



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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Courir' de Festival April 27th 2002 Lafayette, La. By Drew Horn

On my third pilgrimage to the annual Music Festival International held in the heart of Cajun Country. I was aware that there were two new events. One, my wife, Pat and 21 yr old daughter, Jessica were able to accompany me on the 14 hr. drive and secondly they were now offering a 5K run on Sat. After driving all night which included a slight detour thru New Orleans to make a pass around Jackson Square and down Bourbon St. @ 5AM (a few bars were still open and revelers slowly stumbling along) we arrived in Lafayette @ 9 AM.

I got about 2 hrs. sleep on a short minivan bench while the girls took turns driving and at least another 90 minutes Fri AM in a bed after arriving. Before noon Festival fever hit and we went down town to check out the Cajun craft, food and beer vendors. For five days the town closes downtown to auto traffic and invites fifty some performing acts to the four large outdoor stages separated a few blocks from each other thru the business district. I had a beer, some gumbo, registered for the Sat. run and returned to our hotel for a little R&R before the African, S, American, French, Zydeco and Cajun bands cranked it up from 5 to 11 PM. At the Festival while I was having my 4th(or so) beer, eating alligator on a stick and listening to LATCHO DROM, a French Jazz Quartet, I reasoned that since I would be running in less than 10 hrs, maybe I should limit myself to only one or two more beers. With that thought I convinced the girls that we should turn in early and shortly after midnight we turned in only to hear the alarm ringing in what seemed like moments later @ 7 AM.

Actually I felt pretty good (a buzz retained from last night) and the bright Southern sun with temp and humidity both in the 80's felt great. At 8:30 180 runners, many with names like Tippedeaux and Boudreau lined up to circle the Festival Scene. As always Pat struck out with the leaders and Jessica and I waved to her as she rounded the 1st turn 100 yds. ahead of us. Jessica, a college student, needed to walk a while at the half milepost, but not macho me, my goal #1 was to complete the race without walking. It was hot, but I still felt pretty good until the 1-mile post when the kid looked at me saying "10 minutes". This posed a problem. Anything but a sub 30 min. race was just downright embarrassing. But I always run my 1st mile the fastest. Could it be the alligator BBQ or the Bayou Brown Ale from not too many hrs. before? Oh well! I commit to a kicking 2nd mile and chase a yuppie couple in the next block that passed me minutes before. Two blocks later and the gap did not narrow. I passed a couple of high school girls and a Senior citizen who was now walking and found myself alone in that magical mystical place far behind those who can really run and way ahead of those who really can't. It was transcendental. Sweating profusely, I took off my shirt as I turned off Vermillion onto St John's Avenue. Up ahead, a miracle, the yuppie couple was stopped by a policeman, total embarrassment! We're so far back, we get no respect, and runners have to wait for traffic, but not quite long enough, they're still 50 yds. ahead when the cop waves them on. Adding insult to injury, "20.10" the girl said as I take water at the 2 mile mark. That only kicks my adrenaline and I pick a tall 20 something girl in the next block in an orange tank to overtake after I dusted the yuppies. "Sub 30, sub 30," I chanted. The mind was strong but the flesh was weak. I passed a few more runners (mostly walking now) in the last mile to soothe my bruised ego and even though I bettered my personal worst of 32 min. I clocked a 30:50 and collapsed next to Pat who was half rested by now after running a respectable 26:35. We waited another 10 min. until red faced Jessica RAN across the finish line and headed for the stage area for awards, jambalaya, bananas, beer and a live band from Quebec.

Next year it's gonna be less beer and more alligator BBQ and sleep before the run!!!

ON DAN'S RUN by Dan Gould

There was a lot of running on April 15th. Many people were running to their accountant's office to complete a tax return or to the post office to mail it. It was Patriot's Day in Boston and 17,000 runners were making the 26.2-mile journey from Hopkinton to Boston. I was making the Bradenton to Kankakee "run," an ultra-drive of 1200 miles.

Since this was to be an attempt at a personal record, preparation was important. The Dan van was packed the night before and backed into the parking slot. My "fuel" was also prepared and packed the night before: Diet Coke – 3 cans; Milk - 16 ounces; Peanut Butter Sandwiches - 3; Little Debbie Swiss Cake Rolls - 4; Three Musketeers Bars - 2; Potato Chips - a few; Baby Carrots - a few; Mixed nuts - a few; Bananas - 1. The coffeepot was set to make the first pint of coffee and I would buy three more pints during the course of the day. The Surgeon General, if given the opportunity, would probably put a warning label on this menu, as would a nutritionist.

April 15th dawned.....Well, it hadn't dawned as I departed the condo in Wildewood Springs and headed for I-75 at precisely 5:00 A.M. The first two hours would be driven in darkness, but there were plenty of other early risers out there to keep me company. The early departure was, in part, timed to take me through Atlanta about noon and Nashville well before rush hour. Going through Atlanta as opposed to taking the by-pass saves miles and minutes – running the tangent!

The shortest distance, however, is not always the fastest. My route is I-75 to Chattanooga, I-24 to I-57, and I-57 to Kankakee. The shortest distance might be to take I-24 to Nashville and then north on I-65, but the traffic is heavier, you have to go around Indianapolis, and the roadbed isn't as good.

A fast trip is also part luck. There must be no significant traffic, weather, or road construction delays. You drive 5-7 miles per hour over the speed limit – a usually acceptable margin – and avoid meeting Judge Michela's acquaintances on the Tennessee Highway Patrol. The time it takes those "guys" to write a ticket can really increase your travel time!

Stop only when your eyes are medium yellow and your bladder has distended the lap belt. Use exits where the service station or rest area is immediately adjacent to the highway and gas at a station on the side of the highway you exit. Taking the time to cross to the other side may save you a penny a gallon but it will cost you time. I made six stops: gas, coffee, potty – 3; potty only – 3. My total time for stops was 42 minutes.

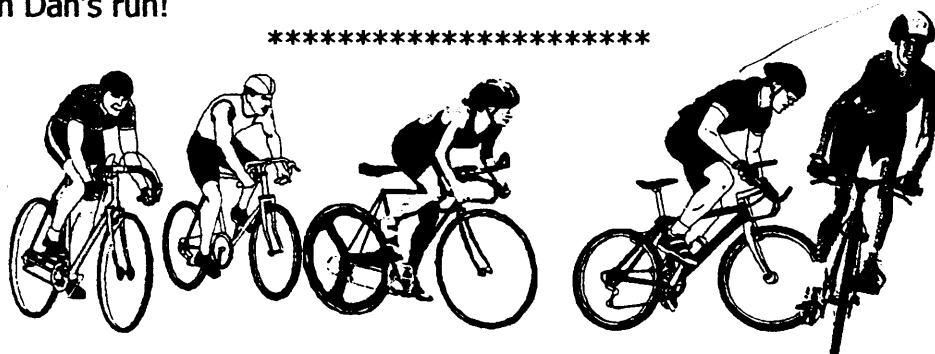
There are certain aids to staying awake. First, always keeps in mind that sleeping while driving 70 or 75 miles per hour will most likely result in a DNF. Tune your radio to the music you find uplifting! Take along tapes of your favorites. I listened and sang along with a tape of Johnny Horton's Greatest Hits (Sink the Bismarck, North to Alaska, Battle of New Orleans). Turn the air conditioner to STUN if you feel sleepy. Let your mind wander to sexual fantasies. Remember that great race where the shorts of that shapely lass just ahead of you clung to every luscious curve. That may be difficult if the ac is set on STUN.

The conditions on April 15th were perfect! I was sufficiently trained and rested. I covered the 1200 miles in 17:25 – 17 hours, 25 minutes. A PR by 10 minutes!

Why did I do it? I didn't really care to stop, have dinner by myself, and then sit in a motel room staring at the tube.

How did I feel after my record run? I felt much as I had after every marathon I ran. I was TOAST! DONE! I will never, ever, do that to my body again.....until I forget just how exhausting it is.

Hope to see you on Dan's run!



SMART GOALS by Chris DuVal

If you don't know where you are going, you'll probably end up someplace else. Why do you run?

Having specific goals, based on personal values and choices, can make the difference between meaningful, enjoyable running and just pounding out miles. Many people have goals that aren't really goals as much as they are wishes. "I want to run faster." "I'd like to do a marathon someday." A wish is a good place to start, and the right goal is the way to make wishes come true.

One effective goal setting approach is the SMART goal. A SMART goal is: Specific, Measurable, Achievable, Realistic, and Time bound. The SMART approach gives you a goal tailor made for your skills, conditioning, and aspirations.

Often, when runners feel they've failed to reach their goals, they never really had goals to begin with. Saying, "My goal is to run faster", is a sure setup for disappointment.

An equivalent SMART goal might be, "I want to improve my 5K time from 24 minutes to 23 minutes by August." This goal is specific, measurable, achievable, realistic, and time bound. You'll find out if your goal is not realistic as you proceed; then you can make adjustments up or down accordingly.

Another advantage of a specific goal is the ability to break your big goal down into manageable sub goals. For example, if someone is running a maximum distance of 2 miles now and has a goal of completing a marathon in one year, they could set a number of short term goals leading to their long term goal. They might set goals for specific 5K and 10K times, long run distance goals, finishing a half-marathon, etc.

Historically, students of karate would remain white belts for 3-4 years until they tested for black belt. When karate came to the United States, it was found that more students would stay with it if they had the more immediate goals of yellow belt, green belt, blue belt and red belt, leading up to the black belt.

We all need reinforcement. Most of the time, running itself is all the reward we need. But to push into new territory, short and long term goals, SMART goals can provide that extra incentive and give us the feedback we need to adjust our aim higher or lower, avoid frustration and feel good about our achievements.

Perry Farm Race 4-Miler
05/04/02

Age/Group	Overall	Grp/Place	Time	Bib#	Name	City/ST	Pace/MI
M 35 - 39	1	1 0A	0:22:00.4	8	Rod E Kahl	Bradley IL	05:30.1
M 45 - 49	2	1 AG	0:23:40.6	33	James L Rattin	Martinton IL	05:55.2
M 20 - 24	3	1 AG	0:24:10.7	20	Bill L Szabo	Reddick IL	06:02.7
M 40 - 44	4	1 AG	0:24:28.9	17	Patrick D Koerner	Bourbonnais IL	06:07.2
F 50 - 54	5	1 0A	0:25:57.5	18	Que Harbor	Rantoul IL	06:29.4
M 40 - 44	6	2 AG	0:26:46.9	5	Dan F Weber	Manteno IL	06:41.7
M 30 - 34	7	1 AG	0:27:51.0	12	David K Herliat	Kankakee IL	06:57.8
M 45 - 49	8	2 AG	0:28:19.6	3	Kurt Huddleston	Listle IL	07:04.9
M 35 - 39	9	1 AG	0:28:27.0	30	Daniel E Hall	St. Anne IL	07:06.8
F 25 - 29	10	1 AG	0:28:36.4	32	Katy Shrauner	Bourbonnais IL	07:09.1
M 45 - 49	11	3 AG	0:28:47.3	24	Jeff P Lonergan	Bourbonnais IL	07:11.8
M 50 - 54	12	1 AG	0:28:49.4	19	Chuck Parsons	Kankakee IL	07:12.4
M 55 - 99	13	1 AG	0:29:26.1	21	Charles R Kennedy	Champaign IL	07:21.5
F 30 - 34	14	1 AG	0:29:29.8	13	Michelle Wilson	Chicago IL	07:22.4
M 40 - 44	15	3 AG	0:29:38.3	23	Doug McWilliams	Nomence IL	07:24.6
M 45 - 49	16	4	0:29:59.0	16	Norman Becker	Bourbonnais IL	07:29.8
M 30 - 34	17	2 AG	0:30:07.2	22	Brian Werner	Bourbonnais IL	07:31.8
M 40 - 44	18	4	0:30:22.3	6	Sean Gaddis	Chicago IL	07:35.6
M 25 - 29	19	1 AG	0:30:48.3	15	Peter Walter	Bourbonnais IL	07:42.1
M 45 - 49	20	5	0:32:55.1	4	Chris DuVal	Bourbonnais IL	08:13.8
F 35 - 39	21	1 AG	0:33:10.5	25	Marcia J Lonergan	Bourbonnais IL	08:17.6
F 30 - 34	22	2 AG	0:33:28.2	29	Angie Kinstrer	Manteno IL	08:22.0
F 45 - 49	23	1 AG	0:33:34.2	14	Patricia A Horn	Bourbonnais IL	08:23.6
F 45 - 49	24	2 AG	0:33:49.7	26	Pat M Pierce	Bourbonnais IL	08:27.4
F 30 - 34	25	3 AG	0:34:52.4	11	Janet Earley	Bourbonnais IL	08:43.1
M 35 - 39	26	2 AG	0:35:04.5	28	Jeff White	Bourbonnais IL	08:46.1
M 1 - 14	27	1 AG	0:36:29.2	31	Antonio Acevedo	Kankakee IL	09:07.3
F 35 - 39	28	2 AG	0:41:30.5	9	Rasa Weber	Manteno IL	10:22.6
F 50 - 54	29	1 AG	0:41:55.4	27	Bev Smith	Kankakee IL	10:28.8

Mark Your Calendar

Tuesday, June 11th 6 p.m.

KRC Summer Series 5K Fun Run
Small Memorial Park, Kankakee

JUNE B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Amy Baldwin	6/14/86	16
Sara Batkiewicz	6/06/84	18
Erica Batkiewicz	6/06/84	18
Peter Bernsdorf	6/27/68	34
Cheryl Bevis	6/01/65	37
Stan Gremar	6/22/56	46
Jonathan Kershaw	6/20/83	19
Marty Klipp	6/23/76	26
Larry Lane	6/27/48	54
Linda Linn	6/09/54	48
Dan Morse	6/25/59	43
John Pool	6/13/42	60
Robert Pool	6/15/36	66
Heather Steffen	6/12/80	22
Mike Stuka	6/27/61	41
Matt Wilkens	6/24/90	12
Chris Wilkens	6/22/94	8

KRRC OFFICERS

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FAST-N-FIT FOODS BY JANET SHELLY Salsa Fria

1 lg. can plum tomatoes, drained and chopped
 2 green onions, chopped
 1 small can mild green chilies, rinsed and drained
 1 1/2 TBS. red wine vinegar
 1 1/2 TBS. olive oil

parsley, oregano and garlic powder, and seasoned salt to taste

Mix well, chill, serve with tortilla chips.

* I make this mild. The people who like hot sauce put their salsa in a bowl and add hot sauce to taste.

Make this for you next picnic or for Father's Day. It keeps several days covered in the fridge. Be sure to double the recipe if you have more than a few people.

Herscher summer track meets

Herscher High School will sponsor three open track meets this summer on the second Thursday of each month. The dates will be June 13, July 11 and Aug. 8.

The following events will be scheduled (in order of event): shot put, discus, high jump, long jump, pole vault, 800-meter run, hurdles, 100 dash, 1,600 run, 400 run. The emphasis will be on participation and self-improvement, not places. The meets are open to all ages — old and young.

Registration for each meet is between 5:30-6:15 p.m. on the day of the meet. The meet will begin at 6:30 p.m. Entry fee is \$1 per event, with a maximum of \$4 charged. Participants may enter as many events as they wish.

Call Rick Livesey (939-0719), or Brian Noffke (426-6511) for more information.

Finish Line Continued

YMCA Memorial Day 5K Streator, IL

Pat Koerner 18:39 1AG
 Dan Gould 22:10 3AG
 Jeff Lonergan 22:44
 Larry Lane 22:47
 Colin Koerner 25:33
 Marcia Lonergan 26:53
 Pat Pierce 27:41

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 JUNE THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU MAY 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!

June 8, Sat. Lake Mingo Trail Run 7.1 Miles Kennekuk Cove Country Park (217) 469-2134 www.kennekuk.com
June 8, Sat. Fitness Barn 5 Mile Run Portage, IN -Countryside Park 8 am
June 9, Sun. Turkey Festival 5K Tremont, IL 7:30 am (309) 662-4014
June 11, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
June 15, Sat. Munster Rotary Club Run-A-Round 10K & 5K/5K Walk, Munster High School 7:45 am (219) 865-4832
June 15, Sat. Old Canal Days 5K Race & Walk, Lockport Township Park District 8 am (815) 838-1183
June 16, Sun. On The Right Track 5K Run/Walk Mendota YMCA 8 am (815)538-6603
June 16, Sun. Kilbride Classic 5K Run/2Mile Walk Cobb Park, Kankakee, Il 8 am Gerry Kilbride (815) 932-3885
June 20, Thurs. Short Run, Long Day Main Park, Frankfort 7 pm Frankfort Park District (815) 469-9400
June 22, Sat. Community Classic 10K & 5K, Geneva, IL Fox River Bike Trail
June 23, Sun. Running With The Bulls 8K, United Center 9:30 am Registration Deadline June 14 (312) 455-4000
June 30, Sun. Friendship Festival 5K Municipal Center, Bourbonnais 8 am Deb Renville (815) 932-7827
July 4, Thurs. Park to Park 5 Miler Bloomington, IL 7:30 am Ted (309) 452-4703
July 9, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
July 13, Sat. Dog Days 5K Lake Bloomington 6:30 pm Mitch Hobbs (309) 452-7749
July 20, Sat. The Heart of the Matter 5K Run/Walk St. Mary's Hospital, Kankakee, IL 8:00am Patty Kershaw (815)936-3256
July 25, Thurs. Sundowner 5K Joliet Park District Barber & Oberwortmann Horticulture Ctr 7:15 pm (815) 722-1029 Jeff
July 27, Sat. Run for the Bagel 5K and 10K, Mattoon, IL Mattoon YMCA 7:45 am (217) 258-6286 www.mattoonillinois.org
July 28, Sun. Wilmington Catfish Fest 5K, South Island Park, Wilmington, IL 9:00am McGann Assoc. (815) 476-2079
Aug 4, Sun. 4th Annual KCTC Boxtrot 5K/2 Mile Walk 333 S. Schuyler, Bradley, IL 8:00 am (815) 932-4022 Dan
Aug. 10, Sat. Momence Glad Run 5K & 10K Momence High School 8:00a.m. Mike Hickey (815) 472-2253
Aug 11, Sun. Manteno Women's Triathlon Manteno Sportsmen's Club 8 am (503) 617-4644 www.pmevents.com
Aug. 13, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
Aug 24, Sat. Corn Festival 10K, DeKalb, IL 8:30 am (815) 756-6306 Alicia
Sept. 1, Sun. Herscher Hare & Tortoise 5K/2 Mile Walk Herscher, IL 5 pm (815) 939-0719 Rick Livesay
Sept. 15, Sun. Kankakee River 10K Kankakee River State Park 9 am (815) 933-1695 Jeff
Sept. 22, Sun. National Heritage Corridor 25K Channahon, IL 8 am (815) 467-5935 www.psrr.org

THE FINISH LINE

March 17 Shamrock Classic 5K Brandon FL

John Hickey 26.23 1st AG

March 23 FishHawk Ranch 5K Brandon FL

John Hickey 29.22 1st AG

March 30 Easter Beach Run 4M Daytona Beach FL

John Hickey 38.25 5th AG
Erma Hickey 52.53 2nd AG

April 6 Rollason Scholarship Run 5K Immokallee FL

John Hickey 27.28 2nd AG

April 9 Festival of States 5K St. Petersburg FL

John Hickey 27.47 2nd AG

April 21 Vintage Classic 5K Sarasota FL

John Hickey 38.08 5th AG
Erma Hickey 38.29 1st AG

May 11 Race For The Cure 5K Daytona Beach FL

John Hickey 27.52 3rd AG
Erma Hickey 36.19 1st AG

May 12 Y-Me 5K Chicago, IL

Marcia Lonergan 25.45
Pat Pierce 26:28
Gerry Kilbride 31.08

May 26 Mad City Marathon Madison, WI

Diane DesMarteau 4:59.08
Rich Olmstead 1:26.11 (Half-Marathon)

May 4 Lake Run 12K Lake Bloomington, IL

Charlie Grotevant 55:18 2AG

May 4 Indy Mini Half-Marathon

Mike Stluka	1:20.41
David Cagle	1:30.13
Rich Olmstead	1:31.49
Phil Newberry	1:40.37
Randy Riegel	2:05.36
Lorraine Carpita	2:06.29
Diane DesMarteau	2:19

May 11 Meteor May 5K Mokena, IL

Rod Kahl	17:20
Dan Gould	21:46 2AG
Charlie Grotevant	21:37 1AG
Jeff Lonergan	21:58 3AG
Marcia Lonergan	26:00

May 18 El Paso Duck Dash 5K El Paso, IL

Charlie Grotevant 21:37 1AG

May 19 Strawberry Fest Plainfield, IL

Rod Kahl	16:53 PR
Phil Newberry	19:47
Jeff Lonergan	21:50
Marcia Lonergan	25:37
Pat Pierce	26:30
Randy Riegel	26:50

PERRY FARM 4-MILER AND KANKAKEE AREA YMCA AND STREATOR YMCA RESULTS POSTED ON OTHER PAGES IN THIS NEWSLETTER

KANKAKEE AREA YMCA 5K

Race Results BY OVERALL FINISH

AgeGroup	Ovral1	GrpPlace	Time	Bib#	Name	Pace/M1
M 40 - 44	1	1 OA	0:16:51.7	69	Chris Shockley	05:26.4
M 45 - 49	2	2 OA	0:17:04.5	70	Pete Stattery	05:30.5
M 35 - 39	3	3 OA	0:17:09.5	31	Rod E Kahl	05:32.1
M 15 - 19	4	1 AG	0:17:30.1	60	Matt Larson	05:38.7
M 40 - 44	5	1 MST	0:17:55.6	5	Patrick D Koerner	05:47.0
M 45 - 49	6	1 AG	0:18:34.4	40	James L Rattin	05:59.5
M 50 - 54	7	1 AG	0:18:53.0	78	Ken P Klipp	06:05.5
M 35 - 39	8	1 AG	0:19:06.2	65	David W Cagle	06:09.7
M 30 - 34	9	1 AG	0:19:28.1	29	Peter Bernsdorf	06:16.8
M 55 - 59	10	1 AG	0:19:32.2	61	Pete W Mathis	06:18.1
M 35 - 39	11	2 AG	0:19:49.8	63	Jose L Jimenez	06:23.8
M 45 - 49	12	2 AG	0:19:58.0	37	Dan F Weber	06:26.5
M 40 - 44	13	1 AG	0:20:07.8	33	Cinton L Carter	06:29.6
M 50 - 54	14	2 AG	0:20:15.7	58	Rich W Olmstead	06:32.2
M 40 - 44	15	2 AG	0:20:17.7	66	Jay R Homering	06:32.8
M 20 - 24	16	1 AG	0:20:19.7	25	Ryan Miller	06:33.5
M 1 - 14	17	1 AG	0:20:27.5	24	Andrew Ruetticker	06:36.0
M 45 - 49	18	3 AG	0:21:13.8	38	Jeff Martin	06:50.9
M 35 - 39	19	3 AG	0:21:36.1	93	David A Barrett	06:58.1
M 30 - 34	20	2 AG	0:21:37.2	28	David K Herliat	06:58.5
M 55 - 59	21	2 AG	0:21:37.8	49	Daniel W Gould	06:58.6
M 45 - 49	22	4	0:21:40.8	42	Jeff P Lonergan	06:59.6
F 30 - 34	23	1 OA	0:21:46.8	6	Marla J Stycck	07:01.5
M 60 - 99	24	1 AG	0:21:53.0	50	Charlie Grotevant	07:03.5
M 50 - 54	25	3 AG	0:22:07.2	62	Juan Gomez	07:08.1
M 35 - 39	26	4	0:22:11.6	85	Daniel E Hall	07:09.5
M 45 - 49	27	5	0:22:15.4	41	Kurt Huddleston	07:10.8
M 40 - 44	28	3 AG	0:22:18.8	83	John E Brinkman	07:11.9
M 35 - 39	29	5	0:22:21.5	32	John J Bevis	07:12.7
M 60 - 99	30	2 AG	0:22:23.5	51	Robert E Pool	07:13.4
M 40 - 44	31	4	0:22:36.1	68	Doug McMillians	07:17.5
M 55 - 59	32	3 AG	0:22:49.7	46	John F Pool	07:21.8
M 50 - 54	33	4	0:23:01.5	77	Wendell D Provost	07:25.6
M 55 - 59	34	4	0:23:19.7	47	Robert J Maszak	07:31.5
M 35 - 39	35	6	0:23:27.9	30	Benoit Collard	07:34.2
M 20 - 24	36	2 AG	0:23:28.4	67	Casey Holohan	07:34.3
F 30 - 34	37	2 OA	0:23:29.1	92	Shannon Boudreau	07:34.5
M 20 - 24	38	3 AG	0:23:40.3	73	Mike Freitas	07:38.2
M 15 - 19	39	2 AG	0:23:55.9	74	Erik Papineau	07:43.2
M 60 - 99	40	3 AG	0:24:00.2	52	Herman Menzel	07:44.6
M 55 - 59	41	5	0:24:08.4	48	Tom Nordbrock	07:47.2
M 1 - 14	42	2 AG	0:24:29.6	22	Michael J Maszak	07:54.1
M 60 - 99	43	4	0:24:39.1	80	Dick Macknick	07:57.1

Race Results BY OVERALL FINISH

AgeGroup	Ovral1	GrpPlace	Time	Bib#	Name	Pace/M1
M 1 - 14	44	3 AG	0:25:05.8	98	Anthony Grant Jr	08:05.7
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F 35 - 39	46	1 AG	0:25:26.5	75	Jackie Pollock	08:12.4
M 25 - 29	47	1 AG	0:25:44.9	27	Steve Derrico	08:18.4
F 20 - 24	48	1 AG	0:25:50.3	88	Krista A Hickey	08:20.1
M 1 - 14	49	4	0:25:56.9	9	Colin Koerner	08:22.2
F 20 - 24	50	2 AG	0:25:58.3	26	Tracy K Holohan	08:22.7
M 40 - 44	51	5	0:26:14.4	36	Jerry Giacchino	08:27.9
M 45 - 49	52	6	0:26:14.9	39	Joe Giacchino	08:28.0
M 40 - 44	53	6	0:26:15.6	35	Jim Giacchino	08:28.3
F 35 - 39	54	2 AG	0:26:16.4	90	Kirsten Steeves	08:28.5
M 1 - 14	55	5	0:26:19.3	89	Carter Mulvihill	08:29.5
F 35 - 39	56	3 AG	0:26:23.9	10	Marcia J Lonergan	08:30.9
F 15 - 19	57	1 AG	0:26:35.5	94	Lynn Fenema	08:34.7
M 60 - 99	58	5	0:26:54.1	84	James G Barry	08:40.7
M 1 - 14	59	6	0:26:57.5	86	Antonio Acevedo	08:41.8
F 45 - 49	60	1 MST	0:26:59.9	82	Nancy J Ruda	08:42.5
M 45 - 49	61	7	0:27:06.2	91	Hill Love Jr	08:44.6
F 30 - 34	62	1 AG	0:27:07.4	79	Janet Earley	08:45.0
F 15 - 19	63	2 AG	0:27:16.1	3	Peggy R Baldwin	08:47.8
F 45 - 49	64	1 AG	0:27:50.1	14	DeeDee L Baker	08:58.7
F 35 - 39	65	4	0:28:03.8	11	Kate M Batkiewicz	09:03.2
F 15 - 19	66	3 AG	0:28:04.4	87	Sara Batkiewicz	09:03.4
F 15 - 19	67	4	0:28:05.0	4	Erica Batkiewicz	09:03.5
F 50 - 54	68	1 AG	0:28:30.6	18	Lorraine F Carpita	09:11.8
M 60 - 99	69	6	0:28:58.7	53	Larry L Rinkenger	09:20.9
F 1 - 14	70	1 AG	0:29:14.6	2	Jenna Goodrich	09:26.0
F 55 - 59	71	1 AG	0:29:20.1	19	Carol Sue Painter	09:27.8
M 40 - 44	72	7	0:29:48.9	34	Patrick J Baldwin	09:37.1
M 55 - 59	73	6	0:29:55.3	45	Sheldon S Nicol	09:39.1
F 40 - 44	74	1 AG	0:30:18.5	12	Lyndee Peters	09:46.6
F 30 - 34	75	2 AG	0:30:22.9	1	Jill Narrett	09:48.0
F 50 - 54	76	2 AG	0:30:29.0	16	Melinda Sutherland	09:50.0
F 45 - 49	77	2 AG	0:30:38.0	76	Mariame Surprenant	09:52.9
F 35 - 39	78	5	0:30:55.3	57	Lori Blair	09:58.5
F 35 - 39	79	6	0:31:35.8	8	Rasa Weber	10:11.5
M 55 - 59	80	7	0:31:56.2	44	Larry K Bosley	10:18.1
F 35 - 39	81	7	0:31:58.2	59	Michelle L Adamson	10:18.8
F 35 - 39	82	8	0:33:02.8	64	Bernadette Henriott	10:39.6
F 25 - 29	83	1 AG	0:34:03.5	56	Denise M Madley	10:59.2
F 50 - 54	84	5	0:34:12.4	97	Larry L Lane	11:02.1
M 40 - 44	85	2 AG	0:34:17.2	13	Lisa Goodrich	11:03.6
F 55 - 59	86	2 AG	0:35:37.2	20	Eva Menzel	11:29.4
F 50 - 54	87	3 AG	0:36:29.1	17	Jan Derrico	11:46.2
M 1 - 14	88	7	0:38:12.8	23	Jonathan Trudach	12:19.6
F 50 - 54	89	4	0:39:22.9	81	Phyllis G Smothers	12:42.2

Race Results BY OVERALL FINISH

AgeGroup	Ovral1	GrpPlace	Time	Bib#	Name	Pace/M1
F 45 - 49	90	3 AG	0:40:53.3	15	Jan Eckhoff	13:11.4
F 1 - 14	91	2 AG	0:42:36.6	55	Robin Higgins	13:44.7
F 50 - 54	92	5	0:52:14.8	54	Georganne Higgins	16:51.2
M 60 - 99	93	7	1:01:41.4	72	Fred G Scholz	19:54.0