

*On-line with the*

# SPACE COAST RUNNERS

*Promoting Running and Fitness in Brevard County, FL*

Volume 32, Issue 5

May 2010



The Space Coast Runners 2009-2010 Runner of the Year Series came to an end in April with the Space Walk of Fame 8K. Now it's time to celebrate! You and your friends and family are invited to the 40th annual Runner of the Year celebration dinner on May 15. See page 4 for details. Above, 2010 female champ, Beth Whalen, takes another win at the eye of the Dragon 10K in Feb. Cedric Ching photo.

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## 2009-10: WHO WE ARE

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

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### ADVERTISING:

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# Celebrate **Success**

## Space Coast Runners 40<sup>th</sup> Annual **Runner-of-the-Year** Celebration Dinner

All members of Space Coast Runners, together with their friends and family, are invited to this year's fun on **Sat., May 15 at 6 p.m.** Tickets for this Italian feast are \$10 for adults and \$5 for those under twelve. Send your check by May 1 payable to Space-Coast Runners to "ROY Tickets", 516 S. Plumosa St. #15, Merritt Island, FL 32952

### **Menu**

Chicken Parmesan  
Baked Ziti with Meat  
Meatless Baked Ziti with 3 Cheeses  
Italian Vegetable Medley  
Ceasar Salad  
Garlic Bread  
Rolls and Butter  
Iced Team Lemonade

### **Agenda**

State of the Club  
Golden Shoe  
Hall of Fame  
2010 SCR Scholarships  
\*\*\*Dinner\*\*\*  
Annual Financial Report  
Election of 2010/2011 SCR Board and  
Officers  
Ran Every Race Awards  
Youth Series Awards





**THE  
PREZ  
SEX**

# MARK YOUR CALENDARS

The 2010-2011 Space Coast Runners Runner of the Year series has been officially announced!

Running On Island Time	Aug. 21, 2010
Chain of Lakes 5K	Oct. 9, 2010
SCC 15K & 2-Miler	Nov. 6, 2010
Marathon & Half-Marathon	Nov. 28, 2010
Reindeer Run 5K	Dec. 11, 2010
Sun n Fun Run 4-Miler	Jan. 15, 2011
Tooth Trot 5K	Feb. 12, 2011
Eye of the Dragon 10K & 2-Miler	Feb. 26, 2011
Downtown Melbourne 5K	Apr. 2, 2011
Space Walk of Fame 8K & 2-Miler	Apr. 9, 2011

There will be 10 races in this series with an opportunity to drop 2 for scoring. The season is divided into two 5 race segments, five before Christmas and the second 5 after. This year's series offers some new, challenging races starting off with Running on Island Time 5K in Merritt Island; the Chain of Lakes 5K in Titusville offering a beautiful cross-country course; the Sun n Fun Run at Port Canaveral; and the Tooth Trot 5K in Melbourne. While these races are new to the series, over the years they have proven to be very successful events. We welcome our new partners in the series and look forward to the competition they bring!

## May is National Skin Cancer Awareness Month Don't become a statistic

We often worry about running injuries or heart disease but rarely give thought that little mole.

But that little beauty mark might actually be a first symptom of skin cancer, the most common form of cancer worldwide, affecting one in five Americans during their lifetime.

More than two million people in the United States develop non-melanoma skin cancers every year, says a study in the *Archives of Dermatology*. That's more than a 350 percent increase since 1994, when rates were last estimated.

Nearly 70,000 more are diagnosed with potentially fatal melanoma each year, according to the National Cancer Institute.

Don't be one of them. Check out these top tips from the Skin Cancer Foundation:

- \*Avoid tanning and UV tanning booths.
- \*Use a sunscreen with an SPF 15 or higher every day.
- \*Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside and reapply every two hours.
- \*Examine your skin head-to-toe each month and see your doctor each year for a professional skin exam.



(IT'S FUN TO STAY AT THE)  
**RRCA**  
National Convention comes to Lakeland  
By Cyndi Bergs



This past weekend, April 22-25, 2010, the RRCA (Road Runners Club of America) was held in Lakeland, Florida. RRCA was founded in 1958 and is the oldest national association of running clubs, running events, and runners. The mission of RRCA is to promote running as a competitive sport and a healthy physical activity. The RRCA achieves their mission by promoting the common interest of its members by providing educational opportunities, program, and services. The organization's membership consists of more than 1,100 running clubs and events nationwide. Each year, a city is selected to host the National Convention providing the opportunity to have RRCA members from across the country to come together and share ideas, learn about new programs, and become inspired by the many community outreach events that take place to promote health and fitness.

A few of us, Carol Ball, Ty Bowan, Kara & Ed Springer, and myself had the opportunity to attend the conference. Over the course of the two days, several sessions were held including "How to Grow Your Race", "Developing Programs for Older Runners/Walkers", "Chi -Running", "Biomechanics/Injury Prevention", "Non-running events in a club to build Camaraderie", and "Nutrition, Supplements, and Performance Enhancers". Having multiple people attend allowed us the opportunity to cover different sessions. Other highlights of the event included inspiring talks by Pat Williams, the Orlando Magic VP and Keith Brantly, the 1996 U.S. Olympic marathon team member from Winter Gardens, Florida. Saturday evening was the awards banquet where several clubs and individuals were recognized by the RRCA for their achievements and contributions to running. Finally, we were treated with keynote speaker Bill Rodgers who led us down his path of running success—with many twists and turns! I personally enjoyed the opportunity to visit with several members of my previous running clubs from Memphis and Milwaukee (sorry, SCR was not my first!) and share our vision and ideas on how we can make our clubs stronger.



The Space Coast Runners is a member of RRCA and benefits from its many services. We insure our events through the RRCA as well as benefit from its training programs and opportunity to obtain grant money for our children's running programs. In 2009, the Space Coast Marathon was selected as a RRCA State Championship race and this year, both the half-marathon and marathon are selected as State Championship races. We look forward to the continued success of our partnership with RRCA and hope to bring new ideas and opportunities to our club members.

Left to right: Carol Ball, Ed Springer, Ty Bowan, Kara Springer and Cyndi Bergs are taking care of (running) business.

# WALK A 5K IN MY SHOES

## By Carol Ball

What runner is not up for a new challenge? Well, I have a challenge for you! As you may know, Kim Badgett, Ty Bowan, and I have been walking the Space Coast Runners races this season. We have learned that fast walking is a whole new game using a different set of muscles!

On Sunday, June 6, Space Coast Runners, Road Runners Club of America, and WeightWatchers are sponsoring a 5K walk in Windover Farms of Melbourne. The idea is to encourage walking as a great way to get moving, burn calories, and tone muscle.

We will have T-shirts, door prizes, healthy post walk refreshments, and presentations from Kathy Ojeda, a licensed nutritionist and Jim Van Veen, Running Zone's fitness and shoe expert. It will be a fun morning.

Although this is a non-competitive event, we all know how competitive runners are, and that's where the challenge comes in. Come see what walking is all about and how fast you *could* walk a 5K. Also, see how many of your sedentary co-workers, family members, or friends you can get to participate and possibly start them on the road to fitness that you enjoy.

A copy of the entry form is available on the next page.

Volunteers are also needed – so contact Cyndi or myself at the Email addresses listed on page 3.

See you there!



Cyndi Bergs, Carol Ball and Ty Bowan walked the 5K held in conjunction with the national RRCA convention in Lakeland last month. Cyndi ran the 10K beforehand and Ed and Kara Springer ran both races. Photo courtesy Ty Bowan.

# SPACE COAST RUNNERS presents WeightWatchers® Walk-It Day 5K

## Event Information

**Date** Sunday, June 6, 2010  
**Time** 8:00 am  
**Location** Windover Farms  
 4025 Windover Way, Melbourne  
 (Off Post Road)  
**Event** National 5k Walk (3.1 miles)

## Registration

### By Mail

Mail entry below with check

### Online

www.runsignup.com

### Race Day Registration

From 7:00 to 7:45 am at Windover Farms

### Entry Fee

\$15 postmarked by May 28th

\$20 postmarked after May 28th

## Presenting Sponsors

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2010



## Amenities

- \*T-Shirt with 5k entry  
(register early to guarantee your shirt size)
- \*Door prize drawings
- \*Healthy refreshments post-walk
- \*Health and fitness presentations by Kathy Ojeda, a licensed nutritionist and Jim Van Veen, a shoe and fitness expert from Running Zone.

For More Information, contact  
 Cyndi Bergs at 321-514-6955  
 mcbergs@att.net

or visit:  
[www.spacecoastrunners.org](http://www.spacecoastrunners.org)  
[www.runningzone.com](http://www.runningzone.com)

Mail completed entry form and payment to:

Space Coast Runners, 1170 Granada Ave, Merritt Island, FL 32952

Name \_\_\_\_\_ Age on 6/6/2010 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt: Pre-register early to guarantee your shirt size! [S] [M] [L] [XL] [XXL]

I hereby release Weight Watchers, Space Coast Runners, RRCA, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the **Space Coast Runners presents the Weight Watchers® Walk-It Day 5K** and further state that I am in proper physical health and condition to compete in said walk.

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

Date \_\_\_\_\_



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<p><b>MAY 2003</b></p>  <p><b>RUNNING ZONE OPENS!</b></p>	<p><b>NOV. 2003</b></p> <p>Space Coast Marathon moves to Cocoa's waterfront with Running Zone as title sponsor.</p>		<p><b>MAY 2004</b></p> <p>Running Zone celebrates first anniversary with inaugural Run for the Gecko 5K.</p>	<p><b>2005</b></p> <p>Running Zone begins collecting gently used running shoes for charity.</p>	
					<p><b>AUG. 2005</b></p> <p>First Running Zone Race Series kicks off with the I Run for Pizza 5K.</p> 
<p><b>MAR. 17, 2011</b></p> <p>Running Zone Corporate 5K</p>					<p><b>2006</b></p> <p>Running Zone Race Team established.</p>
<p><b>OCT. 2, 2010</b></p> <p>Pirate Plunder 2Miler and Salty Dog Kids' Duathlon (both part of the Health First Triathlon family weekend).</p>					<p><b>2007</b></p> <p>Running Zone Race Management launched.</p>
<p><b>MAY 2010</b></p> <p>Running Zone Foundation adds three new events to the Running Zone Race calendar. (see above)</p>					<p><b>AUG. 2007</b></p> <p>School Participation category added to Race Series.</p>
<p><b>AUG. 2009</b></p> <p>Running Zone introduces Chronotrack timing and D-tag.</p>					<p><b>NOV. 2007</b></p> <p>Running Zone moves to larger quarters.</p>
					<p><b>MAY 2008</b></p> 
<p><b>SPRING 2009</b></p> <p>Running Zone launches Multi-Sport shoes, apparel, wet-suits and accessories.</p>					<p><b>OCT. 2008</b></p> <p>Running Zone Foundation established.</p>

- \*Number of Foundation Events: 10 annually.
- \*Funds donated to local community: More than \$105,000.
- \*Number of non-Foundation events managed: 20+.
- \*Number of employees: 28 between both companies.
- \*Number subscribed to The Starting Line: 7,500
- \*Four: the number of years that Running Zone has been Voted "One of the Top 50 Running Stores in the Nation".

# THE PASSING LANE

*With Ron Hoar*

## The Role of Discipline in Running Performance

After research for last month's article, I concluded that the characteristic of **discipline** was the biggest factor in achieving what success I had with racing. But I still wondered--Does discipline come naturally? Are you able to somehow enhance that trait? Does discipline fade over time or could it be that it gets redirected? Those are some of the questions that came to mind in my quest to better understand the role of discipline in running success.

Soon after my first race I knew that if I wanted to improve my times--if I wanted to be able to extend my distances at a strong pace with better physical capacity--then I needed a **plan**.

"Plan your work--work your plan". That was a phrase we used in the corporate workplace many years ago and undoubtedly is still there today. To be most effective and efficient on the job one must have a roadmap of what they wish to achieve. In managing a project it's tempting to just jump right in and begin the work. But having a defined step by step plan --even though that requires an expenditure of upfront time--provides the setting for successful and timely completion.

That principal if applied to your effort to improve running times can provide significant payback. When I decided to get serious about running after my 50<sup>th</sup> birthday, I wrote out a day-by-day plan in my day timer for my upcoming marathon runs--not only the number of miles to run, but also whether those would be easy, tempo or track work--right down to the length, number and goal times for the speed workouts.

I based the plan on articles that I had accumulated over the years on improving running times--but you may want to confer with a running coach who can provide a precise and individualized plan. The plan needs to be progressive but realistic.

Of course a plan is only that--if not adhered to it is useless. So that is where **discipline** comes in. Following the plan is imperative. It's not always easy--there will be days when it just doesn't go your way. But if you're determined to reach a higher level of performance you'll make every possible attempt to work the plan. There were some cold and blustery winter evenings in Dallas--as well as some hot Sunday mornings-- when I was pretty uncomfortable--but I had a job to do. As part of my day planner activities, my running schedule was as important a part of my life as my job.

The discipline in following my plans was reinforced for several years by signing up for marathons and buying the airline tickets well in advance. That enhanced my commitment and helped insure that I kept to the plan. After my eight years of marathons, my plans included Senior Games competition where speed work took precedence over distance-- but still included a day by day multi month plan.

While I remain slightly disappointed that I was able to break 3:15 in only one of my nineteen marathons, I was ecstatic with my Florida Senior Games State Championship record breaking half mile of 2:32:53 in 2000 at age 62.

It has become clearer to me that it was the discipline--sticking to the plan--that was the predominant factor in my performance achievements. As to discipline fading--I'm not sure that it does--rather I think that over time it might get redirected to the pursuit of other priorities and interests in your life.

# A Mile With... Christy Tagye



**Name:** Christy Tagye.

**Family:** Hubby, Nimish Shah; five kids including Steven (Ste-Steve) in college at USF, Tony (Tone Tone), Bailey (Bales), Lexi (Lou Lou) and Hannah-Marie (Nito).

**Ages:** Steven, 20 (almost 21 – YIKES!); Tony, 16 (wild wheels); Bailey 13 (Totally Teen); Lexi, 11 (so pre-teen), Hannah- Marie, 10 (everyone’s mother).

**Occupation or Dream profession:** Occupational Therapist. Dream job – retired! Traveling and exploring national parks – anyone got the winning lotto #s – I’ll share.

**Number of Years Running:** 26 (wait! That can’t be right I’m entirely too young for that!)

**Began Running To:** Spend time with my dad who encouraged me to run to keep my asthma under control. I HATED those 5:30 a.m. wake-ups but loved the one-on-one time with him. I was one of seven kids. Things were ALWAYS busy! I continue to run because I’m blessed and feel closer to God when I’m running.

**I Knew I Was Hooked When:** I started a running group in Port Saint John last year with my good friend, Kathy Camick. Until then it was a chore. I love to eat so I run to support my eating habit! Now I run to start off my day on the right foot (pun intended); set a good example for my kids; be healthy; push my body to do things it didn’t do at half my age and laugh way too much for 5:30 a.m. with neighbors willing to wake up that early too.

**Race PRs (Personal Records):** Who knows? Who cares? (okay so I care a little but not enough to really know without looking it up).

**Most Satisfying Race Performance:** My recent first triathlon with my husband. We both crossed the finish line which was our goal.

**Favorite Race(s):** Sunrise to Sunset, Melbourne Arts Fest, Everest Challenge, anything new and especially fun!

**Favorite Place to Run:** River Road with the friendliest runners in the country and gracious neighbors who have not once hit me (thanks for that!).

**Running Partner(s):** Kathy Camick, Artie Stoeke, Jeff Gleacher, Mark O’Donnell, Kim Badgett, Ashley, and most recently my hubby!

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** My dad – he had to give up running. I miss running with my original running partner!

**Funniest or Oddest Thing I've Seen While Running:** Oh my gosh – too many to single one out. Runners have such a great sense of humor – I saw a guy and his son dressed up as Forrest Gump at the Daytona half-marathon; a running banana and two guys with mullets wearing very short shorts that looked like the U.S. flag and old-fashioned basketball knee highs.

**Training Philosophies:** Anyone can do it. It will SUCK for a little at the beginning but it sucks less the more you do...then it's the high you've always heard about and no amount of \$\$ could buy that. Only have fun and run with fun people. You should laugh a lot while running – it's good for the heart, makes running more addictive and leads to a happier, healthier life!

**One Piece of Advice That I Would Give to a New Runner:** I'll say it again, running SUCKS when you start out (unless you're one of those lucky freaks who just has it easy...in that case I will like you less for a while!) but keep running! The next week it will suck less. The week after that even less, then you will start having fun because you're so proud of yourself! Run with as many people as you can instead of just one person – you won't be tempted to go home if your one person doesn't show up.

**Other Sports& Interests:** Recently started Coach Bernie's Tri camp – what a blast. Awesome coaches and fellow campers. I almost tried a tri (no pun intended but worked anyway) without coaching. I'm sooo glad I signed up for some training. I may not have done a second triathlon had I done the first one without the training. I learned so much I would have never known and been too unprepared if I weren't doing the camp!

**Favorite Reads:** Memoirs by American authors living in other countries, magazines, anything that makes me laugh or feel good.

**Favorite Movies:** The Jerk, City Slickers – something that makes me laugh.

**When Nobody is Listening:** I sing like Mariah Carey. Not sure why it changes when someone is around.

**Favorite Meal:** I didn't know there wasn't one.

**Dream Vacation:** Exploring national parks not only U.S. parks but around the world!

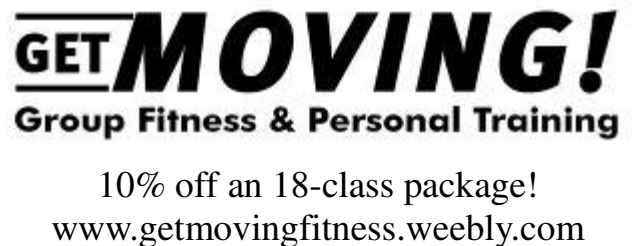
**I'd like to see SCR:** (that's us not them) be creative in thinking of ways to reach out to at-risk individuals (in terms of health) to encourage them to get out and run or walk. Active adults tend to have active kids. If we want to see healthier people ( equals happier people, equals less health care costs) let's think of what we can do to reach out to them, invite them and mentor them. Let's share the active ingredient in the sacred runner's high!



Christy Tagye and husband, Nimish Shah, share a victory smooch after crossing the finish line of their first multi-sport event, the Ron Jon Triathlon on April 18 in Cocoa Beach. Photo courtesy Christy Tagye.

# SCR MEMBER DISCOUNTS

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



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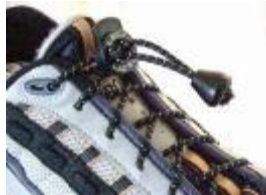
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# SPACE COAST RUNNERS

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If you missed the SCR **FIELD TRIPS** to the Gate River Run 15K or the Cooper River Bridge Run 10K, here's your chance to get in on some hot (and beautiful) action!

SCR member and studly runner, Steve Chin, is putting together team(s) for this year's Keys 100 in, well, the Keys on May 15-16.

Contact Steve at [stz180@msn.com](mailto:stz180@msn.com) for more information or to join a team! Also check out the **KEYS100** website at [www.keys100.com](http://www.keys100.com) (info below taken from the website)

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The **KEYS100** raises money and provides funding for free prostate cancer screenings and educational outreach in South Florida and the Keys, and supports prostate cancer research to find a cure.

The **KEYS100** races are the only USATF Sanctioned 50 and 100 mile ultramarathons in South Florida.



The **KEYS100** race route generally follows Overseas Highway (US Highway 1) South to Key West. Approximately half the distance is run on sidewalks, service roads, side roads and pedestrian bridges, with the balance run on the US Highway 1 road shoulder facing traffic.

Each segment of the route will be clearly marked on the route map, including a few changes for 2010. Signage and chalk markings will also be used to assist runners to stay on course.

Each race segment must be followed precisely. For example, if the route goes over a particular pedestrian bridge, all runners must use that span and may not run on the parallel main roadway. (Anyone found off course will be required to

retrace his/her steps and run the proper route.)

Please remember that when running on the primary road shoulder, runners must at all times be on the Ocean side facing traffic.

**(ps: Don't worry if you think you're not fast enough! Most people participating in this event do so for fun, camaraderie and bragging rights. Life is too short... GO FOR IT!)**

# KEEPING TABS

**A HUGE 'THANKS'** to Carol Ball, Ty Bowan, Cyndi Bergs, Steve Chin, Cedric Ching, Robin Hernandez, Ron Hoar, Ken Horton, Running Zone, and Loran Serwin for your help with this newsletter!

## THE OTHER KENYAN JOHN DOE



\$175,000 will buy a lot of cows for a Kenyan farm and that's what Robert *Kiprono* Cheruiyot, left, plans to do with some of his winnings from the April 18 and 114<sup>th</sup> running of the Boston Marathon. The 21-year-old farmer, who crossed the Boylston Street finish line in fifth place last year, shattered the course record by 82 seconds with his 2:05:52 victory adding a \$25,000 course record bonus to the \$150,000 top prize.

But don't get today's victor confused with the other and now 31-years-old Robert *Kipkoech* Cheruiyot. The elder Cheruiyot is a four-time Boston champ (2003, 2006, 2007, 2008) and it was his 2006 record of 2:07:14 that the young upstart trashed.

It wasn't a bad day for Americans either. Mammoth Lakes Ryan Hall and Meb Keflezighi took the fourth and fifth spots respectively in 2:08:41 and 2:09:26. Hall was two seconds short of the podium and his time was the fastest U.S. finisher at Boston since 1994 when Bob Kempainen ran a 2:08:47.



In the women's race, Ethiopia's Teyba Erkesso, left with Cheruiyot, outsprint Russia's Tatyana Pushkareva for the win in 2:26:11. Erkesso earned \$150,000 and, together with Erkesso, the distinction of hammering out the third closest women's finish in Boston's history.

For those playing advanced Beantown trivial pursuit, 73 competitors from Greece started today's race to help celebrate the 2,500<sup>th</sup> anniversary of the Battle of Marathon. The year was 490 B.C. when Pheidippides dropped dead after running 26 miles from Marathon to Athens over the course of two days to deliver the news of the Greek victory over Prussia.

Thankfully, none of Brevard's locals met their graves after their 26.2-mile journey between Hopkinton and Copley Square - and all were much, much faster than Pheidippides. With weather blessed by perhaps Greek gods, six of the 12 who started the race ran fast enough to get their tickets punched for next year's event.

At 69-years-young, Sebastian's John 'Johnny O' Ouweleen needed a 4:30 to re-qualify as a 70-year-old next year. We guess no one told him as the retired New Jersey Highway patrolman ripped out a 3:27:24, finishing eighth in the 65-69 age group. Who said it gets easier to win or place with age?

Cocoa's Danny Barrett had a score to settle with the Newton hills. During his last two battles with the five beasts, one or more had made him yell 'uncle' and walk a bit.



Today he held back to an eight-minute-per-mile pace until encountering the first Newton nemesis.

“I was on cruise control until mile 17,” said Barrett, left, who not only re-qualified but ran a negative split with his 11-minute course PR. “I charged up and down the hills as fast as I could this year. It was exciting and amazing to fly by others.”

“My quads are paying for it now, though,” he laughed.

Congratulations to all local finishers including Nicole Aia, 21, Melbourne, #16608, 3:59:24; John Andrews, 47, Titusville, #8221, 3:34:59; Danny Barrett, 45, Cocoa, #9318, 3:30:40, **BQ**; Diana Burton, 47, Indian Harbour Beach, 25,020, 4:29:56; William Burton, 44, Indian Harbour Beach, #25,021, 4:31:09; Paul Fleming, 36, West Melbourne, #6,883, 3:21:02; Michael Olson, 30, Melbourne, #5,755, 3:08:14, **BQ**; Annis Outlaw, 51, Titusville, #16,615, 3:51:37, **BQ**; John “Johnny O’ Ouweleen, 69, Sebastian, #11,050, 3:27:24, **BQ**; Brent Peoples, 49, Indialantic, #25,486, projected 5:44:31 finish; Juan Perez, 52, Titusville, #9,100, 3:22:01, **BQ**; James Shaffer, 43, Viera, #8,181, 3:17:46, **BQ**.

## MORE LOCALS AT THE FINISH LINE(S)



**Country Music Marathon** (Nashville) finisher Pam Maxwell, Melbourne, 2nd, 45-49, 3:22:56, **BQ**. **Big Sur International Marathon** (California) finishers Grover Brower, Indian Harbour Beach, 5:36:50; Suzie Koontz, Merritt Island, 5:25:35; Jim Schroeder, left, Indialantic, 4:23:05. **Big Sur 21-Miler** finisher R.C. Koontz, Merritt Island, 5:24:44. **Big Sur 10.6-Miler** finishers Lynn Levine, Titusville, 2:42:02; Richard Levine, Titusville, 2:41:36. **Flying Pig Marathon** (Cincinnati) finishers Lisa Coliflower, Palm Bay, 6:12:33; Scott Fryman, Cape Canaveral, 4:59:55; Kira Juraneck, Cocoa, 5:18:53; Charlotte McClure, Rockledge, 4:19:26; Karen Sanchez, Rockledge, 5:05:31; Marie Thomas, Rockledge, 4:19:26. **Pittsburgh Marathon** finishers Chris Crotty, Satellite Beach, 5:57:35; Dave Farrall, Melbourne Beach, 5:08:15; Gina Rall, Merritt Island, 4:36:17; Bob Rall, Merritt Island, 4:17:04. **Pittsburgh Half-Marathon** finishers Lisa Farrall, Melbourne Beach, 3:02:55; Louise Fuller, Satellite Beach, 2:32:12.

## FREE & FUN RUNS/WALKS

Tired of running or walking alone? Come join one of the weekly free and fun group events on Tuesdays, Thursdays and Sundays. SCR board member, Dave Hernandez, hosts a three-miler every



Tues. at 6:30 p.m. at the Palm Bay Rec Center. Contact Dave at [Davesarunner@yahoo.com](mailto:Davesarunner@yahoo.com) Running Zone hosts a romp through Wickham Park every Thurs. at 6:30 p.m. and also provides free pizza, drinks and give-a-ways on the last Thur. of each month. Left, in Robin Hernandez photo, Howard Kanner, Rob Abel and Tristan Webbe wait for the pie after the April 29 fun run/walk at Running Zone. Linda Cowart and Suzie Enlow provide free water and Gatorade for those doing their long runs and walks on Sunday mornings along River Road. Meet at 6:30 a.m. on Harrison Ave. in Cocoa Village. All are welcome!



**20<sup>th</sup> Annual SPACE COAST SPORTS FESTIVAL**  
**5K Race & Fun Walk**  
**Saturday, May 29, 2010 7:30 am.**  
**Wickham Park Pavilion, #1**

to benefit the



**Sponsorships:** \$100 donation to **The Space Coast Early Intervention Center** receives recognition on our Race T-Shirt!

(check made out to: SCEIC and mail to: SCEIC 3790 Dairy Road Melbourne 32904 )

**Registration:** 7:00am-7:30am, Saturday May 29, 2010  
 The registration, start, & finish is at Wickham Park Pavilion, #1.

**Course:** 5K run & Fun walk (separate starts) on paved and unpaved roads through Wickham Park.

**Cost:** Day of Race - \$18 runner /\$12 walker  
 Pre-Registered before May 23, 2010- \$14 runner /\$11 walker

**T-shirts:** High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*

**Plaques:** First Place Overall & Masters & First Place Runner each age Group (Male/Female)

**Medals:** Second and Third Place Runner Each Age Groups (Male/Female)

**Age Groups:** (M/F) 0-9, then standard 5 years increments to 80+

**More Info:** Call (321) 433-4891 or e-mail [Kristin.Swenson@brevardparks.com](mailto:Kristin.Swenson@brevardparks.com)

Make checks to: Brevard County Parks & Recreation

Mail to: Space Coast Sports Fest, c/o Viera Regional Community Center, 2300 Judge Fran Jamieson Way, Melbourne, FL 32940

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ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SEX: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ Email: \_\_\_\_\_

T-SHIRT SIZE (Adult):            S            M            L            XL

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such 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 Space Coast Festival, Brevard County Parks and Recreation Division, Sunshine State Games Foundation, The City of Melbourne, The Brevard County Commission, The State of Florida, Space Coast Runners, MDA, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event or on though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may deemed appropriate under existing circumstances by personnel associated with the Sunshine State Games.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENTS SIGNATURE (If under 18 yrs) \_\_\_\_\_ DATE \_\_\_\_\_

# The Science of Aging and Running

## Why your body slows and what you can do about it

By Richard A. Lovett

As featured in the November 2009 issue of Running Times Magazine

**Last spring, fresh into a new masters age group, I ran a 5K.** Nothing unusual in that; I'd run spring 5Ks the year before ... and the year before that ... for quite a few years. The surprise was that I was 45 seconds faster than I'd been in any recent year. Age-graded, it was a massive PR.

Short course, I thought, but a couple weeks later, I did it again, then twice more. Friends were wondering about my training. "What are you doing differently?" they asked.

When I went back and looked at my training logs, the answer was surprising: I'd cut back my mileage. I'd done it simply because I was busy, but as the winter progressed, my speed workouts had responded. For masters runners, less is often more.

Aging, like injuries, is one of those things most of us prefer to deny. "It'll never happen to me," goes the common decree. But, as a non-running friend once said about her graying hair, "Consider the alternative." Eventually, we're all either going to become masters runners ... or not be runners. The options are limited.

Internet fountain-of-youth claims notwithstanding, the passage of years does indeed affect athletic performance. Last summer, the [American College of Sports Medicine](#) published a depressing litany of time's tolls: declining VO2 max, reduced strength, increased body fat, reduced lactic acid clearance, declining bone density and more. Not to mention heart disease, diabetes, arthritis and declining mental acuity. Put these together and, according to data compiled by [World Masters Athletics](#), runners slow about 7 percent per decade in their 40s, 50s, and 60s (and more quickly after that).

The better we understand this process, the easier it is to beat the aging curve. Even if we merely reduce the rate at which the years affect our speed, that's a victory -- the runner's version of aging gracefully.

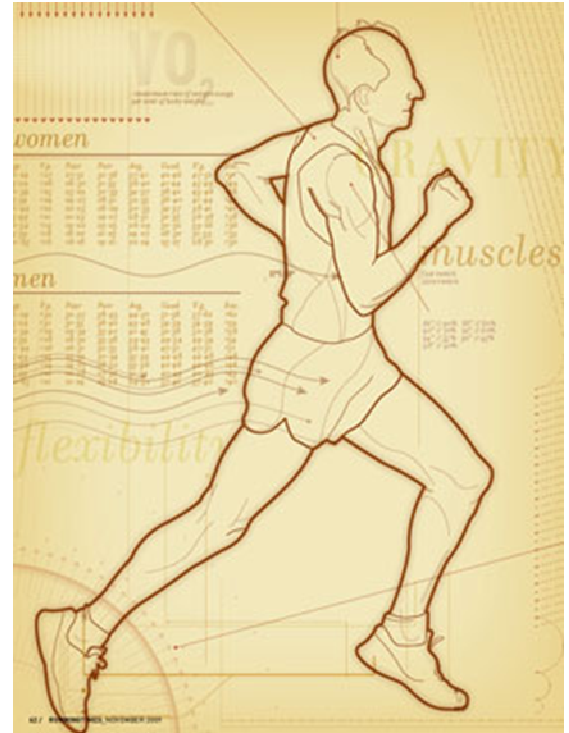
But it doesn't take a total revision of training philosophy. "You don't have to do a lot different," says Flagstaff, Ariz., coach and exercise physiologist [Greg McMillan](#), himself a masters runner. "The physiological reactions in the body and the adaptations you want to get are the same." In other words, we merely have to modify how we do things, not what we do. For workout-addicted runners, that's good news.

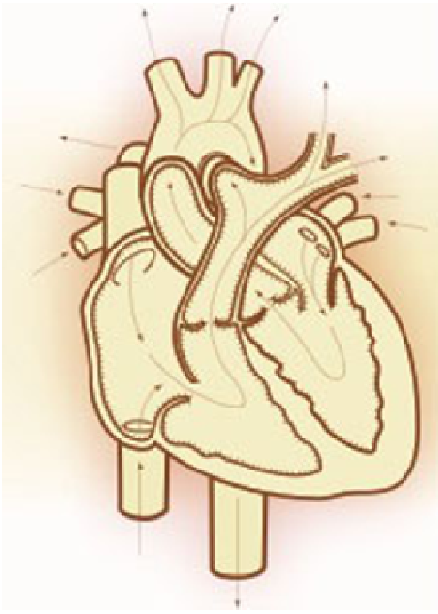
### VO2 Max

One indisputable effect of aging is declining aerobic horsepower. Classically, this is measured via VO2 max, your maximum rate of oxygen usage per unit of body weight. For sedentary people, VO2 max typically declines by about 10 percent per decade after age 30. For athletes who keep in training, the rate of decline can often be held to about half that.

Most runners associate this with reduced cardiac capacity. With age, there is a steady fall in the number of receptors in your heart muscle listening to the nervous system's signals telling it how fast to beat. As the heart becomes increasingly deaf to these messages, its maximum rate drops about one beat per minute each year. There also appears to be a decline in the heart's intrinsic ability to beat quickly. "It's not so much that the heart can't beat as quickly, though that's probably true," says Benjamin Levine of the University of Texas Southwestern Medical Center and Presbyterian Hospital in Dallas, Texas. "The heart can't relax as quickly. Out of all the factors that are probably an inevitable part of aging and not modifiable by training patterns, this is it. Our data have shown that masters athletes have youthful, compliant -- 'stretchy'-- hearts that fill well at low pressures. However, no amount of training was able to prevent the slowing of relaxation."

Many people simply presume that this decline in heart rate is the cause of age-related VO2 max decline. But the reality appears to be considerably more complex. What counts is the ability of the heart to pump blood, and that's comprised of two factors: heart rate and stroke volume (the amount of blood pumped with each beat). In a 2001 study that didn't get





as much attention as it deserved, Levine and colleague Darren McGuire had a unique opportunity to study the effect of 30 years of aging on a small cadre of ordinary individuals. (Other long-term studies had involved elite athletes, a group that might not be representative of the rest of us.)

The study began in the 1960s, when five college students volunteered for three weeks' total bed rest. Their catastrophic declines in aerobic conditioning are a major reason why nurses now prod surgical patients out of bed as quickly as possible. But before being put to bed, the young men were subjected to the type of testing normally reserved for elite athletes.

Thirty years later, McGuire and Levine realized they could retest the same men in their early 50s. The follow-up study revealed lots of things, not the least of which was that the intervening decades hadn't been as hard on their VO<sub>2</sub> max values as the three weeks' bed rest. Of greater interest, though, was the discovery that the men's stroke volumes had increased. It was already known that this happens, as the heart enlarges to force blood through age-stiffened arteries. But nobody anticipated the magnitude of the effect. It turned out to be more than enough to compensate for the decline in maximum heart rate. A 50-year-old's heart might not beat as rapidly as it once did, but it can pump at least as much blood per minute.

What this means is that changes in VO<sub>2</sub> max aren't entirely driven by changes in the heart. If the heart is delivering as much oxygen as before, but VO<sub>2</sub> max is declining, it must be that the muscles are becoming less adept at using it.

What precisely is going on is a subject of considerable dispute. Partly, it's simply that people lose muscle mass with age. Smaller muscles use less oxygen.

But other factors are probably also involved. Perhaps aging muscles have fewer capillaries to supply them with blood. Maybe they're less able to call for blood when they need it. Or perhaps their cells have fewer mitochondria (the powerhouses in which oxygen is used). Perhaps their arteries become increasingly clogged or inelastic.

A more complex theory comes from exercise physiologist [Tim Noakes](#), who argues that for each stride, the aging brain may simply be using a lower fraction of the available muscle cells. Physiologists have long known that for any given movement, our nerves recruit only a fraction of each muscle's fibers, letting the others rest. In the latest edition of *Loire of Running*, Noakes suggests that as we age, our nervous systems may become more cautious about protecting our muscles from overload. (This is, however, an extremely controversial theory that has provoked outspoken dissent from other scientists.)

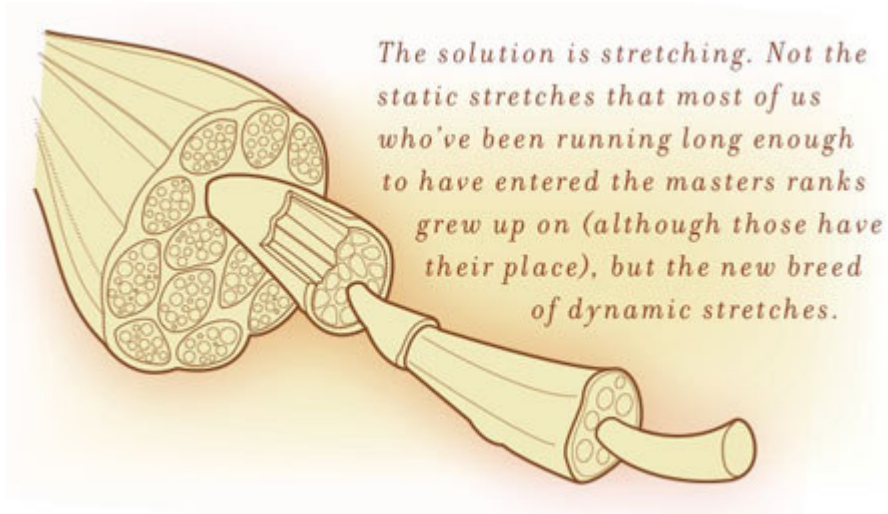
Whatever the cause, the solution is fairly straightforward: run.

Richard Brown is a 71-year-old exercise physiologist and coach from Eugene, Ore., whose trainees have included Suzy Favor Hamilton, Vicki Huber and Mary Slaney. He believes that the secret to holding onto as much VO<sub>2</sub> max as possible is simply the old Lydiard approach: run, run, run. "It's just moderate-paced work, where you're going at least 60 minutes," he says, though he adds that masters runners may want to go this far only two or three times a week. And he adds, "Eat really good foods."

Others believe speed work factors into the mix (reducing the number of longer runs). "Train fairly hard at your 2-mile or 5K pace at least once a week, where you're running your heart rate up to 98 percent of maximum," says Portland, Ore.-based coach Bob Williams. "I'm a real believer in that."

McMillan concurs. "These are great things to include in your training program," he says of 5K-paced workouts. "I wouldn't say year-round, but frequently."

He also recommends racing frequently, perhaps once every three to six weeks, particularly 5Ks. "That's a great VO<sub>2</sub> max workout in and of itself. The more I look at masters runners, the more I think you've got to keep racing. You almost go back to [George Sheehan](#). He was the king of racing every weekend. It doesn't have to be 100 percent, and you can't do long. The more 5Ks and 8Ks you can do, the better. This is completely different from what you'd advise for a 23-year-old who wants to go to the Olympics."



## Flexibility

One of the people involved in McGuire and Levine's study was Gregg Hill. At 20, Hill was a college sophomore who could do a 4:45 mile -- no threat to win the Olympics, but no slouch, either. At the end of the follow-up study's intensive training, his VO2 max had been restored ... but not the 4:45 mile. Clearly, aerobic capacity isn't the only factor affecting masters performance. "What determines speed on the track is different from VO2 max," Levine says.

I talked to Hill in 2005, a few years after the follow-up study had come out. He thought the missing factor was the youthful elasticity of his tendons. In support, he cited Steven Vogel, a biologist at Duke University and author of [Prime Mover: A Natural History of Muscle](#), who claims that much of a runner's propulsion comes from energy carried over from the previous stride via the elasticity of stretched tendons. "My guess is that in older people, the tendons are less efficient," Hill said.

Also cutting into your speed is a simple loss of range of motion -- a problem most runners have faced since youth but which intensifies with age.

Part of the difficulty is the typical middle-aged lifestyle. McMillan notes that many masters-age runners spend a lot of their work lives sitting at their desks or in meetings. "We've risen to a level [in our jobs] that can be bad for us," he says. "We're doing a lot of things that don't have us moving. That's the worst thing we can do from a flexibility standpoint."

"Once the muscles start to get tight, you're limiting your power base," adds Williams. "You're not going to be able to move as smooth and efficiently."

The solution is stretching. Not the static stretches that most of us who've been running long enough to have entered the masters ranks grew up on (although those have their place), but the new breed of dynamic stretches.

Not that the stretches have to be all that newfangled; many of the things we used to do in grade school, such as jumping jacks and alternate toe touchers still work, says Brown. The idea is to get blood flowing through the connective tissues, best done by stretching them dynamically before the workout, and statically afterward. "It doesn't have to be a lot," Brown says. And, he notes, it's better to do it consistently for a few minutes each time than to make erratic efforts at more comprehensive routines.

Brown himself often stretches in his post-workout clean-up. "I do seven static stretches in the shower. I've done that for 20 years and I think it's helped."

Williams generally has runners do 15 to 20 minutes of drills while warming up. "Static stretching can be helpful, but dynamic movement is more valuable," he says. In particular, he says, dynamic exercises should focus on calves, hamstrings and hips.

But stretching isn't the only thing that can help retain or restore flexibility. "Use a foam roller four to five days a week," Williams says. "Or get a massage every week or two. [The foam roller](#) seems to be the primary tool I've found that keeps competitive runners healthy."

Alternatively, if you want to retain flexibility but don't want it to feel quite so regimented, Williams suggests trying some other sport that works your range of motion. Williams suggests tennis, but pretty much anything is better than nothing, even golf. "There are a lot of things you can do," he says. "You don't need a gym."

McMillan agrees. Experiment with different types of flexibility training, he says. "As a masters runner, you've got to investigate and find the methods that work."

### **Declining Muscle Power**

Another indisputable side effect of aging is a decline in muscle mass. According to the American College of Sports Medicine, muscle strength and mass begin decreasing at age 40, with the process speeding up after age 65 or 70. Of particular concern to runners, the loss generally occurs fastest in the lower body.

The rate of loss appears to be faster for fast-twitch fibers than for slow-twitch. That's a greater problem for sprinters than for distance runners, but it should be of concern for everyone because it's possible to lose all of your fast-twitch fibers. And when that happens, nobody knows how to get them back.

Scott Trappe, director of the [Human Performance Laboratory](#) at Ball State University in Muncie, Ind., was the head of the team that made this discovery. The likely reason, he said at the time, is changing lifestyles. As people age, particularly into their 70s and 80s, they stop doing the high-intensity activities that call for fast-twitch fibers. The result is that these fibers atrophy until they're gone ... permanently.

"The body is going to react to demands," adds Brown. "If you don't demand it any more -- if you think, 'I'm too old to do this, and I'm strong enough anyway,' then you'll start to lose muscle mass."

The solution is vigorous weight-training: the type that gives the same type of "burn" younger athletes seek, albeit at whatever lower weight you can now handle. Fancy health club machines aren't necessary. Rubber tubing, free weights, stretchy bands, calisthenics: any of those can help. "As long as you're doing something two or three days a week to push yourself to a point where you're saying, 'This is starting to get pretty hard,'" Williams says.

Adds McMillan: "The best masters runners never stop. They don't have big down times. They seem to be always training and racing. That may help. The initial research was showing that if you just keep with it, you can reduce that loss of muscle composition."

### **Slower recovery and healing rates**

None of these approaches works if you push too hard, too often. "All the evidence I read doesn't suggest that you can actually slow the aging process," Noakes once told me. "In contrast, I think you can accelerate the aging process if you overdo the exercise."

For younger athletes, he thinks overdoing it is running more than about two hours a day. But many masters runners find that it takes longer than it once did to recover from workouts and races. Lots of factors may be involved, but the simplest to understand is at the cellular level, where tissue repair and replacement simply don't occur as rapidly as they once did.

What this means is that as you age, you may have to experiment with changing your workout pattern. When Carlos Lopes of Portugal won the Olympic marathon at age 37, then went on to win the Rotterdam Marathon at age 38 with a new world record of 2:07:12, Alberto Salazar asked him what he did differently at that age. "Carlos was definitely at an age where most people start having to make adjustments," Salazar says. "He told me that his main adjustment had been to reduce the frequency of his hard workouts. These workouts, he said, still needed to be as intense as ever; he simply allowed more recovery time between them."

McMillan agrees. Masters runners need to do every type of workout that younger runners do, but they may need to alter their schedules. And they may need to allow more time to adapt. "We are so engrained with Tuesday-Thursday [speed], Sunday long run," he says. "You almost have to throw that out the window and start looking at what's going to help. That's going to be different for every runner."

Masters runners also need to be careful to allow enough recovery time after races. "It used to be a race on Saturday, long run on Sunday; no problem," McMillan says. "When you get older, that may not be the best routine."





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

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

## PATRON SAINT OF CALM WATER? NOT ST. ANTHONY



Strong and gusty winds greeted close to 4,000 competitors April 25 - including many of the sport's best pros - at the 27<sup>th</sup> annual St. Anthony's triathlon in St. Pete. By 8:40 a.m., increasing pressure gradients had turned the .93-mile Tampa Bay swim into a bumpy froth, forcing organizers to shorten it to about half the distance for the last eight of the 32 waves.

"I wasn't happy, it kind of deflated my game plan," said 55-year-old Wes Ott, a strong swimmer and veteran triathlete who had already notched "about 15" St. Anthony's events on his racing resume. "You're going to get rough seas when you have 20-mile-per-hour winds on open water. But you can't second guess the RD. He's got the safety of a few thousand athletes to worry about." Left, Ott at last year's Health First Triathlon in Ken Horton photo.

With an increase in charity athletes and newer triathletes testing race distances without a good base or open water experience, race directors who are rightly concerned about safety and liability are taking no chances.

Consider that in 2006, St. Anthony's rescue personnel pulled more than 80 athletes from the water and in 2007, a 48-year-old woman from Illinois died during the swim. Last year, officials called off the swim for all but the pros.

The race - considered by many to be the U.S. season opener - owns a history rich with prestige and a deep prize purse. As always, a stellar pro field lined up for the start of yesterday's race for a shot at a piece of the \$65,000 pie, including \$6K for swim, bike and run prems.



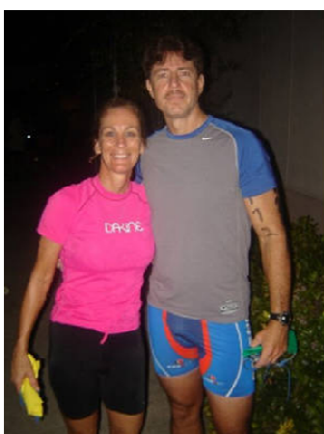
One hour, forty-eight minutes and forty-four seconds later, a relative unknown not only won the race and \$10,000, but also served notice that he has moved up a notch.

"This is my first major win," exclaimed an exuberant 26-year-old Cameron Dye, left, of Boulder. "I never won anything close to this. This is huge. To beat the likes of Craig Alexander (Crowie, 2009 IM World Champion) and Greg Bennett (Olympic triathlete), guys I have looked up to for years. These guys are amazing, amazing (athletes) and to be finally in that class is amazing, huge."

In the women's race, 29-year-old Sarah Haskins, of Colorado Springs, took the field by more than a minute with her time of 1:58:49.

On a local level, Ed Donner turned in Brevard's fastest race finish. The Melbourne wealth manager cranked out a 23:52 swim; averaged 23.9 on the 24.8-mile flat and technical bike course and then followed up with a 38:33 10K.

His total time of 2:07:14 would have won the 30-34 age group but Donner's multiple top ten finishes at multiple previous races allowed him to race in the elite amateur division where he placed 18<sup>th</sup> out of 53 competitors. With such a large field, St. Anthony's awards go 10 deep and several local athletes returned with hardware including Jackie Clifton, 6<sup>th</sup> 45-49, 2:39:24; Colby Mack, 2<sup>nd</sup> 25-29, 2:14:34; Wes Ott, 10<sup>th</sup> 55-59, 2:22:39; Tricia Rydson, 3<sup>rd</sup> 35-39 and Sue Stidham, 10<sup>th</sup> Athena, 3:10:20.



Congrats to all our local athletes who gave it their best on a tough day including **Amateur Elites:** Ed Donner, 2:07:14; Stephanie Hirst, 2:20:46; Leeann Nawrocki, 2:34:24. **Amateurs:** Devin Byrnes, 3:09:36; Jackie Clifton, 6<sup>th</sup> 45-49, 2:39:24; Laura Cole, 3:42:44; Brad Daszynski, 2:24:48; Joel Dodds, 2:25:23; James Elmer, 2:52:01; Kevin Goins, 2:52:04; Jesse Hall, 3:18:31; Jeff Hedrick, 3:10:52; Brian Kennedy, 2:43:35; Scott Krasny, 2:52:27; Lori Kruger, 2:53:12; Ryan Lombroia, 3:01:38; Colby Mack, 2<sup>nd</sup> 25-29, 2:14:34; Philip Mazzella, 2:38:20; Emily Nelson, 3:00:38; Cathi Rodgers, 3:59:51; Tricia Rydson, 3<sup>rd</sup> 35-39, 2:25:52; Mike Suominen, 3:02:28; Andre Swierzbin, 3:15:19; Tommy Turek, 3:11:25; Matthew Walters, 2:50:23; Michael Weiss, 3:13:01; Robin Williams, 3:12:23. (At left, training partners Robin Williams and Jeff Hedrick before the start of the 2009 Health First Triathlon) **Shortened swim (~half mile) due to deteriorating conditions (Females 50+; Males 55+; Athena; Relay, Novice Women, TNT, First-timers):** Denise Canina, 2:53:29; Wes Ott, 10<sup>th</sup> 55-59, 2:22:39; Cynthia Palilonis, 3:55:21; Debbie Rescott, 2:52:09; Jeanne Stagi, 3:27:37; Sue Stidham, 10<sup>th</sup> Athena, 3:10:20.

## MORE LOCALS AT THE FINISH LINE(S)



Congrats to **Escape from Alcatraz** (San Francisco) finishers Stephanie Bird, Rockledge, left, 3:40:57; Kristin Cusimano, Indialantic, 3:47:24; **SheRox** (Miami) sprint triathlon finisher Liz Cerow, 1st 55-59, 1:27:32 and everyone who finished the **Ron Jon sprint triathlon** in Cocoa Beach. Complete race results are available at <http://www.altavistasports.com/results/2010results/cocoabeachtriathlon4182010.html>

## BETTER BIKING



Do you want to ride your bike but are afraid of traffic? Are you uncertain of your ability to handle small mechanical problems like flat tires? Are you an experienced cyclist who would like to learn how to get more courtesy and respect from motorists? (Left, Lori Kruger grins during the bike portion of the 2009 Health First Triathlon)

Few of us were ever taught how to drive our bicycle in traffic. Traffic Skills 101 fills that gap. It is Driver's Ed for cyclists. Traffic Skills 101 is taught by Dr. Tom Hoffman, SCR stud runner, triathlete and President of Space Coast Velo Sport and a League Cycling Instructor (LCI). The curriculum covers everything, including bike selection, simple maintenance, fixing a flat, bike handling skills, hazard avoidance and strategies for riding a bike safely and confidently in all conditions.

For complete info and registration, visit <http://www.spacecoastmultisport.com/sitebuildercontent/sitebuilderfiles/hoffmantrafficskills.pdf>



Lots more local multi-sport coverage and stories at [www.spacecoastmultisport.com](http://www.spacecoastmultisport.com)

**28th Annual Downtown Melbourne 5K Run and Walk**  
**Saturday, April 3, 2010**

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



The Downtown Melbourne 5K is a one-of-a-kind in this county as the men and women race separately. Race Director, Frank Webbe, alternates the men's and women's starts each year between the 7:30 a.m. and 8:15 a.m. time slots. The course is a spectator-friendly two-looper with several slightly rolling hills on the south side. For the third year running - no pun intended - Tracy 'T-Sizzle' Smith has taken the top spot in the women's race of this well-loved event. We wanted to get some of her thoughts on the race and below we present the interview:

**SCR:** Do you think this is a fast course and, if so, why?

**TS:** The race was fantastic! I love that course. I am not 100 percent sure I can pinpoint exactly why it is fast. The shorter second loop maybe? That fact that a lot of your running peers, or usual competition, are there cheering you on has something to do with it.

**SCR:** In some of the photos it looked like you and second-place finisher, Emily Chapman, were pretty close early in the race, how did things play out?

**TS:** I actually stalked Emily the mile. I was sick mid-week and wasn't sure what I would be able to pull off so I just let her go the first quarter-mile and then ended up right beside her. My first mile was six minutes and thirteen seconds so I ran pretty even splits. I actually passed Emily shortly after the first mile and by the time we reached the clock on the first lap I had a comfortable lead. If only I had squeezed out a tiny second more I would have had a PR but that race made the second time this year that I've matched by PR.

**SCR:** Your time on this course has dropped steadily each year (2008-19:30, 2009-19:18, 2010-19:16), how do you keep aging and dropping time?

**TS:** As far as getting faster as I get older, I am not sure - maybe more training and endurance. The marathon training I did this year was a help I am sure since it was more focused than the usual 'just finish' 26.2 - I had a serious goal. (Smith ran a 3:11:53 at the Palm Beaches Marathon in Dec. Her time would have won her 35-39 age group by almost five minutes but she was awarded third overall Florida female.) Perhaps it is that I am getting more comfortable with pushing myself. It is also more about making sure the kids (Smith's children, Sabrina and Riley) see that it can be fun while challenging.



**Smith (#5) leads Chapman near the end of first lap. Ken Horton photo (www.Icunphotos.com).**

**MALE**

**Overall**

Billy Holl	16:17.1
Kyle Hunter	16:37.6
John Davis	17:17.5

**Masters (40+)**

Steve Chin	17:24.7
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**10 and under**

Jared Hayes	22:47.5
Connor Cook	25:45.4

**10 and under continued**

Austin Hayes	27:57.2
Will Rieder	29:20.4
Zack Bursk	29:37.2
Riley Smith	29:49.1
Jared Weiss	29:49.9
Colby Fairbank	30:10.3
Trey Plyler	31:11.4
Garrett Fortier	31:53.6
Dylan Fain	36:53.5
Quinn Bischer	49:40.7

**11-14**

Ian Chan	19:39.1
Jared Williams	22:30.8
Rodolfo Valentin	22:53.9
Michael Rudolph Jr	23:11.0
Jack Dickens	23:23.9
Tyler Adams	23:59.7
Christian Hayes	25:45.3
Reno Bush	27:44.4
Mike Ellison	28:07.8
Joseph Conigliaro	30:15.0
Thomas Oconnor	31:25.5

**11-14 continued**

Ty Rieder	34:40.2
Michael Conigliaro	36:53.9
Jared Gannon	36:54.4
Tobias King	57:22.3

**15-19**

Luke Redito	18:03.7
David Morales	18:58.0
Colin Chan	22:46.4
Jeremy Flint	23:11.4
Gage Wikel	23:59.3
Brad Olsen	25:29.5

**20-24**

Terence Ryan	18:15.6
David Eldridge	22:06.1
David Milstid	25:09.3
Jeff Sherber	27:40.0
Kevin Dion	28:51.4
Benjamin Wood	29:41.9
Michael Sacco	31:20.4
Thomas Winderweedle	36:35.0

**25 - 29**

Travis Hiers	19:17.2
Logan Soya	20:15.1
Michael Casey	20:49.2
Paul Timmons	21:26.2
Scott Smith	21:42.4
Greg Reverdiau	21:52.1
Matthew Suttles	22:13.9
Cedric Ching	22:22.6
Dan Lizana	22:22.7
Isaac Bermudez	22:23.4
Darrius Garrett	22:32.7
Lucas Simonds	22:37.1
Michael Burns	23:35.9
Jeffrey Marcan	23:40.0
Charlie Rossi	23:50.0
Robert Rutherford	23:54.3
Heath Powell	24:10.4
Chris Streiff	24:56.7
Justin Pittman	25:14.3
Jason Greer	25:15.8
Gabriel Barfield	25:25.4
Ryan Schneider	25:27.9
Chad Thompson	25:53.5
Adam Fatka	26:10.2
Andrew Ross	26:10.6
Rod Woodside	26:27.0
Phil Hatcher	27:14.3
Brian Timmons	28:40.0
Brian Simon	28:55.9
Robert Bruckart	29:04.8
Michael Fischer	30:09.4
Chris Keath	32:08.0
Matthew Briand	33:23.4
Bradley Camp	34:12.7
Tyler Hiers	34:21.0
Bill Doncaster	34:57.5
James Smith	34:59.0

**30 - 34**

Steven Hedgespeth	17:50.6
Thaddeus Austin	18:09.3
Andres Perel	18:54.9
Myron Larrick	19:09.4
Jonathan Dea	19:11.0
John Kramer	20:31.0
Brad Evers	20:45.7
Robert Paxton	21:21.6
Jonathan Howse	24:13.9
Bryan Steele	24:26.4
Michael Rich	26:02.6
Brian Kurinsky	26:13.8
Dana Timms	26:15.4
Jonathan Mason	26:21.5
Kevin Terry	26:43.1
Raymond Barnwell	26:46.5
Dan Dietel	26:57.7
John Sicoli	27:08.0
Marcello Toro	30:25.0

**35 - 39**

Shane Streufert	18:11.0
Scott Larson	18:58.0
Jim Schaeffer	19:18.6
Tristan Webbe	19:34.6
Dave Chapman	19:45.0
Thomas Jenkins	19:53.5
Alain Graber	19:56.1
Bruce Furrow	20:36.0
Steve Buescher	22:36.2
John Vangilder	22:37.1
Ron Norris	22:39.8
Loren Goldfarb	24:24.5
David Destefano	25:50.1
Charles Allis	27:55.3
Edward Bain	28:41.0
Rudy Valentin	28:59.1
Michael Weiss	30:12.7
Ed Cloak	31:19.9
Jarot Serrano	31:37.5
James Gundy	31:49.3
Sean Friese	32:30.9
James Fain	36:57.5

**40 - 44**

Howard Kanner	18:32.4
Sean Black	19:14.0
Brian Lail	20:12.4
Danny Benitez	20:46.8
Bob Maggio	21:08.8
Ashley Fleeman	21:30.3
Mark Godleski	21:58.7
Larry Wilcox	22:15.0
Randy Boozer	22:23.9
William Conyers	22:29.7
Rod Neal	23:05.7
Angel Delahoz	24:19.6
Robert Pellizze	24:31.1
Bradley Blair	24:38.6
Roger Ogburn	25:15.8
Dave Allis	26:47.3

**40-44 continued**

James Chiravalle	27:08.7
Michael Byrne	27:58.4
Chris Bursk	29:47.5
Frank Eckert	30:12.2
Jeffe Baudek	35:10.5
Jeff King	41:34.7

**45 - 49**

Michael Adams	18:37.6
Tony Bills	19:43.8
Kurt Holst	19:44.1
Doug Nichols	20:53.0
Dave Hernandez	21:11.4
Enguels Morales	21:37.9
Kevin Howald	22:05.2
Don Patterson	22:09.0
Bryan Bost	22:27.8
Michael Waters	22:49.2
Neal Levine	23:13.1
Joseph Boudro	23:33.5
Christopher Goncalo	23:43.2
Greg Hayes	23:59.0
Jeff Hedrick	24:07.2
Mike Kosec	26:23.4
Charles Eccleston	26:28.3
Jordan Thompson	27:23.7
Derrick Burkett	27:37.9
Joseph Petrone	27:54.9
Tim Kaiser	30:41.5
Wade Minear	30:46.7
Charles Plyler	31:06.3
Steven Barker	31:17.1
Charles King	33:05.4
Wally Bowles	33:54.7

**50 - 54**

Pat Jonas	18:28.3
Joe Hultgren	18:33.9
Art Anderson	18:34.3
Randy Raczek	19:44.3
Dennis Delman	19:49.7
Matt Mahoney	20:03.8
Dave Watrous	20:39.0
Bart Ferguson	21:56.8
Tim Murphy	23:07.6
Dave Beaumont	24:13.6
Klaus Schmid	25:52.5
William Miller	25:55.9
Gene Grieshaber	27:00.9
Daryl Gilbert	27:54.6
Don Hunter	28:59.4
Greg Rieder	29:19.4
John Ingwersen	33:25.5
Adrian Brinks	33:48.8
Jim Memmott	35:44.2
Vinny Lipponer	37:43.3

**55 - 59**

Mike Kodya	18:23.2
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**55-59 continued**

Mike Dahan	19:26.7
Loran Serwin	20:31.4
Jerry Bird	20:48.7
Jim Cunningham	20:48.8
Don Dore Jr	21:00.9
Bud Timmons	21:35.1
Wolfgang Jensen	21:48.6
John Farner	22:25.5
John Watson	23:44.8
Dick White	24:17.8
Fariborz Zanganeh	25:00.1
Thomas McKeefery	25:36.9
John Bounds	25:43.7
Abe Oros	25:48.5
Larry Wiseman	26:42.0
Jim Lawson	27:42.3
Harv Hobson	33:34.6
Daniel Mercier	37:26.7
Robert Bruckart	38:46.3

**60 - 64**

Ben Harvie	19:44.3
Gary Castner	22:39.1
Ray Brown	23:45.2
David Farrall	24:46.4
Frank Webbe	25:30.9
Steve Schrell	26:14.0
Teen Sum	26:20.9
Greg McKay	26:42.9
Peter Carabetta	27:01.1
Gary Dore	31:01.5
Tom Lazar	33:44.6

**65 - 69**

Michael Zeitfuss	21:48.6
Patrick Maginn	28:34.5
Drew Noble	43:14.1
Richard Czarnowski	45:11.3

**70 - 74**

Ron Hoar	26:49.6
Darwin Tangen	28:10.6
Frank Van Rensselaer	32:03.2
Morris Johnson	33:13.9
James Morrell	38:24.3

**75 - 99**

Bob Pecor	33:45.0
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**FEMALE****Overall**

Tracy Smith	19:16.7
Emily Chapman	19:38.8
Lisa Novak	20:00.6

**Masters (40+)**

Cathy Friedel	20:49.7
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**10 and under**

Michelle Adams	31:40.1
Ariana Valentin	32:14.3

**10 and under continued**

Koral Bischer	34:22.1
Sydney Fortier	35:42.0
Macie Goldfarb	39:25.1

**11-14**

Rebecca Fleeman	23:41.6
Kristen Fisher	28:45.2
Shiloh Brunet	30:27.3
Hannah Wells	31:23.6
Kiana Zanganeh	31:35.4
Rachel White	41:03.0
Sabrina Smith	41:39.4
Raina King	56:44.1

**15 - 19**

Jillian Kuschel	22:17.4
Stephanie Bird	24:26.0
Sarah Fisher	30:03.5
Summer Lagate	30:25.4
Holly Brinks	30:26.6
Sarah Burkett	30:48.6
Amanda Ellison	31:19.4
Ariana Zanganeh	31:34.5
Kelly Reina	35:24.4
Kelsey O'Connor	38:32.3
Tatiana Zanganeh	39:02.3

**20 - 24**

Joanna Russo	22:04.2
Michelle Garcia	23:49.6
Ryan Clegg	25:04.7
Sara Schuman	26:18.0
Ashley Pittman	26:52.9
Wilmarie Greer	29:24.9
Renee Brinks	30:28.2
Melissa Levy	31:18.2
Emily Bowman	32:19.0
Stephanie Strodman	33:01.7
Jennifer Nelson	33:20.4
Crystal Doty	33:42.9
Kelly Swindell	34:13.2
Caitlin Sandler	34:13.7
Stacey Rand	34:13.8
Ashley Keath	35:29.0
Lisa Suttles	36:36.7
Erika Johansen	44:28.6
Sarah Wood	49:08.4
Shayna Miller	52:14.7
Alicia Salter	53:08.4

**25 - 29**

Amy Clamons	22:00.0
Jessica Wiedenbauer	22:29.8
Cara Evers	22:48.5
Sam Beese	22:50.2
Alexis Haber	23:05.6
Kristina Latraverse	23:19.7
Aprile Roberts	24:13.0
Kendal Harder	24:44.9
Heather Cohen	25:21.0
Amy Ho	26:14.6

**25-29 continued**

Brittany Doncaster	26:18.3
Nicole Iannelli	27:05.4
Helena Kramer	27:19.8
Kristin Diederich	27:50.0
Elise Waltman	28:15.9
Wyndy Nussbaum	28:26.7
Alissa Steele	28:42.7
Sarah Clamons	28:56.7
Nicole Bertran	29:31.2
Kellie Bollegar	30:20.7
Chelsea Marcan	30:31.5
Priscila Schaffert	31:37.1
Stacey Camp	31:38.3
Alicia Sepanik	32:14.8
Jennifer Mason	33:03.5
Patricia Lucas	35:46.4
Sarah Frey	37:15.0
Nikki Seale	38:36.0
Leah Lowe	40:01.1
Julie Noble	42:31.3
Erica Coleman	43:17.7
Sarah Plum	51:37.2
Samantha Barnes	53:10.3

**30 - 34**

Tara McFarlane	20:40.7
Megan Campbell	22:59.2
Kerstin Dea	24:10.5
Lynn Pruess	24:57.7
Jackie Schmoll	25:03.0
Casey Gilbert	25:17.4
Kristin Donoghue	25:47.9
Rachel Bowen-Wilkerson	25:50.8
Keri Donald	25:59.6
Jessica Nichols	26:08.8
Christine Davis	27:27.3
Lauren Sicoli	27:27.7
Kelly Semenko	27:41.5
Suzanne Plantec	27:52.7
Sally Memmott	28:39.0
Terri Huckaby	29:48.6
Giselle Cahill	30:41.9
Michele Murphy	32:09.3
Kalli Litchfield	43:49.8
Jill Terry	44:04.6
My Huynh	51:36.8
Alisha Cline	54:46.1
Jessica Longshore	57:14.6

**35 - 39**

Lisa Petrillo	22:32.0
Devra Fain	22:47.2
Paige Twigg	23:01.5
Felicity Cunningham	23:42.9
Jennifer Ogburn	24:34.4
Charlotte McClure	24:36.3
Davina Friese	24:45.1
Terese Meegan	24:52.1
Nancy Wells	25:06.1
Brittany Streufert	26:15.1
Penny King	27:40.2

**35-39 continued**

Dena Geist	29:20.8
Brooke Shlisky	30:25.1
Viviana Rodriguez	32:22.2
Jodie Fortier	32:55.0
Bobbi Yoho	34:49.7
Jennifer Smith	36:29.7
Trishina Destefano	37:20.3
Amy Moseley	39:06.0
Heather Eckert	44:57.3
Terra May	46:24.2
Kelli Buescher	49:16.2
Nasima Pfaffl	04:01.2

**40 - 44**

Barbara Krause	21:04.2
Kristi Ruben	21:31.2
Sandra Gannon	21:47.0
Robin Hernandez	22:04.8
Ellen Snodgrass	23:55.0
Nicole Therrien	25:11.6
Marisa Flint	26:28.5
Beth Rieder	26:46.1
Debbie Wells	27:38.9
Anne Oconnor-Smith	27:40.9
Kimberlee Armstrong	27:55.8
Beth Johnson	29:58.7
Kelly Gaitan	30:07.1
Trish Rich	32:59.0
Robin Henderson	33:28.0
Denise Hepperly	33:42.9
Audrey Smith	34:21.7
Bonnie Klein	34:49.5
Brooke Goldfarb	38:19.2
Elizabeth Flom	44:22.6
Colleen Fleming	47:06.3
Nancy Vangilder	51:04.1
Tammy Pierce	52:15.6
Christine Mydlo	52:58.3

**45 - 49**

Debra Johansen	22:17.2
Lisa Saturday	22:24.6
Lori Kruger	22:27.6
Karen Hughes	24:09.9
Shari Parris	24:12.2
Cynthia Broome	24:15.7
Terry Ferrisi	24:23.6
Donna Snowberger	25:21.0
Christy Zieres	25:41.1
Terry Weber	25:52.6
Kimberly Badgett	26:41.0
Sharon Gillette	26:47.6
Paula Komm-Storum	27:12.4
Laurie Paul	27:51.6
Midori Wiles	28:22.4
Holly Herrmann	28:23.0
Michele Duester	28:25.8
Flo Holden	28:29.2
Annette Burkett	30:00.4
Tena Hochard	30:50.9
Mary Redito	30:58.1

**45-49 continued**

Carol Brinks	32:12.4
Martha Flynn	33:07.2
Ada Dieguez	33:54.6
Christine Adams	34:17.5
Mary Ehrhard	34:58.8
Cathy Sweeney	35:13.3
Irma Howell	35:16.4
Joann Marrell	36:06.9
Dianne Ortt	36:15.0
Stephanie Wolf	36:15.6
Kathy Mottle	36:16.7
Gianni Zanganeh	37:14.9
Sandra Schensky	38:56.5
Mary Trainor	40:07.1
Ann Taylor	43:12.9
Jackie Bartlett	43:14.9
Sharon D'Alessandro	44:56.7
Susan Costner	46:44.6

**50 - 54**

Cynthia Washam	21:21.1
Theresa Miller	22:07.5
Robin Moran	22:26.0
Marlene White	24:35.0
Elizabeth Ring	25:02.0
Janet Erlacher	25:41.1
Debbie Rescott	26:15.8
Carol Robertson	26:23.3
Melanie Delman	27:07.8
Pauline Jonas	27:32.9
Nancy Sharp	28:50.3
Theresa Watson	29:28.1
Lisa Fournier	29:37.0
Diane Caruso	30:15.6
Pamela Smithwick	30:34.8
Sandra Petrone	30:43.4
Janet Stebbins	31:03.1
Carol Ball	34:02.3
Sherrri Shamet	35:05.3
Alexandra McKenna	35:56.7
Dalys Dunn	37:51.1
Gail Wiseman	38:17.9
Tamara Ingwersen	40:03.2
Leslie Giammanco	40:07.3
Cheryl Reina	40:11.2
Cheri Ryall	40:33.5
Marie Verderame	41:54.7
Nancy Ritter	42:09.8
Teresa Norton	43:15.5
Sandra Mozo	43:26.1
Sue Lazar	43:37.5
Andrea Foster	45:06.4
Cheryl Daugherty	53:14.4
Mara Procter	57:00.2
Diane McPadden	58:11.5

**55 - 59**

Sue Strout	23:14.5
Laurie Herman	24:50.5
Anne Doerflein	24:59.3
Maureen Morley	28:45.3

**55-59 continued**

Rosemarie Cocker	29:43.8
Deborah Horst	31:19.2
Catherine Stelling	31:30.4
Lisa Farrall	37:54.2
Mary Ann Bowman	37:58.5
Luanne Memmott	38:50.5
Pam Hobson	40:42.1
Shirley Picagli	41:14.6
Norine Burr	43:26.5
Kathy Horschel	57:00.2
Ivy King	59:06.3
Mary Vandeusen	59:06.9
Linda Gundy	04:01.2

**60 - 64**

Anne Dockery	21:14.2
Lorraine Petersen	27:07.4
Jacquelyn Kellner	27:34.2
Susie Koontz	28:20.0
Mary Ramba	29:27.3
Arlene Allen-Buono	33:14.7
Caroline Combass	36:52.0
Joyce Cowart	50:58.9
Linda Turigliatti	50:59.8
Mary Joseph	54:44.9
Donna Berglund	54:48.9
Brenda Williams	57:00.0
Becky Barnes	58:35.9

**65 - 69**

Willy Moolenaar	26:50.5
Tonyia Gibbons	35:38.3

**70 - 74**

Pat Dixon	32:24.7
Esther Chinnery	40:01.8
Katie Marsh	43:04.9
Joan Mahoney	56:56.3

**75 - 99**

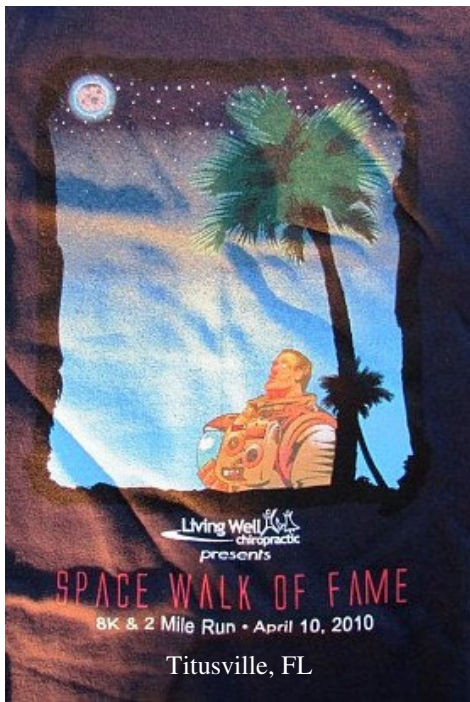
Roberta Osterling	56:23.0
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**YOUR RACE DOLLARS AT WORK**

All proceeds from the Downtown Melbourne 5K support The Haven for Children in Melbourne, The Haven strives to meet the needs of neglected, abused and abandoned children in Brevard County.

Children who come from abusive family situations often have special needs because of emotional, physical and developmental delays caused by the birth mother's abuse of alcohol or drugs, the lack of proper nutrition and the lack of nurturing by caring parents.

The Haven's success depends on the support of government programs, trained staff members, dedicated volunteers, and private donations. Thank you for your support!



**FEMALE**

**Overall**

Tracy Smith	31:55:00
Sadie Wells	33:15:00
Sue O'Malley	33:55:00

**Masters (40+)**

Cathy Fredel	35:31:00
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**Grand Masters (50+)**

Anne Dockery	35:53:00
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**Sr. Grand Masters (60+)**

Willy Moolennar	49:39:00
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**15-19**

Stephanie Bird	38:37:00
Anna Thorne	39:19:00
Siera Pollard	39:55:00
Theresa Huff	40:02:00
Cynthia Sundin	48:43:00
Mary Payzant	52:00:00
Kelsey O'Connor	1:11:57

**20-24**

Stephanie Crosby	34:57:00
Krysti Cooper	42:09:00
Jennifer Lea	43:13:00
Chelsea White	46:10:00
Sarah Bertot	54:18:00
Kara Downs	54:39:00

**25-29**

Tammy Klementowski	38:22:00
Cara Evers	39:09:00
Celia Mahler	39:51:00
Raechel Bradford	45:11:00
Amy Farnsworth	45:23:00
Kelly Currin	46:27:00
Rene Dunne	46:36:00
Kristin Kelley	47:40:00
Tamara Rudowitz	51:08:00
Rachel Rayburn	52:01:00

**25-29 continued**

Laurin Weiss	52:05:00
Amber Johnson	59:27:00
Laura Kelley	1:21:37

**30-34**

Melissa Kastanias	37:20:00
Danielle Hustoles	37:42:00
Gwen Manchion	40:19:00
Rachel Blanset	43:42:00
Casey Gilbert	43:42:00
Megan Broome	44:58:00
Susan Houts	45:53:00
Aimee Hurst	45:59:00
Mandy Gilmore	47:40:00
Jackie Blair	51:09:00
Christine Masters	52:05:00
Monica Heard	59:28:00
Heather Caban	1:00:56
Carolyn Streaker	1:06:10
Jessica Nixon	1:07:19
Yida Catala	1:07:20
Elaine Mulhall	1:21:38

**35-39**

Tammy Foster	34:42:00
Lisa Petrillo	37:52:00
Stephanie Jenkins	38:40:00
Felicity Cunningham	40:14:00
Julie Pomerleau	44:17:00
Christy Tagye	45:10:00
Traci Stiffler	45:14:00
Monika Gray	45:51:00
Amy Paroline	46:02:00
Stephaine Legare	47:41:00
Alecia Fragomeni	48:34:00
Jessica Vanatta	51:15:00
Debi Pollard	53:20:00
Jenny Noe	1:02:59

**40-44**

Barbara Krause	36:21:00
Sandra Gannon	36:45:00
Angie Preston	37:28:00
Christine Kennedy	41:12:00
Anne O'Connor Smith	42:06:00
Michelle Lamb	43:33:00
Eugenia Berry	43:55:00
Kimberly Budnick	44:05:00
Sharon Sieber	44:35:00
Kim Payzant	49:15:00
Laura Cole	52:30:00
Sherry McLamb	52:49:00
Jackie Emard	53:57:00
Jayne Wilkerson	54:34:00
Megan Holthaus	56:00:00
Kathy Pellascce	59:57:00

**45-49**

Paula Steere	39:49:00
Karen Hughes	40:03:00
Chiqui Behymer	40:41:00
Terry Ferrisi	40:45:00
Cindy Malone	41:27:00
Patricia Taurasi	43:29:00
Kimberly Badgett	44:56:00
Theresa Langley	47:40:00
Cindy Taylor	53:07:00
Lori Schnubel	1:02:01

**45-49 continued**

Janet Letchworth	1:04:35
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**50-54**

Robin Moran	36:52:00
Theresa Miller	37:12:00
Elizabeth Ring	41:23:00
Karon Pittman	41:33:00
Marlene White	43:26:00
Teresa Harrison	44:05:00
Debbie Rescott	44:39:00
Roberta Reaume	49:16:00
Jeanne Stagi	54:06:00
Carol Ball	1:26:05

**55-59**

Sue Strout	38:57:00
Karen Horner	44:05:00
Loretta Jones	44:41:00
Maureen Morley	49:26:00
Rhonda Howard	50:10:00
Blanche Morrison	57:53:00

**60-64**

Jacquelyn Kellner	45:49:00
Susie Koontz	48:40:00
Mary Ramba	50:07:00
Joan Keenan	1:06:09

**70-74**

Pat Dixon	56:50:00
Katie Marsh	1:13:21
Joan Mahoney	1:25:35

**Fillies**

Marisa Flint	44:42:00
Cathy Norris	1:09:56

**MALE**

**Overall**

Steve Hedgepeth	29:20:00
Steve Chin	29:23:00
Thaddeus Austin	29:37:00

**Masters (40+)**

Brian Kessler	30:27:00
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**Grand Masters (50+)**

Art Anderson	30:41:00
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**Sr. Grand Masters (60+)**

David Grant	35:45:00
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**9 and under**

Daniel Legare	38:52:00
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**10-14**

Drew Denson	34:14:00
Jacob Langgle	34:16:00
Zak Unrue	35:33:00
Wesley Garrett	38:51:00
Ryan Garrett	40:23:00
Jonathan Pugh	42:07:00
Dylan Norris	42:13:00
Timothy Legare	47:44:00
Collin May	51:04:00

**15-19**

Cory Sayyeau	29:58:00
Taylor Collier	31:49:00
Danny Taurasi	33:03:00
Tim Unrue	34:06:00
Nick Flint	34:46:00

**25-29**

Billy McMillan	30:37:00
Cedric Ching	37:16:00
Derek Petrek	37:59:00
Chris Hill	40:48:00
Christopher Han	43:47:00
Sean Duggan	48:30:00

**30-34**

Robert Paxton	34:39:00
Troy Cochran	37:58:00
Ryan Hieronymis	39:55:00
Andre Beckus	44:07:00
Jeff May	46:28:00
Ernie Diaz	46:29:00
Les Dunne	46:36:00

**35-39**

Shane Streufert	30:13:00
Tristan Webbe	33:30:00
Dave Chapman	33:44:00
Bruce Furrow	35:17:00
Mike Pollard	37:05:00
Ron Norris	38:07:00
Oliver Taylor	40:50:00
Simon Baxendale	53:58:00

**40-44**

Howard Kanner	31:11:00
Frank Kapr	31:45:00
Sean Black	31:53:00
Pedro Toledo	32:12:00
Juan Pinzon	37:29:00
Mike Cook	39:25:00
Rick Foresteire	41:02:00
Carey Swartz	41:46:00
James Chiravalle	41:53:00
John Sutherland	48:30:00
Carl Belles	51:56:00
Michael Legare	52:01:00

**45-49**

Michael Adams	31:10:00
Kurt Holst	32:55:00
David Taurasi	33:07:00
Jeff Gleacher	33:20:00
John Andrews	34:48:00
Mike Parker	35:24:00
John Quiggins	35:47:00
Dave Hernandez	36:35:00
Keith Kowalske	36:57:00
Manny Cabrera	38:48:00
Bill Alexander	38:49:00
Todd Denson	39:50:00
Greg Hayes	40:16:00
Tim Larson	41:25:00
Gary Letchworth	42:39:00
Danny Leggett	45:51:00
Brian Litterilla	46:31:00

**50-54**

Mark Cross	30:58:00
Roger Travis	31:04:00
Joe Hultgren	31:42:00
Tim Collier	32:23:00
Matt Mahoney	33:03:00
Rick Unrue	36:55:00
Gary Torres	39:49:00
Keith Thompson	44:52:00
Nick Flangedakis	49:05:00
Jeff Murphree	51:40:00
Ken Flieder	52:49:00
Wally Schroeder	55:40:00

**55-59**

Jim Cunningham	34:22:00
Jerry Bird	34:34:00
Loran Serwin	34:44:00
Don Dore, Jr.	34:58:00
Wolfgang Jensen	36:22:00
Bud Timmons	36:34:00
Don Clarkson	36:47:00
Dennis Weeks	57:22:00
Glenn Sundin	39:29:00
Dick White	40:34:00
Bob French	44:27:00
Owen LeLand	45:33:00
Jason Baltuch	45:37:00
Rick Wrijil	46:31:00
Maurice Amozig	56:39:00

**60-64**

Peter Weishaar	35:58:00
Adam Rafalski	38:00:00
Gary Castner	38:09:00
Ray Brown	39:00:00
Jim Schroeder	39:31:00
Carl Bonds	40:39:00
Frank Webbe	41:43:00
David Farrall	43:01:00
Joe Becker	44:45:00
Bruce Baker	46:01:00
Stan Johnston	52:57:00

**65-69**

Manuel Urrutia	37:30:00
Micahel Zeitfuss	37:51:00
Stuart Radcliffe	43:27:00
Ed Harrison	51:33:00

**70-74**

Darwin Tangen	46:03:00
Morris Johnson	56:41:00

**75-79**

Brad Bates	48:02:00
Bob Pecor	56:41:00

**Clydesdale**

Ruben Lopez	39:48:00
Brad Berry	41:08:00
Daryl Gilbert	46:54:00

**FEMALE**

Emily Chapman	13:38
Hannah Flemming	15:00
Kelly Ellison	18:05
Sarah Payzant	19:00
Madeline Zeuli	19:13
Samantha Toledo	19:24
Lori Ulrich	20:40
Patty Folsom	21:58
Lori Cook	22:17
Halley Mount	22:18
Sabrina Smith	22:20
Kristy Mount	22:21
Rachel White	23:06
Tracey Drake	23:21
Jessica Berry	23:45
Reyna Behymer	23:46
Megan Bery	23:47
Betsy French	24:13:00
Amber Cochran	25:16:00
Pat Ross	26:57:00
Becky Thompson	26:58:00
Cynthia Sundin	30:02:00
Magi Sizemore	32:45:00
Shirley Kump	34:54:00
Dodie Johnson	38:05:00
Jolanda Fenderson	44:55:00
Keri Decaro	44:56:00

**MALE**

Matt Horner	12:07
Sean Ulrich	12:37
Jared Hayes	14:06
Christopher Mead	15:03
Christian Hayes	15:39
Jason Garrett	15:42
Tyler Adams	16:11
Glenn Sundin, II	16:32
Trevor Denson	16:45
Austin Hayes	16:49
Charles Thibault	16:54
Rich Warren	17:06
Davis Drake	18:29
Chris Zeuli	19:13
Matt Legare	20:37
Dylan Fain	20:52
James Fain	20:55
Jared Gannon	21:09
Robert Ryan	22:43
Marc Ulrich	23:14
Tanner Drake	25:22:00
Neil Hawkins	26:19:00
Carl Simcox	26:33:00
Ted Drake	26:56:00
Tyrell Hawkins	26:50:00
Travis Phillips	28:30:00
Tom Phillis	28:39:00
J.B. Kump	34:59:00