

# THE PAPER RACE

## THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



SEPTEMBER 2000 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 151

### Phil's Files



by Phil Newberry

Hello race fans, I'm back! Little league is over for another year and I should have more time to write. I've been running a lot of races lately, about two a week. July 27<sup>th</sup> was the Sundowner 5K. July 29<sup>th</sup> was the Buckley 5 miler in Lowell, In. August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> were the Park Forest Progressive Marathon 4.05 milers. I've been training hard now for 4 or 5 months, like I always do, but my times are inconsistent. I think maybe I've started over that hill known as old age and diminishing returns.

I ran fair at the Sundowner 5K posting a time of 18:24. I did manage to beat Rod Kahl. If you look at the race results you see that I beat Rod by 12 seconds. A funny thing happened on the way to the finish line. Rod kicked my butt for 3 miles on this 3.1 mile course. There was absolutely no way that I was going to finish ahead of him. Well, maybe there was one way. Rod took a wrong turn. He was supposed to go straight but he turned. Seeing this mistake as a golden opportunity to beat someone I rarely beat, I dug down deep and sprinted for the finish. I beat him by 12 seconds that last tenth of a mile! I was running scared! I couldn't let him pass me after he took a wrong turn. I never did find him after the race. He must have known what was coming and got out of there fast. After the race was pizza and pop. After the awards, I went to the beer tent and helped close it down. I had a great time that night! I forgot to mention that Prez Dave was my accomplice that night. John Bevis followed us up to New Lenox in his car. On the way to the race, Dave decided to take a look at the property he bought out by the Kankakee Sportsman's Club. From there we sort of got lost and had to take some gravel roads. And, we were running late so we had to fly (Oops! I mean drive cautiously and carefully) down these gravel roads. Poor John followed right behind us. Boy, did he ever get a dusting! I wonder if he made Dave wash his car.

Saturday, July 29<sup>th</sup>, I went to the Buckley 5 Miler in Lowell, IN. Dave Barrett and Pat Koerner were also there. This is one I recommend that you put on your calendar. There was a great turnout and awards that rivaled Dave Hinderliter's old Watseka 4 milers. The course was 3 miles out and back followed by a 2-mile loop on a grass path on an old farm. I loved it! I took third in my age group. When I entered the cross-country part of the course, I was right behind a guy from Valparaiso. I didn't know it at the time, but he was in my age group. At first, I had a little trouble staying with him, but eventually I passed him. Shortly after I passed him, my shoe came untied and I had to stop to tie it. By the time I finished tying my shoe, he was 15 seconds ahead of me. I went after him and passed him again with a half-mile to go. I wound up beating him by 14 seconds. I love cross-country! For those of you interested in this race, it's only 15 minutes east of Grant Park, IL

August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>, Bryce Baker and I went to Park Forest for the Bob Stevens Progressive Marathon. The idea is to run 4-4.05 mile runs (You may run 8 but only your best 4 times count.) and then run the Scenic 10 Mile on Labor Day for a total of 26.2 miles. I think it's a neat idea. It's a good way to race yourself into shape and the Scenic 10 is one of the best races I've ever done.

August 3<sup>rd</sup>, Jeff Lonergan and I rode the train to Chicago to do the Chase Corporate Challenge. I think that 16,000 runners participated. Corporations have teams of runners but only the best four score for their team. I paced Jeff, or he paced me, to a 23:55 time, which might be Jeff's PR for this event. Afterwards, we ate food prepared by a chef and drank free beer. I had a good time but felt guilty running as a bandit. See you at the races, Phil

Ken Klipp says, "Thank you to all who came out and helped with the Irish Conditioner."

Dear Friends of the Kankakee Running Club,

Thank you so very much for your overwhelming support of our First Annual Heart of the Matter 5K run / 2 mile walk. The total count was 98 runners and walkers with an additional 22 children in the Kids Dash. Wow!

There were quite a few people from the running club that helped to make this a success, and I wanted to take this opportunity to give thanks for each of you: Henry Shelly, Marcia & Jeff Lonergan, Dan Gould, Pat Koerner, David Bohlke, Joyce Grotevant, Ken Klipp, Dave Barrett and The Draine Family.

Community people that were also helpful include Leut. Mike Furrow, Commander Girard & Patrolman Lonnie Netzel, – K3 PD; Gary Hammond & Jim Rahberg, & Larry - Dept of Public Works; Kathy Carr, City Council Clerk.

The volunteers from Parish Nursing that were such a great help are Susan Draine, Yvette Jones, Joanne Marcotte, Judy Phillips, Anita White, and Sue Grafe. If there is anyone I have absentmindedly left out I humbly apologize and enthusiastically thank you!

Health and blessings,  
Patty Kershaw



### Kankakee River 10K On October 8<sup>th</sup>

It is once again time for the Kankakee River Running Club to host its annual Kankakee River 10K. The Chicago Dough Company will sponsor our event again this year and treat us to their fantastic pizza. In addition to our usual sponsors of Commonwealth Credit Union, Culligan, and Martin Whalen, we have acquired Coke and Cliff Bar as sponsors. Coke (Thanks to Deb Renville.) and Cliff Bar (Thanks to Shawn Sullivan.) have both sent us many items to give away to participants. It looks to be a promising event.

We ask that all KRRC members please mark October 8<sup>th</sup> on your calendar. As this is the KRRC's race, we hope to see each of you at the park participating in the race or volunteering. We will also be adding a "Kid's Dash" this year so please bring your little ones and make this a family event. Please pre-register for the 10K if you would like to be guaranteed a long-sleeve t-shirt. Race day is first come, first serve. Please call Jeff or Marcia Lonergan at (815) 933-1695 or Phil Newberry at (815) 936-0186 if you would like to volunteer or if you have any questions. Thank you in advance for supporting the Kankakee River 10K.

## THE STARTING LINE

Sun., Sep. 10, Kankakee YMCA Tri-City Triathlon, .5 swim, 20 Mile bike, 10K. Pam Gall (815) 933-1741 ext. 232

Sun., Sep. 10, 7:30 A.M. Mitsubishi Half Marathon & 5K (309) 829-6344 \$15 by 9/1 \$20 race day

Sun., Sep. 10, Chicago Half Marathon

Sat., Sep. 16, 8:30 A.M. - Dwight Harvest Days 5K & 1 Mile Fun Run/Walk (815)584-1802

Sat., Sep. 16, 9:00 A.M. - 5K Wolf Run, Wm Powers Conservation Area, southeast side of Chicago. Joanne or Doree 773-646-6880

Sat., Sep. 16, 7:45 A.M. - Run to Oz 5K, Coffee Creek Center Preserve, Chesterton, IN. Mona 219-926-4267

Sat., Sep. 16, 7:30A.M. - Morton Pumpkin Festival 10K, Morton, IL (309) 263-2493

Sun., Sep. 24, 11:00 A.M. - Wild Wild Wilderness 7.6 Mile, Danville. 217-733-2403

Sun., Sep. 24, 8:00 A.M. - National Heritage Corridor 25K, Channahon. No race day reg. Online at [www.signmeupsports.com](http://www.signmeupsports.com). Info 744-5768

Sat., Sept. 30, 9:00 A.M. - Paws for Cause K-9 Strutt 5K Run & Walk & 1 Mile Walk (309) 661-0173

Sun., Oct. 1, 8:00 A.M.-Brookfield Zoo Run Run 5K (773) 777-9000

Sun., Oct. 1, 8:30 A.M. - Orland Park Police DARE 5K-Centennial Park at 157<sup>th</sup> & West Ave (708) 403-4001

Sun., Oct. 1, Steamboat Classic 15K, Peoria, IL (309) 676-6378

Sat., Oct. 7, 8:00A.M. - Run the Woods Trail Run 5K-Lake Bloomington, IL (309) 828-7479

Sat., Oct. 7, 9:00A.M. - Naplate 5K, Ottawa, IL Jill Nevins (815)434-1148

Sat., Oct. 7, 9:00A.M. - Alden 5K For Research, Naperville, IL (312) 666-9836

Sun., Oct. 8, 8:00 A.M. - Kankakee River 10K Run & 2 Mile Walk, Kankakee River State Park, Jeff Lonergan (815) 933-1695

Sat., Oct. 14, 8:00A.M. - Autumn Shoreline Classic 15K & 5K Decatur, IL (217)428-9273

Sat., Oct. 14, 9:00A.M. - IVCC X-Country 4 Mile, Oglesby, IL Fran Brolley (815) 224-0466

Sun., Oct. 15, 1:00P.M. - DARE Katie Mcquire 5K Bloomington, IL (309) 662-2139

Sun., Oct. 22, 7:30A.M. - LaSalle Banks Chicago Marathon (888) 243-3344 //// 5K-7:45A.M. Carey Pinkowski (312)904-9800

Sat., Oct. 23, 8:A.M.-Harvest Run 5K, 1 Mile Fun Run/Walk, Kids Run - Lincoln, IL Nate Bossingham (217) 735-3915

Sat., Oct 28, 6:00P.M. - Race the Dead 3.9 Miler (309) 728-5505

Sun., Oct. 29, 9:00a.m.-Allerton Park 5.5 Mile Trail Run-Must pre-register by Oct. 23<sup>rd</sup> No race day registration. Monticello, IL I-72 exit 166. (217) 352-4786

Sat., Nov. 4, 9:00A.M. - Tunnel Hill 10 Mile Trail Run Vienna, IL (618)942-3986

Sun., Nov. 5, 11:00 A.M. - Canal Connection 10K Utica, IL Jon Bastuck (815)223-8988 or (815)434-1148

Sun, Nov. 12, 1:00P.M. - Jingle Bell 5K, Bloomington, IL

Sun., Nov. 19, 2:00 P.M. - St. Anthony's 5K Fun Run/Walk (815)469-3750

Thur., Nov. 23, 8:00 A.M. - Orland Park Turkey Trot - 2.5 Mile x-country run - Centennial Park at 157<sup>th</sup> & West Ave. - limited entries - (708) 403-7275

Sun., Dec. 10, 9:00 A.M. - Jingle Bell Run for Arthritis 5K & Fitness Walk, Shapiro Developmental Center, Kankakee, Phil (815)933-4935 or (815)937-3382(W)

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### CORRECTED DATE

Sun., Feb. 4, 1:00 P.M. - 17th Annual Winterfest 5K Run & Fitness Walk, Small Memorial Park, Kankakee, Charlie (815) 949-1551, Ken (815) 937-1958

Anyone seeking additional information regarding the Oct. 1<sup>st</sup> Brookfield Zoo Run, the Oct. 1<sup>st</sup> Orland Park Police DARE 5K, and/or the Nov. 23<sup>rd</sup> Orland Park Turkey Trot can feel free to contact Dave Merillat at (815) 928-8858 or e-mail him at [gomich1@webtv.net](mailto:gomich1@webtv.net). Dave is familiar with these races and recommends them to KRRC members.

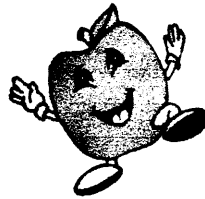
(Thanks Dave for sending them in for the race calendar.)

Happy Birthday!!



SEPTEMBER BIRTHDAYS!

Name	Birthday	Age
KAREN DANNENHAUER	9/09/65	35
MARGE FLYNN	9/10/46	54
DAN KLIPP	9/17/80	20
MICHAEL MCGUCKIN	9/07/52	48
LYNN NOFFKE	9/08/58	42
SISSY O'CONNOR	9/18/66	34
JACQUIE PICHA	9/21/47	53
MITCH HOBBS	9/28/59	41
AMANDA URIBE	9/19/83	17

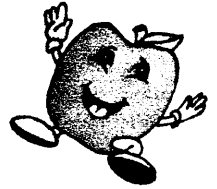


Fast-N-Fit Foods

by

Janet Shelly

FAST-N-FIT APPLE SALAD

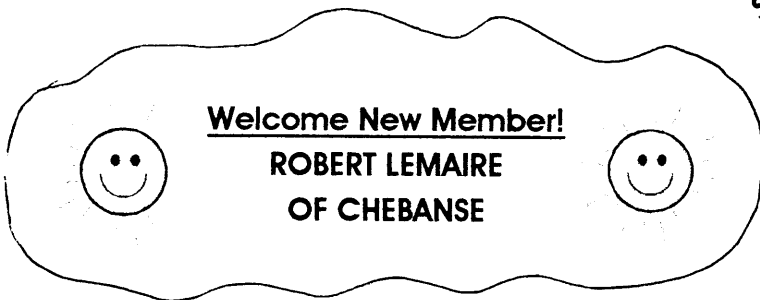


Ingredients:

- 1/2 Cup brown sugar, packed
- 1 TBS. flour
- 1/2 Cup pineapple juice (drained from pineapple below)
- 1 tsp. vinegar
- 1 egg beaten
- 4 Cups apples, cut up, peel left on
- 1 small can crushed pineapple, drained
- 3/4 Cup unsalted chopped peanuts
- 1 8oz. Cool Whip, thawed

Stir together first 5 ingredients in saucepan over medium heat. Cook stirring until smooth and thick. Let cool. Put rest of ingredients except Cool Whip in a large bowl. Pour cooled sauce over the top and stir well. Fold in Cool Whip. Chill. To double salad use a large can of pineapple and double everything else, except Cool Whip. Twelve ounces is enough for a double batch. To cut down the fat, you can omit the chopped peanuts, or just sprinkle some on top.

Enjoy Back to School! (Parents, not Teachers and kids!)



Welcome New Member!

ROBERT LEMAIRE  
OF CHEBANSE

From the Stark territory of Wisconsin,  
this little joke from The Boscobel Dial.

**VEGGIE RACE:**

"A CABBAGE, A FAUCET, AND A TOMATO  
RAN A RACE. THE CABBAGE WAS AHEAD,  
THE FAUCET WAS RUNNING SLOWLY, AND  
THE TOMATO WAS TRYING TO KETCHUP!"

Ha! Ha!



KRRC OFFICERS

President, Dave Barrett 937-4668  
V-President, Bill Linn 935-0815  
Treasurers, Marcia Lonergan & Dave Barrett

KRRC NEWSLETTER EDITORS

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Pat Baldwin 932-2950

KRRC WEBSITE

[www.keynet.net/~krcc](http://www.keynet.net/~krcc)

# MOMENCE GLAD RUN 5K

## Attention Packer Fans:

Don McCarty and his three year-old son, Ben, recently competed in the "Finish on the 50" 5K run in Green Bay, WI. Their finishing time was 26:30. Ben did beat Don by a nose though, as he was being pushed along the course in a jog stroller. Being a Packer Fan made this race especially enjoyable for Don because it was part of Green Bay's "Kick Off Weekend" held the last weekend of July. It was a family event which included autographs from and pictures with Green Bay players on the field after the 5K, a scrimmage game (which Don and Ben attended after successfully charming tickets off an unsuspecting female attendant--she didn't stand a chance with Don standing there holding Ben!), and many tents set up by local restaurants and businesses. Green Bay fan or not, this sounds like a great race and an even better weekend get-a-way.

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 35 - 39	1	1 OA	0:34:47.4	210	Patrick D Koerner
M 40 - 44	2	2 OA	0:35:53.3	248	Pete Slattery
M 19 - 24	3	3 OA	0:36:00.5	249	Marty J Klipp
M 35 - 39	4	1 AG	0:36:41.5	233	Luigi Buffone
M 40 - 44	5	1 MST	0:36:52.0	262	James L Rattin
M 15 - 18	6	1 AG	0:37:43.6	256	Will Cumneen
M 40 - 44	7	1 AG	0:38:11.6	201	Larry K Burton
M 35 - 39	8	2 AG	0:38:12.2	238	John Mitoraj
M 35 - 39	9	3 AG	0:38:50.9	239	Phyll R Newberry
M 25 - 29	10	1 AG	0:39:13.9	204	Kevin L Gum
M 19 - 24	11	1 AG	0:39:50.0	216	Hunt Lacey
M 35 - 39	12	4	0:39:54.8	252	David A Barrett
M 40 - 44	13	2 AG	0:40:42.6	244	Jim Grace
M 25 - 29	14	2 AG	0:41:36.2	234	Joel Denault
M 45 - 49	15	1 AG	0:42:04.4	258	Don K Lafferty
F 25 - 29	16	1 OA	0:42:53.7	260	Katy Shrawner
M 19 - 24	17	2 AG	0:43:06.5	235	Billy L Szabo
F 25 - 29	18	2 OA	0:43:09.3	229	Michele Wozniak
M 30 - 34	19	1 AG	0:43:27.5	240	Ken B Knepper
F 19 - 24	20	3 OA	0:43:45.2	243	Jamie L Zullo
F 30 - 34	21	1 AG	0:43:53.6	222	Marla J Styck
M 45 - 49	22	2 AG	0:43:56.9	219	Jeff P Lonergan
M 55 - 59	23	1 AG	0:44:57.2	231	Harry J Scheckel
M 35 - 39	24	5	0:44:58.9	259	Allan Ikehara
M 45 - 49	25	3 AG	0:45:07.2	211	Kurt Huddleston
M 35 - 39	26	6	0:45:12.3	237	Daniel L Lavire
M 55 - 59	27	2 AG	0:45:23.9	247	Al Grzeda
M 55 - 59	28	3 AG	0:45:52.2	215	Charlie Grotevant
M 35 - 39	29	7	0:45:56.8	251	Daniel E Hall
M 30 - 34	30	2 AG	0:46:14.6	226	Dave K Merrillat
M 55 - 59	31	4	0:47:28.2	84	Daniel W Gould
M 60 - 64	32	1 AG	0:47:33.8	227	Charles R Kennedy
M 55 - 59	33	5	0:48:20.6	230	Tom Knox
M 50 - 54	34	1 AG	0:48:26.5	202	Ron Ruda
F 45 - 49	35	1 MST	0:48:41.4	200	Kathleen H Steffen
M 40 - 44	36	3 AG	0:49:29.2	255	Randy L Rahr'ig
M 1 - 14	37	1 AG	0:50:20.5	213	Joe Podolski
M 65 - 99	38	1 AG	0:51:05.3	221	Ed Tierney
F 30 - 34	39	2 AG	0:51:21.0	218	Marcia J Lonergan
F 40 - 44	40	1 AG	0:51:37.7	203	Nancy J Ruda
F 30 - 34	41	3 AG	0:51:49.2	241	Cathy LoCascio

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
F 35 - 39	42	1 AG	0:51:50.1	257	Sally Anderson
F 40 - 44	43	2 AG	0:51:52.3	208	Sharon Kruss
F 50 - 54	44	1 AG	0:51:57.3	250	Pam Dunlap
M 40 - 44	45	4	0:52:00.9	206	Steve Wilson
F 19 - 24	46	1 AG	0:52:28.9	207	Marianne Harman
M 45 - 49	47	4	0:52:50.0	220	Greg Krizic
M 40 - 44	48	5	0:52:51.1	242	Larry LoCascio
M 25 - 29	49	3 AG	0:52:51.3	261	Don McCarty
F 40 - 44	50	3 AG	0:53:07.0	212	Sally S Podolski
F 25 - 29	51	1 AG	0:53:35.4	224	Keri Hurley
F 25 - 29	52	2 AG	0:53:35.8	225	Karen Breen Culver
F 35 - 39	53	2 AG	0:53:47.1	217	Deborah A Renville
M 55 - 59	54	6	0:53:55.9	214	Patrick L McFarland
M 40 - 44	55	6	0:54:04.0	246	Bob Schaumann
M 45 - 49	56	5	0:54:50.4	236	Jeff Lindstrom
F 19 - 24	57	2 AG	0:56:22.0	400	Krista A Hickey
M 35 - 39	58	8	0:57:59.8	209	Tom Grant
F 19 - 24	59	3 AG	0:58:07.1	223	Lisa DuMontelle
F 50 - 54	60	2 AG	0:58:23.0	245	Gayle Schaumann
M 50 - 54	61	2 AG	0:58:46.9	228	Art Hostert
F 45 - 49	62	1 AG	0:59:01.7	254	Lorraine F Carpita
F 45 - 49	63	2 AG	1:01:00.6	232	Debbie Scheckel
M 25 - 29	64	4	1:09:47.0	253	Tom Cooper

## Charlie Grotevant's August Races

August 19 Eric Davis Run For Life 5K Busch Stadium St. Louis 21:23  
2A.G. 55-59

August 26 Empowerment Run 5K Bourbonnais, IL 21:35 2A.G. 50+

Hello. Just wanted to report a race result. I ran in the "Race for Space" 5k Sunday, August 20th at Orland Park. I ran 20:33 and finished second in my age group. It's a beautiful course run around a water park/sports complex. Word on the street was they're running a Turkey Trot on the same course Thanksgiving morning. As soon as I get the info, I'll pass it along.

Thanks!

Dave Merrillat

# MOMENCE

Race Results BY OVERALL FINISH

Race Results BY OVERALL FINISH

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 45 - 49	1	1 OA	0:16:46.1	44	Clarence Brock
M 19 - 24	2	2 OA	0:17:16.7	88	Shawn K Sullivan
M 30 - 34	3	3 OA	0:17:45.5	132	Eric Crosby
M 19 - 24	4	1 AG	0:18:27.4	79	Dan T Henry Jr
M 15 - 18	5	1 AG	0:18:39.8	103	Tyler Grace
M 30 - 34	6	1 AG	0:18:45.3	111	Bill Griffin
M 15 - 18	7	2 AG	0:18:47.8	90	Drew C Parsons
M 35 - 39	8	1 AG	0:19:09.8	23	Scott Rattin
M 50 - 54	9	1 MST	0:19:12.0	99	Ken P Klipp
M 40 - 44	10	1 AG	0:19:14.0	70	Peter E Kershaw
M 45 - 49	11	1 AG	0:19:32.1	32	Brian T Savage
M 40 - 44	12	2 AG	0:19:54.2	96	Ted DeBoer
M 45 - 49	13	2 AG	0:19:56.7	17	Robert LeHaire
M 50 - 54	14	1 AG	0:19:59.2	71	Barry Kramer
M 15 - 18	15	3 AG	0:20:23.6	114	Andrew Wilkerson
M 15 - 18	16	4	0:20:25.0	75	Nick Stalnos
M 15 - 18	17	5	0:20:29.7	1	Ryan Hayes
M 40 - 44	18	3 AG	0:20:33.0	68	Gregg Rose
M 1 - 10	19	1 AG	0:20:34.8	19	Ronald S Revord
F 45 - 49	20	1 OA	0:20:35.8	66	Que Harbar
M 19 - 24	21	2 AG	0:20:44.9	73	Stephen Stolzenbach
F 11 - 14	22	2 OA	0:20:47.7	89	Amanda Beggs
M 50 - 54	23	2 AG	0:21:00.3	77	Larry L Lane
M 55 - 59	24	1 AG	0:21:03.5	14	Robert J Haszak
M 60 - 64	25	1 AG	0:21:13.1	6	Robert E Pool
F 15 - 18	26	3 OA	0:21:22.0	106	Amanda N Uribe
M 15 - 18	27	6	0:21:33.9	112	Jim Keilman
M 25 - 29	28	1 AG	0:21:48.4	15	Bobby W Maszak
M 25 - 29	29	2 AG	0:21:54.7	18	Kevin Tuuk
M 15 - 18	30	7	0:21:57.0	78	Dan Kelley
M 40 - 44	31	4	0:22:14.9	69	Tom A Lisowski
M 40 - 44	32	5	0:22:27.5	21	Doug McWilliams
F 40 - 44	33	1 MST	0:22:30.8	110	Theresa C Burgard
M 11 - 14	34	1 AG	0:22:47.1	102	Adam Johnson
M 45 - 49	35	3 AG	0:22:53.4	27	Joseph E Joutras
M 35 - 39	36	2 AG	0:23:01.6	136	Garrett Pittman
F 45 - 49	37	1 AG	0:23:02.3	98	Peggy J Luther
F 30 - 34	38	1 AG	0:23:03.7	115	Kathy Doyle
M 15 - 18	39	8	0:23:07.5	139	Sean Fitzgerald
F 15 - 18	40	1 AG	0:23:18.9	10	Amanda Gossage
M 40 - 44	41	6	0:23:24.3	86	Tyler Tedford
M 11 - 14	42	2 AG	0:23:26.1	13	Michael J Maszak
M 45 - 49	43	4	0:23:26.7	25	Wendell D Provost
F 15 - 18	44	2 AG	0:23:36.4	126	Emily Lafferty
M 45 - 49	45	5	0:23:37.2	2	Steve Reising
M 11 - 14	46	3 AG	0:23:38.3	34	Joey Savage
M 40 - 44	47	7	0:23:47.4	16	Bud Munyon
M 25 - 29	48	3 AG	0:23:57.4	131	Robert Mazur

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 35 - 39	49	3 AG	0:24:00.4	120	Brian J Coll
M 11 - 14	50	4 AG	0:24:16.9	135	Chris Sullivan
F 11 - 14	51	1 AG	0:24:23.6	41	Allison Grenar
F 25 - 29	52	1 AG	0:24:35.2	121	Joy Dvoratchek
M 19 - 24	53	3 AG	0:24:36.4	8	Made Burkard
F 11 - 14	54	2 AG	0:24:45.6	64	Nichole Bendickson
M 35 - 39	55	4	0:24:51.8	134	Don Fitzgerald
M 30 - 34	56	2 AG	0:24:52.7	129	Date R Neilson
M 45 - 49	57	6	0:24:54.9	76	John Keslin
F 11 - 14	58	3 AG	0:24:56.0	33	Katie Savage
F 11 - 14	59	4 AG	0:24:57.1	100	Kristen Litherland
M 45 - 49	60	7	0:24:58.1	7	James H Ruberg
M 11 - 14	61	5 AG	0:25:04.5	95	Joshua DeBoer
M 45 - 49	62	8	0:25:08.0	130	Michael Costigan
M 45 - 49	63	9	0:25:17.0	109	David R Schkerke
M 40 - 44	64	8	0:25:18.4	87	Gary M Westerfer
F 11 - 14	65	5 AG	0:25:20.5	91	Haley Snyder
F 15 - 18	66	3 AG	0:25:28.6	4	Peggy R Baldwin
M 40 - 44	67	9	0:25:31.0	11	Jim Kelly
F 15 - 18	68	4	0:25:35.2	40	Casey Nugent
F 40 - 44	69	1 AG	0:25:45.7	113	Judy M Schkerke
M 35 - 39	70	5	0:25:46.8	118	Victor Ilig
F 15 - 18	71	5	0:25:54.3	45	Antina Acciavatti
F 1 - 10	72	1 AG	0:25:55.4	20	Ashley Revord
F 35 - 39	73	1 AG	0:25:58.7	140	Pamela S Peters
M 45 - 49	74	10	0:26:05.0	119	Mike Schnell
F 11 - 14	75	6 AG	0:26:05.5	92	Kari Schneider
M 60 - 64	76	2 AG	0:26:06.1	97	James Halstead
F 25 - 29	77	2 AG	0:26:15.3	31	Jennifer Bertra
F 15 - 18	78	9	0:26:46.1	5	Josh Blagg
M 35 - 39	79	6	0:26:55.3	127	Justin Fite
M 1 - 10	80	2 AG	0:27:01.4	128	John Jacobs
M 1 - 10	81	3 AG	0:27:02.3	101	Nathan Basirico
M 45 - 49	82	11	0:27:23.3	80	Mark Lesyna
M 40 - 44	83	10	0:27:24.7	43	Stan Grenar
F 15 - 18	84	6	0:27:28.5	9	Katie Neilson
F 30 - 34	85	2 AG	0:27:31.2	117	Erin C Richey
M 50 - 54	86	3 AG	0:27:32.0	72	William J Bujak
F 19 - 24	87	1 AG	0:27:40.7	24	Heather Steffen
M 11 - 14	88	6 AG	0:27:50.6	36	Jeffrey Podolski
F 19 - 24	89	2 AG	0:27:52.8	85	Shannon Clocksin
F 30 - 34	90	3 AG	0:27:54.3	28	Judy McAuliffe
F 15 - 18	91	7	0:28:02.8	46	Anna Skura
F 11 - 14	92	7 AG	0:28:03.3	67	Katelyn Rose
F 15 - 18	93	8	0:28:07.8	104	Ashley Birch

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 40 - 44	94	11	0:28:17.8	3	Patrick J Baldwin
F 11 - 14	95	8 AG	0:28:27.1	42	Katie Grenar
M 1 - 10	96	4 AG	0:28:27.6	65	Lucas Rose
F 40 - 44	97	2 AG	0:29:21.8	12	May Kelly
F 55 - 59	98	1 AG	0:29:32.5	205	Sandy Kurtenbach
M 15 - 18	99	10	0:29:54.4	81	Chad Bolling
F 40 - 44	100	3 AG	0:29:56.7	83	Suzie Bolling
M 65 - 99	101	1 AG	0:29:57.4	82	Jack Bolling
M 45 - 49	102	12	0:30:09.9	62	Dean A Neilson
M 11 - 14	103	7 AG	0:30:46.2	35	Kevin Kearney
M 60 - 64	104	3 AG	0:30:56.1	138	Joseph P Fitzgerald
F 30 - 34	105	4	0:31:12.4	116	Meg Carey
F 19 - 24	106	3 AG	0:32:02.3	107	Edwina D Witkowski
F 30 - 34	107	5	0:32:17.7	26	Karen Grant
F 19 - 24	108	4	0:32:33.8	105	Kim Jensen
M 60 - 64	109	4	0:32:37.0	137	James E Newberry
M 11 - 14	110	8 AG	0:33:33.1	93	Spencer Peters
F 40 - 44	111	4	0:33:35.1	94	Lindee Peters
F 15 - 18	112	9	0:34:02.3	56	Kim Accetturo
F 15 - 18	113	10	0:34:07.1	48	Jessica Caudle
F 25 - 29	114	3 AG	0:34:15.5	29	Paula McAuliffe
M 35 - 39	115	7	0:34:37.4	123	Pat Walsh
M 1 - 10	116	5 AG	0:34:38.0	124	Alex Walsh
F 15 - 18	117	11	0:34:41.2	49	Joanne Cademartori
F 35 - 39	118	2 AG	0:34:41.7	122	Sally Lohmann
F 15 - 18	119	12	0:34:43.0	50	Jessica Schriefer
M 65 - 99	120	2 AG	0:34:46.2	22	John O Fryklund
F 45 - 49	121	2 AG	0:35:31.0	38	Ellen M Lacina
F 15 - 18	122	13	0:35:41.6	47	Meghan Caudle
F 25 - 29	123	4	0:35:59.5	55	Amanda Brown
F 50 - 54	124	1 AG	0:36:32.6	63	Eileen Hostert
F 15 - 18	125	14	0:37:18.5	51	Sarah Sluis
F 15 - 18	126	15	0:37:18.7	54	Christina Elliott
F 35 - 39	127	3 AG	0:37:23.9	133	Pam Ikehara
F 15 - 18	128	16	0:37:48.6	108	Jeannette Carter
F 15 - 18	129	17	0:38:17.3	52	Tara Rademacher
F 40 - 44	130	5	0:38:42.2	74	Gina Knox
F 15 - 18	131	18	0:38:57.1	53	Stephanie Sharples
F 45 - 49	132	3 AG	0:39:58.8	59	Jan Eckhoff
F 40 - 44	133	6	0:39:59.0	61	Bebra Neilson
M 1 - 10	134	6 AG	0:41:25.2	125	Michael Walsh
F 15 - 18	135	19	0:43:08.4	58	Kristine Eckhoff
F 15 - 18	136	20	0:44:08.5	57	Jennifer Eisenbart

# GLAD RUN 10K