



Mark Baugh
737.3

The GROC Newsletter

A Publication of the Goddard Running and Orienteering Club

Summer 1995

Editor's Column

Grace Lee

Despite the heat, the April Fun Run welcomed 565 finishers to the finish line. The several 10K races motivated 51 participants to brave various meteorological challenges to score a few more points for Goddard. The number of participants is low by spring standards. Let us all try to recruit a few more colleagues to run, walk, or volunteer for the fall races.

Volunteers

Speaking of volunteers, GROC is in desperate need of volunteers for future races and for energetic folks to help keep the club going. If we don't have more people willing to share the burden of conducting the races, the future of the Fun Run may be in jeopardy. This is not a threat. *Races cannot be held if there aren't volunteers available when the necessity arises, both prior to and on race day.* If you could help or know of someone who would, Diane Kolos (x3880) will be glad to talk to you.

Fall Fun Run

In the meantime, prepare for the Fall races! Those of you not attached to any team can start new teams by recruiting at least four more colleagues. All (especially established) teams should (be required to) assign at least one member to volunteer prior to the race and one for the race, thereby helping to insure we will have enough workers for the races. This is not too much to ask. Besides, volunteers count for team participation.

Maryland RRCA Championship Series

Once again, the RRCA clubs around Maryland will be conducting a road race series. This is a competition among individuals as well as the clubs. If you are interested in signing up (no cost except for the races), contact Chuck Powers at x8061. The remaining races in the series are:

15 July Rockville Rotary 8K (MCRRC)

27 Aug Annapolis Run 10M (AS)

03 Sep Greenbelt 15K (DCRRC)

17 Sep Union Mills 8K (WRRRC)

07 Oct Great Allegheny Run 15K (QCS)

19 Nov Metric Marathon (HCS)

Fitness Lab

The Fitness Lab has information on other races, fitness, and strength training, as well as running magazines on loan. Stop by and share the fitness camaraderie.

Fall newsletter deadline: Sep 26

If possible, please submit written material stored in ASCII, in a Mac or PC HD disk, along with a hard copy to Grace Lee, Bldg 11 E208B, or c/o Mike Miller at the Fitness Lab. Writers, poets, artists... are all welcome. Share your talents and contribute to our GROC newsletter! (Eventually, the editor will get E-mail. Until then, please have patience and cooperate.)

Maryland Senior Olympics

The 16th Anniversary Celebration of the Maryland Senior Olympics will be held at Towson State University, Towson, Maryland on October 5-7, 1995.

Featured events include Track and Field, Swimming, Tennis, Golf, Bowling, Cycling, Table Tennis, and more.

Competition is divided into the following age groups for Men and Women: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and 95-99. All active seniors are encouraged to participate.

For information or to obtain a registration form, contact

Maryland Senior Olympics
Maryland Office on Aging
301 West Preston Street
Baltimore, MD 21201
410-225-1094, 1-800-243-3425

or

Tom Page
Senior Olympics PG County Representative
301-262-3418(H)

All applications must be postmarked by midnight, August 7, 1995.

GROC Membership Profile

The profile is a regular feature of our Newsletter. This time ten names were arbitrarily selected from the membership roster and sent questionnaires. Only three responded. Anyone anxious to appear in this column should contact the editor.

Because of Mr. Naegeli's contribution to the Fun Run, the editor decided to allot him more space than usual for his profile.

Chuck Naegeli, HST Flight Systems and Servicing Mission - Orbital Replacement Unit Carrier Development Manager for Code 442, began running seriously in 1979. In the 1980-1981 period he ran six marathons including the Boston in 1981. His PR for the marathon is 2:50 in the "short" Marine Corps event of 1980. He also participated in other "crazy" running events like the annual 24-hour Relay at Fort Meade for the Howard County Striders. His training regimen consisted of weekly mileage of 50 to 60 miles, including interval training and regular 6-9 mile runs with a number of fellow GROC runners. On weekends he would compete in a race with the Striders or a long 18-20 mile run - or both!

In his own words, Chuck tells us. "The thing I am most proud of now was the impact I made after I wrested the presidency of the then Goddard Running Club in a car seated with a majority of the then membership while on a road trip to the Virginia 10-Miler. Not wanting to be a do nothing president... I decided to make the most 'radical' changes I could think of. At first it was just 'MY' quixotic idea and in the winter of 1981 I laid out the same 2-mile course we have now for the on center Fun Run. Onlookers wondered what in the world I was doing as I rolled my measuring wheel down the road. The idea gained momentum with support from some of the female members (Jane Jellison and Hillary Cane) and even the most skeptical resistance broke down (John Sissala and Ken Brown) and made major contributions after it became clear that I was going forward with the plan no matter what. Becky Lambros, the fitness specialist for that first run, and successor Gincy Stezar were big time promoters of the event and had an even bigger role in influencing a bunch of outshape employees to 'DO IT.' You are right if you imagine that we had a lot of convincing to do with the Administration, and Safety and Security and Legal that first year, but eventually with the support of Bob Kramer 'WE' prevailed. The FIRST FUN RUN Event in Spring of 1981 brought out a couple hundred runners as I recall and was a big hit even though we had medical personnel and ambulances standing by just in case. We won the Intercenter competition by a landslide and JSC finally had some competition. I was not myself secretly convinced it was destined to be a success, I just hope it would. But it might have been a flop and if it had I would have had to hide my face for the rest of my term as President if not career at Goddard."

Chuck left Goddard in 1982 and lost track of his old friends. But in 1991, he was re-hired by GSFC. Chuck is no longer active in GROC but his legacy continues in the form of the semi-annual Fun Run around the center. He still runs when his is not hurt. He has not competed in a marathon since the Boston Classic in 1981 and he does not normally compete in running events. But if you remember him from that bygone era you must know that Chuck Naegeli c 1995/ Aerospace worker/Homeowner/Husband and father of two preschool children has found other things to do with his time. His fitness goal is to run 15-20 miles a week so that he can maintain a physical/mental balance. Alas, our fallen hero is no longer chasing windmills.

Mark Baugh, Communications Subsystem Manager for TRMM and ISTP, has been a GROC member for nine years. He runs and bikes at least three times a week at a minimum of 80% effort. He also has at least three basketball workouts a week. Mark would like to see an outdoor basketball court next to the fitness lab for a possible basketball tournament.

Mark has participated in every Fun Run since 1986. For observers with long memory, the competition between Mark and Ironman triathlete Ed Boggess must have been among the most exciting moments in Fun Run history. Mark has taken several first place trophies in both the 2-mile and 10K competitions.

Competition is nothing new to Mark, since he had competed in track and field and cross country for high school and college teams. During the past twenty one years, he has run seven marathons, including New York and Boston, and over 300 other racing events.

Besides running and basketball, Mark is also active in Goddard's Black History Club and Auto Club. His other hobbies include housing construction, automotive mechanics, audio systems and all sports.

At present, Mark only trains to keep in shape. However, he is seriously thinking about returning to competition next year.

Diane Dobak, on site contractor supporting Code 734 in CAD circuit board design, has been the captain of the Code 734 Power Misers Fun Run team for the past several years. Although she occasionally takes some breaks from running, she considers running to be her favorite way to stay active so she could eat more pizza!

Diane has been participating in the Fun Run for five years, and has brought her time down to a respectable 16:27. Recently she has added the 10K of the GROC fall and spring series to her running menu, after an exhilarating time in the Bay Bridge Run in 1994.

Besides running, Diane also likes to bike, though not so much for the workout. She likes to backpack a picnic, pick a nice path - like the Canal tow path - and enjoy the scenery. She also rollerblades and goes camping once a while. In the winter, she occasionally goes skiing and ice skating.

Besides physical activities Diane also likes to read, especially fiction adventure thrillers. She draws and makes crafts, or spends hours at art and craft shows and art exhibits. Furthermore, she likes to travel and go to beaches.

Recently, Diane discovered America On Line, so she is having fun exploring those CHAT rooms - just talking to other runners of course! She may be reached at DMDobak@AOL.com.

Spring 2-Mile Fun Run

Teams Scored by Participation

Rank	Number of Particip'ts	Team Name
1	65	The SEIMSS Team
2	63	Facility MDs
3	58	Infomaniacs
4	37	Out to Launch
5	28	Communicators
5	28	Pacers
7	15	Procurement Pacers
8	12	Lockheed-Martin Shooting Stars
8	12	Like the Wind
10	11	Run CSC
10	11	Speed N Snooze
12	10	The Control Freaks
13	9	The Power Misers
14	5	Tunnelers
0	3	Hot to Trot

Team Scoring by Speed

Rank	Score	Team Name
1	37.70	Speed N Snooze
2	73.51	Out to Launch
3	81.13	Like the Wind
4	87.13	Pacers
5	94.61	The SEIMSS Team
6	148.00	Facility MDs
7	257.88	Communicators
8	270.54	Lockheed-Martin Shooting Stars
9	291.52	Infomaniacs
10	456.00	The Control Freaks
11	508.31	The Power Misers
12	535.28	Run CSC
13	635.97	Procurement Pacers
14	684.39	Tunnelers

NASA Presidential Sports Challenge

There is still time to participate before the deadline of August 31. However, your choices of sports may be limited at this point. Stop by at the Fitness Lab for further information.

Better late than never!? There may still be one activity that turns you on!

Fitlab Corner: Weight Training and Running. Do They Mix?

Part II

by Mike Miller

Last issue I tried to convince you that weight training would be a good thing for you to do. This issue, I'll assume that I've convinced you of the truth of that, and will now show you some exercises to strengthen your running.

- **Lateral Raises** -- hold a weight in each hand while standing upright. Keep your knees slightly bent. The starting position is with both hands hanging at your sides. Bend the elbows slightly so that the palm of the hand faces, and is resting on, the front of the thigh. Lift the arms slowly until they are about parallel to the floor, keeping the palms facing toward the floor. Slowly lower arms back to the starting position.

- **Running Arms** -- hold a weight in each hand while standing upright, one foot slightly in front of the other. The starting position is with both arms bent at the elbows in a close approximation of the position you carry your arms when you run. Keeping your torso and hips still, move your arms in the same way that you do when you are running, only slower. Let your arm and shoulder muscles move the weights, don't let the weights move your arms. No momentum!

- **Lat Pulls/Pullups** -- grasp the bar with a grip slightly wider than your shoulders, palms facing away from you. For lat pulls, kneel or sit down, and pull the bar down to a point just below your chin. Keep your face a couple of inches away from the bar. For Pullups, find a bar elevated high enough so that you can hang at arms length without your feet touching the ground. Without swinging your body, pull yourself up until your chin is over the bar.

- **Bench Press/Pushups** -- Using the bench press station on a weight machine, lie on your back under the machine with the handle of the bench press bar at the mid-sternum point. Elevate your feet so that your back is pressed down flat on the bench. Grab the handle, pushing it toward the ceiling (or, toward the wall, if you are using a vertical bench press) until your arms are almost fully straight. Do not lock your elbows. Lower the weight until it is almost touching the rest of the weight stack. For pushups, lie on the floor face down supporting your weight on your hands and toes, or hands and knees. Position yourself so that your back is absolutely straight when seen in side view.

Lower yourself by bending your elbows until your chin or chest touches the floor. Keep your back and neck straight throughout the movement. Then push back up into the original position, keeping your elbows slightly bent at the top.

- **Abdominal Work** -- Lie on the floor face up with your knees bent and feet flat on the floor. Place your hands behind your head or on your chest. Lift up your torso far enough to get your shoulder blades off the floor. Lift using your abdominal muscles only, do not pull with your hands. There are only about a million varieties of ways to work your abdominal muscles. Do a few different types to keep from getting bored.

- **Lower Back Work** -- Lie on the floor face down with your arms extended along the floor above your head. Place a towel under your forehead for comfort. Lift your right arm and left leg simultaneously toward the ceiling about a foot. Hold for two seconds, then return them to the floor. You can change this by lifting both arms together but not your legs; lifting both legs together but not your arms; and lifting both arms and legs together.

Do each exercise with a weight or resistance that will allow you to complete only ten to fifteen repetitions (reps) of each exercise. In other words, a weight or resistance so heavy that you cannot do any more than fifteen reps. Do two sets of fifteen reps at each exercise. To form the separate exercises into a workout, either do one exercise after the other sequentially until all the exercises are completed, or do two sets of the first exercise before you do two sets of the second exercise, and so on. Increase the weight or resistance when you can complete fifteen reps of a given exercise (both sets) without blowing a gasket or pulling a muscle. Start at the new, heavier weight for ten reps and increase toward fifteen reps as you get stronger.

In the next issue, I will address the rest of the recommended exercises, specifically those for the lower half of the body.

GROC Executive Board 1994-1995

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Vice President	John Sissala	x6551
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Historian	Joan Rattigan	794-2878
Membership Coord.	Jane Jellison	x8563
Race Director	Diane Kolos	x3880
Newsletter Editor	Grace Lee	x5762
Fitness Lab Director	Mike Miller	x6668

Spring 1995

2-Mile Fun Run Results

1 11:33 Mark Cemiglia	53 14:05 Angelo Alvarez	108 16:14 Julie Siegrist
2 11:42 Steven Tompkins	54 14:10 Dennis Morrow	108 16:14 Amy Ruck
3 11:57 Thomas Winkert	55 14:11 John Hagopian	110 16:16 Harry Solomon
4 12:03 David McComas	56 14:16 Donald Moore	111 16:19 Russell Harrison
5 12:11 Mark Baugh	57 14:20 Richard Deutschmann	112 16:21 David Boon
6 12:17 Rick Bingham	58 14:26 Bob De Carlo	113 16:22 Matthew Kirichok
7 12:25 Tony Martino	59 14:27 Frank Birsá	114 16:31 Mash Nishihama
8 12:27 Brian Rehm	60 14:30 Andrew Negri	114 16:31 Diane Dobak
9 12:33 Robert Bindschadler	61 14:33 Jim Keat	116 16:34 Bruce Wagner
9 12:33 Tom Venator	62 14:34 Darian Spruill	116 16:34 Balati Soundararat
11 12:34 Fred Shuman	63 14:35 Jeff Steele	118 16:39 Mark Latzko
11 12:34 Ray Lundquist	64 14:39 Michael Hoffman	119 16:42 Mike Lin
13 12:35 Art Morey	65 14:44 Dan Krieger	120 16:43 Christa Thorpe
14 12:37 G. Thomas Arnold	66 14:47 John Walker	121 16:44 Jim Bandy
15 12:43 Chris Brennan	66 14:47 Daniel Walker	121 16:44 Stephen Andrews
15 12:43 Jay Sturdevant	68 14:48 Timo Saha	123 16:48 Timothy Kelly
17 12:49 Carlos Cumberbatch	69 14:50 Timothy Ludwig	124 16:52 Mona Williamson
17 12:49 Mark Woodard	70 14:52 Dan Genovese	125 16:53 Richard McPeters
19 12:50 Warren Miller	71 14:53 John Ujhazy	126 16:54 Laurence Twigg
20 12:51 James Chernega	71 14:53 Paul Budnichuk	127 16:58 Brenda Wishnefsky
21 12:55 Milind Kulkarni	73 14:55 Robert Summa	127 16:58 Art Pinnock
22 12:56 Thomas Fornoff	74 14:59 Carolyn Dent	129 16:59 Steve Duran
22 12:56 Jeanne Grillo	75 15:00 Doug Fineberg	130 17:01 Randal Koster
24 12:58 Clark Weaver	76 15:06 Steven Messiora	131 17:03 Daniel Andrews
25 13:00 Mark Beckman	77 15:07 Kevin Milligan	132 17:04 David Content
26 13:04 John Gyax	78 15:10 Mark Hubbard	133 17:08 Jack Koslosky
27 13:08 Richard Weiss	79 15:11 Robert Boyle	134 17:11 Jim Fate
28 13:12 Rich Luquette	80 15:13 Robert Schweiss	135 17:13 Robert Rossi
29 13:15 Mike Hagopian	81 15:15 Emil Kirwan	136 17:18 Mary Jean Grillo
30 13:16 Allen Murrell	81 15:15 K. G. Woltz	137 17:23 Andrew Dessler
31 13:17 Daniel Mandl	83 15:18 Norman Rioux	138 17:27 Stephen Brown
32 13:22 Randall Sites	84 15:22 Rud Moe	138 17:27 Louis Habersham
33 13:23 Lloyd Rawley	85 15:24 Woodson Bercaw	140 17:31 Curtis Emerson
34 13:24 Charles Divine	86 15:29 James Thieman	141 17:36 Barbara Pfarr
35 13:27 James Corbo	87 15:32 Jim O'Donnell	142 17:38 Cathy Trout
36 13:28 John Sissala	88 15:33 Arthur Kyle	143 17:39 Carmel Conaty
36 13:28 Siri Jodha Khalsa	88 15:33 Matthew Conway	144 17:45 George Roach
38 13:29 Julie Deutschmann	90 15:36 Jamie Harper	145 17:48 Dick Fisher
39 13:30 Mark Hilliard	91 15:42 Mary Anne Gallagher	146 17:51 Gerald Stark
40 13:31 Dave Rohrbaugh	92 15:44 Charles Jackman	147 17:53 Andrew Gravatt
41 13:37 Mark Walther	93 15:46 Tim Rivenbark	147 17:53 Charles Goldberg
42 13:38 Dale Allen	94 15:49 Howard Dew	147 17:53 Dwayne Henderson
43 13:42 Robert Rapp	95 15:52 David Iacona	150 17:55 Kirsten Jorgensen
43 13:42 Scott Boardsen	96 15:54 Douglas Ward	151 17:57 Sharon Richardson
45 13:44 Antonio Jones	97 15:55 Adam Lewis	152 17:58 Chuck Kropp
46 13:46 Kent McCullough	98 15:57 Todd Martin	153 17:59 John Crassidis
47 13:49 Mark Ballantyne	99 16:01 Mark DeBord	154 18:06 Eric Lazur
48 13:51 Paul Kucera	100 16:02 Peter S. P. Hui	155 18:07 Michael Burzynski
49 13:52 Timothy Wilcox	101 16:04 Brant Brackdorff	156 18:08 James Mentall
50 13:54 Hamit Coskun	102 16:07 Joshua Goldman	156 18:08 Bill Garay, Jr.
51 13:55 C. Megan Larko	103 16:09 Tony Arrigo	158 18:09 Ed Burgess
52 13:58 Kirk Rhee	104 16:10 Frank Wright, Jr.	159 18:10 R. L. Williams
	105 16:11 Mark Baratz	159 18:10 Rudy Saucillo
	105 16:11 Mark Daly	161 18:11 Renee Steinwand
	107 16:12 Richard Hicks	162 18:16 Mark Schoeberl

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162 18:16 Brand Fortner	216 21:02 Stephanie Yom	272 25:38 Lin Marr
164 18:19 Judy Rupp	218 21:04 Amy Bleich	273 25:39 Karen Barksdale
165 18:22 Edward Kemper	219 21:05 Bill Booth	273 25:39 Al Williams
166 18:23 David Brown	220 21:11 Sucheta Pandit	275 25:40 Keith Baston
167 18:24 Frank Ferguson	221 21:14 Karen Moe	276 25:46 Bhavana Singh
168 18:32 Emanuel Karageorge	222 21:19 Richard Seeley	277 25:49 Cynthia O'Carroll
169 18:34 Richard Smith	223 21:25 Kim Harman	278 25:50 Bob Fulcher
170 18:35 Donald Henderson	224 21:27 Louis Copsey	279 25:53 Marc Alvarez
170 18:35 Katie Henderson	225 21:28 Anne Crowley	280 25:54 Lori Martin
172 18:37 Jim Dafnis	226 21:34 Kimberly D. Brown	281 25:58 Mary Panizari
173 18:38 Fred Kallmeyer	227 21:47 William Wells	282 26:13 Frank McCluer
174 18:41 Sam Floyd	228 21:48 Landis Markley	282 26:13 Michele Jacintho
175 18:46 Rex Elliott	228 21:48 Edwin Moses	284 26:14 Linda Stewart
176 18:47 Dennis Romich	230 21:49 Ted Simmons	285 26:16 Homer Azmoudeh
177 18:49 Doug Newlon	230 21:49 Nancy Smith	286 26:22 Susan Kaltenbaugh
178 18:52 Don Burt	232 21:50 Judith Petty	287 26:31 Patrick McClain
179 18:55 Suzanne Goldberg	233 21:52 Mary Collins	287 26:31 Renny Greenstone
180 19:12 Mark Goldman	233 21:52 Cathie Meetre	289 26:33 Sanford Hinkal
181 19:22 Bradford Butts	235 21:53 Cynthia Jones	290 26:40 James O'Leary
181 19:22 Deane Charlson	235 21:53 Mohanavel Rajappan	290 26:40 Melanie Feinstein
183 19:28 Cindy Lecourt	237 22:00 Dave Littmann	292 26:41 Eugene Grunby
183 19:28 John Carrico	238 22:04 Winston DeLottibouder	293 26:42 George Huffman
185 19:29 Christy Roberts	239 22:07 K. Uhm	294 26:51 Joe McMahon
185 19:29 John Shekarchi	240 22:09 Jim (Mocking) Byrd	295 26:58 Laurie Via
187 19:32 Rich Stolarski	241 22:19 Mary McKaig	296 27:10 Sandra Cover
188 19:48 Leon Jones	242 22:30 Barry Green	297 27:11 Lorie Eakin
188 19:48 Hillary Schein	243 22:31 Chris Ridenour	298 27:12 John Bauernschub
190 19:49 Sara Haugh	243 22:31 Mark Lucas	298 27:12 Kimberly Higgins
191 19:51 Elizabeth Forsbacka	245 22:33 Sherry Fowler	300 27:22 Gregory Troendly
192 19:52 Leilani Grove	246 22:34 Paul Baker	301 27:24 Chris DeMeter
193 19:53 Russell Werneth	247 22:35 Christine Estacion	302 27:27 Cathy Gormley
194 19:54 Mark Allen	248 22:45 Alan Binstock	303 27:31 Dorothy A. Hall
194 19:54 Heather Carroll	249 22:57 Jeffrey Jennings	304 27:54 Jay Gipson
196 19:57 Michael Paoletta	249 22:57 Anne Larson	305 28:01 Henry Middleton
197 20:03 Bill Hibbard	251 23:02 John Garrett	306 28:03 Rico Spears
197 20:03 Jean Swank	252 23:03 Thomas Bacon	306 28:03 Willie Lackey
199 20:05 Michael Lynas	253 23:04 Vicky Jenkins	308 28:04 Deborah Walls
200 20:07 Loc Nguyen	254 23:23 Leroy Scriba	308 28:04 Bryan Walls
200 20:07 Duc Dang	255 23:35 Edwin Vaughan	310 28:05 Mike Maroof
202 20:14 George Davis	256 23:38 Ralph Mollerick	310 28:05 Denise Konopka-Munoz
203 20:17 Ralph Wiechert	257 23:45 Sheng Chen	312 28:06 Kenneth Hudson
204 20:20 Jordan Truesdell	258 24:06 Tom Paradis	313 28:07 Harold Hallock
204 20:20 Robert Blodnikar	259 24:09 Cheryl Lee	314 28:18 Linda Werneth
206 20:25 Lourdes Armes	260 24:11 Jaqui Ferguson	315 28:23 Lois Ryno
207 20:32 Anne Douglass	261 24:14 Namrita Kapur	316 28:24 Karleen Helton
208 20:37 Ted Michalek	262 24:15 Timothy Belet	316 28:24 Larry Maddox
209 20:38 Gary Gregorich	263 24:21 Jan Owings	318 28:25 Ernie Staples
209 20:38 Liz Kennedy	264 24:24 Lowell Tucker	318 28:25 Edward Duncan
211 20:41 Curtiss Barrett	265 24:26 Ann Jenkins	320 28:26 John Hurd
212 20:42 Grace Mumford	266 24:31 John Kerich	320 28:26 Shefali Dalal
213 20:47 Blake Lorenz	267 25:08 Jack Hodge	322 28:27 Susan Trelease
214 20:51 Larry Ryan	267 25:08 JoAnn Clark	323 28:28 Dave Tucker
215 20:56 Darlene Walter	269 25:20 Pamela Brown	324 28:29 Doug Whitely
216 21:02 James Mack	270 25:30 John Bruce	325 28:42 Robert Ignasiak
	271 25:37 Dawn Daelemans	326 28:48 Helen Phillips

(Spring 1995 Fun Run Results, Cont.)

327 28:53 Karen Latham	381 31:13 Grettchen Burton	436 33:37 Brendon Clark
328 28:54 Arthur Hughes	382 31:17 Daniela Guglielmi	436 33:37 Sherman Eaddy
329 28:55 Chad Coene	382 31:17 Mary Pitkoff	436 33:37 Trish Ryan
330 29:06 Patricia Fitzgerald	382 31:17 Sherry Pollock	439 33:39 Cathy Mahoney
330 29:06 Rosalie Daelemans	385 31:23 Teresa Brooks	439 33:39 Amy Yates
330 29:06 Natalie Daelemans	386 31:26 Chuck Duignan	441 33:41 Rosalind Dorsey
333 29:07 Neil Gehrels	386 31:26 Albert Jahnigen	441 33:41 Debra Gaines-Spicer
334 29:14 Charles Glasser	388 31:34 Farzad Kazeminezhad	443 33:42 Diep Nguyen
335 29:15 Donald Righter	389 31:40 Peter Baltzell	443 33:42 Pamela Snook
336 29:20 Cleu Chua	390 31:43 E. Jean Walters	445 33:44 Kathie Jarva
337 29:28 Tracey Taylor	391 31:51 James Shiue	445 33:44 Cheri Carroll
338 29:29 Sandra Gorham	392 32:06 Tom Bagg	445 33:44 Terence Doiran
338 29:29 Yvonne Morrison	393 32:07 Bill Guion	448 34:00 Tracey Mackel
338 29:29 Rupert Fox	394 32:08 Barbara Gownley	449 34:01 Vivian Patrick
341 29:41 Theresa West	395 32:09 Owen Kardatske	449 34:01 Barbara Shapter
342 29:46 Mikhail Shams	395 32:09 Doug Rose	451 34:02 Cynthia Spivey
343 29:47 William Mitchell	397 32:24 Christopher Johnson	451 34:02 Bonnie Burns
344 30:00 Daniel Endres	398 32:28 Frank Haskell	453 34:03 Ray McGaha
344 30:00 John Bogert	399 32:31 Tom Snow	454 34:06 Walter Daly
346 30:01 Karen Flynn-Newlon	400 32:32 Bill Koch	455 34:07 Karen Carroll
347 30:02 Luann Bindschadler	401 32:37 Bill Webber	456 34:09 Kurt Smith
348 30:03 Kim Toufectis	402 32:40 Quang Nguyen	457 34:10 Lan Cao
349 30:07 Jenny Whelan	403 32:42 David Larsen	458 34:11 Susan Wirth
350 30:18 Maria Spezio	403 32:42 Mark Dylewski	459 34:13 Bob Freitas
350 30:18 Darlene Riddle	405 32:44 Wendy Morgenstern	459 34:13 James Abell
352 30:19 Karen Richon	406 32:46 Debra Henrethy	461 34:15 Shelly Greer
353 30:22 Mary Wood	407 32:47 Penny Newsome	462 34:17 Mark Hagerty
354 30:23 William Struthers	408 32:48 Darlene West	462 34:17 Greg Becker
355 30:24 Haseen Uddin	408 32:48 Maria So	462 34:17 Philip Bender
356 30:25 Thomas Zuby	410 32:49 George Gorsuch	462 34:17 Cappy Phillips
356 30:25 Bob Kiwak	410 32:49 James Boner	466 34:26 Linda Hirshman
358 30:26 Cynthia Zaklan	412 32:50 Bill Paradis	466 34:26 Rebecca Hirshman
359 30:27 Karen Smith	413 32:51 Mark Halbig	468 34:28 Sheila Fry
360 30:30 Alfonso Eaton	413 32:51 Marisa Achee	469 34:29 Lloyd Bass
361 30:33 Thomas Rozanski	415 33:02 Sharon De Lauter	469 34:29 Steve Kraft
362 30:37 Betty Pyles	415 33:02 Joseph De Lauter	471 34:30 Jackie Mattson
362 30:37 Kenneth Davidson	417 33:03 Tracy Scagliarini	471 34:30 Corinne Hardy
364 30:39 Lisa Peckham	418 33:04 Marcia Smith	473 34:31 Michael Parvis
365 30:41 Debbi McLean	419 33:09 Darlene Ahalt	473 34:31 Michael Shapiro
365 30:41 Mary Pat Hrybyk-Keith	419 33:09 Rebecca Allen	475 34:37 Leslie Brooks
367 30:42 Dwaine Kronser	421 33:11 Walter Rook	475 34:37 Shannell Cardwell
368 30:44 Suzanne Gallagher	422 33:12 Jorge Reynold	477 34:45 Tony Opeka
369 30:45 John Durning	423 33:13 Dolf Lekebusch	478 34:46 Richard Long
370 30:46 Wm. Oran	423 33:13 Jay Garvin	478 34:46 Ronald Brandon
371 30:48 Perry Dalal	425 33:16 Butch Kelley	480 34:47 Niloo Rasolee
372 30:55 Terri Brooks	426 33:17 Ravindra Khetan	481 34:53 Anna Meisheid
373 30:56 Toni Turner	427 33:18 Mike Parmenter	482 35:01 Susie Smith
374 30:59 Anthony Grillo	427 33:18 Boris Shambat	482 35:01 Patricia Johnson
375 31:07 Vu Tran	429 33:20 Michael Westbrook	484 35:03 John Stewart
376 31:09 John Oberright	430 33:27 Tomi Cox	485 35:04 William E. McGunigal
376 31:09 Carl Taylor	430 33:27 Sharon Foster	486 35:06 Bernard Fridovich
376 31:09 Anita Wellen	432 33:28 Alan Reth	487 35:07 Lisa Kelly
379 31:10 Rod Zaleski	432 33:28 Paul Mills	487 35:07 Robin Morton
380 31:12 Joan Davis	434 33:35 Bruce Bromberg	489 35:08 Desiree Taminelli
	435 33:36 Olga Del Rio	490 35:13 Jean Perry

(Spring 1995 Fun Run Results, Cont.)

491 35:14 Jackie Mims
492 35:17 Susan Swartz
493 35:18 Olivia Gunter
494 35:22 Darryl Hines
495 35:23 Michael Grabenstein
496 35:24 Cheryl Curran
496 35:24 Lori Long
496 35:24 Joy Long
499 35:38 Brent Hughart
500 35:39 Kathy Wilson
501 35:40 John Gauthier
502 35:41 Veronica Stubbs
503 35:44 Susie Scott
504 35:45 Renee McCaskill
505 35:46 Edward Gaddy
505 35:46 Barbara Prather
505 35:46 Elissa Levine
508 36:00 Carol Bleile
509 36:03 Charlene Williams
510 36:06 Marjorie Gustafson
511 36:07 Susan Long
512 36:16 Jeanie Hall
513 36:18 James A. Bass
514 36:21 Carol Lazrus
515 36:22 Thomas Lojacono
516 36:31 Lynn Baker
517 36:32 Rita Kemp
518 36:45 Bert Finkelstein
518 36:45 Bonnie Seaton
520 36:46 Leonard Smith
521 36:55 Linda Fleck
522 36:59 Hermella Johnson
523 37:04 Stan Boyer
524 37:05 Nora Das
525 37:15 Myrtle Daye
526 37:18 Laurie Batchelor
527 37:19 John Bonk
528 37:59 Linda Jester
529 38:00 Camilla McGinnis
530 38:15 Paula Wood
530 38:15 Pam Steele
532 38:30 Virginia Herensperger
532 38:30 Sherri Hall
534 38:32 Ann Kim
534 38:32 Shay Tsai
536 38:33 Danna Burch
537 38:38 Tammy Tuttle
537 38:38 Vicki Gaunt
537 38:38 Michelle Fries
540 38:44 Von Jenkins
541 38:46 Claire Lashley
541 38:46 Sherita Tongue
543 38:49 Jacieda Briscoe
544 38:53 William Stanley

544 38:53 Pedro Colon
546 38:57 Ann Wagner
547 38:58 Kishor Gheewala
548 39:22 Barbara Machtey
549 39:23 Joselina Dichoso
550 39:50 Ronald Nieman
550 39:50 Kathy Nieman
552 39:53 Lorna Londot
552 39:53 Bob Laurenson
554 40:23 Harry Born
554 40:23 Lisa Carroll
556 40:25 Joanne Santiago
557 40:31 Lan Afram
557 40:31 Anita Marsh
559 40:33 Tami McIntire
560 40:37 Sandra Dindlebeck
561 40:38 Jessie Katz
562 40:39 Sherri Panciera
563 42:12 Darla Webb
564 42:49 Lori Stone
564 42:49 Margaret King

Spring 1995 10K Results

1 39:11 Steven Tompkins
2 39:14 David McComas
3 40:36 Greg Elman
4 40:38 Curtis Johnson
5 40:40 Fred Shuman
6 41:06 Mark Nicholson
7 41:27 Thomas Winkert
8 42:35 Tim Kallman
9 42:42 Tony Martino
10 42:43 James Thompson
11 42:44 Bruce Bills
12 43:16 David Heimann
13 43:26 Robert Bindschadler
14 44:38 Daniel Mandl
14 44:38 Dale Allen
16 44:59 Rich Luquette
17 45:03 John Sissala
18 45:07 Warren Miller
19 45:43 Doug Hanson
20 45:59 Charles Divine
21 46:02 Dennis Morrow
22 46:07 C. Megan Larko
23 47:45 Charles Powers
24 48:10 Paul Kucera
25 49:22 Bob De Carlo
26 51:03 K. G. Woltz
27 51:14 Emil Kirwan
28 52:31 Howard Dew
29 52:38 Rud Moe
30 53:30 Bernie Gonciarz
31 53:36 John Walker
32 54:40 Diane Dobak
33 56:30 James Mentall
34 56:46 Peter S. P. Hui
35 57:25 Jack Koslosky
36 58:39 Renee Steinwand
37 58:40 Rudy Saucillo
37 58:40 Judy Rupp
39 58:51 Carolee Rand
40 59:33 Sharon Richardson
41 61:07 Chuck Sommer
42 63:22 Barbara Pfarr
43 64:51 Mark Allen
44 79:55 Grace Lee
45 81:03 James Baker
45 81:03 Cathy Gormley
47 101:06 Anne Larson
48 101:07 Richard Smith
49 105:14 Jane Jellison
50 110:10 Anita Wellen
50 110:10 Bill Guion