



Kankakee

RIVER RUNNING CLUB

The Paper Race

JULY 1993 KRRR NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 65

WELCOME NEW MEMBERS

The Warman Family, Herscher -
Terry, 41; Wanda, 41; Christina, 19;
Glenn, 17; Marianne, 14; James, 10

The Uribes, Doug Uribe, 31, and
Amanda, 9, Bourbonnais

Preston Provost, 20, Bourbonnais

Warren Monk, 21, Ashkum

Kim Lippold, 24, Chicago

RUN, SWIM & PIZZA

It is a triathlon of sorts from BBCHS to Chicago Doug on Saturday evening, July 31st.. This one calls for you to run on the BBCHS track at 6 PM (you choose the distance) and then be cool in the pool from 6:30 - 8:00 PM. The final stage calls for you to eat all the pizza you can at Chicago Dough starting about 8PM. Some of you may simply choose the third stage, but Linda Linn will be counting heads at the pool and calling ahead to order the pizza.

This is a club members' function only and a family pleaser. Adults \$3. Children under 12 are \$1.

GOODBERLET HANDICAPPED

The Goodberlet Summer 5K on July 13th will be a little different from the usual 5K run. It will be a handicapped race. The race start will be staggered based on your usual 5K time. Slower runners will start first, then down the line in intervals with the fastest runners starting last. The top ten

finishers will receive an award. There will be no age divisions. By handicapping the race, some people who don't usually get awards may bring home the gold. It is an experiment designed to put some variety in your running and add to the fun.

THE 5 MILER JUNE 12, 1994

The 5 Miler gets a year off. Gary Dupuis (Superior Silkscreen) was unable to get another date from KCC this year after a scheduling conflict kept the race from running in June. It will be back on June 12, 1994.

On the brighter side, Gary is willing to sponsor the Fall Classic this year if he can work things out with the college. We hope to confirm it next month.

ON DAN'S RUN by Dan Gould

NOTICE: SEXUAL HARASSMENT IN THIS AREA WILL NOT BE REPORTED. IT WILL, HOWEVER, BE GRADED. This sign is posted next to Peggy Pepin's desk. She has a good sense of humor and does a pretty good job of keeping things in perspective - for a non-runner.

Even runners, however, can lose perspective. I was chatting with Bob Maszak after the Manteno 5K. Bob, from Homewood, and I are the same age and run many close races. He has been injured and we hadn't run against each other since March. Trying to size up the possibility of bringing home the gold, he asked if I knew anybody else ahead of us in the age group besides Keith. He went on to say that he didn't want to stick around if he didn't win anything and

would quit racing if he ceased being among the best in his age group.

I was shocked and saddened by his remarks. There is so much more to road racing than the 5 seconds of applause as you step up to receive your plastic gold and laminated wood. To simply participate is to win. If you run your best, you are rewarded with all the benefits of exercise. Your body doesn't care that you didn't bring home the gold. The health benefit is the same whether you are first or last. The social aspect of road racing is a joy to most of us. We car pool to the races, get there early (especially if you are going with Cornstalk), socialize, run, and socialize.

Bob's remarks came on a day when I was filled with the joy of this running life. I rarely "double," but this was also Steamboat weekend in Peoria. I had driven down on Friday with Mike and Graig Hickey and Graig's friend, Joe Gibaszek. We were joined there by Mike's parents, who literally spend their retirement running around the country, and a sister and brother-in-law. Larry and Sandy Lane joined us for dinner on Friday evening and we shared some pre-race moments on Saturday morning with the Malones and Grotevants.

Yes, I enjoy bringing home the gold, but I enjoyed running for the 3-4 years before I was bringing home the gold. I am not competitive at a race like Steamboat. My only chance at Steamboat was to find a syringe in my can of *Diet Pepsi* after the race and sue for millions. I didn't.

Manteno is always on Father's Day and is very much a family affair. Among others were the Kilbrides, Warmans, and three generations of Hickeys. Many of us extended the post-race socialization by gathering for breakfast at a cafe in Manteno. Our experiences are enhanced by their

sharing.

I hope that you do not share Bob's perspective and that someday he will share mine. I spent 45 minutes running two races and hours enjoying the experience. End of Soapbox!

The month started for many of us in Joliet for the Third Annual Racing Hearts 10K on a beautiful sunny day with the temperature in the low 60's. I picked up the Koerners and Shellys. As Henry opened the door, he said: "I see we are taking the grandpa van today." You guys really enjoy that "grandpa" business!

I was expecting a great race after my performance at Loda the week before, but it wasn't to be. How I could run slower on the flat course I don't know, but I did. Larry Lane kind of loafed until he looked back at 5 miles and saw me. He found some more horses and kicked it in.

Janet "Buns of Steel" Brown cruised to one of her last age group awards in this part of the country. About the end of July she becomes "Beaumont Buns" or "Beaumont Brown" as her husband's job takes them to Beaumont, Texas. She has ordered a KRRC windbreaker and asked how it would go with cowboy boots. Sounds like a perfect combination - if that's all you're wearing! Really, Buns, we think ... Ye, Gods, one could get arrested for thinking that! Must be my arrested development.

We didn't bring home the gold from Racing Hearts. There wasn't any. The age group awards were sweatshirts and heavy duty ones. Get an XL and stay warm with a friend!

In order to establish that we were not just athletes but cultured athletes, many of us visited the Kankakee County Historical Society Museum on the afternoon of June 6th to see the artwork exhibited by the graduates of the Splear Road School of Art. The most notable of those graduates is Ken Stark, KRRC member and formerly the editorial cartoonist for *The Daily Journal*. Among the 41 pieces he displayed was a painting of KRRC member Scott Kelson of Momence. Ken sold 90% of his work the first day of the month-long exhibition of his works and those of his brother, Phil, and friend Carolyn Splear Pratt.

Bob Cravens, race director for the Loda 10K, sent us a note to thank the

KRRC members for their support. Diana Last, Program Director for the YMCA, sent us a letter of appreciation for our support of the Birdman Duathlon with a special note that Mark Steffen's coordination was to the key to the event's success. Perhaps he can coordinate with the weatherman next year!

We were able to get real social this month trying to run the Hurst 5K. As you know from your special edition of *The Paper Race*, it was postponed from the 8th to the 15th. The post-race party, however, was held on both nights. We really ought to get *Chicago Dough* to sponsor the summer series since it is just an excuse to dive into the Tuesday night buffet.

Charlie Grotevant has his work cut out for him. Dave Hedlin retired, lost 30 pounds, and changed his blood pressure medicine (the 30 pounds alone would do wonders for the blood pressure). He is a perfect example of the secret training technic I was telling Dale Huizenga about a couple months ago.

The June 15th version of the Hurst 5K went very well - good weather and good turnout. About 42 runners took advantage of this beautiful evening to strut their stuff.

The Steamboat Classic 4 Mile and 15K is a class act. An important part of the local culture is *Running Central*, a kind of hole-in-the-wall store which is dedicated to running. If it's running, they have it. I came away this year with a pair of racing flats, trainers, and a pair of dress shoes by *New Balance*. I must ask Mitch Hobbs what percentage of their sales are made this weekend.

We stayed at the Holiday Inn Centre City (formerly Continental Regency) which is the host hotel. They have a min-mini-expo with packet pick-up the evening before. The two advantages to this hotel are it's pool and proximity to the start-finish.

As we gathered for the 7 A.M.start, Larry Lane was telling me how real men wear blue numbers. The blue bibs are for the 15K which, unlike the 4 mile, is hilly. I explained to him that the passes from the home were written on the blue bibs. The temperature was in the 70's and the humidity out of this world as it has been for three out of my four years.

It never felt good and each mile got slower, even the down hill 4th mile. Graig and friend Joe failed to properly hydrate (kids!). Shirley Malone and Mike's parents brought home age group gold in the 4 mile and Charlie Grotevant placed in the 15K. I'll have to try the 15K some year, but, first, I'll have to lose my mind. Charlie has just been picked up and shaken by his auger one too many times.

Blue sky and sunshine reflected off the many fields of water surrounding an island called Manteno on Father's Day 1993. It is now known as the land of a thousand lakes where once there was only one Lake Manteno. The course, however, was dry for the 150+ who participated in the 10th annual running.

Sue LaMore, who has directed the race each year, was presented with a plaque by the KRRC in recognition and appreciation for her contributions to the running community. Sue also directed the Fall Classic from 1986 to 1991. Those assembled wished her a Happy 40th Birthday - one day early!

I gave Manteno all I had, but I left some of my race in Peoria. About half way through, I found myself running with Jenny Kohl and Tom Parlin. Jenny was trying to pull away, but Tom and I hung in there. I thought maybe this new kid on the block would show a little respect for "Grandpa," and that's what I got - little! With a tenth to go she kicked it, Tom kicked it, and I, I just kept on running.

One of the nice things about these local races is seeing some of the people who don't make the out of town races. I chatted with Butch Coy. I hadn't seen him in so long I thought he was a running drop-out. Gerry Kilbride tried to tell me he was getting older, but not better. Judy looked spunky as ever as she ran up to receive her award. Gale and Jane Lehnus were there. We hadn't seen them in ages. I sure that when they got married Jane handed Gale a long "honey-do" list and it has taken him this long to catch up.

The Bourbonnais Friendship Festival's First Annual 5K Run & Walk got off to a relatively auspicious beginning. Although the morning began with overcast, humidity, and the threat of rain, 115 runners and 17 walkers turned out. The scenic and rolling course through the residential areas near

the Municipal Center was the subject of favorable comment. It didn't hurt that most of the runners were pretty happy about their times. Race Director Pat Baldwin assured everyone that he had carefully measured the course by pacing it off and then confirming it by driving the course in a 1985 truck that had been repossessed by Kankakee Federal. OK, I'm kidding, but fast times on a new course always raise the question of accuracy

Ken Klipp had a memorable 5K. He got to the race and discovered he had two shoes - one his, one Marty's. That would have been OK, but they were both for the same foot. Well, racing in the trainers only cost him a few seconds.

Larry Lane had a memorable 45th birthday in picking up age group gold. His first race in my age group was memorable for me, too, as it pushed me back another place. I got distracted during the awards ceremony or we would have sung happy birthday to him.

Charlie Grotevant had a memorable day. He was ready for his recent nemesis, Dave Hedlin, and soundly beat him. It is easier when you haven't run a hilly 15K the day before.

Georganne and Krista Hickey ran part of the race with a bandit who shall be known as Bambi. Bambi fell in stride with them at the cemetery and dropped off at the water station. On our post-race cool down, Jim Grace and I encountered Bambi at the water station and she/he ran with and subsequently passed us.

Tom Stluka, Beecher, introduced himself as a charter member of the KRRC from 1979. He ran for Steve Currins at Beecher and has lived in the Berwyn area in recent years. Now back in Beecher, he plans to renew his KRRC membership. Tom, 33, was third overall.

Jim Grace's body seems to thrive on triathlons. He did four in the month of June!

Interested in going to the Crim Festival of Races August 28th? Give me a call.

Time to close the column and get this newsletter printed. Please share your adventures with us! See you on the run!

KRRC MEMBER SPOTLIGHT

by Dianne Smith

This month I twisted the arm of Brian Noffke to get an interview for the member spotlight. he tried his hardest to give me alternative members to call. needless to say, I am not easily thrown off the investigative reporting track.

Brian is a full-time teacher and girls track coach at Herscher High School. During the summer he helps with his brother's lawn service in addition to teaching chemistry and computer science at KCC (Dan Gould would really appreciate one of your classes, Brian - he erases the newsletter from his computer from time to time...)

The Noffke family is made up of Brian, his wife Lynne, Dan, 9; Gabriel, 5; and Elaine, 2. Brian and Dan are the only runners in the family.

Brian puts in some pretty dull runs. he could not think of any funny or exciting incidence that has happened to him while running. The highlight of this spring though, was the state track meet. One of his girls placed in the high jump. Two others made it to the 3200 and 3200 relay finals. (Maybe some of us women should hire this man on as our trainer!)

Scott Stephens can be credited with starting Brian's running career. Scott was his track coach when he was in high school. They still run together occasionally along with another club member, Randy Devore (featured in last month's newsletter).

Biking and working on the computer are two other interests that Brian has. In fact, his wife thinks that he has put more money into computer gadgets than he has into his car!

This summer Brian has been getting most of his exercise behind the lawn mower. He usually likes to get in about 10 miles a week so he can keep up with his track team and Scott Stevens. He admits that his mowing isn't as strenuous when he's in better shape.

Favorite races on the Noffke list include the 4th of July run in Watseka, the Manteno race and the Jingle Bell Run. He checks the newsletter periodically to keep up on the circuit races and tries to hit the ones he can. He's also trying to find the time to get

KRRC OFFICERS

Henry Shelly, Pres.	933-9255
Pat Koerner, V-Pres.	932-1009
Ron Piowar, Treas.	939-1749
Linda Krause, Soc. Dir.	472-6577

KRRC NEWSLETTER

Editors - Dan Gould	937-5500
Bill Linn	935-0815
Staff - Linda Linn	
Dave Bohlke	939-1676
Dianne Smith	937-1035

out to the state park for the Sunday runs.

Brian admits that he hasn't taken part in many of the social events put on by the club because of a busy family schedule. I explained to him that both the annual hayride/bonfire and BBCHS run/swim/pizza party were a lot of fun for the entire family. So I'm hoping that I have twisted his arm enough to take part in one and/or the other this year.

BOLDER BOULDER

by Linda Krause

My Memorial Day began at 5:00 A.M. Mountain Time with clear, blue skies over head. To the west were snow capped mountains. My first Bolder Boulder was off to a brilliant start - and only got better!

Arriving at the starting area, I had to find my "wave." There are 46 separate waves with most having 900 runners. This is done to reduce crowding at the start, on the course, and at the finish. The first wave began promptly at 7:45 A.M. with starts approximately every minute until the last "citizen" has started. The wheelchair division, elite women and men began at 11:25. finishing with the elite men at 12:19 P.M.

This year's finishers totalled over 32,000, with 34,800 officially registered. A cap of 37,500 began this year because with more racers more volunteers would be needed if the quality of the race was

to be maintained. This was the 15th running of the Boulder Boulder which has grown from 1,975 to the 32,005 finishers this year. The Bank of Boulder has been the official sponsor since the beginning and the original "START" and "FINISH" banners are still used.

But now, back to the race where I patiently joined my wave in the "N" section. My start time was 8:30 and the fun began. Running through Boulder to the cheers of thousands of spectators was pretty thrilling. The race started at 5,430 feet above sea level, increased to 5,455, and finished at 5,442.

Speaking of the finish - WOW! - running into Folsom Stadium, home of the Cu Buffaloes, was really exciting. Approximately 50,000 fans were in the stands and to say hearing all of them cheer (most of them for me!) was a real "Rocky Mountain High."

The average runner brings 3 people with her. I was fortunate to have 8 family members with me. So imagine by the time the elite men finish 6070 thousand fans in the stadium and thousands more on the race route.

Incredibly, Krause and my brother, Mick Pahl, spotted me as I entered the stadium so we didn't have any trouble locating each other. Then I had my last hurdle to jump - waiting in line with thousands of other runners to pick up a bag lunch. Hundreds of volunteers had spent the previous day packing 34,000 lunches for the runners.

Now for the results - Arturo Barrios finished in 29:04 (Boulder resident) and Vita Pippig in 33:39 (Boulder resident). I finished in 1:16:13 and in altitude and heat I did my usual - slow and steady - but had the time of my life!

THE STARTING LINE

KRRC Members of all abilities meet at the Kankakee River State Park at 8:00 A.M. from May through September and 9:00 A.M. October through April to run and socialize on off-race Sundays. Your popularity is assured if you bring a treat for the post-run tailgate party. Join us!

Sat., Jul 3, 8AM, RUN FOR GLORY

5K, North Side City Park, Streator, Ts, \$10/12, 5yr AG 3 deep, 815/672-2921.

Sat., Jul 3, 7PM, WENONA 5K RUN, City Park, \$11/13, Ts, 5yr Ag 3 deep, 815/853-4545.

Sat., Jul 3, 8A.M., RUN FOR FREEDOM 10K & 2M, Lions Club Park, Halsted .5M west of Ridge Road, Homewood, \$10/12 after 6/30, Ts, 5yr Ag 3 deep, heated pool post-race, refreshments, 708/957-0300.

Sat., Jul 10, 8AM, KANKAKEE YMCA 5K & WALK, 1705 N. Kennedy Dr., \$9/11, Ts, 5yr AG 2-4 deep, top 30A, 815/932-1009. DON'T MISS THIS ONE!

Sat., Jul 10, 7:30PM, MIDWEST MILE, "On the Square," downtown Pontiac, \$8/10, masters, open & kids divisions, Ts, 815/842-2790 before 9PM.

Sun., Jul 11, 8AM, KEMPTON PREDICTION RUN, \$5/7, 10 awards, give-a-ways, Leon Malone 253-6258. Pick an easy pace to recover from the Y5K and join us for a very sociable outing. Predict your time and you are a winner!

Tues., Jul 13, 6:30 PM, GOODBERLET SUMMER SERIES 5K, Small Memorial Park, Kankakee. No fee KRRC, \$1 non-members. Low key. 933-7212. Post-race party at Chicago Dough.

Sun., Jul 18, 7:35AM, 13TH ANNUAL HEART & SOLE 10K & 2.2 MILE FUN RUN/WALK, Olympia Fields Osteopathic Hospital, 20201 S. Crawford Avenue, \$14 to 6/30, \$17 to 7/17, \$20 race day, 5yr AG, shorts, Expo & pre-race pasta dinner on 7/17 featuring Hal Higdon. 708/747-4000, ext. 5183.

Sat., Jul 24, 8:30AM, FESTIVAL OF THE DUNES 5K & 1K KID RUN, Chesterton, IN., awards 10 deep. Steve 219/926-1750.

Thurs., Jul 29, 7:15PM, PRAIRIE STATE SUNDOWNER 5K CHASE, Lions Community Center, Manor Drive across from the Post Office on Vine St.,

New Lenox Ts, \$11/14 after 7/23, 5yr AG, proportioned awards. 815/485-6677.

Sat., Jul 31, 7:15AM, LODA GOOD OLE DAYS 5K RACE, Park Pavilion, \$7/9 after 7/31, Ts, door prizes, 10 yr age groups (sort of). 217/386-2008.

Sun., Aug 1, 8:30AM, LICKETY SPLIT 5K, Mercy Hospital, Dyer, IN. 219/365-4740.

Sun., Aug 8, 8AM, CREST HILL 4 MILER, 410/12, 815/838-7678.

Tues., Aug. 10., 6:30PM., SPECKMAN REALTY 5K, Small Memorial Park, Kankakee. No fee KRRC members, \$1 non-members. Low key. Post-race party at Chicago Dough. Linda Krause 472-6577.

Sat., Aug 14, 8AM, MOMENCE GLAD FESTIVAL 5K-10K, Momence Jr. H.S., 801 W. 2nd St., Ts, \$10/12 after 8/7, 5yr AG, door prizes, refreshments. This was the 2nd largest race in the county in 1992! Don't miss it! Mike Hickey 472-2253.

THE FINISH LINE

May 29, Indianapolis Dist. Classic 10K
Dee Osenglewski 46:58
Mike Morel 47:26

May 31, Elgin 10 Mile
Muriel DeBold-Leyland 68:51

May 31, South Holland 10K
Jeff Lonergan 47:29

Jun 5, South Bend 5K/10K 778 finishers
Mike Hickey 38:28
Georganne 28:59
Krista 28:59 PR!
Graig 19:23

June 6, Racing Hearts 10k, 158 finishers
Pat Koerner 34:15 30A, 2AG
Marlin Howe 35:57 1AG
Phil Newberry 38:54
Larry Lane 39:24
Dan Gould 40:00 2AG
Muriel DeBold-Leyland 41:24 1AG

Henry Shelly 46:18
 Janet Brown 48:34
 (These were official times. Most of us believe they are a second or two slow)

Jun 19, 20th Annual Steamboat Classic 4 Mile & 15K, Peoria (2100 finishers in the 4M & 550 in the 15K), 71 degrees, 97% humidity at 7AM.

Mike Hickey 24:09
 Dan Gould 25:32
 Graig Hickey 26:32
 Leon Malone 37:24
 Shirley Malone 39:32 2AG

Larry Lane 1:02:56
 Charlie Grotevant 1:07:18 3AG

Jun 20, 10th Annual Manteno 5K, 149 finishers, 60's, sunny, breezy

Pat Koerner 16:40 4OA
 Marlin Howe 17:21 1AG
 Preston Provost 17:43 2AG
 Warren Monk 17:53 3AG
 Ken Klipp 17:56 2AG
 Glenn Warman 18:00 1AG
 Mike Hickey 18:40 3AG
 Phil Newberry 18:40
 John Brinkman 18:53
 Rich Olmstead 19:12
 Graig Hickey 19:31
 Jenny Kohl 19:38 1OA
 Tom Parlin 19:39
 Dan Gould 19:42 2AG
 Andy Kilbride 19:49
 Doug Uribe 20:06
 Jeff Lonergan 20:13
 Robert Pool 20:22 1AG
 Tom Uribe 20:24
 Charlie Grotevant 20:39 3AG
 Rob Tenczar 21:00
 Scott Kelson 21:10
 Henry Shelly 21:42
 Mark Kilbride 22:12
 Nancy Ruda 22:24 4OA
 Dee Osenglewski 22:40 5OA
 Dan Phillips 23:17 3AG
 Mike Morel 23:30
 Tom Kilbride 23:49
 Don Combs 23:55
 Pat Baldwin 24:15
 Butch Coy 24:27
 James Warman 24:54
 Wanda Warman 25:11 3AG
 Mary Kilbride 25:22 2AG
 Paula Coy 26:03 3AG
 Gale Lehnus 26:40
 Amanda Uribe 29:13 3AG

Leon Malone 29:19
 Gerry Kilbride 29:29
 Judy Kilbride 30:12 1AG
 Chris Kilbride 30:13
 Shirley Malone 30:56 2AG
 Randy Devore 31:15

Jim Grace's Races

Jun 6, Sunburst Tri, S. Bend
 S-.5M, B-22M, R-5M 1:57:30

Jun 13, Shelbyville Triathlon
 S-.5M, B-16.5M, R-3M 1:28:12

Jun 20, Springfield Ironhorse Tri
 S-1.5M, B-45M, R-10M 4:23:15

Jun 26, EIU Triathlon, Charleston
 S-.5M, B-24M, R-5M 2:00:57 4thAG

Jun 27, Bourb. Friendship Festival 5K,
 115 finishers, 70 degrees, overcast,
 humid

Bryce Baker 16:04 1OA
 Pat Koerner 16:11 2OA
 Preston Provost 17:12 2AG
 Warren Monk 17:24 3AG
 Ken Klipp 17:48 1AG
 Glenn Warman 17:59
 Jim Grace 18:12 3AG
 Larry Lane 18:19 2AG
 Mike Hickey 18:25 3AG
 Dan Gould 18:45 3AG
 Bill Linn 18:49 4AG
 Jenny Kohl 18:59 3)A
 Doug Uribe 19:06 2AG
 Tom Uribe 19:22 5AG
 Charlie Grotevant 19:27 1AG
 John Shoup 19:34 6AG (pathetic!)
 Jeff Lonergan 19:56 6AG
 Graig Hickey 20:17
 Tom Goodberlet 20:28
 Scott Kelson 20:38
 Theresa Burgard 20:51 1AG
 Henry Shelly 21:10 7AG
 Rob Tenczar 21:14
 Nancy Ruda 21:38 2AG
 Randy Devore 21:39 4AG
 Dee Osenglewski 21:57 3AG
 Nancy Thompson 21:59 1AG
 Dan Phillips 22:20 1AG
 Ron Piwowar 23:25
 Butch Coy 23:32
 Mike McGuckin 25:21

Gale Lehnus 25:40 2AG
 Randy Riegel 25:43
 John Flynn 27:37
 Leon Malone 27:57 1AG
 Amanda Uribe 28:24
 G-anne Hickey 28:36 1AG
 Krista Hickey 28:51
 Shirley Malone 30:04
 Linda Krause 33:20
 Phil Angelo 34:49

Jun 15th, Hurst 5K, Small Memorial
 (Partial results...)

Nancy Ruda 22:24 1AG
 Pat Koerner 16:45 1AG
 Tim Benoit 19:20
 Mike Wolfe 21:56
 Jenny Kohl 19:24 1AG
 Preston Provost 17:38 1AG
 Tom Goodberlet 20:57
 Charlie Grotevant 19:52 2AG
 Doug Uribe 19:44
 Amanda Uribe 27:29 3AG
 Bryce Baker 16:15 1AG
 Jeff Lonergan 19:56
 Glenn Warman 18:10
 G-anne Hickey 29:06 1AG
 Krista Hickey 29:05
 Paula Coy 25:50 1AG
 Dee Osenglewski 22:37 2AG
 Rich Olmstead 18:48 1AG
 Phil Newberry 18:13 2AG
 Warren Monk 18:05 2AG
 Henry Shelly 21:54
 Dan Gould Time Not Rept.

HAPPY BIRTHDAY - JULY

Phil Angelo 7/17/51 42
 John Brinkman 7/11/58 35
 Janet Brown 7/11/54 39
 Tyler Dorn 7/29/81 12
 Tom Goodberlet 7/12/57 36
 Ryan Hanks 7/14/76 17
 Krista Hickey 7/12/81 12
 Beth Huizenga 7/15/79 14
 Leon Malone 7/07/30 63
 Carolyn Mayotte 7/29/59 34
 Lisa Shelly 7/24/79 14
 Mark Steffen 7/12/53 40
 Monica Uribe 7/03/81 12
 James Warman 7/04/82 11
 Larry Wasser 7/27/43 50
 Mike Widhalm 7/01/76 17