



Kankakee RIVER RUNNING CLUB

The Paper Race

DECEMBER 1993 KRRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 70



DECEMBER

<u>Name</u>	<u>Day</u>	<u>Age</u>
Peggy Baldwin	23rd	10
Butch Coy	30th	47
Jack Dorn	27th	48
Gina Dorn	28th	14
Jordan Dorn	6th	10
Ed Glazar	20th	40
Pat Guthrie	22nd	50
Graig Hickey	7th	16
Ken Johnson	16th	76
Randy Kiedaisch	21st	39
Linda Krause	11th	44
Janet Monk	2nd	?
Victoria Monk	14th	?
Denzle Painter	6th	49
Scott Stephens	21st	42
Beth Widhalm	30th	15
Larry Wier	20th	58
Flo Wier	24th	54

ON DAN'S RUN

by Dan Gould

Bradenton in November is beautiful! The "snowbirds" are gradually making their return to paradise. The three streets of travel trailers - 80 per street - which is designated Sarasota Bay now have automobiles in driveways as do the many adjacent streets composing Paradise Bay. The Herons, Seagulls, and Pelicans which were also absent

when I made a long 4th of July weekend visit have also returned. More moderate temperatures - unseasonably warm 80's - and the cooling Gulf breezes mean shorts and T-shirts are the order of the day - every day!

Yes, folks, Dan has once again run off to Florida to escape work, weather, and recharge the batteries. I also ran off with a headcold - a going away present from my wife!

My post-Columbus Marathon recovery was anything but smooth. I rode the bike the first couple days and then work and weather got in the way. Sunday at the park - October 31st - was a week after Columbus and my first run. Nancy Ruda pushed me through 10 miles as fast as I wanted to run! This aging body did not make a quick recovery!

I then went into the headcold and "I've got to get all this work done before Friday so they will let me get on American Trans Air Flight 453" mode. In short, I took FIVE DAYS OFF! I could feel the pounds gathering around my waist and the running muscles atrophying, but the knowledge that I would soon feel the warmth of the sun on my bare skin gave me comfort and hope.

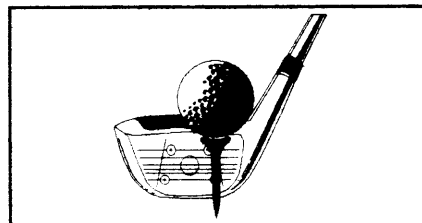
Between my February and November golfing in Florida, I played more rounds than I did here from March through October. Unfortunately, I did, as they say, spoil a number of good walks by taking my clubs along and some people find humor in a golfer's misfortune. As I walked the fence line on the right side of the second fairway, I discovered a new sign with the following invitation: *For Your Next Slice, Come to Al's Pizza Palace.* Ha-Ha. Ed Glazar gave me a "Big Bertha" clone with great expectations. He forgets how much retarded golf I play!

Yes, I did run, talk about running, read about running, watch running, think about running, and even ran a race while in Florida.

The training runs were pretty unremarkable. I do remember one "runner's high" at Bradenton Beach. I wasn't actually running the beach. It tends to too soft and/or sloped. You could end up with knee problems like Tom Goodberlet got running the highly crowned roads at the Memphis Marathon last year. No, I favor the hard-packed parking lots and roads along the beach. There is a natural 1.2 mile oval with water, restrooms, and, depending on the time of day, shade. My training runs at Sarasota? Paradise Bay are on concrete - no give.

Since this has been a year of work and not golf, I also had some reading to catch up on - half a dozen *Runner's World* magazines went to Florida with me.

My dad has *The Daily Journal* mailed to him so I was able to keep track of events on the home front. The November 7th edition brought the news of the state cross-country finals. While there was no "three-peat" for Scott Stephens' Herscher girls, they had a great deal of which to be proud with a



Work is for people who don't know how to play golf.

I did some heavy cross-training by walking the Palma Sola Golf Course.

fourth place finish. Ken Klipp coached a youthful girl's team to an 11th place finish. Ken likes to tell us about getting together with Scott and Scott will ask him for training tips. After a couple state championships, Ken's answer is: "Hell, Scott, do what you did last year - and let me know what it was!" Ken could be proud of another coaching job. Marty Klipp finished 13th in the boys Class A championship, thereby earning all-state honors.

I noticed that this story was written by a *Journal* correspondent. As you know, the guys in the sports department are great, but there isn't a runner in the crowd unless you count the run for the donuts. I assumed the correspondent had been brought in for her expertise until I got to the part of the story where Scott was describing Paula Riordan's great season. The writer noted that Riordan would have been eighth but another runner "slipped past her while both runners were already in the *shoot*." Was this a biathlon or were the runners in the *chute*?

On the national scene, I watched the NYC Marathon and could only wonder why Chicago can't put on a quality event. I was thankful that I didn't run either this year. Neither Chicago's cold and snow nor NYC's heat was conducive to a great race. In New York, a record 72 degrees sent 55 runners to hospitals including two who were evacuated from Central Park by helicopter after ice baths failed to revive them.

There were a few moments at NYC when it looked like Bob Kempainne might win and become the first American to do so since 1979 when Bill Rodgers won his fourth consecutive NYC. No American-born woman has won since Kim Merritt in 1975. Ellen Gibson of Park City, Utah, who finished 16th was the first American. Kim Jones dropped at 17 miles with an asthma attack.

Elsewhere, Mary Slaney (Mary who?!) set a course record in winning the New Times Phoenix 10K in 32:42.

The Manatee River Run 5K/10K in Palmetto (just across the river from Bradenton) is put on by the Bradenton Runners Club and sponsored by *The Olive Garden* and *The Bradenton*

Herald. I opted to take in the pre-race dinner on Friday night at the Kiwanis Hall in Bradenton. Registration, packet pick-up, and a speaker were included. I had the good fortune to get in line with Tom Bedford, President of the Sarasota Track Club, an organization of 500+ runners. After loading our plates with Olive Garden pasta and finding a table, I learned that he was raised in St. Louis and passionately loves Florida. Even with 500+ members, Tom told me, they too have the problem of getting new blood to run the club and the races.

The evening's speaker was Ray Wunderlich who, I gather, has some local claim to fame, but it was never clear to me exactly what it was. His presentation consisted of a slide show from the 1989 Moscow International Peace Marathon, in which he participated, and a lecture followed by questions and answers on training and racing. CD, consistency and desire, he told us, are the keys to a successful running program. Dinner and program were well worth the five bucks!

Race day dawned overcast with a temperature in the upper 60's. Dad and I noted the fog hanging over the fields and I knew perspiration would be the odor of the day. Last year we had upper 50's with sunshine and a strong north wind that quickly dried anything oozing from the pores.

The staging area was Sutton Park in Palmetto. Unfortunately, this was also the center of activity for the 6th Annual Tomato Festival and the 103 arts and crafts booths and the 13 food vendors were setting up for the weekend's festivities. I say "unfortunately" because they took up the block where we started and finished last year. The start was moved a block south and the finish a block north. I spoke with Ray Wunderlich after the race and he guessed it shortened the courses by .1 to .15. Another race in the log with an asterisk!

We had just gotten Dad's chair set up when who to my wondering eyes should appear but Ma and Pa Hickey. No tiny reindeer accompanied them! They had come up from Port Charlotte, about an hour and fifteen minutes down the coast. We chatted and made plans for a post-race breakfast.

The race itself was unremarkable. There were sufficient volunteers for the water stops, but not for split callers. After running across the "Green Bridge" into Bradenton, looping a few blocks, and running back across it, I found myself asking that age old question: Why am I here? I had a perfect excuse - my racing flats hadn't made the trip and the trainers are so *heavy*! I also found myself exchanging leads with a man wearing a Rainbow Runners (Chicago) singlet. He would edge me at the finish and, of course, he was in my age group! Since we were fourth and fifth, no harm, no foul.

I also found an "old friend" in the same place I have found him in every race I've run in Florida in the last two years. I don't recall his name, but he is short, balding, about 63, and I always catch him in the last mile (although last year I'm not sure I reeled him in). He was wearing a pair of Columbus Marathon shorts and I inquired about his race. "I was on a 3:10 pace, but had to drop at 19 miles," he answered. I sympathized and headed for the finish line where Owen Heatwole, editor of the Bradenton Running Club's newsletter and one of the sparkplugs of the BRC, was cheering us home. I had hoped to get in a chat with him, but time didn't permit.

After Erma and John picked up their first in age group awards in the 5K and I almost stopped perspiring, we went to The Clock Restaurant for breakfast. I learned that John had nose surgery and had to take some down time; that they are thinking of moving a little further north to be closer to the races they enjoy; and that there were a couple good but not well-publicized races that I might have enjoyed. I should have checked with them before I got down there!

Back in the real world, Jim Grace called from Pensacola after the Atlanta Marathon to report his 4th 3:13 marathon. There were a thousand runners in the marathon and seven thousand in the half. Temperature ranged from 50-65 degrees on a windy Thanksgiving Day. The course is very hilly with a 300 foot climb between miles 20 and 23. Jim's time qualifies him for Boston.

The start and finish of the race was Fulton County Stadium and Jim noticed the big hole in the ground next to it where the Olympic Stadium will be built. It occurred to him that there might be some work for a sheet metal man so he was going to hang around and check into employment possibilities.

I made a couple of "health and welfare" calls after my return since there were no socials, few races, and I wasn't around for much of November. The local members of the Hickey family survived the fall in spite of their hectic schedule. Mike had the world's longest cold (does he need nose surgery too?) and Georganne spent a couple days in the hospital with a kidney infection. Mike did make the Drumstick Dash the Saturday after T-Day in Richton Park.

The Goodberlets are equally busy and fairly well. Tom had a reoccurrence of the knee problem that began at last year's Memphis Marathon. Work and weather have made his running a bit sporadic. Anna is playing taxi driver to two kids in basketball.

John Shoup (who?) is still running, but he stops at the Perry Farm for his Sunday run. I'm not sure where everybody else is. Ron, Nancy and I were the only ones who turned out for the last Sunday at the Park in November. The quarter inch of newly fallen snow and decent weather made it pretty and comfortable.

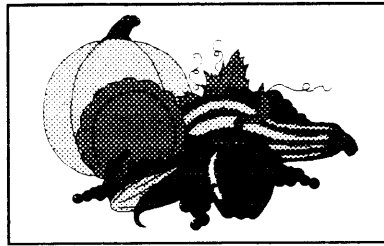
Henry Shelly, our President, has been working seven days a week. I figure with all that overtime he will be able to pay all of us a substantial bribe to re-elect him next month.

Charlie Grotevant will race into 1994 with another 40+ races in his '93 log. He is setting "over 50" PR's and looking forward to another Boston Marathon.

1994? Yes, folks, it will be here before you know it! Time to think about your goals in the coming year. Our goal is to serve you, but you need to let us know what you want. I hope your goals include not only achieving better health and fitness through running, but contributing something to your sport and your club. We probably have as many members as we have ever had, but the same people seem to be doing all the work. Participate!

Speaking of what you want, does anybody care about our race circuit? Is it worth the effort to put together the statistics? I can count on one hand the people who have inquired about the circuit standings and, if you haven't noticed, we haven't published the circuit standings all year. Hello?

Well, the sound of the smoke alarm tells me that dinner is ready. Hope to see you - on the run!



MALONES' HARVEST MARATHONS by Leon Malone

Shirley has been talking about running a marathon for several years. With some encouragement from Linda Krause, Dianne Strufe, and Judy Altman, it was decided that this was the year and training for the Chicago Marathon began. Being a supportive husband, I could enter into the spirit of the endeavors and join in the excitement. However, with knees that barely support me after a 10K and the race coming in the midst of my own marathon, harvest season, actively training to run with Shirley did not fit my schedule.

As September rolled by, no harvesting was done, yet my planning was looking better all the time. Shirley was getting more nervous as "M-Day" drew near and I was getting a little more anxious with every rain which further delayed the harvest.

By mid-October, the harvest was going nicely. We were finished with the beans and into the corn. Shirley's training runs were going great and she was always back in time to have dinner ready when I came in at noon. Training

went well for both of us!

Finally, M-Day weekend was here and the girls were off to Chicago minus Linda who, evidently, had seen the weather forecast. Shirley was nervous but buoyed by all the encouragement she was getting from family and friends. I thought I could finish the harvest marathon about the same time Shirley finished the running marathon - with favorable weather and a little luck.

When I awoke bright and early Sunday morning, the thought crossed my mind to forget the corn until Monday and get to Chicago in time for the start of the race. Having set the clock back the night before, I thought: "I don't have to get up yet" - and pulled up the covers for another hour's rest

Shirley was in my thoughts the rest of the morning. I know that she is one to get up in the morning and look out the window to examine the movement of the tree leaves. If one of them is moving, she will start exclaiming how windy it is. The weather on Chicago Marathon day was definitely not going to a plus for her, but I thought she probably wouldn't see any tree leaves from her hotel window.

I knew the early part of the course would be into the wind, but, perhaps, somewhat sheltered in the city. Turning south, they would have quite a stretch with the wind behind them. I hoped that with the adrenalin flowing and the excitement of the crowd that the first 15 miles wouldn't go too badly.

When I returned from church and dinner about 11:30, I switched on the TV for the last half hour of marathon coverage. I figured about then Shirley would be by Comiskey Park and on the long drive into the wind and snow on Lake Shore Drive. I was probably suffering more for her than she was, in my mind only, of course. My legs didn't feel too bad at this stage of the run. The TV cameras failed to focus on Shirley so I went out and climbed into the cab of the combine and turned up the heater a little to get comfortable. By mid-afternoon the combining was done for another year and I was on my way back to the house.

When I got in for the evening, I turned on the VCR and started the tape to catch the Chicago Marathon

coverage as carried on channel 32. A few minutes later the phone rang. Shirley was at Dianne's and ready to come home. I could tell from her voice that she still had plenty of energy to tell me all about her experience so I made haste to go and pick up my number one runner. You bet I'm proud of her! I just wish I had had the ability to do it with her physically as well as mentally

[Ed. Note: Leon, 63, and Shirley, 62, live, love, farm, and run near Kempton, IL.]

KRRC MEMBER SPOTLIGHT

By Dianne Smith

Will return next month!

KOERNER BEATS MOSS! KOERNER BEATS MOSS!

By I.M. Cornstalk

This headline was taken from the Sunday, November 14th edition of the *Oswego Daily Run and Spit* proclaiming the news that, on the previous day at the 9th Annual Gobbler Hobbler 10K, Patrick Koerner had finally achieved his life-long goal of defeating one Gary L. Moss, henceforth referred to as the "Evil G-Man." Yes, folks, after dozens of futile attempts at distances from 5K to 25K during the past decade, Koerner finally achieved victory.

It was only minutes after crossing the finish line that Koerner announced to all who would listen that he was retiring from the local road racing scene. "In beating the Evil G-Man," he stated, "I have reached the pinnacle of our sport and no longer feel the competitive desire."

Unfortunately, after reviewing the situation, the "powers-that-be" suggested that this didn't qualify as a true victory. They noted that less than two weeks earlier the Evil G-Man had completed the Chicago Marathon in 2:33 and change, placing 33rd overall and first in the 40 and over age group, giving him inadequate time for a 100% recovery. Upon hearing this news, Koerner announced that he was coming

out of retirement to race against the Evil G-Man at the Ottawa 10 Mile Distance Classic on Sunday, December 5th. Will the Evil G-Man regain his place in the pecking order or will Koerner prove that the Gobbler Hobbler wasn't a fluke and that he actually can compete with runners nearly twice his age? Stay tuned to next month's newsletter for the exciting conclusion.

[Ed. Note: At press time, the Evil G-Man was in seclusion. His agent declined to make a statement other than to suggest that Koerner could do something that sounded anatomically impossible to me.]

THE STARTING LINE

KRRC members of all abilities meet at the Kankakee River State Park at 8AM from May through September and 9AM from 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!

Sun., Dec. 5, 9:AM - OTTAWA 10 MILE DISTANCE CLASSIC, KC Hall, 401 W. Main, \$13/15 after 11/20, awards 2-5 deep in 5 yr AG to age 60, long Ts, refreshments. Class race! Join us!

Sat., Dec. 11, 10 AM - PONTIAC JINGLE BELL RUN 5K - 3K WALK, \$15/18 after 12/9, odd age groups, long Ts. Benefits Arthritis Foundation.

Sun., Dec. 12, 9 AM - KANKAKEE JINGLE BELL RUN FOR ARTHRITIS, Shapiro Developmental Center, \$15/18, long Ts, STANDARD 5 YEAR AGE GROUPS TO AGE 55. 5K run and walk. Costume awards and awards for getting pledges. Computerized finish by Dave Bohlke. Race Director: Phil Angelo. Last race of the year on the Kankakee Circuit. Don't miss it - or the refreshments by Chicago Dough, The Original Cookie Company, Pepsi, The Boys Produce.

Sat., Jan. 8, 1994 - Noon - SIBERIAN EXPRESS 7.6 MILE RUN, Kickapoo State Park, Danville., \$12/14, awards to all pre-registered survivors and quite a

party afterwards. Please make funeral arrangements in advance

Jan. - Somewhere in here should be the Park Forest 10K and the Lonergan Pre-Winterfest 5K.

Sun., Feb. 6 - 1 PM - WINTERFEST RIVERSIDE 5K, Small Memorial Park. Back for a 10th running, we will do a mailing the 1st of January. This is a club supported race. Volunteers are needed, but few jobs will keep you from running the race. Bill, Linda, and Dan will again direct, but Bill wants Dan to be *the* race director (he says he has gotten enough direction from Linda!).. According to the tradition he has established as race director the last couple years, that means Dan goes to Atlanta for race-day weekend.

THE FINISH LINE

Nov. 7 - Canal Connection 10K, Utica Tom Stluka -33:52, 1AG; Pat Koerner - 34:10, 3AG; Charlie Grotevant - 40:45.

Nov. 13 - Flapjack Festival, Land O'Lakes, FL. John Hickey - 25:06, 1AG; Erma Hickey - 25:47, 1AG.

Nov. 14 - Gobbler Hobbler, Oswego - Pat Koerner - 34:03, 3OA; Charlie Grotevant - 42:15, 2AG.

Nov. 20 - Manatee River Run , Palmetto, FL. 10K-Dan Gould, 40:25; 5K-John Hickey, 23:05, 1AG; Erma Hickey, 24:01, 1AG (short courses).

Nov. 20 - Defiance (OH.) 4M, Shirley Malone-40:12,1AG; Leon Malone, 39:43

Nov. 20 - Herald & Review Turkey Trot 5K (Decatur), Pat Koerner - 16:28, 3OA

Nov. 27-Predictor 4 Mile, Leon Malone, 39:47, 11 sec. off - WINS A TURKEY!

Nov. 27 - Drumstick Dash 5K, Richton Park, 256 finishers, Mike Hickey - 19:27; Marlin Howe - 18:30, 3AG; Charlie Grotevant - 20:44, 2AG; Jeff Lonergan - 23:06.



Journal/Wayne Baranowski

Kempton's Shirley Malone ran in the Chicago Marathon for the first time at age 62. She and her husband, Leon, a farmer, run together in various events, but this was first time she attempted a 26.2-mile feat.

Jogging grandma proud of enduring feet

By Leanne Duby
Journal writer

Neither rain nor snow, nor just plain rotten weather, stopped a rural Kempton grandma from running her first marathon at age 62.

Shirley Malone ran the Chicago Marathon in 5 hours, 48 minutes, despite the damp, down-right cold weather Halloween day.

"I was disappointed in the time but with all things considered with the weather, it was all right," she said. "I got up at 5 (a.m.) and saw the (salt) trucks out. But I was still hyped up. I wanted to do it so bad.

"It was such a thrill, and when you finish, they all cheer and put a medal around your neck. It was really emotional.

"Two times along the way I heard people saying, 'all right grandma, come on!' I did it in segments (in my mind) — first a 5K, then a 10K, then 10 miles and 15 miles. When we went back north on Lake Shore Drive I didn't think I'd ever get to the end. I'd run and walk some. It wasn't easy. I said I'd never do it again right after the race, but now, I know I will. It was so much fun going through the different ethnic neighborhoods."

She said she didn't do any special training,

other than to run longer distances.

Mrs. Malone began running about 15 years ago at the encouragement of her son, Steven, who ran in college. "He told me if I ran a mile, he would buy me a t-shirt that said, 'Jogging Grandma #1.'"

That t-shirt was the first of literally hundreds of t-shirts she's received at the various races.

She calls Steven, now of Ohio, her inspiration. As a youngster, he had a brain tumor and was not expected to live. He beat the odds and has never let scoliosis and back rods prevent him from doing anything he wants to do. "He is the bravest person. He astounds me," she said choking back tears. "He gets knocked down and proves himself. He has been my inspiration."

Mrs. Malone and her husband have another son, David of Farmer City, and two daughters, Kathleen of Huntley and Karen of Manteno. They have 12 grandchildren. She says all her children exercise to keep fit.

In addition to running and helping with the family grain farm and cattle operation, Mrs. Malone also swims, rides a bicycle and occasionally hikes. She travels to Pontiac to swim two times a week. Once there, she swims laps

and runs in the water.

The Kankakee native said she always had been afraid of the water and said it took her probably two years before she would put her head under.

When she decided to do a triathlon, which includes running, swimming and bicycling, she trained in a friend's private lake to ease her fears. After all, there is a difference between a swimming pool and a lake. She discovered the swimming was the easiest part of the race.

But, "I have no desire to do one again."

Mrs. Malone said on days she doesn't feel like running, she walks. "I listen to my body. I'm not a fanatic about it. If I don't work out, it's no big deal."

She did say, however, that when you exercise you can afford to "eat more things" and not feel guilty about it.

Her husband also runs or bicycles to keep her company, and the two go to various races together.

Both are members of the Kankakee River Running Club and the Vermilion Valley Striders, based in Pontiac.

Jogging Grandma #1 has no intentions of quitting her favorite sport. "I hope I never have to give it up."

MONDAY

Good afternoon!

Today is Monday, Nov. 29, the 333rd day of 1993!

Kankakee River Running Club 1993 Circuit Results

Thru Fall Classic 5K (Only those with 4 or more races so far)

Name	Age Group	Points	#Races	Tot-Pts
Chris M Walsh	F OVERALL	40	4	40
Kathleen H Steffen	F OVERALL	37	7	40
Mary Moss	F OVERALL	35	5	35
Nancy J Ruda	F OVERALL	34	8	39
Theresa C Burgard	F OVERALL	23	4	23
Dee M Osenglewski	F OVERALL	15	5	15
Monica M Uribe	F OVERALL	9	4	9
Amanda Uribe	F OVERALL	4	5	4
Shirley A Malone	F OVERALL	1	8	1
Patrick D Koerner	M OVERALL	44	8	61
Tom Stluka	M OVERALL	44	8	55
Gary L Moss	M OVERALL	34	4	34
Bryce M Baker	M OVERALL	30	4	30
Marlin R Howe	M OVERALL	23	6	23
Troy R Walker	M OVERALL	23	5	23
Ken P Klipp	M OVERALL	22	6	22
James P Grace	M OVERALL	14	6	14
Keith A Theison	M OVERALL	8	5	8
Dan Forde	M OVERALL	5	4	5
Bill Linn	M OVERALL	5	4	5
Clinton L Carter	M OVERALL	4	6	4
Rich W Olmstead	M OVERALL	3	6	3
Larry L Lane	M OVERALL	3	4	3
Daniel W Gould	M OVERALL	2	9	2
Glenn R Warman	M OVERALL	1	4	1
Amanda Uribe	F 1 - 14	38	5	38
Monica M Uribe	F 1 - 14	34	4	34
Krista A Hickey	F 1 - 14	27	4	27
Chris M Walsh	F 30 - 34	40	4	40
Nancy J Ruda	F 35 - 39	47	8	69
Mary Moss	F 35 - 39	47	5	47
Dee M Osenglewski	F 35 - 39	37	5	37
Theresa C Burgard	F 35 - 39	37	4	37
Kathleen H Steffen	F 40 - 44	48	7	64
Georganne L Hickey	F 40 - 44	25	4	25
Delores G Butzow	F 45 - 49	33	4	33
Shirley A Malone	F 60 - 99	50	8	78
Shawn K Sullivan	M 1 - 14	34	4	34
Daniel Flynn	M 1 - 14	17	4	17
Troy R Walker	M 15 - 19	42	5	42
Bryce M Baker	M 15 - 19	39	4	39
Michael G Wolfe	M 15 - 19	37	4	37
Glenn R Warman	M 15 - 19	28	4	28
Graig Hickey	M 15 - 19	19	4	19
James J Ragonese	M 20 - 24	23	4	23

Kankakee River Running Club 1993 Circuit Results

Thru Fall Classic 5K (Only those with 4 or more races so far)

Name	Age Group	Points	#Races	Tot-Pts
Patrick D Koerner	M 30 - 34	48	8	75
Tom Stluka	M 30 - 34	48	8	72
Clinton L Carter	M 30 - 34	35	6	38
Douglas W Uribe	M 30 - 34	26	6	26
John D Lafond	M 30 - 34	19	6	19
Lyndon A Walton	M 30 - 34	10	4	10
Marlin R Howe	M 35 - 39	50	6	58
James P Grace	M 35 - 39	44	6	50
Dan Forde	M 35 - 39	31	4	31
John E Brinkman	M 35 - 39	29	5	29
Tom Parlin	M 35 - 39	26	5	26
Tom Goodberlet	M 35 - 39	23	5	23
Jeff P Lonergan	M 35 - 39	21	5	21
Michael T Morel	M 35 - 39	18	5	18
Robert A Williams	M 35 - 39	17	4	17
Scott R Kelson	M 35 - 39	5	4	5
Randy Riegel	M 35 - 39	5	4	5
Ken P Klipp	M 40 - 44	49	6	57
Gary L Moss	M 40 - 44	40	4	40
Rich W Olmstead	M 40 - 44	38	6	39
Bill Linn	M 40 - 44	31	4	31
Mike K Hickey	M 40 - 44	27	4	27
Thomas J Uribe	M 40 - 44	22	5	22
Al Montalto	M 40 - 44	16	4	16
Henry J Shelly	M 40 - 44	15	7	15
Ellis S Stephens	M 40 - 44	7	5	7
David R Schkerke	M 40 - 44	4	4	4
Phil J Angelo	M 40 - 44	2	4	2
Keith A Theison	M 45 - 49	49	5	49
Daniel W Gould	M 45 - 49	47	9	75
Larry L Lane	M 45 - 49	37	4	37
Robert J Maszak	M 45 - 49	24	4	24
Ronald E Piwowar	M 45 - 49	19	6	19
Steve Zorns	M 45 - 49	17	5	17
Paul L Surprenant	M 45 - 49	16	4	16
Randy L Devore	M 45 - 49	14	4	14
Butch H Coy	M 45 - 49	13	6	13
James G Stevens	M 45 - 49	11	4	11
Michael J Belletete	M 45 - 49	9	6	9
Dennis C Blais	M 45 - 49	5	4	5
John S Flynn	M 45 - 49	3	7	3
Charlie Grotevant	M 50 - 54	50	8	76
David B Hedlin	M 50 - 54	32	4	32
John F Pool	M 50 - 54	25	4	25
Ken L Stark	M 50 - 54	20	4	20
Robert E Pool	M 55 - 59	47	5	47
Gale F Lehnus	M 55 - 59	34	5	34
Dan Phillips	M 55 - 59	32	4	32
Leon J Malone	M 60 - 99	43	6	46