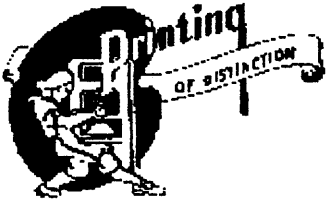


# THE PAPER RACE

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



SEPTEMBER 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 163



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Hello everyone!, it has been awhile. I haven't been running a whole lot. I guess I'm kind of burned out. Dave Barrett and I went to the Sundowner 5k in New Lenox in late July. It was pretty nice. They have a new course at the Greenhouse on Gougar Road just past route 30. I liked the course very much. Especially the end of the race where the course was more challenging. The numbers were down this year, which you got to expect when you move a race. They still had a good turnout. My only complaint is they needed more beer. I ran a leg in the progressive marathon in Park Forest on August 8th. It was oppressively hot! I tried to jog it but wound up running a little faster than I had planned. Jeff was too close for me to let him beat me! I think I averaged 7:21 per mile. I saw and talked to Pat Koerner there also which was nice. It's always nice when there is someone there that you know so you have someone to talk to. The next night I went to Rockdale to run with Jim Jenson and Don Lafferty among others. (Prairie Staters) I tried to run 6 miles but couldn't. The weather was too hot and there was too many hills. Oh, and I am too out of shape! I did a lot of walking. I finished 6 miles in 54 minutes! At least I stayed on my feet. It's a good thing I didn't get lost. Well at least I've run twice this week already, that is better than some weeks lately. I just don't care anymore but I have 12 pounds to lose so I had better get started. Maybe I will find some motivation. See you next month. Phil

## Congrats, Kudos, and Billy Mills

by John Lickey

Congratulations to the Zoomers who won medals at the Senior Games 5K Run and the one mile prediction Run/Walk. Thank you to Don Collette, Paul Mullens, Lisa Smith, Erma Hickey, Norman Harrison, Doug and Marilyn Zook for helping at the Senior Games.

Also congratulations to Bryan Gering for an outstanding Gasparilla race. Bryan is a 14 year freshman at Port Charlotte High School. He won his AG with a time of 1:00.43. Congrats to Mary Melehan for her AG victory in 1:30.53. More about Gasparilla later.

Congratulations to David Rider who is unable to run due to a leg injury for winning two silver and a gold medal in basketball shooting.

Glad to see that Mal Miller is back to racing after taking a bad fall at the end of the Swamp Stomp in La Belle. Thank you to Phyliss Booe for working at the Swamp Stomp and to Joanne Egan and Erma Hickey for their cheer-leading.

March 10 and 11 Erma and I were in Naples for the Florida State 10K Championships. We did not run the

10K, but 8 Zoomers did (see race results). It was a great experience a good pasta buffet Saturday and an interesting speech by Coach Roy Benson. It was great meeting and eating with new Zoomer, Sue Weast. The highlight of the evening was a speech Billy Mills, the 1964 Olympics 10,000 meters gold medal winner. Mills is a Sioux Indian, a member of the Oglala Lacota nation and he grew up on the Pine Ridge Reservation in South Dakota. He was orphaned at the age of 12. He was a three time All American at the University of Kansas.

Mills was the object of much discrimination. Examples : One summer he was forced to sleep in junked car bathe in a creek. While taking a picture of All Americans, the photographer asked him to step out of the picture because of his dark skin. He was not allowed to join a fraternity at the U.of Kansas because he was a native American. His speech had the audience entranced. Young children did not move and some adults were wiping away tears.

Mills promotes unity of all countries and people.

Continued...  
bottom of starting  
line page.

## NIKE WOMEN'S TRIATHLON

By Marcia Lonergan

On August 5<sup>th</sup>, May Kelly, Nancy Ruda, Patty Kershaw and I competed in the Nike Women's Triathlon held in Manteno. We all agreed that it was a terrific event and we were happy with our performances.

May was the top local finisher and, in spite of a knee injury, covered the course in a blazing 1:19:40. That's only 16 minutes behind the overall winner! I was next with a time of 1:25:28, which was 5 minutes faster than I had hoped for. Nancy wasn't far behind and crossed the finish line with a time of 1:36:46. Patty was part of a team, running the 5K course in 33:56 and appeared to enjoy the experience as much as the rest of us. The breakdowns of our performances are as follows:

NAME/ PLACE	SWIM	Transition 1 Transition 2	BIKE	RUN
<u>MAY KELLY</u> 40 <sup>TH</sup> OVERALL 5 <sup>TH</sup> IN AGE	14:39.7	1:52.5 N/A	38:43.0	24:25.2
<u>MARCIA LONER</u> 98 <sup>TH</sup> OVERALL 21 <sup>ST</sup> IN AGE	17:34.8	N/A 1:10.5	40:49.9	25:53.1
<u>NANCY RUDA</u> 309 <sup>TH</sup> OVERALL 43 <sup>RD</sup> IN AGE	19:25.0	3:58.0 1:06.0	45:32.0	26:46.0

The Nike Women's Triathlon was my first experience competing in a Triathlon. Not only was it a rewarding experience but an educational one as well. One of the first things that I learned was that people tie helium balloons to the bike rack so they can locate their bikes more easily during the transition. May had a cute Scooby-Doo balloon. Next, I learned that swimming in a lake is much different than swimming in a nice, clean pool. Luckily, I got into the water well before race time because although the water was very warm, I kept losing my breath. The murky water made me feel claustrophobic and I started to hyperventilate. I thought about not even wearing my goggles but after about five times in and out of the water I started to get used to the idea of the dark water.

I was in the second heat of swimmers to take off and it wasn't long into the swim that I learned that my fears about the swimming portion of the event were well warranted! Since I was afraid of having another athlete swim over the top of me, I started in about the middle of the group on the outside edge. After about five strokes, my thumb came down on the back of another swimmer's heel as it was coming up out of the water. Yikes! It hurt like a bolt of lightning running up my forearm! I had to come up out of the water and was relieved to see that my thumb was still pointing in the upward direction. I shook it off and got back to work. I had to switch between the crawl and the breaststroke during the swim in order to keep myself on course. During the last straight-of-way of the swim course, I started getting tangled in seaweed and it was a little scary at times. Patty Kershaw mentioned that the swimmer on her team got tangled up in an old fishing net that was floating in the water and that the situation almost got serious. Luckily, she was able to set herself free with the help of another swimmer that got hooked on it as well. Hopefully, next year there won't be any hidden dangers in the water. By the time I finished the 1/2-mile swim, I had caught up to several swimmers from the first heat and several swimmers from the third heat had passed me. All I cared about was that I had gained on some of the competitors who started ahead of me and that the swimming was behind me.

My first transition went really well, especially for a first-timer! I guess Jeff's coaching helped me to prepare. Once on my bike, I started passing people and continued to do so for the entire 12 miles. I was afraid that I might be pushing too hard and that I wouldn't have anything left for the run but I continued to keep a good pace. By the end of the bike portion, I was feeling pretty tired yet pretty psyched about my performance so far. There's something about passing people that motivates!

Once off the bike, I tried to start the 5K run. My legs felt like rubber but thanks to a few training sessions with May Kelly, I knew that I could run through the feeling and that my legs would come back to me. I started off side by side with another runner and I was actually able to pull away from her. The first mile of the run was very warm as it was on blacktop and there was no water to be found. Thankfully, residents had sprinklers set up in the road along the second mile. I finally came to a water station at about the two-mile marker. I guess I was so worried about being thirsty that I didn't realize how far I had gone. Well, actually the first mile-marker was at about 1 & 3/4 mile so I was shocked when I saw the two-mile marker a few minutes later! That's when my legs really started to loosen up and I was able to bring it in at a pretty steady pace. I was pumped up enough to muster a kick and found out later that I passed another local athlete, Kathy Kennedy, who is in my age group and beat her by 6 seconds. Overall, it was a very enjoyable and rewarding event and I am definitely looking forward to next year.

The best part of doing a local event such as this, is the support from other club members. In addition to my husband, Jeff, Pat Pierce and Randy Riegel were on hand to offer their support before, during and after the race. Dan Weber was there as a volunteer for the event and he and Rich Olmstead cheered me in at the last 1/4 mile of the run. At the finish, Pat and Peggy Baldwin came over and congratulated me. Dan Gerber was busy taking pictures and he later e-mailed them to me. Ron Ruda was there in support of Nancy and Jim and Ian Kelly were there in support of May. I didn't see Peter Kershaw but know he was there cheering on Patty. Hope to see more club members at the Nike Women's Triathlon in Manteno next year.

## THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK(PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8A.M. FROM MAY THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU APRIL TO RUN AND SOCIALIZE ON OFF-RACE SUNDAYS. INDIVIDUALS MAY VARY THE STARTING TIME BASED ON DISTANCE THEY INTEND TO RUN AND THEIR PERSONAL OBLIGATIONS. BRING A RUNNING BUDDY AND JOIN US!

**Sept. 2, Sun., 5pm, Herscher Hare & Tortois 5K/2 mile walk Herscher Park Rick Livesay (815)939-0719**

Sept. 3, Mon., 8am, Scenic 10 mile & 5K, Park Forest, IL Bud James (708)748-2005

**Sept. 7, Fri., 6:30pm, Peotone Country Classic 5K /2 mile walk & tot trot, Park Dist. Bldg./High School  
Kirsten Steeves (708)258-3939**

Sept. 8, Sat., 9am, Chebanse Homecoming 5K Run/2 mile walk, Chebanse Civic Center Park, I-57 to exit 302 west 3 blocks to park

Sept. 8, Sat., 8:00am, the Underground Railroad 5K run/walk, 837 Park Ave. West Princeton, IL (815)872-0840

Sept. 9- 8:00am Village of Oak Lawn "Fall on the Green Fest. " 10K run & 1 mile walk to benefit Advocate Hope Children's Hospital Info. Call Village of Oak Lawn (708)636-4400

Sept. 9, Sun., 7:30am, Mitsubishi 1/2 Marathon and 5K, Normal, IL (309)829-6344 LRC circuit

Sept. 9 Chicago 1/2 Marathon 7:30am, Museum of S&I Lake Shore Dr. & 57<sup>th</sup> St., (773)929-6072  
chicagohalfmarathon.com

Sept. 9 AARP's Tri-Umph Classic Triathlon ages 50 and over, 1/4 mi. swim, 12.4 mi. bike, 3.1 mi. run.  
Info. Call 1-800-424-3410

Sept. 13, Sat., 9am, IVCC x-country 4 mile, Oglesby, IL (815)224-0466

Sept. 15, Sat., 7:30am, Pumpkin Fest. Libby's 10K, Morton, IL (888)765-6588 LRC circuit

Sept. 15, Sat., 9am, Flossmoor 5K Blaine Wing (708)798-2300

Sept. 15, Sat., Race for the Cure, Grant Park, Chicago [www.chicagoracefortheure.com](http://www.chicagoracefortheure.com) (708)544-1126

Sept. 15, Sat., 9am, 5K Wolf Run, Wm. Powers Cons. Area at Wolf Lake on SE side of Chicago (773)646-6880 [signmeupsports.com](http://signmeupsports.com)

**Sept. 16, Sun., 8am-National Heritage Corridor 25K, Arrow Head Comm. Ctr. On Rt. 6 in Channahon  
Jeff Biggs (815)725-6153 [jsbrun26@msn.com](mailto:jsbrun26@msn.com)**

Sept. 16, Sun., 7:45am, Steamboat Fall Classic 15K, Peoria, IL [www.steamboatclassic.org](http://www.steamboatclassic.org)

Sept. 22, Sat., 8am, Henry's Sesquicentennial 5K run/2 mile walk. Central Park in Henry, IL (309)364-4868

Sept. 22, Sat., 9am, Alden 5K, Naperville, IL (773)286-6622

**Sept. 23<sup>rd</sup>, Sun-9:00am-Kankakee River 10K/2 Mile Walk, Kankakee River State Park, Bourbonnais, IL  
Jeff Lonergan (815)933-1695**

Sept. 23, Sun., 4pm, Old Plank Trail 5K Run/Walk, Breidert's Green (White & Kansas Streets), Village of Frankfort, IL  
(815)469-2177 <http://www.villageoffrankfort.com>

Sept. 29, Sat., Paws for a Cause 5K, Bloomington, IL

Sept. 30, Sun., 11am, Wild, Wild, Wilderness 7.6 Miles, Danville, IL Susan (217)733-2403 LRC circuit

Sept. 30, Sun., Harvest Run 5K, Plainfield, IL (815)436-4431

Sept. 30, Sun., 9am, Music in Motion 5K, Westwood Sports Center, Sterling, IL Barb (815)626-1948

Oct. 7 The LaSalle Bank Chicago Marathon 7:30am [www.chicagomarathon.com](http://www.chicagomarathon.com)

Oct. 20, Sat., 10am, Ottawa 5K, Linda (815)795-6148

Oct. 20<sup>th</sup>, Sat., Miles for Miracles 5K Run/Walk, 10:00am, Knights of Columbus Hall on Main St., Ottawa, IL  
Linda (815)795-6148

Nov. 11, Sun., 11am, Canal Connection 10K, Utica, IL Jon (815)223-8988

Nov. 18<sup>th</sup>, Sun., 9am, Rock 'n' Sole #2 Trail Challenge 5.25 Miles Schiller Woods Forest Preserve Grove #2 Irving  
Park & Cumberland Ave.'s, [www.signmeupsports.com](http://www.signmeupsports.com) (773)868-0893

Nov. 18<sup>th</sup>, Sun., 2:00pm, St. Anthony's 5K, 7659 W. Saul Trail Frankfort, IL (815)469-3750 benefits homeless

Congrats, Kudos,  
and Billy Mills  
Continued from pg. 1  
by John Hickey

He has helped raise \$28,000,000 for needy children.  
Sunday morning, Erma and I had the privilege of talking to Billy and his wife Parish for 10 minutes or so. We talked about his Olympic victory, his speech of the previous evening, the movie of his life, Running Brave, and some books about his life. Billy suggested that we read Notebook, by Nicholas Sparks first. We also talked about Erma's knee surgery and Billy's three knee surgeries. Erma and I walked the 5K and a few minutes after we had finished, Billy came to me and asked if Erma's knee was OK after the walk. Both Billy Mills and his wife are the most down to earth people in the running community that we have ever met. We've talked to Jim Ryan, Bill Rogers, Frank Shorter, Dr. George Sheehan and Priscilla Welch. A fabulous week end, even if we were not able to run the 10K Championship race.  
See you when we meet again

# September B-days!

## HAPPY BIRTHDAY TO...

Karen Dannenhauer	9/9/65	36
Marge Flynn	9/10/46	55
Jim Kelly	9/9/55	46
Dan Klipp	9/17/80	21
Michael McGuckin	9/7/52	49
Lynn Noffke	9/8/58	43
Sissy O'Connor	9/18/66	35
Jacque Picha	9/21/47	54
Mitch Hobbs	9/28/59	42
Amanda Uribe	9/19/83	18

**Welcome New Member**  
**JAY SAMUEL**  
**of Oswego, IL**

### The Finish Line

#### Wilmington 5K, 7/29

Doug McWilliams	23:20	
Randy Riegel	24:40	1AG

#### Run for Shelter 5K, Valpo, IN 8/4

Pat Koerner	16:28	1AG
Dan Gould	20:37	3AG

#### Kingfish 1/2 Marthon, Portage, IN 8/12

Bill Batkiewicz	1:55.11	
Erica Batkiewicz (5K)	21:31	10A

#### Shorewood Fest 5K 8/12

Randy Riegel	24:11	
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#### Race for Space 8/19

Randy Riegel	24:04	
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#### July 21 Bridge of Lions 5K St. Augustine FL

John Hickey	26.58	1st A/G
Erma Hickey	44.53	1st A/G

#### July 28 Dryman Bay Bridge 5K Osprey FL

John Hickey	27.03	2nd A/G
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#### August 5 Sharks Tooth Run 5K Venice FL

John Hickey	26.25	1st A/G
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### **KRRC OFFICERS**

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V-President	Dave Barrett (815)937-4668
Treasurers	Marcia Lonergan & Dave Barrett

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### **KRRC WEBSITE**

[WWW.KEYNET.NET/~KRRC](http://WWW.KEYNET.NET/~KRRC)

### **FAST-N-FIT FOODS**

BY JANET SHELLY

### **Banana Blueberry Bread**

- 1 1/2 c flour
- 2 tsp. baking soda
- 1/4 tsp. salt 2 tsp. nutmeg
- 3/4 c rolled oats (quick or old fashioned)
- 2 eggs 1/4 c honey
- 1 c mashed ripe banana
- 1/3 c oil
- 1 c blueberries cinnamon and sugar for top

Combine dry ingredients in a large bowl. In a smaller bowl, whisk together eggs, oil and honey. Stir in bananas. Combine with dry ing. Mix until blended. Fold in blueberries. Pour into a loaf pan that has been sprayed with cooking spray. Sprinkle top with cinnamon and sugar. Bake in a preheated 350 degrees oven until done. Let cool in pan for 10 minutes. Turn out onto rack to cool. You can double recipe and freeze one loaf.

### **Charlie Grotevant's Race Times**

- July 4 Park to Park 5 Miler Bloomington, IL 36:01 3AG 55-59
- July 14 Dog Days 5K Lake Bloomington, IL 21:57 3AG 50+
- July 21 Lexington 5K Run Lexington, IL 21:49 2AG 55-59
- July 26 Sundowner 5K Joliet, IL 21:27 3AG 55-59
- Aug. 18 Empowerment Run 5K Bour., IL 21:39 2AG 50+
- Aug 19 Danvers Days 5K 21:32 Danvers, IL 21:32 3AG 55+



KCTC Box Trot 5K

7/29/01

Race Results BY OVERALL FINISH

Age/Group	Overall	Grp/Place	Time	Bib#	Name
M 35 - 39	1	1 OA	0:16:34.2	5	Patrick D Koerner
M 15 - 19	2	2 OA	0:17:20.3	49	Kyle Horner
M 35 - 39	3	3 OA	0:17:37.8	4	Rod Kahl
M 20 - 24	4	1 AG	0:17:47.0	44	Matthew R Hinze
M 15 - 19	5	1 AG	0:18:06.6	1	Matt Larson
M 35 - 39	6	1 AG	0:18:40.1	31	David A Barrett
M 20 - 24	7	2 AG	0:18:43.5	60	Nathaniel Drahne
M 30 - 34	8	1 AG	0:18:55.7	2	David M Cagle
M 55 - 99	9	1 MST	0:19:05.3	36	Pete W Mathis
M 45 - 49	10	1 AG	0:19:10.9	40	Peter E Kerstow
M 15 - 19	11	2 AG	0:19:38.1	41	Rolando Rodriguez
M 30 - 34	12	2 AG	0:19:48.6	39	Tony Webster
M 15 - 19	13	3 AG	0:19:52.6	62	Drew C Parsons
M 25 - 29	14	1 AG	0:20:06.7	51	Jay Scroggins
M 35 - 39	15	2 AG	0:20:39.9	28	John J Bevis
M 45 - 49	16	2 AG	0:20:42.6	9	Rich W Olmstead
M 30 - 34	17	3 AG	0:20:46.1	38	Ken B Knepper
M 40 - 44	18	1 AG	0:21:09.0	64	Daniel R Garber
F 15 - 19	19	1 OA	0:21:20.4	47	Amanda N Urbe
M 35 - 39	20	3 AG	0:21:22.4	48	Douglas W Urbe
M 55 - 99	21	1 M S	0:21:25.6	14	Daniel W Gould
M 40 - 44	22	2 AG	0:21:30.2	6	Dan F Weber
F 1 - 14	23	2 OA	0:21:30.9	55	Taylor Bennett
M 50 - 54	24	1 AG	0:21:43.2	68	Jack Chaplinski
M 5 - 99	25	1 AG	0:21:46.7	13	Charlie Grotevant
M 55 - 99	26	2 AG	0:22:04.5	16	Robert E Pool
M 30 - 34	27	4	0:22:17.8	3	David K Merritt
M 45 - 49	28	3 AG	0:22:23.4	8	Jeff P Lonergan
M 55 - 99	29	3 AG	0:22:36.5	12	John F Pool
M 50 - 54	30	2 AG	0:22:40.2	61	Chuck Parsons
M 50 - 54	31	3 AG	0:22:59.5	11	Wendell D Provost
M 35 - 39	32	4	0:23:07.3	53	Daniel E Hall
F 45 - 49	33	3 OA	0:24:12.0	24	Kathleen H Steffen
F 35 - 39	34	1 AG	0:24:29.4	22	Marcia J Lonergan
F 40 - 44	35	1 MST	0:25:02.0	45	Nancy J Ruda
M 20 - 24	36	3 AG	0:25:03.2	34	Troy Riley
M 50 - 54	37	4	0:25:25.8	50	Paul I Surprenant
F 15 - 19	38	1 AG	0:25:32.5	18	Peggy R Baldwin
F 30 - 34	39	1 AG	0:26:15.6	20	Janet Earley
M 35 - 39	40	5	0:26:31.3	69	Hany M Girgis
F 35 - 39	41	2 AG	0:26:33.7	54	Deborah A Renville

Age/Group	Overall	Grp/Place	Time	Bib#	Name
M 35 - 39	42	6	0:26:34.5	42	Addison Goering
M 15 - 19	43	2 AG	0:26:44.1	58	Lynn Femmena
M 45 - 49	44	4	0:26:48.5	10	Chris Duval
F 45 - 49	45	1 AG	0:26:51.5	23	Pat M Pierce
M 30 - 34	46	5	0:27:34.8	37	Bryd Laford
M 30 - 34	47	6	0:27:35.1	30	Terry Fritz
M 35 - 39	48	3 AG	0:27:42.1	57	Kelly K Haag
M 40 - 44	49	3 AG	0:27:55.1	56	Jeff Bennett
F 15 - 19	50	3 AG	0:28:09.7	63	Danielle Kuntz
M 1 - 14	51	1 AG	0:28:27.5	52	Antonio Acevedo
M 40 - 44	52	4	0:28:47.7	67	Dean Serletic
M 30 - 34	53	5	0:28:56.4	7	Patrick J Baldwin
M 45 - 49	54	2 AG	0:29:14.8	25	Melinda Sutherland
M 45 - 49	55	5	0:29:37.5	46	Dan G Bullock
F 35 - 39	56	4	0:30:01.4	21	Rasa Weber
F 55 - 99	57	1 F S	0:30:28.0	27	Barbara Pumm
F 25 - 29	58	1 AG	0:31:10.0	43	Jill Patterson
F 25 - 29	59	2 AG	0:31:10.9	29	Courtney Schmidt
F 50 - 54	60	1 AG	0:31:18.5	26	Beverly A Smith
M 15 - 19	61	4	0:31:34.9	32	Micah Kirstein
M 15 - 19	62	5	0:31:35.1	33	Rende G Langlois
M 55 - 99	63	4	0:32:29.8	15	Vernon Pumm
F 25 - 29	64	3 AG	0:32:41.8	66	Nicole Serletic
F 25 - 29	65	4	0:32:42.5	59	Kim Mancuso
M 15 - 19	66	6	0:33:19.7	182	Sean Cassera
M 30 - 34	67	7	0:34:55.9	35	Mike Nargang
F 15 - 19	68	4	0:38:59.6	17	Beth Dismang
F 25 - 29	69	5	0:39:27.4	19	Amy Pyle

Name	Bib#	Time	Grp/Place	Overall	Grp/Place	Age/Group
Debbie Barks	021	2:11:15:0	GV 2	86	47 - 07 M	
Sally Anderson	022	2:20:15:0	GV 1	96	66 - 56 F	
Mark Lanter	991	2:57:05:0	GV 2	96	62 - 52 M	
Brian Werner	691	1:07:05:0	GV 5	46	46 - 06 M	
Sandy Kurtenbach	592	7:00:05:0	TSM 1	33	65 - 55 F	
May Kelly	606	9:65:67:0	VO 3	26	44 - 07 F	
Alex McFadden	581	9:14:87:0	4	13	46 - 06 M	
Kathleen H Steffen	122	3:96:87:0	VO 2	06	67 - 57 F	
Andy M Furbee	081	6:06:87:0	GV 3	62	46 - 06 M	
Bakhaus Doug	011	3:92:87:0	5	82	66 - 56 M	
Charles R Kennedy	621	2:95:47:0	GV 1	42	49 - 09 M	
William K Divad	691	8:61:47:0	5	92	44 - 07 M	
William K Divad	691	8:57:49:0	GV 2	52	46 - 06 M	
Ellen J Leung	061	1:46:19:0	4	42	66 - 56 M	
Clara J Wittling	591	8:40:19:0	GV 1	32	45 - 05 M	
Charlie Grotevant	492	4:52:57:0	GV 2	22	65 - 55 M	
Jeff P Lonergan	281	0:42:57:0	GV 3	12	67 - 57 M	
Michael W Wolfe	521	1:50:47:0	GV 1	61	62 - 52 M	
Garratt Pittman	681	4:65:37:0	GV 2	81	66 - 56 M	
Wendy Leung	181	6:51:37:0	GV 1	41	65 - 55 M	
Anthony Jones	921	8:80:37:0	4	91	44 - 07 M	
Dale Hoekstra	481	7:17:27:0	GV 2	41	67 - 57 M	
Michelle Wozniak	632	4:37:27:0	VO 1	51	62 - 52 F	
Ted DeBoer	822	2:06:27:0	GV 3	31	44 - 07 M	
Clark W Carey	921	3:85:17:0	GV 2	21	44 - 07 M	
Tina Szabo	891	5:37:17:0	GV 2	11	42 - 61 M	
Richard W Cagle	622	9:40:17:0	GV 1	01	67 - 57 M	
David W Cagle	832	6:06:07:0	GV 1	6	46 - 06 M	
William Cumneen	491	3:60:38:0	GV 1	8	42 - 61 M	
Larry K Burton	082	9:10:38:0	GV 1	7	44 - 07 M	
David A Barrett	881	5:37:43:0	GV 1	9	66 - 56 M	
Daniel J Flynn	914	5:17:43:0	GV 1	5	81 - 51 M	
Patrick Dumont	421	6:25:36:0	TSM 1	4	44 - 07 M	
John P Hitoraj	624	6:13:36:0	VO 3	3	66 - 56 M	
Matthew R Hinze	191	6:30:36:0	VO 2	2	42 - 61 M	
Patrick D Koerner	422	2:61:36:0	VO 1	1	66 - 56 M	

Momence

10/11/18

Race Results BY OVERALL FINISH