

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 37

January-February 2016

Number 1



## Share-A-Shirt Run

February 20<sup>th</sup> – Iroquois Park

Not a race, just a time to donate shirts or other contribution that we will give to a local charity



Then go for a run!

Someone will be at the park from 8-9am to accept donations.



## President's Message

*Swag Hartel*



I am now back in the colonies after my annual jaunt to England and I am now past the deadline.

We had a fun Christmas party last month and we also had our annual Canned Goods Run. Thank you for the generous donations we collected to help the community.

On December 8 we lost a very valued member of our club, Denny Kruse. He took care of our records board at the park for as long as I can remember and he cannot be replaced. Our sincere condolences to his family, especially Shelley.

Also I forgot to mention in my last message how impressed I am by Chuck Medley at Saint Xavier for his state XC championship. His fifth runner finished 11<sup>th</sup> in the race-truly excellent coaching.

The Wally Bright 5K has now become part of the IHR Summer Series. So instead of the Triple Crown, we now have the QUAD crown. It will be our only T-shirt run and of course Wally's hummingbird cake. Dig it!

I hope to see you soon. Spring is just around the corner.

*Swag Hartel*





Kruse, Dennis Lee "Denny", 73, passed away on December 8, 2015. He was a veteran of the US Army. He was employed at Southern Gravure for many years, and retired from the Census Bureau. He was a member of the Iroquois Hill runners where great friends were made through his love of running. He had a great passion for playing music. For 26 years he volunteered at the Home of the Innocents, where he shared his talents with the children. He was preceded in death by parents, Louis Kruse and Mary Catherine Hayes. He is survived by his children, Shelley Cameron (Matt) and Scott Kruse (Debbie); three sisters; Elaine Russell (Ted), Carole Jones, and Diana Whisman; step-father Bud Hayes, and the love of his life his grandchild Melanie Rue.

Denny was one of the best ambassadors of the Iroquois Hill Runners and mentioned them a lot in conversations with other runners. He was a devoted and loving father and grandfather. A very talented artist, several of his drawings were on the cover of the IHR Lookout and he received recognition from Reed Yadon, who showed one of Denny's drawings while forecasting weather on the evening news. He also maintained the overall and age group records for club races and the Thanksgiving Run, painting them on the records board. Professional artists couldn't have done a better job. As a volunteer for the Home of the Innocents, he provided a good adult role model for children who didn't have any parents. He will truly be missed by everyone.

*Gary Warren*

# How to Prevent Sports Injuries

*Dr. Gabe Mirkin's Fitness and Health e-Zine*

*December 13, 2015*

You can help to prevent wear-and-tear injuries during any type of exercise by warming up, stopping exercise when you feel pain and by not exercising intensely when your muscles feel heavy or sore. Muscles are made of millions of individual fibers. When you first contract a muscle, you use only one percent of the fibers. As you continue to exercise, you contract more fibers to share the load, which places less force on each fiber and helps to prevent injuries. Always warm up. Go slow before you go fast. If you take a hard workout and feel sore the next day, go easy on every day that your muscles continue to feel sore after you have warmed up. It usually takes at least 48 hours for muscles to recover from hard exercise. When you feel pain in one muscle during exercise, that's a signal that it may be starting to tear and you should stop exercising for that day.

## **Runners Get More Injuries**

If you think that football is the sport with the most injuries, you are wrong. Each year, 79.3 percent of long-distance runners suffer injuries that force them to take time off from running (Br J Sports Med, Aug, 2007;41(8):469-80). The most-injured part is the knee and the chance for an injury increases with running longer distances and having previous injuries. Injuries occur most often after a rapid increase in weekly distance, intensity, or frequency of hill or track workouts (Sports Med, 1996. Jan;21(1):49-72).

A survey of participants in a Rotterdam marathon found that:

- 55 percent of the runners had suffered serious injuries during the year before the marathon
- 15.6 percent of the runners reported at least one new lower extremity injury in the month before the race
- 8.2 percent reported injuring their legs during the marathon
- Immediately after the marathon, runners reported severe pain in two to four different parts of their legs
- One week later, most felt well enough to go back to work, even though almost all had painful muscles (Scand J Med Sci Sports, April, 2008;18(2):140-4).

## **Why Running Causes So Many Injuries**

When you run, one foot is always off the ground, so each foot strikes the ground with a force equal to three times body weight (at 6-minute-mile pace) and the faster you run, the greater the force of each foot strike. Walking is much safer. When you walk, you always have one foot on the ground, so the force of a walking foot strike almost never exceeds your body weight. To convince yourself, place your hands on the huge quad muscles in the front of your upper leg while you run. Each time your leg strikes the ground, you will feel the muscle shake like jelly.

A study from the University of Wisconsin-La Crosse shows that as people start to feel tired during running, they shorten their strides and this decreases the force of their foot striking the ground (Medicine and Science in Sports and Exercise, Dec 1999;31(12):1828-33). The shorter stride lessens the force of their heel striking the ground and places it forward to the area behind the big toe. To compensate for the decreased force of their feet hitting the ground, they move their legs at a faster cadence. You can use this information to help you prevent injuries when you run. Shortening your stride will help to protect you from injuries by shifting your foot strike force forward. You can keep your speed by moving your legs at a faster cadence.

## **When You Need To Take a Day Off**

The most common cause of injuries is not listening to your body when it talks to you. Every wear-and-tear injury you have had probably gave you signals long before you were injured. Most exercisers who are training properly have sore muscles every day when they wake up in the morning. However as they start to exercise, the soreness goes away and their muscles feel good. On days when your muscles do not feel better after you start to exercise, take the day off. If you are exercising and you feel discomfort in one or more non-symmetrical areas, stop exercising and take the day off. Pain in one area, such as a leg, and no discomfort in the other leg, is a strong warning of impending injury that could still be prevented.

## **Understanding How to Train Helps to Prevent Injuries**

I think it is unwise to do the same workout at the same intensity every day because:

- it will not give you the same health benefits as a stress/recover

training program,

- it will not make you a better athlete,
- it may increase your chances of injuring yourself,
- it will not help you to lose as much weight as you may want, and
- it makes no sense.

To strengthen your heart and increase your ability to take in and use oxygen, you have to exercise intensely enough to feel muscle burning and become somewhat short of breath. That stresses your muscles also. To make a muscle stronger, you need to exercise vigorously enough to damage it. You go a little faster on one day, damage the muscles and feel sore on the next day. This delayed-onset muscle soreness (DOMS) is evidence that you have damaged muscles. The soreness is a sign that you should spend that day exercising at a more relaxed pace and not put much pressure on your healing muscles.

In a stress/recover training program, you should set up your schedule to go a little faster with more intensity on one day, feel sore on the next day and go at low intensity for that day and as many additional days as it takes for the soreness to go away. Then, when the soreness is gone, you exercise more intensely again.

### **Arches and Running Injuries**

Runners with high arches are at increased risk for suffering stress fractures, small cracks in the bones of their feet and lower legs. Those with low arches are at increased risk for knee cap pain. Your legs are shocked by the force of each foot hitting the ground, and the faster you run, the harder your foot strikes the ground. This force can break bones, damage joints and tear muscles. To protect yourself from this tremendous foot-strike force, your leg is designed so that you never are supposed to land flat-footed when you run. Almost all people land on the outside (lateral) bottom of the foot and roll inward toward the medial side where the big toe is. This is called pronation and helps to distribute the force of your foot strike throughout your foot and leg and protect you from injury. The further you roll inward, the greater the protection against this force. However, when you roll in too much, your lower leg twists inward excessively, causing your kneecap to rub against the long femur bone behind it and cause pain. Pain behind the kneecap is called Runner's Knee which is one of the most common running injuries.

If you have pain behind the knee cap during running or walking, ask your

podiatrist to look at your feet. If your arches appear to be flat, you usually will have a normal arch, but you roll inward so far that your arch touches the ground. Flat feet usually means that your foot rolls inward so far that the arch rolls all the way to touch the ground. If you have flat feet and no pain, you do not need to do anything. However if you have pain anywhere from your feet all the way up to your lower back, the treatment is to place special inserts called orthotics in your running shoes. You can also do special exercises that strengthen your vastus medialis muscle that pulls your knee cap inward.

If you develop pain in the medial side of your lower leg or your feet, your podiatrist will probably order a bone scan to check for stress fractures, small cracks in the bones of your feet. If you have stress fractures, you should stop running for a while and ride a bike, which causes no road shock. When you can run without feeling pain, you can start running again, but you should take shorter strides to decrease the force of your foot striking the ground. If you have high arches, you probably are not pronating enough to reduce the force of your foot strike. You can reduce the force of your foot strike by shortening your stride.

### **Strengthening Muscles Helps to Prevent Injuries**

A study from Sweden showed that pre-season strength training for the hamstring muscles helped to prevent injuries to those muscles (Scandinavian Journal of Medicine & Science in Sports, 2003;13(4):244-250). Hamstring tears are very common soccer injuries, so players from two of the best soccer teams in Sweden were divided into two groups: a group that received specific hamstring training for 10 weeks, using a special device twice a week to overload the hamstrings eccentrically, and a control group that received no special training. The trained group had less than one third the hamstring injuries and also had greater improvement in hamstring strength and running speed. Muscles are injured when the force on them is greater than their inherent strength, so they tear. Resistance training makes muscles stronger so that they can withstand greater forces and therefore helps prevent injuries. On the other hand, stretching has not been shown to prevent muscle injuries.

### **My Recommendations**

- Do not do the same exercise at the same intensity every day. Use the hard/easy principle: faster on one day and much slower on the next.
- Always go much slower for several minutes before you go faster.

- If your muscles do not feel fresh after you have warmed up for a few minutes, take the day off.
- Stop exercising immediately if you feel pain in one area that worsens with exercise.
- Whatever your sport, understanding the principles of training helps to prevent injuries.

Caution: Almost everyone should exercise. Check with your doctor before you start a new exercise program or increase the intensity of your existing program. Blocked arteries leading to your heart can cause a heart attack during exercise.

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## Get Over It: Piriformis Pain

Stretching and strengthening - plus sitting less - can bring relief.

By [Jim and Phil Wharton](#) Thursday, May 29, 2008, 12:00 am



The piriformis muscle lies deep behind the gluteals and is responsible for the external rotation of the hip joint. When the muscle becomes too tight, it can impinge on the sciatic nerve, the largest nerve in the body, which supplies the lower extremities with motor and sensory function. The resulting pain often radiates from the buttocks, down the thigh, and up into the spine. This is what makes it tricky to diagnose:

[Piriformis syndrome](#) is often confused for a herniated disc, sciatica, or another back issue. Sufferers don't always feel discomfort while running, but they usually find sitting, climbing stairs, and squatting painful. But don't worry: We have a flexibility and strengthening plan that will fix the problem.

### Get Flexible

This exercise loosens the piriformis by unlocking the external rotators of



the hip. As these muscles relax, circulation is improved, which enhances flexibility and releases pressure on the sciatic nerve and hips.

1. Stand with your feet shoulder-width apart, toes straight ahead.
2. Keeping your right heel on the ground, rotate your toes left and then return to the starting position, pointing straight ahead.
3. Repeat with both feet 10 times.

### **Get Strong**

Muscle imbalances can contribute to piriformis syndrome. Sitting all day can result in overactive hip flexors and weakened glutes. Strengthening those rear muscles will alleviate stress on the piriformis muscle.

1. Put an ankle weight around your right thigh. Bend your right leg at a 90-degree angle.
2. Keeping your right hip and shoulder on the ground, lift your right leg and cross it over the center of your body.
3. Hold it there for a second, then return to the starting position. Repeat 10 times with both legs.

### **It Worked for Lopez**

After a long flight to Kenya to visit family, Lopez Lomong began experiencing tightness and discomfort in his piriformis muscle. It eventually became painful for him to run. Days before the 2007 Big Sky Indoor Championships, it didn't look like the Northern Arizona University sophomore would be able to compete. After two days of rehabbing with massage and flexibility and strength exercises, Lopez took third in the 10,000-meter event.

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## **Games for Long Runs (or Car Trips)**

Running in a group? Need a distraction for your long run or long car trip?

### **Alphabet Game**

**Object:** To think of an item in a category starting with each letter of the alphabet.

**How To Play:**

One Person selects a category. Examples:

- Vacation places
- Things in an office
- Movies
- Rock bands

Participants take turns in order naming an item in the specified category going through the alphabet. First person has to think of an item that starts with A, second person thinks of an item starting with B, continuing until Z.

If a person cannot think of an item on their turn, he/she must do plyometrics of their choice for 10 seconds, or some other sort of mild punishment.

When a person cannot think of an item, the next person in the rotation can either do the letter that stumped the previous person, or move to the next letter.

The person who picks the category can specify whether the letter X should be skipped, or not, or if the item can simply include the letter X.

When picking an item, *a* and *the* don't count. If naming a person, first or last name can start with the letter, but participant must say the last name or first name first, which ever starts with the letter in question.

Double points if the item has 2 consecutive words that start with the letter. Example - if the category is TV Shows, and the letter is M, and the person thinks of Modern Marvels, then they get to say 'Double Points'. (Since we have no way of keeping score while running, it really doesn't mean much.)

## 20 Questions

**Object:** To figure out the mystery item by asking Yes/No questions.

### How to Play:

One person thinks of a 'mystery item', and gives the general category, such as:

- Famous Person
- Famous Place
- Famous Thing

The rest of the group asks Yes/No questions until someone guesses the

'mystery item'. The person who guesses the item gets to think of the next item.

### **With List**

**Object:** To be the last person to think of an item in the specified category

#### **How to Play:**

One person names a category that has the word 'with' or 'without' in it.

Examples:

- Movies with Steve Martin
- Rock bands with a number in their name
- Wisconsin (or whatever state you live in) cities with a color in the name
- Politicians with acting experience

Everyone takes turns, not necessarily in order, passing a turn has no negative consequences. Each person names an item in the category until no one can think of any more items. (Yes, category needs to be pretty narrow - hence the 'with' or 'without'.) Whoever thought of the last item wins the 'point' and gets to pick the next category.

### **Favorites**

**Object:** To learn what your running partners like

#### **How to Play:**

One person names a specific category, and each person mentions their favorite thing in that category. Examples:

- Favorite John Candy movie
- Favorite breakfast cereal
- Favorite store-bought cookie

### **If You Could...**

**Object:** To learn more about your running partners

#### **How To Play:**

Each person takes turns with a sentence that starts with 'If You Could...' and then each person finishes the sentence. Examples:

- If you could undo one celebrity death, who would you pick?  
Webmaster Mary's answer: *Phil Hartman*

- If you could have any job in the world (and be qualified for it) for one day, what would it be?  
Webmaster Mary's answer: *Killer whale trainer at Sea World*
- If you could be invisible for one day, where would you go?  
Webmaster Mary's answer: *Area 51*
- If you could have one day where whatever you ate would not affect your health, what would you eat?  
Webmaster Mary's answer: *As much bacon as I could possibly stuff into my face*

### **I Hate...**

**Object:** To learn quirky things about your running partners

**How to Play:**

Take turns stating something that you really really hate, but many people like, or don't mind. This is not meant to be mean. No gossiping or bad-mouthing allowed.

Webmaster Mary Hates:

- Egg nog
- Sneezing
- Clowns
- Going to the Mall between Thanksgiving and Christmas

## Dog accidentally runs a half marathon — and places 7th

[The Week](#)

Becca Stanek



© [Facebook.com/Elkmont-Half-Marathon-The-Trackless-Train-Trek](https://www.facebook.com/Elkmont-Half-Marathon-The-Trackless-Train-Trek)


An unlikely champion. When Ludivine, a 2-year-old bloodhound from Elkmont, Alabama, headed out the door one Saturday morning, her owner April Hamlin figured she was just going for a walk. Instead, Ludivine [ended up running](#) an entire half marathon.

“My first reaction was that I was embarrassed and worried that she had possibly gotten in the way of the other runners,” Hamlin [said](#). “All I did was open the door, and she ran the race on her own accord.”

But Hamlin didn't have anything to be embarrassed about. Even without any training, Ludivine finished the 13.1-mile Trackless Train Trek Half Marathon in an impressive overall time of 1:32:56 and placed 7th, despite the occasional veer off the course to sniff around. She even earned a medal.

*“She's laid back and friendly,” Hamlin said, “so I can't believe she ran the whole half marathon because she's actually really lazy.”*

**Kevin L. Mudd, CPA, PLLC**



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## Club Notes



*Dan Puckett winning an award in the Kiawah Island Marathon in South Carolina in December.*



## Coming Attractions

### **Saturday, February 6, 2016 - Louisville Lovin' the Hills Trail Races**

50K/15M/6M, 8:00 A.M., Jefferson Memorial Forest,  
[headfirstperformance.com](http://headfirstperformance.com).

**Saturday, February 6, 2016 - Snowman Shuffle 4M**, 9:00 A.M.,  
Hogan's Fountain in Cherokee Park, [www.rivercityraces.com](http://www.rivercityraces.com).

**Saturday, February 20, 2016 – IHR Share-a-Shirt Run**. 8-9am  
Iroquois Park. Come give a shirt or other piece of clothing or donation  
for a local charity (usually The Lord's Kitchen). Run your own course, no  
timing, no awards.

**Saturday, February 27, 2016 - Anthem 5K Fitness Classic**, 8:00 A.M.,  
Louisville Triple Crown of Running, P.O. Box 35082, Louisville, KY  
40232, [www.anthem5k.com](http://www.anthem5k.com).

**Saturday, March 5, 2016 - 24th Annual Irish Classic 10K**, 9:00 A.M.,  
E.P. "Tom" Sawyer State Park, 3000 Freys Hill Road, Activities  
Building, Louisville, KY 40241, Andy Cronin, (502)-429-7270,  
[andrew.cronin@ky.gov](mailto:andrew.cronin@ky.gov).

**Saturday, March 12, 2016 - Rodes City Run 10K**, 8:00 A.M., E.  
Broadway at First Street, [www.rodescityrun.com](http://www.rodescityrun.com).

**WE TOTE THE NOTE**



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## Time to Renew Your Membership?

Our records show the following memberships have expired or will expire soon. Please renew by sending a check to:

Iroquois Hill Runners, Attn: Membership  
P.O. Box 14115, Louisville KY 40214

**December**

Mike Bibelhauser  
Ken Combs  
Michael & Elizabeth Crady  
Andrea (ANDE) Gorce  
Michael Manning

Timothy Reinert  
Gary L Warren  
Howard Whitman  
Stephen Yanoviak  
Gary Young

**January**

Larry & Brenda Breeding  
Shelley Cameron  
Dwayne Clemons  
Tony Curtsinger  
Nick Karem  
Patrick McBride  
Robin Miller  
Gary Peak

**February**

Kristan Delph-Kolb  
Leonard Heuser  
Chris Lush  
William & Rose Taylor  
Jeff Uhling  
Mark Vincent

**March**

Linda Hughes  
Roberta Meyer  
Kevin Mudd  
Suzie Newberry

If your address or email changes please let Dave Maxwell know by emailing him at [picpacdm@aol.com](mailto:picpacdm@aol.com).

## Iroquois Hill Runners, Inc.

Founded September 1979

### **Monthly Board Meetings:**

Monthly board of Directors meetings are held on the first Monday of each month at 7:00 p.m. At the Iroquois Branch Library on Sixth and Woodlawn. Guests and members are welcome.

### **Club Questions:**

Call President Swag Hartel at 368-2443.

### **Newsletter:**

The Lookout is published monthly except mid-summer and mid-winter. Send newsletter articles and comments to IHR, P.O. Box 14115, Louisville KY 40214 or email to [runner@iglou.com](mailto:runner@iglou.com) or [glwarren\\_633@msn.com](mailto:glwarren_633@msn.com). Editors: Garry Warren, Wakeley Purple (technical advisor), Joe Runner, and Eugene Barker (emeritus).

### **Advertising:**

Ads in The Lookout are accepted on an annual basis with payment in advance. We reserve the right to reject advertisements that are determined to be inconsistent with the public image of the Iroquois Hill Runners, Inc.

### **Membership:**

Annual dues are \$15.00. Membership applications are available in The Lookout and on the club website. Send applications to IHR, P.O. Box 14115, Louisville KY 40214.

### **Web Site:**

[iroquoishillrunners.org](http://iroquoishillrunners.org)

## IHR Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone (include area code) \_\_\_\_\_

Birthday \_\_\_\_\_

Names and birthdates of other family members who run:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Annual Membership Dues: \$15.00

Membership entitles you to run in club races for \$2.00, and a year's subscription to the club newsletter, *The Lookout*.

Mail to:

Iroquois Hill Runners  
P.O. Box 14115  
Louisville KY 40214

# IROQUOIS HILL RUNNERS

## COURSE RECORDS

ALL-TIME COURSE RECORD (NON-CLUB RUN)  
 SWAG HARTEL 14:22 (5K)  
 (MAY 1980 MARCH OF DIMES)

ALL-TIME COURSE RECORD (NON-CLUB RUN)  
 MARY ANNE LYONS 17:49 (5K)  
 (MARCH 1976 PFWA AID)

MEN				5K CLUB RUNS				WOMEN			
1	♂	ROBERT SHOAF	14:53	1	♀	ROBIN LAWHORN	17:53				
2	♂	DAVE MURPHY	14:59	2	♀	JEN ALESSANDRO	17:59				
3	♂	SWAG HARTEL	15:13	3	♀	AMY DOOLITTLE	18:04				
AGE GROUP				AGE GROUP							
15-UN		JASON FILIPPAZZO	16:23	15-UN		KARA ATWELL	21:05				
16-19		JIM ESTES	15:44	16-19		AMY DOOLITTLE	19:54				
20-24		ROBERT SHOAF	14:53	20-24		AMY DOOLITTLE	18:04				
25-29		ERIC GROSSMAN	15:18	25-29		JEN ALESSANDRO	17:59				
30-34		DAVE MURPHY	14:59	30-34		ROBIN LAWHORN	17:53				
35-39		SWAG HARTEL	15:27	35-39		CAMILLE ESTES	18:12				
40-44		SWAG HARTEL	15:30	40-44		ROBERTA MEYER	19:52				
45-49		BARRY ROSS	16:47	45-49		SARAH SEARS	22:21				
50-54		BARRY ROSS	17:28	50-54		ROSE TAYLOR	22:48				
55-59		BILL DELPHI	17:52	55-59		ROSE TAYLOR	22:12				
60-64		RAY PARRELLA	18:43	60-64		ROSE TAYLOR	24:03				
65-0V		CHARLES CHEEK	21:00	65-0V		ROSE TAYLOR	31:45				

### 5 MI THANKSGIVING DAY RACE

1	♂	SEAN DOLLMAN	24:20	1	♀	TRACEY BUNCE	30:05
2	♂	NIC CRIDER	24:50	2	♀	AMY DOOLITTLE - CRIDER	30:49
3	♂	MICHAEL FRIEDBERG	24:53	3	♀	CATHY KUPPER	31:08
AGE GROUP				AGE GROUP			
14-UN		JACOB BUCKMAN	27:25	14-UN		KARA ATWELL	38:12
15-19		GARETH WILFORD	25:36	15-19		TRACEY BUNCE	30:05
20-24		SEAN DOLLMAN	24:20	20-24		ANGELA YOKUM	33:17
25-29		DOUG BURCHETTE	25:35	25-29		AMY DOOLITTLE - CRIDER	30:49
30-34		SEBASTION NICHOLL	25:38	30-34		CATHY KUPPER	31:08
35-39		SWAG HARTEL	26:04	35-39		CATHY KUPPER	31:58
40-44		JIM SCHNEIDER	27:16	40-44		CHERYL M'GINNIS	31:53
45-49		BARRY ROSS	27:54	45-49		CHERYL M'GINNIS	32:00
50-54		BARRY ROSS	27:36	50-54		ROSE TAYLOR	36:40
55-59		BILL DELPHI	30:06	55-59		ROSE TAYLOR	36:52
60-0V		KEN COMBS	30:48	60-0V		ROSE TAYLOR	39:26

ALL-TIME COURSE RECORD (NON-CLUB RUN)  
**SWAG HARTEL 14:22 (5K)**  
 (MAY 1980 MARCH OF DIMES)

ALL-TIME COURSE RECORD (NON-CLUB RUN)  
**MARY ANNE LYONS 17:49 (5K)**  
 (MARCH 1976 PFWA AID)

Thanks, Denny