



The GROC Newsletter

A Publication of the Goddard Running and Orienteering Club

Winter 1999

Fall Fun Run Draws 394

A sunny, relatively cool autumn day attracted 394 runners and walkers to the GROC semi-annual 2-Mile Fun Run on October 21. The following emerged as first finishers:

Matthew Seybold	11:07
Gary Duerksen	11:36 (1st master)
Julie Deutschmann	13:18 (1st female)
Cathy Gormley	16:01 (1st master female)

In the 10K the following week, 32 runners and walkers participated in the three 10K events: Walkers 10K, 10K at Buddy Attick Park, and make-up 10K at GSFC. The best time from the three events were:

Matthew Seybold	38:36
Timo Saha	41:01 (1st master)
Meg Larko	50:06 (1st female)
Cathy Gormley	57:29 (1st master female)

See race results beginning on page 7.

Goddard Wins Spring Intercenter 2-Mile Competition

The results are finally in! Goddard leads all NASA centers in the Spring 1998 2-Mile competition, followed by Ames, KSC, Langley, JSC, and JPL. HQ, Lewis, Marshall, and Stennis centers did not submit data.

In the 10K, however, Ames took first place, with Goddard came in second. Others participating centers in order of finish were KSC, Langley, JSC, and JPL. As in the 2-Mile, four centers did not submit scores.

Are you up for a CHALLENGE, a REAL CHALLENGE? Each year Nationwide Insurance sponsors the "HOOD to COAST" relay. This is a 195 mile relay that is run over a 24 hour period, from Timberline Lodge on Mt. Hood to Seaside on the Pacific Coast. We have run this relay before and while being a challenge it was really fun, quite different than anything you have ever run before. How about forming a GROC or Goddard team to compete. Entry deadline is early January. Last year there were 1,000 teams entered with each team consisting of 12 runners. The relay takes place in 1999 on August 27/28. If you're interested, contact Chuck Sommer X-6790 or Rick Bingham X-3749. www.nationwidedirect.com/hoodtocoast/ is the website with the course, picture from last years race, topo of the course, and anything else you could possibly want to know about the race. How about it GROC runners, lets go to the "HOOD to COAST".

Spring 1998 NASA Intercenter Competition Goddard Medalists!

The following members of the Goddard running community placed among the top three in their respective age/gender groups in the Spring 1998 NASA Intercenter Competition:

2-Miles Gold	
Rick Bingham	11:40
Timo Saha	11:43
Peter S. P. Hui	14:52
B. J. King	15:47
Jean Swank	18:28
Mary Forte	17:06

(cont. on p.2)

Fall 1998 Fun Run Volunteers

<u>Volunteer</u>	<u>Job</u>
Allen, Patsy	Select Timer
Allen, Warren	Select Timer
Archer, Benita	Course Marshal
Ayres-Treusdell, Mary	Water Stop
Baca, Tito	1-mi Split Timer
Cox, Lucien	1/2 mi Split Timer
Crannell, Carol Jo	Registration
Culbertson, Barbara	Refreshments
Derro, Becky	Tag Team
Fung, Edwin	Chronomix
Herensperger, Ginny	Refreshment Table
Hunt, Cle	Swing Rope Operator
Isaac, Peggy	Chute Runner
Jallice, Doris	Tag Team
Jameson, Nancy	People Packer
Jellison, Jane	Finish Line Audio, Registration Table
Johnson, Marva	Water Stop
Kirwan, Emil	Chute Set-Up, Clean Up
Kolos, Diane	Finish Line Manager
Lamba, Surjit	Course Marshal
Lopez, Vickie	Course Marshal
Marquart, Jane	Chronomix
Miller, Mike	Registration, Race audio
Moore, Marla	Shuttle Driver
Munoz, Bruno	Chute Set-up, Truck asst.
Nacewicz, Carolyn	People packer
Newcomer, Laurie	People Packer, tag team fill-in
Nielsen, Eric	Course marshal, Finish line
Pearson, Boyd	Refreshments
Poloway, Darrell	People Pusher
Potter, Kent	Refreshment Table
Price, Monica	Refreshments
Reardon, Kathy	Ribbons/People Pusher
Richon, Karen	Volunteer table, Clean Up
Ronning, Jim	Registration Table
Schmitt, Debbie	Water Stop
Sissala, John	Starter
Stoner, Kathy	Course Marshal
Theis, Bob	Water Stop
Townsend, Jackie	Water Stop
Turner, Ellen	People Pusher
Uber, Joanne	Chute manager
VanSant, Tim	Finish Line Video
Wall, Jim	Truck Driver
Wennersten, Miriam	Tag Team
Williams, Yolanda	Course Marshal
Allen, Warren	10K
De Lauter, Joseph	10K
McCullough, Kent	10K
Nacewicz, Carolyn	10K

Thank You, Volunteers!

On behalf of GROC I would like to thank all those who contributed so generously of their time and effort to make the Fun Run a success. It is the help of the "veterans" that we count on to make the races work. We also greatly value the new volunteers who fill keep the volunteer staff going as the vets are lured into participation by watching the finishers have fun! Without the help of these wonderful people we could accomplish nothing; many are not even runners or walkers, just folks who know how to lend a hand where it's needed desperately. Many volunteers even took on additional jobs to ease the strain where we were short-handed. Your help is invaluable to us and, again, we thank you!!

-- Diane Kolos

Goddard Intercenter Medalists

(cont. from p.1)

2-Mile Silver

Jean-Pierre Chamoun	13:06
David Mostofi	11:49
John Walker	11:52
Dave Castro	11:22
Steven Tomkins	11:57
Robert Bindschadler	12:33
Fred Shuman	13:15
Richard Weiss	13:59
David Orbock	15:04
Asabi Banjoko	15:14
Julie Deutchmann	12:59
Suzanne Goldberg	17:19
Claire Parkinson	16:36
Sandra Lynch	28:35

2-Mile Bronze

Bryan Cleveland	13:16
Thomas Homs	12:46
Paul Nelson	11:59
Eric Nielsen	12:28
Emil Kirwan	15:21
Jody Garay	18:23

Goddard men swept the top three places in the 40-44 and over-60 age groups. Goddard male runners also took two of top three spots in the 24-and-under, 25-29, 30-34, and 45-49 age groups. All age groups have at least one Goddard man in the top three. GSFC women placed in two of the top three in the 45-49 and 50-54 age groups. Only times from Goddard civil servants, retirees, coop students on duty, and on-site/ near-site contractors are eligible.

(cont. on p.4)

A Novice Approach: The 23rd Annapolis Ten Mile Run by Kent McCullough

As a novice distance runner, the training warning provided by the Annapolis Striders' guidelines was intriguing - "Due to the weather and to the distance, the Annapolis Run is a challenging race to runners of all skills, particularly novice runners". I decided this would be a good training run for the upcoming Marine Corps Marathon - I'll be a novice at that one, too.

I arrived at the Navy-Marine Corps Stadium at 7:30 am August 30, twenty minutes before start time of 7:50 sharp. I already had my #1597 bib and my "chip". You lace the chip, a small electronic component, to one of your shoes. Your race time begins only as you cross the start line. Electronic flat mats sense your unique chip number at the start and finish. This ChampionChip Timing System reduces jostling and bunching up, and is used in the Boston, L.A., and Disney Marathons. Just before the start, a few of us in the crowd of roughly 3400 were comparing our breakfasts - on a race day I find old fashioned bacon and eggs my best bet. Some racers eat much less than that.

The Marine horn blast started us off. The first 5 miles channeled us down Rowe Blvd., Church Circle, the water front (where I spotted volunteer Ritva Keksi-Kuha), and on through the Naval Academy. One man was disqualified for pulling his shirt off on Naval Academy turf (no shirt, no service!). Water stations were every 2 miles. I stopped at each one to keep hydrated and douse myself to keep cool (75 degrees at start and low 80's near finish, with plenty of August humidity). The trampling and crunch-crunch-crunching of hundreds of discarded plastic water cups could be heard for a hundred yards after each stop! At mile 5, I passed by Dave Mostofi (he was a cheering bystander-and that's the only way I'll ever pass him in a race). Mile 5 also found us going up the Naval Academy Bridge over the Severn River. At the top of this man-made hill we were passed by the top five runners on their return leg with elapsed time of 45 minutes; they were already at mile 8-1/2 and churning out 5:15 miles. Phew! The other side of the bridge took us through shaded country roads and rolling hills. Sliced oranges were a sweet and welcome taste sensation around mile 7. A bonus feature of these neighborhoods, Ferry Farms and Pendennis Mount, were the scattered sprinklers along the route.

I darted through these informal cooling stations and then thought this is a good time for miniature eyeglass wipers. The local folks were spectating in lawn chairs in their front yards. One porch was blaring marching music, providing a parade-in-fast-forward atmosphere.

At mile 8 small Power Gel packets were offered. I've never tasted Power Gel, and I read that eating or drinking unfamiliar foods while racing is risky - you don't know how the body will react. So, some other time for experimenting with Power Gel.

Up and over the bridge for the second time. A cross breeze at the apex cooled my head enough that my forehead was dry, though the rest of me wasn't. At mile 9 one of the older race volunteers was commanding, in a gruff, ex-Marine voice, to "Suck it in! Come on let's move it!" I replied "sir, yes sir!" in my best private-no-class voice.

The finale mile consisted of a hill up, then down, a hard left onto Taylor Ave., and a flat 1/2 mile to the balloon festooned finish. I was feeling strong so I pushed the last 2/3 mile and enjoyed the cheering crowds lining the street. However, the pack surrounding me also picked up the pace so there was very little passing. Within +/- 5 seconds of my time of 1:20:47, 17 runners crossed the electronic timing pads. That put my pace at 8:05 with a 7:35 for the last mile, placing 888 out of 3,353. I traded my chip for a finisher's vest and headed straight for the cold, sweet watermelon (some of the best I've tasted). Then on to the pasta pockets, bagels, bananas, Power Bars, and more water. A small contingent of Goddard runners finished - Julie Deutschmann (1:18:08, 7:49 pace), Tony Martino (1:18:10, same pace), Timo Saha (1:05:44, 6:35 pace) and a few others. The overall fastest male, age 26, crossed at 53:13 (5:20 pace); and the fastest female, age 30, hit the mat at 1:03:03 (6:16 pace).

As a sprinter in my high school days, I consider any course over 220 yards a long distance. Distance running has not come easy for me, yet at the age of 41, I still have time to improve! Would I run the Annapolis 10 Mile Run again? Perhaps - August 29, 1999 is penciled in.

**Keep training during the winter months.
The Spring Fun Run will be here sooner
than you realize!**

Everything You Want to Know About Certified Courses

by Jim Hage (special to the *Washington Post*)

Road construction around the Jefferson Memorial has created minor inconveniences for tourists, major headaches for race directors, and a little overtime from some of running's most invisible supporters to ensure that the races are as long as advertised.

The roadwork has necessitated course changes--and recertification-- of all of the city's biggest races, including last week's MS Half Marathon, the Army Ten-Miler Oct. 11, and the Marine Corps Marathon Oct. 25. Most of the work in D.C., including measurement of the course and paperwork, has fallen to a fourth grade teacher at D.C.'s Lafayette Elementary School and running enthusiast. "I've been hopping lately," said Bob Thurston, 54, one of two U.S. Track and Field course certifiers in this area.

Certification entails two measurements of the course on a calibrated bicycle, with relevant information regarding start and finish lines, plus mile marks, carefully encrypted on an 8 1/2 -by- 11 inch map.

"The process has a certain rigor to it," said fellow cartographer John Sissala, who recertified this year's Cherry Blossom 10 Mile. "Bob is one of the most meticulous course measurers in the country."

Despite the most carefully measured route and exacting course instructions, race directors and course marshals often fail to follow the precepts of the certified map, thus frustrating the purpose of entire process. Just as no marathoner wants to run 26.3 miles, they do not want their times rendered meaningless by a short course either.

At last year's Marine Corps Marathon, Thurston observed the race in progress, to see, in effect, how things went where the soles meet the road.

"One of the Marines misdirected the runners at the 14th mile," Thurston said. "I pointed out that the course actually went the other way. he said, 'Oh, no, sir, it doesn't.'"

"I jumped on my bike, measured how much had been cut, and then added it on near the Pentagon at the end of the race," Thurston said. He finished splicing the extra 80 meters to the course just as the lead runners approached.

"Really, it's a fairly simple procedure to certify a course," Thurston said. "Anyone can do it. You just need to be careful, and follow directions."

And be willing to ride a bike through city streets in the middle of the night, so that hot pavement doesn't affect the bike's calibration, tangents can be properly cut, and the chance of getting run down by a car is slightly reduced.

Only a handful of individuals measure courses in the metropolitan area. Thurston trained Sissala in 1982; together, they now approve all course maps submitted in the District, Maryland and Virginia. Maps are assigned a certification number and filed with the USATF certification coordinator in Columbus, Ohio. Sissala estimated that he and Thurston had re-certified 70 courses this year, many more than usual.

Certified courses are measured to be long by one-tenth of one percent; for a 10K course, that amounts to only 10 meters, or typically less than two seconds. In the event of a world best performance, the course is re-measured before the record is considered legitimate and must be at least as long as it was proclaimed to be.

"I've had four world bests on my courses," Sissala said. "You're always a little nervous when it's being measured." Each time, Thurston's review confirmed the accuracy of the original map.

"Measuring courses suits of [sic] lot of the things I like to do," Thurston said. "Sometimes it's a bit of a challenge to reduce a marathon course to one piece of paper, but it's a good feeling to illustrate something for a practical purpose."

Editor's Note: Mr. Hage is one of the top runners in the Washington area. This article appeared in the September 26, 1998 issue of the *Washington Post*, Section E, Page E10. Reprinted with the permission from Mr. Hage. The headline is the imagination of the editor's.

Goddard Intercenter Medalists

(cont. from p.2)

10K Gold

Steven Tomkins	41:14
Peter S. P. Hui	48:57
Claire Parkinson	55:24

10K Silver

Thomas Winkert	38:37
Robert Bindschadler	44:02
Fred Shuman	42:37
David Orbock	51:52

10K Bronze

David Mostofi	39:56
John Walker	40:33
Dave Castro	39:08
Eric Nielsen	41:45
Julie Deutchmann	43:52

The 1998 Marine Corps Marathon: A Novice's Experience

by Kent McCullough

All summer I had been anticipating running the 1998 Marine Corps Marathon in a cold rain. No such bad luck - October 25th revealed itself to be warm and balmy, with the temperature expected to rise over 70 degrees. Early morning preparations included a hot shower, breakfast, attention to chafing areas (Band-Aides on the nipples), and smoothing wrinkles in my racing socks. Then food, water and knee strap in my running pack. The ChampionChip was laced on, then safety pins inserted through my shoe lace's knots. I left Lanham at 6:20 am and was dropped off at Eastern Market Metro at 6:45. Other marathon competitors (there were 18,300 entrants) boarded the train as I stepped in, and after the next stop no seats were left. We were whisked to the Rosslyn station with no delays, and I followed the crowd to the marathon start/finish area near the Iwo Jima War Memorial. I had arrived an hour ahead of the 8:30 sharp start time, insuring enough time to get oriented, stretch, say 'hi' to friends, and drink water. At 8:15, I squeezed into the starting pack at the 3:45-4:15 predicted finish time division.

The Marine Corps' idea of a starting gun is a 105mm howitzer; off it went at 8:30 as promised. During the 6 minute shuffle up to the starting line, I reflected back on my marathon training (as a novice) since May, when I signed up for this 26.2 mile race. I toyed last year with the idea of running a marathon with Sid Conger, a 67 year old running buddy. That would be his tenth (a nice, rounded number to end his career total) and my first. Sadly, he died in March of cancer, though he had the heart and lungs of a man my age (41). I signed up anyway, determined to carry Sid's memory with me during the marathon. Jim Poland provided me with a training guide which would allow me to "finish a marathon comfortably". That's what I wanted. He offered another training plan which allows you just simply to finish or "survive" a marathon. Uh-uh. I wanted to be in good enough shape to recover quickly, like 3 days instead of 3 weeks, with no injuries. There are two training levels above finishing comfortably - finishing for a time, and finishing for a place. Not enough time or interest to endure that kind of training. So, May and June saw me run 8 miles per week; July, 11 mpw; August, 20 mpw; and September, 27 mpw. I managed seven runs of over 9 miles, including one hot and humid 18 -1/2 miler (August) and a 15-1/2 miler (Sept.).

The long runs are needed to build endurance and condition the body as to what changes to expect, such as fluid requirements, areas that start to chafe, muscle fatigue, joint pain, mental attitude and will power. It boils down to this-you don't really know what 18 miles feels like until you put the body and mind through it. I also trained on hills and cross trained with weights to build overall strength. I practiced eating and drinking while running. I included 5 official local races as part of my training to become race fit-getting comfortable running with a large number of runners, learning where to start in the "pack" and how to pace myself, and learning how to save energy for a kick near the end.

Now... back to the starting line.

My ChampionChip rang true as my right foot hit the electronic sensing mat and the clock was ticking! Mile one's pace was 12 minutes, and mile two wasn't much better - this was the pace of the surrounding crowd. I had hoped for 9 and 10 minute mile paces. I realized my starting position should have been further forward (OK, lesson #1 learned). The water stations, which were every two miles, were crowded and chaotic. I drank water or Ultima Replenisher at each stop, drinking over a half gallon of fluids by mile 5. At mile 5, having circled the Pentagon, I was cheered on by Julie (wife), Meg Larko, and Sid's widow. It was hard to spot me in the pack. At mile 7 (Key Bridge) I ate my first granola bar to pack in more calories as the Fox 5 helicopter hovered above. It wasn't until mile 11 that I spotted more familiar faces - cousin from SC, my brother and nephew, and my step mother. (A month before the race I invited friends and family to cheer me on. Cheering spectators are super for maintaining a good mental attitude!) I stopped, stretched, said hello, and was on my way in 30 seconds. The halfway point of 13.1 miles was at the U.S. Capitol. The ChampionChip rang out at my elapsed time of 2:20, revealing a pace of 10:47 per mile. I then consumed granola bar #2. Miles 14-16 had me pass The Mall, Washington Monument, Reflecting Pool, and the Tidal Basin. I was now lined up for the dreaded Hains Point. This 4-mile stretch is difficult because the body is fatigued, running out of glycogen (stored energy in the liver), and the spectators are few and far between (just when you need them the most) so the will power has to rev up big time. Plus, this year we were squeezed onto the west side of Ohio Rd. down and back, creating a packed-sardine feeling.

Power Gel was handed out, and eaten, at Mile 17. That was it for food. I'd had enough. Now my left knee was giving out. Uh-oh. Still 9 miles to go!

I pull off to the side and whip out my Chopat knee strap, secure it, and stretch. I sometimes get runners' knee, but I had not needed the strap all summer. I brought it with me just in case...and it saved the race. The knee stabilized by mile 19, and though I was in unknown territory-recall that my longest run was 18-1/2 miles-that's the point I knew I would complete the course. I thought of Bernie Greene's marathon description when I passed the 20-mile flag -"It is a 20-mile 'warm-up' followed by a torturous 10K. It's Fred Astaire morphing into John Belushi."

At mile 21 a smiling Meg quietly slipped in beside me (thank goodness-I hadn't seen her for 16 miles!). She provided fresh encouragement and kept my pace steady over the 14th St. Bridge, past the Pentagon, and up to mile 25 where she wished me luck and disappeared amongst the scattered spectators. At mile 26 I hit the hill leading up to the War Memorial (leave it up to the Marines to finish a marathon uphill!). I felt good so I willed my body into a sprint, passed a lot of runners, and thoroughly enjoyed the screaming, clapping crowds lining those last 385 yards! At the finish one marine handed me the finisher's medal and another removed my ChampionChip from my shoe. I had run the second 13.1 miles in 2:06, providing me with a negative split (running the second half faster than the first) and a 9:37 pace. My total time was 4:26 with an average pace of 10:10. But the important point is that I finished. With no injuries. Only one blister under the right big toe. Had my longest training run been 20 miles I could have anticipated the blister (OK, lesson #2 learned). The winner, Weldon Johnson, took the men's title with 2:25. The women's champion, Kimberly Markland, finished in 2:49. She had trained in Texas' heat and humidity and threw in 4 weeks of running above 10,000 feet in Colorado. That's what I call training for a place! A total of 13,248 finished, split between 8,444 men and 4,804 women.

Back to home, sweet home. A long, hot bath and a body massage did wonders for a sore body full of lactic acid.

It was a great race and I am happy with my performance. And I can assure you none of my training was wasted, not to mention what it did for my 2-mile fun run time! I'm a marathoner now, and I've either inspired some of you to train for one or cinched your opinion of no-marathon-no-way-no-how.

Fall 1998 2-Mile Fun Run Team Results

Team Scoring By Speed

Rank	Score	Name	Captain
1	20.32	Like the Wind	Mark Cerniglia
2	122.16	Friends of Sara & Hillary	Sara Haugh
3	165.59	Out of Control	Jennifer Bracken
4	195.37	HST-Focused on the Finish	Dave Castro
5	210.06	The SEIMSS Team	Mark Allen
6	220.85	Out to Launch	Dan Andrews
7	226.26	Batting .500	Sharon Purser
8	431.16	Facility MDs	JoAnn Galluccio
9	471.85	Half Fast	Charles Divine
10	591.80	The Power Misers	Diane Dobak

Team Scoring By Participation

Rank	Number of Finishers	Name
1	51	Friends of Sara & Hillary
2	34	The SEIMSS Team
2	34	Facility MDs
4	22	HST-Focused on the Finish
5	14	Out of Control
5	14	Like the Wind
7	10	Half Fast
8	9	Batting .500
8	9	Out to Launch
10	6	The Power Misers

Editor's Column

Grace Lee

After an eight-month hiatus since taking "early out," I am back serving as GROC newsletter editor once more. I want to take this opportunity to thank Diane Kolos for soliciting and forwarding the information to me. For future issues, contributors may send me the articles directly via e-mail. (No attachments, please!) The address should be good as long as Yahoo offers this service.

GROC Executive Board

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Race Director	Diane Kolos	x3880
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**Fall 1998
2-Mile Fun Run**

1 11:07 Matthew Seybold

2 11:29 Dave Castro

3 11:36 Gary Duerksen

3 11:36 Neal Barthelme

5 11:43 Timo Saha

6 11:48 Paul Nelson

7 11:57 Mark Baugh

8 12:04 Thomas Winkert

9 12:16 Thomas Johnson

10 12:27 Mark Cerniglia

11 12:31 Craig Mayhew

12 12:36 Steven Tompkins

13 12:39 Mark Beckman

14 12:43 John Brett

15 12:44 Kent McCullough

16 12:52 Joseph Miko

17 12:53 Chris Brennan

18 13:03 John Gygas

19 13:04 Sean Lyons

20 13:05 Eric Moyer

21 13:08 Ian Richardson

22 13:14 Dale Allen

23 13:18 Julie Deutschmann

24 13:23 Scott Glubke

24 13:23 Rich Luquette

26 13:25 Mike Kelly

27 13:28 Charles Divine

28 13:29 Tony Martino

29 13:30 Fred Shuman

30 13:34 Mark Hilliard

31 13:36 Jean-Pierre Chamoun

31 13:36 David MacDonell

33 13:41 Daniel Mandl

34 13:42 Richard Weiss

35 13:43 James Corbo

36 13:45 Sean McKeown

37 13:48 Ronald Jones

38 13:49 Venkat Lakshmi

39 13:51 Bryan Cleveland

40 13:52 Elizabeth Douglass

41 13:54 Greg Goucher

42 13:56 Wayne Gustafson

43 13:58 Mark Hubbard

44 14:04 Richard Strafella

45 14:09 Robert Summa

46 14:11 Meg Larko

47 14:12 Paul Fagiolo

48 14:15 Daniel Helfrich

49 14:18 Robert Boyle

50 14:19 Hellmut Scheel

51 14:20 Janine Savage

51 14:20 Gary Brown

53 14:21 Matt Fenske

54 14:22 Mark Jarosz

55 14:26 Neil Becker

56 14:30 Daniel Nielsen

57 14:31 David Cleveland

58 14:33 Todd Spencer

59 14:34 Brian Murphy

60 14:37 Scott Lambros

61 14:39 Jim Ryan

62 14:40 Frank Birsa

63 14:41 Larry Coy

64 14:43 John Sissala

65 14:44 Matthew DeLand

66 14:45 Paul Budnichuk

67 14:48 Thomas Coppis

68 14:49 Ryan Collins

69 14:57 John McCloskey

70 15:00 Will Mast

71 15:03 John Bonk

72 15:05 Jim O'Donnell

73 15:08 Gregory Robinson

74 15:09 Jacqueline Hogle

75 15:13 Bob De Carlo

76 15:15 Emil Kirwan

77 15:17 Peter S. P. Hui

78 15:19 Mark Latzko

79 15:22 Bernie Gonciarz

80 15:23 Jack Hodge

81 15:30 Steve Simmons

82 15:34 Juri Pyun

83 15:38 Frank Bauer

84 15:39 Karl Mueller

85 15:40 Rud Moe

86 15:49 Ryan Hanson

87 15:53 Larry Dell

88 15:55 Nate Wright

88 15:55 Lorraine Breedon

90 15:56 Donald Moore

91 15:57 Jamie Harper

92 15:59 Carolyn Dent

92 15:59 David Foertschbeck

94 16:01 Cathy Gormley

95 16:03 Timothy Wilcox

96 16:04 Phillip Parker

97 16:05 Loc Nguyen

98 16:09 Doug Hanson

99 16:10 Jai Yoo

100 16:13 Ann Haase

101 16:16 Nabil Coptay

102 16:18 Chad Salo

103 16:19 Patricia Perrotto

104 16:21 Daniel Hopf

105 16:22 Richard Rood

106 16:25 Charles Radspinner

107 16:28 Jonathan Waledd

108 16:31 Toks Adebonojo

109 16:32 Tim Schauer

109 16:32 Jeremiah Finnigan

111 16:33 Christopher Johnson

112 16:37 Duane Stokes

113 16:38 Mash Nishihama

114 16:39 Howard Dew

115 16:41 Hillary Shein

116 16:49 Sharon Purser

117 16:50 Lyle Knight

118 16:52 Mike Calabrese

119 16:57 Joanne Santiago

120 16:58 Greg Daelemans

121 16:59 Eric Grob

122 17:00 Bob Phillips

123 17:02 Jeff Bowser

124 17:04 Stephen Andrews

125 17:06 Spencer Swift

126 17:08 Sandra Cover

126 17:08 Dwayne Henderson

126 17:08 Rosalie Daelemans

129 17:12 Mary Forte

130 17:16 Suzanne Goldberg

131 17:17 Tony Salerno

132 17:21 Rex Elliott

133 17:23 John Galloway

134 17:25 Chuck Kropp

135 17:30 Ronald Johnson

136 17:31 Wilfredo Asuncion

137 17:35 Jean Swank

137 17:35 Greg Walker

139 17:36 Frank Castello

140 17:37 Ralph Welsh, Jr.

141 17:38 Lisa Kelly

142 17:39 Peter Gorog

143 17:40 Leigh Anne Giraldi

144 17:41 Robert Messerly

145 17:42 Don Burt

145 17:42 William Falter

147 17:43 Robert Kilgore

148 17:48 David Brown

149 17:52 Carl Lazerow

149 17:52 William Muscovich

149 17:52 John Teter

152 17:58 Daniel Andrews

152 17:58 Diane Dobak

154 18:03 Rich Stolarski

155 18:09 Chuck Sommer

Fall 1998 2-Mile Fun Run
(cont.)

155 18:09 Dick Fisher	205 22:11 Frank Wright, Jr.	259 27:57 Roland Knight
157 18:11 Steve Esmacher	207 22:12 Louis Thomas	260 28:02 James Taylor
158 18:12 Jennifer Perez	208 22:13 Susan Imhoff	261 28:31 Patricia Wilson
159 18:13 Mark Heidenreich	209 22:14 Jay Friedlander	262 28:35 Sanford Hinkal
160 18:16 Anne Douglass	210 22:22 Andrew Gravatt	262 28:35 Otis Brown
161 18:18 Robert Walker	211 22:33 Nigel Ziyad	264 28:52 Peter Lansing
162 18:19 James Smith	212 22:47 Daniel Heffernan	265 28:57 Michael Hartman
163 18:23 Marty Saletta	213 22:52 Grace Lee	266 29:07 Beth Eloshway
164 18:30 James Byrnes	214 22:57 John Garrett	266 29:07 Melissa Eloshway
165 18:32 Jennifer Bracken	215 22:59 Karen Flynn	268 29:09 Tom Snow
166 18:34 Jerry Donegan	216 23:01 Robert Schaefer	269 29:13 Betsy Beyer
167 18:38 Martin Houghton	217 23:04 Russell Werneth	270 29:16 Henry Middleton
168 18:41 Trinh Nguyen	218 23:17 Ratna Sengupta	271 29:25 Lois Aylor
169 18:51 Michael Schroder	219 23:18 Maureen Madden	272 29:30 Steve Liu
170 18:52 Kimberly D. Brown	220 23:21 Krista Hanson	273 29:38 Sat Singhal
171 18:55 John Oberright	221 23:32 Steve Thorpe	274 29:39 Greg Jenkins
172 18:56 Brian Colomb	222 23:38 Eric Christian	275 29:45 Kent Stover
173 19:00 Christina Reed	223 23:42 Gerard Etienne	276 29:46 Lynn Ferris
174 19:04 John Brady	224 23:44 Landis Markley	277 29:57 William Wilson
175 19:07 Michael Shapiro	225 23:54 James Mentall	278 30:03 JoAnn Clark
175 19:07 Holly Offerman	226 24:03 Joseph Wells	279 30:04 Carl Taylor
175 19:07 William McKenzie	227 24:07 William Pence	280 30:11 William Mitchell
178 19:10 Al Diaz	227 24:07 Alex Wang	280 30:11 Henry Moeller
179 19:11 Sarah Benedict	229 24:11 Trevor Hanson	282 30:14 Alex Montoya
180 19:19 James Burris	229 24:11 Jan Hanson	283 30:19 Jody Garay
181 19:23 Leora Greene	231 24:42 Jason Garris	284 30:25 Laurie Rollins
182 19:25 Cindy Cacace	232 24:45 Theresa West	285 30:27 Joyce Anderson
183 19:26 Charles Tharpe	233 25:01 Mike Heyden	285 30:27 Andrew Hovanec
184 19:27 Marlon Enciso	234 25:30 Jeane Ryan	287 30:28 Lisa Peckham
185 19:28 Patricia Gravatt	235 25:31 Vanda Lorungrochana	288 31:07 Terri Brooks
186 19:29 Jianfu Pan	236 25:39 Carol Jo Crannell	288 31:07 Kimberly Higgins
187 19:31 Barbara Pfarr	237 25:41 Rosalinda de Fainchtein	290 31:11 Gerald Windley
188 19:35 John Ramsey	238 25:46 Brad Proffitt	291 31:12 Katurah Glover
188 19:35 Kristen Ramsey	239 26:05 John Bauernschub	292 31:13 Charlene Binley
190 20:14 Thomas Bacon	239 26:05 Eugene Grunby	293 31:14 Shelly Harper
191 20:20 Heather Carroll	239 26:05 Deloris Lovett	294 31:15 Kelly Sloskey
192 20:21 Mark Allen	242 26:08 Randy Dillon	295 31:16 Steve Husk
193 20:27 Steve Soroka	243 26:09 Jean Plitt	296 31:21 David Jung
194 20:30 David Baukman	244 26:13 Edward Gaddy	297 31:22 James Fischer
195 20:42 Mark Goldman	245 26:15 Brenton Miller	298 31:27 Vicky van Duyl
196 20:47 Jonathan Goldstein	246 26:51 John Gauthier	298 31:27 Christine Mineo
197 20:50 Thad Groghan	247 27:05 Ann Wagner	298 31:27 Tony Cruz
198 21:05 Dewayne Gaines	248 27:18 Gina Ziyad	298 31:27 Jack Leabee
199 21:25 Bill Booth	249 27:22 David King	302 31:28 Tony Caporale
200 21:27 Xiaoping Jiang	250 27:23 Wayne Crews	303 31:29 Wendy Cain-Travis
201 21:34 Porfy Beltran	251 27:24 Sherri Tearman	304 31:30 Allison Sirard
202 21:37 Leo Salazar	252 27:25 Aisha Anwar	305 31:32 Dawn Leaf
203 21:54 Hugh O'Donnell	253 27:28 Lynn Chandler	306 31:33 Kathy Smith
204 21:58 Anthony Grillo	254 27:34 Elaine Hareld	307 31:44 Toni Zepp
205 22:11 Jim Mack	255 27:37 Laurie Via	307 31:44 Robert Zepp
	255 27:37 Ray Rubilotta	307 31:44 Cynthia Spivey
	257 27:52 Rachel Cutler	310 31:46 David Mangus
	258 27:54 Harold Hallock	310 31:46 Otilialyn Rodriguez

Fall 1998 2-Mile Fun Run
(cont.)

312 31:49 JoAnn Galluccio
313 31:52 Mary Troup
313 31:52 Diane Hagerty
315 31:58 Diane Thomas
316 31:59 Anita Wellen
317 32:02 Paul Loyd
318 32:27 Sara Haugh
319 32:28 Linda Collins
320 32:29 James Pawloski
321 32:56 Edwin Bell
321 32:56 David Williams
323 33:17 Andrea Armstead
324 33:23 Linda Hirshman
324 33:23 Tammy Smith
324 33:23 Donald Jamison
327 33:24 Mike Neal
328 33:25 Lena Braatz
329 33:26 Kathy Wilson
329 33:26 Pedro Colon
331 33:27 Kim Toufectis
332 33:39 Walter Rook
332 33:39 Richard Waters
332 33:39 Kevin Dudley
335 33:40 E. Jean Walters
336 33:57 Kathy Nieman
337 33:58 John Lawrence
338 33:59 Karen Washington
338 33:59 Betty Queen
338 33:59 James Barbour
341 34:00 Kimberly Eloshway
341 34:00 Andy Eloshway
343 34:02 David Carson
344 34:12 Matt Voorhees
345 34:17 Mark Neuberger
346 34:34 Emma Gregory
346 34:34 Teri Gregory
348 34:37 Daniel Nguyen
349 34:38 Nancy Ohlson
350 34:41 Melvin Hood
351 34:44 Stacy Jarboe
351 34:44 Dennis Enriquez
353 35:05 Mary Pat Hrybyk-Keith
354 35:06 Debbi McLean
354 35:06 Katy Gammage
356 35:08 Rosalie Jones
356 35:08 Stacey Pilson
358 35:14 Rose Wood
359 35:36 Barbara Tomardy
360 35:38 Kathi Thomas
360 35:38 Betty Morris

362 35:39 Ronald Kiefer
363 35:51 David Ward
363 35:51 Debbie Henretty
363 35:51 Victoria Buckland
366 35:52 Rebecca Wiser
367 35:53 Stanley Washington
368 35:54 Bigyani Das
369 35:55 Ellen Salmon
370 35:56 Susan Kaltenbaugh
371 36:32 Bob Laurenson
372 36:33 Michael Liptak
373 36:34 Norman Rioux
374 36:36 Margaret Rosa
375 37:03 Mary Ann Hall
375 37:03 Keene Hall
377 37:28 Milton Slade
377 37:28 Patricia Lightfoot
379 37:43 Barbara Sally
379 37:43 Deanna Trask
381 37:49 Randy Frisch
382 37:51 James O'Leary
383 39:02 Joseph Rivera
383 39:02 Scott Applebee
385 39:32 Cathy Spaur
386 39:39 Kristen Neuberger
386 39:39 David Buckingham
388 39:54 Lori Moore
389 39:55 Diedra Williams
390 40:33 Regina Cody
391 40:35 John Garner
392 41:28 Jacqueline Jenkins
393 41:30 Rona Galica
394 47:00 Shelia Jackson

Fall 1998
10K Results

1 **38:36 Matthew Seybold**
2 **41:01 Timo Saha**
3 41:46 Mark Baugh
4 42:27 Thomas Winkert
5 42:57 Steven Tompkins
6 44:06 Dale Allen
7 44:37 Chris Brennan
8 44:55 Eric Moyer
9 46:01 Neal Barthelme
10 47:17 Ken Stewart
11 47:19 Charles Divine
12 48:50 Sean Lyons
13 49:14 Daniel Helfrich
14 **50:06 Meg Larko**
15 50:41 Matthew DeLand
16 51:12 Larry Coy
17 51:33 Karl Mueller
18 52:32 John Sissala
19 54:00 Manuel Quijada
20 55:59 Gregory Robinson
21 **57:29 Cathy Gormley**
22 59:12 Sandra Cover
23 60:17 Mary Jean Grillo
24 60:44 Diane Dobak
25 62:09 John Ramsey
26 62:30 Suzanne Goldberg
27 62:47 Hillary Shein
28 62:48 Phillip Parker
29 64:08 Mark Allen
30 64:10 Robert Kilgore
31 64:28 Jeff Bowser
32 105:04 Dennis Lee

Thomas Winkert
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