

#### THE PAPER RACE

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



OCT 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 185



# Kankakee River Running Club Newsletter Published Compliments of F. WEBER PRINTING COMPANY

450 N. Locust Manteno, IL 60950 Ph. 815-468-6152 Fax 815-468-6202 E-mail: fweber@daily-journal.com

This year we had 82 participants compete in the **Kankakee River Run** events. There were 50 in the 10K and 30 in the 5K and 2 in the walk. The addition of the 5K run failed to draw the extra runners we had hoped for. However, without it, maybe the numbers would have been even lower. All in all, the races and the post-race events went very well. Everyone who ran seemed to enjoy themselves, even though it was a little humid out on the course. That was really the only negative thing I heard about.

Special "Thanks" to all the volunteers who turned out to help. Many club members showed up to volunteer, which was awesome, since we needed the extra help with the extra race. There were too many volunteers to mention each one, but please know that we appreciate all of your efforts. I think this is the best I've ever seen our course marked and lined with people pointing the way, calling out times and handing out water. Thanks again to all of the helpers and runners who participated.

Also, a big "Thank You" to our sponsors. Chicago Dough Pizza once again provided the participants with plenty of hot, tasty pizza. Chicago Dough Pizza also treated over 20 of the race workers to a free, post-race lunch buffet. Thank you to Glen & Cindy Grant and Mike Raef for all of their hard work and generosity. Also, Thank you to Ron Ruda of the Commonwealth Credit Union and Martin Whalen Office Supplies for their financial donations. The Bourbonnais Jewel donated the cans of pop and Joel Feinberg donated the CLIF BARs, so "Thank you" to them too.

Financially we broke even, so it looks as if the race will survive to see another year. We have discussed an idea with Glen Grant to possibly move the race into town and have it start and finish at Chicago Dough. The course would go down to and along the Kankakee River in Bourbonnais. This could be a change for next year. If anyone has any ideas or suggestions, please feel free to offer them up. We'd like to see the race continue but we need to find a way to increase the numbers. If anyone is interested, we are selling the extra cool-cat (cool-max) running shirts for \$12 each. There is one size small, short sleeve, 6 medium short sleeve, 1 medium long sleeve and 8 x-large long sleeve available to buy. They are very comfortable and are royal blue with the running club logo on the crest and the Chicago Dough logo on the sleeve. Please contact us if you are interested in a cool-cat shirt. Marcia and Jeff Lonergan (815)933-1695

Winter is fast approaching, which means the racing season is slowing down. I will once again be combining the November & December, January & February and the March & April newsletters. If you have anything to submit for these issues, please be sure to get them to me early or please contact me so you won't miss the mailing.

Please mark your calendars for the Saturday after Thanksgiving for the <u>First Annual Turkey Burn 5K</u> and 2 Mile Walk to be held at the Kankakee Boat Club. The race directors are club members Chuck Parsons and Andy Furbee. The race starts at 9am and apps. are included in this newsletter. Be sure to preregister because you know you'll want to come out and burn off all that turkey and pumpkin pie you'll be eating on Thanksgiving Day!

# OCT. B-days

NAME	B-DAY	AGE
David Barrett	10/28/64	39
Jason Batkiewicz	10/04/88	15
Cynthia Bernsdorf	10/25/67	36
Mike Cichon	10/01/53	50
Steve Hartzell	10/22/49	54
Charlene Klipp	10/10/49	54
Bill Linn	10/16/52	51
Brian Noffke	10/10/60	43
Rich Olmstead	10/12/51	52
Todd Peeler	10/21/63	40
Tomiko Radford	10/21/68	35
Alec Mulvihill Steeves	10/10/93	10
Michael Wolfe	10/27/75	28

#### KRRC OFFICERS

President, V.P. Treasurer Chris DuVal (815) 929-1631

Dave Barrett (815)937-4668 Marcia Lonergan (815)933-1695

#### KRRC NEWSLETTER EDITORS

E-MAIL RUN4FUN@DAILY-JOURNAL.COM

Marcia Lonergan Pat Pierce (815)933-1695 (815)937-1484

**ACTIVITIES DIRECTOR** 

John Bevis

(815)935-0470

#### KRRC WEBSITE

WWW.KEYNET.NET/~KRRC

Dave Barrett (815)937-4668

#### **Beef Caserole**

Serves 8

1/2 lb ground beef

1 small onion, chopped

2 large celery stalks, chopped

3 & 1/2 cups fresh tomatoes or canned tomatoes, drained

1 cup frozen peas

2 carrots, diced

1 cup uncooked rice

1 & 1/2 cups water

- 1. In a skillet, brown ground beef and drain off the fat.
- 2. Add the rest of the ingredients. Mix well.
- 3. Cover skillet and cook over medium heat until boiling.
- 4. Reduce heat to low and simmer about 35 mins.

#### **Welcome New Members**

### The Bryant Family Of Bourbonnais

#### 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!

Oct. 12, Sun. The LaSalle Bank Chicago Marathon, 8am, www.chicagomarathon.com

Oct. 18, Sat. Old Plank Trail 5K Run/Walk, 10am, Breidert's Green in Downtown Frankfort (White & Kansas Sts.) Village of Frankfort (815)469-2177

Oct. 18, Sat. IL State Univ Town & Gown 5K Run, 9am, Metcalf School near Hayden Aud. (College & University) 438-5631

Oct. 26, Sun. Allerton Park Trail 5.5 Mile Run & 2 mi. walk, 9am, Allerton Park, Monticello, IL www.active.com Spencer (217)621-9013 Nov. 2. Sun. Utica Canal Connection XXI, 11am

Nov. 29, Sat. Turkey Burn 5K & 2mi. walk, 9am, Kankakee Boat Club, 1100 Cobb Blvd., Chuck Parsons (815) 932-8003

Feb. 1, Sun. Riverside Winterfest 5K Run & Walk, 1pm, Small Mem. Park, Kankakee, IL Charlie (815)949-1551

#### THE FINISH LINE

#### Charlie Grotevant's Results

SEPT. 7 MITSUBISHI 1/2 MARATHON NORMAL, IL 1:43:03 1AG 55+

SEPT 13 TWO RIVERS FESTIVAL, AROMA PARK, IL 2.8 MILES 19:30 1AG 60+

SEPT 14 KANKAKEE RIVER 10K KANKAKEE, IL 45:13 1AG 60+

SEPT 20 HARVEST DAYS 5K DWIGHT, IL 21:12 1AG 60+

SEPT 21 NATIONAL HERITAGE CORRIDOR 25K CHANNAHON. IL 1:59:05 1AG 60-64

SEPT 28 WILD WILD WILDERNESS 7.6 MILE TRAIL RUN DANVILLE, IL 59:41 1AG 60+

#### THE PENGUIN

# **CHRONICLES**

BY JOHN BINGHAM

## Cross-Country Penguin

It started long before it began. The idea was as eloquent as it was simple—and, perhaps, a tad outrageous. Stuff a couple pairs of running shoes and a change of clothes into the saddlebags of a motorcycle and head across the country in search of new roads and new friends.

As with most outrageous ideas, it wasn't long before the notion had transformed itself into a plan. For me at least, good ideas wallow in obscurity in the dark corners of my mind. Outrageous ideas, however, tend to develop a life of their own. Before I knew it,



the saddlebags were packed, the motorcycle was tuned up, and, early last summer, I hit the road.

The plan was to ride from Nashville, Tenn., to Washington, D.C., to Portland, Oreg., to San Diego, Calif., and then back to Tennessee. Eight weeks of visiting with and talking to running clubs. Eight weeks of riding and running and racing. Eight weeks without the tools and trappings of adulthood—no garage-door opener, no microwave, no closet full of clothes and shoes. On a motorcycle, if you can't stuff it, you can't take it.

As the departure date approached and the unthinkable became inevitable, what came into focus was how running has changed my life. This trip, this concession to my chronic wanderlust, was not a journey away from it all, as other trips had been. This trip was different. This was not a trip of soulsearching and introspection. This was a journey of celebration.

The purpose of the journey, if it needed one, was to run new roads and meet new friends. But, actually, most of the people were like old friends. The odd part was that some of these "old friends" were people I'd never met. Yet, time after time, as I described the metamorphosis that running had produced in my life, I found that it was nearly identical to someone else's experience.

At every stop I found people who shared my love of running, my struggle to move past self-imposed limitations and my determination to overcome an earlier life of bad judgment, poor decisions and abject ignorance. I ran with new and veteran runners, and discovered that often there is little difference between us.

At the beginning of the trip, I believed my story was somehow unique. By the end, I knew I was just one of many people—young and old, male and female—who had found themselves through running. By the time the trip was over, a remarkable transition had occurred.

The solitude I expected to feel was replaced by a sense of belonging. Rather than feeling isolated in my odyssey, I was buoyed by the knowledge that others had gone before me and had been successful, and that others were still behind me on the same path.

For 56 days, in 21 states, I was among friends. Even on mornings when I ran by myself, I knew I wasn't really alone. I would spy another runner out on the road, and, immediately, we would have something in common. I would wave and smile, and feel welcomed in return.

Too often we run only in our little world. We have our favorite routes and our favorite races. We might always run alone or, if not alone, with the same group. But the universe of running extends beyond this narrow reach. The universe of running can be as big or as small as we make it.

For your next run, throw your shoes in a bag and head out of town. If you run in the city, drive to the country. If you run in the country, try downtown. Or make a run for the state border. Discover for yourself that you are part of the community of runners. You may find, as I did, truth in the words of country balladeer Robert Earl Keen, Jr.: The road does go on forever, and the party never ends.

Waddle on, friends.

"The Penguin Chronicles" and other fun stuff can be found at www.thepenguin.com.

4/14/03 Kankakee River 10x

Kan	Kankakee Bace Beenlts	NAKEE RIVER 10%	River 10%				3:36.4 3:13.4 3:02.1 3:54.9 3:64.9
AgeGroup	Ovrall	GrpPlace	Time	B. F.	Namo		50 50 o 80
M 40 - 44			0:36:39.3	466	Patrick D Koerner		thers tiangc stead
M 35 · 39	9 2	2 0A	0:39:24.0	514	Jose L Jimenez	. 06:21.3	e Iy Mar Om2 ne
M 20 - 24	4 3	3 0A	0:41:17.3	483	Tyler Dorn	9.68:30	Roge Nick Jame
М 40 - 44	4	1 MST	0:42:59.1	462	Clinton L Carter	X(0.95:90	819 930 980 931 911 911
M 45 · 49 M 55 · 59	9 9	1 AG 1 AG	0:43:06.3 0:43:09.6	509 504	Jay R Homerding Charles Kerley	06:57.1 06:57.7	10.8 25.3 01.0 16.5 ime
M 40 - 44 M 1 - 19 M 50 - 54	7 7 8 8 4 9	1 AG 1 AG 1 AG	0:43:24.8 0:44:39.1 0:45:03.2	489 493 471	Phil Newberry Josh Rogowski Rich W Olmstead	07:00.1 07:12.1 07:16.0	rT 93 :88:0 6 :88:0
M 45 - 49 M 60 - 99	110	2 AG 1 AG	0:45:12.3 0:45:13.7	518 456	Domingo Becerra Charlie Grotevant	07:17.5 07:17.7	De [9qn0] DA I A DA I C C
M 45 · 49	12	3 AG	0:45:18.0	531	Mike R Goodwin	07:18.4	41 42 43 43 43 44 43
F 30 - 34	13	1 0A	0:46:09.4	469	Marla J Styck	07:26.7 R	66 78 79 62 60 dn
M 45 - 49 M 55 - 59	14	4 2 AG	0:46:19.2 0:46:21.8	528 515	Mike C Cichon Juan Gomez	07:28.3 07:28.7	AgeGro F 25 - M 50 - M 50 - M 60 -
M 55 · 59	16	3 AG	0:46:22.9	491	Hank J Gawenda	07:28.9	
35 .		1 AG	0:47:19.0	468	Andy W Furbee	07:37.9	
M 40 - 44	19	4 2 AG	0:47:23.0 0:47:52.8	480 517	Daniel W Gould Daniel R Gerber	07:38.5 07:43.4	
35 .			0:47:55.6	488	Mary K Jones	07-43 B	
M 40 · 44		3 AG	0:47:58.3	206	Jeff S Biggs	07:44.2	
 88	3 8		0:49:19.0	461	Robert E Pool	07:57.3	
M 60 - 99 F 45 - 49		3 AG 3 OA	0:49:40.2	508 474	matt Niebur Jim Harman Theresa C Burgard	08:00.7 08:02.0	
F 1 · 19	56	1 AG	0.40.54 3	757			
45 .			0:49:55.5	467	Lynn rennema Jeff P Lonerdan	08:03.0 08:03.1	
. 40			0:50:27.3	475	Larry Bornhofen	08:08:3	
M 55 · 59	53	٧	0:51:26.4	484	Jack A Dorn	08:17.8	
99		2	0:52:21.2	459 481	Glen Gabryel Toronco E Donoia	08:26.6	
F 45 · 49 F 60 · 99	32	MST	0:52:58.5	454	Patricia A Horn	08:32.7	
3	?		7:60:53:0	496	Sandy Kurtenbach	08:34.4	
H 45 - 49	34		0:53:10.1		Riegel	08:34.5	
 22	36	1 Au	0:53:26.9	472 495	Nancy J Ruda	08:37.2	
M 50 - 54 M 45 - 49	37	AG	0:54:28.0	503			
? ;	3		0:54:30.2	523	Hill Love Jr	08:48.4	
₩ 35 · 39	33	2 AG	0:54:56.2	497	Ken B Knepper	08:51.6	

66 - 09 H

₽6 - 64

F 50 - 54

69 - 99 W

F 40 · 44

66 - 09 H

60

6₽

84

74

97

97

S &G

9A I

L

J AG

9

9/4/03 Kankake River 51

Sheldon S Nicol

Beverly A Smith

Marilyn L Graham

Richard W Manthei

Donna Worth

уппев д гэтьс

**0**9Þ

IS\$

£74

423

533

629

3.81:70:1

2.80:30:I

1:04:20.2

1:03:44.4

9.21:10:1

0.00:10:1

p.13:01

1.04:01

10:22.6

8.52:60

£.02:60

8.91:01

6 coup         Ovrall         GrpPlace         Time         Bib#         Name           6 coup         Ovrall         GrpPlace         Time         Bib#         Name           5 · 39         1         1 OA         0.17:09.5         505         Rod E Kahl           0 · 44         2         2 OA         0.18:48.6         507         Hike Ellerbrock           0 · 44         3         1 OA         0.20:02.3         500         Chris H Walsh           0 · 44         3         1 OA         0.20:02.3         500         Chris H Walsh           0 · 24         3         0 0.20:122.2         500         Chris H Walsh           0 · 24         4         3 OA         0.22:21.6         499         Mendell 10 Provost           1 · 19         8         1 AG         0.22:21.6         499         Mendell 10 Provost           2 · 24         4         3 OA         0.22:30.3         510         Chris Hacknick           1 · 19         8         1 AG         0.22:30.3         52         Oline K Parson           1 · 19         1 AG         0.22:30.3         52         Orac Hacknick           1 · 2         1 AG         0.22:30.3         52         Orac Hacknic	=	<u>=</u> 5	254	101101101101101101101101101101101101101	5			
Ovrall         GrpPlace         Time         Bib#         Name           1         1 0A         0:17:09.5         505         Rod E Kahl           4         3         0.18:48.6         507         Hike Ellerbrock           4         3         0.20:02.3         505         Chris M Walsh           5         1 AG         0:20:13.8         498         Dean R Hartman           6         1 MST         0:22:246.5         524         Zachary Puthoff           9         1 AG         0:22:546.5         524         Zachary Puthoff           10         1 AG         0:22:46.5         524         Zachary Puthoff           11         1 AG         0:22:46.5         524         Zachary Puthoff           12         1 AG         0:22:46.5         524         Zachary Puthoff           13         0:22:46.5         524         Zachary Puthoff           14         2 AG         0:22:46.5         527         Valerie Pop-Brandt           12         1 AG         0:22:48.8         532         Diar K Macknick           13         2 AG         0:22:48.8         532         Diar K Macknick           14         2 AG         0:22:49.3         455	- 1	Ra	ce Resu	its BY OVEF				
5 - 39         1         0A         0:17:09:5         505         Rode Ekahl           0 - 44         3         1 0A         0:18:48:6         507         Hike Ellarbrock           0 - 44         4         3         0:20:02.3         500         Chris M Walsh           0 - 24         4         3 0A         0:20:13.8         498         Dean R Hartman           0 - 24         5         1 AG         0:22:21.6         499         Mendell D Provost           0 - 24         5         1 AG         0:22:21.6         499         Mendell D Provost           0 - 24         5         1 AG         0:22:21.6         499         Mendell D Provost           0 - 24         5         1 AG         0:22:21.6         524         2achary Puthoff           1 - 10         8         1 AG         0:22:30.3         510         Chuck Parsons           0 - 24         1         AG         0:22:30.3         52         Achary Puthoff           1 - 40         1         AG         0:22:40.5         52         Oick Macknick           1 - 54         14         2 AG         0:22:30.3         52         Autern Macknick           1 - 54         14         2 AG	Ğ	dno	Ovrall	GrpPlace	Time	#qi8	Name	Pace/M1
0 - 44         3         1 0A         0:20:02.3         500         Chris M Walsh           0 - 44         4         3 0A         0:20:13.8         498         Dean R Hartman           0 - 24         5         1 AG         0:22:21.6         499         Wendell D Provost           0 - 24         5         1 AG         0:22:21.6         499         Wendell D Provost           1 - 19         8         1 AG         0:22:46.5         524         Zachary Puthoff           0 - 54         9         1 AG         0:22:46.5         524         Zachary Puthoff           0 - 54         1 AG         0:22:58.8         465         Colin P Koerner           0 - 54         1 AG         0:22:46.5         524         Zachary Puthoff           0 - 54         10         0:22:48.8         532         Dale Yearen           0 - 54         10         0:22:30.3         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:22:30.6         525         Dale Yearen           0 - 54         14         2 AG         0:22:30.6         458         Jim Puthoff           0 - 54         14         2 AG         0:22:30.6         456         Andew Horn	35	. 39			0:17:09.5 0:18:48.6	505 507	Rod E Kahl Mike Ellerbrock	05:32.1 06:04.1
0 - 24         4         3 OA         0:20:13.8         498         Dean R Hartman           0 - 24         5         1 AG         0:21:22.2         530         Casey Holohan           0 - 54         6         1 MST         0:22:31.6         499         Wendell D Provost           1 - 19         8         1 AG         0:22:46.5         524         Zachary Puthoff           0 - 54         9         1 AG         0:22:58.8         465         Colin P Koerner           0 - 54         9         1 AG         0:22:58.8         465         Colin P Koerner           0 - 54         9         1 AG         0:23:48.8         532         Dale Yeager           0 - 34         10         1 AG         0:23:48.8         532         Dale Yeager           0 - 34         12         1 AG         0:23:48.8         532         Dale Yeager           0 - 34         12         1 AG         0:25:07.5         525         Dick Macknick           0 - 54         14         2 AG         0:27:32.6         535         Bruce Osran           1 - 54         14         2 AG         0:27:32.6         535         Bruce Macknick           1 - 19         16         3 AG	40					200	Chris M Walsh	06:27.8
0 - 24         5         1 AG         0.21:22.2         530         Casey Holohan           0 - 54         6         1 MST         0.22:46.5         524         Zachary Puthoff           1 - 19         8         1 AG         0.22:46.5         524         Zachary Puthoff           0 - 54         9         1 AG         0.22:58.8         465         Colin P Koerner           0 - 54         9         1 AG         0.22:303.3         510         Chuck Parsons           0 - 54         9         1 AG         0.23:48.8         532         Dale Yeager           0 - 39         11         1 AG         0.23:48.8         532         Dale Yeager           0 - 39         11         1 AG         0.25:10.9         525         Diane Mecknick           0 - 39         11         1 AG         0.25:07.5         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0.22:32.6         535         Bruce Osran           1 - 54         15         3 AG         0.22:32.6         535         Andrew Horn           1 - 19         16         3 AG         0.28:21.4         470         Diane M DesMarteau           1 - 19         1         1 MST </td <td>40</td> <td>-</td> <td></td> <td></td> <td></td> <td>498</td> <td>Dean R Hartman</td> <td>06:31.5</td>	40	-				498	Dean R Hartman	06:31.5
0 - 54         6         1 MST         0:22:31.6         499         Mandell D Provost           5 - 29         7         1 AG         0:22:46.5         524         Zachary Puthoff           1 - 19         8         1 AG         0:22:58.8         465         Colin P Koerner           0 - 54         9         1 AG         0:23:03.3         510         Chuck Parsons           0 - 54         9         1 AG         0:23:09.9         525         Dale Yeager           0 - 99         11         1 AG         0:25:10.9         525         Diack Macknick           0 - 34         12         1 AG         0:25:07.5         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:27:32.6         535         Bruce Osran           1 - 54         14         2 AG         0:27:32.6         535         Andrew Horn           1 - 19         16         3 AG         0:27:49.3         455         Andrew Horn           1 - 19         16         3 AG         0:27:49.3         455         Andrew Horn           1 - 19         16         3 AG         0:27:49.3         455         Andrew Horn           1 - 19         16         3 AG			2		0:21:22.2	530	Cacou Holon	
1 - 19         8         1 AG         0:22:58.8         465         Colin P Koerner           0 - 54         9         1 AG         0:23:03.3         510         Chuck Parsons           0 - 44         10         1 AG         0:23:48.8         532         Dale Yeager           0 - 99         11         1 AG         0:26:00.6         458         Jim Ferris           0 - 34         12         1 AG         0:26:07.5         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:27:32.6         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:27:32.6         527         Valerie Pop-Brandt           1 - 19         16         3 AG         0:28:04.2         512         Lauren Walsh           1 - 19         16         3 AG         0:28:21.4         470         Diane M Deskarteau           1 - 49         17         1 MST         0:28:21.4         470         Diane M Deskarteau           1 - 49         17         1 MST         0:28:21.4         470         Diane M Deskarteau           1 - 49         17         1 MST         0:29:35.3         495         Brittany Issert           1 - 49         2			9		0:22:21.6	499 524	Casey Holonan Wendell D Provost Zachary Puthoff	06:53.6 07:12.8 07:20.8
0 - 54         9         1 AG         0:23:03.3         510         Chuck Parsons           0 - 44         10         1 AG         0:23:48.8         532         Dale Yeager           0 - 99         11         1 AG         0:25:10.9         525         Dick Macknick           0 - 34         12         1 AG         0:26:00.6         458         Jim Ferris           0 - 54         14         2 AG         0:26:00.5         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:27:32.6         535         Bruce Osran           0 - 54         14         2 AG         0:27:32.6         535         Bruce Osran           1 - 19         13         AG         0:27:32.6         535         Bruce Osran           1 - 59         14         2 AG         0:27:32.6         535         Bruce Macknick           1 - 19         16         3 AG         0:28:21.4         470         Diane M DesMarteau           1 - 49         17         1 MST         0:28:21.4         470         Diane M DesMarteau           1 - 49         1 AG         0:29:46.5         476         Partick Jean           1 1 AG         0:30:53.3         494         B			8		0:22:58.8	465	Colin P Koerner	07:24.8
0 · 44         10         1 AG         0:23:48.8         532         Dale Yeager           0 · 99         11         1 AG         0:25:10.9         525         Dick Macknick           0 · 34         12         1 AG         0:26:00.6         458         Jim Ferris           0 · 54         14         2 AG         0:26:07.5         527         Valerie Pop-Brandt           0 · 54         14         2 AG         0:27:32.6         535         Bruce Osran           1 · 54         15         3 AG         0:27:49.3         455         Andrew Horn           1 · 19         16         3 OA         0:28:04.2         512         Lauren Walsh           1 · 19         16         3 OA         0:28:21.4         470         Diane M DesMarteau           1 · 19         17         1 MST         0:29:36.5         476         Patrick J Baldwin           1 · 19         20         2 AG         0:30:00.5         522         Bryce McDade           1 · 19         21         1 AG         0:39:53.3         494         Brittany Issert           1 · 19         21         1 AG         0:33:42.2         463         Brasa Weber           1 · 19         22         1 AG <td>- 05</td> <td></td> <td>6</td> <td></td> <td></td> <td>510</td> <td>Chuck Parsons</td> <td>07:26.2</td>	- 05		6			510	Chuck Parsons	07:26.2
0 · 99   11   1 AG   0.25:10.9   525   Dick Macknick   0.34   12   1 AG   0.26:00.6   458   Jim Ferris   2 0A   0.26:07.5   527   Valerie Pop-Brandt   2 AG   0.27:32.6   535   Bruce Osran   0.27:32.6   535   Bruce Malsh   0.28:04.2   512   Lauren Walsh   0.28:04.2   512   Lauren Walsh   0.28:21.4   470   Diane M Deskarteau   0.28:24   1 AG   0.29:35.3   519   Jim Puthoff   0.29:46.5   476   Patrick J Baldwin   0.29:46.5   476   Patrick J Baldwin   0.39:53.3   494   Brittany Issert   0.33:34.9   521   Ty Smothers   0.33:34.2   463   Sasa Weber   0.33:42.2   492   Judy Kilbride   0.33:42.2   492   Judy Kilbride   0.33:42.2   492   Judy Kilbride   0.35:53.6   526   Eileen Hostert   0.36:53.6   526   Eileen Hostert   0.36:53.6   526   Eileen Hostert   0.36:53.6   526   Eileen Hostert   0.36:53.6   526   Eileen Hostert   0.36:53.7   0.36:54.7   490   Leon J Malone   0.34:28.5   526   Chris L Duval   0.47:17.4   450   Chris			10		0:23:48.8	532	Dale Yeager	07:40.9
0 - 34         12         1 AG         0:26:00.6         45B         Jim Ferris           0 - 54         13         2 AA         0:26:07.5         527         Valerie Pop-Brandt           0 - 54         14         2 AG         0:27:32.6         535         Bruce Osran           0 - 54         15         3 AG         0:27:49.3         455         Andrew Horn           1 - 19         16         3 OA         0:28:04.2         512         Lauren Walsh           1 - 49         17         1 MST         0:28:21.4         470         Diane M DesMarteau           1 - 49         17         1 MST         0:29:36.5         476         Patrick J Baldwin           1 - 49         19         1 AG         0:29:46.5         476         Patrick J Baldwin           1 - 49         19         1 AG         0:30:05.3         494         Brittany Issert           1 - 19         2 AG         0:33:15.6         487         Sylvia Sarver           1 39         2 AG         0:33:15.7         463         Brittany Issert           1 39         2 AG         0:33:42.2         492         Judy Kilbride           2 4         1 AG         0:33:42.2         492         Judy Kilbrid			11		0:25:10.9	525	Dick Macknick	08:07.4
. 54         15         3 AG         0:27:49.3         455         Andrew Horn           . 19         16         3 OA         0:28:04.2         512         Lauren Walsh           . 49         17         1 MST         0:29:35.3         519         Jim Puthoff           . 19         18         1 AG         0:29:36.5         476         Patrick J Baldwin           . 19         20         2 AG         0:30:00.5         522         Bryce McDade           . 19         21         1 AG         0:30:53.3         494         Brittany Issert           . 39         22         1 AG         0:31:53.7         463         Brittany Issert           . 39         22         1 AG         0:33:45.9         521         Ty Smothers           . 39         24         1 AG         0:33:42.2         492         Judy Kilbride           . 34         26         1 AG         0:34:22.6         478         Ann Hendrix           . 54         27         1 AG         0:35:33.6         521         Ty Smothers           . 54         27         1 AG         0:35:33.6         526         Leon J Malone           . 99         28         2 AG         0:35:33.6	30 - 35 - 50 -		12 13 14		0:26:00.6 0:26:07.5 0:27:32.6	458 527 535	Jim Ferris Valerie Pop-Brandt Bruce Osran	08:23.4 08:25.6 08:53.1
1 - 19 16 3 0A 0:28:04.2 512 Lauren Walsh 0:49 17 1 MST 0:28:21.4 470 Diane M DesMarteau 0:59 18 1 AG 0:29:35.3 519 Jim Puthoff 1:49 1 AG 0:29:46.5 476 Patrick J Baldwin 1:9 20 2 AG 0:30:00.5 522 Bryce McDade 1:19 21 1 AG 0:30:53.3 494 Brittany Issert 1:9 22 1 AG 0:33:54.9 521 If Smothers 1:49 24 1 AG 0:33:15.6 487 Sylvia Sarver 1:54 27 1 AG 0:33:42.2 492 Judy Kilbride 1:54 27 1 AG 0:33:42.2 492 Judy Kilbride 1:54 27 1 AG 0:35:53.6 502 Eileen Hostert 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 490 Leon J Malone 1:59 28 2 AG 0:36:54.7 450 Chris L Duval		54	15			455	Andrew Horn	08:58.5
6 - 49 17 1 MST 0:28:21.4 470 Diane M DesMarteau 5.59 18 1 AG 0:29:35.3 519 Jim Puthoff 1 AG 0:29:46.5 476 Patrick J Baldwin 1 AG 0:29:46.5 476 Patrick J Baldwin 1 B 21 1 AG 0:30:53.3 494 Brittany Issert 1 AG 0:31:53.7 463 Rasa Weber 1 AG 0:33:34.9 521 If Smothers 2 AG 0:33:49.9 521 If Smothers 1 AG 0:33:42.2 492 Judy Kilbride 1 AG 0:33:42.2 492 Judy Kilbride 1 AG 0:33:42.2 492 Judy Kilbride 1 AG 0:33:45.7 493 Ann Hendrix 1 AG 0:35:53.6 502 Eileen Hostert 1 AG 0:35:53.6 502 Eil		19	16		0:28:04.2	512	Lauren Walsh	09:03.3
59         18         1 AG         0:29:35.3         519         Jim Puthoff           1-49         19         1 AG         0:29:46.5         476         Patrick J Baldwin           1-19         20         2 AG         0:30:00.5         522         Bryce McDade           1-19         21         1 AG         0:31:53.7         463         Brittany Issert           1-39         22         1 AG         0:33:15.6         487         Sylvia Sarver           1-39         23         2 AG         0:33:49         521         Ty Smothers           1-39         24         1 AG         0:33:42.2         492         Judy Kilbride           1-34         26         1 AG         0:33:42.2         492         Judy Kilbride           1-34         26         1 AG         0:34:22.6         478         Ann Hendrix           1-39         28         2 AG         0:35:53.6         502         Eileen Hostert           1-99         28         2 AG         0:36:54.7         490         Leon J Malone           1-19         29         3 AG         0:42:28.5         526         Zack Smothers	2	49	17		0:28:21.4	470	Diane M DesMarteau	8.80:60
19 20 2 A6 0:30:00.5 522 Bryce McDade 21 1 AG 0:30:53.3 494 Brittany Issert 159 22 1 AG 0:31:53.7 463 Rasa Weber 39 22 1 AG 0:33:15.6 487 Sylvia Sarver 39 24 1 AG 0:33:34.9 521 Iy Smothers 59 25 1 AG 0:33:42.2 492 Judy Kilbride 34 27 1 AG 0:34:22.6 478 Ann Hendrix 54 27 1 AG 0:35:53.6 502 Eileen Hostert 59 2 AG 0:36:54.7 490 Leon J Malone 59 2 AG 0:36:54.7 490 Leon J Malone 59 2 AG 0:36:54.7 490 Leon J Malone 50 3 AG 0:42:28.5 526 Zack Smothers 50 3 AG 0:42:28.5 526 Chris L Duval		59 49	18 19		0:29:35.3 0:29:46.5	519 476	Jim Puthoff Patrick J Baldwin	09:32.7 09:36.3
19 21 1 AG 0:30:53.3 494 Brittany Issert 139 22 1 AG 0:31:53.7 463 Rasa Weber 39 23 2 AG 0:33:15.6 487 Sylvia Sarver 99 25 1 AG 0:33:4.9 521 Ty Smothers 99 25 1 AG 0:33:42.2 492 Judy Kilbride 34 27 1 AG 0:34:22.6 478 Ann Hendrix 54 27 1 AG 0:35:53.6 502 Eileen Hostert 99 28 2 AG 0:36:54.7 490 Leon J Malone 19 29 3 AG 0:42:28.5 526 Zack Smothers 99 30 2 AG 0:47:17.4 450 Chris L DuVal		19	20		0:30:00.5	522	Bryce McDade	09:40 B
39         23         2 AG         0:33:15.6         487         Sylvia Sarver           39         24         1 AG         0:33:34.9         521         Ty Smothers           99         25         1 AG         0:33:42.2         492         Judy Kilbride           34         26         1 AG         0:34:22.6         478         Ann Hendrix           54         27         1 AG         0:35:53.6         502         Eileen Hostert           99         28         2 AG         0:36:54.7         490         Leon J Malone           19         29         3 AG         0:42:28.5         526         Zack Smothers           49         30         2 AG         0:47:17.4         450         Chris L Duval		39	22		0:30:53.3 0:31:53.7	494 463	Brittany Issert Rasa Weber	09:57.8 10:17.3
. 34 26 1 AG 0.34:22.6 478 Ann Hendrix . 54 27 1 AG 0.35:53.6 502 Eileen Hostert . 99 28 2 AG 0.36:54.7 490 Leon J Malone . 19 29 3 AG 0.42:28.5 526 Zack Smothers . 49 30 2 AG 0.47:17.4 450 Chris L DuVal		39 39	23 24 25		0:33:15.6 0:33:34.9 0:33:42.2	487 521 492	Sylvia Sarver Ty Smothers Judy Kilbride	10:43.7 10:50.0 10:52.3
. 54 27 1 AG 0.35:53.6 5.0 Eileen Hostert - 99 28 2 AG 0.36:54.7 490 Leon J Malone - 19 29 3 AG 0.42:28.5 526 Zack Smothers - 49 30 2 AG 0.47:17.4 450 Chris L DuVal		34	56		0:34:22.6	478	انسلما يمه	· :
- 99 28 2 AG 0:36:54.7 490 Leon J Malone - 19 29 3 AG 0:42:28.5 526 Zack Smothers - 49 30 2 AG 0:47:17.4 450 Chris L DuVal	•	54	27		0:35:53.6	505	Ann hendrix Eileen Hostert	11:05.4
· 49 30 2 AG 0:47:17.4 450 Chris L DuVal		99	28		0:36:54.7 0:42:28.5	490 526	Leon J Malone Zack Smothers	11:54.4 13:42.1
		49	30		0:47:17.4	450	Chris L DuVal	15:15.3