

# Greater Bellingham Running Club Newsletter



**August 2004**

## **GBRC July Meeting**

The **July 21** GBRC Membership meeting is the "meet" component to the **Run/Eat/Meet** event at the Lake Padden Playground Shelter. The evening will start at 5:30 pm with a run around the lake, followed by a BBQ, and then the meeting will commence.

## **Newsletter Contact**

If you have information for the newsletter, please contact Amy Esary.

Day: 676.1920

Evening: 527.8430

Fax: 671.5411

E-mail:

aedrury@yahoo.com

## **Help GBRC Save \$**

For an electronic version of the GBRC Newsletter, please e-mail Amy at: aedrury@yahoo.com.

You will save GBRC **\$2.22** per year just in postage!

## **Membership Info?**

To change your address or for membership questions, please contact membership coordinator Alta Stauffer at: altastauffer@comcast.net

## **Race Etiquette**

The race season is in full swing and we thought a friendly reminder of good sportsmanship and race etiquette were in order. Following these helpful tips will make races more enjoyable for everyone.

### **Registration**

Arrive early for registration with the right amount of **cash** for the entry fee. Most races run short on small bills and making change can be difficult. Take advantage of pre-registration if it is available. This allows race directors to accurately plan for the right number of runners.

Tables are usually available to fill out the registration information away from the payment and packet pick-up lines. Only step into line once your registration form is complete and you have the method of payment prepared.

Bib numbers should be placed on the front. If you plan to shed a layer, put the bib on the layer you plan to finish the race in.

### **The Start**

Only registered runners should run a race.

Line up with your appropriate pace. Young children, strollers, dogs, etc. should line up at the back of the pack. If you don't plan on finishing the race with the winner, you shouldn't start with him.

Pay attention to the race instructions given by the race officials. They will often provide key information at the start.

Leave your headphones, MP3 players, walkmans, etc. at home.

If you wear plastic trash bags or disposable clothing to the start, make sure you throw them well off the course when discarding. Runners behind you will appreciate not slipping or tripping.

Don't assume dogs are welcome in a race. Please confirm dogs are allowed on the course before you bring Fido.

### **Aid Stations**

Thank the volunteers at aid stations, they will appreciate it and races will be happier places for it.

If you need to stop to drink, take the cup, move completely through the aid station, and then to the opposite side of the road from the aid station before you stop and drink. Garbage cans are usually just past the aid station, if possible, please put empty cups, gel packets, and other garbage in the receptacle provided.

### **During the Race**

Run on the right side of the road and limit yourselves to two across.

If you are in a pack, take a turn at the front. Don't make one runner do all the work.

If you need to stop for any reason, such as tying your shoe, move to the side of the road, well off the course before stopping.

If you need to use the bathroom, use the facilities provided by the race or other public restrooms, rather than someone's yard.

### **The Finish**

Follow the instructions given by the race officials on how and where to finish. Please do not pass people in the shoot.

Remain in the order you finished until the race official has taken your chip or tear away tag. Keep moving through the finish area so runners finishing behind you have room.

### **Post-Race**

Please take only the post-race refresh-

*(Continued on page 2)*

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ments that you can use immediately following the race. This is not an opportunity to stock up or bring goodies home.

If there is a mistake and you are given an award you didn't earn, please inform race officials immediately.

Most races are hosted thanks to the hard work of volunteers and race directors. Please be polite, courteous, and appreciative of their effort, long hours, and dedication.

# Lake Whatcom Trail Fun Run

**Saturday, August 7, 2004**

**9:00 am Start**

**10k (approximately)**

East Lake Whatcom Trail (head East on North Shore)

Fabulous tailgate breakfast provided. Lots of great, unique awards.

More information: **Genevieve Roguski at: 671-2798**

Parking is limited, carpooling is recommended

**GBRC Members Only**

# Barkley Autumn Trail Run

**Saturday, October 16, 2004**

*8K Run & 3K Walk benefiting Whatcom Hospice Foundation*

After the race, check out the Barkley Autumn Festival featuring live music, food vendors, activities for kids and much more! The festivities run from 10:00 am to 2:00 pm.

The course will start and finish in Barkley Village, under the clock tower. The course heads east on Barkley Blvd. and then follows the old railroad trail through Whatcom Falls Park to Lake Whatcom and back, finally running back through Barkley Village. First place overall male and female finishers will receive a prize, and all participants will receive a goodie bag with assorted gifts. Race results will be available on the day of the race at Fairhaven Runners and online at [www.barkleydistrict.com](http://www.barkleydistrict.com).

## SCHEDULE

|                    |                                    |
|--------------------|------------------------------------|
| <b>8:30 - 9:30</b> | <b>Registration &amp; Check In</b> |
| <b>10:00 a.m.</b>  | <b>Race Begins</b>                 |
| <b>11:15 a.m.</b>  | <b>Race Results &amp; Awards</b>   |

**ENTRY FEE: \$12.00 by Oct. 10, \$15.00 Race Day**  
*All net proceeds support the Whatcom Hospice Foundation*

**INFO: (360) 671-6450 or [www.hospicehelp.org](http://www.hospicehelp.org)**

## 2004 Autumn Trail Run Registration Form

### MAIL ENTRY FORM TO:

Barkley Autumn Festival  
PO Box 5686  
Bellingham, WA 98227

**Pre-Registration Entry Fee  
\$12 per person  
If received by October 10, 2004**

Checks payable to  
Whatcom Hospice Foundation

### FOR ADMINISTRATIVE USE:

Runner # \_\_\_\_\_

Cash Received \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Day Phone w/area code \_\_\_\_\_ Birthdate (DD-MM-YY) \_\_\_\_\_ Age \_\_\_\_\_ Sex (M/F) \_\_\_\_\_

### M A N D A T O R Y   W A I V E R   &   R E L E A S E

In consideration of your acceptance of this race entry, I for myself, my heirs, executors, administrators and assignees, forever waive, releases and discharge all rights, claims for damages and causes of suit or action, known or unknown, that I may have against Talbot Real Estate, Whatcom Hospice Foundation, any event sponsor, and any and all participating directors, employees and agents of such parties for any and all injuries in any manner arising or resulting from my participation in said race or for use of my likeness for advertising and/or promotional purposes. I attest and verify that I have full knowledge of the risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

Signature of Participant \_\_\_\_\_ Signature of Parent or Legal Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

## GBRC Board Meeting Minutes May 24, 2004

Barkley Village-Moss Adams Office

Attending: Len, Gale, Carolyn, Christy, Mary, Amy, Alta, Rene, Bill, Jean La Valley, Rick, Kristin, and Tjalling.

**Secretary's Report:** Approved.

**Treasurer's Report:** Gale presented the financial statistics for 2003 and the first quarter of 2004. The report was approved.

**Membership:** Alta graphed members and newsletters for the past 4 years. We now send out 344 Newsletters and have 548 members.

**Website/Communications:** Bill and Rick talked about posting stats and a history of race results. Results from the Skagit Valley Running Club are posted. We approved putting the non-current newsletter on the site.

**Race Director Liaison:** Tjalling reported that the club is still looking for a race director for the Honeywagon Runs.

The Haggan to Haggan 5K was discussed by race directors Rick Hill and Jean LaValley. There were 1,100 pre-registered with 624 runners and 550 walkers completing the course. There were 55 volunteers and everything went well with the exception of runner/walker conflict on narrow streets and the borrowed race clock malfunction.

Amy will write an article on race etiquette.

The Race beneath the Sun and The Chuckanut Footrace need volunteers. There is Online registration for the Chuckanut Footrace on the Canuck Runner website.

The Lake Padden Relay will be Labor Day weekend.

The Lake Samish Runs will be January 8.

**Equipment Manager:** Alison was absent but sent word that the clock

repair cost was nearly \$600. We will discuss a rental fee adjustment at the next meeting that addresses replacement cost. Alison will give a copy of the equipment check out form and waiver to the secretary for our records.

**Events/Activities:** The May 16 Run-Social at Bloedel was not well attended.

The next event is a GBRC run and eat meeting at Padden with a BBQ on July 21. Side dishes and dessert will be potluck. On August 18 there will be an adventure run and potluck at Lake Padden. Ideas for fall activities included talks by a physical therapist and/or nutritionist.

**Old Business:** The Birch Bay Marathon director Dave Dutton wants a co-director. A detailed course map is required for the permit process. Dave Dutton is putting on the Baker Lake 50K on October 5.

The small traffic cones have not been found. There was discussion of not loaning the small cones (when replacements are ordered) and keeping them for club runs only. No decisions were made.

Superfeet paid for the useful mile markers on the Interurban Trail.

Christy reported one scholarship application had been submitted. The deadline is May 31. A committee of Bill, Gale, Amy, Mary and Christy will evaluate the applications in June.

The club approved \$150 or less for Christy to purchase a safe for club documents.

Ed Cruz is doing our annual financial audit.

Carry over to next meeting: race course certification, web site survey?,

Turkey Trot plans.

**Next Meeting:** July 21, Wednesday, 5:30, Lake Padden Picnic Shelter. Everyone please come to Run/Eat/Meet.

## GBRC Board Members

|                       |   |
|-----------------------|---|
| President             | Len Parine  |
| Vice President        | Christy Fazio   |
| Secretary             | Carolyn Nordtvedt                                       |
| Treasurer             | Gale Pfueller   |
| Membership            | Alta Stauffer   |
| Technical Coordinator | Alison Allen  |
| Events & Activities   | Christy Fazio, Mary Steinberg, Rene Wendt               |
| Newsletter            | Amy Esary   |
| Website               | Rick Hill, Bill Thibodeau                               |
| Race Director Liaison | Tjalling Ypma   |
| At-Large              | Chuck Dooley, Kristin Moore, Polly Favinger, Paul Ricci |

## W e l c o m e New Members...

Brooke Alke, Pete Betlem, Kristin & Jayne Blakely, Mark Brussell, Neva Coats, Joey de Boer, Janell Dempsey, Anne Freeman, Nancy Felmley, Carmen Gilmore, Melanie Giroux, Steve Grichel, Nick Hanson, Amber Ho, Jamie Holmstrom, Henry James, Yancey Lawrence, James Miller, Emma Norman, Erin O'Moore, Karen Rasar, Bryan Robertson, Katie Rothenberg, George Slyman, Beth Stockton, Graham Thomas, and Tom Webster

# Race Beneath the Sun

June 5, 2004

| Name  | G | Finish Time | Name   | G | Finish Time |
|---|---|-------------|--|---|-------------|
| Ryuji Matsumoto<br><b>New Course Record</b> | M | 26:57:00    | Robert Domengine                               | M | 42:05:00    |
| Steve Pasche                                | M | 28:09:00    | Brian Gilmore                                  | M | 42:43:00    |
| Yoshinobu Sawada                            | M | 28:51:00    | Spencer Albin                                  | M | 42:55:00    |
| Bob Arthur                                  | M | 29:44:00    | Dale Haeker                                    | M | 43:46:00    |
| Steve George                                | M | 30:41:00    | Erin Dommies                                   | F | 43:51:00    |
| Kathleen Harri<br><b>First Female</b>       | F | 32:14:00    | Vicki Griffiths<br><b>New age-group record</b> | F | 44:26:00    |
| Bryan Robertson                             | M | 32:23:00    | Sharon Evans                                   | F | 44:32:00    |
| Eric Smith                                  | M | 32:37:00    | Melanie Giroux                                 | F | 44:52:00    |
| Anthony Vergillo                            | M | 32:46:00    | Dale Evans                                     | M | 45:58:00    |
| Jeff Comp                                   | M | 32:56:00    | Don Glick                                      | M | 46:21:00    |
| Gale Pfueller                               | M | 33:34:00    | Mark Young                                     | M | 46:34:00    |
| Paul Ricci                                  | M | 33:53:00    | Meredith Jarvis                                | F | 46:38:00    |
| Michael Holz                                | M | 34:00:00    | Mark Dennis                                    | M | 47:01:00    |
| Jon Timmer                                  | M | 34:21:00    | Art Lee  | M | 47:16:00    |
| Omar Shokeir                                | M | 34:59:00    | Ellouise Morse                                 | F | 48:11:00    |
| Todd Donovan                                | M | 35:08:00    | Jim Clay                                       | M | 48:38:00    |
| Jeff Ehlers                                 | M | 35:17:00    | Carmen Gilmore                                 | F | 48:49:00    |
| Yarrow Moench                               | F | 35:31:00    | Jean Webster                                   | F | 49:11:00    |
| Britt Custer                                | M | 35:34:00    | Becky Masters                                  | F | 49:20:00    |
| Nancy Abraham                               | F | 35:36:00    | Bobbie Metroken                                | F | 50:00:00    |
| Doran Smolkin                               | M | 36:06:00    | Richard Lewis                                  | M | 50:01:00    |
| Terry Stock                                 | M | 36:42:00    | Flora Young                                    | F | 51:47:00    |
| Ed Sullivan                                 | M | 37:10:00    | Joey de Boer                                   | M | 52:06:00    |
| Nico Laniga                                 | M | 37:43:00    | Karen Rasar                                    | F | 55:35:00    |
| Josh Barrett                                | M | 37:46:00    | Mike Metroken                                  | M | 59:20:00    |
| Chad Scriven                                | M | 38:32:00    | Peggy Drauglis                                 | F | 67:44:00    |
| Gordon Frederick                            | M | 38:49:00    |  |   |             |
| Philip Englert                              | M | 38:59:00    |  |   |             |
| Bless Paquette                              | F | 39:08:00    |  |   |             |
| Linda Bergeron                              | F | 39:12:00    |  |   |             |
| Theresa Westfall                            | F | 39:28:00    |  |   |             |
| Marcus Young<br><b>New age-group record</b> | M | 39:39:00    |  |   |             |
| Chris Gangle                                | M | 40:49:00    |  |   |             |
|   |   |             | <b>Kids 1/2 mile:</b>                          |   |             |
|   |   |             | Alie Boon-Dooley                               | F | 3:41        |
|   |   |             | Megan Young                                    | F | 3:52        |
|   |   |             | Madison Holz                                   | F | 4:02        |
|   |   |             | Derek Holz                                     | M | 4:54        |
|   |   |             | Emma Gilmore                                   | F | 10:19       |

# Haggen to Haggen

May 8, 2004

| Place | Name             | Age | Sex | Time    | Place | Name              | Age | Sex | Time    |
|-------|------------------|-----|-----|---------|-------|-------------------|-----|-----|---------|
| 1     | Sam Alexander    | 31  | M   | 0:38:00 | 59    | Chip Kiel         | 49  | M   | 0:48:29 |
| 2     | Clay Hemlock     | 20  | M   | 0:38:20 | 60    | Paul Ricci        | 44  | M   | 0:48:30 |
| 3     | Bjorn Bostrom    | 19  | M   | 0:38:40 | 61    | Anthony Vergillo  | 35  | M   | 0:48:34 |
| 4     | Keefer Whan      | 39  | M   | 0:39:05 | 62    | Andy Harrison     | 21  | M   | 0:48:38 |
| 5     | Dak Rlek         | 16  | M   | 0:39:14 | 63    | Ellen Swogger     | 20  | F   | 0:48:44 |
| 6     | Ed Harri         | 29  | M   | 0:39:22 | 64    | Justin Brown      | 20  | M   | 0:48:51 |
| 7     | Matt Tobey       | 20  | M   | 0:40:28 | 65    | Leslie McCollough | 34  | F   | 0:49:01 |
| 8     | Karl Meller      | 24  | M   | 0:40:50 | 66    | Ryan Bauthues     | 25  | M   | 0:49:04 |
| 9     | Adam Aioldi      | 19  | M   | 0:40:58 | 67    | Jon Timmer        | 32  | M   | 0:49:06 |
| 10    | Jacob Hartsoch   | 29  | M   | 0:41:18 | 68    | John Clark        | 43  | M   | 0:49:07 |
| 11    | Matt Allen       | 26  | M   | 0:41:31 | 69    | Jeffrey Smith     | 36  | M   | 0:49:11 |
| 12    | Al Reimer        | 43  | M   | 0:42:02 | 70    | Paul Frazey       | 34  | M   | 0:49:17 |
| 13    | Tyler Mitchell   | 19  | M   | 0:42:45 | 71    | Jonathon Carter   | 38  | M   | 0:49:22 |
| 14    | Patrick Secor    | 24  | M   | 0:42:52 | 72    | Dan Nogle         | 43  | M   | 0:49:41 |
| 15    | Alex Pempe       | 16  | M   | 0:42:59 | 73    | Scott Piper       | 59  | M   | 0:49:49 |
| 16    | Jay Sloane       | 41  | M   | 0:43:00 | 74    | Sarah Forrey      | 25  | F   | 0:50:16 |
| 17    | Jon Van der Kooy | 27  | M   | 0:43:38 | 75    | Keith Williams    | 18  | M   | 0:50:19 |
| 18    | Kevin Olson      | 42  | M   | 0:43:55 | 76    | Paul Clement      | 39  | M   | 0:50:30 |
| 19    | Brandon Culley   | 27  | M   | 0:44:09 | 77    | Ben Stevens       | 47  | M   | 0:50:30 |
| 20    | Mike Karl        | 28  | M   | 0:44:32 | 78    | Gary Thomas       | 42  | M   | 0:50:40 |
| 21    | Jeff Dewitt      | 38  | M   | 0:44:36 | 79    | Jeff Williams     | 17  | M   | 0:50:56 |
| 22    | Bryan Robertson  | 29  | M   | 0:44:56 | 80    | Peter Halmos      | 31  | M   | 0:50:56 |
| 23    | Chuck Dooley     | 48  | M   | 0:45:22 | 81    | Steve Duncan      | 36  | M   | 0:51:02 |
| 24    | Sean Grant       | 17  | M   | 0:45:39 | 82    | Paul Wood         | 55  | M   | 0:51:04 |
| 25    | Sarah Hastings   | 22  | F   | 0:45:45 | 83    | Tae Shin Kim      | 25  | M   | 0:51:04 |
| 26    | Dan Parine       | 21  | M   | 0:45:49 | 84    | Brian Erickson    | 35  | M   | 0:51:11 |
| 27    | Henry James      | 46  | M   | 0:45:52 | 85    | Melissa Nelson    | 41  | F   | 0:51:14 |
| 28    | Kristen Rohde    | 20  | F   | 0:46:07 | 86    | Scott North       | 40  | M   | 0:51:20 |
| 29    | Yancey Lawrence  | 17  | M   | 0:46:15 | 87    | Joe Lalonde       | 40  | M   | 0:51:27 |
| 30    | Doug MacLean     | 52  | M   | 0:46:15 | 88    | Niall Omurchu     | 34  | M   | 0:51:31 |
| 31    | Jordan Loober    | 37  | M   | 0:46:18 | 89    | Scott Larsen      | 45  | M   | 0:51:38 |
| 32    | Todd Ward        | 39  | M   | 0:46:19 | 90    | John Rohde        | 29  | M   | 0:51:40 |
| 33    | Mark Burke       | 17  | M   | 0:46:40 | 91    | Darren Postma     | 39  | M   | 0:51:41 |
| 34    | Dean Taylor      | 49  | M   | 0:46:46 | 92    | Randy Elde        | 54  | M   | 0:51:42 |
| 35    | Kathleen Harri   | 30  | F   | 0:46:42 | 93    | Dave Grant        | 50  | M   | 0:52:00 |
| 36    | Robert Schmid    | 48  | M   | 0:46:51 | 94    | Nico Laninga      | 36  | M   | 0:52:00 |
| 37    | Nels Postma      | 34  | M   | 0:46:53 | 95    | George Slyman     | 41  | M   | 0:52:02 |
| 38    | Bobeya Krishner  | 19  | F   | 0:46:54 | 96    | Polly Favinger    | 46  | F   | 0:52:03 |
| 39    | Valor Hopes      | 28  | F   | 0:47:06 | 97    | Jayme Blakely     | 26  | M   | 0:52:14 |
| 40    | Rick Kukowski    | 48  | M   | 0:47:07 | 98    | Manny Albrino     | 38  | M   | 0:52:16 |
| 41    | Larry Brewer     | 36  | M   | 0:47:22 | 99    | Takanao Okazaki   | 18  | M   | 0:52:29 |
| 42    | Ray Leone        | 50  | M   | 0:47:22 | 100   | Armando Brionez   | 54  | M   | 0:52:34 |
| 43    | Dean McClary     | 42  | M   | 0:47:26 | 101   | Matt McArthur     | 17  | M   | 0:52:34 |
| 44    | Monte Brooks     | 40  | M   | 0:47:29 | 102   | Tammy Bennett     | 40  | F   | 0:52:40 |
| 45    | Amy Forrey       | 25  | F   | 0:47:31 | 103   | Brad Bennett      | 46  | M   | 0:52:40 |
| 46    | Dennis Reilly    | 45  | M   | 0:47:31 | 104   | Terry Stock       | 46  | M   | 0:52:45 |
| 47    | Rusty Dodge      | 25  | M   | 0:47:37 | 105   | Nick Hanson       | 23  | M   | 0:52:48 |
| 48    | Bill Siemering   | 39  | M   | 0:47:39 | 106   | Mark Bussell      | 42  | M   | 0:52:57 |
| 49    | Mike Holz        | 33  | M   | 0:47:44 | 107   | Tom Webster       | 46  | M   | 0:52:59 |
| 50    | Jake Tobey       | 15  | M   | 0:47:46 | 108   | Cliff Watson      | 48  | M   | 0:53:02 |
| 51    | Kristin Blakely  | 24  | F   | 0:47:56 | 109   | Tony Cusack       | 37  | M   | 0:53:15 |
| 52    | Michael Carlson  | 46  | M   | 0:47:59 | 110   | Jim McGarry       | 48  | M   | 0:53:17 |
| 53    | Gale Pfueller    | 61  | M   | 0:48:03 | 111   | Russell Baker     | 44  | M   | 0:53:28 |
| 54    | Kira Harrison    | 19  | F   | 0:48:04 | 112   | Del Noble         | 45  | M   | 0:53:29 |
| 55    | Carol Frazey     | 35  | F   | 0:48:06 | 113   | Gatgay Lat        | 15  | M   | 0:53:30 |
| 56    | Andy Goebel      | 28  | M   | 0:48:06 | 114   | Kris Carlson      | 39  | F   | 0:53:31 |
| 57    | Andrea Brown     | 18  | F   | 0:48:08 | 115   | Andrea Wimer      | 30  | F   | 0:53:35 |
| 58    | Magnus Collander | 40  | M   | 0:48:24 | 116   | Sean Comer        | 50  | M   | 0:53:36 |

## Haggen to Haggen Continued

| Place | Name                 | Age | Sex | Time    | Place | Name                 | Age | Sex | Time    |
|-------|----------------------|-----|-----|---------|-------|----------------------|-----|-----|---------|
| 117   | Christine Slaninka   | 32  | F   | 0:53:40 | 175   | Rene Landreneau      | 35  | F   | 0:56:40 |
| 118   | Rob Olin             | 50  | M   | 0:53:40 | 176   | Sara Van de Poel     | 31  | F   | 0:56:41 |
| 119   | Jesse Paris          | 17  | M   | 0:53:41 | 177   | Steve Lindsey        | 36  | M   | 0:56:44 |
| 120   | Kristi Park          | 27  | F   | 0:53:42 | 178   | Ken Park             | 49  | M   | 0:56:47 |
| 121   | Kristin Lesley       | 27  | F   | 0:53:45 | 179   | Noelle Sarrazin      | 52  | F   | 0:56:48 |
| 122   | Chris Roy            | 28  | M   | 0:53:45 | 180   | Theresa Westfall     | 45  | F   | 0:56:56 |
| 123   | Ron Sytsma           | 57  | M   | 0:53:48 | 181   | Dan Cantrell         | 56  | M   | 0:57:02 |
| 124   | Neil Vaughan         | 32  | M   | 0:53:52 | 182   | Erin Hibbs           | 22  | F   | 0:57:06 |
| 125   | John Lee             | 42  | M   | 0:53:54 | 183   | Dan Knutzen          | 30  | M   | 0:57:10 |
| 126   | Graham Thomas        | 14  | M   | 0:53:57 | 184   | Michael Hoagland     | 56  | M   | 0:57:13 |
| 127   | Todd Sewell          | 42  | M   | 0:54:00 | 185   | Darrell Snyder       | 35  | M   | 0:57:14 |
| 128   | Sheri Englert        | 17  | F   | 0:54:06 | 186   | Hanuschka Santamaria | 47  | F   | 0:57:17 |
| 129   | Ken Hewitt           | 54  | M   | 0:54:11 | 187   | Mary MacDonald       | 46  | F   | 0:57:19 |
| 130   | Kerry Jones          | 49  | F   | 0:54:11 | 188   | Pete Dawson          | 41  | M   | 0:57:21 |
| 131   | Mara Engle           | 17  | F   | 0:54:14 | 189   | Alisa Kayser         | 42  | F   | 0:57:23 |
| 132   | Sara Thom            | 18  | F   | 0:54:14 | 190   | Ron Kure             | 47  | M   | 0:57:29 |
| 133   | Emily Schick         | 14  | F   | 0:54:15 | 191   | Linda Bergeron       | 38  | F   | 0:57:35 |
| 134   | Bruce Moore          | 41  | M   | 0:54:17 | 192   | Kimberly Oesterling  | 38  | F   | 0:57:45 |
| 135   | James Koyanagi       | 41  | M   | 0:54:17 | 193   | Railton Scott        | 37  | M   | 0:57:45 |
| 136   | Ian Lange            | 63  | M   | 0:54:21 | 194   | John Cusack          | 29  | M   | 0:57:47 |
| 137   | Rob Woods            | 47  | M   | 0:54:22 | 195   | Kristine Williams    | 26  | F   | 0:57:48 |
| 138   | Rainy Kent           | 47  | F   | 0:54:24 | 196   | Terri Lee            | 42  | F   | 0:57:59 |
| 139   | Charlie Burleigh     | 39  | M   | 0:54:25 | 197   | Bert Rutgers         | 22  | M   | 0:58:03 |
| 140   | Erik Morris          | 35  | M   | 0:54:26 | 198   | Marcus Young         | 11  | M   | 0:58:06 |
| 141   | John Schick          | 48  | M   | 0:54:28 | 199   | Noelle Mestres       | 39  | F   | 0:58:08 |
| 142   | Edmund Sullivan      | 46  | M   | 0:54:28 | 200   | Jozet Bosman         | 34  | M   | 0:58:08 |
| 143   | Laurie Olafson       | 56  | M   | 0:54:32 | 201   | Jolynne Kroeger      | 20  | F   | 0:58:10 |
| 144   | Kevin Mayock         | 52  | M   | 0:54:33 | 202   | Philip Englert       | 51  | M   | 0:58:11 |
| 145   | Tom Eagle            | 46  | M   | 0:54:33 | 203   | Eric Lee             | 27  | M   | 0:58:14 |
| 146   | Krystol Daugherty    | 25  | F   | 0:54:34 | 204   | Mike Melvin          | 35  | M   | 0:58:15 |
| 147   | Vernon Brown         | 45  | M   | 0:54:38 | 205   | Amber Carl           | 23  | F   | 0:58:16 |
| 148   | Martin Albers        | 56  | M   | 0:54:42 | 206   | Julianne Park        | 17  | F   | 0:58:21 |
| 149   | Joel Lee             | 45  | M   | 0:54:44 | 207   | Barb Rappaport       | 51  | F   | 0:58:21 |
| 150   | Dean Scomazzon       | 40  | M   | 0:54:46 | 208   | Bob Rice             | 64  | M   | 0:58:35 |
| 151   | Amy Myers            | 37  | F   | 0:54:50 | 209   | Bjorn Weber          | 26  | M   | 0:58:38 |
| 152   | Mark Hulett          | 52  | M   | 0:54:51 | 210   | Peter Pannbacker     | 43  | M   | 0:58:50 |
| 153   | Jean-Jacques Schmidt | 63  | M   | 0:54:54 | 211   | Rick Heilmann        | 46  | M   | 0:58:56 |
| 154   | Ted Harris           | 55  | M   | 0:55:02 | 212   | Barry Landau         | 42  | M   | 0:58:58 |
| 155   | Jens Hansen          | 34  | M   | 0:55:03 | 213   | Jack Laird           | 54  | M   | 0:59:04 |
| 156   | Ann Lackland         | 35  | F   | 0:55:08 | 214   | Laurie Rossman       | 41  | F   | 0:59:04 |
| 157   | Joel Todd            | 30  | M   | 0:55:09 | 215   | Eric Dunn            | 33  | M   | 0:59:04 |
| 158   | Shawn Woodward       | 34  | M   | 0:55:10 | 216   | Branden Raftery      | 23  | M   | 0:59:05 |
| 159   | Deirdre Voykin       | 47  | F   | 0:55:11 | 217   | Jean Peaco           | 36  | F   | 0:59:06 |
| 160   | William Steele       | 32  | M   | 0:55:18 | 218   | Michelle Woodward    | 34  | F   | 0:59:10 |
| 161   | Kim Boon             | 47  | F   | 0:55:19 | 219   | David Jones          | 34  | M   | 0:59:11 |
| 162   | Amanda Markell       | 23  | F   | 0:55:37 | 220   | David Dubovis        | 48  | M   | 0:59:11 |
| 163   | Kirstine Todd        | 30  | F   | 0:55:39 | 221   | Linda Beckman        | 43  | F   | 0:59:12 |
| 164   | Dan Stockwell        | 52  | M   | 0:55:40 | 222   | Kristin Westman      | 22  | F   | 0:59:13 |
| 165   | John Latimer         | 42  | M   | 0:55:41 | 223   | Tim Gougeon          | 38  | M   | 0:59:15 |
| 166   | Matt Brown           | 25  | M   | 0:55:43 | 224   | Susan Cabre          | 33  | F   | 0:59:19 |
| 167   | Donna Jornlin        | 49  | F   | 0:56:03 | 225   | Laurie Mooney        | 26  | F   | 0:59:20 |
| 168   | Susan Beller         | 30  | F   | 0:56:03 | 226   | Charlie Brown        | 53  | M   | 0:59:23 |
| 169   | Amanda Klever        | 22  | F   | 0:56:05 | 227   | Rich Potempa         | 61  | M   | 0:59:24 |
| 170   | Brooke Alley         | 29  | F   | 0:56:06 | 228   | Anna Montgomery      | 29  | F   | 0:59:27 |
| 171   | Melanie Freshwaters  | 45  | F   | 0:56:07 | 229   | David Driskill       | 59  | M   | 0:59:28 |
| 172   | Kristen Carter       | 17  | F   | 0:56:32 | 230   | Nicki Cook           | 28  | F   | 0:59:33 |
| 173   | Stacy Herron         | 34  | M   | 0:56:34 | 231   | Christine Smith      | 35  | F   | 0:59:34 |
| 174   | Charles Madden       | 45  | M   | 0:56:36 | 232   | Patti Pranzl         | 45  | F   | 0:59:34 |
|       |                      |     |     |         | 233   | Robyn Davidson       | 44  | F   | 0:59:34 |

## Haggen to Haggen Continued

| Place | Name                | Age | Sex | Time    | Place | Name                 | Age | Sex | Time    |
|-------|---------------------|-----|-----|---------|-------|----------------------|-----|-----|---------|
| 234   | Wayne Chenshaw      | 55  | M   | 0:59:36 | 293   | Carmen Hawes         | 26  | F   | 1:03:59 |
| 235   | Daryl Hill          | 43  | M   | 0:59:42 | 294   | Hank Hefter          | 53  | M   | 1:04:00 |
| 236   | Rebecca Meredith    | 21  | F   | 0:59:42 | 295   | David Westman        | 47  | M   | 1:04:02 |
| 237   | Anne Krancus        | 26  | F   | 0:59:43 | 296   | Ron Pattern          | 48  | M   | 1:04:04 |
| 238   | Robert Domengine    | 57  | M   | 0:59:45 | 297   | Melanie Giroux       | 26  | F   | 1:04:07 |
| 239   | Jamie Holmstrom     | 33  | F   | 0:59:48 | 298   | Brad Hubbard         | 49  | M   | 1:04:24 |
| 240   | Mila Morris         | 33  | F   | 0:59:53 | 299   | Frank Pitsch         | 41  | M   | 1:04:24 |
| 241   | Erin Hamernyik      | 35  | F   | 0:59:54 | 300   | Greg Smith           | 53  | M   | 1:04:26 |
| 242   | Dave Pearce         | 48  | M   | 0:59:59 | 301   | Helena Munro         | 44  | F   | 1:04:30 |
| 243   | Bless Paquette      | 15  | F   | 1:00:04 | 302   | Deborah Mochinski    | 46  | F   | 1:04:30 |
| 244   | Spencer Albin       | 46  | M   | 1:00:06 | 303   | John Barnes          | 40  | M   | 1:04:34 |
| 245   | Mark Riggleman      | 44  | F   | 1:00:10 | 304   | Sheryl Munroe        | 40  | F   | 1:04:37 |
| 246   | Donna Leblonde      | 40  | F   | 1:00:11 | 305   | Brian Walton         | 57  | M   | 1:04:40 |
| 247   | Marisa Honig        | 40  | F   | 1:00:13 | 306   | Mike Botkin          | 56  | M   | 1:04:45 |
| 248   | Peter Betlem        | 59  | M   | 1:00:22 | 307   | Scott Waters         | 48  | M   | 1:04:47 |
| 249   | Julie Smolkin       | 36  | F   | 1:00:26 | 308   | R. Michael Sarrazin  | 57  | M   | 1:04:50 |
| 250   | Kerri Eden          | 48  | F   | 1:00:34 | 309   | Rebecca Nourse       | 27  | F   | 1:04:59 |
| 251   | Marvin Sargent      | 40  | M   | 1:00:39 | 310   | Connie Morse         | 52  | F   | 1:05:01 |
| 252   | Karen Payne         | 41  | F   | 1:00:46 | 311   | Cindy Johansen       | 33  | F   | 1:05:02 |
| 253   | Dale Haeker         | 62  | M   | 1:00:46 | 312   | Emily Brummel        | 34  | F   | 1:05:05 |
| 254   | Lisa Meucci         | 39  | F   | 1:00:47 | 313   | Laurel Kelly         | 31  | F   | 1:05:10 |
| 255   | Mike Riber          | 50  | M   | 1:00:48 | 314   | James Hodgson        | 40  | M   | 1:05:15 |
| 256   | William Hamel       | 42  | M   | 1:00:50 | 315   | Valorie McElroy      | 51  | F   | 1:05:16 |
| 257   | Jeannie Lamphiear   | 48  | F   | 1:00:54 | 316   | Ron Campbell         | 55  | M   | 1:05:18 |
| 258   | Jessica Sincere     | 28  | F   | 1:01:08 | 317   | Liz Fayram           | 19  | F   | 1:05:20 |
| 259   | David Young         | 49  | M   | 1:01:10 | 318   | Patrick Gaffney      | 28  | M   | 1:05:20 |
| 260   | Joan Kukowski       | 47  | F   | 1:01:12 | 319   | Angela Rittmar       | 24  | F   | 1:05:20 |
| 261   | Gary Danilson       | 54  | M   | 1:01:12 | 320   | Chris Comeau         | 39  | M   | 1:05:24 |
| 262   | Lacy Cloud          | 19  | F   | 1:01:13 | 321   | Amy Pefferman        | 27  | F   | 1:05:25 |
| 263   | Joshua Thompson     | 32  | M   | 1:01:13 | 322   | Melissa Pattison     | 39  | F   | 1:05:28 |
| 264   | Mark Harrison       | 40  | M   | 1:01:20 | 323   | Georganne Keenan     | 50  | F   | 1:05:29 |
| 265   | Kim Yuska           | 44  | F   | 1:01:20 | 324   | Robert McCoy         | 60  | M   | 1:05:31 |
| 266   | Emma Norman         | 31  | F   | 1:01:22 | 325   | Sarah Thomas-Vega    | 55  | F   | 1:05:33 |
| 267   | John Hastings       | 55  | M   | 1:01:29 | 326   | Anne Freeman         | 28  | F   | 1:05:35 |
| 268   | Don Bauthues        | 64  | M   | 1:01:43 | 327   | Andrau Watt          | 19  | M   | 1:05:38 |
| 269   | Vicki Hsueh         | 31  | F   | 1:01:48 | 328   | Darlene Ordello      | 27  | F   | 1:05:40 |
| 270   | Jennifer Irvine     | 40  | F   | 1:01:49 | 329   | Page Chance          | 45  | F   | 1:05:41 |
| 271   | Laura Olin          | 43  | F   | 1:01:51 | 330   | Mark Young           | 48  | M   | 1:05:42 |
| 272   | Char Hemlock-Smith  | 27  | F   | 1:02:03 | 331   | Debi Lami            | 44  | F   | 1:05:49 |
| 273   | Joel Willis         | 43  | M   | 1:02:04 | 332   | Robert Brim          | 55  | M   | 1:05:50 |
| 274   | Jarita Filbeck      | 27  | F   | 1:02:07 | 333   | Sharon Evans         | 53  | F   | 1:05:56 |
| 275   | Brian Coilmore      | 40  | M   | 1:02:09 | 334   | Kathy Salisbury      | 38  | F   | 1:05:57 |
| 276   | Karla Anderson      | 27  | F   | 1:02:11 | 335   | Dwayne Rogers        | 52  | M   | 1:05:59 |
| 277   | Jack Louws          | 46  | M   | 1:02:17 | 336   | Ruth Van de Carr     | 46  | F   | 1:06:02 |
| 278   | Tim Mayock          | 17  | M   | 1:02:22 | 337   | Cherise Watson       | 38  | F   | 1:06:03 |
| 279   | Andrea Goto         | 27  | F   | 1:02:27 | 338   | Kanta Paris          | 43  | F   | 1:06:04 |
| 280   | Wade Ellsworth      | 42  | M   | 1:02:28 | 339   | Roxanna Hayes        | 50  | F   | 1:06:04 |
| 281   | David Friedland     | 43  | M   | 1:02:43 | 340   | David Brown          | 52  | M   | 1:06:08 |
| 282   | Lorna Smith         | 42  | F   | 1:02:44 | 341   | Sharon Jensen        | 52  | F   | 1:06:10 |
| 283   | Leigh Foley         | 31  | F   | 1:02:45 | 342   | Laura Henkel         | 41  | F   | 1:06:12 |
| 284   | Dominique Toupin    | 33  | F   | 1:02:49 | 343   | Elizabeth Corcoran   | 43  | F   | 1:06:16 |
| 285   | Dan Bostrom         | 30  | M   | 1:02:50 | 344   | Lee First            | 30  | F   | 1:06:18 |
| 286   | Mark Stephenson     | 50  | M   | 1:03:07 | 345   | Alta Stauffer        | 56  | F   | 1:06:23 |
| 287   | William Martin      | 48  | M   | 1:03:07 | 346   | Kimberly Payne       | 36  | F   | 1:06:24 |
| 288   | Christine Michaelis | 39  | F   | 1:03:09 | 347   | Rebecca Murphy       | 20  | F   | 1:06:25 |
| 289   | Christy Clinard     | 38  | F   | 1:03:10 | 348   | Tom Dobko            | 48  | M   | 1:06:30 |
| 290   | Paul Kohrs          | 51  | M   | 1:03:10 | 349   | Bob Christensen, Jr. | 49  | M   | 1:06:35 |
| 291   | Vicki Griffiths     | 61  | F   | 1:03:17 | 350   | Bob Christensen      | 73  | M   | 1:06:37 |
| 292   | Kelly Quinn         | 35  | F   | 1:03:26 | 351   | Jennifer Hallock     | 36  | F   | 1:06:37 |

## Haggen to Haggen Continued

| Place | Name                   | Age | Sex | Time    | Place | Name                 | Age | Sex | Time    |
|-------|------------------------|-----|-----|---------|-------|----------------------|-----|-----|---------|
| 352   | Gisele Cresswell       | 27  | F   | 1:06:39 | 411   | Tamara Costello      | 36  | F   | 1:10:41 |
| 353   | David Nishi-Beckingham | 36  | M   | 1:06:53 | 412   | Carlye Gillespie     | 28  | F   | 1:10:42 |
| 354   | Tanya Williams         | 26  | F   | 1:06:54 | 413   | Mark Henderson       | 49  | M   | 1:10:44 |
| 355   | Jim Clay               | 68  | M   | 1:06:54 | 414   | Brian McClellan      | 50  | M   | 1:10:47 |
| 356   | Dan New                | 61  | M   | 1:06:55 | 415   | Ofelia Moldovani     | 49  | F   | 1:10:48 |
| 357   | Debbie Chow            | 30  | F   | 1:07:01 | 416   | Mihai Moldovani      | 52  | M   | 1:10:48 |
| 358   | Kelly Labounty         | 30  | F   | 1:07:01 | 417   | Rick McClure         | 49  | M   | 1:10:50 |
| 359   | George Agnew           | 65  | M   | 1:07:03 | 418   | Allen Leaf           | 51  | M   | 1:10:51 |
| 360   | Travis Tallquist       | 19  | M   | 1:07:10 | 419   | William Daniel       | 61  | M   | 1:10:52 |
| 361   | Pearl Dwyer            | 40  | F   | 1:07:12 | 420   | Warren Bickford      | 42  | M   | 1:10:53 |
| 362   | Denise Adams           | 42  | F   | 1:07:12 | 421   | Hunter Maclean       | 21  | M   | 1:10:58 |
| 363   | Susan Shaw             | 35  | F   | 1:07:15 | 422   | Frances O'Grady      | 56  | F   | 1:10:59 |
| 364   | Dean Novak             | 38  | M   | 1:07:20 | 423   | Louisa Lorimer       | 52  | F   | 1:11:00 |
| 365   | Cassie Pulley          | 21  | F   | 1:07:22 | 424   | Laura Hibbs          | 53  | F   | 1:11:01 |
| 366   | Dale Evans             | 52  | M   | 1:07:22 | 425   | Bill Freudenberger   | 64  | M   | 1:11:03 |
| 367   | Cindy Louws            | 45  | F   | 1:07:25 | 426   | Sue Hunter           | 35  | F   | 1:11:08 |
| 368   | Bev Cobbaert           | 54  | F   | 1:07:28 | 427   | Bill Thibodeau       | 61  | M   | 1:11:09 |
| 369   | Cheri Fiorucci         | 35  | F   | 1:07:36 | 428   | Kirk Wilson          | 65  | M   | 1:11:28 |
| 370   | Don Glick              | 73  | M   | 1:07:38 | 429   | Teresa Parke         | 33  | F   | 1:11:33 |
| 371   | Celia Smith            | 50  | F   | 1:07:43 | 430   | Linda Mariz          | 55  | F   | 1:11:48 |
| 372   | Joe Turtle             | 65  | M   | 1:07:47 | 431   | Jania Ames           | 23  | F   | 1:11:50 |
| 373   | Janell Dempsey         | 22  | F   | 1:07:52 | 432   | Patti Romanko        | 46  | F   | 1:11:55 |
| 374   | Art Lee                | 72  | M   | 1:07:53 | 433   | Byron Mah            | 43  | M   | 1:11:55 |
| 375   | Peter Macmillan        | 33  | M   | 1:07:58 | 434   | Mark Costello        | 49  | M   | 1:12:12 |
| 376   | Nancy Chaney           | 33  | F   | 1:07:58 | 435   | Teresa Vinup         | 43  | F   | 1:12:19 |
| 377   | Nichole Mitchell       | 19  | F   | 1:08:00 | 436   | Kay Rich             | 65  | F   | 1:12:29 |
| 378   | Michelle Mitchell      | 24  | F   | 1:08:00 | 437   | Prudence Hulett      | 61  | F   | 1:12:40 |
| 379   | Carmen Gilmore         | 35  | F   | 1:08:09 | 438   | Tina Kure            | 41  | F   | 1:12:42 |
| 380   | Ken Olsen              | 62  | M   | 1:08:23 | 439   | Glenn Jolley         | 61  | M   | 1:12:45 |
| 381   | Lori Bachelor-Smith    | 43  | F   | 1:08:24 | 440   | Suzie Strausbaugh    | 37  | F   | 1:12:53 |
| 382   | John Balloch           | 62  | M   | 1:08:53 | 441   | Margaret Stone       | 45  | F   | 1:13:22 |
| 383   | Sandi Larsen           | 31  | F   | 1:09:01 | 442   | Laurie Daniel        | 45  | F   | 1:13:27 |
| 384   | Brad Day               | 54  | M   | 1:09:11 | 443   | Doug Tomaso          | 60  | M   | 1:13:57 |
| 385   | Tanis Otter            | 33  | F   | 1:09:13 | 444   | Flora Young          | 69  | F   | 1:14:04 |
| 386   | Diana Robinson         | 37  | F   | 1:09:14 | 445   | Donna Mueller        | 44  | F   | 1:14:17 |
| 387   | Judy Sande             | 57  | F   | 1:09:15 | 446   | Deanna Milczewski    | 33  | F   | 1:14:19 |
| 388   | Hilary Hamilton        | 30  | F   | 1:09:15 | 447   | Brooklyn Alke        | 27  | F   | 1:14:20 |
| 389   | Beth Stockton          | 21  | F   | 1:09:18 | 448   | Jorge Vega           | 50  | M   | 1:14:28 |
| 390   | Meredith Jarvis        | 34  | F   | 1:09:18 | 449   | Maureen Christman    | 39  | F   | 1:14:32 |
| 391   | Tovah Bayer            | 22  | F   | 1:09:18 | 450   | Kory Olson           | 14  | M   | 1:14:35 |
| 392   | Noel Liner             | 30  | M   | 1:09:19 | 451   | Lori Riggleman       | 41  | F   | 1:14:44 |
| 393   | Robin Baskill          | 29  | F   | 1:09:21 | 452   | Sue Blackadar        | 51  | F   | 1:15:02 |
| 394   | Jed Clark              | 44  | M   | 1:09:22 | 453   | Karen Racar          | 41  | F   | 1:15:03 |
| 395   | Ben Gilmer             | 37  | M   | 1:09:30 | 454   | Leeta Melvin         | 33  | F   | 1:15:57 |
| 396   | Jason Wise             | 28  | M   | 1:09:33 | 455   | Susan Nissen         | 37  | F   | 1:16:13 |
| 397   | Diane Cooper-Schick    | 44  | F   | 1:09:35 | 456   | Kara Lathrop         | 30  | F   | 1:16:22 |
| 398   | Shawna Walton          | 41  | F   | 1:09:37 | 457   | Nancy Kohn           | 43  | F   | 1:16:23 |
| 399   | Jon Avent              | 70  | M   | 1:09:38 | 458   | Donald George        | 57  | M   | 1:16:24 |
| 400   | Virginia McGarry       | 49  | F   | 1:09:48 | 459   | Kimberly Peters      | 36  | F   | 1:16:28 |
| 401   | Paul Mart              | 27  | M   | 1:09:48 | 460   | Tracie Benson        | 37  | F   | 1:16:36 |
| 402   | Teresa Moran           | 35  | F   | 1:09:53 | 461   | Anna Swierkowski     | 56  | F   | 1:16:37 |
| 403   | Melissa Olson          | 32  | F   | 1:09:59 | 462   | George Sweetingham   | 60  | M   | 1:16:37 |
| 404   | Steve Rafner           | 50  | M   | 1:10:05 | 463   | Audrey Thomas        | 22  | F   | 1:16:37 |
| 405   | Faith Dougherty        | 25  | F   | 1:10:18 | 464   | Cheryl Rentz-Bennett | 38  | F   | 1:16:40 |
| 406   | Tobey Gelder           | 59  | M   | 1:10:22 | 465   | Maureen Brost        | 38  | F   | 1:16:40 |
| 407   | Erin O'Moore           | 45  | F   | 1:10:31 | 466   | Jan Danilson         | 49  | F   | 1:16:44 |
| 408   | Linda Grant            | 48  | F   | 1:10:32 | 467   | Joey DeBoer          | 42  | M   | 1:16:57 |
| 409   | Brad McCracken         | 42  | M   | 1:10:37 | 468   | Jean Webster         | 34  | F   | 1:17:00 |
| 410   | Dick Driskell          | 65  | M   | 1:10:40 | 469   | Anne Bradley         | 44  | F   | 1:17:33 |

## Haggen to Haggen Continued

| Place Name             | Age | Sex | Time    |
|------------------------|-----|-----|---------|
| 470 Lynnette Berry     | 32  | F   | 1:17:34 |
| 471 Ann Waters         | 43  | F   | 1:18:04 |
| 472 Alex Gray          | 52  | M   | 1:18:50 |
| 473 Don Clark          | 69  | M   | 1:18:50 |
| 474 Paul Ryan          | 58  | M   | 1:19:14 |
| 475 Barb McClellan     | 54  | F   | 1:19:22 |
| 476 James Hall         | 49  | M   | 1:19:22 |
| 477 Mary Brown         | 56  | F   | 1:19:57 |
| 478 Jeannie Driskill   | 52  | F   | 1:21:18 |
| 479 Joni Triplett      | 52  | F   | 1:21:24 |
| 480 Kami Kruzich       | 36  | F   | 1:21:59 |
| 481 Martha DeLeo       | 43  | F   | 1:22:24 |
| 482 Thomas DeLeo       | 46  | M   | 1:22:25 |
| 483 Harold Bays        | 71  | M   | 1:22:32 |
| 484 Lindsay Spencer    | 48  | F   | 1:23:09 |
| 485 Suzanne Crawford   | 55  | F   | 1:24:03 |
| 486 Lynn Blackmore     | 48  | F   | 1:24:03 |
| 487 Jason Westra       | 28  | M   | 1:24:34 |
| 488 Sharon Ensslen     | 49  | F   | 1:24:53 |
| 489 Mary Stephenson    | 40  | F   | 1:24:57 |
| 490 James Aiken        | 52  | M   | 1:26:09 |
| 491 Andy Covington     | 46  | M   | 1:26:10 |
| 492 Lori-Anne Harold   | 40  | F   | 1:26:31 |
| 493 Jean Keidser       | 51  | F   | 1:26:36 |
| 494 Tracy Bell         | 33  | F   | 1:26:36 |
| 495 Kathy Reich        | 41  | F   | 1:26:49 |
| 496 Reta Worden        | 61  | F   | 1:26:53 |
| 497 Dominique Dugourd  | 38  | F   | 1:27:59 |
| 498 Joan Prinz         | 58  | F   | 1:28:55 |
| 499 Dave Black         | 50  | M   | 1:28:58 |
| 500 Toni Trappey       | 51  | F   | 1:29:13 |
| 501 Gerry Seeley       | 70  | M   | 1:29:22 |
| 502 Jen Reidel         | 33  | F   | 1:29:34 |
| 503 Rolf Brown         | 42  | M   | 1:30:49 |
| 504 Jackson Olson      | 11  | M   | 1:31:38 |
| 505 Ken Brown          | 61  | M   | 1:31:52 |
| 506 Peg Drauglis       | 68  | F   | 1:32:58 |
| 507 Nadine Hildebrand  | 25  | F   | 1:33:22 |
| 508 Travis Rettke      | 13  | M   | 1:34:05 |
| 509 Mary Lynn McCoy    | 58  | F   | 1:34:20 |
| 510 Ruth Barker        | 50  | F   | 1:34:35 |
| 511 Wayne Barker       | 53  | M   | 1:34:35 |
| 512 Sandy Gahan        | 55  | F   | 1:35:07 |
| 513 Ruth Grant         | 53  | F   | 1:35:08 |
| 514 Hannah Carpenter   | 8   | F   | 1:40:07 |
| 515 Dana Mead          | 27  | F   | 1:40:09 |
| 516 Stephanie Van Tuyl | 29  | F   | 1:40:15 |
| 517 Melanie Malchuk    | 33  | F   | 1:41:05 |
| 518 Kathleen Rightmire | 57  | F   | 1:45:33 |
| 519 Marta Hand         | 60  | F   | 1:45:34 |
| 520 Linda McPheters    | 58  | F   | 1:47:44 |
| 521 Noel Murchie       | 68  | M   | 1:47:52 |
| 522 Michelle McCarel   | 50  | F   | 1:51:30 |
| 523 Mike Carpenter     | 38  | M   | 1:55:37 |

## News for the Membership...

### Honeywagon Race Director Needed

Terry and Kerry Thalhofer are retiring from their roles as Co-Race Directors for the Run for the Honeywagon. GBRC seeks a volunteer or volunteers to take over their role for next year's race. The race is tentatively scheduled for March 5, 2005. Al Kennedy has volunteered to assist in directing the race and Terry and Kerry are available to help the new race director. This is a very popular and fun spring race. Please contact either Kerry or Terry at terrythalhofer@cs.com or by phone at (360) 595-2403. You may also contact GBRC's Race Director Liaison, Tjalling Ypma at tjalling.ypma@wwu.edu or by phone at (360) 734-2616.

### Volunteers Needed for Birch Bay Marathon

The Birch Bay Marathon is planned for February 2005 and GBRC volunteers are needed. Dave Dutton has historically directed and organized this informal race by himself. Next year will be the race's first year as an organized GBRC race. A Co-Race Director (s) is sought to assist Dave. If you are interested, please contact Dave at dave@bakerlake50k.com or contact GBRC's Race Director Liaison, Tjalling Ypma at tjalling.ypma@wwu.edu or by phone at (360) 734-2616.

### GBRC Awards Scholarship

Every year, the GBRC awards two \$500 scholarships to a male and female college bound high school senior. The decision making process was tremendously difficult; all of the applicants were incredibly qualified! The 2004 scholarships were awarded to Sarah Smith, Lynden High School, and Woody Favinger, Sehome High School. Sarah will be attending Pacific University, and Woody will be attending WSU.

### Race Report: Race Beneath the Sun, June 5, 2004

The day dawned rainy and dismal and most of the chalk arrows were washed away before the race started but that didn't stop Ryuji Matsumoto from breaking the course record in 26:57. He bettered the record set by Zach Boteilho in 2001 by 16 seconds. Kathleen Harri won the women's division in 32:14. The master's winners were Gale Pfueller (age 60) in 33:34 and Nancy Abraham 35:36. New age group records were set by Marcus Young (10-12) in 39:39 and Vicki Griffiths (60-69) in 44:26.

Our great volunteers did a wonderful job despite the weather. Many thanks to Bonnae, Shirley, and Bryce Alden; Tanis Otter, Trina Hall, Julie Steele, Tjalling Ypma, Terri Bakke-Shultz, Niall O'Murchu, Amber Chambers, Alli Moore, Michel Vekved, Rene and Nathaniel Wendt, Kim Boon, and Vicki Griffiths. Our bread was donated by Great Harvest Bread and the gift certificates to the overall male and female were given by Fairhaven Runners. We appreciate all the help and support from the volunteers and sponsors.

Race Co-directors, Carolyn Nordtvedt and Alison Allen

# UpComing Race Calendar

| Date                        | Race, Location, and Race Directors   | Distance                     | Start Time            |
|-----------------------------|--|------------------------------|-----------------------|
| July 21                     | <b>Run/Eat/Meet</b> —Lake Padden Playground Shelter<br>Mary Steinberg 671-0385, Christy Fazio 647-7182, Rene Wendt 715-3016              | 2.6M or more                 | 5:30 PM (evening run) |
| August 7                    | <b>Lake Whatcom Run</b> —Lake Whatcom Trailhead ( <i>members only</i> )<br>Genevie Roguski, 671-2798, steve@fairhavenrunners.com         | 10K                          | 9:00 AM               |
| August 18                   | <b>Adventure Run and Potluck</b> —Lake Padden Playground Shelter<br>Mary Steinberg 671-0385, Christy Fazio 647-7182, Rene Wendt 715-3016 | Mystery                      | 5:30 PM (evening run) |
| Sept. 4<br><b>NEW DATE!</b> | <b>Padden Relay</b> —Lake Padden<br>Danny Anderson, 384-1639<br>Dick Ryan, 733-2647, dickjack@windermere.com                             | 4 x 2.6M relay<br>10.4M solo | 10:00 AM              |
| Oct.                        | <b>Barkley Autumn Trail Run</b> —Barkley Village<br>671-6450<br>www.hospicehelp.org  | 8K Run<br>3K walk            | 10:00 AM              |
| Nov.                        | <b>Padden Mudfest</b> —Lake Padden<br>Ed and Kathleen Harri, 647-6901, ekharri@comcast.net   | 12K                          | 10:00 AM              |

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