



## Winter 1994

### From the Prez Chuck Powers

Well, the November elections didn't bring out too much change. The only change is Grace Lee has agreed to do the newsletter once again. Welcome back, Grace! Somewhat to my disappointment, there weren't many new faces at the November meeting.

Well it's a New Year, which means it's time to look forward and to try to get this club moving once more. I really hope to see more of our members getting involved. There are several events on the horizon which require club participation ... the GW Birthday Marathon Relay and the Club Challenge Race. If you're interested in these events, contact me at x8061.

I recently received my copy of Runner's World magazine for January 1994, which had a couple of good articles which I feel are worth mentioning. The first article is a list of 49 resolutions that runners should make for 1994. Most of these resolutions are very good training advice. The second article is about training for the Mile. I'm presently training for the Mile myself, and highly recommend it if you'll looking for a change of "pace" or want to increase your speed. There's a copy of the Runner's World magazine at the Fitness Lab.

Our newsletter is in great need of writers. If you've run an interesting race or had an interesting experience while running or training, write an article about it. You don't have to be an Olympic coach or athlete to write an article or running. If you have a recipe for a dish that other runners might like (low fat - high carbs), send it in.

Happy New Year, and Happy Trails!

### Race Calendar

February 20	GW B'day Marathon & Relay Chuck Powers (x8061)
February 27	Club Challenge Race (10M) Chuck Powers (x8061)
March 5	"Last Train to Boston" Marathon Brad Roberts (410-638-1091)
March 26	Duckworth 5K 410-964-1998
April 13 (ten.)	GROC 2-mile Fun Run Chuck Powers (x8061)
April 20 (ten.)	GROC 10 Km Run Chuck Powers (x8061)

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**Spring newsletter deadline: March 18**  
If possible, please submit written material in a Mac disk along with a hard copy to Grace Lee, Bldg 11 E208B, or c/o Mike Miller at the Fitness Lab.

## **Tri This On by Ken Label** **Alternative Off-season Training:** **The Slim Slide**

Okay, don't laugh too much! Yeah, you've all seen it on TV. You know, Supermodel Kim Alexis and her hockey-playing husband Ron sliding back and forth like skaters on a slick-surfaced piece of plastic with bumpers. Oh, and don't forget those cute little booties that cover your shoes. Informercials at their finest!

So what's a macho tri-geek like me doing with an informercial toy? Mostly sweating, but even more so, having fun. How I found this thing is a story unto itself. I was down at a gym in Florida finishing my workout when I saw a sign saying that they had a Body Slide (the Planet Reebok acronym) for use by the aerobogymrats. Never being one to shirk trying something new, I decided to check it out.

I should digress: I can't skate (anybody want to buy an almost new pair of in-line skates?). To me standing on skates is hard enough, let alone moving on them. Luckily, I didn't need to know how to skate to try the Slide, albeit I feared I might.

Now back to our story. I slipped these shoe covers on and stepped onto the slick surface. The basic idea is to stand with feet together with one foot up against a bumper, push off with the outside foot, and slide over to the opposing bumper six feet away... Now repeat in the opposite direction. Simple, eh?

Despite feeling a little bit like Tom Cruise sliding across the floor in "Risking Business", it was "kinda cool". Maybe ten minutes later, I was starting to find a reasonable rhythm to the push-slide motion and started warming up to the Slide. Of course, the blue-haired ladies just looked at me like I was weird. But then again, I'm used to that. Besides working on my lungs and working up a reasonable swear, I found the Slide had other benefits.

As opposed to running and biking, the Slide is more of a lateral motion working not only the strength of the quads and glute during the bending portion of the exercise, but on the inner and outer thigh areas during the stretching and sliding portion of the exercise; areas often neglected by runners.

Along that same vein, the Slide is helpful for increasing flexibility (it is a stretching motion) especially in the often troublesome area to runners of the ilial-tibial band as well as for balance. Advanced exercises using arm weights, etc... are only as limited as your imagination.

I was pretty much sold. Fun, aerobic, good for flexibility and balance, and easy to do in front of a TV were my selling points. Being a skating motion, the Slide is good for skiers and skaters as well.

Being rather inexpensive, I decided to buy one. Right off the bat, I'd like to go on record as saying Kim Alexis is one Supermodel that deserves a runner's respect; she is a four or five-time finisher of the New York City Marathon. This lends some credibility to any athletic expertise that she may expound. Not a PhD mind you, but at least a strong athletic background as a runner. Kim is the spokesperson for the Fitnessquest (yes, the same people who make the Thighmaster!) version of the device (Slim Slide - \$29 at Herman's). Talking to the salesperson and having now used both the \$90 Reebok version, there is really little difference in terms of use, so go for the cheaper one.

If you want to try it first, you're welcome to borrow mine. The Slide may not be for everyone, but don't laugh until you've tried it. Who knows, it may lead to a career in informercials!

## **Fitness Lab Changes**

After a brief return of three months, Gincy Stezar has resigned as Fitness Lab Director in order to devote more time to her family. She hopes to land a part time position in the fitness area sometime in the near future. Mike Miller, who worked as a Fitness Lab technician several years ago, is the new Fitness Lab Director. Welcome back, Mike!

## **Attention Woman Runners**

GROC has a copy of a Video and Brochure from RRCA on running safety targeted principally at women. The Video is about 14 minutes long and is entitled, "Women running: run smart. run safe." This tape can be borrowed from the Fitness Lab.

## The 1993 NASA Fitness Challenge Gincy Stezar

1993 marked the third consecutive year of the NASA Fitness Challenge. This program was designed as a cooperative effort between NASA and the President's Council on Physical Fitness and Sports to encourage all NASA employees to make a commitment to fitness through active and regular participation in sports and fitness activities.

Since the civil service population at individual installations across NASA ranges from as few as 200 employees to nearly 3,700, the competition has been divided into two categories. Those installations having less than 2,000 NASA civil servants will be one category and those installations having 2,000 or more employees will comprise the second category. We, of course, fall into Category II which includes Johnson, Kennedy, Marshall, Langley, Lewis, and Headquarters.

With 237 participants submitting training logs (4.8%), Goddard moved from sixth place to third this year. Headquarters, with 11.3% participation, won the competition and Marshall came in second with 8.5% participation. In a recent letter to Headquarters, the President's Council on Physical Fitness and Sports recognized NASA as a continued leader in the health and fitness industry. Goddard employees deserve special recognition for their exceptional contributions which keep the Agency leading the federal government in these programs.

Each year, GSFC dominates the Intercenter Run competition. Now is our chance to show all of NASA that we are competent in many other activities as well. It's easy to participate. Simply document 3.1 hours of fitness and/or sport activity each week over a four-month period. The 1994 Challenge will begin on March 1 and conclude on September 30. Goddard employees will be receiving a brochure explaining the program in greater detail in the near future. Join the Presidential Sports Challenge! All qualifiers receive certificate and a Presidential Sports Challenge coffee mug. If you have questions, please call the Fitness lab staff on ext. 6-6668.

## Editor's Column Grace Lee

For those of you who remember, I served as editor of the GROC Newsletter from August of 1986 to December 1990. During those days of youthful enthusiasm, the GROC Newsletter was a monthly, or very close to one. By December of 1990, however, I was inundated with more commitments that I felt I could manage. So, I happily passed the torch to a seemingly more dynamic successor, Lani Williams.

Three years later, personal situations have changed. Lani is no longer involved with the Goddard Community. GROC president Chuck Powers doesn't want to be both president and newsletter editor. I have retired from my various Cub Scout leadership positions and suddenly found much more "free" time. During my three years absence from GROC, I gained more experience in the business as writer and editor of my boys' Cub Scout pack newsletter. But with that commitment over, returning to GROC became quite appealing. Thus, when Chuck expressed his desires to relinquish one of his jobs, I volunteered to serve as GROC's newsletter editor once more.

The time demands of my family and my other commitments will preclude me from publishing a monthly newsletter. I can only promise a quarterly. And it is with this understanding that I am returning to this position. If anyone thinks that a quarterly is too infrequent, by all means, step forward and take this job.

Although my goals this time around is less ambitious, I still intend to produce a good newsletter. But to accomplish this, I will need all of your help. Writers, poets, cartoonists, contribute to the GROC newsletter!

### GROC Executive Board 1993-1994

President	Chuck Powers	x8061
Vice President	John Sissala	x6551
Treasurer	Edwin Fung	x7374
Secretary	Becky Derro	x8426
Historian	Joan Rattigan	572-8196
Membership Coord.	Jane Jellison	x8563
Race Director	Diane Kolos	x3880
Newsletter Editor	Grace Lee	x5762
Fitness Lab Director	Mike Miller	x6668

## Special Sidelines

### Orienteering

Jane Jellison (x8563)

### Racewalking

Renny Greenstone (513-1610)

### Triathlon

Bob Phillips (344-4911)

### Ultrarunning

Mike McCumber (x4074)

## Fall 1993

### NASA Intercenter Competition

#### Team Scoring by Speed

Place	Score	Team
1	44.00	Team Speedwork
2	76.68	Out to Launch
3	87.58	Speed N Snooze
4	119.40	Flight Dynamics
5	139.19	Pacers
6	172.72	Communicators
7	188.63	The SEIMSS Team
8	207.79	The Power Misers
9	210.88	Tunnelers
10	309.88	Fed Ups
11	450.26	Informaniacs
12	599.91	Hot to Trot
13	688.00	Run CSC
14	756.82	TSDIS and Dat
15	786.37	The Control Freaks

#### Team Scoring by Participation

Place	No.	Team
1	53	The SEIMSS Team
2	32	Speed N Snooze
3	31	Communicators
4	30	Informaniacs
5	24	The Power Misers
6	23	Flight Dynamics
6	23	Out to Launch
8	18	Fed Ups
9	13	Pacers
10	11	Run CSC
11	9	Hot to Trot
12	8	TSDIS and Dat
13	6	The Control Freaks
13	6	Tunnelers
13	6	Team Speedwork
16	5	Red Team Soccer

## 10K Results

1	39:59	John Walker
2	40:16	Robert Plastine
3	40:18	Charles Powers
4	40:36	Steven Tompkins
5	41:00	Fred Shuman
6	41:57	Dale Allen
7	42:16	Greg Elman
8	42:38	Robert Bindschadler
9	43:42	Curtis Johnson
10	45:29	Jacqueline Hoglund
11	46:42	Joseph Fasula
12	47:15	Gregg Bluth
13	47:24	David Orbock
14	48:22	Emil Kirwan
15	48:39	Mike Comberiate
16	49:49	Dennis Morrow
17	49:54	Thomas Knorr
18	50:53	Chuck Sommer
19	51:03	Edwin Fung
20	51:30	George Griffin
21	52:13	Megan Larko
22	52:14	David Quinn
23	52:29	Eldon Hawley
24	52:43	Ian Sprod
25	52:50	Daniel Steinberg
26	52:53	Donald Henderson
27	53:46	Byron Rainer
28	55:51	Russell Harrison
29	56:06	Howard Dew
30	56:08	Jack Koslosky
31	56:09	Daniel Mandl
32	57:28	Lyla Taylor
33	58:05	Ted Michalek
34	58:06	Robert Kilgore
35	79:06	Franz Lengenfelder
36	97:00	Don Wilkalis
36	97:00	Mary Panizari
38	98:00	Bruce Guenther
39	99:00	Jack Arrison
39	99:00	Larry Hull
39	99:00	Mary Shugrue
39	99:00	Barb Vargo
39	99:00	Cecilia Czarnecki
44	105:04	Kimberly Brecker
44	105:04	Connie Kroneman
46	109:19	Anne Larson
46	109:19	Bhavana Singh
47	110:50	Vicky Van Duyl
48	111:36	Jane Jellison

**2-Mile Results**

1	10:53	Rick Bingham	55	13:29	Doug Hanson	113	15:25	Perry Masciana
2	11:13	Mark Nicholson	57	13:30	Christopher Brennan	114	15:26	Steven Chandler
3	11:14	Neal Barthelme	58	13:34	Ray Vanzego	115	15:29	Craig Weikel
4	11:33	John Walker	59	13:37	Richard Weiss	116	15:31	William Forcey
5	11:37	David McComas	60	13:39	David Orbock	117	15:32	Tom Fusting
6	11:38	Eric Nielsen	60	13:39	Bruce Trout	118	15:33	Phil Ardanny
7	11:44	Charles Lofton	62	13:40	David Baker	119	15:34	Michael Mohaliatee
8	11:46	John Gygax	63	13:42	James Jeletic	120	15:35	Richard Seeley
9	11:48	Mark Baugh	64	13:43	Chuck Sommer	121	15:40	Louis Habersham
10	11:49	Thomas Winkert	65	13:44	Gregg Bluth	122	15:43	Tobin Anthony
11	11:50	Steven Tompkins	66	13:47	Charles Divine	123	15:45	Russell Harrison
12	11:53	Mark Woodard	67	13:48	James Corbo	124	15:46	Howard Dew
13	11:55	Anthony Olszewski	68	13:51	Megan Larko	125	15:50	Daniel Steinberg
14	11:56	Ray Lundquist	69	13:55	Mark Beckman	126	15:51	Michael Molinet
15	11:57	Joseph Miko	70	13:56	John Welch	126	15:51	Jim Piero
15	11:57	Lucien Cox	71	13:57	Mark Walther	128	15:52	Jack Bufton
17	11:58	Robert Plastine	72	14:03	Barry Bruce	128	15:52	Maria DiMarzio
18	12:00	Brent Robertson	73	14:05	Fernando Ulloa	130	15:58	Rud Moe
19	12:05	Carlos Cumberbatch	74	14:06	Noel Marrelo	131	15:59	Ed Greville
19	12:05	Rich Morrell	75	14:07	Robert Summa	131	15:59	Mash Nishihama
21	12:10	Jon Valett	75	14:07	Nita Walsh	133	16:02	Luan Luu
22	12:12	Thomas Fornoff	77	14:08	Dennis Morrow	134	16:03	Gregory Robinson
23	12:15	Brian Quindlen	77	14:08	William Mitchell	135	16:04	Christopher Greenwell
24	12:16	Tony Martino	79	14:09	Robert Schweiss	136	16:10	Robert Kilgore
25	12:17	Michael Bur	80	14:12	Maurice Dube	137	16:11	Karen Castell
26	12:26	Milind Kulkarni	81	14:16	Emil Kirwan	138	16:16	Ted Michalek
27	12:29	Robert Bindschadler	82	14:18	Brett Weeks	139	16:20	John White
28	12:33	Fred Shuman	83	14:23	David Quinn	140	16:21	Peter Monti
29	12:42	Dale Allen	84	14:28	Michael Broadaway	141	16:22	Malcolm Posey
30	12:43	Daniel Mandl	85	14:30	Christopher McPhee	142	16:25	Cindy Hunstedde
31	12:46	Kenneth LaBel	86	14:33	Jeff Steele	143	16:26	Keith Parrish
32	12:47	Warren Miller	87	14:34	Jeff Segal	143	16:26	Francesca Verdier
33	12:48	Keith Walyns	88	14:35	Donald Moore	145	16:27	George Davis
34	12:49	Dave Rohrbaugh	89	14:36	Chi Le	146	16:28	Jerome Hengemihle
35	12:56	Lloyd Rawley	90	14:40	Cindy Lecourt	147	16:35	Larisa Bendiuk
36	12:57	Daniel Helfrich	90	14:40	Lawrence Hilliard	148	16:37	James Goebel
37	13:07	Jacqueline Hoglund	92	14:41	John Carrico	149	16:38	Eldon Hawley
38	13:08	Allen Murrell	93	14:44	Darian Spruill	150	16:39	John Quann
39	13:09	Ian Richardson	93	14:44	Antonio Jones	151	16:40	Jack Koslosky
40	13:10	Peter Hughes	95	14:45	Mike Comberiate	152	16:41	Joyce Casey
41	13:12	Stephen Volz	95	14:45	John Bonk	153	16:42	Bill Garay, Jr.
42	13:13	Jose Badillo	97	14:46	Lee Walker	154	16:43	Leon Jones
42	13:13	Adam Kim	98	14:48	Ian Sprod	154	16:43	Barbara Pfarr
44	13:15	Andrew Negri	99	14:51	Bob Hamilton	156	16:44	Omar Quinones
45	13:16	Bob Lutz	100	14:53	Bill Paradis	157	16:45	Robert Chalmers
46	13:18	Scott Rosenfeld	101	14:54	Henry Freudenreich	158	16:46	Juan Gutierrez
47	13:19	Carey Gire	102	14:56	Donald Henderson	158	16:46	Bernie Gonciarz
48	13:20	Joseph Littley	103	15:00	Robert Kearney	160	16:50	Joe King
49	13:21	Ed Kennelly	104	15:06	Daniel Hopf	161	16:51	Ralph Welsh, Jr.
49	13:21	Timothy Wilcox	105	15:07	Art Azarbarzin	162	16:52	Richard Hicks
51	13:22	Ryan Simmons	106	15:09	Rosalie Skrabak	163	16:53	Karen Evans
52	13:23	Frank Birsas	106	15:09	Leslie Bridgett	164	16:54	Robert Rapp
53	13:26	Bob Phillips	108	15:10	Michael Brewer	165	16:55	Barry Dresdner
54	13:27	Robert Urdinola	109	15:13	Harry Trexel	165	16:55	Sharon Crook
55	13:29	Mark Hilliard	110	15:15	Gordon Miller	167	16:56	George Haskell
			111	15:17	George Griffin	168	16:58	David Skillman
			112	15:23	Jamie Harper	169	16:59	Chuck Naegeli

170 17:00 Adam Chornesky	226 18:55 Martin Houghton	284 24:33 Doris Jallice
171 17:01 Ed Powers	228 18:56 Jay Smith	285 24:38 Mohan Ram
172 17:02 Michael Burzynski	229 18:58 Darlene Riddle	286 24:45 Susan Kayser
173 17:08 Stanley Corwin	229 18:58 Nancy Smith	287 24:46 Eric Christian
174 17:14 Judin Sukri	231 19:00 Michael Lynas	288 25:02 Judith Petty
175 17:16 Ahmed Mezaache	232 19:05 Fritz Hasler	288 25:02 Anthony Grillo
176 17:18 Leo Mortimer	233 19:09 Gerald Stark	290 25:13 Ann Jenkins
177 17:19 Therman Gray	234 19:12 Debra Miller	291 25:18 James Ronning
178 17:24 R. L. Williams	235 19:15 Jim O'Donnell	292 25:22 Clyde Waddell
179 17:28 Craig Hoffman	236 19:16 Porfy Beltran	293 25:37 Mary Lockamy-High
180 17:30 Charles Goldberg	237 19:17 Nicholas Shur	294 25:55 Richard Lawrence
180 17:30 Jill Prettyman	238 19:21 Bradford Butts	295 25:56 Kevin Parker
182 17:36 Ed Beach	239 19:22 Maria Spezio	296 26:05 Kenneth Smith
183 17:39 Mark Goldman	239 19:22 Amar Suri	297 26:11 Karen Miller
184 17:40 Thomas Chatfield	241 19:32 Wesley Ellis	298 26:29 Ted Unite
184 17:40 William Hansell	242 19:33 Sara Lentz	298 26:29 Jo Ann Kim
186 17:42 Paul Ficken	243 19:36 Louis Johnson	300 26:30 Patrick McClain
187 17:43 Joey Gurganus	244 19:38 Doug Newlon	301 26:32 Adam Lambros
188 17:44 Richard Lyons	245 19:39 Curtis Emerson	302 26:33 Scott Lambros
188 17:44 David Cottingham	246 19:40 Timothy Belet	302 26:33 Becky Lambros
190 17:45 Diane Dobak	247 19:45 James Mack	304 26:34 George Daelemans III
191 17:47 Monte Zaben	247 19:45 Dennis Romich	305 26:38 Daniel Endres
192 17:49 Lisa Mazzuca	249 19:59 Peter S. P. Hui	305 26:38 John Bogert
193 17:50 Jennifer Bracken	250 20:02 Steven McCloy	307 27:26 Jim Bandy
193 17:50 Robert Nathan	251 20:03 Chris Miller	308 27:43 Barbara Lowrey
195 17:53 Edwin Plater	252 20:11 Karen Moe	309 27:44 Herb Blodget
196 17:57 Hugh O'Donnell	253 20:17 Brian Haywood	310 27:49 Nancy Goodman
196 17:57 Sean Chaney	254 20:24 Stuart Glazer	311 28:15 Judi Geiger
198 17:58 James Spinhorne	255 20:50 Diane Welsh	312 28:16 Victoria Vaccariello
199 17:59 Bill Hibbard	256 20:53 David Sullivan	313 28:17 Ronald Elkins
199 17:59 Ed Burgess	257 20:58 Teresa Larson	314 28:27 Lynne Davidson
201 18:00 Edward Kemper	258 21:09 Robert Wigand	315 28:28 George Harrison
202 18:01 Brendon Clark	259 21:11 David Mangus	316 28:29 Trish Strayer
203 18:07 Elizabeth Forsbacka	260 21:17 Daniel Storch	317 28:30 Chris Silcox
204 18:11 Robert Frederickson	261 21:23 Owen Kardatske	317 28:30 Tom Mendrzycki
205 18:16 Michael Woywod	262 21:28 Lori Martin	319 28:31 Albert Latzko
206 18:19 Rich Slywczak	263 21:33 Gene Traynham	319 28:31 Michael Stork
207 18:20 Kimberly D. Brown	264 21:34 David Jung	321 28:32 Cheryl Lee
208 18:23 Edward Pease III	265 21:41 Darlene Walter	322 28:33 Michele Jacintho
209 18:26 Joan Rattigan	266 21:44 Donald Henry	322 28:33 Lois Takara
210 18:29 Daniel Andrews	266 21:44 Landis Markley	322 28:33 Joan Frank
211 18:30 Ernie Staples	268 21:47 Frank Kirchman	325 28:34 Souha Shami
211 18:30 Jeffrey Jennings	269 21:48 Alan Binstock	326 28:44 Ann Kim
213 18:31 Michael McClellan	270 22:03 John Bristow	326 28:44 Teri Hairell
214 18:35 Deane Charlson	271 22:20 Bob Kudva	328 28:53 Vicki Turner
214 18:35 Peter Acosta	272 22:23 Ralph Mollerick	329 28:54 Barbara Kelser
216 18:36 Paul Lowman	272 22:23 Bruce Savadkin	330 28:56 James Stockton
217 18:37 Tom Page	274 22:24 Karen Latham	331 28:57 Daniela Guglielmi
218 18:43 Mary McKaig	275 22:37 Dory Josephson	332 28:58 Robert Zepp
219 18:44 Jim Byrd	276 22:44 Leroy Scriba	333 29:01 Jennifer Sandoval
220 18:45 Rosalinda Fainchtein	277 22:47 Pamela Brown	334 29:03 Mona Drexler
221 18:49 John Chobany	278 23:16 Daniel Nguyen	335 29:05 Franz Lengenfelder
222 18:50 Charles Thomas	279 23:17 Gerald Dittberner	336 29:08 William Struthers
223 18:52 Elizabeth Citrin	280 23:32 Edwin Vaughan	337 29:09 Haseen Uddin
224 18:53 Edward Ruitberg	281 23:45 Sharon Zehner	338 29:10 Kimberly Higgins
225 18:54 Geoff Swanson	282 23:46 Karen Flynn	339 29:11 Larry Evans
226 18:55 Larry Zeigenfuss	283 24:01 Sanford Hinkal	340 29:12 Dolf Lekebusch

341 29:13 Wanda Peters	398 31:42 Shirley Read	455 34:44 Namrita Kapur
342 29:14 Dorothy A. Hall	398 31:42 Mike Beatley	456 34:55 Heidi Alger
343 29:15 Angela Clayborne	400 31:52 Barbara Johnson	457 34:56 Lettie Buena
344 29:18 Mary Shugrue	401 31:53 Raymond Mazur	458 34:58 Elizabeth Fadika
345 29:19 Antonietta Zepp	402 31:54 Dennis Doubroff	459 35:12 Mary Hunter
346 29:24 Maurice Beazley	403 32:03 Linda Werneth	460 35:13 Christine Estacion
347 29:32 Shefali Dalal	404 32:04 Mary Collins	461 35:17 Marjorie Gustafson
348 29:35 Laurie Via	405 32:05 Dwaine Kronser	462 35:24 Sheila Ritter
349 29:36 John Hurd	406 32:06 Mary Kitterman	463 35:54 Luther Slifer
350 29:39 Chai Jayaraman	407 32:11 Marlon Enciso	464 35:55 Michelle Smith
351 29:55 William Wells	408 32:12 Edward Gaddy	465 36:11 June Phillips
352 29:58 Carolyn Wisenauer	408 32:12 Joel Jermakian	465 36:11 Darlene West
353 29:59 William Browne	410 32:13 Karen Blue	467 36:12 Tammie Johnson
354 30:03 Richard Stegeman	411 32:14 Jorge Reynold	467 36:12 Kathryn Dinsmore
355 30:06 Karen Taylor	411 32:14 Michelle Navarra	469 36:13 Lorna Londot
355 30:06 Linda Stewart	413 32:15 Michael Westbrook	469 36:13 Jo Anne Anthony
357 30:07 Sonya Taylor	413 32:15 Butch Kelley	471 36:14 Steven Sanders
358 30:16 Joan Tarkington	415 32:16 Walter Rook	472 36:15 Joanne Morris
359 30:28 Bhavana Singh	415 32:16 Lou Parkinson	472 36:15 Teri Brooks
360 30:29 Anne Larson	417 32:17 Anita Wellen	474 36:16 Ann Williams
361 30:30 Jim Fate	417 32:17 Patrick Crouse	474 36:16 James A. Bass
362 30:31 Barbara Milner	419 32:18 John Oberright	476 36:17 Cindy Kirchner
362 30:31 Ben Lui	419 32:18 Kamana Mathur	477 36:18 Sandra Camacho
364 30:32 Linda Stegeman	421 32:19 Betsy Earp	477 36:18 Donna Mudd
365 30:33 Tracie McNeilly	422 32:20 Mark Allen	479 36:20 Paula Tallarico
365 30:33 Perry Dalal	422 32:20 Luan Vo	480 36:21 Tina Younoszai
367 30:34 Dom Graziano	424 32:21 Karleen Helton	481 36:22 Frank Appleton
368 30:39 Donna Hollar	424 32:21 Edward Duncan	481 36:22 Karen Skladany
369 30:41 Susan Kaltenbaugh	426 32:22 Nancy LaFontaine	483 36:23 Barbara Fuechsel
370 30:43 John Scialdone	427 32:23 Joyce Gipson	484 36:27 Susan Wirth
371 30:44 Susan Trelease	427 32:23 L. Michele Skinner	485 36:28 Kenneth Sizemore
371 30:44 James Mich	429 32:24 Darryl Hines	486 36:31 Lesley Knox
373 30:45 Carl Taylor	430 32:25 Pat Norton	487 36:32 Elizabeth Mack
373 30:45 Kenneth Davidson	431 32:34 Gail Rohrbach	488 36:34 Smith Tiller
375 30:46 Bob Meck	432 32:35 Laura Moleski	489 36:35 Carl Kellenbenz
375 30:46 Marcia Davidson	433 32:36 Harry Wannemacher	490 36:46 Rich Luquette
377 30:47 Donald Righter	433 32:36 Susan Valett	491 36:47 Richard Deutschmann
378 30:48 John Gauthier	435 32:37 Barbara Scott	492 36:48 Eleanor Ketchum
378 30:48 William E. McGunigal	436 32:38 Joyce Lewis	492 36:48 Julie Deutschmann
380 30:49 Dennis James	436 32:38 Theresa Hendrick	494 36:56 Sharon Garrison
380 30:49 Tony Caporale	438 32:39 Harry Cyphers	494 36:56 Mark Underdown
382 30:50 Nancy Rinker	439 32:42 Michael Armstrong	496 36:58 Rosemary Thorpe
383 30:56 Allen Levine	440 32:49 Jane Silva	497 37:01 Laurie Donnelly
383 30:56 Priscilla Struthers	440 32:49 Ray Beadling	498 37:02 Renata Barski
385 30:57 Elvira Shieh	442 32:50 Nora Das	499 37:13 Marcia Smith
386 30:58 Kit Ruseau	443 32:53 Dale Sansing	500 37:15 Barbara Machtley
387 31:06 Delores Shaut	444 33:04 Rick Harmon	501 37:18 Darlene Mayo
388 31:07 Anne Marie Koslosky	445 33:05 Wendy Shoan	502 38:23 Patsy McIlwain
388 31:07 Betty Pyles	446 33:06 Arthur Bruno	503 38:24 Joan Darden
390 31:11 Doug Rose	447 33:07 Ronald Brandan	504 39:47 Dorothy Pennington
391 31:20 Petar Arsenovic	448 33:35 Evette Brown-Conwell	505 39:48 Niloofar Rasolee
392 31:24 Tracey Taylor	449 33:37 Steve Rosenthal	506 39:49 Tom LaVigna
393 31:27 Dave Rogers	450 33:38 Viet Trinh	506 39:49 Walter Majerowicz
394 31:28 Arthur Hughes	451 33:44 Phyllis Knight	508 39:50 Bob Laurenson
395 31:29 Charles Scaffidi	452 33:45 Shannell Frazier	509 39:51 Doris Fink
396 31:39 Laura Dvornicky	453 33:54 Deborah Derrick	
397 31:41 Greta Newsome	454 34:43 Janet Ormes	

Thomas Winkert  
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