

# 2005 Season - WCC Awards Presentation

January 28, 2006  
Springwood Park Pavilion  
Richmond, IN

*WCC Fun Run - Luncheon - Awards Presentations*  
11:00 a.m. ~ 12:00 noon ~12:30 p.m.  
*Temperature: 52°F @ 12:00 noon light wind, partly sunny*

Good afternoon, everyone. My name is Michael King and I'm the Chairman of the Wayne County Challenge Committee. We're ready to get started with our program.

Please, continue to help yourself to the food and drinks.

I want to start out by saying Thank You All for coming today, thank you for participating in our races, and thank you for supporting all of the worthy causes these races represent. Through *your* participation, the hard work of these *race directors* and the efforts of all of the *volunteers* who help to make these races possible . . . and, of course, through the contributions of our generous sponsors . . . the lives of literally thousands of Wayne County residents have been enhanced in a multitude of positive ways.

With that said, now seems a good time to introduce the WCC Race Directors: But first, I'd like to introduce and acknowledge our distinguished guest,

**Denise Retz** As the former Director of the Run for the Roses 5K, the Home Run Trot 5K and the Frostbite 5K, Denise has served as the elected Chairperson of the WCC for the past 3 years. She's the one who originally thought of this Wayne County Challenge "race series" idea and did everything she could to make it a reality. It was her vision and determination that made the WCC happen, and despite not being a competitive runner herself, she has demonstrated an unusual passion for the sport of running. She's responsible for all of us being here attending this event today. Please join me in giving a warm welcome to our friend, the founder of the Wayne County Challenge, Denise Retz.

Denise now thinks having and caring for a baby is more important than organizing running events . . . so she's left us to fend for ourselves in this WCC stuff. Denise, we're very happy to have you join us here today. Enjoy your time with Corbin. You won't regret the choice. And Thank You very much for all you've done over the past 3 years for the WCC.

Wayne County Challenge Committee members are:

Laura Retherford	Girls, Inc. 5K former Director
Scott Alexander	new Director
Erin Hitz	Richmond Parks Department races
Bob Wright	Taking over for Matt Marshall as Director of the Sizzlin' Summer Classic
Robyn Kurtz	Hagerstown Jubilee 5K Director
Josh Hickman	Firefighter 5K Director
Tom Broyles	Ashtyn's Fire Run 5K Director - new name . . . (Dalmatian Foundation 5K)
Pat Bowers	Turkey Chase 7K Director

I'd also like to thank the sponsors of this event, whose generous contributions have made today's event possible:

Hagerstown Parks Department  
Richmond Parks and Recreation Department  
Applebee's & Welliver's restaurants

This luncheon and awards presentation is the culmination of the third season and the launching of our fourth WCC season. Schedule cards for this year's upcoming fourth season are available here today from committee members. Be sure to take a few extras so that you can pass them out to your friends.

As you'll see on the schedule card, this year's WCC will be slightly changed. Due to the Richmond Rooster leaving town and some personnel constrictions within the Richmond Parks Department, the Home Run Trot 5K will not be held, reducing our number of races from nine to eight.

On Saturday, April 8, 2006, the WCC, along with the Richmond Parks Department, will be hosting a Run/Walk event on the Cardinal Greenway Trail as a promotion for the Trail, a celebration of Richmond's bicentennial and as a fundraiser for the WCC. Look for more information about this event during the next couple of months. Because of WCC Bylaws restrictions, this race is *NOT* a part of the WCC series and no WCC points will be awarded.

### Some Numbers:

One of the stated goals in the bylaws of the Wayne County Challenge Committee is to increase participation in WCC races. It's pretty simple to evaluate how we're doing on this goal. We look at the numbers. And again this year, the numbers tell us that we're making some positive gains.

Race entry Participants in the 2005 WCC Totaled 1,060 - the first time the WCC has had over 1,000 participants.

525 different people earned points  
 Male 328  
 Female 197

Over the three year history of the WCC, the total number of different runners has remained about the same. And just like we observed last year, participation in multiple races has increased again this year. I'm not going to read off a bunch of numbers to make this point . . . you can look at these statistics on the WayNet web site if you're interested.

But I'll give you one example:

The number of runners who entered 5 or more races: '03 First year – 40 runners  
 '04 Next year – 48 runners  
 '05 Last year – 59 runners

	2003	2004	2005	03-05	04-05
The number of participants in 2 or more races	172	192	189	+17	(3)
The number of participants in 3 or more races	98	97	104	+6	+7
The number of participants in 4 or more races --	63	61	71	+8	+10
5 or more	40	48	59	+19	+11
6 or more	26	35	43	+17	+8
7 or more	20	26	31	+11	+5
8 or more	15	20	25	+10	+5
all 9 races	9	--	17	+8	--

Of the 27 points-related awards we'll distribute today, only 8 of the winners received awards last year. And if we look only at the Age Group winners, only three of the 21 are repeat winners. It's encouraging to see so many new successes this year in the WCC. It speaks to the difficulty of what all of you who will receive these awards today have accomplished. We have a total of 45 awards to present today. We'll start with the age group winners.

### The Awards:

#### 12 & under Female 16 participants

Over the years, there hasn't been much participation in this group. Last year no one qualified for an award. Five Kilometers is a long race for a 12 year old . . . or any beginning runner, for that matter. The high school girls cross country races in Indiana are only 4K. So to run three WCC races to qualify for this award is no small feat. This year's winner set a new record for this age group with 155 points. She placed first in the age group when she ran her best time of 24:46 in the Run for the Roses 5K and also placed first in her age group in the Home Run Trot 5K. She finished her season by running the even longer Turkey Chase 7K to wrap up this award. A newcomer to the WCC with a promising future in distance running, The winner of the 12 & Under Female WCC is [Alexis Vanbastelaer](#).\*

#### 12 & under Male 27 participants

The winner of this age group competed in 7 WCC races. He set a new record in this age group with 371 points, breaking the old record set last year by 1 point. Given the fact that he has two more seasons in this age group before he moves up, that's quite an accomplishment for such a young runner. We have here a very talented youngster with a very bright future as a distance runner. The winner of the 12 & under Male WCC is 10 year old [Eric Yandl](#).\*

#### 13-15 Female 14 participants

The winner of this age group ran in seven WCC races, accumulating 368 points, enough to place fifth overall Female. She earned Top 5 Points in the Girls, Inc. 5K and in the Hagerstown Jubilee 5K. During the time when she wasn't running in WCC races, she helped her Richmond High School Cross Country team advance to the Semi-State meet at New Haven. These are big accomplishments for one so young and I believe there will be many more big accomplishments to come. The winner of the 13-15 Female WCC is 14 year old [Erin Parker](#).\*

### 13-15 Male 36 participants

This was the closest age group battle in the series. The top three runners in this category accumulated over 500 points and only 18 points separated first from third. The winner ran in every race and in his first year in this age group set a new age group record of 532 points. It's not easy to repeat . . . there were only three runners this year who repeated as age group winners from last year, and he did it the hard way by moving up to a much tougher and more competitive age group. He has a determination and competitive spirit that is rarely seen in one so young.

The winner of the 13-15 Male WCC is 13 year old [Patrick Smith](#).\*

### 16-18 Female 18 participants

The winner of this category ran in five WCC races and accumulated 326 points. She never placed less than 6<sup>th</sup> overall female in those five races. She earned Top 5 Points in the Run for the Roses, the Sizzlin' Summer Classic and the Home Run Trot and she placed first in her age group in the Frostbite 5K. Despite being one of the youngest in an age group that is packed with speed, she holds her own in that department. As a member of the Richmond High School Girls Cross Country team, she helped her team advance to the Semi-state meet in New Haven. A talented young runner who is now emerging into her bright future,

The winner of the 16-18 Female WCC is 16 year old [Annie Reihman](#).\*

### 16-18 Male 43 participants

The winner of this category ran in 4 races, earning top 5 points twice with a 3<sup>rd</sup> overall in the Girls, Inc. 5K and a 2<sup>nd</sup> overall in the Turkey Chase 7K. He accumulated a total of 351 points. When competing outside of WCC races, he placed 2<sup>nd</sup> in the Richmond Sectional Cross Country meet, less than one second behind his Richmond teammate, and he helped his team advance through the Delta Regional to the New Haven Semi-State meet. He was honored by the Indiana High School Athletic Association by being named a member of the Academic All-State Cross Country Team of 2005.

The winner of the 16-18 Male WCC is [Robert Holman](#).\*

### 19-24 Female 28 participants

A newcomer to the WCC in 2005, the winner of this age group participated in all but the last race. She set a new age group record of 406 points, nearly doubling the old record for this age group set in 2003. She posted her best time in the Home Run Trot 5K when she ran 27:47. Her 406 points placed her 4<sup>th</sup> best overall female, only eleven points out of a Top 3 Overall award.

The winner of the 19-24 Female WCC is [Kara Newman](#).\*

### 19-24 Male 28 participants

The winner of this category participated in seven races and set a new age group record of 504 points. He earned Top 5 Points in five races and was consistently fast throughout the season, placing 6<sup>th</sup> in the Girls, Inc. 5K, 5<sup>th</sup> in the Run for the Roses, 3<sup>rd</sup> in the Sizzlin' Summer Classic, 3<sup>rd</sup> in the Jubilee 5K, 3<sup>rd</sup> in the Firefighter 5K, 5<sup>th</sup> in Ashtyn's Fire Run and 7<sup>th</sup> in the Turkey Chase. He won this award by almost 200 points over his nearest rival.

The winner of the 19-24 Male WCC is [Daniel Chew](#).\*

### 25-29 Female 19 participants

Competition in this age group was very close and came down to the final race. Four of the top 15 overall females in the WCC were from this age group. The winner of this age group is a newcomer to the WCC this year. She ran in 6 races and posted a best time of 26:54 in the Home Run Trot. She accumulated 305 points, good enough for 10<sup>th</sup> place female overall. That's an impressive first year.

The winner of the 25-29 Female WCC is [Leslie Rogers](#).\*

### 25-29 Male 17 participants

After running in only the last two races in 2004, the winner of this age group ran in 8 races this season and set a new age group record of 409 points. He held second place for 4 months, took the lead in September when he ran the Firefighter 5K, won his age group in October in the Ashtyn's Fire Run, improved his Turkey Chase time from 2004 by over 4 minutes and then ran the Frostbite 5K three and a half minutes faster than in 2004. That's a lot of running progress in a little over a year.

The winner of the 25-29 Male WCC is [Kevin Lingg](#).\*

### 30-34 Female 17 participants

No one participated in the minimum required 3 races to be eligible for an award. Again. Same as 2004.

### 30-34 Male 21 participants

In his first year in the WCC, the winner of this age group ran in 8 straight races after missing the Girls, Inc 5K and accumulated 423 points. He was in fifth place after the first two races. He won his age group in the Hagerstown Jubilee and finally took the lead when he finished the tough Ashtyn's Fire Run in a time that was nine seconds faster than his Run for the Roses time. He finished his season by running the Frostbite 5K over a minute faster than his first race in Glen Miller Park. In the middle of all that, he ran a season best 20:55 in the Home Run Trot.

The winner of the 30-34 Male WCC is [Jeff Beckman](#).\*

### 35-39 Female 20 participants

As a newcomer to the WCC this year, the winner of this category learned firsthand what experienced runners in the WCC know . . . that your fastest time will most likely happen in the Home Run Trot 5K and your time will increase significantly on the hills of the Hagerstown Jubilee 5K. She gained a lot of WCC experience this season as she ran in seven races and placed sixth overall female with 355 points. That sixth place finish puts her ahead of some very talented runners.

The winner of the 35-39 Female WCC is [Karen Matanich](#).\*

### 35-39 Male 38 participants

You can't set a goal to run more when you've never missed a WCC race. So what's left? Get faster. And, oh yea, keep that every race thing going, too. The winner of this category ran in every race for the third straight year and accumulated 509 points. He set personal records in the Girls, Inc. 5K, the Home Run Trot, the Hagerstown Jubilee, the Turkey Chase 7K and the Frostbite. Set goals, reach goals, run faster . . . win an award. That's a successful year by anybody's standard.

The winner of the 35-39 Male WCC is [Kevin Shelley](#).\*

### 40-44 Female 21 participants

The winner of this category participated in 6 races. She earned Top 5 Points in the Girls, Inc. 5K, the Hagerstown Jubilee 5K and the Firefighter 5K - and accumulated a total of 341 points. She placed 7<sup>th</sup> overall Female, the same overall placing she earned last year when she placed second in her age group. She placed first in her age group in the Turkey Chase 7K. She ran consistent times all year long. She ran her best time of the year in the Home Run Trot 5K and nearly matched that time when she ran a 24:41 in the Frostbite 5K.

The winner of the 40-44 Female WCC is [Maggie Cox](#).\*

### 40-44 Male 35 participants

This is a tough age group. Five runners had over 250 points. The winner ran in every race, placing 5<sup>th</sup> Overall Male with 564 points after placing 18<sup>th</sup> overall in 2004. He ran a personal best in the Hagerstown Jubilee 5K and placed first in this age group in the Girls, Inc 5K and in the Ashtyn's 5K. He placed in the top ten overall in three races, and ran consistent times all season long, finishing his season by running the Frostbite 5K within 10 seconds of his season best 19:18 in the Home Run Trot.

The winner of the 40-44 Male WCC is [Steve Walkotte](#).\*

### 45-49 Female 20 participants

The winner of this age group didn't run her first race until the 3<sup>rd</sup> race of the season. By that time she was behind by more than 100 points. Then with three races to go in the season, she was in second place, but trailing by 127 points. All her competition needed to do was to attend one of the last three races to put this age group award out of reach. But every year, this "tortoise and the hare" type of thing happens in the WCC. Our winner outscored her competition 158 points to nothing over the last three races to earn this age group award. Aesop's Fable was made for the WCC. If you keep going, you just might win. She kept going, and . . .

The winner of the 45-49 Female WCC is [Ann Gibbs](#).\*

### 45-49 Male 27 participants

This age group is the most competitive in the WCC. The top 5 in this age group ran in every race and all accumulated over 500 points. The winner of this age group has never missed a WCC race in our three year history. This year he accumulated 576 points for 4<sup>th</sup> place overall. He ran under 19 minutes in five races. He earned Top 5 Points in the Firefighter 5K and placed in the top ten in two others. Despite battling a worsening foot problem through the last few races, he was able to do something that only two others were able to do this year. He repeated as an age group winner.

The winner of the 45-49 Male WCC is [Dale Bolser](#).\*

**50-54 Female      10 participants**

No one participated in the minimum required 3 races to be eligible for an award.

**50-54 Male    25 participants**

In 2003, a little over 2 years ago, the winner of this category ran in his first competition since high school when he ran in one WCC race, posting an impressive 46:11 in the Levi Coffin 10K. He didn't run in the WCC again until this year, when he ran in every race and accumulated a total of 535 points. He ran a season best of 20:04 in the Sizzlin' Summer Classic 5K. Other highlights of his season include 1<sup>st</sup> place in the age group in both the Sizzlin' Summer Classic and the Jubilee 5K. In a competitive age group that had six runners over 250 points this year,

The winner of the 50-54 Male WCC is [Doug Myers](#).\*

**55-59 Female      10 participants**

Runners of all kinds run for all kinds of reasons. For most, running is an internal personal endeavor, where the greatest challenge takes place between one's own body and mind. The WCC is designed to *encourage* participation by *awarding* participation. Speed is many times only a secondary consideration. If a runner is running, that runner is a winner. The winner of this category ran five races and accumulated 250 participation points. Just like almost everyone else, she ran her best time of the year in the Home Run Trot 5K. She made consistent improvement in her times through the first four races and finished her season by running the tough Ashtyn's Fire Run 5K faster than her Girls, Inc. 5K time.

The winner of the 55-59 Female WCC is [Betsy Cazden](#).\*

**55-59 Male    17 participants**

There was plenty of competition in this category. Two runners ran in every race and four runners accumulated 270 points or more. After running in six races in 2004 and placing third, the winner of this age group ran in every race this year. He accumulated 520 points and placed 11<sup>th</sup> Male Overall. He ran a season best 23:41 in the Run for the Roses 5K and he won first place in the age group at the Hagerstown Jubilee 5K.

The winner of the 55-59 Male WCC is [George Stallings](#).\*

**60-64 Female      1 participant**

No one participated in the minimum required 3 races to be eligible for an award.

**60-64 Male    7 participants**

The winner of this category ran in eight races and extended his three year streak of never losing a race in his age group in the WCC. After describing to you earlier how unusual and difficult it has been to repeat as an age group winner, here's a guy who makes it look extremely easy. He continues to run at speeds that defy age. The WCC knows only one winner when it comes to 60-64. And he's a winner in every sense of the word.

The 3-time winner of the 60-64 Male WCC is [Gene Black](#).\*

**65-69 Female      0 participants**

**65-69 Male    4 participants**

**70+ Female      3 participants**

**70+ Male      3 participants**

No one participated in the minimum required 3 races to be eligible for an award in any of these four categories.

**A few notes of observation:**

This Year:

For the first time, a Female 12 & Under ran three races to qualify for an award.

The Male 12 & Under winner set a new points record.

The Male 13-15 Age Group had three runners over 500 points. Jeremiah Vaughn did it in only five races.

The Female 13-15 Age Group winner ran in seven races.

The 16-18 Male Age Group had the most participants of any age group in the WCC.

All of these facts illustrate that the sport of running among our young people is alive and growing in Wayne County, Indiana.

Last Year . . . I commented that the 25-29 Female Age Group was notorious for low participation. Just to demonstrate that I don't always know what I'm talking about . . . this year, four of the top 15 Females overall are from this age group. So now that I've inadvertently learned how to motivate an age group to participate, I'll just say this: All of the age groups are notorious for low participation. Now let's see what happens! ☺

## WCC Most Improved Runner of 2005 Award

This award goes to the runner who showed the most improvement in speed over the course of the WCC season. Like last year, there were several runners who made significant improvement between May and December.

This year, 104 runners qualified for consideration for this award by participating in at least 3 races. Our Most Improved Runner showed steady, consistent improvement throughout the season and did some things that no one else was able to do. For example, no one ran the Ashtyn's race in Hayes Arboretum faster than they ran the Home Run Trot. But our Most Improved Runner came within four seconds of doing it. His Home Run Trot time wasn't a fluke time either, as it was faster than his time in the Girls, Inc. race and faster than his time in the Sizzlin' Summer Classic race. He finished the season by running the Turkey Chase 7K at a pace that was 15 seconds per mile faster than any previous race and then lopped off another 15 seconds per mile when he ran the Frostbite 5K 1:33 faster than he ran the Home Run Trot. The numbers tell a clear story, The WCC Most Improved Runner of 2005 is . . . [Patrick Smith](#).\*

## Wayne County Challenge Top 3 Awards:

The awards for the top three overall include these personalized embroidered fleece blankets. Also the 3<sup>rd</sup> and 2<sup>nd</sup> place overall winners will receive gift certificates to Applebee's and our Champions will receive gift certificates to Welliver's Restaurant in Hagerstown.

### Third Overall Female

The third place overall Female ran in eight races this year and accumulated 416 points. She made great improvement in speed this year. She placed first in her age group in the Girls, Inc. 5K and the Firefighter 5K. Compared to last year when she won an age group title, she bettered her time in the six races she ran in common with last year by an average of 1:45 per race. She ran her personal best time of the season in the Sizzlin' Summer Classic 5K and moved into this 3<sup>rd</sup> place position with the last race of the season. The winner of Third Place Overall WCC Female is [Michelle Dafler](#).\*

### Third Overall Male

The winner of this award ran in every race for the third straight year and earned a total of 705 points, the most he has ever earned. To continue to make such dramatic year to year improvements at the age of 48 is just mind boggling. He keeps getting faster. He keeps earning more and more points. But somehow he keeps moving down the list of overall winners. He was the WCC Champion in 2003, second overall in 2004 and this year, third overall. But an overall winner he is, make no mistake about that. He earned Top 5 Points in 5 races, placed sixth in two races and seventh in another. He's always near the front of the race, defying his age. The winner of Third Place Overall WCC Male is [Joseph Parker](#).\*

### Second Overall Female

The winner of second place overall Female ran in every race, one of only two females to accomplish this. She placed first in her age group in six of the nine races and accumulated a total of 505 points. She recorded her best time of the year in the Run for the Roses 5K. Considering that she ran in no WCC races in 2003 and ran only the Turkey Chase 7K in 2004, her accomplishments this year are quite impressive. She ran the Turkey Chase this year nearly 1 minute per mile faster than last year. The winner of Second Place Overall WCC Female is [Suzanne Deitsch](#).\*

### Second Overall Male

The Second Overall Male ran every race of the WCC this year, just like he did last year when he won an age group award. The difference this year is that he just ran lot faster to accumulate 740 points. It's really amazing to look back a couple of years and see the progress he has made as a distance runner. The highlights of his season include a second place finish in the Firefighter 5K and a hard-fought, 3-tenths of a second victory in a battle to the tape in the Ashtyn's Fire Run 5K. He earned Top 5 Points in six races and never placed lower than 10<sup>th</sup> in any race.

The winner of Second Place Overall WCC Male is [Terry Yandl](#).\*

It's now time to present the awards for the Female and Male WCC Champions. It's no secret who the 2005 Champions are to anyone who knows *anything* about running in Wayne County, IN. Everyone here knows . . . it's Pam and Cecil. They were our champions last year, and no one came close to taking their titles away. Both of them broke their own records for total points accumulated in a season.

Participants in the WCC know how hard it is to earn 400 points in this series. Out of 525 runners, only 27 runners earned 400 points this year. Pam and Cecil each won their Championships with margins of about 400 points over their nearest rival. That gives you some idea of how much they dominated the competition in this series.

Both also ran races outside of the Wayne County Challenge this past year and as they always do, they competed at a very high level against top competition. The WCC Committee race directors are both proud and honored to have such talented athletes . . . and such quality individuals . . . attend our races.

### Female WCC Champion

The Female WCC Champion accumulated a record total of 886 points this year, the third consecutive season in which she has earned more than 800 points. For the third season in a row she participated in every race. Like last year, she won overall first place in 8 WCC races and she extended to 23 the record number of WCC races she has won. She's the only Female Champion the WCC has ever known.

The Three-time Female Champion of the 2005 WCC is [Pam Mertz](#).\*

### Male WCC Champion

The Male WCC Champion accumulated a record total of 1,149 points. He competed in 8 races and placed first overall in all eight. In three years of WCC races, he has placed first overall in all 19 races in which he has competed. Despite the fact that he's just a lot faster than all the rest of us, he wins with the dignity, the grace and humility that makes all of us proud to have him running in front of us.

The repeat Male Champion of the 2005 WCC is [Cecil Franke](#).\*

Outside of a championship, the ultimate accomplishment in the WCC each year is to participate in every race. It's what the Wayne County Challenge is all about – challenging and encouraging participation in the competition, the discipline, the commitment – It's a challenge anyone can accept, and if the challenge is met, it's an accomplishment in which anyone and everyone can take pride. It isn't an easy thing to do. In 2003, there were only nine (9) runners who were able to do it. In 2004, twenty (20) runners participated in all eight of the WCC races. And this year, seventeen (17) runners met the challenge of the WCC by participating in every race. In special recognition of their achievement, the WCC Committee would like to recognize and honor these runners with the presentation of a certificate and a specially designed t-shirt.

There are five runners who have [never missed a WCC race](#) in its 3-year existence. That's 26 straight WCC races. Those five are:

_____	<u><a href="#">Dale Bolser</a></u>	
_____	<u><a href="#">Tom Hale</a></u>	527 points and 2 <sup>nd</sup> in the 40-44 M age group
_____	<u><a href="#">Pam Mertz</a></u>	
_____	<u><a href="#">Joe Parker</a></u>	
_____	<u><a href="#">Kevin Shelley</a></u>	

Two runners have completed two straight years without missing a WCC race. They are:

_____	<u><a href="#">Andy Smittkamp</a></u>	505 points and 4 <sup>th</sup> in the 45-49 M age group
_____	<u><a href="#">Terry Yandl</a></u>	

Ten others participated in every WCC race of 2005. They are:

_____	<u><a href="#">Richard Chew</a></u>	559 points and 2 <sup>nd</sup> in the 45-49 M age group
_____	<u><a href="#">Jake Davidson</a></u>	514 points and 3 <sup>rd</sup> in the 13-15 M age group
_____	<u><a href="#">Howard Deitsch</a></u>	499 points and 2 <sup>nd</sup> in the 55-59 M age group
_____	<u><a href="#">Suzanne Deitsch</a></u>	
_____	<u><a href="#">Michael King</a></u>	501 points and 2 <sup>nd</sup> in the 50-54 M age group
_____	<u><a href="#">Doug Myers</a></u>	
_____	<u><a href="#">Joe Nocton</a></u>	529 points and 3 <sup>rd</sup> in the 45-49 M age group
_____	<u><a href="#">Patrick Smith</a></u>	
_____	<u><a href="#">George Stallings</a></u>	
_____	<u><a href="#">Steve Walkotte</a></u>	

Congratulations to everyone who conquered the 2005 Wayne County Challenge!

So . . . now, as I've done every year at this time, I'd like to wrap up with a few of my favorite running-related quotes. Some of these quotes may not have been specifically related to running, but if you're like me, running can be a metaphor for life and vice-versa. This year I wanted to keep it short, so I've chosen short quotes.

*From Sadie Delany:*

"Life is short. . . it's up to you to make it sweet."

*From Ralph Waldo Emerson*

"The first wealth is health."

*From Chinese Philosopher, Confucius*

"A journey of a thousand miles begins with a single step."

*From Kenny Moore*

"Distances are distances and a watch is a watch."

*From Dilbert, the comic strip by Scott Adams. When Dilbert was asked why he wasn't enrolled in his company's 401k program, he replied,*

"I'd never be able to run that far."

*From Kip Lagat, Kenyan distance runner, during the Sydney Olympics, explaining why his country produces so many great runners:*

"It's the road signs, 'Beware of lions.'"

*From William Shakespeare, who, despite being a world class writer and poet, must have been a middle-of-the-pack kind of runner:*

"Talk to me not of time and place; I owe I'm happy in the chase."

*From Winston Churchill:*

"Success is never final."

*From Baron Hansen:*

"Life is short... running makes it seem longer."

*From the Holy Bible, the book of Psalms, Chapter 119 verse 32*

"I run in the path of your commands, for you have set my heart free."

Speaking for all of the WCC Committee members, we thank you all for coming today, for participating in the 2005 WCC, and for making this third season of the WCC a wonderful success. Congratulations to all of the award winners for your accomplishments. Thank you all very much for your support of the WCC races and good luck in the 2006 Wayne County Challenge. We hope to see all of you back here on April 8<sup>th</sup>, when the WCC Committee hosts the first Cardinal Greenway Trail Run & Walk and then on May 13<sup>th</sup> at the Middlefork Reservoir for the first race of the 2006 WCC series, the Girls, Inc. 5K. And also Good Luck to all who will be running in the Indianapolis Mini Marathon on May 6<sup>th</sup>.

And finally, I have one last short quote to wrap things up: In fact, it's the shortest quote I could find, and you may feel the urge to blurt it out yourself just as you've completed an especially hard work-out or a grueling race.

*It's from President Ulysses S. Grant, a man not known for running, but notorious for his intake of liquids . . . and for his direct language. I quote his famous last utterance:*

"Water."

Stay hydrated . . . and have a safe run home.

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