:28.4 |
| Patrick Weaver    | 53:25.3 |

**30 - 34**

|                    |         |
|--------------------|---------|
| Ryan Caudill       | 21:19.0 |
| Frank Solis        | 21:54.7 |
| John Kramer        | 22:09.7 |
| Tommy Finch        | 23:18.8 |
| Daniel Hancock     | 24:11.9 |
| Billy Baker        | 24:34.3 |
| Jason Pagel        | 26:45.7 |
| Brian Bridenbecker | 28:04.8 |
| Michael Zeller     | 28:30.2 |
| Jeff Noordhoff     | 33:29.3 |
| Mike Fears         | 37:07.9 |

**35 - 39**

|                   |         |
|-------------------|---------|
| Billy Walters     | 22:01.2 |
| Adam Brothers     | 22:58.6 |
| Eric Silika       | 23:06.9 |
| Rick Ramnath      | 23:29.7 |
| William Conyers   | 23:32.1 |
| Eric Della Vedova | 24:06.0 |
| Thomas Jackson    | 24:20.2 |
| Michael Fairbank  | 24:50.5 |
| Edward Bain       | 26:03.9 |
| Loren Goldfarb    | 26:22.8 |
| Brian Lail        | 26:51.4 |
| Richard Lane      | 27:25.8 |
| Shands Greenlee   | 27:30.3 |
| Bruce Jawbu       | 28:29.2 |
| Chris Johnson     | 29:52.0 |
| Sam Anzalone      | 30:56.6 |
| David Wilder      | 48:44.1 |

**40 - 44**

|                   |         |
|-------------------|---------|
| Robert Ober       | 20:07.4 |
| Mark Ewald        | 21:35.9 |
| Michael Whitlow   | 22:09.0 |
| Steve Clark       | 23:35.8 |
| Andrew Collamore  | 25:29.5 |
| David Rodriguez   | 27:00.8 |
| Glenn Webb        | 27:05.9 |
| Rod Sulte         | 27:20.9 |
| Francisco Ruiz    | 28:11.1 |
| Dean Murphy       | 28:13.2 |
| Russell Hobby     | 34:55.1 |
| John Karp         | 39:57.0 |
| Carmine Gigliotti | 42:51.9 |

**45 - 49**

|                 |         |
|-----------------|---------|
| David Jones     | 20:08.5 |
| Jay Claybough   | 22:00.9 |
| Craig Schmauss  | 24:19.9 |
| John Entsminger | 27:15.5 |
| Robert Wright   | 32:43.8 |
| Lee Krause      | 33:07.1 |
| Craig Briggs    | 36:14.1 |

**50 - 54**

|                   |         |
|-------------------|---------|
| Mike Mos          | 23:03.4 |
| Robin Petersen    | 24:33.7 |
| Thomas Flavin     | 26:29.6 |
| Mike Arbogast     | 30:29.8 |
| Brian Percival    | 30:41.5 |
| Dennis Durkee     | 33:32.2 |
| Thomas McCullough | 34:41.2 |
| Javier Vasquez    | 36:51.2 |
| Bill Hoffman      | 37:56.7 |
| Jeff Valentine    | 45:00.0 |

**55 - 59**

|                |         |
|----------------|---------|
| Larry Wiseman  | 26:39.7 |
| Bill Kelly     | 26:44.0 |
| Richard Marino | 29:51.2 |
| Gordon Dillion | 33:28.5 |

**60 - 64**

|                  |         |
|------------------|---------|
| Thomas Doyle     | 22:27.0 |
| Jim Schroeder    | 22:29.3 |
| Bernie Kaiman    | 23:41.0 |
| Greg McKay       | 25:46.8 |
| John Redrup      | 29:43.9 |
| David Pocoski    | 35:37.9 |
| John Hadjilogiou | 00:38.1 |

**65 - 69**

|                  |         |
|------------------|---------|
| Timothy Deratany | 43:50.1 |
| David Cronenberg | 52:18.4 |

**70 - 74**

|              |         |
|--------------|---------|
| Tom Ward     | 23:56.9 |
| Bob Pecor    | 29:11.8 |
| Don Palinkas | 31:12.8 |

**75 - 99**

|            |         |
|------------|---------|
| Russ Marth | 37:02.9 |
|------------|---------|

**FEMALE****Overall**

|                     |         |
|---------------------|---------|
| Angela Cobb         | 18:12.7 |
| Sherrill Niedenthal | 19:56.6 |
| Candice McNaughton  | 20:01.1 |

**Masters (40+)**

|              |         |
|--------------|---------|
| Anne Dockery | 23:26.6 |
|--------------|---------|

**9 and Under**

|                |         |
|----------------|---------|
| Alex Baysinger | 27:53.3 |
| Arielle Fears  | 37:08.6 |
| Anna Wilder    | 48:44.4 |

**10-14**

|                     |         |
|---------------------|---------|
| MacKenzie Baysinger | 24:49.2 |
| Chawnee Gulick      | 28:02.0 |
| Cheyenne Gulick     | 29:32.5 |
| Ilana Krause        | 33:07.5 |
| Ashley Fears        | 35:48.3 |
| Daphna Krause       | 42:08.8 |
| Camrin Cox          | 47:54.1 |
| Ellen Mahoney       | 50:36.9 |
| Alexa Berkman       | 53:56.6 |

**15 - 19**

|                    |         |
|--------------------|---------|
| Elysee Autrey      | 22:47.9 |
| Brittany Carnegie  | 24:34.7 |
| Sara Lewis         | 26:48.5 |
| Kristen Hicks      | 27:47.7 |
| Amanda Braden      | 28:09.5 |
| Jillian Treffeisan | 28:25.2 |
| Hannah Houston     | 29:31.4 |
| Hollie Miescbauer  | 33:30.4 |

**15-19 (Con't.)**

|                   |         |
|-------------------|---------|
| Amanda Ellison    | 36:11.6 |
| Angela Itri       | 38:08.9 |
| Lauren McCullough | 38:41.7 |

**20 - 24**

|                    |         |
|--------------------|---------|
| Morgen Maslo       | 24:32.0 |
| Briana Haut        | 27:40.5 |
| Kathryn Flavin     | 27:53.8 |
| Alix Demitchell    | 28:10.4 |
| Sarah Kotranza     | 28:56.1 |
| Melissa Goodson    | 31:59.3 |
| Brandy Wendrzyk    | 32:36.0 |
| Jennifer Nelson    | 33:03.5 |
| Ashley Place       | 33:34.3 |
| Melinda Vole       | 35:09.1 |
| Crystal Doty       | 35:40.3 |
| Rosalee Hutchinson | 36:29.8 |
| Melissa Torsani    | 38:00.6 |
| Matteson McCay     | 39:56.4 |
| Ashley O'Farrell   | 47:27.0 |

**25 - 29**

|                     |         |
|---------------------|---------|
| Kristina Sleeman    | 25:40.5 |
| Shanna Greenlee     | 25:56.3 |
| Kimberly Yates      | 26:00.7 |
| Marcia Craig        | 26:38.3 |
| Ashley Phillips     | 27:28.3 |
| Candice Yeager      | 27:38.5 |
| Georgianna Isenman  | 28:52.2 |
| Jenni Allgeyer      | 8:52.6  |
| Jacqueline Boughner | 28:54.3 |
| Jill Franks         | 29:28.9 |
| Lynn Chorán         | 29:44.3 |
| Annette Oros        | 31:59.7 |
| Dominque Powers     | 32:54.8 |
| Chrissy McCormack   | 33:04.4 |
| Michelle Smith      | 33:15.5 |
| Misty Burch Bishop  | 34:35.0 |
| Cristle McCart      | 35:27.8 |
| Katya Schmidt       | 40:25.2 |
| Christina Kelley    | 42:45.5 |
| Elise Waltman       | 53:24.4 |
| Oesa Weaver         | 53:24.9 |

**30 - 34**

|                      |         |
|----------------------|---------|
| Rebekah Lane         | 23:55.1 |
| Erin Schuck          | 24:27.0 |
| Tiffany Della Vedova | 26:43.6 |
| Charlee Anzalone     | 30:56.0 |
| Rachael Miller       | 31:06.3 |
| Kathryn Cronenberg   | 32:41.5 |
| Mindy Noordhoff      | 33:29.0 |
| Sarah Karp           | 33:29.6 |
| Anne Fears           | 35:49.2 |

**30-32 (Con't.)**

|                     |         |
|---------------------|---------|
| Erica Caballero     | 36:45.3 |
| Misty Morrison      | 50:43.7 |
| Vicki Gardiakos     | 53:25.9 |
| Catherine Delboccio | 53:26.8 |
| Tira Brown          | 56:06.0 |

**35 - 39**

|                      |         |
|----------------------|---------|
| Julie Hannah         | 23:31.1 |
| Margarita Ruiz       | 24:19.5 |
| Cindy Werling        | 24:55.7 |
| Kristina Horn        | 28:00.8 |
| Shialine Payne       | 28:26.0 |
| Christina Vinson     | 29:15.3 |
| Tracy Jacobus        | 30:33.0 |
| Gina Laurenzi        | 30:45.9 |
| Denise Rowell        | 31:28.2 |
| Heather Cronenberg   | 32:41.9 |
| Tina Schantz-Gross   | 35:29.3 |
| Elizabeth Duncan     | 36:01.6 |
| Pam Ouellte          | 37:25.9 |
| Tanya Kuelbs         | 40:20.7 |
| Rosemary Browning    | 40:26.6 |
| Dionne Jewell-Ducote | 42:19.0 |
| Lorin Cox            | 47:54.5 |
| Stacey Shally        | 51:59.8 |
| Kristine Downing     | 53:26.5 |
| Michelle Variale     | 59:58.0 |

**40 - 44**

|                    |         |
|--------------------|---------|
| Tina Kraver        | 23:29.2 |
| Stephanie Carraway | 26:23.1 |
| Pam Brandli        | 26:32.6 |
| Paula Komm-Storum  | 27:22.3 |
| Beth Rieder        | 28:11.7 |
| Janice Spragins    | 28:44.3 |
| Tami Hamilton      | 29:23.2 |
| Leslie Matthews    | 29:31.1 |
| Pam Stoll          | 30:25.9 |
| Barbara Berry      | 39:42.5 |
| Angela Lambert     | 41:12.6 |
| Julia Bowman       | 42:49.4 |
| Jantina Getz       | 43:49.6 |
| Shannon Bailey     | 44:28.0 |
| Patricia Hobby     | 46:33.8 |
| Regina Fern        | 47:52.1 |
| Brenda Mahoney     | 50:37.3 |
| Pamela Sotelo      | 51:43.6 |
| Catherine Webb     | 52:03.0 |

**45 - 49**

|                    |         |
|--------------------|---------|
| Claudia Haines     | 25:01.7 |
| Susan Reed         | 25:53.6 |
| Wendy Dietz        | 26:33.9 |
| Geralynn Henderson | 27:21.8 |

**45-49 (Con't.)**

|                  |         |
|------------------|---------|
| Andrea Castagna  | 28:54.6 |
| Cheryll McGann   | 31:29.6 |
| Carrie Dillion   | 32:44.8 |
| Sherri Shamet    | 33:09.8 |
| Diane Martin     | 34:04.7 |
| Sondra D'Angelo  | 34:24.1 |
| Rese Schmidt     | 40:25.5 |
| Dalaine Chapman  | 40:39.7 |
| Hanna Lea Krause | 42:51.5 |
| Tracy Thompson   | 47:13.0 |
| Regina Kaufmann  | 50:19.3 |
| Kimberly Workman | 51:43.3 |
| Cathy Johnson    | 53:27.3 |

**50 - 54**

|                   |         |
|-------------------|---------|
| Deborah Marino    | 25:02.9 |
| June Hutchinson   | 28:24.3 |
| Nancy Sharp       | 29:36.7 |
| Gail Wiseman      | 31:17.6 |
| Kathy Mos         | 31:33.5 |
| Shirley Matrigali | 32:06.2 |
| Alice Arbogast    | 36:36.7 |
| Dalys Dunn        | 39:17.0 |
| Madge McCay       | 39:56.7 |
| Barbara Rodrigues | 40:46.4 |
| Barbara Rolsing   | 40:58.5 |
| Gerry Warburton   | 47:12.0 |
| Linda Alsept      | 50:44.1 |
| Michele Ross      | 51:20.7 |
| Rosemary Cruz     | 56:06.3 |
| Donna Clark       | 59:07.4 |

**55 - 59**

|                   |         |
|-------------------|---------|
| Sarah Schroeder   | 34:18.3 |
| Alice Winters     | 53:56.9 |
| Rosemary Celenski | 53:57.1 |
| Linda Clay        | 59:04.6 |

**60 - 64**

|                  |           |
|------------------|-----------|
| Sandra Henninger | 59:57.3   |
| Fran Hadjiligiou | 1:00:39.6 |

**65 - 69**

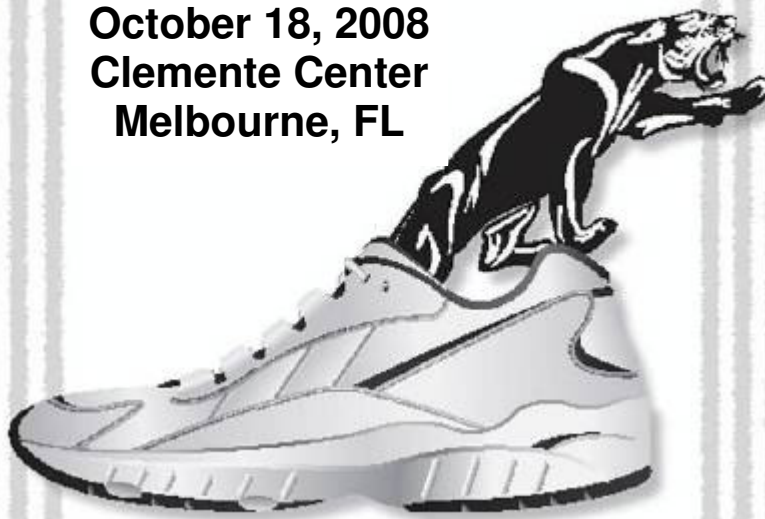
|                  |         |
|------------------|---------|
| Willy Moolenaar  | 27:09.6 |
| Esther Chinnery  | 37:01.4 |
| Judy Walton      | 49:50.9 |
| Barbara Proctor  | 49:55.2 |
| Barbara Stack    | 51:53.8 |
| Bobby Cronenberg | 52:18.8 |

**70 - 74**

|                   |           |
|-------------------|-----------|
| Bonnie Pheasant   | 51:54.1   |
| Joan Cassidy      | 52:00.1   |
| Roberta Osterling | 1:04:29.0 |

# 4th Annual Florida Tech 5K

**October 18, 2008  
Clemente Center  
Melbourne, FL**



|                 |       |
|-----------------|-------|
| Mark Christian  | 18:32 |
| Sean Black      | 18:41 |
| James Croft     | 19:07 |
| Meredith Luther | 20:08 |
| Tristan Webbe   | 20:30 |
| Matt Mahoney    | 20:47 |
| Sarah Awe       | 22:58 |
| Dennis Delman   | 23:27 |
| Danielle Quinn  | 24:40 |
| Gene Grieshabgr | 24:49 |
| Frank Webbe     | 25:33 |
| Tim Wright      | 25:53 |
| Mike Ussak      | 26:55 |
| AnnMarie Ussak  | 26:55 |
| Jack Lightle    | 27:15 |
| Melanie Delman  | 28:58 |
| Jim Barrett     | 29:25 |
| Mark Schuster   | 29:49 |
| Chris Awe       | 30:08 |
| Lisa Rowe       | 31:41 |
| Alan Smith      | 31:43 |
| Julio Bosa      | 33:34 |
| Don Nygaard     | 33:51 |
| Ken Flieler     | 33:53 |
| Sharon Smith    | 38:52 |
| Lynn Skelton    | 39:10 |
| Joan Mahoney    | 53:50 |

**MALE****Overall**

|                |         |
|----------------|---------|
| Doug Butler    | 16:52.5 |
| Jonathan Brown | 17:05.5 |
| John Davis     | 17:25.9 |

**Masters (40+)**

|            |         |
|------------|---------|
| Steve Chin | 18:05.7 |
|------------|---------|

**8 and under**

|                  |         |
|------------------|---------|
| Ashtin Vasko     | 25:46.7 |
| Trevor Denson    | 28:57.5 |
| Ryan Winfough    | 29:44.3 |
| Jason Garrett    | 31:19.9 |
| Michael Shenbaum | 33:42.6 |
| Parker Shell     | 33:52.3 |
| Garrett Fortier  | 38:34.0 |
| Jordan Sichler   | 41:16.7 |
| Connor Drake     | 41:28.9 |
| Cj Coleman       | 42:37.0 |
| Liam Samuels     | 44:37.1 |
| Jack Mathieson   | 57:51.7 |

**9 - 11**

|                    |         |
|--------------------|---------|
| Ian Reesh          | 21:47.7 |
| Morgan Levine      | 21:51.3 |
| Keaton Robb        | 22:04.5 |
| Connor McMahon     | 22:15.7 |
| Ethan Leary        | 23:57.4 |
| Bryce Wahy         | 23:58.3 |
| Ryan Miller        | 24:09.4 |
| Bailey Hewatt      | 24:12.8 |
| Dawon Toms         | 24:17.0 |
| Blake Hall         | 24:31.2 |
| Nicholas Waters    | 24:48.2 |
| Rodolfo J Valentin | 25:01.1 |
| Ryan Garrett       | 25:04.2 |
| Shane Hartnett     | 25:06.9 |
| Drew Parrish       | 25:17.0 |
| Luke Blanchard     | 25:23.8 |
| Zachary Parrilla   | 25:25.0 |
| Jason Gerber       | 25:26.2 |
| Michael Stewart    | 25:28.0 |
| Marquis McClain    | 26:14.9 |
| Nathan Hammes      | 26:19.6 |
| Trevor Payne       | 26:28.0 |
| Alec Piloto        | 26:29.5 |

|                     |         |
|---------------------|---------|
| Lee Davidson        | 26:33.2 |
| Jacob Groppe        | 26:36.5 |
| Briar Reck          | 27:00.1 |
| Brian Bride         | 27:21.5 |
| Benjamin Bride      | 27:27.9 |
| Austin Dodier       | 27:40.1 |
| Nick McAleenan      | 27:43.0 |
| Devin Jordan        | 27:53.9 |
| Jack Wagner         | 27:58.2 |
| Christian Smallwood | 28:15.8 |
| Julian Lawson       | 28:23.2 |
| Victor Sierra       | 28:36.8 |
| Matthew Dillon      | 28:37.5 |
| Dante Pereira       | 28:40.3 |
| Josh Orsonez        | 28:41.5 |
| Jonathan Pugh       | 28:57.4 |
| Zachary Ganchi      | 28:58.7 |
| Jonathon Barnett    | 29:03.8 |
| Sam Crocker         | 29:04.7 |
| Kai Whitney         | 29:09.2 |
| Mitchell Irwin      | 29:18.2 |
| Taylor Harvey       | 29:36.5 |
| Paul Jaime          | 31:13.4 |
| Kevin Tezel         | 31:16.8 |
| Jay Boucher         | 31:23.4 |
| Reed Nicholas       | 31:37.9 |
| Nathaniel Navarro   | 32:29.0 |
| Clay Tezel          | 32:29.1 |
| Michael McKinney    | 32:33.6 |
| Michael Patellis    | 32:43.8 |
| Nicholas Morgan     | 32:49.2 |
| Sean Stelzer        | 33:02.9 |
| James Gibson        | 33:40.0 |
| Christian Carlson   | 34:02.2 |
| Zachary Onovi       | 34:05.1 |
| Joshua Gambrell     | 35:06.2 |
| Justen Johnson      | 35:57.8 |
| David Durrance      | 36:07.2 |
| Sean Stephens       | 36:37.7 |
| Dakota Withers      | 37:31.7 |
| Steven Fisher       | 38:17.9 |
| Ryan Flynn          | 38:29.1 |
| Nathan Heard        | 39:10.0 |
| Bradley Park        | 39:37.6 |
| Dylan Schigner      | 42:34.9 |
| Sebastian Samuels   | 44:37.7 |
| Garrik Lau          | 49:37.6 |

|                |         |
|----------------|---------|
| Christian Hume | 57:47.6 |
|----------------|---------|

**12 - 14**

|                  |         |
|------------------|---------|
| Nicholas Diaz    | 20:06.8 |
| Connor Knowlton  | 20:32.0 |
| Nick Flint       | 20:32.3 |
| Zak Unrue        | 21:07.5 |
| Drew Denson      | 21:11.8 |
| Alec Reesh       | 22:14.2 |
| Noah Davis       | 22:19.6 |
| Michael Leary    | 23:42.3 |
| Dillon Connolly  | 23:55.6 |
| Andrew Baez      | 24:14.7 |
| Andrew Eaton     | 24:27.0 |
| Tripp Morton     | 24:43.5 |
| Wesley Garrett   | 25:02.6 |
| Jacob Langgle    | 25:02.6 |
| Jack Dickens     | 25:16.0 |
| Nicholas Andrews | 25:18.7 |
| Jacob Davidson   | 25:22.7 |
| Ryan Wagner      | 25:32.5 |
| Scott Arnold Jr. | 26:25.7 |
| Michael Groppe   | 27:12.2 |
| Chase Rousseau   | 28:16.6 |
| Anthony Telesca  | 29:58.2 |
| Justin Zavetz    | 31:08.8 |
| Steven Kacer     | 33:51.8 |
| Phillip Gibson   | 35:33.4 |
| Kyle Schigner    | 36:06.5 |
| Peyton Briggs    | 37:32.1 |
| Alex Patellis    | 50:28.3 |

**15 - 19**

|                    |         |
|--------------------|---------|
| Nick Rousseau      | 19:43.2 |
| Josh Motta         | 20:20.6 |
| Joseph Fromer      | 20:56.9 |
| Eric Stelzer       | 21:30.5 |
| Danny Pippin       | 22:49.8 |
| Seth Reesh         | 23:07.1 |
| Tj Sheets          | 23:23.1 |
| Alexander Thompson | 25:10.7 |
| Jeremy Flint       | 26:27.3 |
| Trevor Tezel       | 28:21.1 |
| Justin Callari     | 30:27.8 |
| Jamie Schmitt      | 30:42.5 |
| Caleb Jenkins      | 32:49.6 |
| Chris Jordan       | 33:14.8 |

Brendan Hasson 40:33.3

### 20 - 24

Paul Timmons 21:04.1  
 Joseph Joseph 22:23.2  
 Matthew Spicochi 23:10.7  
 Matthew Kincaid 23:32.5  
 James Conner 25:25.6  
 Tim Dillman 25:47.5  
 Dave Florek 27:41.2  
 Travis Wheeler 27:58.0  
 Steven Hellriegel 31:03.7  
 James Rebhocz 32:31.1  
 Adam Hassan 33:06.9  
 Richard Borck 38:04.3

### 25 - 29

Donnie McCammon 18:43.4  
 John Nelson 19:06.6  
 Jason Walcott 19:58.3  
 Brad Daszynski 20:29.1  
 Kristian Damkjer 20:58.1  
 Vernon Scipio 21:18.2  
 Heath Powell 23:25.9  
 Dan Lizana 23:51.8  
 Aaron Fournier 23:56.9  
 Jeffrey Nunez 24:14.7  
 Keith Mahon 24:17.9  
 Zachary Spinosa 24:27.7  
 Steven Stengle 24:43.3  
 Rob Phillips 24:54.9  
 Robert Rutherford 25:04.7  
 Jason Greer 25:21.6  
 Josh Kossman 25:24.0  
 Brett Keener 25:31.4  
 Michael Maxim 25:43.0  
 Cory Patrick 26:11.3  
 Richie McLellan 26:45.1  
 Lorme Jourdan 26:49.5  
 Spencer Raymond 26:57.7  
 Steve Kopman 27:35.3  
 Bryce Harrington 28:22.4  
 Desmond Bishop 30:27.0  
 Brock Hostetter 30:27.1  
 Jeffrey Ferris 30:34.3  
 Thomas McCormick 30:55.9  
 Kyle Cacciatore 31:43.8  
 Michael Genovese 32:08.1  
 Chris Donoghue 34:03.2  
 Chris Campbell 35:24.5  
 Garret Reece 36:40.0  
 Jason Thompson 37:28.0  
 Mark Lornsgo 38:10.8  
 Michael Haig 38:15.1  
 Robert Bruckart 39:15.4

Rick Russell 39:28.3  
 Matthew McRae 39:40.7  
 Mike McCarthy 42:23.7  
 Brandon Castleberry 49:53.3  
 Seke Godo 50:33.4  
 Scott Murdoch 50:34.9  
 Jonathon Bush 51:05.5  
 Chris Newlin 51:40.1  
 Michael Bonestroo 57:06.4

### 30 - 34

Jonathon Campbell 18:30.2  
 Paul Fleming 19:38.6  
 Trevor Widick 19:50.5  
 Javier Junco 20:05.9  
 Jeff Grunow 20:07.4  
 Jeremy Hutchinson 20:41.0  
 Eric Rothery 21:30.2  
 Dale Dukes 21:32.7  
 Johnny Del Grosso 22:11.7  
 James Stein 23:09.0  
 Tommy Finch 23:09.1  
 James Eubanks 24:58.1  
 Graham Dodson 25:42.6  
 Matthew Yancey 26:11.1  
 Brinn Riley 26:12.8  
 Erik Paulsson 26:36.3  
 Bill Hunkins 26:58.9  
 Domonic Roppa 27:26.1  
 Bill Anderson 27:51.5  
 Randall Pierce 27:54.5  
 Kevin Terry 28:11.5  
 Andrew Denick 28:27.9  
 Robert Oehlbeck 28:44.6  
 Brian Bridenbecker 28:57.2  
 Steve Tubbs 29:07.6  
 Jeff Fisher 29:32.5  
 Brian Kurinsky 29:32.8  
 Mike Carney 29:35.8  
 Kyle Nowlin 29:57.9  
 Ed Cloak 30:21.5  
 Jered Lawrzmor 32:40.9  
 Byron Halliburton 33:06.1  
 Tim Medzius 36:52.5  
 Jason Fiedler 39:40.2  
 Bruce Herring 40:47.3  
 Steve Hedgespeth 56:26.4  
 Jon Mathieson 57:52.7

### 35 - 39

Scott Larson 19:46.8  
 Dave Chapman 21:26.2  
 Chris Reesh 21:42.2  
 Mike Doyle 22:01.9  
 Rick Ramnath 23:56.6

Greg Wood 24:36.7  
 Brad Clarkson 25:26.5  
 Bart Blanchard 26:38.0  
 Alex Lopez 26:42.8  
 Rodolfo Valentin 27:28.1  
 Chip Wessel 27:44.3  
 Jeff Boucher 28:08.7  
 Jon Beckett 28:14.3  
 Christopher Sauro 28:23.6  
 Eric Weaklim 28:24.1  
 Chad Risch 28:57.5  
 Geoff Miller 29:04.1  
 James Friedl 29:42.6  
 Steve Winfough 29:44.7  
 Judd Spitzer 30:03.0  
 Bill Floyd 30:18.8  
 Todd Whitney 30:45.7  
 Joseph Wells 30:48.8  
 Joseph Hemmes 31:01.2  
 Larry Herring 31:34.5  
 Matthew Fischer 31:36.5  
 Mike Pollard 31:37.1  
 Ron Frisbee 32:14.7  
 Kevin Archer 32:45.4  
 Yena Morgan 32:50.1  
 David Morgan 32:53.8  
 Jarot Serrano 33:00.7  
 Guy Ganzer 33:38.6  
 Michael Weiss 33:49.0  
 Dennis Casey 35:37.7  
 Armando Piloto 36:02.2  
 Greg Lau 37:07.1  
 Andre Hines 57:17.2

### 40 - 44

Frank Kapr 18:19.8  
 Sean Black 18:46.2  
 Joel Kinnunen 18:58.5  
 James Shaffer 19:27.0  
 Troy Sheets 20:30.9  
 Bob Maggio 20:54.7  
 Dennis Dowdy 21:11.4  
 Daniel Dugan 21:24.9  
 Shawn Wilson 22:05.4  
 Dave Hernandez 22:23.2  
 Peter McMahan 23:26.0  
 Brent Mitchell 23:36.3  
 George Kirk 23:37.7  
 Darin Schuster 23:41.1  
 Neal Levine 23:43.6  
 Larry Wilcox 23:46.7  
 David Friedland 24:08.6  
 Gordon Hewatt 24:17.1  
 Lowell Hastings 24:28.8  
 Chris Marriott 24:45.3

|                  |         |                   |         |                     |         |
|------------------|---------|-------------------|---------|---------------------|---------|
| Kurt Tezel       | 25:03.8 | Mark Pippin       | 23:41.8 | Gerald Bird         | 23:38.8 |
| Todd Denson      | 25:14.4 | Steve Rego        | 23:53.5 | Mark Hiebert        | 23:42.5 |
| Richard Raley    | 25:23.9 | Colin Farthing    | 25:00.4 | Tim Murphy          | 23:45.2 |
| John Boyd        | 25:37.8 | Michael Gaffney   | 25:04.9 | Charles Zoss        | 24:10.5 |
| John Mellick     | 26:00.8 | Rick Vaupel       | 25:06.2 | Jim Ralph           | 24:26.9 |
| John Ringerberg  | 26:19.0 | Mark Pyles        | 25:18.1 | Thomas Eberle       | 25:15.6 |
| Matt Rydson      | 26:29.7 | Dennis Eaton      | 25:23.3 | Stephen Taylor      | 26:12.0 |
| Craig Stevens    | 26:36.0 | Jordan Thompson   | 25:41.4 | Mathias Margut      | 26:34.5 |
| David Rodriguez  | 26:40.1 | Jeff Kohler       | 25:46.7 | Todd West           | 27:27.2 |
| Tim Larson       | 26:56.5 | Paul Weston       | 25:50.9 | Mike Markley        | 27:30.8 |
| Kevin Reck       | 27:00.1 | David Arteaga     | 25:53.7 | Terry Worthity      | 28:02.3 |
| Carey Swartz     | 27:17.0 | Robert Paxson     | 25:56.3 | John Rick           | 28:41.8 |
| Erik Wagner      | 27:19.9 | James Czumak      | 26:02.3 | Carl Padavick       | 29:48.4 |
| Norman Miller    | 27:26.7 | Doug Nichols      | 26:02.4 | Douglas Schulthess  | 29:51.0 |
| Troy Scott       | 27:47.7 | Dan Sims          | 26:18.7 | Steve McKibben      | 30:15.4 |
| Tsechu Chou      | 28:02.6 | Bob Von Achen     | 26:21.3 | Rick McCrary        | 30:17.5 |
| Dean Murphy      | 28:13.1 | Scott Arnold Sr.  | 26:26.0 | David Huss          | 32:16.2 |
| Bill McLamb      | 28:23.3 | Mike Stewart      | 26:28.1 | Tom Evelyn          | 33:07.9 |
| Joe Jenne        | 28:56.0 | David Maltby      | 26:34.0 | Ken Flieder         | 33:17.4 |
| Michael Palin    | 29:05.0 | Andy Beard        | 27:03.0 | Stephen Novicki     | 34:48.5 |
| John Noll        | 29:12.9 | David Beaumont    | 27:13.0 | Tom McCullough      | 36:17.6 |
| Robert Farrell   | 30:25.0 | Gary Foley        | 27:25.9 | Ray Goolsby         | 40:47.2 |
| John Schigner    | 30:52.8 | Shawn Cscezoffi   | 27:40.0 | Mike Benik          | 43:35.2 |
| Mark Taiclet     | 30:57.3 | David Turner      | 28:20.6 | Michael Wilkes      | 49:48.9 |
| Ashley Fleeman   | 31:18.8 | William Miller    | 28:33.9 |                     |         |
| Greg Smallwood   | 31:25.1 | Robert Muhcon     | 28:53.7 | <b>55 - 59</b>      |         |
| Roy Nicholas     | 32:00.7 | Michael Patterson | 29:05.2 | Bud Timmons         | 21:34.6 |
| Greg Purden      | 32:15.9 | Ronald Scudder    | 29:06.8 | Thomas Winkelspecht | 23:03.1 |
| Rich Reilly      | 32:21.6 | Guy Chabot        | 29:58.6 | Kenneth Mitchell    | 24:55.7 |
| Dwayne Reynolds  | 32:37.6 | Marc Jaime        | 31:13.9 | Tom O'Keefe         | 25:05.5 |
| David Zavetz     | 33:13.9 | Joe Rauback       | 31:46.8 | John Farner         | 25:09.5 |
| Mike Telesca     | 33:50.9 | Rick Unrue        | 32:22.0 | Larry Wiseman       | 27:12.5 |
| Todd Corbin      | 34:21.7 | Randall Crosby    | 32:22.1 | Bill Kelly          | 27:41.9 |
| Jim Maniscalco   | 35:18.9 | Cuyler Richards   | 33:08.4 | Ed Duley            | 28:36.9 |
| Tom Pentrack     | 35:50.1 | Craig Briggs      | 35:08.6 | James Sciarrino     | 28:38.4 |
| Jim Ringrose     | 37:30.5 | Pj Billings       | 35:12.1 | Jeff Alderson       | 29:19.7 |
| James Alan Smith | 48:36.2 | John Schmidt      | 36:27.5 | Chuck Palmer        | 30:04.6 |
| Jeff King        | 53:07.1 | Brian Graf        | 36:27.9 | John Willison       | 32:18.4 |
|                  |         | Tom Wuchte        | 37:14.2 | Ben Bride           | 35:59.4 |
| <b>45 - 49</b>   |         | Steven Hebert     | 37:19.4 | Robert Bruckart     | 36:09.1 |
| Pat McCormick    | 18:17.0 | Robert Heard      | 39:24.8 | Robert Rhoads       | 52:57.7 |
| Art Anderson     | 18:28.6 | David Palmbach    | 42:28.0 |                     |         |
| S. Meder         | 18:44.1 | Nick Patellis     | 43:31.8 | <b>60 - 64</b>      |         |
| Randy Raczek     | 19:57.6 | Craig Stephans    | 55:51.9 | Ron Getska          | 22:40.7 |
| Lance Haskins    | 20:43.6 |                   |         | Bernie Kaiman       | 23:57.5 |
| Terry Neuhart    | 21:06.9 | <b>50 - 54</b>    |         | Ray Brown           | 23:58.7 |
| Gregg Kowalski   | 21:22.5 | Michael Miller    | 20:24.6 | Marty Winkel        | 24:20.5 |
| John Andrews     | 21:29.7 | Matt Mahoney      | 20:30.1 | Charles Mabry       | 24:26.1 |
| Mike Stelzer     | 21:38.2 | Loran Serwin      | 20:42.1 | Gary Castner        | 25:21.6 |
| Enguels Morales  | 21:55.5 | Juan Perez        | 21:02.6 | Steve Schrell       | 28:00.8 |
| Jay Claybaugh    | 21:56.2 | Dave Earhart      | 21:49.7 | Vern Thomas         | 28:04.9 |
| Bill Alexander   | 22:03.9 | Dennis Delman     | 21:52.0 | R.C. Koontz         | 41:16.3 |
| Mike Toner       | 22:32.4 | Jeff Fawcett      | 23:04.5 | Joe Serabia         | 43:44.2 |
| Bruce Barton     | 23:15.5 | Bill Archer       | 23:12.8 |                     |         |
| Marvin Irwin     | 23:30.3 | Naweed Akram      | 23:30.0 | <b>65 - 69</b>      |         |

|                      |         |                      |         |                    |         |
|----------------------|---------|----------------------|---------|--------------------|---------|
| George McAfee        | 22:41.2 | Sabrina Smith        | 34:30.2 | Megan Pendergast   | 24:16.5 |
| George Then          | 32:25.6 | Madison Miller       | 34:32.9 | Kelly Murray       | 26:31.4 |
| Bob Powell           | 46:54.2 | Cameron Dittmer      | 35:21.6 | Brianna Satinoff   | 28:56.3 |
| <b>70 - 74</b>       |         | Alexis Barnes        | 35:41.8 | Elizabeth Gibson   | 30:24.1 |
| Tom Ward             | 23:58.7 | Ali Winters          | 36:04.6 | Amanda Bowman      | 31:11.0 |
| Bob Pecor            | 30:36.0 | Christine Durrance   | 36:07.9 | Wilmarie Greer     | 31:31.4 |
| Henry Campbell       | 31:15.8 | Allison Eaton        | 36:58.0 | Nicole Stewart     | 31:37.7 |
| William Colle        | 44:32.2 | Maggie Johnson       | 38:14.7 | Julie Wetmore      | 31:54.4 |
| <b>75+</b>           |         | Janey Johnson        | 38:14.8 | Sarah Gibson       | 34:27.1 |
| Jack Lightle         | 27:50.0 | Hailea Jones         | 39:03.4 | Katie Brewer       | 34:27.7 |
| <b>FEMALE</b>        |         | Emma Fiedler         | 39:40.3 | Laura Wheeler      | 35:11.1 |
| <b>Overall</b>       |         | Gabby Stanifer       | 42:13.1 | Audrey Addington   | 36:06.2 |
| Angela Cobb          | 18:25.9 | Lindsay Richards     | 42:18.3 | Kristina Walcott   | 36:26.6 |
| Jessica Crate        | 18:28.6 | Mara Bobay           | 42:18.5 | Jessica Patterson  | 36:53.0 |
| Tracy Smith          | 19:37.1 | Amber Walker         | 46:19.8 | Alicia Sepanik     | 37:58.7 |
| <b>Masters (40+)</b> |         | Rachel Weiner        | 46:56.4 | Kelly Patterson    | 38:47.6 |
| Cathy Friedel        | 19:41.9 | Victoria Dance       | 46:56.4 | Kati Ramirez       | 43:44.9 |
| <b>8 and under</b>   |         | Sydney Lau           | 47:40.8 | <b>25 - 29</b>     |         |
| Ally Jaime           | 28:22.8 | Naomi Chambers       | 50:28.2 | Emily Halliburton  | 25:02.2 |
| Peyton Corbin        | 34:21.2 | Tynesha Morgan       | 51:20.2 | Kristin Kelley     | 25:16.9 |
| Julianna Graf        | 36:14.6 | Rachel Vasko         | 53:04.3 | Shannon Buchanan   | 26:25.9 |
| Kaylee Smith         | 37:12.1 | <b>12 - 14</b>       |         | Cara Evers         | 26:31.7 |
| Christina Blanchard  | 37:18.6 | Tess Sheets          | 26:15.1 | Elizabeth Maas     | 26:53.1 |
| Emma Heard           | 39:24.4 | Alyssa Jordan        | 30:31.5 | Laura Taylor       | 28:22.8 |
| Sydney Sinclair      | 40:07.2 | Haley Boucher        | 30:40.7 | Lauren Price       | 28:23.2 |
| Tessa Smith          | 48:36.0 | Nicole Stewart       | 30:52.7 | Roni Paulsson      | 28:24.0 |
| Jordan Wilkes        | 49:48.7 | Rebecca Fleeman      | 31:18.5 | Shannon Simmons    | 29:11.8 |
| <b>9 - 11</b>        |         | Kathryn Richardson   | 31:40.3 | Erin Fisher        | 29:33.4 |
| Emily Chapman        | 23:44.2 | Alex Scott           | 32:55.6 | Robin Routhier     | 30:36.5 |
| Mackenzie Baysinger  | 24:49.3 | Sophia Najarro       | 34:05.2 | Shannon Lewis      | 30:49.9 |
| Shelby Smith         | 25:29.2 | Rachel Andrews       | 34:07.8 | Sally Memmott      | 30:55.5 |
| Courtney Copeland    | 25:29.5 | Brianna Gorbea       | 35:57.4 | Angela Taiclet     | 30:57.4 |
| Hailey Lewis         | 26:38.6 | Leda Costa           | 37:40.1 | Devon Reesman      | 31:32.9 |
| Sydney Smith         | 28:17.3 | Shelby Melton        | 39:11.2 | Angie Hadley       | 32:37.6 |
| Lindsey Waite        | 28:44.2 | Sierra Pollard       | 40:57.5 | Mindy Middleton    | 32:46.0 |
| Annie Gunning        | 29:00.4 | Meghan Tezel         | 41:38.8 | Jessica Hartman    | 33:04.4 |
| Zoe Friedl           | 29:14.2 | Vivian Taylor        | 46:26.6 | Kristin Donoghue   | 33:49.7 |
| Alex Baysinger       | 29:54.8 | <b>15 - 19</b>       |         | Christina Cerrato  | 33:54.6 |
| Stephanie Pilkewton  | 30:23.6 | Candice McNaughton   | 19:51.4 | Natalie Paul       | 34:33.0 |
| Sarah Tanke          | 30:51.9 | Stephanie Bird       | 21:28.5 | Michelle Buchanan  | 34:37.0 |
| Kaylee Morton        | 30:59.5 | Jackie Lebron        | 22:52.5 | Alicia Philips     | 35:18.3 |
| McKinnis Calderula   | 31:02.5 | Elena Saavedra       | 23:24.0 | Jennifer Benda     | 35:30.3 |
| Bonnie Wilt          | 31:14.4 | Kori Trotter         | 28:24.7 | Rachel Watkins     | 35:31.3 |
| Natalie Barton       | 32:32.2 | Michelle Gagnier     | 30:40.0 | Aimee Molineaux    | 36:08.8 |
| Christianne Engel    | 32:37.3 | Brittney Boucher     | 34:33.7 | Anne Solomon       | 36:17.9 |
| Madison Laser        | 32:39.7 | Angela Itri          | 38:55.8 | Elise Waltman      | 36:40.0 |
| Kristen Curington    | 33:13.9 | Sarah Hasson         | 40:33.3 | Melissa Fournier   | 38:04.8 |
| Jenna Zavetz         | 33:14.1 | Ave Taylor           | 44:40.8 | Lesa Lorusso       | 38:10.5 |
| Taryn Alexander      | 33:47.6 | <b>20 - 24</b>       |         | Katey Harrington   | 39:11.9 |
|                      |         | Erin Preston         | 20:23.8 | Carrie Goolsby     | 40:47.8 |
|                      |         | Crystal Brasch Henry | 23:48.2 | Elizabeth Mazzone  | 41:14.4 |
|                      |         | Kendra Wood          | 23:56.9 | Sarah Laroche      | 41:50.7 |
|                      |         |                      |         | Stephanie Marshall | 41:50.8 |
|                      |         |                      |         | Kristal Smink      | 42:15.9 |



|                        |         |                    |         |                    |         |
|------------------------|---------|--------------------|---------|--------------------|---------|
| Julie Rice             | 43:07.5 | Audra Kemmerling   | 40:26.5 | Colleen Scolari    | 37:35.5 |
| Mindy Ramirez          | 43:45.1 | Jessica Pardee     | 40:46.3 | Vanessa Dance      | 38:04.4 |
| Janine Bruckart        | 44:06.1 | Jen Tyler          | 40:54.3 | Michele McCarter   | 38:11.2 |
| Eileen Bridenbecker    | 46:05.4 | Jennifer Mirenda   | 42:02.2 | Cristi Holland Lau | 38:31.0 |
| Lisa Degoti            | 49:00.8 | Beth Zeigler       | 45:27.8 | Lisa Palmer        | 38:52.3 |
| Jamie Stengle          | 49:09.4 | Krystal Walker     | 46:19.6 | Lottie Odom        | 39:08.6 |
| Melissa Bush           | 50:57.3 | Rebekah Raddon     | 50:16.8 | Nidia Najarro      | 39:11.1 |
| Amanda Sandberg        | 50:59.7 | Melissa Wessel     | 52:04.2 | Shannon Dumont     | 39:20.9 |
| Semy Godo              | 51:41.3 | Gwendolyn Malone   | 53:00.6 | Jodie Fortier      | 39:45.1 |
| Mary Anne Newlin       | 52:18.5 | Kimberly Ferris    | 53:17.6 | Patricia Kolodziej | 39:53.8 |
| Patricia Buchanan      | 53:00.4 | Kelly Hedgespeth   | 56:26.4 | Rosemary Browning  | 40:33.7 |
| Laura Taylor           | 53:07.3 | Mackenzie Quirarte | 57:52.1 | Laura Van Duesen   | 40:44.4 |
| Jayne Goehmann         | 53:18.8 |                    |         | Debi Pollard       | 41:06.8 |
| Kari Bowen             | 57:07.0 |                    |         | Nina Coleman       | 42:37.6 |
| <b>30 - 34</b>         |         | <b>35 - 39</b>     |         | April Patellis     | 43:31.2 |
| Debra Richardson       | 20:49.5 | Holly Brennan      | 22:24.0 | Leslie Clarkson    | 43:55.6 |
| Brenna Ginther         | 21:49.5 | Kathy Camick       | 23:44.2 | Heidi Glodowski    | 44:42.5 |
| Jennifer Kalra         | 23:32.0 | Carrie Blanchard   | 23:53.6 | Kelly Wells        | 44:48.1 |
| Julie Hannah           | 23:34.9 | Jeanne Gunning     | 24:37.6 | Cindy Cloak        | 46:35.2 |
| Melissa Kastanias      | 25:08.1 | Deborah Weiner     | 24:50.8 | Dana Smith         | 47:25.3 |
| Jill Lyons             | 25:25.2 | Lisa Yancey        | 26:09.0 | Audrey Smith       | 48:36.3 |
| Karyn Gaudy            | 26:47.4 | Ann Ehler          | 26:48.6 | Cassie Harrison    | 11:44.0 |
| Kimberly Frey          | 27:52.0 | Katie Fleming      | 27:17.4 |                    |         |
| Jennifer Morrison      | 28:38.8 | Karen Marconi      | 27:39.1 | <b>40 - 44</b>     |         |
| Jennifer Hickey        | 29:07.4 | Beverly Rose       | 27:54.0 | Robin Hernandez    | 21:32.6 |
| Natalie Decker         | 29:15.8 | Allison Matteson   | 28:15.7 | Paige Sierra       | 22:19.0 |
| Cynthia Williamson     | 29:21.9 | Michelle Mielke    | 28:40.9 | Sarah Guttery      | 22:29.6 |
| Aimee Asher            | 29:31.0 | Andrea Padinha     | 28:42.5 | Sandra Gannon      | 23:56.2 |
| Nina Houtkooper        | 29:33.3 | Jennifer Alexander | 28:59.4 | Francine Bride     | 24:01.3 |
| Katherine Fischer      | 29:41.7 | Sue Miller         | 29:17.8 | Bernadette Woods   | 24:25.2 |
| Jennifer Sheahan       | 29:52.7 | Dena Geist         | 29:18.9 | Debbie Nowlin      | 24:25.8 |
| Stephanie Estrada      | 30:35.1 | Robin Weiss        | 29:32.7 | Michelle Smurl     | 24:37.7 |
| Kate Pierce            | 30:43.7 | Angie Pereira      | 29:55.1 | Stephanie Kinnunen | 24:50.2 |
| Heather Anderson       | 30:56.1 | Jennifer Thomas    | 30:10.7 | Angie Preston      | 25:06.2 |
| April Stewart          | 31:20.9 | Amy Pardine        | 30:17.4 | Terry Ferrisi      | 26:35.3 |
| Erin Devine            | 31:34.7 | Charlene Richard   | 30:47.9 | Lisa Fedynuch      | 26:45.1 |
| Frances Albuerne       | 31:36.1 | Kiekie Lovin       | 31:15.7 | Terri Lovelace     | 26:48.0 |
| Andrea Shaffer         | 32:12.5 | Nicole Massanova   | 31:36.9 | Patricia Tezel     | 26:54.6 |
| Donna Davis            | 32:17.8 | Jessica Vanatta    | 32:42.0 | Karen Groppe       | 27:10.4 |
| Michelle Reynolds      | 32:33.8 | Heather Schultz    | 33:29.1 | Paula Komm-Storum  | 27:22.1 |
| Amanda James           | 32:40.7 | Sammye Johnson     | 33:31.4 | Natasha Morgan     | 27:31.8 |
| Kim Crady              | 33:02.1 | Colleen Seyfferth  | 33:42.6 | Kimberly Budnick   | 27:51.0 |
| Andrea Smith           | 33:21.5 | Tracie Kaszok      | 33:54.0 | Windy Jenne        | 28:16.8 |
| Chelcice McLellan      | 33:46.6 | Tricia Kuhblank    | 33:57.1 | Melissa Taylor     | 28:21.7 |
| Cristie Sinclair       | 33:55.4 | Chelsi Cacciatore  | 33:59.3 | Tracie Deakins     | 28:45.3 |
| Ana McHale             | 34:16.8 | Rebecca Morley     | 34:08.4 | Marisa Flint       | 28:48.2 |
| Maria Nicole Albritton | 34:32.7 | Hope Henson        | 34:12.3 | Lynn Jaime         | 29:05.9 |
| Karrah Hudkins         | 35:13.3 | Erica Elliott      | 34:18.7 | Stephanie Rasbach  | 29:17.3 |
| Sara Mayer             | 35:46.6 | Laura Corbin       | 34:21.7 | Kirsten McDounough | 29:19.0 |
| Melissa Weaklim        | 36:02.1 | Leeanne Herold     | 35:13.3 | Donna Stratia      | 29:34.9 |
| Shannon Kammer         | 36:36.7 | Shelley Stone      | 35:46.4 | Kathy Goodermuth   | 31:36.2 |
| Jillian Walsh          | 36:48.7 | Lois Shell         | 36:14.1 | Rochelle Anderson  | 31:39.6 |
| Sara Gibbs             | 37:17.8 | Angela Day         | 36:37.2 | Rebecca Brewer     | 31:44.8 |
| Shannon Del Valle      | 39:40.7 | Heather Lewis      | 36:46.0 | Cindy Nicholas     | 32:00.8 |
|                        |         | Cynthia Doyle      | 36:50.3 | Tatiana Bohorquez  | 32:06.0 |
|                        |         | Kristy Reesh       | 37:24.0 |                    |         |

|                     |         |                    |         |                   |         |
|---------------------|---------|--------------------|---------|-------------------|---------|
| Lisa Eaton          | 32:12.8 | Jayne Crocker      | 30:09.8 | Patricia Gibson   | 35:57.9 |
| Linda Scales        | 32:40.5 | Pamela Whebel      | 30:13.4 | Roberta Reaume    | 36:01.6 |
| Debby Dillon        | 32:53.2 | Cindy Cunningham   | 30:20.9 | Gail Means        | 37:20.3 |
| Louise Henrikson    | 32:59.6 | Donna Deleo        | 30:29.8 | Jean Lestourgeon  | 37:48.3 |
| Cheri Ganzer        | 33:37.7 | Angela Lobdell     | 30:30.9 | Shirley Matrigali | 37:49.0 |
| Beth Findley        | 34:01.6 | Kathryn Morrison   | 30:51.1 | Alice Arbogast    | 37:57.5 |
| Lisa Smallwood      | 34:06.6 | Kimberly Robertson | 31:45.6 | Dalys Dunn        | 38:32.1 |
| Tavie D. Gastunas   | 34:51.2 | Jerrine Mullon     | 32:15.2 | Shauna Hume       | 39:47.6 |
| Denise Miller       | 35:01.6 | Elizabeth Gmerek   | 32:39.7 | Toni Rousseau     | 41:11.8 |
| Marisa Irwin        | 35:14.4 | Tammy Jenkins      | 32:58.7 | Jane Baron        | 42:16.0 |
| Wendy Levine        | 35:29.9 | Cathy Chapman      | 33:12.9 | Patty Beard       | 42:31.9 |
| Salam Zarzana       | 35:47.5 | Joy Drawdy         | 33:46.5 | Patricia Novicki  | 43:24.5 |
| Monica Pentrack     | 35:51.3 | Mojgan Thompson    | 33:52.5 | Marla Benik       | 43:34.7 |
| Lisa Glass          | 36:03.5 | Joan Meadows       | 34:30.1 | Deborah Taylor    | 44:41.1 |
| Kathy Graf          | 36:21.7 | Linda Keller       | 34:34.6 | Loye Schulthess   | 48:24.5 |
| Jayne Hohulin       | 36:56.3 | Meredith Carter    | 35:11.8 | Brenda Benevente  | 49:55.6 |
| Sherri Ellison      | 37:15.1 | Gillian Wertheimer | 35:56.8 | Maritza Fromer    | 57:02.3 |
| Stephanie Wooley    | 37:41.8 | Gigi Cowart        | 36:16.6 |                   |         |
| Robin Pittman       | 38:02.8 | Tena Hochard       | 36:23.3 | <b>55 - 59</b>    |         |
| Comelia Fisher      | 38:21.6 | Maria Stelzer      | 36:33.7 | Jo Shim           | 25:21.8 |
| Jan Adams           | 38:47.9 | Marry Bowers       | 37:34.7 | Linda Belanger    | 26:33.2 |
| Fran Ringerberg     | 39:19.7 | Donna Hughes       | 37:42.2 | Susie O'Connell   | 26:50.5 |
| Julie McSorley      | 39:57.5 | Cathy Church       | 38:38.2 | Nancy Huy-Perry   | 26:54.0 |
| Leisha Sinclair     | 40:10.9 | Carol Roberts      | 38:38.9 | Darleen Barfield  | 29:15.3 |
| Janice Gagnier      | 40:21.7 | Jeanette Terek     | 39:04.6 | Diane Farrell     | 30:39.5 |
| Cathy Denson        | 41:29.4 | Cathy Sweeney      | 39:19.1 | Katie Wilson      | 31:14.2 |
| Darlene Wilkes      | 49:49.2 | Dixie Trautman     | 39:20.9 | Nancy Palmer      | 38:54.0 |
| Joyce Browning      | 50:47.7 | Tracey Gray        | 41:50.2 | Linda Moore       | 42:40.8 |
| Rochelle Hood       | 54:05.3 | Susan Palmbach     | 42:14.1 | Joann Sommers     | 47:03.4 |
| Carolyn Young-Hines | 57:14.2 | Robin Heard        | 42:40.7 | Sue Ferron        | 48:33.2 |
|                     |         | Tammy Jarvis       | 43:35.3 | Carrie Wilhite    | 48:47.8 |
| <b>45 - 49</b>      |         | Michele Duester    | 44:59.5 | Elia Osborne      | 49:41.4 |
| Karen Minor         | 19:48.2 | Stephanie Wolf     | 45:36.8 | Linda Rhoads      | 52:57.3 |
| Suzie Enlow         | 22:37.4 | Edwina Griffin     | 45:36.8 | Belinda Kelly     | 53:47.8 |
| Lisa Saturday       | 23:31.0 | Lisa Gerdes        | 46:08.5 |                   |         |
| Lori White          | 25:34.1 | Mary Jo Slatton    | 51:55.3 | <b>60 - 64</b>    |         |
| Candy Smith         | 25:56.2 | Connie Stephans    | 55:51.8 | Anne Dockery      | 23:39.4 |
| Angie Brammer       | 26:04.9 | Karen Hebert       | 55:59.7 | Susan Then        | 28:11.9 |
| Olga Gonzalez       | 26:56.7 |                    |         | Lorraine Peterson | 28:59.3 |
| Lois Boisseau       | 26:57.0 | <b>50 - 54</b>     |         | Mary Ramba        | 29:14.9 |
| Nancy Rowan         | 27:08.4 | Patti Sponsler     | 25:05.0 | Susie Koontz      | 30:24.1 |
| Mariangie Blake     | 27:12.7 | Joy Vasko          | 26:07.5 | Barbara Marshall  | 42:22.3 |
| Cheryl Worden       | 28:04.8 | Debbie Rescott     | 27:29.4 | Carolann Muir     | 47:55.3 |
| Cindy Gaffney       | 28:12.8 | Melanie Delman     | 28:30.3 | Mary June Joseph  | 58:19.5 |
| Connie Paxton       | 28:31.2 | Marianne Fraser    | 29:16.2 |                   |         |
| Fiona Wright        | 28:32.9 | Rosanne Bessenaire | 30:18.1 | <b>65 - 69</b>    |         |
| Joanie Dupont       | 28:46.8 | Patty Boatman      | 30:18.2 | Hedy Von Achen    | 40:44.5 |
| Penny Chambliss     | 28:50.2 | Nancy Sharp        | 30:40.1 |                   |         |
| Cherie Cook         | 29:27.5 | Lisa Wilt          | 31:22.8 | <b>70 - 74</b>    |         |
| Linda Pipkin        | 29:29.9 | Gail Wiseman       | 31:45.6 | Katie Marsh       | 40:28.2 |
| Amy Roush           | 29:30.0 | Carol Miller       | 32:01.3 | Karen Colle       | 44:32.5 |
| Susan Nolan         | 29:35.5 | Jackie Watson      | 32:09.8 | Roberta Osterling | 03:14.1 |
| Mary Dier           | 29:39.6 | Debbie Hutchinson  | 32:24.6 |                   |         |
| Christy Zieres      | 29:47.3 | Diane Caruso       | 33:41.9 | <b>75+</b>        |         |
| Pietrina Heavey     | 29:53.4 | Ronda Dinome       | 35:36.3 | Marti Fernandez   | 39:48.3 |