

# The GROC Newsletter

## A Publication of the Goddard Running & Orienteering Club

November/December 1990

### Editor's Farewell Grace Lee

During a club meeting around June 1986, I suggested that we should revitalize the club newsletter, dormant for more than half a year since editor & GROC's premier female runner Barbie Bedford left for Florida. I then volunteered to serve as acting editor in addition to my duties as Vice-President. Little did I know that the "acting" became "permanent" and that I would toil for our publication for more than four years before a successor emerges. We were quite prolific during these years: three issues were published in 1986, eleven in '87, nine in '88 & '89, and six this year. We even had an official cartoonist at one time! The decrease in frequency recently is directly related to insufficient membership input during the past year or so and to my increased involvement in my children's activities which were becoming the most important aspects of my "extracurricular" priorties. By this year, I no longer had the desire to "nag" fellow GROC members for contributions, or write the entire newsletter, or devote the time to act upon the improvements I envisioned for our publication... It is time to have new volunteers with fresh ideas.

So, I conclude my tenure as GROC Newsletter with this issue. With mix feelings but with fond memories, I pass the torch to our new editor, an outstanding writer and runner, Lani Williams.

I want to thank <u>all</u> who have contributed to our success during the past four and a half years, especially Lani Williams, Ken Brown, Jane Jellison, Joan Rattigan, Gincy Stezar, Mark Wilhelm, and John Croft. Many thanks also go to those less frequent but nevertheless valuable contributors, especially Bob Phillips, Herb Boldget, Hilary Cane, Jean Swank and Ed Boggess, whose inspirational and informative articles made my effort worthwhile.

Rekindle your enthusiasm once more and support your new editor. Your newsletter needs your input to survive and to thrive.

Good Luck, Lani!

GMG

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#### Incoming Editor's Message Lani Wiliams

After more than four years, Grace Lee has decided to hand on the quill. With the next issue, our Newsletter will depend upon a neophyte editor.

Grace seems pleased to focus on her other activities, including her sons' Cub Scout Pack newsletter. I am more than pleased to hop into Grace's trainers and give this a try. If I manage to fill her Nikes, it will be because of her advice and your kind contributions.

In her first-time comments, many an editor will reveal inovative new plans, grandiose dreams and high ideals. Not I.

How about supporing your (new) local editor by pounding out a few ideas and passing them along? I'm easy to communicate with electronically, by phone or post office. WIth my off-site office, it's a bit harder to trip over me at noon. Still, I'll accept material in MacIntosh or IBM PC format as well as through GSFCMail, SSFPMail and on oldfashioned paper (See box.)

Now, what kind of material should you send? Let your imagination run. Maybe:

• a new training program, and how you like (or dislike) it

• a cartoon

• a conversation with your candidate for "sportsperson of the universe"

• an odd place to bike, orienteer, run or swim

• a photo of note

• the case for roller blades

• a hilarious, or exciting, or inspirational, or difficult event

a joke

• something one of our fellow Goddard athletes has accomplished

• questions about pain and training

- suggestions for club activities or actions
- a trip

• a crossword puzzle with all that inside jargon

With more than 400 of us, we're not exactly a casual group of friends. Neither are we a big, clockwork-like racing organization. You probably know something that should be said. Send it along: with a collection of snippets, we can have a down-home current events column. If your piece needs a little polishing, no sweat. Just send it.

How long should it be? A page or less is a good rule of thumb. Terse is nice.

How to reach the GROC Newsletter:

Phone:	(301) 498-8200work (301) 881-0133home
Address:	ATR 14900 Sweitzer Lane Laurel, MD 20707
or	5911 Barbados Place #201 Rockville, MD 20852
Email	GSFCMail: LANIWILLIAMS (please note that LWilliams is someone else)
	SSFPMail: Lani Williams @ TM4 (local to Goddard-ites)

Send: MacIntosh or PC and most common work processing packages or ASCII files. If in doubt, call. I'll help figure it out.

> NEXT GROC MEETING: JANUARY 10, 1991 11:30 a.m. Building 22, Room 271

## Out of the Past: Update on Tim Minor Herb Blogett

Tim Minor, one of GROC's premier runners of the early 80's, is now running (and working) out of Reno, Nevada. For those who may be too young to remember, Tim set our 2-mile Fun Run record of 9:30, which has been seriously challenged in recent years but still unsurpassed. Tim also ran anchor for the "famous" GROC team that finished first in the 1984 regional Xerox meet, and made a good showing in the national final. In 1983, Tim ran the New York marathon with the ambition of qualifying for the 1984 Olympic trials. Although the race that year was marred by rain and cold, Tim finished in the top 100. His time was only a few minutes off the qualifying time.

In 1984, the Minors grasped the opportunity to return to Calfornia, their home state; they settled down in Ventura, and Tim started work at the Naval Engineering Laboratory. Between eratic accomplishments in the California runners' world, Tim was plagued by a series of leg injuries and virtually dropped the sport. The lay-off turned out to be just what the doctor ordered. As the physical problems were resolving, Tim and wife Janice became the proud parents of a beautiful baby daughter. Although less that 1-1/2 years old, little Emily already shows clear signs of continuing the family's running tradition.

In mid-1989, Tim decided to leave the government and return to private industry. His new employer, SMC Gold Company, relocated the Minors to Reno where Tim applies his remote sensing exploration skills developed at Goddard. The environment in the pine-covered mountains between Reno (5000 ft.) and Lake Tahoe is great for conditioning and Tim is running faster than ever. Beyond this general statement, Tim is still the extremely modest guy he has always been, one who would rather do a 20-mile run than talk about the last race... but after constant nagging he opened up about his recent times.

In mid-October, he ran the half-marathon in Eureka, CA in 106:59, a PR. The Minors' favorite race is the annual 10K in Monterey, their home town. This year Tim won it for the 4th time in 31:22 (his PR is 30:22) and Janice came in third. The Half-Marathon, along with a 20K, a 15K and a 10K cross country earned Tim 14th place in the Pacific Association TAC rankings. Tim also noted that Janice had entered 2 triathlons this past summer: Mammoth Lake, CA and Pyramid Lake, NV, and finished third overall in both!

In 1989 Tim did the California International Marathon in Sacramemto in 2:21. He will attempt to run this race again next year to qualify for the Olympics Trials.

Tim reminisces frequently on his great years at Goddard and his friends here. As we talked about the fall runs, Tim mused that he would have liked to have been with us again. I've since thought of a dream Goddard 2-miler in which Tim challenged the great capabilities of Mark Baugh and Ed Boggess! I'm sure our present record would be significantly bettered by each of them.

Tim sends his best to all and would welcome seeing any old friends passing through Reno.

### Seniors Win Medals, Ribbons at Maryland Senior Olympics Tom Page

Five seniors (i.e. 55 & over) from GSFC competed in the 11th Annual Maryland Senior Olympics at Towson State University in October.

This year 1365 athletes from the state participated. The primary purpose of the event is to promote physical fitness among the experienced by providing a forum for senior competitors.

Winners of gold, silver, and bronze medals qualify to compete in the 1991 U.S. National Senior Olympics to be held in Syracuse, NY in June, 1991.

GSFC (including retirees) participants in the 1990 Maryland Senior Olympics were:

Peter Hui	1500m Race/Walk	Silver
George Griffin	10K	Bronze
Tom Page	100m	4th
Tom Page	200m	Bronze
Tom Page	400m	Bronze
George Smith	Softball	Gold
Joe Bourne	5K	5th
Joe Bourne	1500m	5th

#### A Biker's Guide to the Universe Ken Brown

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Several runners sat eating breakfast after a steamy summer morning run and one ignoring the topic of conversation at the table dreamily murmured, "Think I'll bike Vermont in September." Another paused while gulping down a bite of bagel and in a clinical voice said "I'll go with." That was the beginning of a 5-day trip by twelve people through New England's old villages and green hills.

The twelve could easily be drawn from random in the Washington phone directory. Richard Strafella and Henry Cyphers were scientists on an astronomy space program, Bob Bindschadler was a glacierologist, Lani Williams a computer programmer, Ken Brown was an engineer turned physicist's helper, and Richie Weiss was a manager. Others were Mike DeSanto, a lobbyist, Renee Reiner, a women's rights association specialist, Sandy Weiss, a software program manager and Richie's wife, Loreen Kapin, a lawyer, Nysa Williams, a student and also Lani's daughter, and Allan Brecher, an orthopedic surgeon. If anything, the common bond of this group was sweat. For the most part these people were GROC or MCRRC runners or walkers.

On Sept 11 the group converged at Grafton in the southeastern part of Vermont. The tiny village inn they spent the night at had the distinction of operating continuously since 1801. During those 190 years it steadily fed and bed the wealthy, famous, artistic, powerful, and the occasional traveler and tourist. And in all that time only ten or twelve innkeepers have tread its stairs directing the way to tiny bedrooms furnished with antiques (One of the biking group stayed in the same bed that President Grant slept in.) When the group assembled in the candlelit dining room it didn't take much imagination to feel past conversations of Kipling, Firestone, Edison, Ford, or Coolidge. After dinner the bikers assembled in the carriage house bar to listen to a lute concert. Maps were unfolded and the first days plans were discussed. Colored markers traced the roads to be taken the next morning. A run was planned for the following morning.

Breakfast was consumed in a glass wing of the inn. Flowers were everywhere, even on the plates. Some looked so good that several disappeared from the plate of one of the runners stoking up for the ride after breakfast. In the parking lot behind the inn, luggage, bikes, food, drinks, tools, bike helmets, wet running clothes and people kept appearing. A 15-passenger van rented to hold the collected belongings and lunches looked cavernous with its three large doors open and the rear seats removed. By the time the doors were closed every cubic inch was filled. The van would be driven to a designated village green for lunch. After lunch, driven by another biker in the group, it would follow the bikers to the next inn where they would eat dinner and spend the night, a cycle that was to last the five days.

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After a tour of the local museum groups of riders headed off along the first leg, a distance of eight miles, to the sounds of birds and smells of farm meadows. A left turn onto the road to Chester at the only intersection in town brought them face to face with the first hill. At first there was a steep rise. A very steep rise. This prompted images of five days of uphill peddling. And conversation among the people just beginning to know each other that showed optimism and enthusiasm: "Are we there yet?" and "wait'll we get to the hills!" "Who planned this trip, the Marquis de Sade?" "I'm telling you this is not a hill. This is a rise." "It's a hill." "Ngh-ugh, you can see the top of a rise but can't see the top of a hill, it's a rise." "Let me know when we get a hill, I'll drive the van."

Chester was typical of scenic Vermont villages. It had a sunny green where the van driver and the early arrival bikers set out the picnic lunch. There was a general store and shops located either in the short block of storefronts, or houses and carriage houses surrounding the green. Chester's Victorian and Greek revival wood structures were typically well cared for. A huge Victorian hotel, called the Inn at Long Last dominates the village. The large school house across from it serves as a museum and art gallery.

Several of the bikers struck out on an alternate route to the next stopping point, the inn in Weathersfield. The long route, about ten miles further, went across covered bridges and along forgotten stone fences on dirt roads. Arriving at the inn, each biker got a tour of the sauna and activities room, the tea room, ending at his or her bedroom with a reminder to join in the high tea at five. The Weathersfield gave one the feel being at someone's home, even down to the unlocked doors in the bedrooms.

(cont. on p.5)

#### (Biker's Guide, cont. from p.4)

The day's journey was just long enough to make the sauna feel good after an icy swim in the nearby lake or the pond at the inn. At 5:00 high tea was served in a silver service by a continental waiter in livery. A side board held hot and cold appetizers, cheese, jellies and baked breads in silver servers and bone china. It was fitting that the group toast the day's experience with a champagne.

Dinner was eaten by candlelight while the innkeeper sang and played the piano. The next morning after a huge buffet breakfast of cereal, eggs, pancakes, bacon, fries, and oatmeal, the crew assembled their gear at the van. While loading up some attended an extemporaneous poetry reading by the gardener standing amidst the flowers and shrubs lit by the bright sun filtering through the tall trees and crisp air. The gardener selected a fitting subject matter, nature described by Frost.

By twos and threes the bikers headed for the picnic lunch in a village which could only be described as tiny. Five store fronts and about seven houses. But like the poetry and lute surprises, one was a bakery and the words Opera House were still visable on the side of another. The afternoon ride went through a ski-town assembled from chain grocery stores, hotels and inns, and trendy shops. One biker found another bakery and began the data collection for a comparison to find the true Vermont oatmeal cookie. The biking changed from following the curves alongside brooks straight stretches between a chain of lakes. Many of the over 12000 bikers who tour Vermont every year were also on this stretch of roadway. The end of the days run found the group at a sturdy turn of the century inn set among beds of flowers below several mountains. After playing in the pool and soaking in the hot tub everyone hopped into the van for a tour of Coolidge's farm in Plymouth where he was sworn in as president. The tourists bought cheese, (what else?) from the factory run by Cal's 70 year old son and saw the plain house he returned to after leaving Washington.

The next morning was the hill ride. Some did the hill walk. The hill had an up side and a down side, the up side being over a mile and the down side about six. At 20 to 30 mph. A cool wind chilled the perspiring bikers when the hills blocked the morning sun. The road ended at a major road along a stream. A general store complete with cigar store Indian stood at the intersection. The beauty of the trip was the independant nature of the businesses like that store which back home would be replaced by a 7/11. By coincidence, one of the bikers recognized a biker from DC who had also stopped to commune with the Indian.

The lunch stop was in Woodstock. This is one of the most picturesque villages in New England. A Rockefeller foundation museum and nature society sponsored raptor center are close by. Large well kept brick houses about two hundred years old surrounded the village common. Down the block were tiny shops, some tucked away in the cellars, others fronting the sides of the older houses. A brook crossed the road and along its sides were the older mill houses converted into shops and a tiny park. And a Bakery.

The next section of road, about thirty miles from the inn at Springfield, wound through a valley of stately homes and farms and horses and inns. At one stable where the jumpers were practicing, was a telephone booth. A telephone booth in this bulcolic scene seemed almost a mirage. With an urge to see if the phone was indeed real, one of the bikers hopped off his bike and placed a long distance call to his twin brother.

There were two more days of travel. A day was spent along the Connecticut River crossing into New Hampshire to an inn at Walpole. The inn was on the site of a fort. It was among the oldest inns that the bikers slept at. As they rode around the green the next day, one could read the dates on the houses which may be taken for addresses: 1801, 1802, 1804, 1805, 1808... The oldest house in the village was dated 1757.

The next morning the runners ran through the village. A quick breakfast for all and a trip back to Grafton to get the cars broke up the bikeomass. But the people sharing this experience will fondly remember the roads, the inns and the hills. Mostly they will remember peddling around a corner and being photographed by a member of the group perched on a two story rock, or staring into a camera held up backwards pointed at them by the rider ahead of them. Remembered were the outrageous comments on physical attributes of whales, the road kill opossum and its philosophical and physical needs in the progression of species, and even cerebral comments. Packed into the five short days of running and biking in Vermont twelve people shared a millennium of experiences.

#### An Overwhelming Response Diane Kolos

In late September, the newsletter carried a request for help with the upcoming Fun Run. The response to this article was overwhelming!! With 47 volunteers, the races went extremely smoothly; GROC owes these volunteers a large debt. The following is a list of the volunteers who contributed so much time and effort to the races we enjoyed during the month of October:

Darlene Ahalt - ribbon hand out Teri Patterson - ribbon hand out Alan Centa - people packer Dan Helfrich - people packer John Gilligan - registration Pat Friedberg - split time at 1 mile Becky Derro - volunteer table, chronomix operator Jim Wall - front pace car Jeanette Benavides - finish car B.J. King - swing rope operator John Laudadio - signs, chutes Mike McCumber - finish line chronomix operator Kitty Ackerman - water stop Lorraine Lust - water stop Tim Van Sant - video camera Temp Johnson - course marshall Barbara Trott - people packer Renee Iannuzzi - tag team Jim Hurtzler - select timer Joan Rattigan - refreshments coordinator Mark Woodard - ag team Grace Lee - chute runner Emil Kirwan - post-race clean up Jane Jellison - registration/ finish line tape recorder John Sissala - announcer **Richard Rankin - refreshments** Kent Potter - refreshments Carlos Lopez - people packer Harmohindar Singh - finish line assistant John Purcell - tag team assistant Tom Williams - course marshall Loren Linstrom - tag team assistant Kim Augustine - course marshall Teresa Knisley - refreshments Ruth Rogofsky - water stop Bernie Pagliaro - select timer Bob Bindshadler - course marshall Joanne Uber -r egistration, finish line Rob Boyle - 2-mile make-up race

Pete Rossoni - make-up race 10K Herb Blodget - 2-mile make up, 10K make-up June Tvreekrem - walker's 10K Temp Johnson - 2-mile make-up Jean Lane - 10K walk Brenda Clermont - 10K race Richie Weiss - 10K race Edwin Fung - 10K race

Thank you all for a job well done; you have every reason to be proud of what you accomplished. Hope to see you again during the next races.

I'd also like to take this opportunity to thank John and Jim, the Fitness Lab Coordinators who planned the October Picnic and Awards Ceremony for GROC. It all went very smoothly, and everyone had a good time. Thank you both for the work you did so well.

#### **10K Participation is Up**

Good news regarding the GSFC participation in the 10K races! We had more participants (120) and finishers during the three races offered (the Walker's 10K, the runner's 10K, and the 10K makeup) than the record set this past spring (100), which included not only the three events but also times turned in from other legitimate 10K's completed during the month. We should be proud.

An additional note: It has been pointed out to us that the participants in the Walker's 10K found the course to be somewhat tricky. If these competitors would like to obtain a copy of the 10k Walker's course for practice purposes, please contact Diane at x3880.

We have plenty of maps left. Help us spread the word about the Walker's 10K, tell a friend--better yet, bring them to the next race!

NEXT GROC MEETING: JANUARY 10, 1991 11:30 a.m. Building 22 Room 271

#### Cold Weather Running Damien Howell Chairman of the RRCA Sports Medicine Committee

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major task posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layers should be of wind resistant material.

2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.

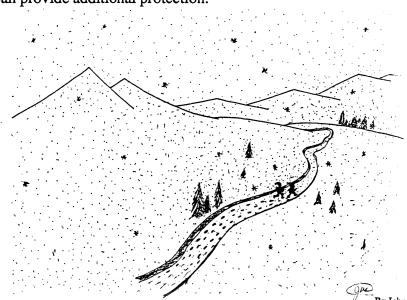
3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection. 4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attracts solar energy.

5. Pin to your clothes or shoes emergency identification, perferably of a waterproof material. Let someone know where you are going to run and when you expect ro return. Do not run with headphones.

6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the later portions. Other wise, builtup sweat may cause you go become too cold when you run into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.

7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20°.

Editor's note: This article is reprinted as service from the Road Runners Club of America.



By John Croft-formerly GROC Newsletter Cartoonist Cartoon first appeared in the December 1987 GROC Newsletter ------

#### ORIENTEERING NEWS Jane Jellison

Several GROC members participated in the Quantico Orienteering Club meet at Wheaton Regional Park on October 28. Steven Alexander finished third on the Yellow (advanced beginner) course, only five minutes out of first place. Linda Cleveland successfully completed the beginner course, and David and Bryan Cleveland, with Bryan's friend Mark Auperlee, had a good shot at finishing the Yellow course. George Voellmer and his son Andy (maybe 3 years old) did a number on the Orange (Intermediate) course and also helped to pick up control markers after the meet. I don't know how Andy steers George around so well even while sleeping comfortably on George's shoulder! But then, orienteers are sort of like that - they don't know what they are doing all the time either.

In some respects, that is the beauty of this sport, or recreational activity, if you prefer. It can be done on any level of expertise--you can run like mad to make good time, or you can stop to admire the foliage or study a wild flower. Whatever you choose, it is a good excuse for a stroll or hike in the park, getting off the road if you are a runner, or getting off the couch if you are of the potato persuasion.

As always, GROC members and friends are welcome to attend Quantico's meets. Call Jane Jellison (x8563) for more information and directions.

#### **Quantico 1990-1991 Schedule**

January 12	North 18, Ft. Belvoir, VA (night-o)
January 20	Little Bennitt, MD
February 3	Chopawamsic Creek, Quantico, VA
February 17	somewhere in MD
March 3	TA-1, Quantico, VA
March 16	VA championships
March 17	Rock Creek Park, DC-MD
	championships
April 6	Pohick Bay, VA
April 28	somewhere in MD
May 4	North 18, Ft. Belvoir Promotional
•	event
May 12	South Brabch, VA

### New/Anouncements

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**New Editor** - If you've read the first two pages of this newsletter, you would've learned that, beginning with the next issue, the GROC Newsletter will have a new editor, Lani Williams. The outgoing editor, Grace Lee, urges all members to support Lani in her effort to uphold and improve upon the GROC newsletter tradition.

Senior Olympics - The 12th Annual Maryland Senior Olympics is scheduled for October 10-12, 1991 at Towson State University. Registration forms for the Games will be available in June, 1991. Tom Page, GROC's outstanding Senior Oylmpian, is the Prince Georges County and GSFC MSO Representataive. He can be reached at 286-8172.

... A Mile a Day Keeps the Doctor Away...

**In-between newsletter announcements** -Please visit the Fitness Lab for announcement, notices, and race entry forms. The newsletter cannot possibly publish all time-sensitive items.

**Old GROC Newsletters** - The outgoing editor is cleaning up! Some old back copies of the GROC Newsletter are available. If interested, please contact Grace Lee (x5762).

#### GROC Executive Board 1990-1991

Fitness Lab Director (ex-officio)John Gilligan 286-666	6
PresidentDiane Kolos 286-388	0
Vice PresidentHerb Blodgett 286-55	54
Treasurer Edwin Fung 286-734	47
SecretaryJean Lane 286-306	53
Historian Joan Rattigan 286-724	43
Past President Emil Kirwan 286-896	50
Newsletter EditorLani Williams 498-82	00
Membership Coordinator Jane Jellison 286-856	53
Race Directorvacant	
••••••	••

Balan	Financial Report: September 1, 1989 - ce Beginning September 1, 1989	<b>U</b>			\$	1728.98
Recei	pts					<u>2</u>
Sp In	 11 Fun Run (GROC Membership Dues, Race F ring Fun Run (GROC Membership Dues, Race terest Income ock Rentals		-	1526.00 1002.00 85.25 300.00	· · · · · · · · · · · · · · · · · · ·	
	Total Receipts			i i	\$	2713.25
Expe	nditures					
 I.	FALL FUN RUN EXPENDITURES Ribbons, Medals & Trophies (Chk 191, 192, 198) Race Numbers (Chk 190) Picnic (Chk 193) Refreshments & Miscellaneous (Chk 194, 197)	\$ 372 142 150 125	.40 .00			
	SUBTOTALS	\$ 790	. 63			
II.	SPRING FUN RUN EXPENDITURES Ribbons, Medals & Trophies (Chk 231, 234) Race Numbers (Chk 229) Picnic (Chk 233) Refreshments & Miscellaneous (Chk 232, 237)	\$ 407 149 124 98	.10			
	SUBTOTALS	 \$ 779	. 62	_		
III.	OTHER EXPENSES Liability Insurance (Chk 228)H RRCA Dues (Chk 200) Loan Repayment for Clock (Chk 196) Marine Corps Marathon Hospitality Suite (Chk 199)	\$	. 00 . 00 . 00			
	Newsletter Postage (Chk 230) Plaque for Dr.Melinda Shaver (Chk 236) Jane Dolley's Visit (Chk 226)	43 44 15				
	SUBTOTALS	\$ 1336	93	-		
	Total Expenditures				\$	2907.18
Balance	Ending August 31, 1990				\$	1535.05

Edwin Fung GROC Treasurer

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	Number of		
<u>Rank</u>	Participants	<u>Team Name</u>	Team Captain
1	84	Fed Ups	Karen Flynn
2	53	Pavement Pounders	Frank Dayish
3	47	Speed 'N Snooze	Jack Koslosky
4	41	Communicators	Carl Roberts
5	28	Runners from the Planet Earth	Jean Lane
6	23	Run CSC	Jay Renbaum
7	22	Out to Launch	Joan Rattigan
7	22	Quasars	Edward Seiler
9	19	El Tee Pee (Lab for Terr. Physics)	Herb Blodget
9	19	Exotic Materials (Code 313)	Kitty Ackerman
11	14	ATRunners	Peter Hui
12	12	Suicidal Tendencies	Tom Winkert
13	10	Super Soles	Theresa Held
14	8	Hot to Trot	Russel Harrison
15	7	Power Misers (Code 711)	Grace Lee
16	5	Centipedes	Cynthia Curtis
16	5	Red Team Soccer	Kimberly Brown

Note: Number of participants include Race volunteers

# Team Scoring by Speed

R	<u>ank</u>	Score	Team Name	Team Captain
	1	64.14	Suicidal Tendencies	Tom Winkert
	2	73.00	Out to Launch	Joan Rattigan
	3	98.85	Speed 'N Snooze	Jack Koslosky
	4	111.80	Fed Ups	Karen Flynn
	5	119.78	Pavement Pounders	Frank Dayish
	6	167.03	Runners from the Planet Earth	Jean Lane
	7	169.95	ATRunners	Peter Hui
	8	244.00	Super Soles	Theresa Held
	9	261.80	Run CSC	Jay Renbaum
	10	299.59	Red Team Soccer	Kimberly Brown
	11	455.24	el Tee Pee (Lab for Terr. Physics)	Herb Blodget
	12	470.05	Communicators	Carl Roberts
	13	514.53	Quasars	Edward Seiler
	14	664.95	Hot to Trot	Russel Harrison
	15	893.70	Exotoc Materials (Code 313)	Kitty Ackerman
	16	1051.53	Power Misers (Code 711)	Grace Lee
	17	1693.80	Centipedes	Cynthia Curtis

1 00.55 Baugh       Hark       P1 4.17 Minise       Cheistoph       13 15:1 0.12 Schlams       Maddahyny         2 00.50 Baugh       Edwards       Baugh	Place T	ime	Lastname	Firstname	Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
1         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0         0.0					87	14.17	Minnie	Christoph	173	16:10	Joyce	Ed
2         00.93         Dergen         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175         175<	1 0	9:36	Baugh	Mark	•			Trevor	174	16:12	Graham	Randolph
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sinth         Sinth         Kinhard         Sinth         First         Try Sinth         Try Sinth         Service         Mathematic           1112         Colonion         Print         Sinth         Sinth </td <td></td> <td></td> <td></td> <td>David</td> <td></td> <td></td> <td></td> <td></td> <td>177</td> <td>16:20</td> <td>Le</td> <td>Chi</td>				David					177	16:20	Le	Chi
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11       11       15       Dolan       Tem       66       11/29       Banchen       CurpetSap       18       16/33       Presson       Authan         11       15/35       Forda       Constlew       10       14/32       Constlew       Frank       16/33       Forda       I////20       Forda       I///20       Forda       16/33       Forda       I///20       Forda       I///20       Forda       I///20       Forda       I///20       Forda       I//20       Forda       Forda       I//20       Forda       I//20       I//20       Forda       I//20       Forda       I//20       Forda       I//20       Forda       I//20       I//20       Forda       I//20       I/				Paul					183	16:29	Harrison	Russell
12       11.54       Lobarison       Falshor       19.10       Heading       Falshor       Falshor <t< td=""><td>11 1</td><td>1:53</td><td>Nolan</td><td>Tom</td><td></td><td></td><td></td><td>Gurpartap</td><td>184</td><td>16:31</td><td>Frazier</td><td>Alvin</td></t<>	11 1	1:53	Nolan	Tom				Gurpartap	184	16:31	Frazier	Alvin
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29       21:25       Brennan       Charles       Simon       17       Simon       Charles									201	16:54	Price	Rosalee
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31       12:33       Trott       Beriganin       John       204       17:02       Mall, Jr.       Beriganin         33       12:44       Math       Math       Math       Math       Math         33       12:44       Math       Math       Math       Math       Math         33       12:44       Math       Math       120       15:00       Green       Willy       206       17:00       Nishiman         33       12:55       Math       Math       120       15:00       Green       Willy       206       17:00       Nishiman       Math         31       12:55       Scheener       John       123       15:10       Green       21:01       17:11       Math       21:01       Nishiman       Math       21:01       17:11       Math       21:01       17:									203	17:01	Backe	Richard
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33       12:40       Watt       Jeff       120       15:07       Crean       Thomas       206       17:07       Ridgway       Jeff         33       12:45       Lundquist       Ray       122       15:08       Scharten       208       17:09       Kallary       Pred         35       12:55       Schorten       Bohn       123       15:10       Garay       Bahn       208       17:10       Kallary       Fred         35       12:55       Schorten       John       12:15       Garay       Bahn       210       17:11       Garat       Andrew         35       12:55       Maker       John       12:15       Mertan       Janes       213       17:14       Lanich       David         31:10:15       Maker       John       12:15       Mertan       213       17:14       Chantch       David         31:10:15       Maker       John       13:15       Mertan       213       17:14       Chantch       David         31:10:15       Mather       Mather       Mather       17:17       Thoma       David       David       David       David       David       David       David       David       David												Mash
35       12:46       Scott       Mitchell       12:1       15:00       Scatter       Willy       207       17:10       Scatter       Reameth         35       12:55       Scheener       Bradley       123       15:10       Gustafson       Wayne       208       7:10       Scatter       Freed       Thomas         35       12:55       Scheener       John       123       15:10       Gustafson       Wayne       208       7:10       Scatter       Print       Mathe         36       12:55       Scheener       John       123       15:10       Gustafson       Charles       212       17:14       Hodell       Print												Jeff
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74       14:03       Lucchesi       Robert       160       15:58       Lane       Jean       247       17:54       Corley       Jon         75       14:04       Fink       Dale       162       15:58       Bane       Jean       247       17:54       Corley       Jon         75       14:04       Fink       Dale       162       15:58       Bane       Dabe       248       17:55       Burrows       Chandra         75       14:04       Miraj       Rashid       162       15:59       Spiess       Bob       248       17:57       Oberright       John         77       14:07       Hilliard       Mark       165       16:01       Reves       James       251       18:04       Wolsh       John         79       14:08       Schmidt       Bruce       165       16:01       Dunker       Steven C.       252       18:07       Oberg       Don         80       14:10       Smith       Carl       167       16:02       Bigel       Arlene       253       18:08       Gutierrez       Adriana         82       14:10       Claude       168       16:04       Kocia       Mitchell       255				•								
7514:04FinkDale16115:55LaneDot24817:55BurrowsChandra7514:04MirajRashid16215:55SpiessBob24817:55BurrowsChandra7514:04MirajRashid16215:59SpiessBob24817:55BurrowsChandra7714:07LeibeeJack16215:59WheelerChris24917:57OberrightJohn7714:07HilliardMark16416:00StolarskiRichard25017:59GrafCharles7714:07HilliardMark16516:01DunkerSteven25118:04WolshJohn7914:08SchmidtBruce16516:01DunkerSteven C.25218:08CrowleyAnne8014:10CurrinJoseph16816:02BigelArlene25318:08GutierrezAdriana8214:13BellClaude16816:04CocciaMitchell25518:09GradyKevin8214:13SolmornHarry17016:05BentzDeanna25618:11CoxRoss8414:14SolmornHarry17116:07McMillinMark25718:14HuiPeter S. P.8414:14HelfrichDaniel17216:09AdamRamsis												
75       14:04 Miraj       Rashid       162       15:59       Spless       Def       240       17:57       Oberright       John         77       14:07       Leibee       Jack       162       15:59       Wheeler       Chris       240       17:57       Oberright       John         77       14:07       Leibee       Jack       164       16:00       Stolarski       Richard       250       17:59       Graf       Charles         77       14:07       Hilliard       Mark       165       16:01       Reves       James       251       18:04       Wolsh       John         79       14:08       Schmidt       Bruce       165       16:01       Dunker       Steven C.       252       18:08       Crowley       Anne         80       14:10       Currin       Joseph       168       16:04       Skillman       William       253       18:08       Gutierrez       Adriana         82       14:13       Sell       Claude       168       16:04       Coccia       Mitchell       255       18:09       Grady       Kevin         82       14:13       Camper       Larry       170       16:05       Bentz <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>												
77       14:07       Leibee       Jack       162       15:39       Wheeler       Charles         77       14:07       Leibee       Jack       162       15:39       Wheeler       Charles       250       17:59       Graf       Charles         77       14:07       Hilliard       Mark       165       16:01       Reves       James       251       18:04       Wolsh       John         79       14:08       Schmidt       Bruce       165       16:01       Dunker       Steven C.       252       18:07       Oberg       Don         80       14:10       Smith       Carl       167       16:02       Bigel       Arlene       253       18:08       Crowley       Anne         80       14:10       Currin       Joseph       168       16:04       Skillman       William       253       18:08       Gutierrez       Adriana         82       14:13       Bell       Claude       168       16:04       Coccia       Mitchell       255       18:09       Grady       Kevin         82       14:13       Solmon       Harry       170       16:05       Bentz       Deanna       256       18:11       Coc												
77       14:07       Hilliard       Mark       164       16:00       Stolarski       James       251       18:04       Wolsh       John         79       14:08       Schmidt       Bruce       165       16:01       Dunker       Steven C.       252       18:04       Wolsh       John         80       14:10       Smith       Carl       165       16:01       Dunker       Steven C.       252       18:07       Oberg       Don         80       14:10       Smith       Carl       167       16:02       Bigel       Arlene       253       18:08       Gutierrez       Adriana         80       14:10       Currin       Joseph       168       16:04       Skillman       Willian       253       18:08       Gutierrez       Adriana         82       14:13       Bell       Claude       168       16:04       Coccia       Mitchell       255       18:09       Grady       Kevin         82       14:13       Solomon       Harry       170       16:05       Bentz       Deanna       256       18:11       Cox       Ross         84       14:14       Solomon       Harry       171       16:07       McMillin												
79       14:08       Schmidt       Bruce       165       16:01       Refers       Steven C.       252       18:07       Oberg       Don         80       14:10       Smith       Carl       165       16:01       Dunker       Steven C.       252       18:07       Oberg       Don         80       14:10       Smith       Carl       167       16:02       Bigel       Arlene       253       18:08       Crowley       Anne         80       14:10       Currin       Joseph       168       16:04       Skillman       William       253       18:08       Gutierrez       Adriana         82       14:13       Bell       Claude       168       16:04       Coccia       Mitchell       255       18:09       Grady       Kevin         82       14:13       Camper       Larry       170       16:05       Bentz       Deanna       256       18:11       Cox       Ross         84       14:14       Solomon       Harry       171       16:07       McMillin       Mark       257       18:14       Hui       Peter S. P.         84       14:14       Helfrich       Daniel       172       16:09       Adam												
80       14:10       Smith       Carl       165       16:01       Dunker       Define       252       18:08       Crowley       Anne         80       14:10       Smith       Joseph       167       16:02       Bigel       Arlene       253       18:08       Crowley       Anne         80       14:10       Currin       Joseph       168       16:04       Skillman       William       253       18:08       Gutierrez       Adriana         82       14:13       Bell       Claude       168       16:04       Coccia       Mitchell       255       18:09       Grady       Kevin         82       14:13       Camper       Larry       170       16:05       Bentz       Deanna       256       18:14       Hui       Peter S. P.         84       14:14       Helfrich       Daniel       172       16:09       Adam       Ramsis       256       18:16       Bulkley       Mary												
80         14:10         Smith         Carl         167         16:02         Bigel         Arlene         253         18:08         Crowley         Anne           80         14:10         Currin         Joseph         168         16:04         Skillman         William         253         18:08         Gutierrez         Adriana           82         14:13         Bell         Claude         168         16:04         Coccia         Mitchell         255         18:09         Grady         Kevin           82         14:13         Camper         Larry         170         16:05         Bentz         Deanna         256         18:11         Cox         Ross           84         14:14         Solomon         Harry         171         16:07         McMillin         Mark         257         18:14         Hui         Peter S. P.           84         14:14         Helfrich         Daniel         172         16:09         Adam         Ramsis         258         18:16         Bulkley         Mary												
80         14:10         Currin         Joseph         168         16:04         Skillman         William         253         18:08         Gutierrez         Adriana           82         14:13         Bell         Claude         168         16:04         Coccia         Mitchell         255         18:09         Grady         Kevin           82         14:13         Camper         Larry         170         16:05         Bentz         Deanna         256         18:11         Cox         Ross           84         14:14         Solomon         Harry         171         16:07         McMillin         Mark         257         18:14         Hui         Peter S. P.           84         14:14         Helfrich         Daniel         172         16:09         Adam         Ramsis         258         18:16         Bulkley         Mary					16	7 16:03	2 Bigel					
82         14:13         Camper         Larry         168         16:04         Coeffa         Deanna         256         18:11         Cox         Ross           84         14:14         Solomon         Harry         171         16:05         Bentz         Deanna         256         18:11         Cox         Ross           84         14:14         Solomon         Harry         171         16:07         McMillin         Mark         257         18:14         Hui         Peter S. P.           84         14:14         Helfrich         Daniel         172         16:09         Adam         Ramsis         258         18:16         Bulkley         Mary				•	168	3 16:04	4 Skillman					
84         14:14         Solomon         Harry         171         16:05         Bentz         Dealma         255         16:11         Constraints         Peter S. P.           84         14:14         Helfrich         Daniel         172         16:09         Adam         Ramsis         258         18:14         Hui         Peter S. P.					168	3 16:0	4 Coccia					
84 14:14 Helfrich Daniel 172 16:09 Adam Ramsis 258 18:16 Bukkley Mary												
84 14:14 Heifrich Daniel 172 16:09 Adam Ramsis 258 18:16 Bulkley Mary					17:	16:0	7 McMillin					
80 14:13 VILMAN FULL								Ramsis	258	18:16	Bulkley	trat A
	86 1	4:15	ATIMAU	4 A 1144								

		Place Time Lastname	Firstname	Place Time Lastname	Firstname
Place Time Lastname .	Firstname	FIACE TIME Decomments			
					Lauri
		344 22:34 Griffiths	Larry	431 29:32 Via 431 29:32 Pa <del>v</del> linic	Margaret
259 18:19 Lowman	Paul	344 22:34 Gilline 346 22:45 Kayser	Susan	431 29:32 Pavilie 433 29:33 Phillips	Ish
259 18:19 Wong	Byron Leonard	247 23.09 Mendoza	Emma Reynold	434 29:37 Goodman	Gloria
261 18:21 Brown 262 18:22 Thomas	Louis	348 23:21 Greenstone	Diane	434 29:37 Goodman	Larry Margarita
262 18:22 Emmart	Connie	349 23:24 Williams 350 23:31 Schwenk	Harry	436 29:42 Scopin 437 29:44 Gownley	Barbara
264 18:23 Rackley	Mike	351 23:36 Haxton	Donovan	438 29:49 Endres	Daniel
264 18:23 Westbrook 266 18:26 Long	Michael Arlie	352 23:44 Piterski	Norman Thomas	438 29:49 Bogert	John Tracy
266 18:26 Bauman	Tracy	353 23:48 Butler 354 23:50 Latzko	Albert	440 29:50 Scagliarini 441 29:51 Tapper	Phillip
268 18:27 Mathews	Jason	255 23.56 Miller	Ron	441 29:51 Panitz	Aliza
269 18:29 Frost 270 18:31 Hibbard	James Bill	356 23:57 Schlichtig	Bill Maliheh	443 29:52 James	Dennis
270 18:31 Swank	Jean	357 24:11 Hakimi	Jamila	443 29:52 Gauthier	John Harry
272 18:35 Lougheed	Victor	358 24:33 Saleh 359 24:36 Blodget	Herb	445 29:54 Trexel 446 29:56 McMahon	Joe
273 18:36 Dilling	Roger	360 24:44 Alexander	Steven	446 29:56 Braddon	Donna
274 18:39 O'Donnell 275 18:40 Tolman	Hugh Hendrik	360 24:44 Pham	Duc Theresa	448 29:57 Kaltenbaugh	Susan
276 18:41 Gallun	Joel	362 24:52 Rogers 363 24:54 Doria	Cristina	449 29:58 Kopf 450 30:00 Dibble	Emory Carol
276 18:41 Feild	Tom	363 24:54 Dolla 363 24:54 Cole	Frank	450 30:00 Bynum	Gwen
278 18:42 Rook	Walter Jill	365 24:55 Mahmot	Ron	452 30:03 Goodman	Nancy
279 18:46 Prettyman 280 18:48 McClellan	Michael	366 24:56 Johns	Alan Dinah	452 30:03 Hudson	Andrea Theresa
280 18:48 Adams	Scott	367 24:57 Daughtridge 368 25:02 Tarleton	Allan	454 30:04 Held 455 30:05 Sawanobori	Tina
282 18:52 Lorenz	Blake	369 25:04 Chintala	Sarada	455 30:05 Wu	Amy
283 18:53 Taylor	Carl Rosalinda	370 25:10 Scriba	Leroy	457 30:08 Marrero	Noel
284 19:07 Fainchtein 284 19:07 Walter	Stephen	371 25:13 Karnes	Charles William	457 30:08 Daugherty	Julie Shirley
286 19:08 Weiss	Michael	371 25:13 Wells 373 25:21 Wainscott	Forest	459 30:10 Read 460 30:11 Scoville	Kay
287 19:09 Unregistered		373 25:21 Wallsocoo 374 25:29 Conboy	Barbara	460 30:31 SCOVILLE 461 30:39 McCain	Tim
288 19:13 Rowton	Shelley Maria	375 25:42 Mazur	Raymond Barbara	461 30:39 Snow	Tom
289 19:17 Spezio 290 19:19 Pease	Theresa	375 25:42 Johnson	Doris	461 30:39 Hudson	Kenneth
291 19:20 Heyden	Michael	375 25:42 Jallice 378 25:49 Mills	Paul	464 30:43 Vaughan 465 31:07 Drury	Edwin Geno
291 19:20 Arrone	Eugene	379 25:53 Kennard	Ruth	465 31:07 Diang	Catherine
291 19:20 Anderson 294 19:21 Muhonen	Sandra Daniel	380 25:58 Scaffidi	Charles Melanie	467 31:15 Ingale	Satish
295 19:22 Soroka	Steve	381 26:03 Taylor	Alfonso	467 31:15 Brown	Mark Diana van
296 19:24 Tveekrem	June	382 26:25 Eaton 383 26:29 Marcus	Charles	469 31:16 Elburg-Obler 470 31:24 Schultz	Francis
296 19:24 Basappa	Shivanand	384 26:32 Odellas	Dawn	471 31:25 Lewis	Lynn
298 19:25 Staples 299 19:27 Gonzalez	Ernie Oscar	385 26:44 Wilson	Robert Martha	471 31:25 O'Carroll	Cynthia
300 19:28 Won	Gary	386 26:47 Schaefer	Martin	473 31:28 Hand	Sarah
301 19:31 Corwin	Stanley	387 26:52 Davis 388 26:57 Downs	Darlene	474 31:48 Farnan 474 31:48 Kuhn	Nancy Heidi
302 19:45 Demetry	Paul	389 27:02 Hart	Ray	474 31:48 Kestner	Kathy
303 19:48 Wolford 304 19:50 Spitzer	Don Thomas	390 27:07 Gramlich	Rebecca David	477 32:01 Harzer	Jon
305 19:53 McMillin	Tim	391 27:19 Fromme	Barbara	477 32:01 No Number	Pamela
306 19:54 Smith	Philip T.	392 27:27 Vargo 393 27:45 Streeper, Jr.	Robert	479 32:08 McInerny 479 32:08 Phillips	Suzanne
307 19:58 Berry, Jr.	Richard	394 27:49 Schein	Mary-Louis:	479 32:08 Bell	Grace
308 20:01 Flynn 308 20:01 Westbrook	Karen Robert	395 27:51 Carlisle	Candace Carolyn	482 32:14 Wentz	Joan
310 20:05 Davis	George	396 27:52 Dent 396 27:52 Tompkins	Steven	483 32:28 Carra 483 32:28 Kleis	Debra Karen
311 20:10 Arnold	Kathy	396 27:52 Tomphilio 398 27:53 Brigandi	Joseph	485_32:47 Lightfoot	Patricia
312 20:11 Stonesifer 313 20:12 Guerrero	Richard Alfred	399 28:08 Sen -	Ellen Craig	486 32:48 Seidenspinner	Kay
314 20:15 Green	Barry	399 28:08 Hoffman	Petar	487 32:49 Seidenspinner	Don
315 20:17 Werneth	Russell	401 28:13 Arsenovic 402 28:28 Bell	Robin	488 32:57 Phelps 489 32:58 Scott	Chip Barbara
316 20:21 Manns	Chris Richard	403 28:32 Quinn-House	Colleen	489 32:59 Chu	Huai-Pu
316 20:21 Hallquist 318 20:25 Beltran	Dorfy	404 28:33 Clark	JoAnn Fred B.	490 32:59 Douds	Dave
319 20:26 Sluder	Bill	405 28:34 Shaffer, Jr. 405 28:34 Neff	Patricia	492 33:00 Lekebusch	Dolf Kathie
320 20:31 Robinson	Wayne	407 28:37 Ramsey	Mary Ellen	492 33:00 Jarva 494 33:03 Raugh	Anne
321 20:47 Dobak 322 20:50 Giese	Diane Luann	ADB 28.38 Barlett	Tom Judith	495 33:21 Curtis	Angela
323 20:51 Kulkarni	Milind	408 28:38 Bruner	Mona	495 33:21 Jones	Gary
323 20:51 Kellogg	Patrice	410 28:39 Drexler 410 28:39 Oliversen	Ronald	495 33:21 Curtis 495 33:21 Flick	Cynthia Michael
325 20:53 Pfarr	Barbara	412 28:41 Altman	Richard	499 33:34 Morrison	Marvin
326 21:00 Chern 327 21:07 Lecourt	Jim Cindy	413 28:42 Grieve	Susan Paul	500 33:35 Masuoka	Edward
328 21:15 Silverman	Joseph	414 28:43 Brumberg	Cheryl	500 33:35 Hollis	Terence
329 21:38 Roberts	Carl	415 28:46 Lee 415 28:46 Clark	Rita	502 33:36 Masuoka 503 33:40 Jennings	Penny Kathleen
330 21:52 Gavigan	Gary	417 28:47 Perry	Howard	504 33:41 McGrath	Lisa
330 21:52 Kovalik 330 21:52 Graham	William David	418 28:53 Burton	Grettchen Larry	504 33:41 Brasure	Patricia
333 21:54 Roberts	Nita	418 28:53 Evans	John	506 33:42 Myneni	Ranga Merle
334 21:55 Gupta	Darshan K.	420 28:54 Scialdone 421 28:55 Paoletta	Michael	507 33:49 Robbins 507 33:49 Randall	Tonya
335 21:56 Gallagher	William	422 28:59 Colony	Joe	509 33:53 Harbaugh	Randy
336 21:57 Stuart 337 21:58 Owings	Nancy Jan	423 29:06 Bartley	Deborah Gloria	509 33:53 Hughes	Art
338 22:12 Solomon	Carl	423 29:06 Ob	Gail	511 33:57 Shifflett	Mary Wayne
339 22:20 Melcher	Raymond	425 29:07 Della Gatta 426 29:15 Greer	Gregory	512 33:58 Hurlock 513 34:01 Kernan,Jr.	Joseph L.
340 22:21 Kardatske	Owen	427 29:18 Mireck1	Kathryn	514 34:03 Ahmad	Anisa
341 22:32 Galia 341 22:32 Purucker	R. Jeff Michael	428 29:20 Weiland	Michael Sandy	515 34:11 Begenwald	Lisa
341 22:32 Purucker 343 22:33 Seeley	Richard	428 29:20 Phillips	Mark	516 34:15 Gervin	Janette Arlene
344 22:34 Bordeaux	Judi	430 29:31 Nacewicz		516 34:15 Kerber	534 4 C 11 C

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname	Place	Time	Lastname .	Firstname
518	34:17	Pena	Betty	539	36:22	Parmenter	Mike	560	40:07	Jones	Judith
		Gonzalez	Walter			Frizzell	Tina	561	40:08	Swartz	Susan
	-	Jeansonne	Tim			Dalkiewicz	Lynn	562	40:09	Bock	Nancy
		Allison	Walt			McNeill	Mike	563	40:39	Whelan	Jenny
		MacVeigh	George			Nessler	Phillip	564	40:40	Koenig	Tamara
		Wingood	William		36:42		Jessie	565	40:41	Marechek	Mary
		Steele	Pam			Panciera	Sherri	566	40:42	Unregistered	-
		Fay-Dombrowski	Denise			Lambert	Barbara	567	41:01	Hill	Paul E.
		Larsen	David		36:45		Richard	568	41:02	Fisher	Jane
		Brown	Mitchell			Disharoon	Maureen	568	41:02	Haves	Michelle
		Koslosky	Anne Marie			Disharoon	Lauren		41:04		Rachel
		Palace	Richard			Unregistered	Duuren	570	41:04	Van Duyl	Vicky
		Elliott	Jeffrey		37:11		Colleen		41:44		David
		Norman	Seaton			Ollendorf	Ellen			Ishizuka	Daisy
		Gustafson			37:27		Tom			Vallerami	Lori
			Marjorie							Goins	Maria E.
		Nalley	Susan			Ragusa	Rebecca			Spohr	Cheryl
		Johnson	Steve		37:28		Debbie	0.0	10.10	opoint	onerja
		Masiee	Shirley		38:13		Marie				
		Ahearn	Angela			Mitchell	Ramona				
	36:21		Cindi			Thompson	Tim				
537	36:21	Coleman	Brenda	559	38:46	Boyer	Robert				

# Fall 1990 Intercenter 10K

3	<b>Fime</b>	Lastname	Firstname	Time	Lastname	Firstname	Time	Lastname	Firstname
1.	34:33	Baugh	Mark	3548:56		Bill	66 60:24	McMillin	Vether
2	36:16		Frank		Luquette	Rich	67 60:26	Douglass	Kathy Anne
3	÷ · · · ·	Barthelme	Neal	• • • • • • • • • • • • • • • • • • • •	Henderson	Donald	68 61:25	Callun	
4	38:05	McComas	David		Solomon	Harry		Gutierrez	Joel
5		Winkert	Thomas	39 50:25		Jim	70 62:19	Long	Adriana
-		Shuman	Fred	- 50:31	Fung	Edwin	71 62.27	Rohrbaugh	Arlie
6	39:51	Camper	Larry	4051:25	Mentall	James	- 65:40	Smith	Richard
2	39:57	Nolan	Tom	41 51:33	Garay	Bill		Allison	Philip T. Walt
E	40:56	Plastine	Robert	- 51:38	Jasinski	Michael		Westbrook	Michael
-	41:56	Weiss	Richard	4252:02	Voellmer	George	73 68:43		
-	42:01	Lofton	Charles		Lawrence	William	74 69:10		Blake
9	42:20	Johnson	Charles	44 52:44	Thurber	John	7572.30	Roberts	Karen
10	42:41	Zach	Franz		Michalik	John	7672.31	Roberts	Nita
-	43:05	Bindschadler	Robert	46 52:52	Sharpe	Deborah	- 75.38	Arrison	Carl
11	43:07	Kulkarni	Milind	47 52:54	Lengenfelder	Franz Joseph		Blodget	Jack
12	43:36	Mantel	Simon	48 53:33	Skillman	David	- 85.15	Alexander	Herb
-	43:42	Doiron	Scott	4953:36	Urdinola	Robert		Gormley	Steven
13	44:10	Conrad	Tony	- 53:43	Hawley	Eldon	- 86:00		Cathy
14	44:11	Johnson ·	Curtis	- 53:45	Koslosky	Jack	- 87:22		Barbara
15	44:19	Chernega	James	<i>50</i> 53:59	Latzko	Mark	- 87:22		Diane
16	44:24	Stewart	Ken	- 54:01	Cleveland	David		Greenstone	James
17	44:48	Spies	John	- 54:19	Johnson	Bert	- 91:49		Reynold
18	44:49	Korb	Andy	- 54:54	Dew	Howard			John
-	44:55	Rood	Richard	51 55:24	Tseng	Gizu		Taylor Jeansonne	Lyla
19	45:02	Phillips	Bob	- 55:38	Stolarski	Richard		Gonzalez	Tim
20	45:27	Morrow	Dennis	52 55 : 42	Andrews	Daniel			Walter
21	45:33	Hodge	Jack	53 55:58	LaBel	Kenneth	- 99:32	Jellison	Jane
22	46:00	Lassiter	Ronald	54 56:17	Price	Rosalee	- 99:32		Kathie
23	46:25	Dube	Maury	<i>55</i> 56:55	Backe	Richard	- 99:35		Tom
- 24	46:40	Lakew	Brook	<i>56</i> 56:59	Laudadio	John	- 99:35		Kenneth
- 25	46:53	Williams	Lani	57 57:13	Weeks	Brett	• 99:36		Cynthia
26	46:55	Sissala	John	5857:15	Farley	Steve			Catherine
27	46:57	Robertson	Brent	5 <b>9</b> 57:44	Posev	Malcolm	- 99:30	Gauthier	John
28	47:10	Griffin	George		Watterson	Michael	- 101:39	Tapper	Phillip
29	47:23	Spiess	Bob	61 57:45	Adams	Debora	- 101:40 ( - 101:40 (		Leroy
-	47:32	Divine	Charles	- 57:50	Graf	Charles			R. Jeff
30	47:35	Brown	Ken ,	62 58:26	Chelluri	Sriram	- 115:44 1	Jaugnerty	Roy
31	47:42	Reeves	Frank	6358:41	Reeves	James	<ul> <li>115:44 1</li> <li>123:23 (</li> </ul>		Kathy
32	47:45	Schwabe	John	- 58:41	Sanders	Todd			Huai-Pu
33	47:50	Comberiate	Mike	64 58:55		Awilda	- 169:29 3	ponr	Cheryl
_		Kirwan	Emil	65 59:23		Deanna	- 169:29 1	augherty	Julie

Note: Numbers next to the times denote participants in the official 10K Run on October 17, 1990. "-" indicates participants in the Make-up 10K, the Walkers' 10K or other legitimate 10K's.

Thomas Winkert 735.1