

TOLEDO ROADRUNNERS CLUB

Volume 44, Issue 4

April 2018

FOOTPRINTS



Mary Steinhauser Sy Mah Award 2018

TOLEDO ROADRUNNERS CLUB

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Born to sweat...



Mr. Cutie Pie and Lois contemplate the next **Footprints**.

Dear runner friends,

Thank you to all the volunteers who provided us with a fantastic banquet, including Mitch Garner as our keynote speaker. Thanks also for my comeback runner award. I will work hard to come the rest of the way back.

There are several people who have been asked to completed member profiles—I could really use your answers for the next issue!

Remember that if you are still not involved in the upcoming Glass City Marathon events, we could really use your help. This is a huge event and we need you all. Enlist your friends and relatives.

- Lois Berkowitz, lberkowitz@toast.net

THE PRESIDENT'S LETTER

What a fun night we had at this year's TRRC Awards Banquet. It was an honor to have Road Runners Club of America President Mitch Garner as our keynote speaker. Mitch provided some insightful comments to banquet goers about the direction of running in the country, as well as some very entertaining stories about his running experiences. Mitch also brought some incredible memorabilia like a shirt signed by two running Hall of Famers, Bill Rogers and Frank Shorter. I'm guessing there aren't too many shirts like that around. He also had an Olympic flag signed by 186 Olympic athletes; that was really cool.

The silent auction was another big success, pulling in \$2636.14. The 14 cents change is because bidders on the Pi race basket were only bidding in multiple of Pi (3.14). A special thanks to our many friends and supporters that contributed towards the silent auction. To name just a few: Cyclewerks, Dave's Running, Second Sole, Toledo Mud Hens, Toledo Walleye, YMCA, Body Works Wellness, Team Toledo, and TRRC race directors. There were also baskets put together by club members.

This month will be the Toledo Roadrunners Club premier event, the Mercy Health Glass City Marathon and the Owens-Corning Half Marathon. We are expecting many events to sell out, especially with the half marathon offering a 1/4 zip to commemorate the 10th anniversary of the OC Half. So, if you haven't signed up yet, do it now! With a big event like this, coordinators can use all the volunteers they can get. Even if you are running there are plenty of needs before and after the race. Remember, this year the expo runs Friday 4 p.m. to 8 p.m. and Saturday 10 a.m. to 4 p.m. For a change this year, the 5K is will be 9 a.m. Saturday morning so you can double up if you choose to. Renee and I recently did the double at the Las Vegas Marathon, and it was a lot of fun.

Finally, we continue to transition our Club membership over to online using RunSignUp and we are about 90% done. I have received inquiries from several members on how to check their membership status. First you can check it by going to runsignup.com/Clubs, and type in Toledo Roadrunners to check your membership today or you can stop reading and turn this **Footprints** to the address label. Above your name will be your expiration date. Don't miss out on future issues of **Footprints**, discounts of club events, and much more. Do you have a running buddy who is not a member? Well, now is the perfect time to encourage them to join up.

See you on the roads and trails.

Rob

simonsaysrun@att.net



Contributors to the April issue of **Footprints**

(Thank you, and keep 'em coming!):

Dick Bartlett	Marc Ensign	Tom & Alice Falvey
Megan Gardam	Eric Kramer	Ray Montague
Rob Nicely	Moly Pope	Danielle Porteus
Stan Root	Sarah Speer	Allison Staccione
Mary Steinhauser	Lisa Stevens	

And editors, Dianna Ashton and Tom Biblewski

Membership Report Submitted by Lisa A. Stevens



Hello Everyone,

It was great to see so many of you at the club awards banquet! What a great venue and good time. Keep spreading the word about the club and encouraging participation in club events. That is where your membership pays off!

I hope to see some of you at the fun spring events we have scheduled. Remember to volunteer – whether you plan to run or not. It's a great way to socialize, stay involved, give back and encourage fellow members.

New - Single Members = 232

1 yr - 182

2 yr - 39

3 yr - 11

Single Renewals = 355

1 yr—222

2 yr—99

3 yr—34

New - Family Members = 66(134)

1 yr—39 (56)

2 yr—26 (68)

3 yr—1 (10)

Family Renewals = 168(302)

1 yr - 81(138)

2 yr - 71(137)

3 yr - 16(27)

New - Youth Members = 6

1 yr—5

2 yr—1

3 yr—

Youth Renewals = 1

1 yr—1

2 yr—

3 yr—

New—SENIOR Members = 10

1 yr—9

2 yr—1

3 yr—

SENIOR Renewals = 62

1 yr - 39

2 yr - 13

3 yr - 10

Total Members = 1345(estimated)

Total Newsletters = 905(estimated)

New Members:

Brent Baer
Anthony Comes
Jamie Foos
Rachel Gawrych
Mike Lacey
Sean Murray
Adam Ohls
Chelsea Preston
David Schultz
Mark Snyder

Steven Bradley
Amelia Curtis
Ben Fry
Amanda Graven
Amanda Langenderfer
Shyamalesh Nandi
Brent Pirolli
Nicole Raimonde
Jennifer Seiler
Justin Veigel

Emily Brown
Roger Davenport
Alicia Fry
Elijah Hughes
Larry Maas
Heather Nicolai
Lydia Pirolli
Mike Remer
Dorene Smith
Joan Wagner

Lisa Bugbee
Michaela Finn
Allison Fry
Michael Klein
Myriam Maas
Bill Ohls
Eric Pirolli
Keri Samiec
Tom Smith
Ebrahim Yasin

Ryan Campbell
Christina Fitzgerald
Landon Fry
Steve Kohler
Tina Miller
Erin Ohls
Isaac Pirolli
Laurie Schoonmaker
Laurie Smith

Welcome Back:

Ryan Hafner

Nickie Myerholtz

Christy Soncrant

John Soncrant

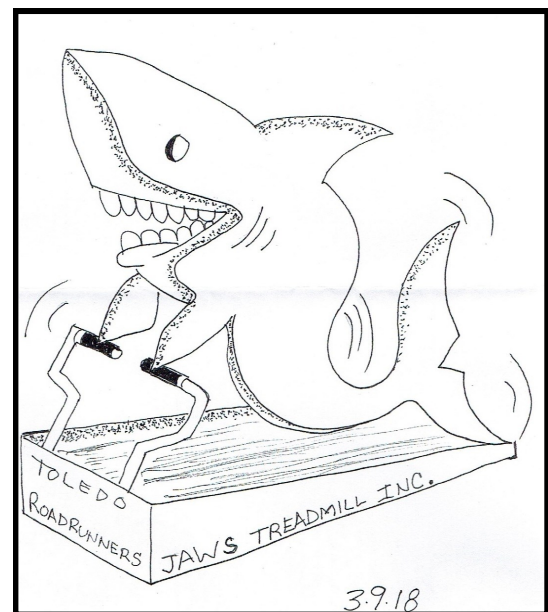
Cindy Tabner

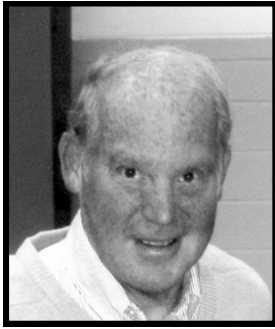
"The Thinking Game" by Marc Ensign

I just finished my long run of eighteen miles this morning. It's the first weekend in March and we are about seven weeks from the Glass City Marathon. Coming out of the cabin, sort of, it has only been a short time since we have been able to get outside and run without slipping or freezing. During my long run I noticed the difficulty keeping my mind focused, thinking about the marathon distance; and wondered how to cope with the stress of it all. When running 26.2 miles, I like to break the miles into smaller sections to make it seem like it's not as long. This thinking game takes time to develop and execute.

So as we feel the time getting shorter and the days getting longer, it's time to start thinking of your game plan and get ready to lip up for this year's Glass City Marathon.

Marc "the shark with a brain" Ensign





Tom Falvey

The Awards Banquet, probably my favorite annual event, has come and gone. Cheers for all award winners. Like Tom Dewey in 1948 and HRC in 2016, I guess I was overconfident about being our club's Runner of The Year. That honor went to Evan Gaynor, who is a genuine thoroughbred. Look for Evan to qualify for the USA Olympic Marathon Trials in 2

years and possibly be one of the top 3. Gaynor is good and still getting better.

A speed skater (ice) has been clocked at 36.8 mph, a race horse at 43.97 mph, and a Greyhound at 45 mph.

Ready for more plates? KMZ 1, SKEEBER, MR JAMRA, UW DAWGS, HEY YU, MNTGMRY, WHM 2, LTS PRAY, B 01, DAB HRZ, DIANN P, B AT VIC, UK 1, PMD, RUDY 1, ES STAR, MAGIC 1.

Lois only needs 8 more states to complete her 5th round of all 50.

A friend, Dr. Milo D, 87, has become close with Dr. Kenneth Cooper, the famous running doctor. They share the same age and birthdays. Milo goes to Dallas for his annual physical and invited me to come along. The expense, and fear of hearing of a hidden ailment, led to my polite decline.

Longtime pal, Dr. Rick Rayman of Toronto, will be running Glass City for about the 20th time. GCM will be his 354th marathon and the first of 6 in 6 weekends. Rick is 2nd in the world of consecutive days running which as you read this is 39 years, 3 months, and 23 days. He generally runs 4/5 miles a day. A South African is still #1 in the world. Rick

TOM'S TALES, THOUGHTS, AND BITS

BY TOM AND ALICE FALVEY

Rayman's grandsons, Jonah-9 and Sam-7, will sing the Canadian National Anthem at the GCM start, as we often have 20+ Canadians entered. Clint has made Rick Rayman the GCM Canadian Ambassador, which means he actively promotes our race wherever he runs.

Fr. Ron Olszewski, (Mr. St. Francis de Sales) has never been a runner but a daily routine of jumping rope and a stationary bike keep him in A1 physical condition.

I eat meat but not in overwhelming amounts. However, I am nowhere near a vegetarian. I was recently shocked to learn that two of the worst humans to ever inhabit this earth, Adolf Hitler and Heinrich Himmler, were vegetarians! They very rarely ate any meat. When they did, it's too bad it wasn't heavily laced with poison.

The USATF awards championships to cities which make the best bid. That's how our TRRC was able to host the 24 Hour Championships at Olander Park for 13 years. In the late 80's, Atlanta hosted the 24 Hour Championship in a park. However, the park flooded so the race was relocated to a mall parking lot. The runners adapted but Atlanta was never awarded another championship.

Our club's huge event will be at UT April 21/22. If you're not running, please volunteer. Thank you.

I see the half-marathon awards will start at 9:30 AM. I hope they begin with the youngest first as I know of a studette and 2 studs who will be just starting their sprint to the Glass Bowl at that time.

Glass City Marathon. Be there!

Tom Falvey

Dick Bartlett, a 50 States Marathon Club member living in New Mexico, sent this great historical picture.

Dick (left) and Sy Mah are completing the Detroit Free Press Marathon in 1987.



Profile, TRRC Member: Allison Staccone

How long have you been running? How often do you run?

I have been running for around 12 years. I began running around my neighborhood after moving home from college just for exercise and something to do. I realized how happy it made me to push myself to run a little further or try to beat my previous time. I worked up to running 2 loops of the neighborhood, or 4 miles. My dad (who had been a runner since before I was born) suggested I sign up for the Run The Skyway 4 Miler. This was a race that went across the I-280 bridge prior to it opening to the public. My dad's advice was to start pretty far back and to not feel bad about walking some of it since this was my first race ever. Well I wound up stuck behind casual walkers (people with backpacks and purses!!) so I dodged them for a while and ran the entire race. I think he was pretty surprised to see me cross the finish line when I did. (Not that I was anywhere near fast, but I did run the whole thing).

I currently run 3-4 days a week and cross-train 3-4 days a week at Extreme Results (this also includes running, but it involves sprints mixed with other intense exercises).

How long have you been a TRRC member?

Probably around 10 years, but I'm not sure.

What are your favorite races/ favorite race distances?

My favorite is probably the half marathon, although I'm learning to like the marathon distance. I do not care for 5k races. I would much prefer to run a bit slower for a longer distance than run as hard as I can for a shorter distance.

One of my favorite races is Detroit. I've done the half marathon 5 years in a row and this fall will be attempting the marathon. I actually have a love/hate relationship with this race. It is so challenging to me, I think it is more of a mental thing. The bridge is always a struggle between the incline and the congestion. The tunnel is tough for me because it gets so hot and you can't really see when it's going to be over. I also was stuck in a finishing time. Each time I ran this race in 2013-2016 I finished within 30 seconds of the same time, which was 2:18. FINALLY in 2017 I broke this time and finished in 1:59. So now I am ready to tackle the full marathon and see what I can do.

A recent favorite is the Indianapolis Monumental Marathon. I ran this race for the first time this past fall and MAJORLY PR'd my marathon time. I had run the Glass City Marathon twice (2016 in 4:58 and then 2017 in 5:22 after an injury mid-race). I worked hard to lose weight and get faster between April and November. Then came race day. The stars aligned and we had perfect weather (40's, no rain) and I finished in 4:08. A FIFTY MINUTE PR!

How do you cross train?

I work out at Extreme Results which is a circuit training gym in Toledo.

It has really helped my overall fitness from core strength to balance to overall muscle strength. It is incredibly challenging but I enjoy the intensity and the variety. I've even convinced a few of my running friends to join me lately!

What are your PRs? PWs?

My half PR is a 1:56 at Boy Scout 2017...which I was actually pacing. I saw the message asking for pacers and then later a follow up that they still needed a 2:00. I emailed and said I'd be happy to pace it, however I had not yet run a 2:00 but was confident I could. And I did! Funny enough, my half PW is also Boy Scout 2016, which I finished in 2:35. Just goes to show how far you can come in a year by focusing more on health and fitness.



My full PR is 4:08 from the Indianapolis Monumental Marathon. My full PW is GCM 2017 at 5:22. I pulled something during mile 18 and had to basically walk the rest with a little jogging here or there. It was miserable and not something I ever want to repeat.

Does your family run? How do they feel about your running?

My dad has run for many years. He currently does the MIT programs with Dave's and we talk about running a lot when we are together. I'm finally starting to catch up with him as far as pace (I actually beat him in a race for the first time ever this year at Dave's 10 Miler!) although he actually used to be much faster than I will ever hope to be.

My daughters do not run yet but I suspect one, if not both, will be interested in it. As far as my running, it's just normal life to them. They know that their mom runs on most Saturday mornings and also on Tuesdays/Thursdays while they visit with their dad.

What have your running accomplishments been?

I've run 26 half marathons (I think?), 3 full marathons, and 5 Ragnar relays.

Have you ever been injured? How did you facilitate recovery?

I've (knock on wood) never had a "real" injury. I've had a few nagging things such as shin splints or knee aches, usually when I let my shoes get too old. I had plantar fasciitis briefly, about a week before my full marathon in Indy, but Jeff Swartz came to my rescue and fixed the tight hip flexor causing it and the foot pain was immediately gone. During my last GCM I pulled something, but time off from running fixed it. Mainly my issue is that I need to do more stretching and at-home strength exercises (like monster walks).

What interesting running stories do you have to tell?

Oh gosh. So many to choose from. I'm trying to think of what my friends would tell about me, and I feel like most of them have taken place during a Ragnar Relay. If you're not familiar, this is a 200ish mile point to point race that they put on in various parts of the country (and Canada!). We were doing this as a 6-person team and it took around 36 hours to complete. So basically it combines a lot of running with very little sleep. I was going to tell the Fish Bowl Story, but I have a feeling this is only

Profile, Allison Staccone, cont.

entertaining when you are exhausted. Other stories from Ragnar include running during a hurricane in DC. It rained the entire time and one leg was even cancelled because of a mudslide. During another race, in Canada, I had a night leg that went through a little town. There was a stretch along a strip of bars and some drunk people were out on the sidewalks having a smoke. They were so bewildered. They were asking "Why are you people running??" Some were giving high-fives. It was entertaining, but also I was glad I had pepper spray in hand just in case!

What is your profession?

I am a high school math teacher. I teach geometry at Rogers High School in Toledo Public Schools. .

Who do you like to run with?

Anyone! I coach for Dave's MIT so I'm usually with my running group during the season for track, tempo, or long runs. But I have made so many friends through the MIT programs both in coaching and as a participant. Many of us are at different paces now but in the off-season we will get together and run together on a Saturday or will travel together to a race. These amazing people are what get me out the door even on days where I don't have much energy or the weather isn't cooperating. It's much harder to skip a run when you are going to hang out with friends!

What do you like to read? Book or Kindle-type device?

I read all types of books using my Kindle app on my phone. I borrow books through the library (both the high school where I work and the public libraries allow you to do this). Lately I like to read the latest best-

selling, books that are going to be movies, or any book that I hear people talking about.

What motivates you?

The biggest thing that motivates me to push myself is myself. I am always hoping for improvement. Whether its to run faster or just feel better during a certain run. I am competing against my previous races.

My daughters are also a big motivation (I have 5 year old twin girls). They know that I run and exercise and they like to do the same things that I do. They have races in the yard or ask me to show them how to exercise. I want to be a good role model to them and encourage them to make healthy choices and find a form of fitness that interests them. I plan on having them participate in the Dave's Kids program this summer so that will be a lot of fun to do together.

Do you volunteer? Which volunteer positions do you like the most?

I would love to volunteer more but it seems like I am always running (or coaching). I need to make it a point to find more races to volunteer at though. I have volunteered to be a pacer at races, which I do enjoy doing.

What is one thing TRRC members don't know/would never guess about you?

Hmm. I ran Run for Love in the summer of 2016. They had booths there where you could donate hair to be made into wigs for children with cancer. I decided to do it and had 10 inches of hair cut off.

Profile, TRRC Member: Danielle Portteus

How long have you been running? How often do you run?

I have been running since 2007.

How long have you been a TRRC member?

About four or five years.

What are your favorite races/favorite race distances?

The half marathon is my favorite.

How do you cross train?

Swimming, cycling, yoga and body weight exercises and once in a while weights.

What are your PRs? PWs?

29:07- 5K; 1:03:00 – 10K and 2:12 for half-marathon.

Does your family run? How do they feel about your running?

No one in my family runs. I started running so I could deal with the stress of my job (journalist) and get healthy to prevent the diseases that plague my family like diabetes and heart disease. While training for my first half marathon, I lost near-

ly 60 pounds and I wrote an incredibly personal column in my paper about my accomplishment that ran the day of the race. I heard from so many people that day, it was incredible.

What have your running accomplishments been? I am trying to accomplish 50 half marathons in each state. I'm a long way away, but every time I add a new state, I feel a great sense of accomplishment.

Have you ever been injured? How did you facilitate recovery? I had a stress fracture that took nearly 18 months to heal. I also have a nagging hip issue, which has put me out of Glass City this year. I plan to lace back up this spring for summer and fall races.

What interesting running stories do you have to tell? I fall a lot whether I'm walking up the stairs or out running. I was training for my first half (Sunburst in South Bend) and it was a gorgeous Sunday for an 8 miler. Except it was spring in Toledo, which means pot holes the size of Texas and I happen to hit the one that looked like it had been filled in. It wasn't. My foot fell right in the hole and I smacked my face on



Profile, Danielle Portteus, cont.

the curb of the street. I got up, brushed myself off and kept running. I had a bunch of people staring at me the whole run. When I got home I realized I had blood caked all over my nose and chin and running tank. Ah, that's why - the fall. I cut up by chin, lip and scraped my nose but I ran that 8 miles the best I felt all training.

What is your profession? I am a newspaper reporter at the Monroe News. I have been there 11 years.

Who do you like to run with?

Initially, I loved running by myself. It was my escape. While I still love running alone, I look forward to group runs with MIT. I think that is what I miss the most about being injured this winter is my training group.

What do you like to read? Book or Kindle-type device?

I love to read books - murder mysteries and suspense novels are my favorite. Lately, I have been listening to audiobooks while at work, but I'm old school and prefer holding a book.

What motivates you?

Everything I can possibly try to do. I am a very motivated person and I attribute that to my grandfather, Dan Farbrother, who taught me how to be smart, tough and do everything to your best ability without any excuses.

Do you volunteer?

Which volunteer positions do you like the most? Not as much as I would like to because of my work schedule.

What is one thing TRRC members don't know/would never guess about you? I used to be quiet and shy. I didn't really break out of my shell until college.

What hobbies/interests do you have apart from running?

I am the BIGGEST Notre Dame fan. I often skip long runs on Saturdays in the fall if it conflicts with football games. I try to go to at least two games a year with my younger brother. I love to travel and hope to get to Ireland for my 35th birthday.

What makes you different from other TRRC members?

I played several sports in grade school and high school and HATED running. I would do everything I could to stay away from it until my senior year of college. I bought my first pair of running shoes and I love it. Every day I get to run is a great day and it makes me appreciate the running more when I'm sidelined.



I Am Your Competitor by Sarah Speer

We had such a nice time at the Toledo Roadrunners Club banquet. If you have never attended, I highly recommend it! I had been a TRRC member "on paper only" for a few years. I joined for the newsletters and notifications of upcoming races. Little by little, I began attending races, then volunteering at races, then running with people, then attending my first TRRC award banquet last year.

The food was great. Talking with other runners is fun (now). I'm trying to be less of a wall flower, nowadays. Bidding on items for the silent auction is fun, too. I never win auctions; but, bidding is fun. The items are donated and monies collected go to a scholarship fund to a young Roadrunner in the memory of another fellow Roadrunner. (Cue warm fuzzy feeling!)

In addition to recognizing youthful runners, volunteers were recognized at the banquet. Overcoming adversity was recognized as well as "holding the course." On this night we also had a guest speaker, Roadrunners Club of America President, Mitchell Garner. Mr. Garner shared his story of how he became a runner, then how he became the President of our larger club. He shared knowledge of elites, his friendships with them and naming his cat after one in particular. We heard statistics about the growth of our sport, the female influence in our sport as well as how our local chapter fits into the larger picture of the Road Runners Club of America.

THEN: another bonding moment arose. While we as individuals race, we often are a tight knit community. He spoke about the definition of "competitor." The definition he gave was: "to strive, together." This was a spin on the often, negative, understanding "to beat others." As Mr. Garner explained the increase of acceptance in female runners, slower runners, youthful runners and the longevity of "life time" runners, he explained that Toledo Roadrunners' long-standing club is a win for our local runners. Our club is a win for our community as well as the money collected at our races, being a "win" for our charities.

As I reflected on this new definition of "competitor" and "competition" ("to strive, together"), I reflected on how I, personally, fit into the grand scheme of things. I definitely feel that I have become a more knowledgeable runner as the years have gone by. I attempt to share almost EVERYTHING I experience and learn to encourage new people to join the sport and make their advancements easier. For me, sharing my journey from book-worm, art, TV watching kid to LATE bloomer-trying-to-run-but-too-embarrassed-to ask-questions-then-always-getting-hurt mom is a way to share "if I can do it, you can probably do it better. Here's how" guide. My competitor/striving together contribution is learn from my mistakes and experiments then decide for yourself.

I also, now, LOVE running with people. This is a huge deal for a socially awkward wall flower! Again, the acceptance of a close-knit community can work miracles! I find that running in a group builds community and camaraderie as we strive, together to meet a goal. I have met goals while training in a group, that I never achieved running solo. I also love volunteering at races, now! I LOVE cheering and encouraging my fellow competitors. I will scream encouragement. I will give you a drink. I will direct traffic and point you to the finish line - all the while genuinely hoping you have a good race.

As Mr. Garner concluded his speech, he exclaimed: "Long live the Toledo Roadrunners Club of America." I admit, this is my hope. I also hope that I continue to compete and strive, together with all of you for many years, as well, my fellow competitors.

Awards Banquet 2018 Photos by Ray Montague



Left, Veteran Runner of the Year:
Larry DiLabbio



Ed Dibble Spirit Award: Left
George Ho, Right, Megan Gardam and (not pictured) Ed Masta.



Left: Female Master:
Karen Klapper
Bottom Right:
Jim Losbough Volunteer Award:
Kary Whearty



Left: Newsletter
Award: Sarah
Speer



Awards Banquet 2018 Photos by Ray Montague



Female Grand Master:
Debbie Schmidt



Most Improved Runner: Andre Page



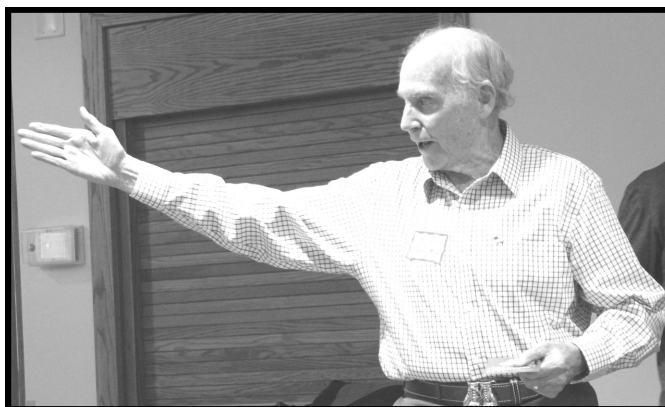
Male Grand Master:
Edgar Rapp



Male Open: JP Miller, with Deanne Miller



Overall runner of the Year AND GCM
Race Director's Awards: Evan Gaynor



Left, Newsletter Award:
Tom Falvey

Awards Banquet 2018 Photos by Ray Montague



Youth Runner(s) of the year: L, Sydney Willford; above, Zach Willford, below, Kieradyn Kessler.



Youth Runner(s) of the Year:
Miriam Fowler



Front cover: Sy Mah Award: Mary Steinhauser

Not pictured:

Comeback Runner(s) of the Year: Arine Elton and Lois Berkowitz

Female Open: Joanna Line

Male Masters: Jeff Lamers

Volun-Tales: How to Packet Pick Up by Moly Pope

Sarah Anderson said it best in the Northwest, OH She Runs This Town facebook group: Packet pickup is fun because you get to see lots of friends and put some faces to the names.

A lot of us are frequent runners in the area and we run with a lot of other frequent runners often. But do we really know who they are? I know personally I've learned more of your names in the past year of working packet pickup than I have from running alongside you for three years. Look at this as your chance to make new friends, catch up with old friends, and destroy your cuticles from folding very skin-drying race shirts.

At the Glass City Marathon expo, runners will acquire their bib numbers at the Race Joy kiosk (HINT HINT, NUDGE NUDGE Y'ALL!!!) before even entering the expo floors. Packet pickup is arranged by distance and you'll be assigned one of the four: 5k, half marathon, full marathon, and relay team. The runners will give you their bib numbers and photo ID, you'll give them their bib and their shirts, and then watch them smile as they waltz away to check out the rest of the expo. See? It's not terribly intimidating.

There's also a packet pickup on the second floor of the Savage Hall Arena for the kids' run. We're a little more laid back up there. What else is there for us to do but goof around in the kids' expo and play catch with the teddy bears? Kids don't have IDs to check and their bibs are pre-assigned.

Because of the new two day expo this year, packet pick up will be Friday from 4 p.m. until 8 p.m. inside of the Savage Hall Arena. The 5k and kids' run pick up will be moved outside to Lot 6 on Saturday from 7:30 a.m. until the races begin at 9 a.m. and 11 a.m. respectively. We're going to need all of the help we can get to ensure everything goes smoothly, the runners get their swag efficiently, and everyone starts their races on time. We'll also need help on Saturday inside the main expo for the half marathon, full marathon, and relay from 10 a.m. until 4 p.m.

Got all of that? No? Check out <http://glasscitymarathon.org/glass-city-marathon-expo/> for full details of the expo times. You can also sign up to help by clicking on the registration tab at the top right of the website and then the volunteer tab on the RunSignUp page.

ITEMS FOR FOOTPRINTS

ARTICLES, RACE RESULTS, ADS

Lois Berkowitz 734-556-0809
14110 Cranbrook Riverview, MI 48193
lberkowitz@toast.net

RACE & EVENT CALENDAR

Webmaster@toledoroadrunners.org

RACE ENTRY FORM INSERTS

Tim Connors 419-868-1082

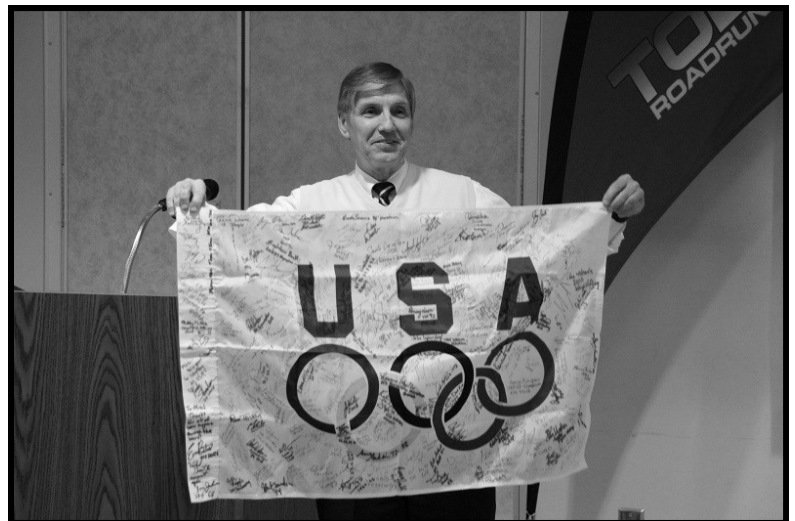
OUT OF TOWN RACE RESULTS

Rob Nicely 419-930-8873
7302 Laurel Ridge * Whitehouse, OH 43571
rob_n@twc.com

Our volunteer coordinator for TRRC is Erin O'Connell, who can be contacted at (419) 654-3288 or eoconnell79@gmail.com, should you be available to volunteer for any TRRC race.

Volun-Tales is the brainchild of Moly Pope, a zealous and frequent volunteer.

Right, Mitch Garner, President of the Road Runners Club of America, displays an Olympic flag signed by 186 Olympic athletes. Mitch was speaker for the awards banquet.



Great Scott Results 2018 by Megan Gardam

8 Mile Results

LAST	FIRST	TIME	PL
MILLER	Brad	48:56	1
Leck	Don	53:18	2
TAYLOR	SCOTT	54:03	3
Bockey	James	58:33	4
Meier	STEPHANIE	1:01:36	5
WORLEY	PHIL	1:04:31	6
Ramsey	Nate	1:06:29	7
BILOW	BARBARA	1:07:30	8
BOOK	TIM	1:07:31	9
Baker	Jon	1:11:56	10
CRISSMAN	ANNA	1:13:19	11
Dorton	JAKE	1:13:20	12
GILLEY	AIMEE	1:13:28	13
AVINA	SUSAN	1:15:08	14
AVINA	FRANK	1:15:09	15
MATUSZAK	KEN	1:16:32	16
ELLERBROCK	TAYLOR	1:16:49	17
ELLERBROCK	ALYSSA	1:16:50	18
ELLERBROCK	DAVID	1:16:50	19
Eckert	Rachel	1:16:56	20
MCCOY	J.D.	1:16:57	21
VERSHUM	VANESSA	1:17:47	22
HEEBSH	JEFF	1:17:56	23
CONVERY	PATRICK	1:17:58	24
SCHOONMAKER	Laurie	1:20:06	25
CRANOR	CODY	1:20:09	26
PALMER	KIMBERLY	1:20:15	27
BEALE	JENNIFER	1:20:16	28
SIMON	ROB	1:20:17	29
WITFOTH	MARY JO	1:24:10	30



LAST	FIRST	TIME	PL
HO	GEORGE	1:58:52	61
Steinhauser	Cyril	DNF	
WADE	PHIL		

LAST	FIRST	TIME	PL
WADE	SUE	1:24:17	31
ECKLER	GARY	1:25:18	32
DUPLER	DAWN	1:26:12	33
OVERHOLSER	STEVE	1:26:13	34
BIBLEWSKI	THOMAS	1:27:23	35
MANAGHAN	Michael	1:27:57	36
Montague	Ray	1:28:18	37
Streib	Lisa	1:28:26	38
Leventhal	Laura	1:28:51	39
JACKSON	CHRISTINA	1:29:01	40
DASHNER	DENISE	1:29:11	41
Zittel	Jim	1:29:13	42
CLINTON	ERIN	1:31:11	43
HEMPEL	KATIE	1:32:30	44
HARDER	J.C.	1:34:26	45
SMITH	SCOTT	1:37:55	46
Ausderan	Harry	1:38:18	47
SOPKA	MEGAN	1:39:08	48
KOVACS	MARY	1:39:52	49
HEMPEL	AMY	1:40:50	50
TURCO	KIM	1:40:51	51
METZGER	STEPHANIE	1:42:46	52
Raymond	Nichole	1:46:12	53
Kocevar	Marilyn	1:46:14	54
McGuckin	Jennifer	1:46:15	55
ECKLER	JODY	1:47:25	56
Steinhauser	MARY	1:51:52	57
BERKOWITZ	LOIS	1:52:31	58
VALADEZ	DOMINGO	1:52:33	59
HAGEMANN	AUSTIN	1:58:48	60



Great Scott Results 2018 by Megan Gardam

25K Results

LAST	FIRST	TIME	PL
Egan	Kevin	1:35:16	1
Bunge	Jack	1:41:22	2
TAPYRIK	STEVE	1:46:17	3
BURNS	BILL	1:46:43	4
Wisniewski	Sean	1:47:17	5
WORLEY	MELANIE	1:49:30	6
Thomas	CHRIS	1:51:03	7
McNamee	Steve	1:57:44	8
DILBONE	CHRIS	1:59:18	9
Kleman	Tom	2:00:57	10
Miller	JP	2:02:57	11
Rygalski	Jill	2:04:14	12
Klapper	Karen	2:04:15	13
GILLMOR	ryan	2:05:31	14
JANES	ANDREW	2:05:46	15
BOWLICK	ALISON	2:09:22	16
Masta	Ed	2:09:48	17
ROWER-OSBORN	KATIE	2:10:25	18
Dresser	Allie	2:10:46	19
CONTRIS	BRAD	2:11:59	20
OBERLE	STEVE	2:16:27	21
Lockard	Jason	2:17:50	22
PALMER	RODNEY	2:17:51	23
Robinson	Becky	2:26:07	24
Austin	Marina	2:26:08	25
Austin	Robert	2:26:10	26
Cunningham	CHRIS	2:29:02	27
Kirtos	John	2:29:05	28
SCHMIDT	PHIL	2:29:54	29
Ensign	Marc	2:34:45	30

LAST	FIRST	TIME	PL
BRYANT	AMANDA	2:36:25	31
Awwad	Kal	2:38:58	32
GASIOROWSKI	GREG	2:39:28	33
CODY	FRANK	2:48:04	34
Smith	Laurie	2:54:35	35
BANDFIELD	KELLY	2:54:39	36
ELY	JESSICA	2:59:04	37
COOK	SARAH	3:01:56	38
APPLEGATE	JEN	3:01:58	39
HARTMAN	TONI	3:05:27	40
ALEXANDER	CARRIE		
CARSON	STACY		
Hoag	Jonathan	DNF	
LANGENDERFER	AMANDA		

In Others' Footprints

July 1996

- Bob Amthor reported results of a TRRC membership survey.
- Mary Steinhauser reported that Harrison Hensley ran his 1000th race at Festival of Flags in Davison, Michigan.
- The issue advertised the TRRC summer picnic, to be hosted by Bill and Barb Lindeman at their home in Oregon.
- According to Jeff Bertram, president, Don Standish certified his 101st race course, the Fremont Camelback 5K.
- Penelope Pathpacer won the outstanding writer's award for the region at the RRCA National Convention in Knoxville.
- Dave Payette completed his 118th and Patricia Payette completed her 107th marathons at the Hoosier Marathon In Indiana.



Body Tune-Up by Linda Shaw

How often do you think you would like a new body?!?! Injuries happen even with the best training schedule. Sometimes our bodies don't understand that we have a big race coming up in a few weeks!!

In 2015, I was unable to move/walk without intense pain in my lower back/hip area. What did I do to cause this? I was running conservatively and without any notice, barely able to move.

Where to go and what to do? Ibuprofen, doctor/ER? A colleague saw me struggling and shared her experience with a chiropractor and how she walked out of the office pain free. REALLY, I said?? And, I'm not one who enjoys having somebody twist their joints. No offense to any chiropractors, just my personal belief. She informed me that he did not do any manipulation and she was able to play tennis the next day.

I scheduled my appointment with a chiropractor in Monroe Michigan and he took x-rays and measurements of my back and hips. I was instructed to lie down on the couch and he successively applied slight pressure to an area behind my ear. By "slight," I mean without any discomfort and that was the procedure. Additional measurements were taken.

I walked out of the office a different person than when I walked in! The pain level went from a 20 to a 2! Was it in my head?

The physician is a NUCCA practitioner. **NUCCA** is an acronym for the **National Upper Cervical Chiropractic Association**, founded in 1966 by chiropractor Ralph Gregory. The new style of upper cervical adjusting technique was taught in 1966 at the first NUCCA seminar, which was held at the Howard Johnson Motel in Monroe, Michigan. (Wikipedia)

"NUCCA focuses on the upper vertebrae in the neck and claims to correct misalignment of the upper spine. The method uses double-pivot-point X-ray analysis, the 'development of the triceps pull manual adjustment' and 'design and development of the Anatometer posture distortion measuring instrument'. Unlike other chiropractic techniques, NUCCA does not use manual adjustments and does not involve twisting or "popping". (Wikipedia)

According to the NUCCA.org website, this gentle, non-invasive technique was developed to create a radical new way of healing that can help restore body balance and perfect health. The focus of the NUCCA work is the relationship between the upper cervical spine (neck) and its influence on the central nervous system and brain stem function. It is this relationship that affects every aspect of human function from the feeling sensations in your fingers to regulating hormones, controlling movement, and providing the ability to hear, see, think, and breathe.

Makes sense when you think about it anatomically. This is coming from somebody who had to study anatomy & physiology for many years!

Since my first visit in March 2015, I have returned for four visits. I am very conscious of my neck and what causes me to hyperextend it, such as the shower or the level of my computer. I have tried rotating my head for breathing when I swim but after all these years, I remain a one-sided breather.

Hopefully, sharing my experience will expose you to an alternate treatment method which has benefited many, including other TRRC members.

Running in Place(s) 3/10/18 by Rob Nicely

Please send your data to Rob Nicely at rob_n@twc.com



Race	Date	Location	Name	Time	Place
Best Damn Race ½ Mar.	2-3	Safety Harbor, FL	Sarah Anderson	1:44:21	94th OA
Sun ½ Marathon	2-3	St. George, UT	Arnie Elton	2:23:19	1st (70-74)
			Linda Elton	2:27:27	1st (65-69)
Muskrat 5K	2-3	Monroe, MI	Thomas Kleman	22:22	2nd (50-59)
Strawberry 5K Challenge	2-10	Plant City, FL	Morgan Szozda	27:21	1st (12-14)
			Katie Bylow	29:54	3rd (35-39)
Spring into Spring 5K	3-4	Tucson, AZ	Thomas Kleman	23:34	1st (55-59)
Erlanger Chattanooga Half	3-4	Chattanooga, TN	Mary Steinhauser	3:09:11	2nd 70+
		Chattanooga, TN	Lois Berkowitz	3:28	
		Chattanooga, TN	Laura Leventhal	2:28:18	6th (60-64)
Chattanooga 5K	3-3	Chattanooga, TN	Cyril Steinhauser	51:27	3rd 70+

Great Black Swamp Results 2018 by Eric Kramer

5K Results

Oall	Chip	FName	LName	MF	A	CIPI	Oall	Chip	FName	LName	MF	A	CIPI
1	16:46	Nicholas	Corso	M	20	1	50	53:42:00	Abbey	Raike	F	37	10
2	20:47	Connor	Neumeyer	M	12	1	51	53:44:00	Dylan	Raike	M	6	2
3	20:49	Gregory	Point	M	36	1	52	54:09:00	Diane	Bihn	F	54	2
4	22:44	Jimmy	Recknagel	M	15	2	53	54:09:00	Jenni	Delaney	F	45	1
5	24:36:00	Jenny	Pereyda	F	48	1	54	54:13:00	Myriam	Maas	F	65	1
6	25:55:00	Ashley	Thatcher	F	35	1	55	54:13:00	Larry	Maas	M	77	4
7	26:18:00	Sophia	Astellaneth	M	13	3	56	56:12:00	Dhana	Chodisetty	F	49	2
8	26:25:00	Stacy	Preciado	F	38	2	57	1:59:29	Tony	Casrteno	M	59	2
9	28:14:00	Nick	Weirich	M	35	2							
10	28:16:00	Kandi	Gase	F	33	1							
11	28:36:00	Amber	Waren	F	38	3							
12	28:39:00	Morgan	Szozda	F	12	1							
13	28:49:00	Kimberly	Schulisch	F	53	1							
14	29:14:00	Anna	Crissman	F	42	1							
15	29:19:00	Katie	Bylow	F	36	4							
16	29:32:00	Matthew	Woodcox	M	30	1							
17	29:51:00	Jewel	Horak	F	13	2							
18	30:05:00	Kevin	Brennan	M	58	1							
19	30:11:00	Melissa	Householder	F	39	5							
20	30:51:00	Mike	Weaver	M	53	1							
21	31:06:00	Dave	Woessner	M	58	1							
22	31:23:00	Ronald	Recknagel	M	50	2							
23	32:53:00	Melissa	Detrick	F	37	6							
24	32:53:00	Jonathan	Detrick	M	66	1							
25	33:07:00	Mark	Kleinhans	M	45	1							
26	33:18:00	Todd	Tucker	M	43	1							
27	33:45:00	Bob	Trumbly	M	69	2							
28	34:25:00	James	Lagger	M	78	1							
29	35:02:00	Mathieu	Cottier	M	38	3							
30	35:18:00	Nathalie	Cottier	F	41	2							
31	35:36:00	Jane	Recknagel	F	52	1							
32	36:05:00	Jim	Donaldson	M	74	1							
33	36:13:00	Alana	Dyer	F	35	7							
34	37:37:00	Gary	Arbuckle II	M	38	4							
35	37:38:00	Isabella	Arbuckle	F	10	1							
36	38:41:00	Jasmyn	Horak	F	13	3							
37	38:42:00	Dan	Horak	M	53	3							
38	38:59:00	Jenny	Barios	F	56	1							
39	40:02:00	Joan	Mathews	F	61	1							
40	40:10:00	Kate	Diu	F	37	8							
41	40:17:00	Shailendra	Misra	M	48	2							
42	41:05:00	Jerome	Tomc	M	75	2							
43	41:29:00	Amanda	Bentz	F	35	9							
44	41:35:00	Carl	Anderson	M	76	3							
45	42:02:00	Rhonda	Emch	F	40	3							
46	43:01:00	Chris	Conroy	M	69	3							
47	46:34:00	Brenda	Rayfield	F	44	4							
48	50:21:00	Deanna	Clark	F	44	5							
49	53:42:00	Austin	Raike	M	9	1							

15K Results

Oall	Chip	Fname	Lname	MF	A	Class	CIP
1	53:05:00	Chris	Lemon	M	28	OA	1
2	54:34:00	Matthew	Folk	M	41	MASTER	1
3	56:17:00	Brad	Miller	M	35	M 35-39	1
4	1:00:41	Jordan	Lee	M	29	M 25-29	1
5	1:00:49	Lindsey	Burdette	F	24	OA	1
6	1:04:22	Paul	McCormick	M	41	M 40-44	1
7	1:07:47	Carl	Meyer	M	47	M 45-49	1
8	1:08:46	Scott	Forsythe	M	51	GRAND	1
9	1:09:02	Mandy	Risner	F	38	F 35-39	1
10	1:09:08	Meredith	Byers	F	30	F 30-34	1
11	1:09:11	Lauren	Hutchens	F	42	MASTER	1
12	1:10:04	Steve	Haubert	M	61	M 60-64	1
13	1:11:16	Cory	Rosengarten	M	38	M 35-39	2
14	1:12:08	Drennan	Jery	M	39	M 35-39	3
15	1:12:52	Alan	Willford	M	50	M 50-54	1
16	1:13:33	Brian	Fritz	M	49	M 45-49	2
17	1:13:46	Stephanie	McCautey Meier	F	39	F 35-39	2
18	1:13:46	Dave	Fisher	M	56	M 55-59	1
19	1:13:51	Taylor	Bosl	F	27	F 25-29	1
20	1:14:36	Jack	O'Connor	M	16	M 1-19	1
21	1:15:31	John-Mark	Valo	M	29	M 25-29	2
22	1:15:36	Dave	Aloi	M	46	M 45-49	3
23	1:15:50	Kim	Bates	F	48	F 45-49	1
24	1:15:51	Herman	Burmeister	M	53	M 50-54	2
25	1:16:46	Scott	Yaist	M	36	M 35-39	4
26	1:16:51	Andrew	Sharp	M	25	M 25-29	3
27	1:16:56	Jason	Raike	M	38	M 35-39	5
28	1:17:11	John	Andrew	M	56	M 55-59	2
29	1:17:54	Benjamin	Englund	M	34	M 30-34	1
30	1:18:01	James	Shively	M	42	M 40-44	2
31	1:18:29	Bob	Masters	M	49	M 45-49	4
32	1:18:32	Shane	Halcomb	M	44	M 40-44	3
33	1:18:38	Sallie	Usher	F	56	GRAND	1
34	1:18:48	David	Bruning	M	65	M 65-69	1

Great Black Swamp Results 2018 15K Results by Eric Kramer

Oall Chip	Fname	Lname	MF	A	Class	CIP	Oall Chip	Fname	Lname	MF	A	Class	CIP
35	1:18:57	Tim Kohler	M	50	M 50-54	3	85	1:27:05	Stacy Carson	F	38	F 35-39	6
36	1:18:58	Robert Seaman	M	52	M 50-54	4	86	1:27:19	Ken Matuszak	M	63	M 60-64	5
37	1:19:22	David Bellian	M	48	M 45-49	5	87	1:27:26	Aimee Gilley	F	49	F 45-49	7
38	1:19:22	Heather Bellian	F	48	F 45-49	2	88	1:27:30	Regan Findling	F	42	F 40-44	5
39	1:19:23	Kim Rall	F	36	F 35-39	3	89	1:27:34	Suzanne Hudak	F	38	F 35-39	7
40	1:19:53	Keith Genet	M	33	M 30-34	2	90	1:27:39	Katherine Byers	F	55	F 55-59	2
41	1:19:58	Cail Lininger	M	23	M 20-24	1	91	1:27:58	Derek Hanson	M	32	M 30-34	5
42	1:19:58	Abby Byers	F	26	F 25-29	2	92	1:27:58	Patrick Convery	M	55	M 55-59	5
43	1:20:10	Kyle White	M	16	M 1-19	2	93	1:28:06	James Tita	M	64	M 60-64	6
44	1:21:43	Mark Huffman	M	64	M 60-64	2	94	1:28:24	Rachel Delucia	F	25	F 25-29	6
45	1:21:57	Jenessa Steuwe	F	25	F 25-29	3	95	1:28:48	Jd McCoy	M	59	M 55-59	6
46	1:22:04	Jenifer Wiles	F	46	F 45-49	3	96	1:29:40	Owen Barton	M	26	M 25-29	4
47	1:22:20	Michelle Sweetser	F	41	F 40-44	1	97	1:29:51	Jackie Downs	F	52	F 50-54	5
48	1:22:30	Tom Kolena	M	60	M 60-64	3	98	1:29:53	Trina Richie	F	46	F 45-49	8
49	1:22:43	Jason Sheidler	M	32	M 30-34	3	99	1:30:01	Sarah Speer	F	49	F 45-49	9
50	1:23:12	Mike Brennan	M	57	M 55-59	3	100	1:30:05	Staci Bella	F	46	F 45-49	10
51	1:23:13	Michael Tscherne	M	37	M 35-39	6	101	1:30:17	Emily Brown	F	28	F 25-29	7
52	1:23:15	Robert Neeley	M	51	M 50-54	5	102	1:30:27	Dave Hauter	M	48	M 45-49	10
53	1:23:19	Alexis Tobian	F	33	F 30-34	2	103	1:30:27	Kevin Waugh	M	34	M 30-34	6
54	1:23:20	Sara Jones	F	36	F 35-39	4	104	1:30:28	Jenny Horak	F	46	F 45-49	11
55	1:23:20	Amy Farrar	F	51	F 50-54	1	105	1:30:29	William Antoszewski	M	55	M 55-59	7
56	1:23:23	Dawn Green	F	43	F 40-44	2	106	1:30:35	Tony Lucarelli	M	66	M 65-69	2
57	1:23:28	Joshua Duvall	M	33	M 30-34	4	107	1:30:52	Jennifer Halcomb	F	44	F 40-44	6
58	1:23:29	Jon Graber	M	41	M 40-44	4	108	1:30:54	Mike Vershum	M	36	M 35-39	9
59	1:24:02	Jackie Lupica	F	30	F 30-34	3	109	1:30:54	Jake Dorton	M	32	M 30-34	7
60	1:24:20	Dawn Dupler	F	48	F 45-49	4	110	1:30:56	Vanessa Vershum	F	40	F 40-44	7
61	1:24:23	Brian Kaestner	M	46	M 45-49	6	111	1:31:03	Paula Radabaugh	F	51	F 50-54	6
62	1:24:31	Edward Perozek	M	45	M 45-49	7	112	1:31:05	Dawn Monnette	F	45	F 45-49	12
63	1:24:36	Krista Hendricks	F	41	F 40-44	3	113	1:31:18	Rochelle Peters	F	52	F 50-54	7
64	1:24:58	Steve Kohler	M	53	M 50-54	6	114	1:31:18	Jeremy Bauer	M	42	M 40-44	5
65	1:25:01	David Bennert	M	56	M 55-59	4	115	1:31:22	Jerry Kuhr	M	60	M 60-64	7
66	1:25:06	Mike Lindrup	M	47	M 45-49	8	116	1:31:33	Bridget Sutter	F	24	F 20-24	1
67	1:25:28	Mike Williams	M	61	M 60-64	4	117	1:31:38	Heather Fritsch	F	31	F 30-34	5
68	1:25:34	Dean Dickerson	M	50	M 50-54	7	118	1:31:40	Azaree Whitehead	F	23	F 20-24	2
69	1:25:38	Laura Konrad	F	30	F 30-34	4	119	1:31:40	Charles Nearhood	M	62	M 60-64	8
70	1:25:38	Harrison Wolfe	M	19	M 1-19	3	120	1:31:44	Jennifer Beale	F	41	F 40-44	8
71	1:25:38	Andrea Pasquale	F	27	F 25-29	4	121	1:31:47	Chuck Sisco	M	64	M 60-64	9
72	1:25:41	Lisa Willford	F	49	F 45-49	5	122	1:31:57	Peter Davis	M	51	M 50-54	9
73	1:25:47	Mary Crown	F	58	F 55-59	1	123	1:31:58	Gretchen Scarpelli	F	34	F 30-34	6
74	1:26:10	Christina Fitzgerald	F	48	F 45-49	6	124	1:32:02	Jeff Heebsh	M	47	M 45-49	11
75	1:26:15	Kristina Rockman	F	50	F 50-54	2	125	1:32:05	Amy Waskowiak	F	48	F 45-49	13
76	1:26:16	Daniel Beaudoin	M	49	M 45-49	9	126	1:32:13	James Eilerman	M	48	M 45-49	12
77	1:26:22	Lynne Forsythe	F	53	F 50-54	3	127	1:32:22	Cara Risher	F	36	F 35-39	8
78	1:26:25	Stephen Toon	M	38	M 35-39	7	128	1:32:43	Jen Kalisz	F	44	F 40-44	9
79	1:26:26	Janie Kuriger	F	54	F 50-54	4	129	1:32:47	Kelley Coronado	F	40	F 40-44	10
80	1:26:37	Avery Cooper	M	54	M 50-54	8	130	1:32:50	Sara Graber	F	40	F 40-44	11
81	1:26:47	Megan Gardam	F	41	F 40-44	4	131	1:32:54	Sarah Glinski	F	42	F 40-44	12
82	1:26:52	Josh Shiple	M	35	M 35-39	8	132	1:33:04	Mark Williams	M	43	M 40-44	6
83	1:26:55	Shelby Schuster	F	26	F 25-29	5	133	1:33:13	Karil Morrissey	F	60	F 60-64	1
84	1:27:00	Niki Griffin	F	35	F 35-39	5	134	1:33:17	Brad Koester	M	44	M 40-44	7

Great Black Swamp Results 15K 2018 by Eric Kramer

Oall	Chip	Fname	Lname	MF	A	Class	CIP	Oall	Chip	Fname	Lname	MF	A	Class	CIP
135	1:33:18	Theresa	Pooley	F	52	F 50-54	8	186	1:40:41	Kirsten	Russell	F	25	F 25-29	14
136	1:33:18	Stacy	Lindrup	F	47	F 45-49	14	187	1:40:42	Lisa	Eaton	F	35	F 35-39	19
137	1:33:18	Desirae	Eisenman	F	29	F 25-29	8	188	1:41:01	Lee Ann	Snyder	F	46	F 45-49	20
138	1:33:20	Ed	O'Reilly	M	64	M 60-64	10	189	1:41:02	Rachel	Denolf	F	33	F 30-34	10
139	1:33:20	April	Gardner	F	51	F 50-54	9	190	1:41:08	Bonnie	Baumann	F	42	F 40-44	19
140	1:33:25	Chelsea	Flowers	F	25	F 25-29	9	191	1:41:09	Anna	Wickline	F	25	F 25-29	15
141	1:33:37	Tiffany	Duran	F	37	F 35-39	9	192	1:41:09	Vicki	Schmucker	F	49	F 45-49	21
142	1:33:37	Catherine	Perry	F	37	F 35-39	10	193	1:41:09	Julio	Rodriguez	M	46	M 45-49	14
143	1:33:45	Mindy	Calgie	F	46	F 45-49	15	194	1:41:11	Esther	Emmert	F	58	F 55-59	5
144	1:33:51	Cody	Cranor	M	27	M 25-29	5	195	1:41:11	Jim	Emmert	M	47	M 45-49	15
145	1:34:20	Jeff	Gibbs	M	58	M 55-59	8	196	1:41:35	Jillian	Elliott	F	37	F 35-39	20
146	1:34:23	Kate	Heilakka	F	31	F 30-34	7	197	1:41:37	Buffy	Thomas	F	48	F 45-49	22
147	1:34:30	Amanda	McClellan	F	47	F 45-49	16	198	1:41:40	Paula	Apostolou	F	38	F 35-39	21
148	1:34:51	Janet	White	F	43	F 40-44	13	199	1:41:45	Kara	Yokum	F	48	F 45-49	23
149	1:34:51	Danielle	McDowell	F	38	F 35-39	11	200	1:41:45	Christina	Jackson	F	32	F 30-34	11
150	1:34:52	James	Bennett	M	42	M 40-44	8	201	1:41:52	Nicole	Gleckler	F	36	F 35-39	22
151	1:34:55	Steve	Overholser	M	55	M 55-59	9	202	1:42:06	Amanda	Meyer	F	42	F 40-44	20
152	1:34:57	Betsy	Wismer	F	52	F 50-54	10	203	1:42:07	Amy	Rybak	F	52	F 50-54	12
153	1:35:28	Teresa	Castellaneta	F	42	F 40-44	14	204	1:42:12	Tiffiney	Semko	F	54	F 50-54	13
154	1:35:31	Stephanie	Stewart	F	47	F 45-49	17	205	1:42:17	Jennifer	Boldt	F	35	F 35-39	23
155	1:35:42	Kathy	Baugher	F	43	F 40-44	15	206	1:42:23	Jessica	Young	F	34	F 30-34	12
156	1:35:48	Kerri	Johnson	F	49	F 45-49	18	207	1:42:36	Amy	Clocksinn	F	50	F 50-54	14
157	1:35:58	Annie	Meyer	F	44	F 40-44	16	208	1:42:47	Karen	Burkhart	F	60	F 60-64	4
158	1:36:35	Melanie	Grosjean	F	43	F 40-44	17	209	1:42:53	Daniel	Clark	M	33	M 30-34	8
159	1:36:42	Julie	Steinhardt	F	37	F 35-39	12	210	1:42:55	Beth	Gaertner	F	40	F 40-44	21
160	1:36:45	Mark	Keller	M	56	M 55-59	10	211	1:43:12	Joy	Andrews	F	47	F 45-49	24
161	1:37:14	Sandra	Baldwin	F	47	F 45-49	19	212	1:43:14	Nikki	Clark	F	34	F 30-34	13
162	1:37:15	Jessica	Knapp	F	31	F 30-34	8	213	1:43:17	Andrea	Polker	F	27	F 25-29	16
163	1:37:16	Stephanie	Lindsay	F	30	F 30-34	9	214	1:43:32	Mark	Radabaugh	M	53	M 50-54	10
164	1:37:16	Emily	Earp	F	29	F 25-29	10	215	1:43:45	Ginny	Lucarelli	F	67	F 65-69	1
165	1:37:23	John	Flahie	M	69	M 65-69	3	216	1:43:56	Ana	Collins	F	23	F 20-24	3
166	1:37:31	Meaghan	Holbrook	F	27	F 25-29	11	217	1:44:22	Michael	McCrea	M	40	M 40-44	9
167	1:37:36	Elizabeth	Keith	F	42	F 40-44	18	218	1:44:22	Linda	Murray	F	59	F 55-59	6
168	1:37:44	Dana	Mazarek	F	27	F 25-29	12	219	1:44:24	Jill	Ryder	F	42	F 40-44	22
169	1:37:44	Nick	Mazarek	M	29	M 25-29	6	220	1:44:28	Tammy	Davis	F	38	F 35-39	24
170	1:37:52	Mike	Remer	M	59	M 55-59	11	221	1:44:31	Amy	Whitehead	F	58	F 55-59	7
171	1:37:56	Melissa	Grant	F	38	F 35-39	13	222	1:44:37	Ken	Jankowski	M	46	M 45-49	16
172	1:38:21	Allison	Paxton	F	29	F 25-29	13	223	1:45:24	Robert	Sheahan	M	57	M 55-59	13
173	1:38:21	Tina	Miller	F	37	F 35-39	14	224	1:45:27	Sheri	Sheahan	F	53	F 50-54	15
174	1:38:23	Karen	Toon	F	38	F 35-39	15	225	1:45:34	Patrick	Lambrix	M	62	M 60-64	11
175	1:38:39	Bradley	Pfeifer	M	56	M 55-59	12	226	1:45:53	Jodi	Campbell	F	30	F 30-34	14
176	1:38:51	Chuck	Rautio	M	66	M 65-69	4	227	1:45:53	Casey	Gibson	M	34	M 30-34	9
177	1:39:29	David	Tobar	M	47	M 45-49	13	228	1:45:54	Madeline	Shumaker	F	15	F 1-19	1
178	1:39:34	Candace	Koester	F	38	F 35-39	16	229	1:46:08	Tara	Shumaker	F	42	F 40-44	23
179	1:39:35	Debra	Gallagher	F	62	F 60-64	2	230	1:46:09	Catherine	Osborn	F	54	F 50-54	16
180	1:39:50	Mai	Bick	F	51	F 50-54	11	231	1:46:12	Dana	Nehren	F	44	F 40-44	24
181	1:39:53	Mary	Dodds	F	55	F 55-59	3	232	1:46:29	Bridget	Rudolph	F	45	F 45-49	25
182	1:39:54	Sallie	Gardner	F	55	F 55-59	4	233	1:47:07	Jacqueline	Holman	F	50	F 50-54	17
183	1:40:03	Sue	Wade	F	63	F 60-64	3	234	1:47:56	Dawn	Duncan	F	43	F 40-44	25
184	1:40:25	Megan	Hensley	F	35	F 35-39	17	235	1:49:23	Erin	Clinton	F	38	F 35-39	25
185	1:40:38	Melissa	Clarkson	F	35	F 35-39	18	236	1:49:32	Janet	Burtch	F	61	F 60-64	5

Great Black Swamp Results 2018 15K Results by Eric Kramer

Oall	Chip	Fname	Lname	MF	A	Class	CIP	Oall	Chip	Fname	Lname	MF	A	Class	CIP
237	1:50:07	Annie	Baymiller	F	35	F 35-39	26	287	2:04:15	Tyler	Bergman	M	26	M 25-29	7
238	1:50:08	Kelley	Hernandez	F	40	F 40-44	26	288	2:04:17	Michele	Bagrowski	F	37	F 35-39	30
239	1:50:31	Cori	Lamere	F	14	F 1-19	2	289	2:04:33	Amanda	Ghaffarian	F	33	F 30-34	21
240	1:51:30	Erin	Cygan	F	33	F 30-34	15	290	2:04:48	Nicole	Raimonde	F	46	F 45-49	32
241	1:51:33	Katie	Lamere	F	36	F 35-39	27	291	2:05:10	Moly	Pope	F	30	F 30-34	22
242	1:51:35	Jill	Merritt	F	40	F 40-44	27	292	2:06:23	Phil	Wade	M	64	M 60-64	12
243	1:52:07	Jill	Feltner	F	39	F 35-39	28	293	2:07:04	Michael	Gancer	M	57	M 55-59	14
244	1:52:12	Jennifer	Smith	F	38	F 35-39	29	294	2:07:22	Cortney	Driggs	F	49	F 45-49	33
245	1:52:22	Laura	Omori	F	60	F 60-64	6	295	2:07:41	Mary	Steinhauser	F	73	F 70-74	1
246	1:52:47	Norman	Pancoast	M	68	M 65-69	5	296	2:07:47	Sarah	Butcher	F	36	F 35-39	31
247	1:53:21	Amy	Hoffmann	F	42	F 40-44	28	297	2:09:56	Angela	Casertano	F	29	F 25-29	18
248	1:53:41	Andrew	Turner	M	38	M 35-39	10	298	2:09:59	Kylie	Courter	F	39	F 35-39	32
249	1:54:22	Darlene	Kuhr	F	62	F 60-64	7	299	2:10:25	Ruth	Fleck	F	82	F 75-99	1
250	1:54:33	Rachel	Foreman	F	47	F 45-49	26	300	2:11:29	Amy	Good	F	27	F 25-29	19
251	1:56:21	Allison	Walter	F	27	F 25-29	17	301	2:12:04	Betsy	Sharpe	F	43	F 40-44	35
252	1:56:29	Tamara	Nofziger	F	53	F 50-54	18	302	2:12:04	Jennifer	Pellegrini	F	39	F 35-39	33
253	1:56:31	Sara	Yeager	F	44	F 40-44	29	303	2:12:08	Dawn	Bosworth	F	52	F 50-54	25
254	1:56:48	Camryn	Kaestner	F	16	F 1-19	3	304	2:12:14	Janice	Smith	F	57	F 55-59	10
255	1:57:36	Megan	Sopko	F	32	F 30-34	16	305	2:13:40	Courtney	Bennett	F	35	F 35-39	34
256	1:58:31	Jennifer	Sauber	F	41	F 40-44	30	306	2:13:40	Jonathan	Brauer	M	41	M 40-44	10
257	1:58:39	Sheila	Franks	F	40	F 40-44	31	307	2:14:21	Jodie	Petcoff	F	38	F 35-39	35
258	1:58:47	Jennifer	Tobar	F	44	F 40-44	32	308	2:14:49	Carol	Forbes	F	60	F 60-64	10
259	1:58:52	Jeff	Logsdon	M	46	M 45-49	17	309	2:15:05	Carol	Dejong	F	60	F 60-64	11
260	1:58:56	Amy	Hempel	F	50	F 50-54	19	310	2:15:23	Brittinee	Huntley	F	38	F 35-39	36
261	1:58:57	Sheila	Bargaheiser	F	55	F 55-59	8	311	2:16:08	Jeff	McPherson	M	58	M 55-59	15
262	1:58:59	Tracy	Richardville	F	49	F 45-49	27	312	2:18:32	Karen	Sarnosky	F	55	F 55-59	11
263	1:58:59	Melanie	Quikcer	F	48	F 45-49	28	313	2:18:33	Carol	Bates	F	50	F 50-54	26
264	1:59:04	Laura	Russell	F	51	F 50-54	20	314	2:18:59	Everett	Luoma	M	86	M 75-99	2
265	1:59:26	Kim	Turco	F	54	F 50-54	21	315	2:20:50	Shawn	Masters	F	48	F 45-49	34
266	1:59:30	George	Ho	M	66	M 65-69	6	316	2:20:50	Patty	Dowd	F	35	F 35-39	37
267	1:59:35	Thomas	Hites	M	52	M 50-54	11	317	2:21:55	Antonia	Moriarty	F	26	F 25-29	20
268	1:59:36	Cathy	Hites	F	52	F 50-54	22	318	2:33:01	Kelly	Trame	F	46	F 45-49	35
269	2:00:17	Tinola	Mayfield-Guerrero	F	41	F 40-44	33								
270	2:00:21	Sarah	Darrow	F	34	F 30-34	17								
271	2:00:28	Kathleen	Drummonds	F	41	F 40-44	34								
272	2:00:50	Greg	Radzinski	M	65	M 65-69	7								
273	2:00:58	Andrea	Jaworski	F	33	F 30-34	18								
274	2:01:02	Tammy	Kiker	F	49	F 45-49	29								
275	2:01:14	Tonda	Wiles Koszycki	F	50	F 50-54	23								
276	2:01:16	Brian	Neeb	M	53	M 50-54	12								
277	2:01:34	Cristina	Duran-Whitmore	F	47	F 45-49	30								
278	2:01:35	Denise	Poor	F	54	F 50-54	24								
279	2:01:38	Andrew	Fritsch	M	30	M 30-34	10								
280	2:01:44	Alice	Shuman	F	62	F 60-64	8								
281	2:01:54	Caylene	Holmes	F	33	F 30-34	19								
282	2:02:03	Nancy	Andrew	F	62	F 60-64	9								
283	2:02:25	Rhonda	Brown	F	47	F 45-49	31								
284	2:02:48	Thomas	Wiles	M	75	M 75-99	1								
285	2:03:38	Lynn	MacKinnon	F	56	F 55-59	9								
286	2:04:05	Michele	Wolf	F	34	F 30-34	20								

Great Black Swamp Results 2018 25K Results by Eric Kramer

Oall	ChipTime	Fname	Lname	MF	A	Class	CIP	Oall	ChipTime	Fname	Lname	MF	A	Class	CIP
1	1:22:05	Evan	Gaynor	M		29 OA	1	50	2:00:07	Mark	Lohman	M	59	M 55-59	3
2	1:23:20	Matt	Lemon	M		28 M 25-29	1	51	2:00:16	Krista	Balwinski	F	33	F 30-34	4
3	1:31:20	Stephen	Woggon	M		38 M 35-39	1	52	2:00:39	Christopher	Holmes	M	35	M 35-39	8
4	1:32:16	Eddie	Keaveny	M		33 M 30-34	1	53	2:00:40	Kelly	Nichter	F	36	F 35-39	2
5	1:36:01	Maura	Lemon	F		28 OA	1	54	2:01:01	Kelly	Modlinski	F	38	F 35-39	3
6	1:40:20	Lizzie	Gleason	F		26 F 25-29	1	55	2:01:37	Kate	Liska	F	28	F 25-29	2
7	1:41:43	Eric	Glinski	M		43 MSTR	1	56	2:02:22	Robin	Worline	F	43	F 40-44	1
8	1:43:25	Bill	Burns	M		50 GRND	1	57	2:02:52	Steve	Oberle	M	45	M 45-49	11
9	1:43:50	Jeremy	Saums	M		38 M 35-39	2	58	2:02:59	Ryan	Gillmor	M	44	M 40-44	6
10	1:45:53	Ryan	Hafner	M		41 M 40-44	1	59	2:03:03	Alexis	Misra	F	33	F 30-34	5
11	1:46:31	Jason	Stroud	M		35 M 35-39	3	60	2:03:11	David	Roberts	M	51	M 50-54	5
12	1:47:06	Jonathan	Hoag	M		47 M 45-49	1	61	2:03:34	Alison	Bowlick	F	41	F 40-44	2
13	1:47:18	Nick	Nijakowski	M		42 M 40-44	2	62	2:03:35	Randy	Englund	M	39	M 35-39	9
14	1:47:51	Zachary	Morgan	M		26 M 25-29	2	63	2:03:38	Cheryl	O'Connor	F	49	F 45-49	2
15	1:48:43	Melanie	Worley	F		24 F 20-24	1	64	2:03:49	Clara	Eckel	F	32	F 30-34	6
16	1:48:59	Amy	Parker	F		33 F 30-34	1	65	2:03:55	Kori	Kawczynski	F	40	F 40-44	3
17	1:49:29	Jacob	Litwiller	M		29 M 25-29	3	66	2:04:46	Dan	Durham	M	54	M 50-54	6
18	1:49:40	Derek	Diller	M		37 M 35-39	4	67	2:04:58	Erin	Wolph	F	37	F 35-39	4
19	1:49:41	Chris	Farrar	M		54 M 50-54	1	68	2:04:59	Donald	MacKinnon	M	54	M 50-54	7
20	1:50:03	Allen	Gallant	M		40 M 40-44	3	69	2:05:01	Tammy	Bengela	F	46	F 45-49	3
21	1:50:25	Tim	Messer-Kruse	M		55 M 55-59	1	70	2:05:19	Brad	Contris	M	50	M 50-54	8
22	1:50:43	Jonathan	Miller	M		26 M 25-29	4	71	2:06:37	Andy	Klatt	M	57	M 55-59	4
23	1:50:59	Patrick	Delturco	M		53 M 50-54	2	72	2:06:48	Maggie	Gilmore	F	24	F 20-24	3
24	1:51:04	Jamie	Hart	M		37 M 35-39	5	73	2:07:48	Laura	Novotny	F	51	GRND	1
25	1:51:06	Marissa	Ward	F		22 F 20-24	2	74	2:08:17	Ken	Adkins	M	53	M 50-54	9
26	1:51:06	Kevin	Kramer	M		32 M 30-34	2	75	2:08:30	Tina	Steinhauser	F	55	F 55-59	1
27	1:51:10	Joseph	Balwinski	M		34 M 30-34	3	76	2:10:07	Troy	Licata	M	49	M 45-49	12
28	1:51:16	Tim	Oser	M		50 M 50-54	3	77	2:10:19	Diana	Messer-Kruse	F	52	F 50-54	1
29	1:51:17	Thomas	Barker	M		48 M 45-49	2	78	2:10:21	Jacqui	Barber	F	41	F 40-44	4
30	1:51:58	Wesley	McKee	M		50 M 50-54	4	79	2:10:25	Shannon	Nowak	F	47	F 45-49	4
31	1:52:13	Danielle	McDonagh	F		42 MSTR	1	80	2:10:25	Lisa	Adams	F	26	F 25-29	3
32	1:52:30	Rodolphe	Jamet	M		46 M 45-49	3	81	2:10:31	Cheryl	Brogan	F	36	F 35-39	5
33	1:52:46	Zach	Schulz	M		35 M 35-39	6	82	2:10:33	Sara	Pedersen	F	40	F 40-44	5
34	1:52:54	Chris	Wiederhold	M		48 M 45-49	4	83	2:11:00	David	Kalman	M	47	M 45-49	13
35	1:53:02	Mark	Kellermeyer	M		33 M 30-34	4	84	2:11:17	Donald	Wietrzykowski	M	54	M 50-54	10
36	1:53:28	Michael	Vogel song	M		35 M 35-39	7	85	2:11:40	Nick	Esbin	M	28	M 25-29	5
37	1:53:34	Jeff	Jackson	M		46 M 45-49	5	86	2:11:41	Gina	Warnke	F	44	F 40-44	6
38	1:55:54	Tim	Eckel	M		49 M 45-49	6	87	2:11:54	Andrea	Born	F	40	F 40-44	7
39	1:56:06	Jill	Rygalski	F		32 F 30-34	2	88	2:12:47	Sarah	Pirolli	F	35	F 35-39	6
40	1:56:08	Jim	Fritz	M		46 M 45-49	7	89	2:12:59	Ryan	Zachrich	M	46	M 45-49	14
41	1:56:10	Kevin	Herman	M		48 M 45-49	8	90	2:14:20	Kevin	Radzinski	M	43	M 40-44	7
42	1:56:37	Jp	Miller	M		40 M 40-44	4	91	2:14:22	Jennifer	Puster	F	43	F 40-44	8
43	1:56:43	Tom	O'Riordon	M		49 M 45-49	9	92	2:15:16	Mark	Young	M	25	M 25-29	6
44	1:56:53	Megan	Kuns	F		35 F 35-39	1	93	2:15:41	Bob	Bethel	M	60	M 60-64	1
45	1:57:57	Jim	Pool	M		48 M 45-49	10	94	2:15:43	Timothy	Powell	M	57	M 55-59	5
46	1:58:25	Jeremy	Fisher	M		42 M 40-44	5	95	2:15:56	Gregory	Holbrook	M	29	M 25-29	7
47	1:58:36	Timothy	Mooney	M		57 M 55-59	2	96	2:16:33	Nate	Thompson	M	37	M 35-39	10
48	1:59:31	Marcy	Sacks	F		48 F 45-49	1	97	2:16:34	Jim	Sutto	M	42	M 40-44	8
49	1:59:47	Nicole	Hancock	F		34 F 30-34	3	98	2:17:24	Dominic	Armenio	M	34	M 30-34	5
								99	2:17:35	Robert	Austin	M	47	M 45-49	15

Great Black Swamp Results 2018 25K Results by Eric Kramer

Oall	ChipTime	Fname	Lname	MF	A	Class	CIP	Oall	ChipTime	Fname	Lname	MF	A	Class	CIP
100	2:17:36	Marina	Ederra-Austin	F	47	F 45-49	5	151	2:35:40	Kate	Eisenmann	F	44	F 40-44	13
101	2:17:36	Rebecca	Robinson	F	46	F 45-49	6	152	2:36:05	Jennifer	Applegate	F	40	F 40-44	14
102	2:17:54	Matthew	Trzcinski	M	44	M 40-44	9	153	2:37:30	Jeff	Baden	M	48	M 45-49	19
103	2:17:54	Allison	Staccone	F	33	F 30-34	7	154	2:37:31	Richard	Yokum	M	48	M 45-49	20
104	2:18:29	Anthony	Smith	M	43	M 40-44	10	155	2:37:39	Jenny	Pease	F	45	F 45-49	9
105	2:18:36	Vicki	Schoen	F	57	F 55-59	2	156	2:38:17	Frank	Cody	M	70	M 70-74	1
106	2:19:15	Rob	Lamere	M	36	M 35-39	11	157	2:38:17	Amanda	Bryant	F	37	F 35-39	11
107	2:19:18	David	Shumaker	M	33	M 30-34	6	158	2:38:18	Christina	Waugh	F	34	F 30-34	14
108	2:19:35	Scott	Lockhart	M	55	M 55-59	6	159	2:38:21	Susan	Avina	F	54	F 50-54	3
109	2:19:48	Dennis	Kennedy	M	36	M 35-39	12	160	2:38:27	Jessica	Positano	F	41	F 40-44	15
110	2:20:12	Bill	Ivoska	M	65	M 65-69	1	161	2:38:27	K.t.	Newsom	F	44	F 40-44	16
111	2:21:30	John	Schumaker	M	48	M 45-49	16	162	2:38:29	Lori	Tscherne	F	35	F 35-39	12
112	2:21:53	Keith	Fitchpatric	M	54	M 50-54	11	163	2:38:40	Amanda	Langenderfer	F	40	F 40-44	17
113	2:22:20	Adam	Barnard	M	37	M 35-39	13	164	2:38:43	Vicki	Lynch	F	51	F 50-54	4
114	2:22:38	Jonathan	Hill	M	53	M 50-54	12	165	2:39:47	Cindy	Sliwinski	F	32	F 30-34	15
115	2:22:47	Andre	Page	M	47	M 45-49	17	166	2:41:18	Chloe	Patterson	F	17	F 1-19	1
116	2:22:48	John	Trame	M	59	M 55-59	7	167	2:42:01	Renee	Small	F	49	F 45-49	10
117	2:23:32	Philip	Schmidt	M	69	M 65-69	2	168	2:42:29	Mariah	Rittwage	F	26	F 25-29	4
118	2:24:33	Erin	Spader	F	30	F 30-34	8	169	2:43:18	Laura	Genalo	F	26	F 25-29	5
119	2:25:15	Danielle	Van Fleet	F	40	F 40-44	9	170	2:43:44	Michelle	Barga	F	29	F 25-29	6
120	2:25:15	Niki	Kalaf-Hughes	F	36	F 35-39	7	171	2:43:44	Angie	Roseberry	F	38	F 35-39	13
121	2:26:10	Glenda	Hawley	F	62	F 60-64	1	172	2:44:19	Lindsey	Whitehead	M	60	M 60-64	3
122	2:26:17	Sara	Weirich	F	32	F 30-34	9	173	2:44:50	Cheryl	Walter	F	53	F 50-54	5
123	2:26:27	Foster	Clark	M	41	M 40-44	11	174	2:44:50	Thomas	Walter	M	55	M 55-59	11
124	2:26:48	Holly	Cipriani	F	31	F 30-34	10	175	2:45:15	Greg	Gasiorowski	M	55	M 55-59	12
125	2:27:00	Jeff	Warner	M	58	M 55-59	8	176	2:45:49	Jessica	Ely	F	38	F 35-39	14
126	2:27:03	Matthew	Weeks	M	25	M 25-29	8	177	2:46:10	Dale	Davis	M	48	M 45-49	21
127	2:27:34	Martha	Busen	F	34	F 30-34	11	178	2:46:47	Elizabeth	Comes	F	47	F 45-49	11
128	2:28:20	Grant	Rayfield	M	42	M 40-44	12	179	2:46:48	Michael	Bick	M	46	M 45-49	22
129	2:28:33	Courtney	Wolfe	F	39	F 35-39	8	180	2:48:27	Tracy	Scalfaro	F	36	F 35-39	15
130	2:28:37	John	Emerson	M	53	M 50-54	13	181	2:51:36	Toni	Hartman	F	46	F 45-49	12
131	2:28:43	Danielle	Pickut	F	33	F 30-34	12	182	2:52:54	Mary-Jo	Witfoth	F	59	F 55-59	4
132	2:28:43	Jackie	Davenport	F	46	F 45-49	7	183	2:52:54	Christine	Patten	F	41	F 40-44	18
133	2:28:44	Gary	Gardner	M	55	M 55-59	9	184	2:53:12	Mark	Janosky	M	64	M 60-64	4
134	2:29:26	Kevin	Carrigan	M	62	M 60-64	2	185	2:56:11	Akiko	Shima	F	56	F 55-59	5
135	2:30:03	Subrahmanyam	Chodisetty	M	54	M 50-54	14	186	2:57:41	Heather	Galbraith	F	38	F 35-39	16
136	2:30:11	Tim	Schmucker	M	51	M 50-54	15	187	2:57:42	Allma	Miller	F	36	F 35-39	17
137	2:30:13	Michael	Voss	M	37	M 35-39	14	188	2:59:15	Kim	Hutton	F	50	F 50-54	6
138	2:30:18	John	Nauman	M	38	M 35-39	15	189	3:00:02	Laura	Leventhal	F	61	F 60-64	2
139	2:30:26	Kristina	Baldwin	F	47	F 45-49	8	190	3:01:02	Marilyn	Agee	F	62	F 60-64	3
140	2:30:38	Mir	Ali	M	42	M 40-44	13	191	3:01:43	Peyton	Foster	F	19	F 1-19	2
141	2:32:07	Lynn	Schmidt	F	35	F 35-39	9	192	3:01:45	Jennifer	Foster	F	45	F 45-49	13
142	2:32:07	Richard	Brown	M	59	M 55-59	10	193	3:02:24	Wendy	Campbell	F	42	F 40-44	19
143	2:32:10	Marty	Zbierajewski	F	40	F 40-44	10	194	3:02:24	Mary Jo	Bicanovsky	F	53	F 50-54	7
144	2:32:10	Jaime	Foos	F	39	F 35-39	10	195	3:06:35	Christina	Carroll	F	37	F 35-39	18
145	2:32:11	Kimberly	Yenser	F	33	F 30-34	13	196	3:07:04	Linda	Hordak Neeb	F	58	F 55-59	6
146	2:34:12	Tom	Daniels	M	46	M 45-49	18	197	3:08:20	George	Spader	M	60	M 60-64	5
147	2:34:34	Jamie	Trzcinski	F	43	F 40-44	11	198	3:08:21	Kellie	Buschor	F	30	F 30-34	16
148	2:34:38	Deanna	Kiesel	F	54	F 50-54	2	199	3:11:43	Michael	Fisher	M	55	M 55-59	13
149	2:34:38	Rebecca	Etzinger	F	56	F 55-59	3	200	3:14:01	Amber	Malan	F	41	F 40-44	20
150	2:35:26	Richet	Clark	F	41	F 40-44	12								

Great Black Swamp Results 2018 25K Results by Eric Kramer

Oall	ChipTime	Fname	Lname	MF	A	Class	CIP
201	3:21:33	Meghan	Hinds	F	29	F 25-29	7
202	3:22:42	Gilbert	Wilson	M	68	M 65-69	3
203	3:25:55	Nadeem	Khokhar	M	41	M 40-44	14
204	3:28:19	Donald	Carr	M	64	M 60-64	6
205	3:29:47	Merle	Dech Jr.	M	56	M 55-59	14
206	3:42:47	Linda	Baker	F	65	F 65-69	1
207	4:04:18	Robert	Stocker	M	74	M 70-74	2

Chattanooga Half Marathon Fun 3/4/18 by Cyril and Mary Steinhauser

It was a dark and stormy night when we set off for Bowling Green and the Dave's MIT practice. After an hour and a half of pelting snow, we made it to BG. Luckily, practice was cancelled. Now we could head on to the Chattanooga Marathon, Half, and 5K and an overnight in Dayton.

The next morning the sun was shining brightly. We headed south, parked awhile on the freeway in Cincinnati and found a shortcut around Knoxville. We saw many flowering trees /bushes and green grass in Kentucky and Tennessee. Because of the recent rains, we were reminded by the signs on 75 to "Turn around and don't drown."

Arriving at Chattanooga's University of Tennessee Pavilion near Findley Station on Friday afternoon, we walked to get our number with a straight forward pick up and an easy shirt exchange. We met Laura Leventhal of Bowling Green and her husband Alan Jaffee, who suggested that Glass City and Chattanooga should consider an I 75 challenge with the marathon.

The next day the Hubbard relatives of TN and my husband Cy ran/walked the 5K. Cy was number 3 in the 70 + category. The race was well run and started in two waves with over 700+ people.

Sunday morning buses were lined up near the finish line to take marathon and half marathon participants to the start in downtown Chattanooga. Waiting for the start, we met Jason, a Perrysburg native, who was there with some family members. Jason's longest practice run was 6 miles for this, his first marathon. (He finished in 6:22).

Several waves later the marathon, half and relay took off. Lois and I ran the first six miles together. The deep downhill and uphill were-

n't too steep at that point. It was the rough, wooden floored Walnut Street Bridge over the Tennessee River that separated us. I wanted to run it, she did not. So over the bridge, across the street, through the street construction I went. Now came the steep hills by the University of Tennessee at Chattanooga. Some uphill needed to be walked. At the finish, we received a large medal clearly marked 13.1. If runners had run the 5k the day before, they also were given a huge challenge medal.

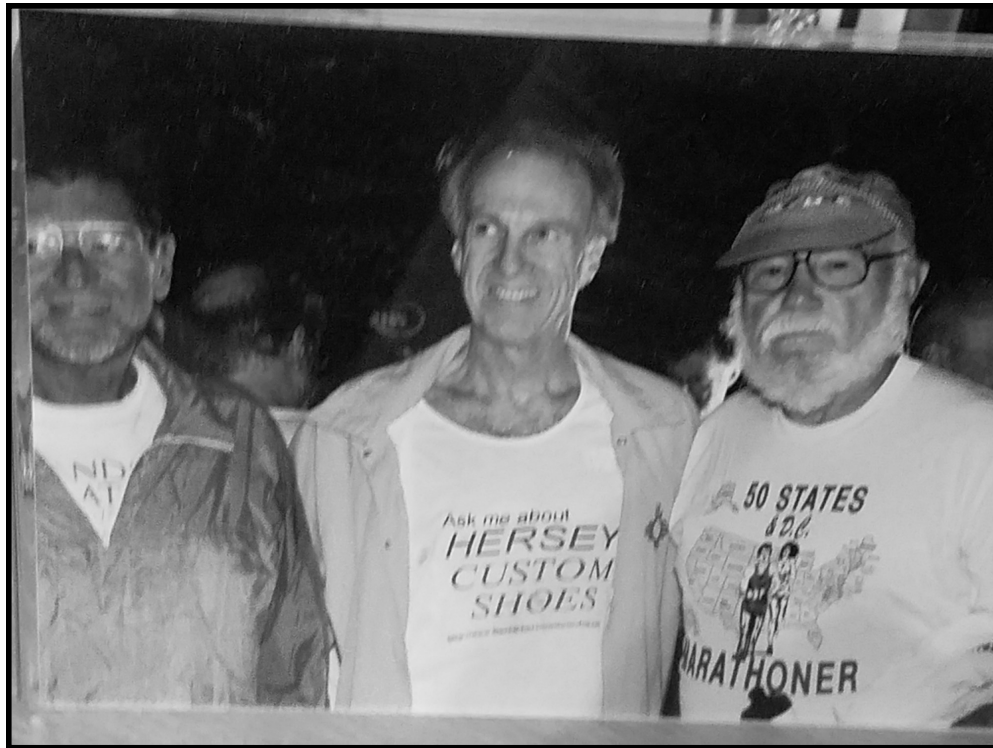


Right, Mary and Lois's new friend, Jason. His preparation for the marathon was a 6 mile run .

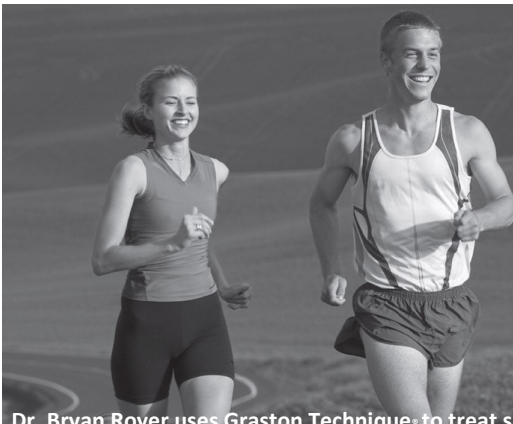
The Erlanger Chattanooga Marathon, Half, and 5K had cheering aid stations, safe roads and a lot of timing mats. Spectators knew where runners were on the course with a race app. ROTC from college and police manned many of the corners in a polite manner. Courteous encouragement was dished out to all.


Race food at the end included water, hamburgers, veggieburgers, chicken tacos, lasagna, chips, pop, cookies, beer... It was a feast to replace the carbs and protein lost in the run effort. No waiting lines were encountered. The race had sharp downhill and straight uphill.

Cincinnati's hills would be a practice run for this southern adventure in early March. It was amazing to see how casually people came to the race a half hour ahead of time. Some participants hadn't picked up their race numbers until a few minutes before the start so the parking lots had plenty of space.



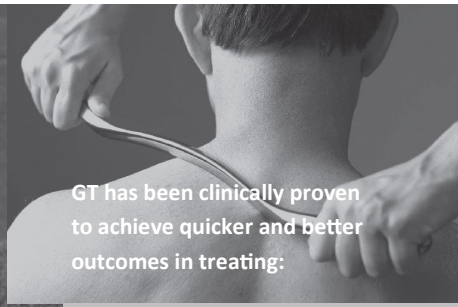
Dick Barlett, a 50 States Marathon Club member currently living in New Mexico, sent this historical picture. Left to right, Norm Franks, Dick Bartlett, and Don McNelly. Norm and Don were members of both 50 states clubs, and original mega-marathoners along with Sy Mah. This picture was taken at the marathon at Ocala, Florida in 1999.





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- Calf Strains
- Hamstring Pulls
- Groin Pulls
- Shin Splints
- Carpal Tunnel Syndrome (wrist pain)
- Cervical Sprain/Strain (neck pain)
- Lateral Epicondylitis (tennis elbow)
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7-12 mo., ad, full price as above. I.e., ¼ page for 2 mo. = ½ X \$320 = \$170.

Cost should be prepaid, with check made payable to Toledo Roadrunners. Advertisements must be running related – if there is a question, the TRRC board will make a determination. Please provide camera-ready art in your ad copy. Please contact Lois Berkowitz with your request and ad copy at: lberkowitz@toast.net or 734-556-0809 cell.

Race forms inserted into the newsletter will continue to be priced at \$50 for one issue insertion for 8 1/2 x 11 unstapled unfolded form; we will no longer accept other sizes. Included in the race insertion cost, the race information will be placed on the TRRC webpage.

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NOON – 5:00 PM

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TRRC Board Minutes 6 March 2018 Therma-Tru offices, 1750 Indian Wood Circle (Arrowhead) Maumee , OH

TRRC members present included: Rob Simon, Stan Root, Mary Steinhauser, Lisa Stevens, Tom Silva, Jerome Tomc, Tonda Wiles Koszycki, Diana Ashton, Steve Kaczor, Kolleen Kopchak, Lois Berkowitz, Clint McCormick, Aaron Z. Haydu, Melanie Lager, Terri Kirtos, John Kirtos, Jill Calca-muggio, George Ho, Sarah Anderson, and Megan Gardam.

The meeting was called to order by Rob. In his **President's Brief**, Rob discussed the success of the annual TRRC Awards Banquet. He mentioned that national Road Runners Club of America President Mitch Garner gave the speech at the banquet. Rob asked for a motion to give Mitch a two year honorary TRRC membership as a thank you. Clint moved that TRRC do this. Jerome seconded. The motion passed. Rob pointed out that the many upcoming TRRC events – *Wearin' of the Green 6K/1K (03/11/18)*, *Great Black Swamp 25K/15K/5K (03/17/18)*, and *TRRC Spring Training Run (03/31/18)* – all need volunteers. Members are asked to contact race directors to generously sign up to help.

Stan Root gave the **treasurer's report**:

		<u>Jan 1 -March 5, 2018</u>
	<u>March 5, 2018</u>	Ordinary Income/Expense
ASSETS		Income
Current Assets		Membership Dues 7,972.59
Checking/Savings		Total Race Sponsor/Entry Fees 278,203.82
PNC	444,596.21	Uncategorized Income <u>5,014.73</u>
Paypal	13,326.79	Total Income <u>291,191.14</u>
Money Market	177,671.61	Expense
CD	6,069.03	Total Charitable Contribution 0.00
Total Checking/Savings	<u>641,663.64</u>	Total Newsletter 1,717.92
TOTAL ASSETS	<u>641,663.64</u>	Total Race/Course Expenses 65,911.32
		Other Expenses <u>8,740.76</u>
		Total Expense <u>76,370.00</u>
		Net Ordinary Income 214,821.14

Membership chairman, Lisa, reported that TRRC has 1340 current members with 50 of these new members. Membership is still growing.

Newsletter editor, Lois Berkowitz reminded contributors to have articles in by the tenth of the month. She asked race directors to turn in race results using Excel. She thanked Sarah Speer for the many **Footprints** profiles that she helped gather.

In **Event Wrap Up**, Dianna reported that *Get Luckey (02/10/18)* had 136 finishers despite a lot of snow. She thanked those attendees and said that the \$500 raised was donated to the Eastwood track program.

Megan reported that the *Great Scott Club Race (02/18/18)* had 119 registered participants with good weather.

The TRRC Awards Banquet was a success with Mitch Garner as speaker. Basket auction sales brought \$2614.14 donated to the Pam Graver Koenig scholarship.

Tier 1 Events:

Great Black Swamp (03/17/18) has 483 participants signed up so far; volunteers are needed. Water stops, post race massage, timing, awards, and hats for 15/25K are confirmed. Bittersweet is marking the memorial signs; packet pick up is at Dave's Perrysburg store on Thursday night. Rob answered the question about shutting down on line t registration on the 9th but agreed to move the date to the 13th.

Glass City events (04/21/18 & 4/22/18) include to date 596 in the 5K, 1129 in the marathon, 3711 in the half marathon. With the goal of 10,000 people, the count is ahead by 1500. All expo booths are sold out, finish is in the Glass Bowl, and more volunteers are needed. Thursday the 19th is set up. The events are Friday, Saturday, and Sunday. The expo is a two day event Friday and Saturday.

Churchills is in the planning stages.

The *Spring Training Run (03/31/18)* has a discount for TRRC members –feelbetter18.

The *Pi Race (03/14/18)* has 40 pies and 250 registered.

May the 4th (05/04/18) has an entry form. Tom plans to have a young artist design the t-shirt.

The *Frantic Finish (05/22/18)* has Olander booked for the Tuesday night race. Awards are being considered.

More information is coming about the late *May Kids' Run*.

E-newsletter will have a call for volunteers.

In **Old Business**, Tom gave an update from Ruth Griffin of Toledo Metroparks and their progress on the five permanent 5K accurately measured courses. The parks with the courses include Oak Openings, Sidecut, Pearson, Swan Creek and Secor.

In **New Business**, Rob has appointed Tom, TRRC Vice President, to be our representative at the RRCA Convention in Washington, D.C.

The *National Day of Running (06/06/18)* is a cooperative event with Team Toledo and TRRC. It is tentatively planned for Olander Park.

The next meeting is on Wednesday April 4, 2018, at 6:30, located at McNaughton McKay, 355 Tomahawk Drive, Maumee, OH.

Respectfully submitted, Mary Steinhauser

June 2018

- 2 Race to the Monument 5K, Fallen Timbers Mall, 3100 Main St., Maumee, OH.
- 3 Whitehouse Duathlon, <https://runsignup.com/Race/OH/Whitehouse/DCDuathlonSeries4>.
- 5 **TRRC Event: TRRC Meeting, 6:30 p.m., Therma Tru offices, Maumee, OH.**
- 6 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.
- 10 **Footprints** article deadline.
- 16 Muddy Mini, <https://runsignup.com/Race/OH/Maumee/MuddyMini>.
- 20 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.



May 2018

- 4 **TRRC Event: May the 4th Be With You, Second Sole, Levis Commons, Perrysburg. Regis. 5:15 p.m., 1K, 6:15 p.m., 4K 6:44 p.m. Entry form on TRRC website.**
- 6 Kalamazoo Marathon, Kalamazoo, MI
- 8 **TRRC Event: TRRC Meeting, 6:30 p.m., Therma Tru offices, Maumee, OH. .**
- 9 Southfork Duathlon, <https://runsignup.com/Race/OH/Whitehouse/DCDuathlonSeries1>
- 9 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.
- 10 **Footprints** article deadline.
- 12 Josina Lott Jog and Jaunt 5K, 120 S. Holland Sylvania, Rd., Toledo, OH. Start 9 a.m.. Free pancake breakfast. Register at <https://runsignup.com/Race/OH/Toledo/JogJaunt5K>
- 22 Inserts due at Mail It Corp, 380 S Erie St, Toledo, OH 43604 by NOON. 419-249-4848 .
- 22 **TRRC Event: Frantic Finish, Olander Park, 6930 W. Sylvania Ave., Sylvania, more details soon.**
- 25 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.
- 26 WTOL River Run, <https://runsignup.com/Race/OH/Toledo/WTOLRiverRun>.



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April 2018

- 4 **TRRC Event: TRRC Meeting, 6:30 p.m., McNaughton McKay, 355 Tomahawk Drive, in Maumee.**
- 7 Run to the Rapids, Bluebell Island Park, 24040 Front St., Grand Rapids, OH. Regis. 7:30 a.m., 5K and 1 mile, 9 a.m. Entry form on TRRC website.
- 7 Couch Potato 5K, 3025 Starr Ave., Oregon, OH. <https://runsignup.com/oregonnorthwood5krunwalk?remMeAttempt=>.
- 10 **Footprints** article deadline. .
- 11 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.
- 14 Power House 5K, Whitehouse Primary School, 6510 Texas St., Whitehouse, OH. Entry form on TRRC website..
- 14 Run for Hope, 220 E. Jefferson St., Blissfield, MI. Entry information on TRRC website.
- 20 **TRRC Event: Glass City Marathon expo, 4 p.m.– 8 p.m., Savage Hall Arena, The University of Toledo, 2801 W. Bancroft, Toledo, OH.**
- 21 **TRRC Event: Glass City Marathon expo, 10 a.m.-4 p.m., Savage Hall Arena, The University of Toledo, 2801 W. Bancroft, Toledo, OH.**
- 21 **TRRC Event: Glass City 5K, The University of Toledo campus, 9 a.m.**
- 22 **TRRC Event: Late pkt. Pickup 5:30 a.m.– 6:30 a.m., Savage Hall Arena.**
- 22 **TRRC Event: Mercy Health Glass City Marathon and Owens Corning Half Marathon, start 7:02 a.m., on Secor Rd. on west side of UT campus.**
Register online for all GCM events at: www.glasscitymarathon.org.
- 24 Inserts due at Mail It Corp, 380 S Erie St, Toledo, OH 43604 by NOON. 419-249-4848
- 25 Hash House Harriers, toledohashhouseharriers.com, 419-351-0822 for further details.
- 29 Dooby Du Duathlon, <https://runsignup.com/doobyduduathlon>.

