



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 17 Number 4 -- October 2005

President's Corner

When I was but a child in my native Pennsylvania, suffering from frequent bouts of insomnia, I can remember that after The Tonight Show, the TV station announcer would state, "And so we come to the end of another broadcast day." He'd announce the call letters one last time, bid the viewing audience adieu with a promise to return in a few hours, play the National Anthem, and put up the Indian Head test pattern.

It's early October 2005 and I've long since relocated from my native Pennsylvania. I still suffer a lot, but not from insomnia (HA HA). The Anchorage Running Club has come to the end of another running season and it's a good time to reflect over this year's accomplishments.

To begin with, we have a lot of members - 447 paid through the end of this year, including some that have already re-upped for 2006, I just checked. It's a testament to the strength of recreational running and walking in Anchorage. There's every reason for us to have a healthy club, given our fabulous

infrastructure (e.g., the Coastal Trail, Bird Ridge, etc.) and favorable weather conditions (hey, compared to running in 85 degrees and 85% humidity - which is what they do in my native PA in the summer - we got it made!). The "run five races free" deal that former Board member Charles Utermohle hatched two years ago has paid handsome dividends.

Our dedicated race directors put on seven great events this year, starting with Joan Landis' Do Run-Run in May, and extending all the way to late September's Octoberfest. This year's Humpy's Marathon, Half-Marathon, and 5-K was another winner. Race Director Renee Rudd completed her two-year tour with a bang, and we continue to receive glowing comments about how much fun the race was (forget the driving rain which persisted until the start). I've been on the Board ten years and have watched Humpy's grow "from the start". Here's a brief historical digest:

Before it was known as Humpy's, the event was called the Snowgoose Classic, and was sponsored by another entertainment establishment in town. After the 1995 event, the sponsor decided to part ways with the event, and the Board was left wondering what to do about the 1996 race. We didn't have a lot of money in the bank at the time and were basically living hand-to-mouth. During a particularly intense anxiety attack at a January 1996 Board meeting, in from the frosty darkness walked the proprietors of Humpy's Great Alaskan Ale House, who announced that they wanted to sponsor our marathon. Maybe this was arranged by Andy Ferguson, then our President, or maybe not - I just vividly recall that my jaw dropped and about hit the floor! For those of you who haven't put on events, it's not often that a top-notch organization approaches you and says, "I want to sponsor your

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Anchorage Running Club

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Minutes of the October 10, 2005 ARC Board Meeting

We only had three Board members (Epstein, Wilson, and Pontarolo) show up for the meeting, therefore, we did not have a quorum and could not transact business. However, we did discuss some issues, to wit:

Treasurer Ed Wilson reported a balance of approx. \$39,470 in the bank. This is after all the bills from Humpy's and Octoberfest have been paid. Ed noted that this is \$330 more than our balance on January 1, 2005. Ed also thought that we should have made more money this year than last. Following discussion it was concluded that the purchase of promotional items for Humpy's (approx. \$3,700 worth) and the fact that we never paid Oxford Medals for last year's Humpy's awards and finisher medallions (approx. \$4,000) constituted the difference. So - even after absorbing those costs, we still have finished out "to the good". We all heaved a big sigh of relief.

As of meeting time, there were 447 paid-up ARC members. This is about as big a membership roster as we've had.

President Epstein reported that he had been contacted by the agent for famed marathoner, Jeff Galloway. Jeff has an interest in coming to Alaska in conjunction with next year's Humpy's to put on a marathoning clinic. President Epstein wanted to get the sense of those present if such an idea was supported by the Board. He stated that Mr. Galloway has already conducted this type of an activity in conjunction with Fairbanks' Equinox Marathon and Juneau's Frank Maier Marathon; so, it's about time he came here to do the same. Those present said they were in favor, and later on, others chimed in by email to say they would like to see this happen. So, President Epstein will report back to the agent that we are interested, however, we wish to hear more about what obligations the club would take on if the thing becomes a reality. More to follow.

Vice-President Pontarolo stated that he would like to see the Board meetings conducted in a more public setting, in that way it might attract the interest (and attendance) of the general membership. This idea was also embraced by the Board, so to make a long story short, the next Board meeting will be held at Guido's Pizza on International Airport Road - Tuesday, Nov. 15, 2005 at 6:30 p.m. Alaska Standard Time. We'll use some of the aforementioned \$330 to spring for pizza so those who attend do not have to do so on an empty stomach! That's the good news, the bad news, if there is any to be had, is that you'll have to buy your own beer! Consider coming out and watching your stalwart Board in action! It won't be like watching sausage being made, we promise! We need your input, feedback, and ideas to make ARC work better!



Running Science & Sports Medicine

Exercise and Death:

Am I safer on the couch?

Yes, it happens. A couple of times a year, we hear stories of people dropping dead while pushing their bodies to the limit - usually running road races. Most of the world's major marathons - including New York City, Chicago, London, Paris and Beijing - have experienced death. Boston - the world's oldest continuous marathon - has recorded two deaths in its 110-year history.

On Sunday, Oct. 16, 2005, a 36-year-old man from Oakville, Ont., collapsed and died minutes after he completed a half marathon in Toronto. It was the third death in five years at the event. A year earlier, a 42-year-old man from Guelph, Ont., died a couple of kilometres before the finish. The cause of his death was never released, but a heart attack is suspected. Two years earlier, an experienced marathoner died running the Toronto marathon. An autopsy showed a congenital heart defect that had previously gone undetected.

"To complete a half marathon demands regular exercise and discipline to get out there and train. More so for the full marathon distance," Jay Glassman, race director for the Toronto Marathon, told CBC News. "There are obvious stresses on your heart, but in the deaths that we've experienced over the past five years, those people were in good shape and had regularly exercised." However, being in top physical shape won't necessarily protect you from heart disease.

Perhaps the highest profile running death was that of Jim Fixx, the journalist-turned-fitness guru who was credited with giving birth to the first running boom in the 1970s. Fixx was an overweight smoker before he took up running. His blood cholesterol levels were elevated. He had also experienced several warning symptoms, which he chose to ignore and had refused the option of undergoing an exercise stress test. As well, Fixx's father had died of a heart attack at the age of 43. Fixx was 52 when he dropped dead of a heart attack while on a seven-kilometre run in July 1984. An autopsy showed Fixx had severe coronary artery disease. One artery was 95 per cent blocked, a second was 80 per cent blocked and a third was 50

per cent blocked.

In *Sudden Death and Exercise*, Dr. Timothy Noakes says on the day Fixx died of his heart attack, "1,000 other Americans would also have died of heart attacks. Few if any would have received nationwide coverage. Yet almost all of those deaths would have occurred in persons who were sedentary, or were smokers, or who had uncontrolled high blood pressure and elevated blood cholesterol concentrations. If only those sudden deaths occurring in athletes are reported in the press, it is understandable why the public acquire a distorted impression of the relationship between exercise and heart disease."

Noakes warns that runners should not get the impression that their elevated fitness levels mean they don't have to worry about heart disease. "Regular exercise reduces the overall risk of sudden death in persons with latent coronary artery disease," he writes. "[But it] acutely increases the risk of sudden death during exercise for those with heart disease that predisposes to sudden death." Runners are more at risk while they are out running - especially if they're running a marathon. But for the rest of the day, their risk of keeling over is much lower than the general population.

Another study followed the London marathon for 23 years. Over that time, there were seven cardiac deaths. In addition, five people who suffered heart attacks at the race were revived. All five were found to have suffered from coronary heart disease. The study found that the risk of death in the London marathon was one in 67,414 - "a risk which is comparable to many daily activities."

A November 2004 study published in *Medicine and Science in Sports and Exercise* found people who were regularly active in their 50s and early 60s were about 35 per cent less likely to die in the next eight years than those who were sedentary. For those who had a higher risk of heart disease, the reduction was 45 per cent. And you don't have to run a marathon to be considered fit. People who walked, gardened or even went dancing a few times a week benefited - as well as those who took on more vigorous activities. The study concluded there are definite benefits to getting off the couch.

The Heart and Stroke Foundation of Canada concurs.

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It suggests that people who enjoy good health should be able to begin some kind of exercise program without checking with their doctor first. But consult a physician if you:

- * Have a heart condition.
- * Are 45 or older.
- * Are between 35 and 45 and have risk factors such as smoking, high blood pressure, elevated cholesterol, obesity, diabetes or a family history of heart disease.

CBC News Online
October 17, 2005

A Mark of Marathon Madness: Molto Mileage

It is the marathon season, and many runners are making their final preparations for a 26.2-mile event. Often, such concluding primings involve peaks of mileage and arduous 20-mile runs, carried out on the “day of rest” (Sunday), of course. Such practices bring to mind an important question: How much mileage is really necessary to optimize marathon performance? Should one run 50 miles per week? 60? 70? 120?

The marathon race and “molto mileage” are inextricably linked together in most marathoners’ minds. The logic goes something like this: The marathon is an incredibly long race, one which really tests endurance. Endurance is maximized by running a lot. Therefore, I should increase my weekly mileage as much as possible. If I do, my marathon performance will magically improve.

Is such thinking really on target? To find out, researchers at the University of Northern Iowa recently divided 51 runners (18 males and 33 females) into two groups. Over an 18-week period, one group expanded weekly mileage to 48-50 miles, while the other collection of runners moved up to only 39 miles. The 50-milers trained six times per week, while the luckless 39-mile folks hit the roads just four times. After 18 weeks, the runners in both groups ran a marathon.

Since the runners in the 50-mile per week group had logged 20-percent more running volume, were they 20-percent faster in the marathon? Did they have 20-percent-more endurance?

In fact, average performance time was THE SAME for the two groups, indicating that a training strategy of advancing from ~40 mpw to ~50 mpw has little impact on marathon performance.

Nattering, naysaying nabobs may contend that a move to 100 mpw, not the simpering 50 utilized by the Hawkeyes, would have transformed the higher-mileage harriers into incredible marathoners. There is no evidence that this is actually the case. In fact, research suggests that such a strategy would do little more than increase the activity levels of nearby orthopedic physicians and surgeons.

There are a couple of key lessons to be learned from the Iowa research. One is that if you are going to enter a competition which involves covering 50 miles in one week, 50-mile training weeks would be great for you. If you are going to run a marathon, however, there is nothing transforming about a 50-mile week.

What really counts in a marathon is your OVER-ALL FITNESS. If your vVO₂max, lactate-threshold speed, running economy, strength, and power are all in place, you’ll have a good race. Adding extra miles at moderate speed to your schedule (above about 40 mpw) won’t have much impact on your fitness - and therefore won’t influence your marathon finishing time.

What also counts in a marathon is race-specific preparation. If you can complete a 20- to 22-mile long run, with ~11 of those miles at goal marathon pace, about four to five weeks before your marathon, you are ready to race at your desired speed, regardless of whether your weekly mileage is 39, 50, 60, 70, or 120 miles (naturally, you will want to build up to such an effort, starting with ~6 miles with 3 at goal pace and progressing over time). To put it bluntly, there is no marathon magic in mileage. There is, however, marathon improvement which is guaranteed to come with upswings in vVO₂max, lactate threshold, and economy. Those upswings are guaranteed - if the training is appropriately specific and intense. [Editor’s Note: More to come on this last subject in coming months]

Owen Anderson
Running Research News
September 30, 2005

Time for a Transition

Autumn is the beginning of the transition phase of training for most endurance athletes in North America. Although many tend not to take a rest period after a season of racing, those who do are well rewarded.

A complete rest period is essential for proper development as an athlete as fitness does not improve continuously. You must introduce a rest period that is at least three weeks in length if you are a year-round endurance athlete. Losing fitness is a necessary evil if your goal is to improve year to year.

The transition period can rejuvenate fatigued muscles and joints. Logging hundreds of hours of training can only point an athlete in the direction of overuse injuries. By introducing a transition period you may be fending off an injury that is just around the corner.

If you've been sick occasionally throughout your season your body may be shouting out for a good rest period. Time away from training can help hormone levels, rebalance blood chemistry and rejuvenate the central nervous system. Your body's micronutrients and blood chemistry may thank you after a month away from serious training with a better immune system and faster recovery between workouts.

Nutrition

Nutrition may be another great area to concentrate on during the transition phase. Since intensity and training volume are dramatically reduced, this can be a good time to analyze your overall nutrition and start new habits. Focus your diet around nutrient-dense, low-glycemic, high quality, unprocessed foods.

Save the starches and grains (pasta, bread, rice) for later in the training year when you need them for fast recovery fuel. Starches should be viewed as your secret weapon to pull out for the times when you need super-fast absorbing foods after intense training and races.

Choose high-quality protein, such as free-range meat and wild fish, during all training periods and especially so during the transition phase when you are preparing your body for upcoming strength training in the weight room.

Weight loss

If you need to lose weight, the transition and preparation phases are the safest time of the training cycle to focus on a calorie deficit regime. Remember you need to burn 3500 calories, or intake 3500 fewer calories, to lose one pound of body weight. This can be done safely with

fewer consequences during the transition and preparation phase as compared to base, build and race phases. Remember the closer you get to your race season, the more important it is to replace lost glycogen stores during and immediately after training.

Apparel and Equipment:

You may also be surprised, after a transition period, at how some things are just obviously wrong with your apparel and equipment once you resume training again. Certain issues just don't come to light until you take time away and start over. Remember when you train day after day, week after week, month after month your body adapts to good, or bad, equipment.

Many athletes adapt to a less than ideal posture that over time creates nagging issues -- saddle sores, cramps, back pain, neck pain and knee issues. All of these are unwelcome to endurance athletes yet many learn to train with the pain, even though the solution may be simple. Small adjustments to your bike, skis, shoes and more can relieve pain and increase economy.

Your body is unbelievably adaptable, which isn't always welcome when the goal is to go fast and be efficient. Adapting isn't always the best solution. A misaligned knee, excessive movement or rocking may be obvious after you take a break. The best thing is to fix the source of the problem, rebuild and re-adapt.

Take your fitness to a new level by starting with a fresh mind and body. Total fitness improvement is the overall goal, but short-term fitness loss is a necessity.

Fall marks the beginning of the transition phase for most athletes. Use this time to rejuvenate overused muscles and enter the new season healthy and reinvigorated.

Dirk Friel
UltraFit Associates
October 07, 2005

Dirk Friel has raced as a professional cyclist on the roads of Europe, Asia and the Americas since 1992. He is also an Ultrafit Associates coach specializing in road and mountain bike events. Dirk is a co-founder of TrainingPeaks.

HUMPY'S MARATHON

August 21st 2005

Age-Group Results

FEMALE AGE GROUP: 1 - 24

1	18 JILL WATSON	3:29:38.2
2	105 DIANA CEDENO	4:06:07.9
3	196 JANELLE DUBBINS	4:33:56.0
4	195 ALLISON DEPALMA	4:33:56.3
5	160 ROBIN ISAACSON	5:18:50.4
6	222 KATHERINE KAPLAN	5:56:34.0
7	92 JESSICA ADAMS	6:11:26.0
8	224 ELIZA WENTWORTH	6:56:57.0

MALE AGE GROUP: 1 - 24

1	89 DIETRICH HILDEBRANDT	3:18:45.2
2	210 ALEXANDER BALL	3:37:45.6
3	81 EDWARD ROZAK	3:56:59.1
4	248 ALAN LEGGITT	4:34:59.8
5	249 STEVEN THOMAS	4:34:59.9
6	82 BRIAN JENSEN	4:41:28.8
7	167 MICHAEL SHELEY	4:43:42.2
8	231 DENNIS IKNER	6:06:05.0

FEMALE AGE GROUP: 25 - 29

1	215 LARISSA POLISCHUK	3:37:56.8
2	229 KIMBERLY HONE	3:59:05.6
3	130 CHINGWIN PEI	4:08:41.6
4	21 JAMIE BATTEN	4:17:41.8
5	77 MICHELLE TROIA	4:20:34.8
6	31 KELLY TAYLOR	4:22:14.6
7	102 ERIN CROW	4:32:54.2
8	72 SARAH OBMA	5:00:20.4
9	94 JENNI HISLOP	6:05:00.0
10	93 STEPHANIEFITZPATRICK	7:12:01.0

MALE AGE GROUP: 25 - 29

1	149 TYLER RHODES	3:06:58.7
2	123 BRANDON LE	3:30:50.2
3	33 JASON DE HEUS	3:43:53.8
4	202 GABRIEL SPITZER	3:51:57.3
5	228 EVAN HONE	3:53:01.3
6	206 WILL RANDALL	4:13:19.5
7	186 ROBERT ENGELMANN	4:15:32.2
8	223 JONATHAN KAPLAN	4:55:00.0

FEMALE AGE GROUP: 30 - 34

1	111 BETHANY PRIBILA	3:39:43.9
2	78 MICHELLE HARVEY	4:15:34.1
3	207 JODI ROGNESS	4:15:48.5
4	87 DENISE CHYTHLOOK	5:50:18.0

MALE AGE GROUP: 30 - 34

1	128 TIM MOSER	3:02:46.2
2	244 DONOVAN NEAL	3:13:45.7
3	235 CHRIS BENNETT	3:21:57.3

4	241 CHRIST EDERLE	3:25:54.3
5	139 KEVIN LINEBARGER	3:59:57.3
6	213 JOHN SCHAUMAN	4:10:10.6
7	134 JOHN BRUNSBURG	4:11:42.3
8	236 JOHN DE CLERCQ	4:25:36.7
9	246 ZACHARY CASPER	4:29:59.1
10	233 LEM CUNNINGHAM	4:50:56.5
11	247 STEPHEN MAYER	4:50:56.5
12	154 JULIUS BRECHT	5:09:19.5
13	95 PATRICK O'BRIEN	5:14:35.8

FEMALE AGE GROUP: 35 - 39

1	54 PENNY PALUMBO	3:19:24.4
2	245 MARY ROWEN	3:38:21.5
3	67 JANICE ANDERSON	3:47:02.9
4	120 DANELLE VANHOLSTYN	3:53:55.4
5	14 CHRISTIE BRONDER	3:56:13.1
6	152 HOLLY FAIR	4:30:55.4

MALE AGE GROUP: 35 - 39

1	158 GARRETT RYCHLIK	3:13:39.9
2	24 SHAWN JEFFREY	3:16:18.8
3	119 THOMAS BURTON	3:24:00.3
4	151 DANIEL PUREBER	3:27:18.1
5	194 ERIC MEIER	3:28:30.4
6	181 DAVID JOHNSTON	3:37:12.6
7	15 DOUG DESHAZO	3:45:53.6
8	101 C HAAS	3:57:16.4
9	19 DANIEL PALMER	3:57:21.6
10	201 VERNE BALL	3:59:14.6
11	90 SHAWN COLLINS	4:02:10.4
12	189 MARK DAVIS	4:02:57.4
13	234 PAUL GREGORY	4:07:17.3
14	239 KEARY BEVAN	4:25:36.5
15	242 JOHN Lee PETTIMORE	4:31:47.7
16	153 DAVID FAIR	4:37:21.0
17	227 TIM YARBROUGH	4:38:57.3
18	212 JAY MAGIERA	4:48:52.1
19	199 PETER RAMIREZ	5:10:17.6
20	144 DENNIS LINEHAN	6:04:51.0
21	1207 ROB MCALISTER	6:45:37.0

FEMALE AGE GROUP: 40 - 44

1	23 DEBBIE CROPPER	3:20:54.4
2	76 JILL FLOYD	3:58:39.9
3	141 SARAH PALIN	3:59:36.8
4	91 VICKI CUNNINGHAM	3:59:54.4
5	104 SHELLI MOORE	4:04:00.5
6	49 REBECCA KEEVER	4:19:16.3
7	37 PARVANEH MOAYEDI	4:47:55.1
8	96 SUZANNE ORDELHEIDE	4:55:43.9
9	135 LAURIE BURFEIND	5:11:11.3
10	98 LISA DONAHUE	5:43:31.8
11	171 VICTORIA WELLER	5:59:25.0
12	163 GAYLE UDELHOVEN	6:06:07.0
13	97 SHELLY VIVIRITO	6:10:36.0
14	1206 MICHELE MCALISTER	6:45:37.0

MALE AGE GROUP: 40 - 44

1	30 SCOTT CLEMETSON	3:01:46.1
2	177 MICHAEL STAHL	3:36:35.6
3	25 J D ESKELSON	3:36:39.1
4	187 MICHAEL WEBB	3:38:21.9
5	146 JEFF KRAMES	3:43:27.0
6	162 BOB GENGLER	3:47:22.7
7	27 MATT NEDOM	3:53:42.1
8	36 STEVEN HOLEHAN	3:56:29.1
9	29 JOE SKAJA	4:06:40.4
10	129 STEPHEN PETERSON	4:07:06.3
11	28 BILL MACDONALD	4:07:25.8
12	161 M. SCOTT MOON	4:16:02.5
13	157 EVAN STEINHAUSER	4:16:24.4
14	219 MIKE TOPE	4:21:06.2
15	142 WALTER HUMKO	4:34:35.0
16	46 JAMES TRAINER	4:37:29.1
17	214 BRAD ELLENBERGER	4:39:23.9
18	147 ANGELICA MENDEZ	4:50:03.5
19	106 PAUL MORDINI	4:53:14.0
20	221 JAMES FERGUSON	5:11:23.3
21	183 MAN KAI YEUNG	5:14:12.0
22	192 KEVIN SLAYDEN	5:15:24.4
23	182 GARY SPRAKER	5:29:49.0

FEMALE AGE GROUP: 45 - 49

1	145 VERONICA BEAGAN	3:48:46.8
2	10 Donna Thackway	3:51:26.0
3	218 MARTHA CORAZZINI	4:38:55.2
4	131 TAMMY STRAUSBAUGH	4:39:46.5
5	44 MONICA HOLMBACK	5:33:02.4
6	204 SHERYL CHRIEST	6:06:38.0
7	75 BARBARA STENZEL	6:13:08.0

MALE AGE GROUP: 45 - 49

1	148 DANIEL SALVADOR	3:04:15.8
2	137 CALVIN SHIROMA	3:22:20.7
3	238 GREG MACDONALD	3:25:35.2
4	80 LOU KARL	3:50:51.9
5	208 JEFF MAILLOUX	3:52:25.3
6	217 STEVEN ROUNSAVILLE	4:09:37.9
7	191 MICHAEL OLISZCZAK	4:14:01.8
8	11 DANIEL JOHNSON	4:18:00.6
9	125 CRAIG SUTPHIN	4:21:54.1
10	86 GEORGE BROWN JR	4:22:08.1
11	150 ROBERT MINNICH	4:22:45.5
12	179 JON GIBSON	4:26:10.1
13	155 TED MCKENNEY	4:44:17.5
14	65 SCOTT PRICE	4:44:26.0
15	225 STEFFEN SCHNEIDER	4:46:33.3
16	193 RAEF GUIRGES	4:52:24.8
17	45 TOMMY HOLMBACK	5:12:26.9
18	122 RICHARD BIGNALL	5:14:37.5

FEMALE AGE GROUP: 50 - 54

1	64 LORETTA ULIBARRI	3:47:03.1
2	100 COLLEEN NEWGAARD	4:02:00.3

3	172 NANETTE SPEAR	4:09:32.4
4	164 ANNA M PARKINSON	4:13:45.3
5	17 NANCY ELWESS	4:29:25.8
6	69 DONNAJEAN POHLMAN	4:55:16.5
7	243 LUBA BELAUTSEVA	5:29:06.0
8	170 KATHY WEBER	5:59:24.0
9	178 MELINDA HAGER	6:13:03.0
10	175 DORA WILLIAMS	6:31:12.0
11	174 RHODA BAINES	6:31:40.0

MALE AGE GROUP: 50 - 54

1	127 JOHN BLANCHAR	3:18:59.5
2	99 THOMAS OJALA	3:22:45.0
3	190 STANLEY HUP	3:25:23.1
4	108 JOHN LEONHART	3:30:38.7
5	173 ROBERT JOHNSON	3:35:37.4
6	132 STEVE MEYERS	3:53:36.1
7	116 MICHAEL SHIACH	3:59:44.0
8	83 JAMES CHAMPAIGN	4:02:29.0
9	166 RUSTY MYERS	4:08:09.4
10	124 FRED SPIES	4:10:36.0
11	143 MILTON CORNELIUS	4:10:43.4
12	22 LAYNE CROPPER	4:11:30.3
13	117 JOHN PONTAROLO	4:11:47.2
14	198 DAVID NORCROSS	4:31:16.4
15	118 JIM ALMLIE	4:31:25.0
16	48 ROBERT LECHNER	4:37:28.0
17	126 WAYNE CRAYTON	4:43:10.6
18	47 PAUL FOURNIER	4:58:16.3
19	121 EDWARD PETERS	5:11:23.6
20	39 ROBERT BUCCI	5:49:57.0

FEMALE AGE GROUP: 55 - 59

1	184 LUANN BUSS	4:39:44.6
2	56 ROSEANN JOLLY	5:32:41.1

MALE AGE GROUP: 55 - 59

1	168 LARRY LICHNOVSKY	3:09:02.7
2	240 BILL GREETHER	3:14:06.8
3	16 STEVE GRAHAM	3:44:07.0
4	20 TERRY SMITH	3:47:08.2
5	112 BARRY SOSSAMON	3:52:11.7
6	165 ALAN PARKINSON	4:05:01.1
7	59 THOMAS EGAN	4:05:48.0
8	74 EDSON SANCHES	4:09:49.0
9	71 DONALD MARQUARDT	4:15:14.9
10	230 Robert Demar	4:16:56.7
11	110 JOHN ELGEE	4:20:19.6
12	34 RICHARD WEBB	4:29:26.9
13	107 MICHAEL MILONE	4:35:46.9
14	12 DALE ROUSH	4:58:43.6
15	62 ROY FJUKSTAD	5:30:00.9
16	51 VINCENT FERRARO	5:33:12.7
17	88 ROBERT HILDEBRANDT	5:40:45.6

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cont. from page 7 -- Humpy's Marathon Results

MALE AGE GROUP: 60 - 64

- 1 176 RICHARD BURTON 3:11:06.0
- 2 133 FRANCESCO CRINITI 3:29:21.1
- 3 79 CHARLIE VIERS 4:06:37.9
- 4 205 BROOKS WADE 4:08:11.5
- 5 226 ALAN BATTEN 4:20:22.3
- 6 68 RONALD PAQUETTE 4:55:16.8
- 7 115 LILLARD ASHLEYJR 4:57:43.1
- 8 138 WILLIAM COBB 4:59:40.0
- 9 220 JULIUS BRECHT 5:09:19.8
- 10 197 RANDY CUNNINGHAM 5:30:41.1
- 11 60 THOMAS COLEMAN 5:39:37.2
- 12 232 ROBERT BABBITT 7:38:00.0

MALE AGE GROUP: 65 - 69

- 1 103 JON NAUMAN 5:09:18.0

HUMPY'S HALF-MARATHON

**August 21st 2005
Age-Group Results**

FEMALE AGE GROUP: 1 - 17

- 1 951 NICOLE SOISETH 2:00:06.8
- 2 982 HEIDI LOVETT 2:05:24.5
- 3 1023 SARAH BOSCH 2:09:59.8
- 4 887 GRETA HOLZHEIMER 2:13:29.2

MALE AGE GROUP: 1 - 17

- 1 821 GLENN NORCROSS 1:50:04.0
- 2 772 WILLIAM ANDARIESE 2:54:06.6

FEMALE AGE GROUP: 18 - 24

- 1 723 KRIS LAUGHLIN-HALL 1:41:44.6
- 2 1062 PAMELA KAERCHER 1:42:17.2
- 3 961 ERIKA KLINGER 1:42:34.8
- 4 578 MEGAN HATCH 1:42:35.9
- 5 996 AUDREY SMITH 1:43:08.3
- 6 764 CATALINA MYERS 1:44:52.6
- 7 962 JODY THOMAS 1:45:43.5
- 8 726 ERIKA EATON 1:47:21.7
- 9 988 KELSI MATWICK 1:49:54.5
- 10 987 KERI MATWICK 1:49:54.7
- 11 607 KRISTEN DONIGIAN 1:50:04.0
- 12 538 KENDA BLAIR 1:53:27.4
- 13 572 HOLLY MCCUNE 1:54:13.9
- 14 844 RUBY FRIED 2:01:14.8
- 15 755 CHRIS ECHEVARRIA 2:02:45.3
- 16 531 MORGAN STEPHENS 2:03:46.6
- 17 596 VERONICA ANDERSON 2:04:51.5
- 18 594 WHALEY SCHMOYER 2:06:12.7
- 19 1015 MELISSA MCPEAK 2:06:24.2
- 20 942 ROSE BROOKS 2:10:03.7
- 21 960 JESSICA BILLS 2:11:16.7
- 22 933 KRISTIN DOBSON 2:11:23.5

- 23 1022 SCHLAINE CHUDEUSZ 2:12:59.7
- 24 947 JESSICA AHO 2:15:42.7
- 25 971 LISA MORALES 2:16:12.7
- 26 973 KASEY KUELPER 2:16:12.7
- 27 528 ASHLEY SMITH 2:16:19.7
- 28 872 HILARY FISHER 2:20:20.0
- 29 774 ALISSA MCMAHON 2:23:45.3
- 30 583 JEWEL SHIBLEY 2:24:23.2
- 31 825 MEGAN BOWER 2:26:16.4
- 32 970 RACHEL FRANKLIN 2:27:22.5
- 33 781 JENNIFER MORGAN 2:30:04.5
- 34 791 MCKENZIE OVERSON 2:32:33.0
- 35 849 SARAH HILL 2:43:00.7
- 36 888 RHESA HOLZHEIMER 2:43:00.9
- 37 897 JENNIFER MEDDAUGH 2:53:08.3
- 38 899 DANIELLE BOWENS 2:53:08.8
- 39 789 KRISTINA STEVENS 3:23:41.1
- 40 678 HEIDI O'BARR 3:26:15.1

MALE AGE GROUP: 18 - 24

- 1 1010 BRANDON NEWBOULD 1:11:27.3
- 2 865 JAKE PETERSON 1:22:14.1
- 3 964 WILLIAM GALE 1:31:25.9
- 4 1060 RANJODH GILL 1:42:32.2
- 5 1047 JACK ALLEY 1:48:15.6
- 6 1065 JOE CAR 1:53:56.4
- 7 636 BRIAN ANDERSON 1:57:08.1
- 8 795 CHRIS HAMLEY 2:04:55.9
- 9 1061 FRANK CUNNINGHAM 2:09:38.2

FEMALE AGE GROUP: 25 - 29

- 1 836 RACHEL DUFFY 1:38:38.5
- 2 1043 GREET PERSOON 1:41:12.9
- 3 628 CHRISTINA LAPP 1:42:30.0
- 4 625 DENISE BERRY 1:45:01.7
- 5 758 BRIDGID CURRY 1:45:21.0
- 6 842 KATIE DALTON 1:45:56.9
- 7 1057 DANIELLE DALTON 1:45:57.2
- 8 1034 CHRISTINE BOUFFARD 1:46:03.4
- 9 746 MELISSA MILLER 1:46:39.1
- 10 561 JAMIE FORBORD 1:47:18.0
- 11 650 AIMEE GALLO 1:47:59.4
- 12 750 ELIZABETH DUNHAM 1:50:24.4
- 13 765 NICOLE DREVET 1:50:48.1
- 14 603 KARISSA WICK 1:51:48.9
- 15 871 LAUREN SPINELLI 1:52:03.8
- 16 701 MONICA DALE 1:53:16.5
- 17 1006 CHRISTINE FLAHERTY 1:53:57.2
- 18 972 HEATHER GAINES 1:55:06.1
- 19 743 MEAGHAN THACKER 1:56:18.4
- 20 946 KATIE CONWAY 1:57:09.8
- 21 1073 AGNESE GOSS 1:57:42.9
- 22 978 AVIGAIL CURRY 1:59:54.1
- 23 580 KIMBERLY DOYLE 2:01:27.4
- 24 1064 ANGELICA TASSELLI 2:02:38.8
- 25 917 JESSICA SANDERSON 2:03:04.4
- 26 1040 ERIN ONYON 2:04:43.8

27 890 MEAGHAN HOWARD 2:05:05.3
 28 1072 CAMI SOLARI 2:06:17.5
 29 803 EMILY TRIPLET 2:07:00.5
 30 827 JOANNE DAVIS 2:07:31.2
 31 698 DONNA ELLIOTT 2:07:52.7
 32 601 DEVON RUST 2:09:39.7
 33 1204 LAUREN GILLARD 2:09:50.4
 34 614 AMY HOLLON 2:11:06.6
 35 1054 MARINA NEDOM 2:11:13.8
 36 959 KATIA BHAGATRAM 2:11:55.6
 37 602 KRISTILA GARDNER 2:12:40.9
 38 1008 TARA GRAY 2:12:40.9
 39 718 MARIE VINSON 2:12:46.5
 40 704 JAMIE STAZEL 2:12:59.7
 41 587 ANDREA HAMBACH 2:15:01.5
 42 1021 JENNY JACOBS 2:15:04.0
 43 914 KATHY UPDEGRAFF 2:17:19.2
 44 1059 TAMARA LAU 2:25:07.7
 45 928 SHAWN CROUSE 2:25:58.0
 46 562 LISA BURKHART 2:36:33.0
 47 868 ANDREA MARIANO 2:40:41.9
 48 1020 EMILY GUDMUNDSON 2:45:06.0
 49 828 SUZY KIBODEAUX 2:45:22.6
 50 969 RACHEL METZ 2:53:37.5
 51 550 JULIE MITCHELL 2:53:47.1
 52 569 TANIA DENNIS 2:55:26.9
 53 787 LYNDE CHAMBERS 3:10:18.6
 54 623 DIANA O'CONNOR 3:20:25.2
 55 832 ELIZABETH HUNT 3:24:04.9
 56 667 AMY COOPER 3:26:45.9
 57 847 HEIDI DRYGAS 3:38:47.2
 58 720 CHRISTINA RANKIN 4:25:25.8

MALE AGE GROUP: 25 - 29

1 907 MARK STRABEL 1:23:39.3
 2 790 KEITH ROBERTSON 1:23:57.9
 3 759 JOSEPH DAVIS 1:28:11.0
 4 564 Ryan Howell 1:29:12.7
 5 818 MARK CORSENTINO 1:33:35.8
 6 598 DANIEL TALMADGE 1:34:04.7
 7 794 CHESTER FEHRMANN 1:35:47.8
 8 883 MIKE BOURDUKOFSKY 1:37:27.1
 9 912 JOHN DICKERSON 1:38:52.8
 10 797 FRANK REDDICK 1:41:51.5
 11 1026 JOHN COSTELLO 1:42:13.2
 12 605 JASON RUBI 1:43:50.6
 13 769 BEN ELBOW 1:45:30.6
 14 1209 Brenton Smith 1:46:05.6
 15 73 MICHAEL BARRETT 1:46:31.0
 16 581 PATRICK DOYLE 1:48:26.3
 17 629 AARON LAPP 1:51:44.5
 18 1048 TED PAPROCKI 1:53:27.9
 19 591 BRANDON CALHOUN 1:57:52.8
 20 660 VIVEK RAMAN 1:59:35.4
 21 979 BENJAMIN ROESCH 1:59:50.3
 22 918 JASON SANDERSON 2:00:43.8
 23 1049 SCOTT FISHER 2:04:11.2

24 1046 ISAAC WATSON 2:04:11.3
 25 694 MICHAEL FISHER 2:05:01.4
 26 1009 BEN SCHILLER 2:06:52.1
 27 775 PATRICK MCMAHON 2:08:11.8
 28 948 PAUL MONTES 2:14:15.7
 29 677 JOHNNY O'BARR 3:25:43.1

FEMALE AGE GROUP: 30 - 34

1 851 HOLLY ROSENBERG 1:32:30.6
 2 889 JACKIE WHITESIDE 1:37:55.2
 3 904 LISA VON BARGEN 1:40:12.4
 4 519 JENNY KIMBALL 1:41:57.2
 5 993 EMILY GROSSMAN 1:43:12.5
 6 729 LYNN LIGHTFOOT 1:44:54.4
 7 1203 TAMI AKIHIRO 1:45:26.1
 8 1075 JADA QUINN 1:46:20.3
 9 925 MIC WETHINGTON 1:47:22.8
 10 735 KATHY TIMISON 1:48:28.4
 11 921 NICOLE KIMBALL 1:54:05.3
 12 916 DEBBIE OLSON 1:55:39.9
 13 649 BILLIE HAAN 1:56:50.5
 14 675 LISA MIHORA 1:57:49.4
 15 669 AMY MAYER 1:57:55.3
 16 985 TERESA HANET 2:00:38.5
 17 855 KIRSTEN BELLONI 2:02:33.8
 18 756 MELISSA HETZEL 2:02:38.9
 19 592 HEIDI VALANTAS 2:06:31.0
 20 639 KARA NYQUIST 2:06:56.7
 21 913 LAURA PETERSON 2:07:30.2
 22 1005 IVY SPOHNHOLZ 2:08:16.4
 23 896 ANDREA MISENER 2:09:28.2
 24 953 SHANA SHEEHY 2:09:50.5
 25 706 ANDRA LOVE 2:10:07.4
 26 976 JULIE MILLER 2:10:32.6
 27 931 BETH BAGNE 2:11:23.2
 28 544 ANGELA ASTLE 2:15:38.9
 29 932 JENNY BAGNE 2:15:54.9
 30 610 JODI CLARY 2:16:33.6
 31 604 LANARA BUEHLER 2:18:25.9
 32 974 AMANDA T-PACKER 2:19:24.0
 33 963 LINDA WOJT 2:19:44.4
 34 717 MARI STASCO 2:22:27.1
 35 661 RACHAEL PETRO 2:22:35.2
 36 664 MICHELLE BURCH 2:25:14.1
 37 582 MICHELLE O'LEARY 2:27:44.6
 38 571 KELLEY JETER 2:29:04.0
 39 619 LAURA VIEL 2:29:16.3
 40 833 TERRI OTTO 2:34:45.0
 41 839 KRISTIN MITCHELL 2:39:15.0
 42 815 JULEY SCHUERMAN 2:45:50.3
 43 816 KELLIE BAILEY 2:45:50.7
 44 1071 VALERIE JUERGENS 2:50:24.6
 45 1038 FAITH GREGORY 2:51:36.4
 46 885 REBEKAH LAMBERT 3:03:18.2
 47 666 TRAN BRUNSBURG 3:05:22.0
 48 728 LINDSEY HOLMES 3:07:23.9
 49 861 KRISTA SCHWARTING 3:13:38.8

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cont. from page 9 -- *Humpy's 1/2Marathon Results*

50 840 LEA FILIPPI 3:14:01.9
51 884 JALYNN IRELAND 3:24:04.8
52 1002 MICHELLE COLLINS 3:26:47.8
53 880 TONI SANDERSON 3:39:41.0
54 879 CAMIEL HULL 3:39:43.5

MALE AGE GROUP: 30 - 34

1 954 JEROME ROSS 1:11:13.8
2 651 TOBIAS SCHWOERER 1:14:12.6
3 869 PETE POUNDS 1:20:29.8
4 800 JASON HOFACKER 1:21:33.2
5 1208 TOM RITCHIE 1:27:21.0
6 613 KEVIN RUSSELL 1:27:40.0
7 622 CHRIS STANEK 1:27:53.6
8 690 JEREMY LARSON 1:32:02.4
9 826 BRENT DAVIS 1:35:34.5
10 909 WILL BEVERIDGE 1:36:41.3
11 853 ALLEN BLAIR 1:38:41.9
12 778 SEAN GALLAGHER 1:40:41.2
13 994 MARC LESTER 1:42:47.9
14 783 JACK MEIHOFF 1:43:49.6
15 922 JAIRO CEDANO 1:45:20.8
16 1074 ZESHAN KHAN 1:45:55.3
17 805 MATT SOULE 1:48:41.5
18 608 ARAM DONIGIAN 1:50:04.2
19 753 STEVEN VOLZ 1:50:48.2
20 754 GRANT BANKO 1:52:30.7
21 624 ANTHONY ROSADO 1:52:45.4
22 568 JASON DENNIS 1:56:05.7
23 42 SEAN MATHENY 1:56:31.5
24 977 WESTEN CURRY 1:59:54.8
25 1041 RON ONYON 2:03:41.4
26 695 MIKE HUNSBERGER 2:03:50.9
27 577 JASON MILLER 2:07:12.8
28 762 GEOFF BONAR 2:11:31.9

FEMALE AGE GROUP: 35 - 39

1 984 CLAIRE CONNELLY 1:39:26.8
2 656 JULIE PRIGGE 1:40:57.9
3 992 LILIAN H-ALESSA 1:41:18.8
4 630 DEE DANIELS 1:43:43.4
5 1063 CINZIA CLAPP 1:49:37.2
6 824 MIREYA DE LA PENNA 1:50:11.5
7 1033 JENNIFER RANBOLD 1:52:09.7
8 546 RACHAEL SLISZ 1:53:20.3
9 554 BRITTA ELLIS 1:54:18.3
10 508 LISE FALSKOW 1:57:31.6
11 621 JILL MCLEOD 1:58:45.1
12 611 SUSAN SPRAKER 2:00:31.5
13 1039 GINA ARMSTRONG 2:01:20.2
14 600 STACEY HOFLE 2:04:56.6
15 1068 MARI EATON 2:05:15.7
16 658 KATHI YOUNG 2:05:28.7
17 968 SUZY POHLAND 2:07:36.2
18 574 PATRICIA KOZLER 2:08:24.8

19 513 WENDY BROWN 2:09:54.9
20 536 ELOWYN SMITH 2:12:07.8
21 635 LANA DAVIS 2:13:45.3
22 642 ALLISON KNOX 2:15:28.5
23 1077 CARRIE BARCOM 2:16:41.6
24 640 JUDI SHAPIRO 2:17:10.2
25 941 LYNN O'NEIL 2:17:17.5
26 643 MICHELLE WEBER 2:22:10.5
27 819 CARA SHIRK 2:22:23.1
28 829 DARLA JONES 2:23:25.0
29 957 ROSEMARY THEISEN 2:24:56.2
30 1017 GLENDA PYLE 2:35:31.4
31 512 TUYET SMALLWOOD 2:47:21.3
32 876 LUCY CURTISS 2:47:28.5
33 745 DONNA DAVIDSON 3:10:31.8
34 817 CHERYL DUDA 3:26:47.2
35 693 KELLY MURRAY 3:26:54.7

MALE AGE GROUP: 35 - 39

1 998 TODD BORKE 1:28:22.1
2 716 FLORIAN BOROWSKI 1:32:50.2
3 748 DAN BALDWIN 1:34:46.1
4 657 TIM PRIGGE 1:40:58.2
5 999 JOHN WALDEN 1:42:23.4
6 1016 STEVEN PYLE 1:45:30.2
7 1058 DAVE OTTO 1:45:38.1
8 535 TROY STEVENSON 1:46:10.6
9 945 BRAD BENTER 1:50:39.2
10 654 MICHAEL VALANTAS 1:52:06.6
11 1052 KEVIN KUPER 1:54:25.2
12 760 JOE SEITZ 1:55:34.6
13 515 WILL CUMMINGS 1:56:38.8
14 537 CHRIST SMITH 2:06:33.8
15 785 KEN FITZGERALD 2:06:47.9
16 545 TIM ASTLE 2:15:38.1
17 903 DAVID TODD 2:16:15.9
18 792 DAN HALL 2:17:18.4
19 878 DAVID EDMUNDS 2:35:57.1

FEMALE AGE GROUP: 40 - 44

1 652 ESTHER JURASEK 1:24:48.5
2 1037 KYLE GAUTHIER 1:31:53.2
3 806 RUTH BARNDT 1:33:10.3
4 908 KENDA BLANNING 1:41:43.1
5 503 CYNTHIA BEALE 1:47:34.6
6 920 TERI ARION 1:48:01.2
7 697 KATHY O'SULLIVAN 1:48:33.8
8 990 LIZ RUSKIN 1:54:53.3
9 627 HOLLY HOLMAN 1:59:28.5
10 859 SISSY ADAMS 2:00:54.3
11 575 CAROL FRASER 2:05:43.8
12 983 KAREN CARNEY 2:10:57.5
13 711 KELLY MAZZEI 2:12:23.5
14 516 SHERRY TRUMPOWER 2:17:13.6
15 870 SHEILAH BALDRIDGE 2:18:56.1
16 719 EMILY READ 2:21:30.2

17 634 PORTIA PARKER 2:22:22.7
 18 900 RENEE WOOD 2:23:05.5
 19 510 JEAN JOHNSTON 2:24:12.4
 20 518 DEBBIE MURRAY 2:26:39.1
 21 747 VERONICA VANIA 2:26:40.5
 22 965 CAROL MORGAN 2:29:39.4
 23 863 DAVID FITZ-ENZ 2:29:58.6
 24 767 JACKIE WORLAND 2:34:54.0
 25 1025 OUIDA MORRISON 2:38:57.2
 26 553 MONICA H-MARTIN 2:43:30.1
 27 770 SHERI BOGGS 2:44:40.9
 28 802 KRIST KEMERLING 2:44:40.9
 29 1011 ADRIAN MAIURI 2:47:40.5
 30 599 ALANE HUGHES 2:49:02.6
 31 523 LORI FORTIER 2:58:20.1
 32 691 TERISE N CAITRIONA 3:07:23.6
 33 579 MELLODY HUGHES 3:10:32.0
 34 742 LESLIE RIDLE 3:38:47.3

MALE AGE GROUP: 40 - 44

1 1210 Roger Lee 1:24:19.4
 2 689 RICH SUDDOCK 1:27:53.5
 3 541 DAVE BOMALASKI 1:34:23.4
 4 549 PHILIP TURK 1:37:41.6
 5 934 PRESTO RUDDEROW 1:39:58.9
 6 991 ANDY H-KLISKEY 1:41:18.8
 7 504 BOB EDER 1:42:29.7
 8 740 JOHN WIRUM 1:43:13.5
 9 799 JOHN BREWER 1:43:27.3
 10 566 LEWIS WILLIAMS 1:45:46.6
 11 801 HANS ARNETT 1:46:17.5
 12 547 STEVE KEEVER 1:46:28.7
 13 798 TIM KENNEY 1:48:30.5
 14 1045 JOEL CUSICK 1:49:17.1
 15 881 WYNN MOSER 1:49:47.9
 16 975 ALAN TIKALSKY 1:50:56.4
 17 938 BILLY GOULD 1:52:51.7
 18 919 ROSS NIXON 1:53:15.2
 19 927 PAUL SHOLTON 1:54:20.3
 20 1027 MARK TUOVINEN 1:54:36.0
 21 507 ERIC CROFT 1:56:26.7
 22 525 JON SCUDDER 2:01:43.9
 23 1001 STEVE NICOLL 2:03:11.8
 24 831 STEVE SCHMITT 2:04:39.4
 25 637 STEPHEN SPENCER 2:06:20.2
 26 644 ALLAN KAUFMAN 2:06:36.6
 27 809 MARK PATRICKS 2:06:36.7
 28 699 DAVE WESLEY, JR. 2:10:28.7
 29 910 ROGER BLOUCH 2:16:32.9
 30 509 MARK JOHNSTON 2:17:15.9
 31 708 MARIAN LILLEY 2:36:31.8
 32 514 JOHN WHITE 2:46:53.9
 33 807 GARY AHLSTRAND 2:54:32.8

FEMALE AGE GROUP: 45 - 49

1 522 COLETTE BENTZ 1:46:38.3

2 854 AMY BOUCHARD 1:47:59.8
 3 724 KAREN RUDOLPH 1:57:08.6
 4 1055 JANIS FLEISCHMAN 1:57:45.6
 5 1044 JACKIE CARNEY 2:03:00.6
 6 565 DONNA ALIMENT 2:04:29.2
 7 850 PAMELA CRAVEZ 2:04:42.2
 8 552 BECKY SINGER 2:05:05.2
 9 722 GRETCH JENNINGS 2:09:40.5
 10 1070 YERETH ROSEN 2:10:51.1
 11 700 MARIAN DALE 2:11:42.3
 12 714 YNEZ SLAYMAKER 2:12:41.2
 13 837 DONA KEPPERS 2:15:01.2
 14 864 DIANA CLARK 2:16:29.2
 15 1014 CHRIS HASKELL 2:16:36.5
 16 915 MARY DUHOUX 2:17:19.4
 17 648 LESLIE EDIN 2:17:55.1
 18 670 ELLEN PROVOST 2:21:03.4
 19 1031 JUANITA HEIMRICH 2:23:58.5
 20 937 SANDRA WOODS 2:25:14.4
 21 573 TRICIA ASSAID 2:29:04.5
 22 811 LAURA ONEAL 2:39:14.8
 23 1205 JONI DYKSTRA 2:49:02.9
 24 1035 ANNE S-DENNY 2:54:49.0
 25 796 KATY NEHER 3:06:50.7
 26 721 BRENDA PROBASCO 3:41:48.0
 27 739 DARLENE HOFF 3:49:02.1
 28 835 LIANE PELLETIER 3:55:34.7
 29 663 BECKY MCFARLAND 4:25:25.9

MALE AGE GROUP: 45 - 49

1 997 EDWARD FRANK 1:25:15.0
 2 674 JEFF OLSEN 1:30:53.9
 3 533 ROB CAMPBELL 1:31:35.1
 4 737 MARK JACOBSEN 1:36:05.8
 5 680 KEVIN BLACKMORE 1:38:57.2
 6 733 RAFAEL CASTANEDA 1:41:09.7
 7 989 CARLOS GOMEZ 1:41:12.5
 8 530 FRED BALASI 1:42:10.5
 9 939 RICHARD CARTER 1:44:25.0
 10 866 HOLLIS FRENCH 1:45:48.0
 11 749 CHARLES SIMMONS 1:47:00.8
 12 923 BABA TURNER 1:47:21.5
 13 532 RON STOKES 1:48:18.1
 14 757 MICHAEL STARKS 1:51:27.0
 15 1201 MICHAEL GILBERT 2:02:38.4
 16 892 JAY LIGGETT 2:02:48.4
 17 1069 DAVE SCHERER 2:13:45.2
 18 929 MICHAEL DRICK 2:18:27.6
 19 1012 MIKE VARA 2:21:21.1
 20 609 JEFF ARNOLD 2:22:23.8
 21 645 JAMES GAMBLE 2:27:53.3
 22 692 SHARON POWDER 3:41:48.3

FEMALE AGE GROUP: 50 - 54

1 506 KATHLEEN DUNBAR 1:38:59.3
 2 936 CELIA ROZEN 1:53:58.1

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3 838 ROXANNA HAYES 2:01:07.3
4 935 JOLYNN RUDDEROW 2:01:07.9
5 841 SARAH KLEEDEHN 2:06:57.6
6 857 PATRICE PARKER 2:12:03.2
7 784 ROISIN KENNEDY 2:12:34.1
8 834 SARA MILLER 2:17:05.7
9 966 MONA EBEN 2:17:57.2
10 776 SALLY MCLAUGHLIN 2:19:21.5
11 665 CAROL VORST 2:21:20.5
12 780 CATHY MORGAN 2:23:01.5
13 1024 ROSA MEEHAN 2:27:02.7
14 590 TRULA ACENA 2:41:39.8
15 813 JOANI WELCH 2:41:40.1
16 902 CATH SCHUMACHER 2:41:44.4
17 886 BONNIE FRIEDMAN 2:42:08.8
18 556 LOTT MI 3:08:20.6
19 543 MARY BETH SUTTON 3:10:52.6
20 727 KATHY STEVENS 3:23:41.5
21 521 LESLIE KNAUSS 3:26:54.3
22 980 CAROLYNN FRIDDLE 3:27:17.0
23 981 DONNA SMITH 3:27:17.7
24 1066 MARY S ANDERSON 3:49:01.1
25 893 DEB LIGGETT 3:54:18.9

MALE AGE GROUP: 50 - 54

1 738 Bob Davis 1:26:00.8
2 768 RON DOWNEY 1:28:11.2
3 732 DAVID SUNDBERG 1:35:05.8
4 786 BERNARD KRUEGER 1:39:35.5
5 540 STEVE TEETER 1:42:28.3
6 858 RICH DALE 1:44:30.4
7 1004 K.C. KALTENBORN 1:45:37.9
8 712 BUD JOHNSON 1:46:02.5
9 856 RANDY POTEET 1:46:31.5
10 633 STEVEN LEE 1:48:20.0
11 930 BENNY CAMACHO 1:53:07.5
12 53 JOHN NICHOLSON 1:59:23.1
13 589 SERGIO ACENA JR. 2:00:56.7
14 845 NEAL FRIED 2:01:15.1
15 551 CARL SINGER 2:04:26.6
16 679 GEORGE ELGEE 2:06:07.4
17 1051 WILLIAM TREMP 2:09:15.7
18 814 STEVE LAMBERT 2:10:28.9
19 873 ROBB BOYER 2:22:39.5
20 867 BRAD DONAHUE 2:23:42.6
21 685 THOMAS LUTZ 2:24:38.6
22 810 LARRY BOWLUS 2:34:52.7

FEMALE AGE GROUP: 55 - 59

1 736 CAROL HEPLER 2:03:10.8
2 875 BROOKE HULL 2:21:06.7
3 874 ENID HUNTER 2:21:06.8
4 924 CATHERINE IRWIN 2:22:48.1
5 702 DEBBY SEDWICK 2:25:02.3
6 958 JULIE MILLINGTON 2:45:03.5

7 808 FORREST NELSON 3:00:51.9
8 659 JUDY HELGESON 3:22:02.2
9 741 MARY RADLEY 3:23:11.9
10 576 CHRISTINA MUMMA 3:49:00.8
11 687 MARTY BECKWITH 3:55:34.9

MALE AGE GROUP: 55 - 59

1 782 TOM MCLAUGHLIN 1:38:30.8
2 763 MICHAEL WILLIAMS 1:46:18.1
3 766 JIM LEONARD 1:46:41.6
4 696 ED WILSON 1:47:56.4
5 1013 BILL HOGAN 1:48:24.0
6 1056 KYLE BLACK 1:57:54.9
7 668 GERALD CADMAN 2:12:21.9
8 672 MEL KALKOWSKI 2:22:23.7
9 526 JIM SOUCEK 2:22:41.1
10 1019 JIM WHITE 3:09:41.5
11 1030 ROBERT DALE 3:21:41.0
12 586 ASHER BENRUBI 7:13:15.0

FEMALE AGE GROUP: 60 - 64

1 595 JOAN CLARK 2:15:15.8
2 632 SANDRA BOWKER 2:49:41.6
3 950 NANCY STARK 3:13:48.2
4 882 ELLEN COLE 3:55:34.6

MALE AGE GROUP: 60 - 64

1 1217 JIM LIEB 1:46:30.2
2 534 TIM MIDDLETON 1:53:24.5
3 901 BILL JACK 1:58:25.1
4 848 LLOYD CROW 2:04:58.9
5 1076 JIM CASE 3:09:57.0

FEMALE AGE GROUP: 65 - 69

1 567 NANCY BAMANN 3:23:11.4

MALE AGE GROUP: 65 - 69

1 830 ARON WOLF 2:13:09.4
2 684 JIM JOHNSON 2:14:46.4
3 773 JERRY SANTOFERRARA 3:19:48.0

FEMALE AGE GROUP: 70 - 99

1 894 CAROL M-SPRINGER 3:54:19.2

HUMPY'S 5K
August 21st 2005
Age-Group Results

FEMALE AGE GROUP: 1 - 12

1 1597 TZIPORAH LAX 0:32:31.4
2 1717 HANNAH BERGSTROM 0:35:28.4
3 1680 MARISSA A-HEGNA 0:37:45.3
4 1666 ALEXANDRA ERLEWINE 0:39:08.2
5 1584 CHLOE WIRUM 1:04:13.9
6 1583 MASLIN WIRUM 1:04:14.0

MALE AGE GROUP: 1 - 12

1	1719 EDWARD STEGER	0:22:40.7
2	1539 ANDREW REDDEN	0:23:09.6
3	1631 RYAN BLOUCH	0:28:10.3
4	1590 CALEN WILBUR	0:31:35.1
5	1660 TJ CONNELLY	0:32:07.1
6	1598 ARYEH LAX	0:35:45.3
7	1710 JASON LIGHTFOOT	0:44:39.4
8	1505 SETH WARNKE	1:01:56.3

FEMALE AGE GROUP: 13 - 17

1	1502 DELIA LUCH	0:19:22.1
2	1503 LETITIA LUCH	0:19:27.2
3	1648 MORGAN BENDER	0:27:04.5
4	1581 MAGGIE HEPLER	0:27:04.7
5	1579 ALEXIS HART	0:39:00.6
6	1687 VANESSA HEIMRICH	0:39:33.6
7	1506 SAKAE WARNKE	0:44:36.4

MALE AGE GROUP: 13 - 17

1	1730 ALLEN CASSEL	0:20:19.9
2	1592 MITCHELL NELSON	0:24:42.1
3	1668 JESUS GOMEZ	0:29:28.4
4	1547 IAN SHIACH	0:32:08.0
5	1673 DOMINIC KALTENBORN	0:40:36.6

FEMALE AGE GROUP: 18 - 24

1	1674 JESSICA WEIMER	0:25:34.8
2	1667 MARIBEL GOMEZ	0:26:06.7
3	1699 MELISSA ALLEY	0:27:07.1
4	1564 ANNIE CLASEN	0:29:32.5
5	1567 AMY WILLETT	0:32:36.6
6	1507 CHRISTINA FREITAG	0:50:57.3
7	1664 LALIA VELASQUEZ	0:51:04.1

MALE AGE GROUP: 18 - 24

1	1611 GEORGE BRELL	0:19:07.9
2	1698 JASON RYZNAR	0:20:06.1
3	1580 MAURICE DAVIS	0:24:01.1
4	1656 JEREMIAH MOORE	0:27:14.2

FEMALE AGE GROUP: 25 - 29

1	1712 MARG MAHANNAH	0:24:15.3
2	1713 MEGHAN EDERLE	0:25:11.7
3	1722 KELLY CARSON	0:27:30.7
4	1653 ERIN HARRINGTON	0:27:34.1
5	1543 MEGAN CARLE	0:28:05.3
6	1574 PATSY MANLEY	0:29:03.0
7	1563 STARLA WATSON	0:29:23.3
8	1679 JEN RATCHYE	0:30:30.8
9	1595 TANA STONE	0:31:05.2
10	1588 ANGIE LOCKARD	0:31:16.6
11	1639 STACEY BENAMATI	0:31:28.7
12	1575 LAURA KLEIN	0:31:33.5
13	1702 ANDREA VANDENOETELAAR	0:31:56.6
14	1540 HEATHER CALHOUN	0:32:04.4
15	1555 GISELE BOYLE	0:33:44.5

16	1533 APRIL BRENNAN	0:37:12.9
17	1718 ERIKA MILLER	0:38:01.0
18	1696 JESSICA BUCHTA	0:39:54.0
19	1659 MICHELLE MUCHA	0:51:04.2
20	1693 KAIYA KALTENBORN	0:54:25.2
21	1537 JOCELYN MILLER	0:54:48.2
22	1652 LAURY FOERY	2:17:53.8

MALE AGE GROUP: 25 - 29

1	1711 MATT CARLE	0:19:17.2
2	1516 RIAN BRISTOW	0:21:04.0
3	1700 MARK ALLEN	0:22:36.7
4	1701 CLAUDE DREVET	0:22:36.8
5	1596 MICHAEL NASENBENY	0:31:44.5
6	1677 JONNY HEGNA	0:37:45.0

FEMALE AGE GROUP: 30 - 34

1	1635 MARCI CORNELL	0:24:01.6
2	1556 AMY BOYLE	0:24:18.5
3	1634 LENA PALMER	0:24:28.9
4	1657 MICHELLE HOLLAND	0:25:55.3
5	1620 TILKA FEGERT	0:27:05.0
6	1628 CAROLINE BRADSHAW	0:29:01.7
7	1695 SUZANNE CANTANDO	0:31:06.3
8	1618 CHRIS BURNS	0:31:14.4
9	1517 COLLEEN O'BRIEN	0:32:31.5
10	1568 JANELLE O'DONNELLO	0:32:41.8
11	1572 JENNI BLANKENBURGO	0:35:52.8
12	1594 KRISTEN CARTE	0:35:53.8
13	1530 GWEN WELCH	0:39:10.0
14	1697 JOANNE MURPHY	0:39:53.6
15	1573 DIANE FISHER	0:42:13.1
16	1638 AMANDA BURNETT	0:43:21.8
17	1551 TONYA WRUCK	0:47:12.8

MALE AGE GROUP: 30 - 34

1	1557 SCOTT BOYLE	0:23:52.9
2	1658 JOSH HOLLAND	0:24:59.2
3	1706 DALE LIGHTFOOT	0:51:05.1

FEMALE AGE GROUP: 35 - 39

1	1662 LISA TIDWELL	0:24:47.9
2	1640 CHRIS HALL	0:28:14.4
3	1615 REBECCA GARCIA	0:28:44.7
4	1633 DIANE BLAKEY	0:28:58.7
5	1619 ANDREA MICHL	0:30:10.1
6	1682 CHERYL MEYERS	0:30:33.3
7	1683 KATHY CLAWSON	0:32:02.9
8	1578 ROCHELLE HART	0:34:36.4
9	1545 MARY LUKEN	0:34:45.2
10	1523 DIANNA CLEMETSON	0:35:11.4
11	1665 DAWNA ERLEWINE	0:35:42.4
12	1613 KELLY HOWELL	0:35:53.8
13	1561 MICKY HOTCHKISS	0:36:14.0
14	1599 PATTI DAVIES	0:37:10.8
15	1550 JEANNIE DOUBET	0:47:12.9

cont. page 14

cont. from page 13 -- Humpy's 5K Results

16 1709 BETH KUTYBA 0:51:05.2

MALE AGE GROUP: 35 - 39

1 1614 JOHN WENBURG 0:26:10.9
2 1707 RONALD WARLICK 0:28:20.1

FEMALE AGE GROUP: 40 - 44

1 1559 TONYA MILLAR 0:28:12.1
2 1504 SHERRI WARNKE 0:28:15.7
3 1647 WENDY OSEN 0:28:44.0
4 1571 PATTI BRASSARD 0:29:10.2
5 1601 CAROLLYNN FITZGERALD 0:30:08.0
6 1535 MARIANNE NEMETH 0:30:16.6
7 1531 KATHY GUSTAFSON 0:31:30.6
8 1534 BERNADETTE RAMIREZ 0:34:02.2
9 1724 LESLEY HAMMER 0:34:09.8
10 1585 KIM BALDWIN 0:34:43.6
11 1527 MARICHU RELATIVO 0:35:16.0
12 1637 LISA TURNER 0:48:46.2

MALE AGE GROUP: 40 - 44

1 1691 WILLIAM MOORE 0:22:39.3
2 1562 MARK HOTCHKISS 0:22:57.7
3 1610 DAN HOWARD 0:23:19.2
4 1519 MAC AF UHR 0:23:40.7
5 1729 DON CASSEL 0:23:51.0
6 1715 EDWARD CLAWSON 0:23:51.8
7 1723 MICHAEL HAMMER 0:24:07.6
8 1645 SCOTT HAHN 0:24:23.8
9 1678 RICHARD JORDAN 0:24:43.2
10 1685 BOB BROCK 0:30:34.0

FEMALE AGE GROUP: 45 - 49

1 1663 PEGGY YOUNG 0:28:29.2
2 1501 DIANE HANSON 0:34:36.3
3 1669 MA ELENA GOMEZ 0:37:37.4
4 1569 JACKIE KAPPER 0:39:41.9
5 1577 MARY SUNDBERG 0:43:19.1
6 1694 ROBYN KRAUSS 0:54:25.2

MALE AGE GROUP: 45 - 49

1 1515 JEFF YOUNG 0:17:25.4
2 1593 TIMOTHY JOHNSON 0:19:54.2
3 1554 QUENTIN REUER 0:20:12.0
4 1510 DOUG JOHNSTONE 0:21:19.1
5 1727 CARLOS GOMEZ 0:22:25.6
6 1544 PAUL SCHROOTEN 0:26:05.3
7 1558 MIKE FORD 0:26:49.3
8 1617 DANNY CLARK 0:29:00.5
9 1672 RANCE WALL 0:30:05.1
10 1670 GARY LAUGHLIN 0:33:50.9
11 1716 DAN BERGSTROM 0:35:40.2
12 1624 BEN BOURGEOIS 0:37:02.7

FEMALE AGE GROUP: 50 - 54

1 1576 DEBRA KINN 0:24:12.0
2 1703 KATE NIXON 0:28:09.8

3 1552 MARY RHYNER 0:30:01.1
4 1644 TERRI AGEE 0:31:21.6
5 1602 LORRAINE KRUEGER 0:32:43.7
6 1570 CINDY LIGGETT 0:32:46.0
7 1675 PAT WEIMER 0:37:43.7

MALE AGE GROUP: 50 - 54

1 1688 RICK MILLAR 0:22:25.5
2 1676 WILL VAN HEMERT 0:23:25.0
3 1661 MICHAEL RALSTON 0:25:41.3
4 1560 BILL KINNEY 0:28:12.1
5 1626 DANIEL MILLER 0:29:00.1
6 1565 DAN CLASEN 0:29:32.5
7 1520 MARTY VALLA 0:30:43.1
8 1728 CHRIS TURLETES 0:34:02.2
9 1603 THOMAS FOLSOM 0:35:38.4
10 1514 GLENN GALLOSO 0:45:39.3

FEMALE AGE GROUP: 55 - 59

1 1630 MARY FLANIGIN 0:25:49.6
2 1690 ROSE VAN HEMERT 0:27:06.4
3 1600 GAY LEE ANTHONY 0:30:47.1
4 1589 SUE LOCKARD 0:31:19.1
5 1542 ANN GHELBER 0:47:09.0

MALE AGE GROUP: 55 - 59

1 1726 PEDRO GOMEZ 0:24:27.0
2 1612 G. KLEEDEHN 0:25:44.8
3 1629 GREGORY DIXON 0:27:36.3
4 1528 ROGER FOLTZ 0:39:06.9
5 1541 CRAIG GHELBER 0:47:09.0

FEMALE AGE GROUP: 60 - 64

1 1705 CAROL TODD 0:30:50.7
2 1566 DIANE COBB 0:43:21.2
3 1721 CHERYL NANGLE 1:01:58.5

MALE AGE GROUP: 60 - 64

1 1692 STEVE CHANG 0:32:25.5
2 1720 PAUL NANGLE 1:01:58.8

FEMALE AGE GROUP: 65 - 69

1 1538 MARY MARSOLAIS 0:26:58.4
2 1686 MILLIE SPEZIALY 0:30:02.3

MALE AGE GROUP: 65 - 69

1 1623 BUFF BURTIS 0:26:27.3

FEMALE AGE GROUP: 70 - 99

1 1655 SHARON KELLY 0:49:45.7

MALE AGE GROUP: 70 - 99

1 1714 CHARLIE BROWN 0:32:57.2
2 1522 JACK WRIGHT 0:39:19.3
3 1518 HOWARD HUNT 0:48:32.1

Masters 5&10K Results -- July 27, 2007

Last	First	Event	Gender	Age	Time	Pace
Cobb	Maria	5K	F	62	0:23:10	0:07:28
Jewel	Carol	5K	F	50	0:23:25	0:07:33
Newguard	Colleen	5K	F	50	0:23:36	0:07:37
Kinn	Debra	5K	F	50	0:24:03	0:07:45
Landis	Joan	5K	F	66	0:25:22	0:08:11
Mazzei	Kelly	5K	F	41	0:27:30	0:08:52
Young	Peggy	5K	F	45	0:27:42	0:08:56
Parker	Patrice	5K	F	52	0:27:51	0:08:59
Slaymaker	Ynez	5K	F	47	0:29:22	0:09:28
Lee	SS	5K	F	47	0:32:28	0:10:28
Liggett	Cindy	5K	F	50	0:32:39	0:10:32
Baldwin	Kim	5K	F	41	0:36:01	0:11:37
Erichson	Carrie	5K	F	46	0:49:40	0:16:01
Woods	Sandra	5K	F	47	0:57:52	0:18:40
Davis	Bob	5K	M	52	0:18:06	0:05:50
Downey	Tom	5K	M	50	0:20:25	0:06:35
Dearborne	Jay	5K	M	56	0:21:20	0:06:53
Castaneda	Rafael	5K	M	49	0:21:37	0:06:58
Farrens	Daryl	5K	M	58	0:21:42	0:07:00
Johnston	Dough	5K	M	45	0:21:47	0:07:02
Lenord	Jim	5K	M	59	0:22:32	0:07:16
Camacho	Benny	5K	M	52	0:24:12	0:07:48
Middleton	Timothy	5K	M	64	0:24:22	0:07:52
Franz	Chester	5K	M	74	0:24:58	0:08:03
Kalkowski	Mel	5K	M	58	0:28:18	0:09:08
Pederson	Al	5K	M	70	0:37:05	0:11:58
Beagar	Veronica	10K	F	45	0:46:34	0:07:38
Catnona	Nha	10K	F	41	1:06:29	0:10:54
Clark	John	10K	M	44	0:36:07	0:05:55
Downey	Ron	10K	M	53	0:39:23	0:06:27
Fabela	Joshua	10K	M	40	0:39:45	0:06:31
McDonald	Greg	10K	M	49	0:39:56	0:06:33
Johnson	Timothy	10K	M	45	0:40:46	0:06:41
Shiroma	Calvin	10K	M	45	0:41:21	0:06:47
Petros	Steve	10K	M	45	0:41:48	0:06:51
Ojala	Tom	10K	M	50	0:42:37	0:06:59
Manculich	Chris	10K	M	53	0:45:09	0:07:24
Simmons	Chuck	10K	M	45	0:46:06	0:07:33
Stahl	Michael	10K	M	43	0:46:11	0:07:34
Taylor	David	10K	M	49	0:46:38	0:07:39
Meyers	Rusty	10K	M	54	0:48:09	0:07:54
Pontarolo	John	10K	M	53	0:49:16	0:08:05
Wilson	Ed	10K	M	55	0:50:51	0:08:20
Tremp	Bill	10K	M	51	0:52:56	0:08:41
Utermohle	Charles	10K	M	55	0:53:38	0:08:48
Beller	Mike	10K	M	54	0:57:14	0:09:23
Flynn	Ken	10K	M	62	0:59:41	0:09:47

OCTOBERFEST 10K RESULTS SEPTEMBER 24, 2005

Place	Name	Age	S	Time
1	VERN CAMPBELL	48	M	34:38
2	SCOTT CLEMETSON	41	M	37:26
3	GREG MACDONALD	45	M	39:36
4	RON DOWNEY	53	M	39:42
5	EVAN HONE	27	M	41:29
6	KIMBERLY HONE	27	F	42:00
7	NICHOLAS SPRINKEL	23	M	42:01
8	JASON REED	35	M	42:37
9	JASON RUBI	28	M	42:44
10	CARLOS GOMEZ	46	M	43:48
11	FRED BALASI	50	M	44:46
12	NICHOLAS BOWATER	23	M	45:32
13	CHRISTINE BOUFFARD	29	F	46:21
14	MICHAEL STARKS	46	M	47:30
15	MEREDITH GILMAN	27	F	47:31
16	ALAN BATTEN	60	M	47:42
17	MICHAEL DEFAZIO	20	M	48:26
18	MARC LESTER	31	M	48:32
19	BILL HOGAN	56	M	48:49
20	LISA DALE	24	F	49:15
21	DENNIS JASON	30	M	49:29
22	MATT RICHARD	23	M	49:30
23	PABLO MEDINA	17	M	49:33
24	MELANIE SUGITA	31	F	49:54
25	EVAN STEINHAUSER	43	M	50:02
26	SCOTT MAYFIELD	43	M	50:29
27	G. RODNEY KLEEDEHN	58	M	50:40
28	STEVE EDWARDS	45	M	50:44
29	REBEKAH SMITH	22	F	50:57
30	RENEE RUDD	44	F	50:57
31	MARY FLANIGIN	55	F	51:17
32	RICHARD WATSON JR	29	M	51:37
33	CELIA ROSEN	50	F	51:54
34	LISA MIHORA	31	F	52:00
35	KEN FITZGERALD	37	M	52:02
36	ANN REED	27	F	52:12
37	HOLLY MCCUNE	20	F	52:13
38	CHUCK STRAUSS	46	M	52:33
39	RICARDO VILLASENOR	36	M	53:26
40	MICHAEL FISHER	28	M	53:27
41	GABBY WALKER	23	F	53:33
42	GEORGE ANDERSEN	63	M	53:50
43	ROSE VAN HEMERT	55	F	54:35
44	LOIS SCHUMACHER	37	F	54:44
45	DEBRA NIELSEN	49	F	55:36
46	JULIE RITTER	22	F	55:38
47	JOSHUA CHAMPION	21	M	55:39
48	JON NAUMAN	66	M	55:43
49	PATRICIA O'GORMAN	57	F	55:56
50	SANDRA WOODS	47	F	57:04

Place	Name	Age	S	Time
51	PATRICE PARKER	52	F	57:05
52	SARAH KLEEDEHN	52	F	57:13
53	JENNY STRAUSS	24	F	57:48
54	MARIAN DALE	50	F	57:55
55	JANELLE THOMLIN	23	F	57:57
56	ROBYN MCGHEE	27	F	58:05
57	JEWEL SHIBLEY	19	F	59:45
58	JIM SOUCEK	58	M	60:02
59	JESUS GOMEZ	16	M	63:13
60	DEANNE MILLS	35	F	69:40
61	CHARLIE BROWN	75	M	69:40
62	TANIA DENNIS	28	F	70:07
63	MELISSA NEZ	14	F	110:25
64	JAMIE TAYLOR	14	F	110:27
65	KELLIE WESTPHAL	47	F	110:56
66	LUPE CASTRO	44	F	115:03

OCTOBERFEST 5K RESULTS SEPTEMBER 24, 2005

Place	Name	Age	S	Time
1	LEWIS CARTER	22	M	17:45
2	BOB DAVIS	52	M	18:39
3	LAURA CARPENTER	27	F	19:35
4	JEFF JOHNSON	48	M	19:40
5	TIMOTHY JOHNSON	45	M	19:52
6	TOM DOWNEY	50	M	20:00
7	FRANK REDDICK	28	M	20:20
8	DAN BALDWIN	39	M	20:21
9	LEE OLY	55	M	20:25
10	LAYNE CROPPER	52	M	20:29
11	JOHN FERGUSON	44	M	20:57
12	DOUG JOHNSTONE	45	M	21:07
13	BRENT VELTKAMP	37	M	21:19
14	ANDREA W NEESER	38	F	21:23
15	NIC CROPPER	14	M	21:48
16	EDDIE STEGER	10	M	22:01
17	WILLY VAN HEMERT	54	M	22:17
18	BEN BELL	28	M	23:11
19	HANNAH IVERSON	14	F	23:28
20	JIM LEONARD	59	M	23:47
21	VERONICA BEAGAN	45	F	24:15
22	JORDAN IVERSON	12	F	24:21
23	MERA MATTHEWS	27	F	24:31
24	CHLOE MILLER	13	F	24:43
25	JESSICA WEIMER	19	F	24:52
26	ERICA EVASDOTTIR	37	F	25:18
27	SHELLY SCHWENN	36	F	25:58
28	RONDA MCCALL	30	F	26:51
29	MARY MARSOLAIS	68	F	27:04
30	KAYLEA ROUSH	26	F	27:37

Place	Name	Age	S	Time
31	WENDY OSEN	44	F	27:42
32	CATHY SATTERFIELD	55	F	28:10
33	DIANE BLAKEY	37	F	28:21
34	MARIKA ATHENS	27	F	28:25
35	KRISTIN DAHL	36	F	29:17
36	DAN DURKM	46	M	29:40
37	KRISTEN SANTILLO	28	F	30:05
38	RICHA SHAUT	40	M	31:49
39	CAROL FITZGERALD	40	F	31:51
40	PARIS KING	17	F	31:51
41	KASIY MORROW	20	F	31:58
42	AMY SKAJA	12	F	32:28
43	BERNEICE KELM	77	F	32:30
44	ALEXANDRA ERLEINE	12	F	32:31
45	JOE SKAJA	44	M	32:32
46	BILL FALSEY	25	M	32:56
47	FELIX GONZALES	65	M	33:01
48	BERNADETTE RAMIREZ	45	F	33:22
49	DIANE CLEMETSON	38	F	33:45
50	JEFF PALOMBO	25	M	33:56
51	KIM BALDWIN	41	F	34:01
52	ANNE S DENNY	49	F	34:06
53	DAWNA ERLEINE	35	F	34:54
54	AMY DALTON	43	F	34:55
55	NICOLE DEYAMPERT	32	F	35:44
56	KATIE OLSON	27	F	35:46
57	MELISSA CUMMINS	29	F	36:22
58	SANDRA NEJA	62	F	37:57
59	JACK WRIGHT	73	M	38:22
60	DONNA R THOMPSON	62	F	39:28
61	DIANE FISHER	30	F	42:12
62	SUE WILKENS	29	F	44:27
63	GLENN GALLOSO	54	M	46:30
64	PAULA DOBBS	49	F	48:14
65	ERICA M-VALENTINE	28	F	48:17
66	SHARMAN PIPER	52	F	49:42
67	ROXANN BERRY	49	F	49:42
68	MYRA NAUMAN	66	F	52:15
69	LARISA W-ELSON	34	F	62:08
70	PATTI IRWIN	47	F	62:09

A Special Invitation

The Anchorage Running Club's Board of Directors is meeting at Guido's on November 15, and y'all are invited. The club will buy the pizza [but not the beer] !

This meeting has been deliberately scheduled at a more public venue than usual in an attempt to get more club members to attend the meeting. ARC exists to promote and assist the Anchorage Running Community in what they so love to do -- run. Volunteer organizations such as ARC are only robust and functional when there is strong support and interest from the membership at large. We need your input, feedback and ideas. Come help ARC grow and become all that it can be.

Directions to Guido's Pizza, 549 W. International Airport Rd. 563-2222 -- on the north side of International between Arctic and C Sts. More exactly, Guido's is approximately 200 yds east of Arctic and approx. 75 yds north of Internl, in the west most of the blue roofed strip malls.

**Next Board Meeting
at Guido's Pizza
International Airport Rd
Tuesday
Nov. 15, 2005
6:30PM
FREE PIZZA !**

event.” In fact, it happens with a frequency not unlike that of finding the Holy Grail! I can't even remember what they said during their presentation, I just remember raising my hand in favor of taking them up on their offer. And the rest, as they say, is history.

By fits and starts, we began to “grow” the event. After all, we wanted to do our benevolent sponsor proud! In 1996, with my new HP computer and some trial-and-error HTML programming, I put ARC on the web. With its drab gray background and bulky black lettering, it wasn't much to look at. But, headlining the web site was Humpy's Classic Marathon. We also made sure that the event got listed in two prominent running publications. I attended national conventions of the Road Runners Club of America and took Alaska Runner's Calendars and Humpy's entry forms with me. Our first year we had something on the order of 300 entrants - principally locals and not a big increase of what we had had in previous years. But the hard work started to pay off. Other enhancements were made, such as President Andy spending a weekend on his bike, measuring the courses and getting them certified by USA Track and Field. In 2000, our late, beloved friend, Craig Harpel, took over as race director and one of the first things he did was forge a relationship with the Anchorage Convention and Visitors Bureau. This gave us yet more exposure, and led to another relationship with the Joints in Motion organization, which brings up a contingent of runners and walkers to further their fight against arthritis. Craig's hard work resulted in the club being recognized in 2002 by ACVB as a “Meeting Champion” by virtue of conducting an event that brought hundreds of thousands of dollars into the Anchorage economy. People came from all over the world to run Humpy's, and when they went back to their homes, they told their friends that this was definitely “one to do” in conjunction with seeing Anchorage and the rest of Alaska. Craig's successes were hard to improve upon, but Renee Rudd found a way to do it. Her legacy to the event will be putting the race on the roads, with a common start and finish right in front of Humpy's on West 6th Avenue. Add Champion Chip timing, and you have a first-class event with an extremely bright future.

A lot of people have had a lot to do with ARC's success. But the club is an all-volunteer organization and in the end, that is what makes the difference. We cannot be what we are without the support of people who pitch in and help put the events on. As I prepare to step down from the President's chair, I would leave all of you who are reading this column with this one request: **PLEASE HELP OUT**. Just once during the season, step up and volunteer to help out at a race. When you send in your club membership form and check the box that says, “Yes, I will help out this year,” we make note of that and take liberties of contacting those who have made such a representation. Please follow through on that pledge when we call you. Or, don't wait for us to call you - call the Club Hot Line at 258-4964 and leave us a message! If you want to make more of a contribution - let us know that you want to help with membership, or the newsletter, or haberdashery. There's always something to do. That said, I don't want to paint the picture that helping with the club is akin to toiling in a sweatshop. It's only a few hours and it's FUN.

ARC may be at the end of its 2005 broadcast day, but that doesn't mean we're turning off the transmitters for the season! Winter running in Anchorage is a joy (except during ice storms). Every Friday, Newsletter Editor Jim Lieb publishes an email newsletter detailing running events and training sessions in the area. If you're interested in getting on the mailing list, drop him a line and let him know (Jim's email address is jim_lieb@fishgame.state.ak.us). As for me, I'm going to slip on the Yak Trax and get ready for Humpy's 2006, as Renee has already thrown down the gauntlet and said that she and I are being participants next year!

See you on the trails!

David Epstein
President, Anchorage Running Club

ANCHORAGE RUNNING CLUB
MEMBERSHIP APPLICATION
Membership term is January 1 to December 31
complete, and mail

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PH: _____ WORK PH: _____

FAMILY MEMBERS: _____

DATE(S) OF BIRTH: _____

E-MAIL ADDRESS: _____

\$15 for Individual Membership (NEW member___RENEWAL___)

\$25 for Family/Couple Membership (NEW member___RENEWAL___)

All events are run by volunteers. WE NEED YOUR HELP! Please help your club
and check below to volunteer!

(YES, I will help this year___)

Make checks payable and mail to:
Anchorage Running Club
PO Box 243362



**2005 Running Events Sponsored By
The Anchorage Running Club**

May 18, Wed. - Do Run-Run 5K / 10K
May 28, Sat. - Glacier Half Marathon
June 22, Wed. - Mugwumps 10K
July 10, Sun. - Boondocks Breakaway 5K
July 27, Wed. - Masters' 5K / 10K
Aug.21, Sun. - Humpy's Marathon / Half / 5K
Sept 24, Sat. - BBNC Octoberfest 5K / 10K

Editor's Note:

In addition to local running news about recently completed races, upcoming races and special events and issues, the *Finish Line* will attempt to provide one or two relevant *Running Science & Sports Medicine* articles in each of this year's newsletters, provided there is available space.

Readers are encouraged to provide feedback, suggestions and running-related photos.

Send to: ARC Newsletter Editor, P.O.Box 243362,
Anchorage AK 99524 -- Phone: 677-1336

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