

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" priorities. 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 all 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!

Grace

Incoming Editor's Message

Lani Williams

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 old-fashioned 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) 498-8200 ..work
(301) 881-0133 ..home

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 California, 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 than 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

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.

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 visible 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 - registration, 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.

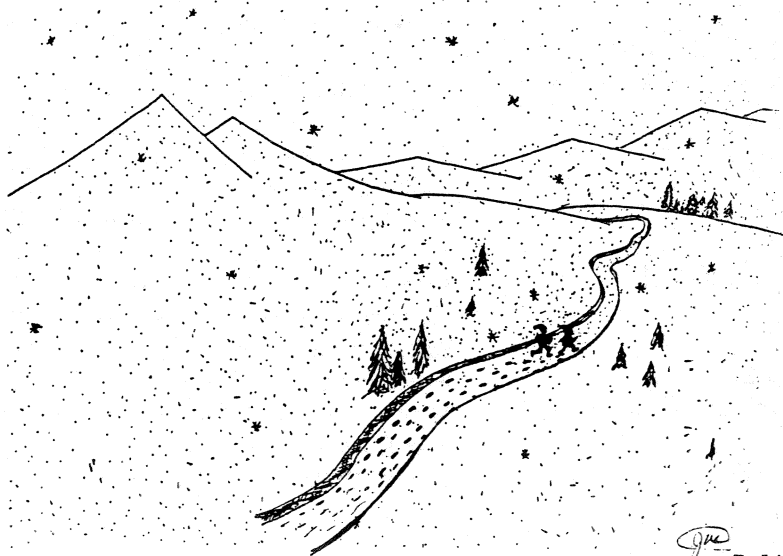
4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attracts solar energy.

5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to 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, built-up sweat may cause you to 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/Announcements

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 Olympian, is the Prince Georges County and GSFC MSO Representative. 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 286-6666
President	-----Diane Kolos 286-3880
Vice President	-----Herb Blodgett 286-5554
Treasurer	-----Edwin Fung 286-7347
Secretary	-----Jean Lane 286-3063
Historian	-----Joan Rattigan 286-7243
Past President	-----Emil Kirwan 286-8960
Newsletter Editor	-----Lani Williams 498-8200
Membership Coordinator	-----Jane Jellison 286-8563
Race Director	-----vacant

GODDARD RUNNING AND ORIENTEERING CLUB
Financial Report: September 1, 1989 - August 31, 1990

Balance Beginning September 1, 1989 \$ 1728.98

Receipts

Fall Fun Run (GROC Membership Dues, Race Fees)	\$ 1526.00
Spring Fun Run (GROC Membership Dues, Race Fees)	1002.00
Interest Income	85.25
Clock Rentals	300.00

Total Receipts \$ 2713.25

Expenditures

I. FALL FUN RUN EXPENDITURES

Ribbons, Medals & Trophies (Chk 191, 192, 198)	\$ 372.72
Race Numbers (Chk 190)	142.40
Picnic (Chk 193)	150.00
Refreshments & Miscellaneous (Chk 194, 197)	125.51

SUBTOTALS \$ 790.63

II. SPRING FUN RUN EXPENDITURES

Ribbons, Medals & Trophies (Chk 231, 234)	\$ 407.75
Race Numbers (Chk 229)	149.10
Picnic (Chk 233)	124.77
Refreshments & Miscellaneous (Chk 232, 237)	98.00

SUBTOTALS \$ 779.62

III. OTHER EXPENSES

Liability Insurance (Chk 228)H	\$ 711.00
RRCA Dues (Chk 200)	237.00
Loan Repayment for Clock (Chk 196)	225.00
Marine Corps Marathon Hospitality Suite (Chk 199)	60.00
Newsletter Postage (Chk 230)	43.95
Plaque for Dr. Melinda Shaver (Chk 236)	44.98
Jane Dolley's Visit (Chk 226)	15.00

SUBTOTALS \$ 1336.93

Total Expenditures \$ 2907.18

Balance Ending August 31, 1990 \$ 1535.05

Edwin Fung
GROC Treasurer

Fall 1990 Intercenter 2-Mile Fun Run
October 10, 1990

Team Scoring by Participation

<u>Rank</u>	<u>Number of Participants</u>	<u>Team Name</u>	<u>Team Captain</u>
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

<u>Rank</u>	<u>Score</u>	<u>Team Name</u>	<u>Team Captain</u>
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

Fall 1990 Intercenter 2-Mile Fun Run

October 10, 1990

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
1	09:36	Baugh	Mark	87	14:17	Minnie	Christoph	173	16:10	Joyce	Ed
2	09:59	Bogges	Ed	88	14:19	Heller	Trevor	174	16:12	Graham	Randolph
3	10:43	Barthelme	Neal	89	14:21	Newlon	Doug	175	16:14	Wulfin	Anthony
4	11:10	McComas	David	90	14:22	Boyle	Robert	176	16:17	Renbaum	Jay
5	11:14	Bingham	Richard	91	14:23	Griffin	George	177	16:20	Le	Chi
6	11:20	Winkert	Thomas	92	14:24	Rossoni	Peter	177	16:20	Brothers	Jerome
7	11:21	Nicholson	Mark	93	14:26	Espenak	Fred	179	16:22	Walters	Mark
8	11:23	Quindlen	Brian	94	14:27	Gallagher	Mary Anne	180	16:25	Hunter	Al
9	11:27	Holtzmann	John	95	14:28	Voellmer	George	181	16:27	Brown	Richard
10	11:40	Nelson	Paul	96	14:29	Moe	Rud	182	16:28	Butts	Bradford
11	11:53	Nolan	Tom	96	14:29	McClanahan	Richard	183	16:29	Harrison	Russell
12	11:54	Ludwig	Timothy	96	14:29	Sandhoo	Gurpartap	184	16:31	Frazier	Alvin
13	11:55	Foss	Charles	99	14:30	Hendra	Kelly	185	16:33	Bacon	Greg
14	12:05	Plastine	Robert	100	14:31	Dayish	Frank	185	16:33	Sanders	Todd
15	12:07	Lofton	Charles	101	14:32	Orbock	David	185	16:33	Forsbacka	Elizabeth
16	12:08	Johnson	Curtis	102	14:34	Jones	Jeffrey	188	16:34	Elliott	Rex
17	12:10	Hughes	Peter	103	14:35	Fineberg	Doug	188	16:34	Irons	James
18	12:11	Simmons	Ryan	104	14:36	Schweiss	Robert	190	16:36	Ames	Wendy
19	12:13	Cox	Lucien	105	14:39	Johnson	Bryan	191	16:38	Laudadio	John
20	12:15	Dvornicky	Gregory	106	14:42	Koslosky	Jack	191	16:38	Hallquist	Laura
21	12:18	Bills	Bruce	107	14:44	Andrews	Daniel	193	16:41	Chalmers	Rob
22	12:19	Mandl	Daniel	107	14:44	Hilliard	Larry	193	16:41	Molinet	Miguel
23	12:22	Strafella	Richard	109	14:45	Martin	Todd	195	16:42	Bowser	Jeff
24	12:24	Potter	Ned	109	14:45	Di Joseph	Mary	196	16:43	Turner	Vaughn
25	12:25	Weiss	Richard	111	14:46	Fischer	Brian	197	16:44	Dew	Howard
26	12:26	Glubke	Scott	112	14:51	Hudson	Bill	197	16:44	Hengemihle	Jerome
27	12:27	Shuman	Fred	113	14:54	Jackman	Charles	199	16:48	Sims	Douglas
27	12:27	Reeves	Frank	114	14:57	Allegrino	Americo	200	16:49	Adams	Debora
29	12:29	Brennan	Christopher	115	15:00	Negri	Andrew	201	16:54	Price	Rosalee
30	12:31	Mantel	Simon	115	15:00	Farley	Steve	202	16:55	Thomas	Charles
31	12:33	Trout	Bruce	117	15:05	Latzko	Mark	203	17:01	Backe	Richard
32	12:41	Dunham	Larry	118	15:06	Thurber	John	204	17:02	Hall, Jr.	Benjamin
33	12:48	Watt	Jeff	118	15:06	Jasinski	Michael	205	17:06	Nishihama	Mash
33	12:48	Scott	Mitchell	120	15:07	Green	Thomas	206	17:07	Ridgway	Jeff
35	12:51	Lundquist	Ray	121	15:08	Sadler	Willy	207	17:08	Schatten	Kenneth
36	12:52	Schoener	Bradley	122	15:09	Clere	Steven	208	17:09	Kallmeyer	Fred
37	12:53	Weber	John	123	15:10	Gustafson	Wayne	208	17:09	Glesne	Thomas
38	12:55	Seiler	Edward	123	15:10	Jones	Jim	210	17:11	McMillin	Kathy
39	12:57	Miko	Joseph	125	15:13	Garay	Bill	210	17:11	Gravatt	Andrew
39	12:57	Walker	John	126	15:15	Powers	Charles	212	17:13	Bender	Phil
41	12:58	Johnson	Charles	127	15:17	Thieman	James	213	17:14	Lamich	David
42	13:01	Arnold	G. Thomas	128	15:19	McPeters	Richard	213	17:14	Chen	C. K.
43	13:02	Walther	Mark	129	15:20	Shreve	Billy	215	17:16	Rosen	Larry
44	13:05	Bowles	Ron	130	15:22	Cutlip	Robert	215	17:16	Calvo	Bob
45	13:06	Frommer	Steve	131	15:23	Mitchell	William	217	17:17	Mentall	James
46	13:08	Phillips	Bob	132	15:24	Frampton	Nat	217	17:17	Gaffney	Carmen
46	13:08	Katsarelis	Stephen	133	15:25	Steele	Jeff	219	17:18	Iascone	Dominick
48	13:10	Spies	John	134	15:27	Boon	David	219	17:18	Busch	Jim
49	13:11	Conrad	Tony	135	15:31	Lambros	Scott	221	17:20	Swanhart	Robert
49	13:11	Burdick	Wayne	135	15:31	Fadler	Don	222	17:21	Crooke	Julie
51	13:14	Hodge	Jack	137	15:32	Kelly	John	223	17:22	Wilkins	Jean
52	13:15	Chernega	James	138	15:33	Baker	James	224	17:24	Potter	William
53	13:25	Sabaka	Terence	138	15:33	Wood	Heidi	225	17:25	Duffy	Daniel
54	13:27	Parker	Bradford	140	15:34	Pickering	Rick	226	17:26	Goldstein	Evan
55	13:28	Luquette	Rich	141	15:35	Henderson	Donald	227	17:28	Douglass	Anne
56	13:30	Divine	Charles	141	15:35	Hicks	Richard	227	17:28	Anderson	Kenneth
56	13:30	Martino	Tony	141	15:35	Sood	Mithlaish	229	17:29	Hirshfeld	Melanie
58	13:32	Settle	Kenneth	144	15:36	Chovitz	Bernard	230	17:32	Vogenitz	Bill
59	13:35	Mikulich	Edward	145	15:40	Lengenfelder	Franz Joseph	231	17:33	Lin	David
60	13:36	Kinna Cuddahee	Robin	145	15:40	McCullough	Kent	231	17:33	Bergere	Allen
61	13:37	Morrow	Dennis	147	15:42	Lawrence	William	233	17:34	Sigman	Clayton
62	13:39	Pulkkinen	Ken	148	15:43	Hund	Mike	233	17:34	Jones	Leon
63	13:40	Robertson	Brent	149	15:45	Skillman	David	235	17:37	Seivold	Al
64	13:41	Lassiter	Ronald	149	15:45	Urdinola	Robert	236	17:38	Burzynski	Michael
65	13:42	Venator	Tom	151	15:46	Hawley	Eldon	237	17:40	Bourne	Joseph
66	13:43	Moore	Donald	151	15:46	Sharpe	Deborah	238	17:41	Brown	Kimberly D.
67	13:44	LaBel	Kenneth	153	15:47	Carmack	Kevin	239	17:42	Larko	C. Meg
68	13:45	Allen	Dale	154	15:48	Weeks	Brett	240	17:43	Duffy	William
69	13:47	Williams	Lani	155	15:49	Plummer	Thomas	241	17:44	Rubilotta	Raymond
70	13:53	Volz	Stephen	156	15:54	Habersham	Louis	242	17:46	Posey	Malcolm
70	13:53	Park	Chan	157	15:55	Daugherty	Roy	242	17:46	Wooten	Rachel
72	13:54	Brown	Stephen	157	15:55	Dragich	Judy	244	17:49	Hasler	Fritz
73	13:59	Weikel	Craig	157	15:55	Horowitz	Steven	245	17:51	Walker	Greg
74	14:03	Lucchesi	Robert	160	15:56	Chelluri	Sriram	246	17:53	Wyckoff	Dave
75	14:04	Fink	Dale	161	15:58	Lane	Jean	247	17:54	Corley	Jon
75	14:04	Miraj	Rashid	162	15:59	Spiess	Bob	248	17:55	Burrows	Chandra
77	14:07	Leibee	Jack	162	15:59	Wheeler	Chris	249	17:57	Oberriight	John
77	14:07	Hilliard	Mark	164	16:00	Stolarski	Richard	250	17:59	Graf	Charles
79	14:08	Schmidt	Bruce	165	16:01	Reeves	James	251	18:04	Wolsh	John
80	14:10	Smith	Carl	165	16:01	Dunker	Steven C.	252	18:07	Oberg	Don
80	14:10	Curran	Joseph	167	16:02	Bigel	Arlene	253	18:08	Crowley	Anne
82	14:13	Bell	Claude	168	16:04	Skillman	William	253	18:08	Gutierrez	Adriana
82	14:13	Camper	Larry	168	16:04	Coccia	Mitchell	255	18:09	Grady	Kevin
84	14:14	Solomon	Harry	170	16:05	Bentz	Deanna	256	18:11	Cox	Ross
84	14:14	Helfrich	Daniel	171	16:07	McMillin	Mark	257	18:14	Hui	Peter S. P.
86	14:15	Kirwan	Emil	172	16:09	Adam	Ramsis	258	18:16	Bulkley	Mary

Fall 1990 Intercenter 2-Mile Fun Run

October 10, 1990

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
259	18:19	Lowman	Paul	344	22:34	Griffiths	Larry	431	29:32	Via	Lauri
259	18:19	Wong	Byron	346	22:45	Kayser	Susan	431	29:32	Pavlinic	Margaret
261	18:21	Brown	Leonard	347	23:09	Mendoza	Emma	433	29:33	Phillips	Ish
262	18:22	Thomas	Louis	348	23:21	Greenstone	Reynold	434	29:37	Goodman	Gloria
262	18:22	Emmart	Connie	349	23:24	Williams	Diane	434	29:37	Goodman	Larry
264	18:23	Rackley	Mike	350	23:31	Schwenk	Harry	436	29:42	Scopin	Margarita
264	18:23	Westbrook	Michael	351	23:36	Haxton	Donovan	437	29:44	Gownley	Barbara
266	18:26	Long	Arlie	352	23:44	Piterski	Norman	438	29:49	Endres	Daniel
266	18:26	Bauman	Tracy	353	23:48	Butler	Thomas	438	29:49	Bogert	John
268	18:27	Mathews	Jason	354	23:50	Latzko	Albert	440	29:50	Scagliarini	Tracy
269	18:29	Frost	James	355	23:56	Miller	Ron	441	29:51	Tapper	Phillip
270	18:31	Hibbard	Bill	356	23:57	Schlichtig	Bill	441	29:51	Panitz	Aliza
270	18:31	Swank	Jean	357	24:11	Hakimi	Maliheh	443	29:52	James	Dennis
272	18:35	Lougheed	Victor	358	24:33	Saleh	Jamila	443	29:52	Gauthier	John
273	18:36	Dilling	Roger	359	24:36	Bloodget	Herb	445	29:50	Trexel	Harry
274	18:39	O'Donnell	Hugh	360	24:44	Alexander	Steven	446	29:56	McMahon	Joe
275	18:40	Tolman	Hendrik	360	24:44	Pham	Duc	446	29:56	Braddon	Donna
276	18:41	Gallun	Joel	362	24:52	Rogers	Theresa	448	29:57	Kaltenbaugh	Susan
276	18:41	Feild	Tom	363	24:54	Doria	Cristina	449	29:58	Kopf	Emory
278	18:42	Rook	Walter	363	24:54	Cole	Frank	450	30:00	Dibble	Carol
279	18:46	Prettyman	Jill	365	24:55	Mahmot	Ron	450	30:00	Bynum	Gwen
280	18:48	McClellan	Michael	366	24:56	Johns	Alan	452	30:03	Goodman	Nancy
280	18:48	Adams	Scott	367	24:57	Daughtridge	Dinah	452	30:03	Hudson	Andrea
282	18:52	Lorenz	Blake	368	25:02	Tarleton	Allan	454	30:04	Held	Theresa
283	18:53	Taylor	Carl	369	25:04	Chintala	Sarada	455	30:05	Sawanobori	Tina
284	19:07	Fainchtein	Rosalinda	370	25:10	Scriba	Leroy	455	30:05	Wu	Amy
284	19:07	Walter	Stephen	371	25:13	Karnes	Charles	457	30:08	Marrero	Noel
286	19:08	Weiss	Michael	371	25:13	Wells	William	457	30:08	Daugherty	Julie
287	19:09	Unregistered		373	25:21	Wainscott	Forest	459	30:10	Read	Shirley
288	19:13	Rowton	Shelley	374	25:29	Conboy	Barbara	460	30:11	Scoville	Key
289	19:17	Spezio	Maria	375	25:42	Mazur	Raymond	461	30:39	McCain	Tim
290	19:19	Pease	Theresa	375	25:42	Johnson	Barbara	461	30:39	Snow	Tom
291	19:20	Heyden	Michael	375	25:42	Jallice	Doris	461	30:39	Hudson	Kenneth
291	19:20	Arrone	Eugene	375	25:42	Mills	Paul	464	30:43	Vaughan	Edwin
291	19:20	Anderson	Sandra	378	25:49	Kennard	Ruth	465	31:07	Drury	Geno
294	19:21	Muhonen	Daniel	379	25:53	Scaffidi	Charles	465	31:07	Niemczuk	Catherine
295	19:22	Soroka	Steve	380	25:58	Taylor	Melanie	467	31:15	Ingale	Satish
296	19:24	Tweekrem	June	381	26:03	Eaton	Alfonso	467	31:15	Brown	Mark
296	19:24	Basappa	Shivanand	382	26:25	Marcus	Charles	469	31:16	Elburg-Obler	Diana van
298	19:25	Staples	Ernie	383	26:29	Odellas	Dawn	470	31:24	Schultz	Francis
299	19:27	Gonzalez	Oscar	384	26:32	Schaefer	Robert	471	31:25	Lewis	Lynn
300	19:28	Won	Gary	385	26:44	Davis	Martha	471	31:25	O'Carroll	Cynthia
301	19:31	Corwin	Stanley	386	26:47	Downs	Martin	473	31:28	Hand	Sarah
302	19:45	Demetry	Paul	387	26:52	Hart	Darlene	474	31:48	Farnan	Nancy
303	19:48	Wolford	Don	388	26:57	Gramlich	Ray	474	31:48	Kuhn	Heidi
304	19:50	Spitzer	Thomas	390	27:02	Fromme	Rebecca	474	31:48	Kestner	Kathy
305	19:53	McMillin	Tim	390	27:07	Vargo	David	477	32:01	Harzer	Jon
306	19:54	Smith	Philip T.	391	27:19	Streep, Jr.	Barbara	477	32:01	No Number	
307	19:58	Berry, Jr.	Richard	392	27:27	Schein	Robert	479	32:08	McInerny	Pamela
308	20:01	Flynn	Karen	393	27:45	Carlisle	Mary-Louis	479	32:08	Phillips	Suzanne
308	20:01	Westbrook	Robert	394	27:49	Dent	Candace	479	32:08	Bell	Grace
310	20:05	Davis	George	395	27:51	Tompkins	Carolyn	482	32:14	Wentz	Joan
311	20:10	Arnold	Kathy	396	27:52	Brigandi	Steven	483	32:28	Carra	Debra
312	20:11	Stonesifer	Richard	396	27:52	Sen	Joseph	483	32:28	Kleis	Karen
313	20:12	Guerrero	Alfred	398	27:53	Hoffman	Ellen	485	32:47	Lightfoot	Patricia
314	20:15	Green	Barry	399	28:08	Arsenovic	Craig	486	32:48	Seidenspinner	Kay
315	20:17	Werneth	Russell	399	28:08	Bell	Petar	487	32:49	Seidenspinner	Don
316	20:21	Manns	Chris	401	28:13	Quinn-House	Robin	488	32:57	Phelps	Chip
316	20:21	Hallquist	Richard	402	28:28	Clark	Colleen	489	32:58	Scott	Barbara
318	20:25	Beltran	Dorfy	403	28:32	Shaffer, Jr.	JoAnn	490	32:59	Chu	Huai-Pu
319	20:26	Sluder	Bill	404	28:33	Neff	Fred B.	490	32:59	Douds	Dave
320	20:31	Robinson	Wayne	405	28:34	Ramsey	Patricia	492	33:00	Lekebusch	Dolf
321	20:47	Dobak	Diane	405	28:34	Barlett	Mary Ellen	492	33:00	Jarva	Kathie
322	20:50	Giese	Luann	407	28:37	Bruner	Tom	494	33:03	Raugh	Anne
323	20:51	Kulkarni	Milind	408	28:38	Drexler	Judith	495	33:21	Curtis	Angela
323	20:51	Kellogg	Patrice	408	28:38	Oliversen	Mona	495	33:21	Jones	Gary
325	20:53	Pfarr	Barbara	410	28:39	Altman	Ronald	495	33:21	Curtis	Cynthia
326	21:00	Chern	Jim	410	28:39	Grieve	Richard	495	33:21	Flick	Michael
327	21:07	Lecourt	Cindy	412	28:41	Brumberg	Susan	499	33:34	Morrison	Marvin
328	21:15	Silverman	Joseph	413	28:42	Lee	Paul	500	33:35	Masuka	Edward
329	21:38	Roberts	Carl	414	28:43	Clark	Cheryl	500	33:35	Hollis	Terence
330	21:52	Gavigan	Gary	415	28:46	Perry	Rita	502	33:36	Masuka	Penny
330	21:52	Kovalik	William	415	28:46	Burton	Howard	503	33:40	Jennings	Kathleen
330	21:52	Graham	David	417	28:47	Evans	Grettchen	504	33:41	McGrath	Lisa
333	21:54	Roberts	Nita	418	28:53	Scialdone	Larry	504	33:41	Brasure	Patricia
334	21:55	Gupta	Darshan K.	418	28:53	Paoletta	John	506	33:42	Myneni	Ranga
335	21:56	Gallagher	William	420	28:54	Colony	Michael	507	33:49	Robbins	Merle
336	21:57	Stuart	Nancy	421	28:55	Bartley	Joe	507	33:49	Randall	Tonya
337	21:58	Owings	Jan	422	28:59	Oh	Deborah	509	33:53	Hughes	Randy
338	22:12	Solomon	Carl	423	29:06	Della Gatta	Gloria	509	33:53	Shifflett	Art
339	22:20	Melcher	Raymond	425	29:07	Greer	Gail	511	33:57	Hurlock	Mary
340	22:21	Kardatske	Owen	426	29:15	Mirecki	Gregory	512	33:58	Kernan, Jr.	Wayne
341	22:32	Galia	R. Jeff	427	29:18	Weiland	Kathryn	513	34:01	Ahmad	Joseph L.
341	22:32	Purucker	Michael	428	29:20	Phillips	Michael	514	34:03	Begenwald	Anisa
343	22:33	Seeley	Richard	428	29:20	Nacewicz	Sandy	515	34:11	Gervin	Lisa
344	22:34	Bordeaux	Judi	430	29:31		Mark	516	34:15	Kerber	Janette
								516	34:15		Arlene

Fall 1990 Intercenter 2-Mile Fun Run October 10, 1990

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
519	34:26	Gonzalez	Walter	539	36:22	Frizzell	Tina	561	40:08	Swartz	Susan
519	34:26	Jeansonne	Tim	541	36:23	Dalkiewicz	Lynn	562	40:09	Bock	Nancy
521	34:28	Allison	Walt	542	36:41	McNeill	Mike	563	40:39	Whelan	Jenny
521	34:28	MacVeigh	George	542	36:41	Nessler	Phillip	564	40:40	Koenig	Tamara
523	34:46	Wingood	William	544	36:42	Katz	Jessie	565	40:41	Marechek	Mary
523	34:46	Steele	Pam	544	36:42	Panciera	Sherri	566	40:42	Unregistered	
525	34:50	Fay-Dombrowski	Denise	546	36:45	Lambert	Barbara	567	41:01	Hill	Paul E.
525	34:50	Larsen	David	546	36:45	Marks	Richard	568	41:02	Fisher	Jane
527	34:51	Brown	Mitchell	548	37:07	Disharoon	Maureen	568	41:02	Hayes	Michelle
528	34:57	Koslosky	Anne Marie	548	37:07	Disharoon	Lauren	570	41:04	Orem	Rachel
528	34:57	Palace	Richard	548	37:07	Unregistered		570	41:04	Van Duyl	Vicky
530	35:28	Elliot	Jeffrey	551	37:11	Rapp	Colleen	572	41:44	Jung	David
530	35:28	Norman	Seaton	552	37:27	Ollendorf	Ellen	573	42:08	Ishizuka	Daisy
532	35:29	Gustafson	Marjorie	552	37:27	Smith	Tom	573	42:08	Vallerami	Lori
533	35:30	Nalley	Susan	554	37:28	Ragusa	Rebecca	575	43:48	Goins	Maria E.
533	35:30	Johnson	Steve	554	37:28	Yoder	Debbie	575	43:48	Spohr	Cheryl
535	35:57	Masiee	Shirley	556	38:13	Isham	Marie				
535	35:57	Ahearn	Angela	556	38:13	Mitchell	Ramona				
537	36:21	Adams	Cindi	558	38:45	Thompson	Tim				
537	36:21	Coleman	Brenda	559	38:46	Boyer	Robert				

Fall 1990 Intercenter 10K

	Time	Lastname	Firstname	Time	Lastname	Firstname	Time	Lastname	Firstname
1	34:33	Baugh	Mark	35 48:56	Hudson	Bill	66 60:24	McMillin	Kathy
2	36:16	Tai	Frank	36 49:01	Luquette	Rich	67 60:26	Douglass	Anne
3	37:17	Barthelme	Neal	37 49:22	Henderson	Donald	68 61:25	Gallun	Joel
4	38:05	McComas	David	37 50:24	Solomon	Harry	69 62:13	Gutierrez	Adriana
5	39:20	Winkert	Thomas	39 50:25	Jones	Jim	70 62:19	Long	Arlie
-	39:40	Shuman	Fred	- 50:31	Fung	Edwin	71 62:27	Rohrbaugh	Richard
6	39:51	Camper	Larry	40 51:25	Mentall	James	- 65:40	Smith	Philip T.
7	39:57	Nolan	Tom	41 51:33	Garay	Bill	- 67:20	Allison	Walt
8	40:56	Plastine	Robert	- 51:38	Jasinski	Michael	72 68:42	Westbrook	Michael
-	41:56	Weiss	Richard	42 52:02	Voellmer	George	73 68:43	Lorenz	Blake
-	42:01	Lofton	Charles	43 52:05	Lawrence	William	74 69:10	Flynn	Karen
9	42:20	Johnson	Charles	44 52:44	Thurber	John	75 72:30	Roberts	Nita
10	42:41	Zach	Franz	45 52:51	Michalik	John	76 72:31	Roberts	Carl
-	43:05	Bindschadler	Robert	46 52:52	Sharpe	Deborah	- 75:38	Arrison	Jack
11	43:07	Kulkarni	Milind	47 52:54	Lengenfelder	Franz Joseph	77 81:18	Blodget	Herb
12	43:36	Mantel	Simon	48 53:33	Skillman	David	- 85:15	Alexander	Steven
-	43:42	Doiron	Scott	49 53:36	Urdinola	Robert	- 86:00	Gormley	Cathy
13	44:10	Conrad	Tony	- 53:43	Hawley	Eldon	- 86:00	Vargo	Barbara
14	44:11	Johnson	Curtis	- 53:45	Koslosky	Jack	- 87:22	Kolos	Diane
15	44:19	Chernega	James	50 53:59	Latzko	Mark	- 87:22	Wall	James
16	44:24	Stewart	Ken	- 54:01	Cleveland	David	- 87:49	Greenstone	Reynold
17	44:48	Spies	John	- 54:19	Johnson	Bert	- 91:44	Ward	John
18	44:49	Korb	Andy	- 54:54	Dew	Howard	- 91:44	Taylor	Lyla
-	44:55	Rood	Richard	51 55:24	Tseng	Gizu	- 93:20	Jeansonne	Tim
19	45:02	Phillips	Bob	- 55:38	Stolarski	Richard	- 93:20	Gonzalez	Walter
20	45:27	Morrow	Dennis	52 55:42	Andrews	Daniel	- 98:44	Jellison	Jane
21	45:33	Hodge	Jack	53 55:58	LaBel	Kenneth	- 99:32	Jarva	Kathie
22	46:00	Lassiter	Ronald	54 56:17	Price	Rosalee	- 99:35	Snow	Tom
23	46:25	Dube	Maury	55 56:55	Backe	Richard	- 99:35	Hudson	Kenneth
24	46:40	Lakew	Brook	56 56:59	Laudadio	John	- 99:35	Lewis	Cynthia
25	46:53	Williams	Lani	57 57:13	Weeks	Brett	- 99:36	Niemczuk	Catherine
26	46:55	Sissala	John	58 57:15	Farley	Steve	- 99:36	Gauthier	John
27	46:57	Robertson	Brent	59 57:44	Posey	Malcolm	- 101:39	Tappper	Phillip
28	47:10	Griffin	George	60 57:45	Watterson	Michael	- 101:40	Scriba	Leroy
29	47:23	Spies	Bob	61 57:45	Adams	Debora	- 101:40	Galia	R. Jeff
-	47:32	Divine	Charles	- 57:50	Graf	Charles	- 115:44	Daugherty	Roy
30	47:35	Brown	Ken	62 58:26	Chelluri	Sriram	- 115:44	Arnold	Kathy
31	47:42	Reeves	Frank	63 58:41	Reeves	James	- 123:23	Chu	Huai-Pu
32	47:45	Schwabe	John	- 58:41	Sanders	Todd	- 169:29	Spohr	Cheryl
33	47:50	Comberiate	Mike	64 58:55	Fuentes	Awilda	- 169:29	Daugherty	Julie
34	48:03	Kirwan	Emil	65 59:23	Bentz	Deanna			

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